

# **300 SOCCER DRILLS**



## **Print & Go Soccer Practice Drills**

**Kids - Youth - Competitive - Goalkeeping**

an essential guide for all soccer coaches

**World Cup 2010 (2nd) Edition**

written by best selling soccer author Tom Sauder

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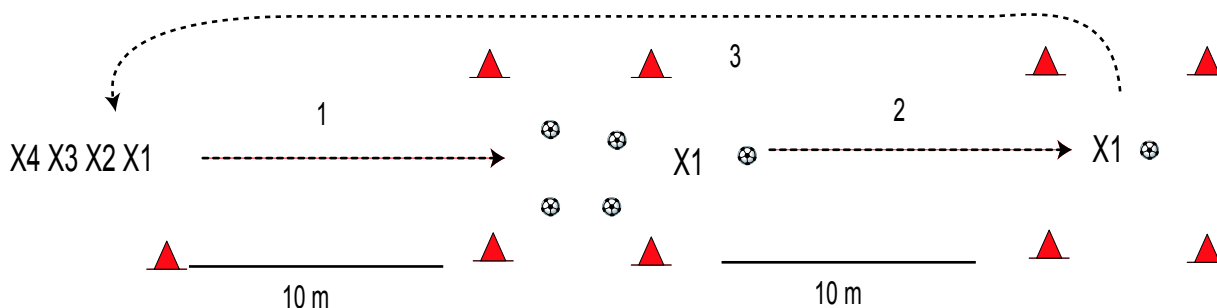
**PRINT & GO**  
**SOCCER PRACTICE DRILLS**

**BASIC SOCCER**  
**INTRO SKILLS**



## Warm-Up # 1: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

### Coaching Points/Progression

Drill 1:

1. If kids can't jump over ball, ask them to step over it.
2. Stop the exercise after maximum of three minutes.

Drill 2:

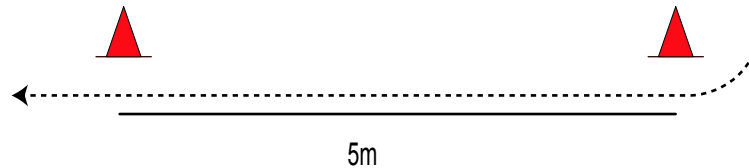
1. Divide team into even groups. If there is a group with fewer players, ensure that the stronger kids are in that group.
2. Make sure number of balls to be carried by each team is same, even if some kids have to run twice
3. Progress the drill to have players dribble ball to next square, especially for 6-8 yr olds.

### Coach's Notes



## Warm-Up # 2: Co-ordination Relay (10min)

X4 X3 X2 X1



In groups of 4.

1. X1 runs around cone and back and takes
2. X2 by hand. X1 and X2 holding hands run around cone
3. and take X3 by hand. All three run around cone and
4. pick up X4. All 4, holding hands, run around cone and
5. leave X1 behind.
6. X2,X3,X4 run around cone and leave X2 behind
7. X3,X4 run around and leave X3 behind
8. X4 runs around and comes back alone.

Team that finishes first wins.

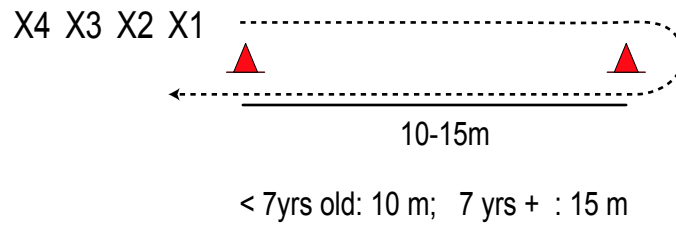
### Coaching Points/Progression

1. Keep the players close together while holding hands.
2. Players should run behind each other making a chain.
3. It is important that they coordinate their speeds so that players will not lose contact while running.
4. If they lose contact, ask them to be aware of the movements and speeds of their partners.
5. If they are doing the drill properly, progress them to:
  - a. increase speed.
  - b. run backwards (this will also add some fun)
  - c. race against another group.

### Coach's Notes



## Warm-Up # 3: Relay Race (10min)



Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.

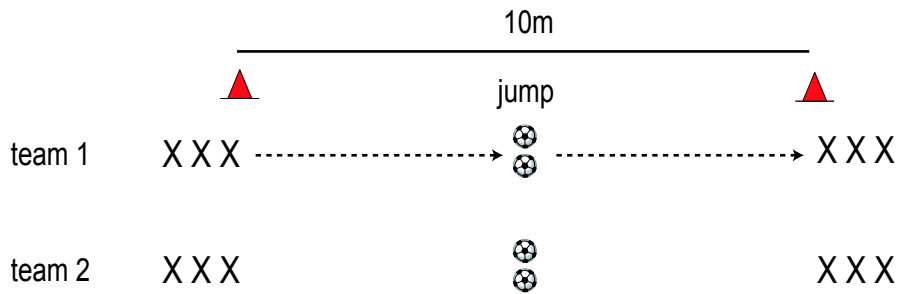
### Coaching Points/Progression

1. Vary the run so that players don't run around cone, but run straight to it, touch it, turn and sprint back.
2. If one group seems to have all the fast runners, mix up the groups such that the races are closer.
3. For more advanced teams, vary the starting position so players sit down, jump up, then run.
4. For proper technique, make sure the runners waiting lean forward with one foot ahead of the other, on their toes.

### Coach's Notes



## Warm-Up # 4: Jumping Relay (10min)



Divide team into even groups as shown

On "GO" first in line sprints, jumps over balls, sprints, tags first runner in opposite line and goes to end of line.

Tagged runner, sprints, jumps, sprints and tags.

This continues until each team has its runners in their original position. Which team wins?

If players move ball when jumping, they must stop and put ball back in its position.

### Coaching Points/Progression

1. Keep an eye on the jumps. If too many kids hit the balls, ask them to slow down before the balls, even to the point where they stop completely and take a big step over the balls.
2. Kids hesitant to step over the balls can be allowed to run around them.
3. For older and more advanced teams, a progression is to have them do a 360 turn in the air while jumping over the balls.
4. If teams are uneven in capability, switch players to even them out.
5. You may want to have a volunteer replace balls that moved to keep the running flowing.

### Coach's Notes



## Warm-Up # 5: Developing Ball Feeling (10min)

1. Each player has a ball. They stand with the ball in front of them and alternate putting their right foot and left foot on the ball.

Try to keep them moving continuously - doing the "soccer dance".

2. Players each have a ball and dribble it forward. On command they stop the ball by stepping on it.

Alternate left and right foot to stop the ball.

### Coaching Points/Progression

#### Drill 1:

1. Younger kids may have difficulty alternating the foot stepping on the ball. It's ok to have them use their favourite foot first and then get them to try the other foot.
2. Challenge the more experienced kids to stay on their toes as they alternate feet to ball.

#### Drill 2:

1. Make sure nobody uses their hands to stop the ball.
2. Challenge more experienced kids to dribble at a higher pace.

### Coach's Notes

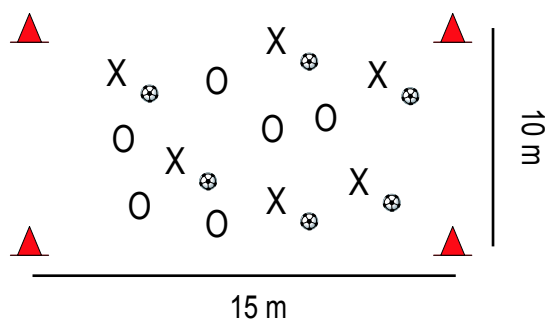


## Warm-Up # 6: Ball Control, Dribbling (10min)

1. All players have a ball and walk/run with it pushing it forward with either laces, inside foot, or outside foot.

On command by coach they stop the ball by pulling it back with the sole of the foot.

2. X's dribble ball inside the grid and O's run around freely. On command by coach every O takes a ball from an X and O's now dribble while X's run around. Command every 15-20 seconds to exchange balls.



### Coaching Points/Progression

#### Drill 1:

1. Younger kids can move the ball forward with any part of their foot, trying to avoid "toe" kicks. They may stop the ball by stepping on it without the "pull back".
2. It is important to keep the ball close to the foot for an easy stop/pull back.
3. Older and more experienced kids are encouraged to dribble at a higher pace.

#### Drill 2:

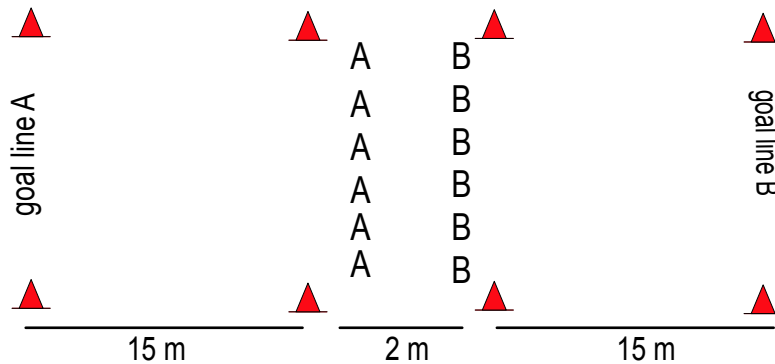
1. Encourage players to spread out using the whole grid.
2. Encourage players without the ball to not simply follow the same player, but find the one closest to them.

### Coach's Notes





## Warm-Up # 7: Reaction Tag Game (10min)



Players of team A and team B face each other standing 2m apart.

If coach calls "A", players in team A turn and sprint to goal line A, players in group B chase, try to catch and tag them.

Count # players getting to goal line "safely".

Return to starting positions and repeat as many times as you like.

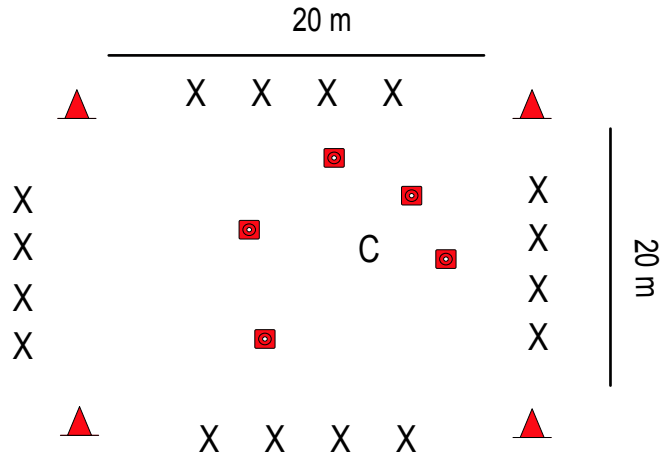
### Coaching Points/Progression

1. If you have more than 12 players, set up the in two groups.
2. For younger kids, shorten the sprint distance from 15 m to 7 m.
3. 4-5 year olds may have challenges turning and running. You can try to get them running in the right direction or you can modify the drill by both groups lining up in the same direction and playing a straight ahead run and tag game.
4. For older and more experienced age groups you can introduce a ball to each group and the players that turn must now dribble the ball and avoid getting tagged.

### Coach's Notes



## Warm-Up # 8: Stop the Runners (10min)



Place as many cones or other targets as players randomly inside a 20m x 20m grid.

One catcher (C) is waiting in grid, other players are distributed on outside of grid.

On command, outside players run into grid trying to get to a target.

Catcher tries to stop runners by tagging them before they reach a target. Tagged players are out.

Count number of players out. Rotate everyone to be catcher.

### Coaching Points/Progression

1. For younger teams, make a smaller grid and place less targets than players in the grid.
2. Get an early read on the success of the catcher. If they struggle tagging players, then add more catchers.
3. You may also set up two grids to increase success rate of catcher.
4. You can set a goal of 1 catch to start with and celebrate success with each catch.

### Coach's Notes



## Warm-Up # 9: Obstacle Run (10min)

Creatively put obstacles on field (bags, balls, pieces of wood, etc.) or use obstacles already at field, such as players benches, trees, ditches, etc.

Map out an obstacle course and get team to run through. Make sure there are opportunities to jump, crawl, circle around objects, etc.

Your chance to be creative.

### Coaching Points/Progression

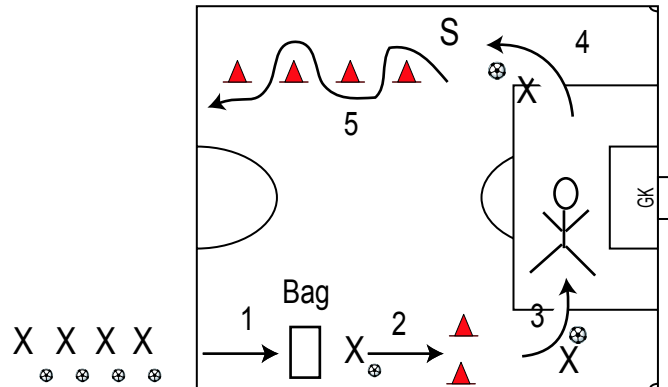
1. Adjust the size of the course to the age of your team.
2. For younger kids, consider placing a parent at each obstacle to help the kids and remind them what they need to do.
3. For older players, look for a bench and allow them to climb over, or climb on the bench and jump back down.

Be creative and ensure that the obstacles are appropriate to the age and size of the children.

### Coach's Notes



## Warm-Up # 10: Obstacle Circuit (10min)



Kids each have a ball and:

1. Carry it , run and jump over a bag or other obstacle.
2. Put ball on ground, kick through goal, and dribble toward
3. coach, who stands with legs apart. Pass ball through legs, run around coach, pick ball up with hands and
4. throw it to server (S) who throws it back for a catch.
5. Put ball on ground and dribble through cones.

### Coaching Points/Progression

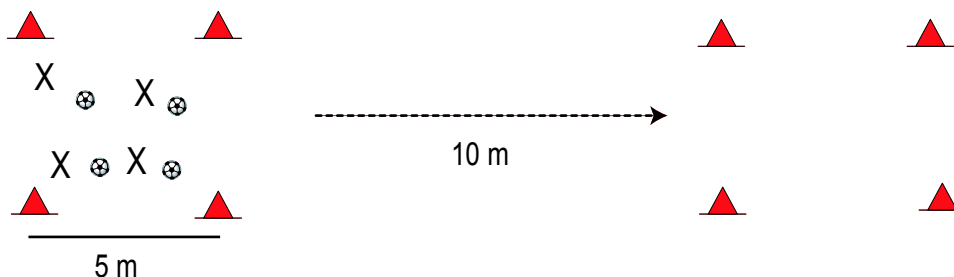
1. Adjust the size of the course to the age of your team.
2. For younger kids, consider placing a parent at each obstacle to help the kids and remind them what they need to do.
3. To keep the flow going send the second player as soon as the previous one has jumped over the bag.

### Coach's Notes



## Ball Handling # 1: Dribble Between Squares (10min)

In groups of not more than 4



Dribble ball from one square to the other and back using:

- outside right foot
- inside right foot
- outside left foot
- inside left foot

### Coaching Points/Progression

1. Younger kids (4-6) may have difficulty moving the ball with the various parts of the foot.

In that case, just let them dribble the ball whichever way they can. The important thing is that they get touches on the ball.

2. Older kids (7-8) should be encouraged to use all parts of the foot.
3. Ask the players to keep the ball close to the foot as opposed to kicking it far ahead.
4. If the group is very proficient, challenge them to dribble faster while keeping ball close. You can also challenge them to dribble with their head up (not staring at ball) by asking them to look at the far cones.

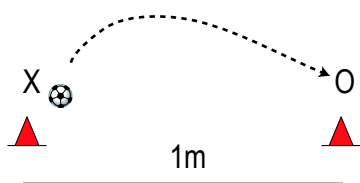
### Coach's Notes



## Ball Handling # 2: Ball Receiving and Control (10min)

1. Each player holds ball in hand and lets it drop onto a foot trying to kick it up and catch it.
2. In pairs, 1m apart, players throw ball to partner's foot.

Partner stops ball and kicks it back with second touch.



### Coaching Points/Progression

#### Drill 1:

1. If players have little success kicking the ball directly with foot after they let it drop, allow the ball to hit ground and players to kick it up after the ball bounces up.
2. If players find it easy, then ask them to kick it up with different parts of foot. Ask them to kick it up higher so they have to jump up to catch it.

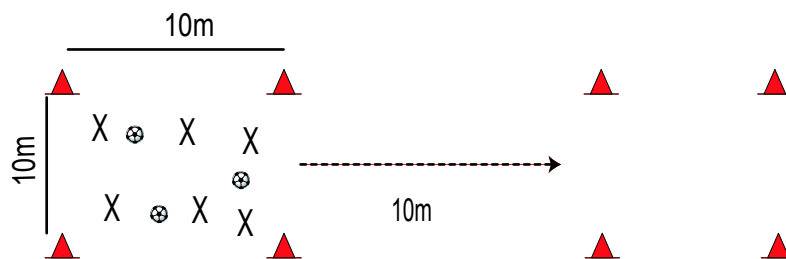
#### Drill 2:

1. If players are successful ask them to kick it back with one touch and/or different part of foot.

### Coach's Notes



## Ball Handling # 3: Passing and Dribbling (10min)



Players work in partners

They pass the ball to each other inside square

On command, players with ball dribble to other square, partners run after them.

Once in other square, pass again and repeat

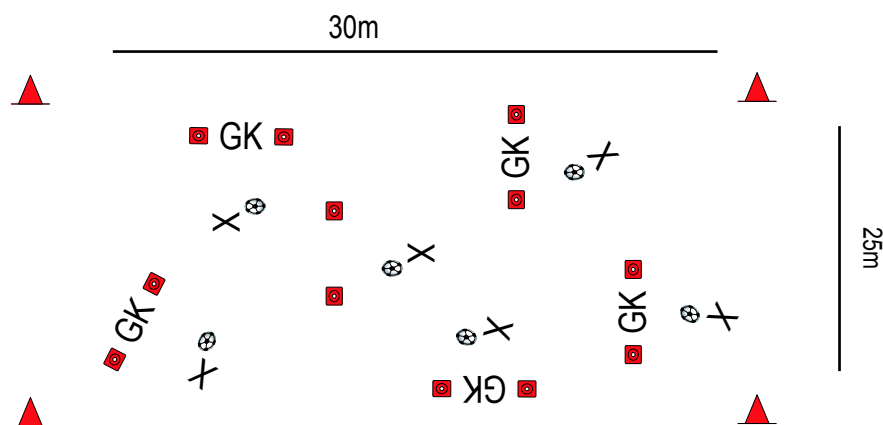
### Coaching Points/Progression

1. Encourage two touch passing.
2. The command can be a whistle, a shout ("go"), or a clap of hands. It teaches perception and reaction skills.
3. For younger and/or less skilled groups it is o.k. to pass the ball back and forth with players being stationary. If skill allows, ask players to move around in square while passing to their partner.
4. Encourage players dribbling the ball to keep the ball close to their feet, not kicking and chasing it.
5. The players running after the dribbler try to beat them into the opposite square.

### Coach's Notes



## Ball Handling # 4: Dribbling with Change of Target (10min)



6 -1m- wide goals are placed randomly in area.. 5 goals have a goalkeeper in them, one does not. Players with ball dribble through the goal without GK in it.

On command by coach, GK change goals such that a different goal does not have a goalkeeper, forcing players dribbling to find new target. Change goals every 30 seconds and switch GK with dribblers every two minutes.

### Coaching Points/Progression

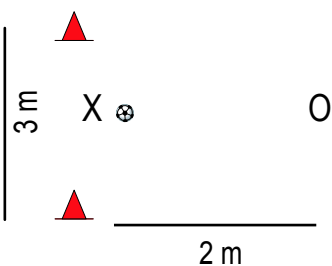
1. Coach's command to change goals can be a whistle or a loud shout, such as "switch".
2. Make sure that at least one GK occupies the previously unattended goal.
3. You may need to direct the GKs to a goal if some chose the same goal after the command. Encourage them to look around and recognize which goals are still open. They can also be encouraged to talk to each other and co-ordinate which goal to go to.
4. For younger kids, you may need to direct the dribblers which goal to go through.

### Coach's Notes





## Ball Handling # 5: Headers and Goalkeeping (10min)



X throws ball and O tries to head it into goal.

Switch every three turns.

If players are afraid to head, ask them to shoot instead.

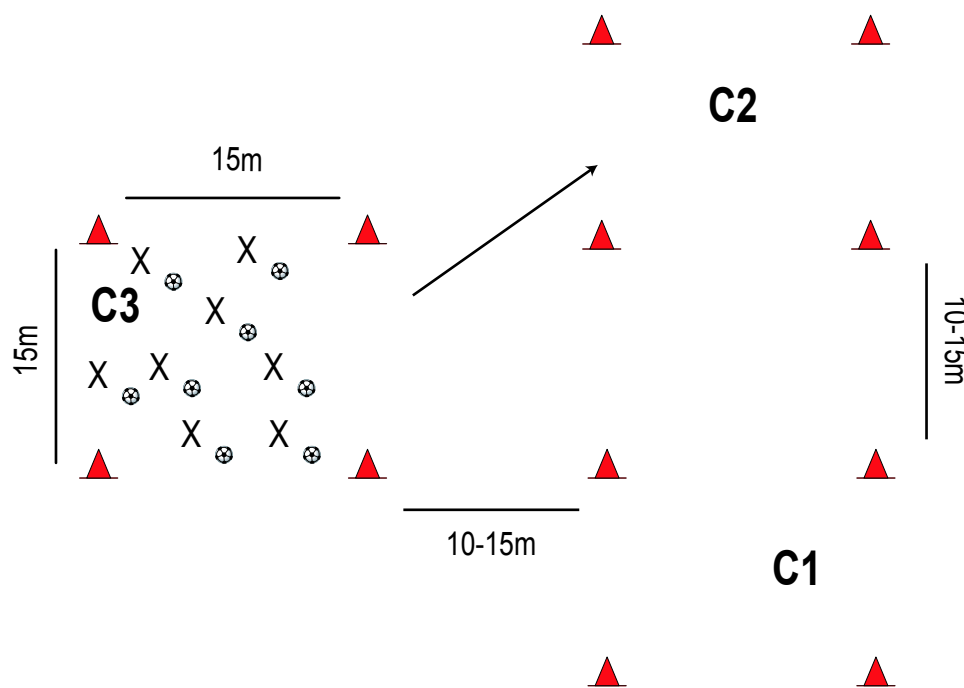
### Coaching Points/Progression

1. Younger ages may not be able to accurately throw the ball, ask them to roll it out for a shot.
2. If the player in net can throw, encourage the header. This is a good time to demonstrate that heading is fun and doesn't hurt. However, never force a child to head if they are not comfortable.
3. Encourage older and/or more experienced kids to jump up for the header.
4. You may need to help the throwers to get the ball placed accurately for a header.

### Coach's Notes



## Ball Handling # 6: Head Up Dribbling (10min)



Three squares each with a coach or parent in it, C1, C2, C3.

Each player has a ball and dribbles it in one square.

When one of the coaches in an empty square lifts their hand, all players dribble to that square.

Coaches need to co-ordinate who lifts their hand next.

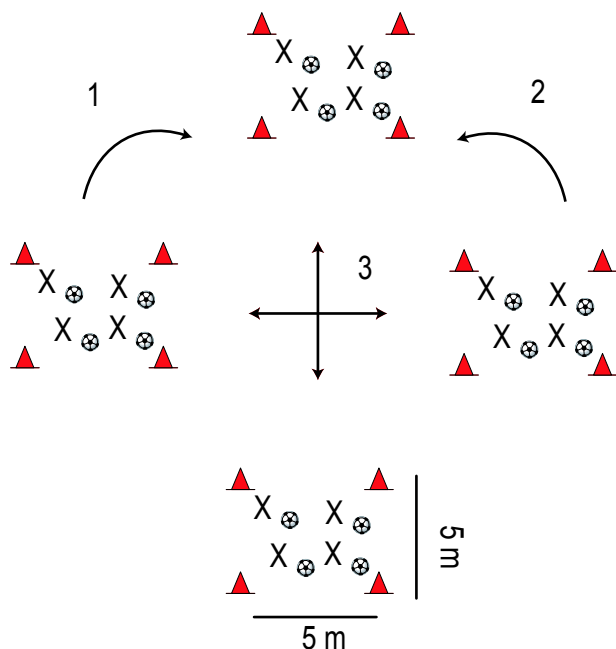
### Coaching Points/Progression

1. Encourage players to dribble with their heads up looking at the coaches in the empty square.
2. Not all players will see the signal to dribble to another square. You can let them know that a hand is up and guide them to look in the right direction.
3. For the younger groups, lifting the hand and at the same time calling out a signal "here" may be needed for them to notice that they need to move.
4. You may make the grids smaller and the distances between the grids less for smaller/younger groups.
5. More experienced players may be challenged to a "race" to the new grid.

### Coach's Notes



## Ball Handling # 7: Reaction Dribble to Squares (10min)



Players are distributed in 4 squares as shown and freely dribble inside square.

On command by coach, they dribble to the square:

1. to their right (clockwise)
2. to their left (counterclockwise)
3. across

There will be mix ups.

Be patient, explain and have fun.

### Coaching Points/Progression

1. Younger kids may find it difficult to pay attention to dribble, a command from the coach, and then to recognize and dribble into a different square. You may want to progress them by starting the drill without balls. Give them the command to run into another square often until they get used to the squares, commands, and direction. They may not remember which number shouted by the coach means which run, so you may tell them verbally or with hand signals which way to run.

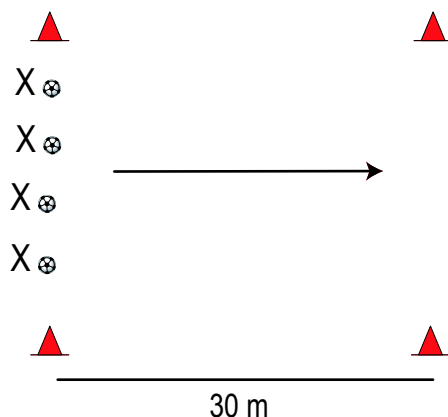
If they get the directional changes, you can introduce balls.

2. More experienced and older players may get the drill faster. Once they are comfortable you can add a little competition: Which group gets to the new square first ?

### Coach's Notes



## Ball Handling # 8: Kick - Pick Up - Throw (10min)



Players move across field and back by

kicking ball - running and picking it up - throwing ball -

kicking running -picking up-throwing, etc.

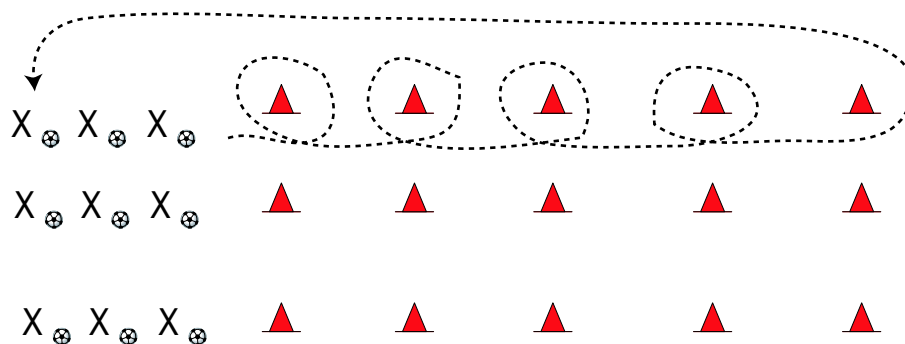
### Coaching Points/Progression

1. Shorten the distance for younger kids.
2. Allow younger kids to throw the ball any way they can, while asking older kids to do a proper throw in.
3. It is important to keep all players inside the grid and in as much of a straight line as possible. This means a focus on straight kicks and throws.
4. Older and stronger kids should pass the ball no more than 5 m ahead of them.

### Coach's Notes



## Ball Handling # 9: Circle Dribble (10min)



Dribble around each cone and straight back after the last one.

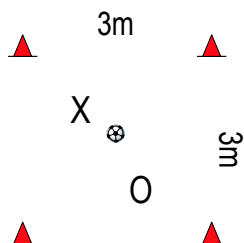
### Coaching Points/Progression

1. For younger (age 4,5) you may want to start with one cone per player and have them dribble around it individually to get used to the movement and avoid them standing and waiting. Once comfortable, you can do the drill with one cone and adding a cone as it gets easier.
2. For older and more experienced teams add the element of competition. Make it a race.
3. Ensure that to start the players move the ball with the inside of one foot as they dribble around cones. Keep an eye out for who might be a left footed player, they may need to go around the cone in the opposite direction.

### Coach's Notes



## Ball Handling # 10: Chase a Friend (10min)



In pairs in a 3m x 3m grid.

One player has ball, the other one does not.

Player without ball tries to avoid being caught by player with ball chasing him/her while dribbling.

Once caught and tagged, roles change.

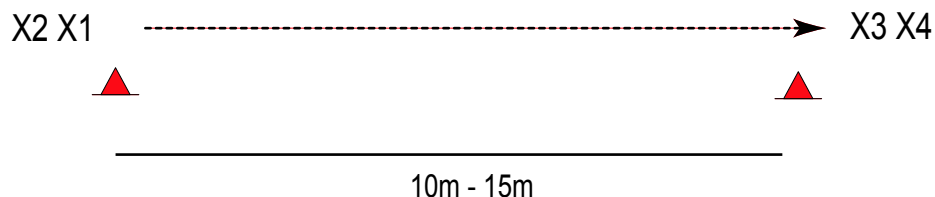
### Coaching Points/Progression

1. if player with ball has difficulty catching player with ball, reverse roles and have player without ball chase player with ball.
2. Make grid larger or smaller depending on age, skill, and SUCCESS of players.
3. Match up players such that equally skilled ones play each other.

### Coach's Notes



## Co-ordination # 1: Relay Game # 1 (10min)



Make as many even groups as you can.

X1 sprints to X3 and touches X3 hand to send X3 running.  
X1 goes behind X4.  
X3 runs towards X2, touches off X2 and takes spot of X2.  
X2 runs and touches off X4, etc.

Once players are back in their starting position,  
they stop. Race is over when everyone is back where they started,  
First team to finish wins.

### Coaching Points/Progression

1. Ensure players don't cheat by running too early. They must touch the hand before the run can start. Also keep an eye on the feet and make sure they are in line with the cone until the hand is touched.
2. If you have uneven number of players and cannot make even number groups, then add coaches, parents, siblings to make it work. This will add to the fun for the kids.
3. If one group wins all the time, change up the teams.
4. Use a shorter distance for the younger age group.
5. For older kids, you may ask them to do the relay running backwards.

### Coach's Notes



## Co-ordination # 2: Throw - Move - Catch (10min)

1. Players start with a ball in their hand either sitting on the ground, crouching low, kneeling, or laying on their back.
2. They then throw the ball up straight above them and
3. Catch the ball in a different position than they started in. For example:  
    throw sitting down - jump into crouching position - catch in crouching position

    throw kneeling - roll to lay on back - catch

Make sure to look at each player and ensure that they mix their moves.

### Coaching Points/Progression

1. If catching the ball in a position different from the throwing positions proves too difficult, then allow players to catch the ball in the same position they throw it from.
2. It is important to allow them to be successful with the catch.
3. Allow the more successful kids to throw the ball up higher and make two moves before catching. For example:

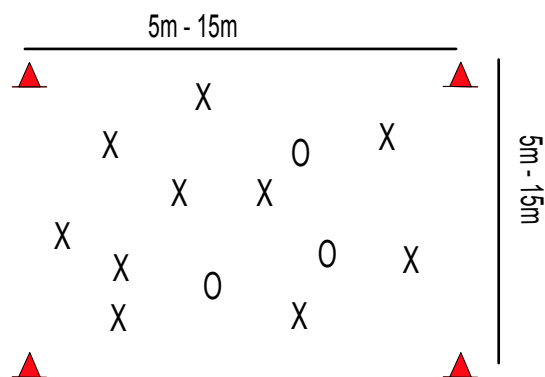
    Throw sitting down - get up to crouch - then kneel - then catch

### Coach's Notes





## Co-ordination # 3: Catch game 1 (10min)



Age	Size of Square	# of catchers
< 6	5m x 5m	3
7,8	10m x 10m	2
>8	15m X 15m	1 or 2

Catchers (O) are identified by wearing pinnies, hats, or armbands.

Everyone runs inside the square and catchers (O) must touch runners (X). Once touched, the runner changes role with the catcher. Who gets caught the least in a two minute game?

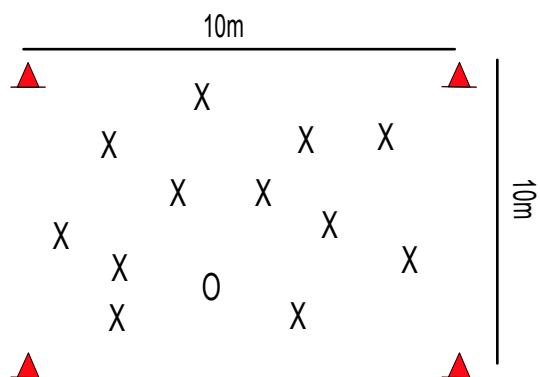
### Coaching Points/Progression

1. If catchers are not successful, keep increasing the number of catchers or reduce number of runners.
2. Try to play 4 rounds and make sure that in the last round all players who haven't been catchers become catchers.
3. It is recommended to have 8-10 players in the grid. Depending on number of players available, make up two grids.
4. For very advanced groups, have the runners dribble with a ball.

### Coach's Notes



## Co-ordination # 4: Catch Game 2 (10min)



One player (O) is identified as catcher and must tag the other players. The tagged players must sit down.

How many runners can you catch in 30 seconds?

Every player gets to be the catcher once to see who wins.

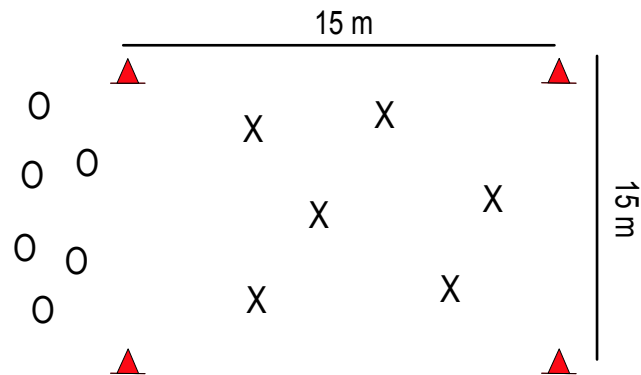
### Coaching Points/Progression

1. If the field is wet, the tagged players shouldn't sit down, they can move outside the grid.
2. If the catchers (especially with the younger teams) are having a hard time tagging anyone, make the grid smaller.
3. Encourage the runners to move around in the grid and to get away from catcher.
4. To add some fun you may call the catcher a "Fox" and the runners "Chicken".
5. A tag is considered a touch by the hand on any part of the runner.

### Coach's Notes



## Co-ordination # 5: Catch Game 3 (10min)



O's are catchers and X's are inside the grid. On command, the first O goes into the grid and tries to tag one of the X's. The X that is tagged sits down and the O that successfully tagged steps back out of the grid.

The next O now enters the grid trying to tag a remaining X. Keep going until all X's are tagged and see how long it takes to tag all X's.

Reverse roles after all X's are tagged or after 7 minutes, whichever comes first.

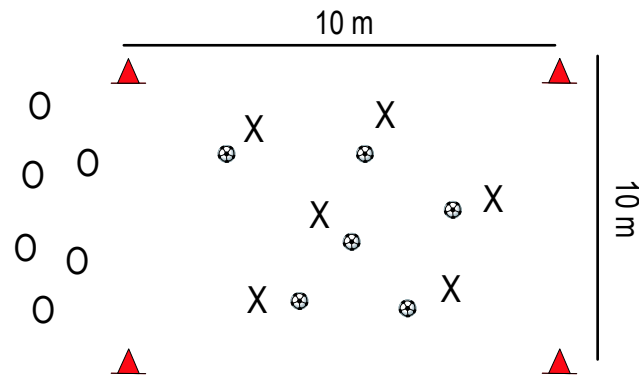
### Coaching Points/Progression

1. If it seems to difficult tagging the X's, especially for the younger ages, you can either make the grid smaller or send in two or three O's at a time.
2. If the ground is wet or the temperature is cold, ask the tagged players to step out of the grid instead of sitting down.
3. Challenge the more experienced kids to run harder trying to tag and to change directions quickly looking for another player to tag. Players may target just one X and keep pursuing - encourage them to be aware of the X closest to them and to change their target.
4. Make sure the X's are running trying to avoid the catchers.

### Coach's Notes



## Co-ordination # 6: Catch Game 4 (10min)



X's inside the grid each have a ball in their hand and they are the "hunters".

Two O's enter the grid at a time and the X's are trying to tag them by tossing a ball at them.

O's that are tagged sit down and the next two O's enter. How long to tag all O's ?

Reverse roles.

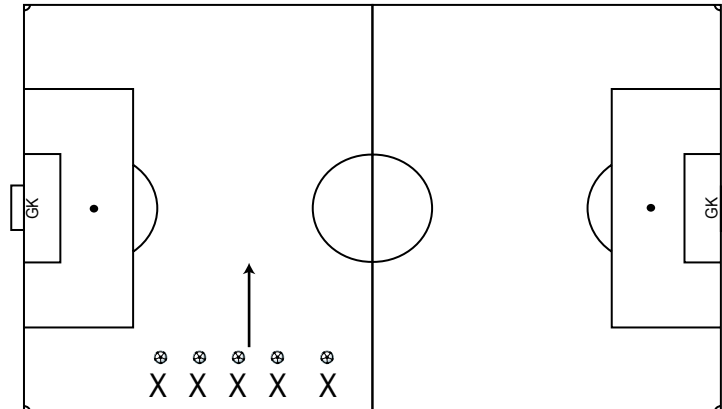
### Coaching Points/Progression

1. Make sure that the older/stronger kids toss the ball at the X's - NO hard throws.
2. throws must be aimed at the legs and feet - No upper body/head.
3. Make the grid larger/smaller to ensure success for the "hunters".
4. The younger kids may not be able to throw the ball, allow them to run with the ball and tag a player with the ball in their hand.
5. If it takes too long to tag players, stop the game and reverse roles earlier.

### Coach's Notes



## Co-ordination # 7: Throw Ins (10min)



1. Players line up on a side line and move the ball across the field and back using throw ins from a standing position).
2. After the throw in, players run to pick up their ball, throw it in (forward) again.
3. Demonstrate proper technique and keep the line moving straight across.

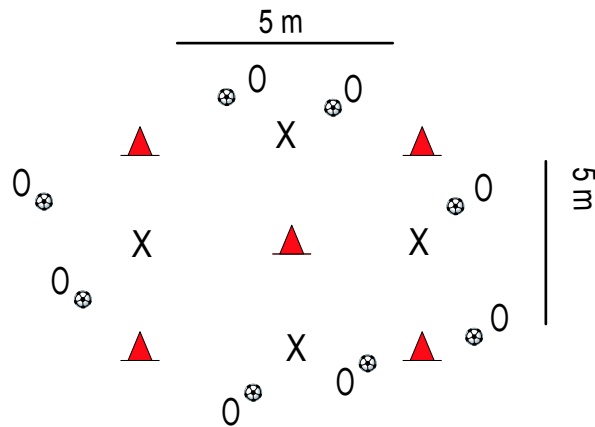
### Coaching Points/Progression

1. For younger kids, shorten the field to allow three throw ins (say 10-15 m) before they turn and come back.
2. If your players are demonstrating consistent proper technique, you can progress them to ask for throw ins after running to the side line.
3. Proper technique means:
  - both feet must be behind the side line.
  - both feet must remain on the ground while throwing the ball.
  - the ball must be held behind the head before arms can move forward and release the ball.
  - both hands must be on the ball at all times.

### Coach's Notes



## Co-ordination # 8: Protect the Castle (10min)



Cones, 5 m apart, are arranged in a square (the castle).

The line between two cones is a "castle wall". Inside the square is a tall cone or other object.

X, between cones, protects the "castle wall" against two O's who try to dribble through wall and hit cone with a shot.

Time how long it takes to hit cone. Rotate X's and O's.

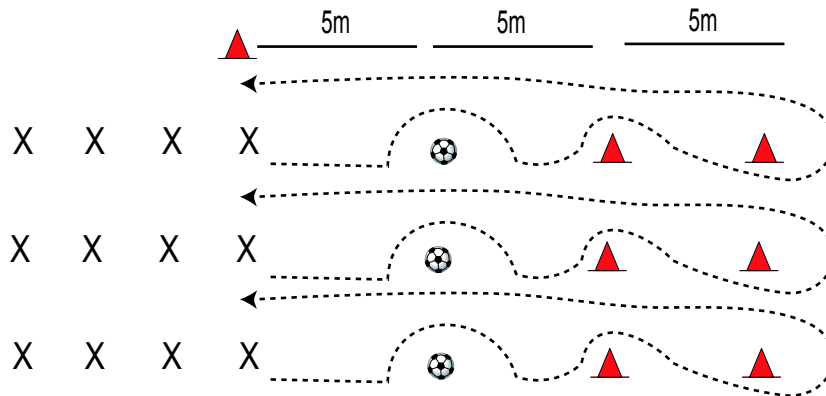
### Coaching Points/Progression

1. For younger kids, have only one O trying to break through the castle wall. or, if there enough players, have two X's protect each wall.
2. For experienced and skilled teams it may take little time to knock down the cone in the castle. In that case add a second or third cone to be knocked down.
3. Once an O has broken through the wall and taken a shot, then they can retrieve their ball and go to their starting position.
4. Allow the younger kids to dribble to the cone in the middle and shoot at it from very close in.

### Coach's Notes



## Co-ordination # 9: Obstacle Relay (10min)



Hop over ball, then over cone, run around second cone and then sprint back to end of line.

First team to finish wins.

### Coaching Points/Progression

1. Allow younger kids to step over ball and cone if they need to, instead of jumping over.
2. Adjust the number of players in each group to make sure there are no long waiting times, i.e. less players/more lines.
3. If you have a skilled team, ask them to dribble a ball to ball, pass it by ball, jump over, pick up ball to dribble to cone, pass-jump, dribble around last cone and back.

### Coach's Notes



## Co-ordination # 10: Bunny Hop Relay (10min)

5m

---

A A A A ▲



B B B B ▲



C C C C ▲



Players " bunny hop" to opposite cone and back.

They tag next player who now hops.

First team to finish wins.

### Coaching Points/Progression

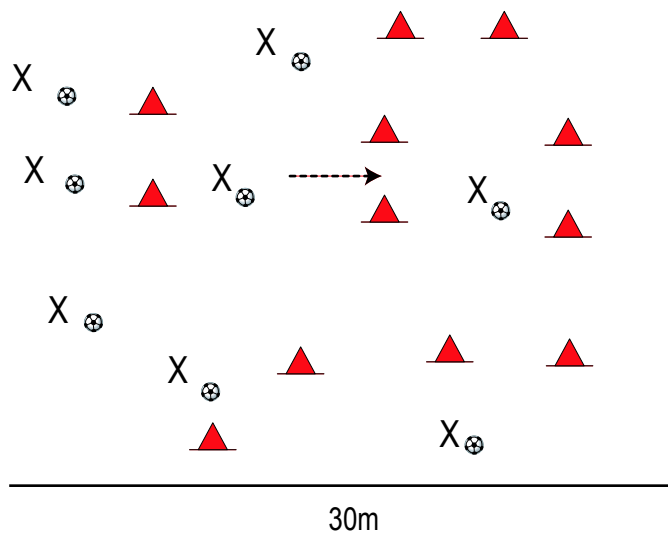
1. Bunny hops done properly have players crouch down such that quads are horizontal.
2. Allow younger kids to use any hopping motion they are comfortable with.
3. Shorten distance to make sure there no long waiting times before being tagged.

### Coach's Notes





## Motivational Skill # 1 : Dribble Through Goals (10min)



randomly place 6 - 3m wide goals.

each player must dribble through each goal once.

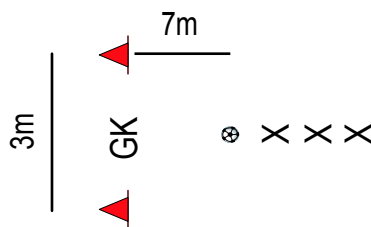
### Coaching Points/Progression

1. For younger kids (4-6) you may want to have more little goals than players to minimize collisions. You may also want to make the grid smaller for the younger groups.
2. If you see lots of collisions between players, ask them to keep their head up while dribbling.
3. Keep an eye on the younger kids to make sure they dribble through different goals, but don't make a big issue if they miss one. The important thing is they keep moving with the ball.
4. For older kids or more skilled groups, progress the drill by asking each player to keep track of which goals they went through and determine who completes all goals first.
5. To help players, you may number the goals with a sign, by writing on the cone or placing a numbered shirt beside it.

### Coach's Notes



## Motivational Skill # 2 : Shooting 1 (10min)



Groups of 4

Players take shots from 7m away.

Player who scores becomes goalkeeper.

Player who misses goes to the back of the line.

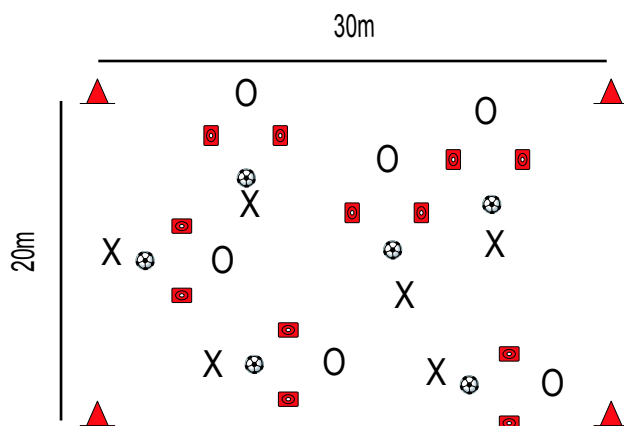
### Coaching Points/Progression

1. If players have difficult time scoring, rotate them through goal every 6 shots.
2. Keep an eye on who is good at stopping shots - there may be a goalie in the making.
3. Make sure groups are evenly balanced. Move players between groups if necessary.
4. For more skilled groups, move the ball further back, for less skilled teams, make the goal wider.
5. To add a fun element of competition have groups compete against each other - which group scores more goals in 10 shots.

### Coach's Notes



## Motivational Skill # 3 : Pass Through Small Goal (10min)



X and O work in pairs and pass ball to each other through 3 m wide goals.

< 7 yrs old - pass through same goals ; 7 yrs + - pass through each goal

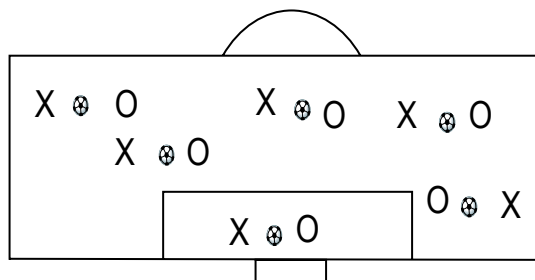
### Coaching Points/Progression

1. One touch passing is encouraged for the < 7 yr olds. However, if stopping the ball before passing it back improves the success, then allow players to stop the ball.
2. It is important to pass through the goal and control the ball. Make sure your players master this task consistently before allowing them to change goals.
3. If players are allowed to pass through each goal, have each pair pass back and forth through one goal, then slowly dribble the ball to another goal (partner following) and pass through it. You may need to give a command to make sure all pairs change goal at the same time. Also, you may need to direct traffic to make sure each goal has only one group. Do not spend too much time changing goals. If the players need a lot of direction to change goals, they probably aren't ready for that progression yet.

### Coach's Notes



## Motivational Skill # 4 : Pass & Follow Through Legs (10min)



Xs stand with their legs spread wide apart.

Os dribble towards an X and pass ball through their legs. They then crawl through the legs, following their pass, to retrieve the ball on the other side.

After each O has gone through each X, reverse roles.

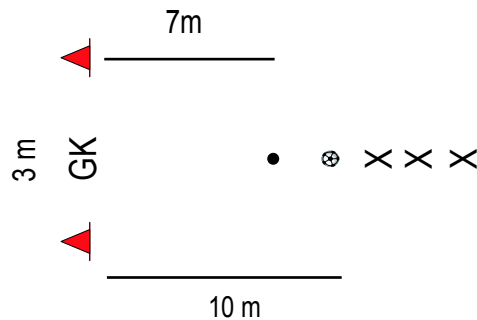
### Coaching Points/Progression

1. Younger kids may have difficulty passing the ball hard enough through the opening. Be prepared to help them by pushing the ball through.
2. Younger kids may also have difficulty crawling through the legs. If they do, allow them to run around the player.
3. Older and more experienced players who have no problem with the drill can be encouraged to dribble faster between players.
4. Challenge older and more experienced players to a race, determining who went through all "legs" first.

### Coach's Notes



## Motivational Skill # 5 : Shooting 2 (10min)



groups of 4:

Players dribble from 10 m and take shots from 7m away.

Player who scores becomes goalkeeper.

Player who does not score goes to the back of the line.

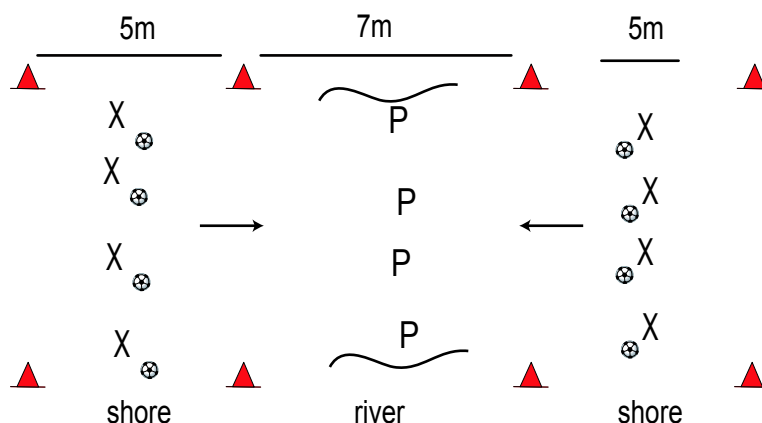
### Coaching Points/Progression

1. Shorten the distances for younger kids (4-6) to 5 m start and shot from 2 m. Also have younger ones play in groups of three to avoid standing idly. You may even want only two players to keep them active at all times.
2. This is another good drill to find a goalkeeper for your team.
3. Challenge the older or more experienced kids to aim their shots just inside the goal posts (cones).
4. Ensure that players don't dribble past the designated spot from which to shoot. You may place a cone adjacent to the "shooting" spot.

### Coach's Notes



## Motivational Skill # 6 : Dribble Through Pirates (10min)



X's dribble through the "river" to the other shore. The river pirates (P) try to steal the ball from the X's. If a pirate wins a ball, they kick it to a shore and the X that lost it must go, get the ball, and start again.

Count the number of successful crosses in two minutes.

All groups get a turn as the pirates.

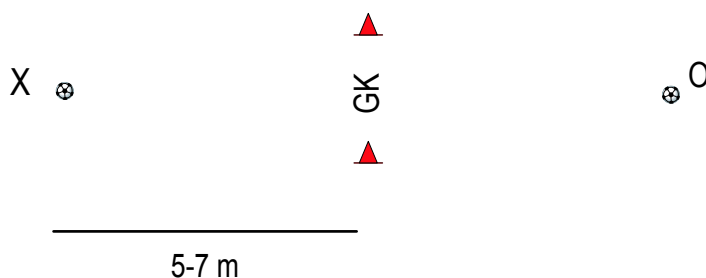
### Coaching Points/Progression

1. Encourage X's to look at where the pirates are and choose their spots to dribble through.
2. Encourage pirates to steal the ball from a target player they identified and stick with that player.
3. Younger kids may need a narrower river (4 m).
4. More experienced kids, when they are pirates, may be challenged to communicate to "gang up" two at a time on an X to increase success rate.
5. Be creative on how to identify the river and shore. This can be a real fun game.

### Coach's Notes



## Motivational Skill # 7 : Shooting 3 (10min)



Goal is 4m wide.

X takes a shot and after a save or miss, GK turns and now takes a shot from O.

Rotate GK every 10 shots (5 from each side).

Count # of goals scored.

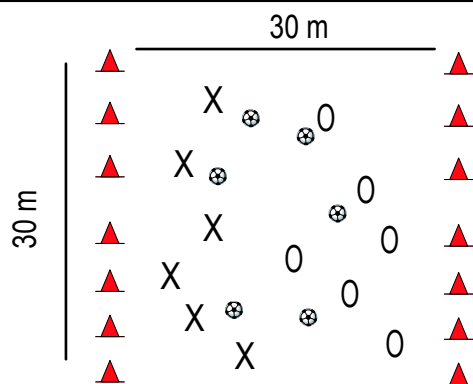
### Coaching Points/Progression

1. For younger kids shorten the distance to goal and help the GK with the turning around. Change GK after two shots from each side.
2. For older and more experienced teams, consider increasing the distance to goal.
3. Encourage players to aim the shot just inside the cones.
4. See which GK dive for low shots - that's a sign of a future goalkeeper.

### Coach's Notes



## Motivational Skill # 8 : Passing 2 (10min)



Two teams with 3 balls per team.

Each team defends one set of cones.

Goal is to shoot other team's cones down.

Which team wins?

### Coaching Points/Progression

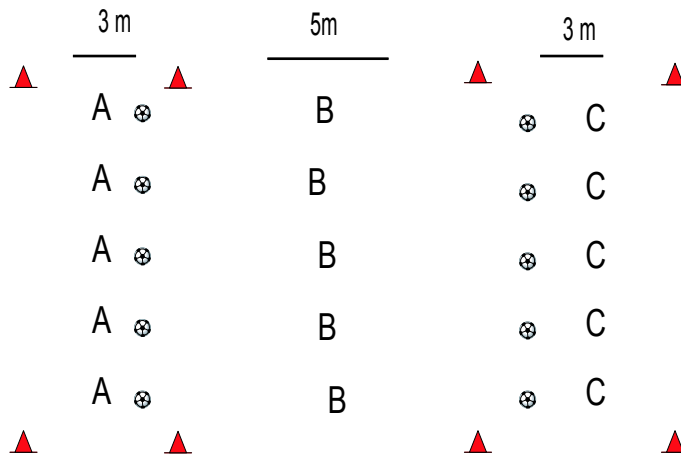
1. Shorten the field as appropriate for age and skill level of your team.
2. Discourage dribbling right to the opposite cone. Encourage lots of shots and encourage passing to team mates.
3. Observe the natural behaviour of your players to see if the players without the ball are trying to prevent the other team from shooting or if they stay open and ask for a pass. Also see who is likely to pass. That will give you an indication of who may have defender, attacker or passer tendencies.
4. Relating to the above point, you may want to force the behaviour by not allowing tackles and encourage passes.

### Coach's Notes





## Motivational Skill # 9 : Passing 3 (10min)



A's and C's try to pass ball across zone occupied by B.

B's try to stop ball.

Rotate teams through middle every 3 min. Count # of passes through for each team

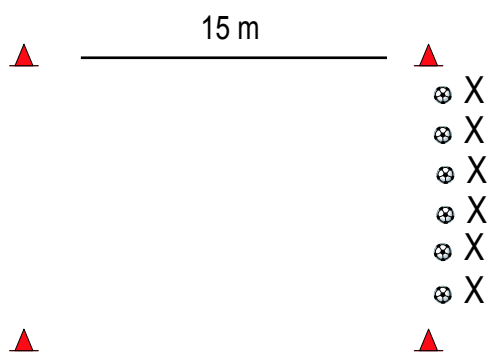
### Coaching Points/Progression

1. Shorten the distances for younger kids to 2 m, 2 m, 2 m.
2. A and C stay in their end zones and retrieve a new ball from the ones coming across from the other team.
3. If the players in the middle have little success, reduce the number of balls and consider starting all passes from one side (A or C) and then the other.
4. Make sure balls are passed on the ground, no high shots.

### Coach's Notes



## Motivational Skill # 10 : Dribble Race (10min)



On "go", players dribble to opposite end-line. Then set up from opposite side and race to other side.

They can't leave field.

Repeat

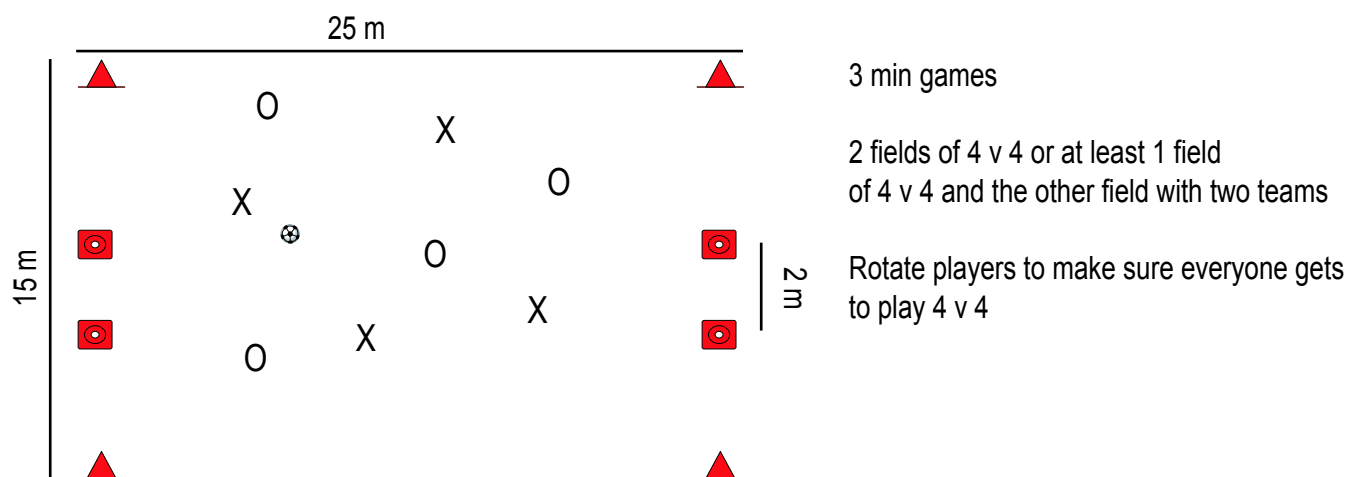
### Coaching Points/Progression

1. Shorten distance for younger kids.
2. Set up more than one grid to avoid congestion.
3. Every player has a ball.
4. Encourage players to keep ball close to foot. It is a dribbling, not a passing, exercise.

### Coach's Notes



## Game # 1 : 4 v 4, no GK (15 min)



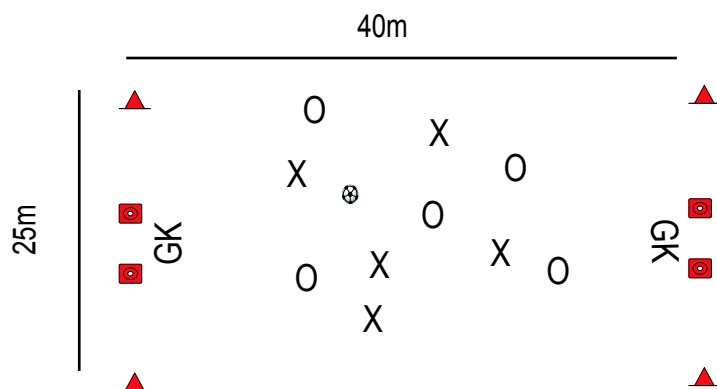
### Coaching Points/Progression

1. Reduce the size of the field as necessary for younger kids (4-6) to make sure everyone is close to the ball.
2. For younger kids, don't worry about passing. Just let them play. Encourage everyone to "steal" the ball from the player who has it, but make sure they don't take it from their own team mate. This may be difficult with the younger kids, so please use good judgment. The importance is that they keep active.
3. Older or more advanced teams should be encouraged to pass to team mates and to shoot at goal vs. trying to dribble through it.
4. For older and more skilled groups you can increase the size of the goal to 4 m wide and add a goalkeeper.

### Coach's Notes



## Game # 2 : 5 v 5 with GK (15 min)



set up 2 fields or rotate players in

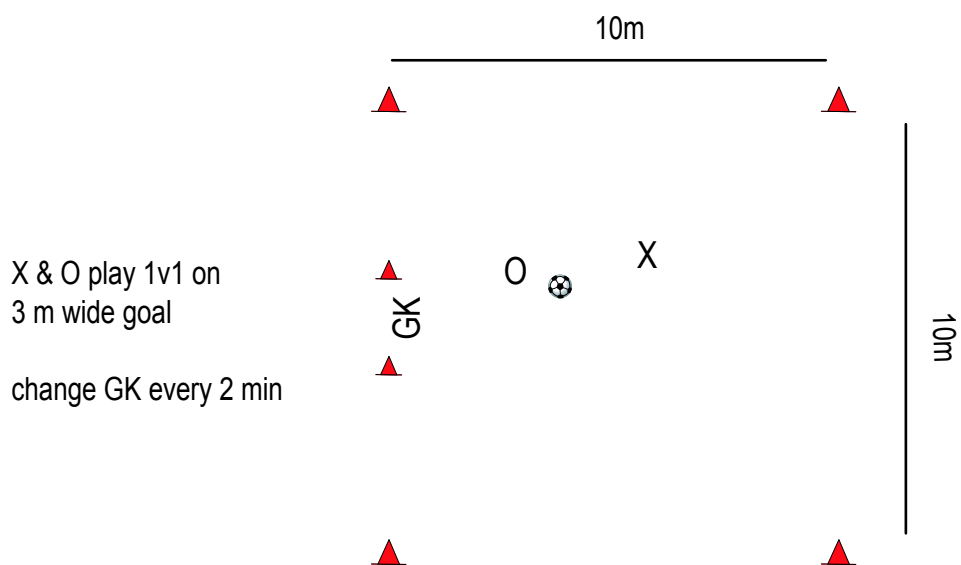
### Coaching Points/Progression

1. For teams 7yrs old and younger allow free positional play - no fixed positions. Encourage dribbling in space and passing to team mates when players are in traffic.
2. For teams 8 yrd and older ask them to play with 2 defenders and 3 forwards. Explain to them briefly the role of defenders (to stay back a little and take the ball away from the other team) and forwards (to stay up a bit and try to get a shot on goal). Do not overemphasize tactics and rotate players through the various positions.
3. This is a good time to make note of the fundamental principle that if the other team has the ball "we need to get it back" and if we have the ball "we need to play it up and keep it away from the other team".

### Coach's Notes



### Game # 3 : 1 v 1 with GK (15 min)



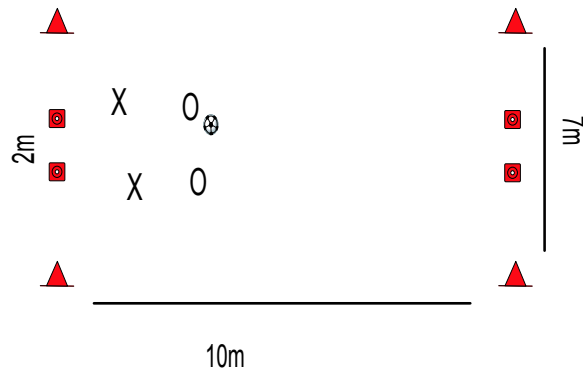
#### Coaching Points/Progression

1. Encourage frequent shots on goal, especially after winning the ball from opponent.
2. Match skills evenly between players in a group.
3. Vary the size of the grid to get lots of shots, make it smaller if necessary for younger kids.
4. Sometimes young kids aren't comfortable taking the ball away from someone else - they have been taught to wait their turn. This is a good opportunity to teach them that it is o.k. in soccer to take the ball away from another team.
5. If it helps the kids to understand that the X and the O are on a different team, give them a different colour pinny.

#### Coach's Notes



## Game # 4 : 2 v 2, no GK (15 min)



Break team into groups of 4, each group playing a 2v2 game on their own field.

Play 3 minute games and rotate groups of two in tournament style.

Which team wins the most games?

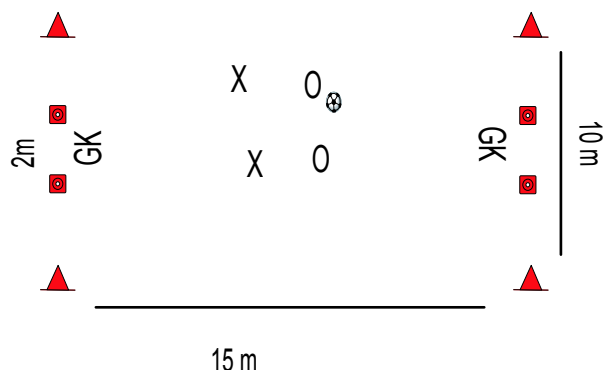
### Coaching Points/Progression

1. For younger kids (4-6), make the field smaller if necessary.
2. This drill is good to teach the younger kids the concept of defending their own goal and attacking the other goal, i.e. teach them the directional aspects of soccer.
3. Encourage the players to mix up passing and dribbling evenly.
4. Younger kids may need to be encouraged to finish with a shot as opposed to dribbling through the goal.
5. Older and more advanced kids may be challenged to only score a goal after receiving a pass.

### Coach's Notes



## Game # 5 : 2 v 2, with GK (15 min)



Break team into groups of 6, each group playing a 2v2 game with GK on their own field.

Play 3 minute games and rotate groups of two in tournament style.

Which team wins the most games?

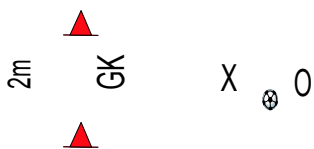
### Coaching Points/Progression

1. For younger kids (4-6), make the field smaller if necessary.
2. This drill is good to teach the younger kids the concept of defending their own goal and attacking the other goal, i.e. teach them the directional aspects of soccer.
3. Encourage the players to mix up passing and dribbling evenly.
4. Younger kids may need to be encouraged to finish with a shot as opposed to dribbling through the goal.
5. Older and more advanced kids may need bigger goals (3 m).
6. Have every player on each little team be the goalkeeper.

### Coach's Notes



## Game # 6 : 1 v 1, with GK (15 min)



Break team into groups of 3, each group playing a 1v1 game with GK in their own area.

Goals can be scored from either side of the goal.

Rotate GK every 2 minutes such that each player gets two turns in goal.

### Coaching Points/Progression

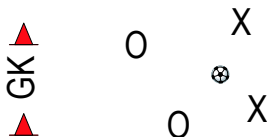
1. There are no specific field markers to indicate size. Encourage players to keep the action close to the goals.
2. Younger kids may not be ready to understand that they can attack from both sides of the goal.  
That's o.k., however as coach you may pick up the ball occasionally and roll it to the other side.
3. More experienced kids should be encouraged to change the side of attack more frequently.
4. Match up players as closely as possible based on skill.

### Coach's Notes





## Game # 7 : 2 v 2, with GK (15 min)



Players can score from either side of 4m wide goal.

Encourage changing direction of attack to stimulate creativity.

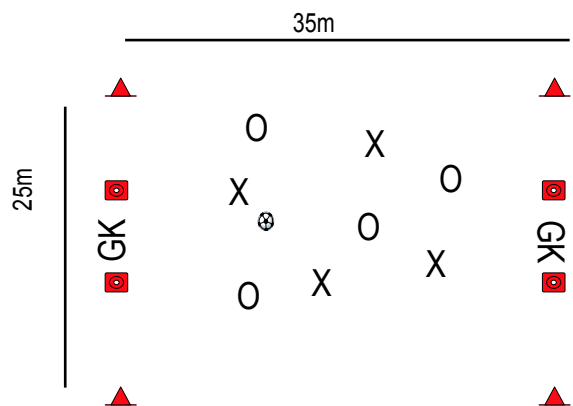
### Coaching Points/Progression

1. Younger kids should be able to attack from either side because they tend to keep playing regardless of where they are. You may need to step in often to point out where the goal is that they should try to score on.
2. For older teams you may need to limit the field of play with some cones to make sure they don't drift too far away from goal.
3. Encourage an equal split of 1v1 and passing. A small sided game like this is ideal to practice both of these skills.

### Coach's Notes



## Game # 8 : 4 v 4, with GK (15 min)



5 min games

2 fields of 4 v 4 or 1 field with 3 teams.

Play round robin.

Team not playing plays 2 v 2 w GK (see practice # 7)

### Coaching Points/Progression

1. Ideally, you want to have all players engaged in a game. Some suggestions:

If you have 12 players, play 5 v 5 with GK, rotating players through goal.

If you have 16 players, make four groups of four. Two groups play 4 v 4 with Gk (10 players), others play 2 v 2 with GK on a smaller field.

Have a plan of teams and rotations ready before practice or before drill starts.

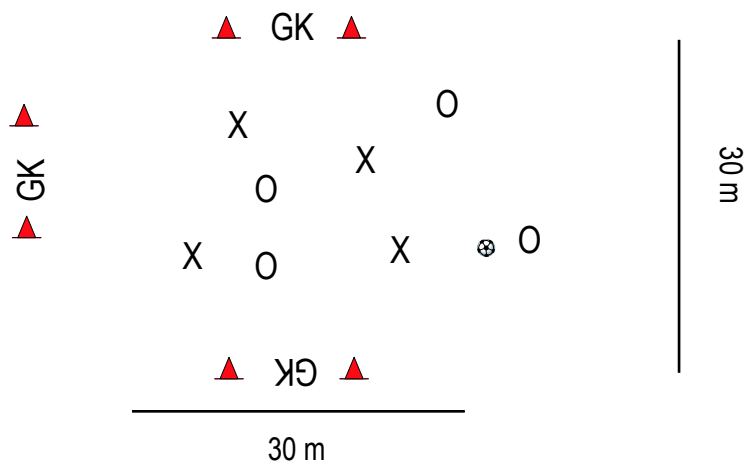
2. Encourage passing.

3. Encourage shots from withing 8 m of goal.

### Coach's Notes



## Game # 9 : 4 v 4 on 3 goals, with GK (15 min)



Each team can score on any of the three goals.

Play 3 minute games and rotate the GK into the teams.

Goals are 4 m wide to start.

### Coaching Points/Progression

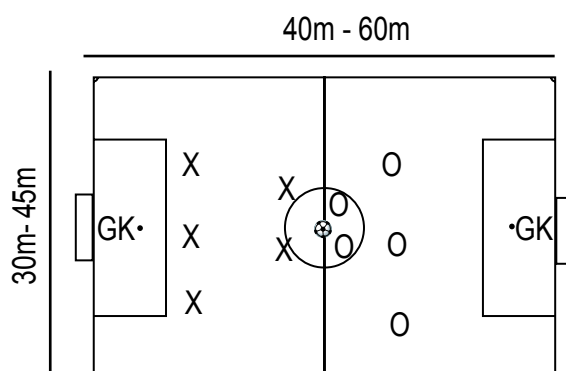
1. Adjust the size of the field and of the goals to the age and skill of your players.
2. Be on the field with the younger kids and help them decide which goal to attack.
3. Encourage the older and more experienced players to change the goal they are attacking if the one they are heading for is blocked by lots of defenders.

This is a good drill to start teaching change of direction of play.

### Coach's Notes



## Game # 10 : 6 v 6 (15 min)



### Coaching Points/Progression

1. Adjust the size of the field and number of players to reflect game situation.
2. This is a drill you can run at the beginning or end of the season, depending on what your team needs.

In essence, it is an intra squad scrimmage.

Rotate players through different positions to determine natural tendencies.

With young (4,5) players we recommend doing this early in the season so you can teach them the basics of the game, the idea of which direction to play, etc.

### Coach's Notes

**PRINT & GO**

**SOCCER PRACTICE DRILLS**

**YOUTH SOCCER**

**SKILLS AND TACTICS**



## Warm - Up # 1: Dribbling & Receiving the Ball

1. Each player dribbles a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa. Alternate.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn". "man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

#### 1. Dribbling:

Start players with a "number 8" large enough to keep control of the ball while moving. Then increase dribbling speed and make the circles smaller. Encourage switching between inside and outside of foot when dribbling.

#### 2. Passing:

On the one touch pass back, the passer needs to call out command to partner right away. That may be challenging - in that case only have a command after the "turn" move. Ensure that the players call out the command in a timely manner giving the receiver enough time to react. As the drill gets easier to execute, reduce the time to react to the command.

### Coach's Notes



## Warm - Up # 2: Change of Direction Move

1. Each player dribbles a ball around perimeter of field twice .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. While dribbling slowly, execute scissors move (sweep right foot across front of ball and plant, take ball away with outside of left foot in opposite direction) against an imaginary defender. Alternate feet.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, execute scissors move vs. passive partner. Alternate.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. In pairs, execute scissors move vs. active defender.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

1. In the first move (step 3) you can place cones on the field and ask players to move from cone to cone.
2. Encourage dribbling with head up as much as possible.
3. Match players as partners based on skill, or, based on positions (i.e. forwards with defenders)
4. The key to a change of direction move is to slow down the dribble before the move, then change the direction executing the move, and finally to accelerate into the new direction.
5. An upper body fake in the opposite direction of the final direction can be added.

### Coach's Notes



## Warm - Up # 3: Dribbling, Moves

1. Form lines of 8 players and jog around 1/2 field. Last player weaves through line to front, etc.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Tap ball 3-4 times between feet, then drag 1/4 turn to right with sole of foot. Repeat
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Dribble ball across field pushing it forward with laces, stopping with sole of foot, pushing forward, etc.
6. Hamstring stretch. (hold 20 seconds each side, 3 reps/side)
7. Repeat exercise 1 above, except each player has a ball and last player must dribble-weave to front.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

1. Ensure that players jog slow enough for the last player to weave through the line within a reasonable distance (say 20 - 25 m). The weaving player should not have to sprint all out, they should be between a jog and a sprint. Keep the distance between joggers just large enough for the weaving player to get through.
2. If players are comfortable tapping and dragging with one foot, ask to alternate feet. It is important to keep tight control of the ball.
3. In step (5), it is important to push the ball forward keeping it close to foot. A quick short step or two should be enough to reach it with sole of foot for the stop. Slow players down if they lose control of the ball or reach too far with their leg/foot to stop it.
4. For the dribble/weave in step (7) ask the players to keep their head up so they can maintain proper space to the player in front of them. Keeping the ball tight to feet is critical to avoid balls and/or players colliding.

### Coach's Notes





## Warm - Up # 4: Dribbling, Receiving the Ball, Reaction

1. Spread cones around field (2 per player) and ask each player to dribble towards a cone, change direction at cone.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. groups of 4:  

X1 ⊗	→	O1	↻
X2 ⊗	→	O2	

X1/X2 tosses ball to O1/O2 who plays it back to X1/X2 with one touch.  
O1 and O2 change place, X1 now tosses to O2, X2 to O1.  
After 2 minutes alternate and have O's throwing to X's.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. 25mx25 grid, each player dribble a ball. On coach's command, players exchange balls.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Repeat exercise 5 above, except that 2 players don't have a ball to start.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

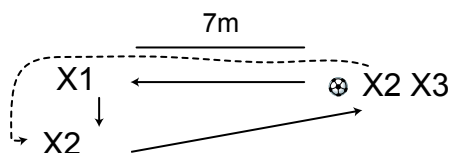
1. Use a variety of moves from the web site and other drills in step (1). Encourage each player to think about their favourite (and hopefully best) move.
2. It is important that the drill in step (3) runs smoothly. This is accomplished by the players receiving the ball knowing which way they shuttle across, i.e. who is in front.  
The throws must be timed to reach the receivers at the same time, they must be accurate and to the feet. The one touch back ideally goes straight back into the hands of the throwers. Once the movements are smoothly synchronized, you can ask players to pick up speed by throwing sooner and shuttling faster.
3. In step (5) make sure players dribble with ball close to feet and with heads up so they are ready to get a ball on command by having identified who they want the ball from.
4. In step (7) the challenge for the players with the ball is to get a new ball before the players without the ball "capture" one. It shouldn't always be the same players without a ball.

### Coach's Notes



## Warm - Up # 5: Dribbling, Overlap Passing, Reaction

1. Dribble ball randomly around field using the inside and outside of either foot.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. groups of 3:



X2 passes ball to X1 who touches it to the right  
X2 runs around X1 and passes ball with one touch to X3  
X3 passes to X1, X2 runs to his/her starting spot  
repeat 10 times and change roles (X1)

4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In partners. One player dribbles ball, changing direction. Partner shadows him/her. Change roles.
6. Hamstring stretch. (hold 20 seconds each side, 3 reps/side)
7. Ball is one step distance between partners. On a command, both players try to pull ball back with sole of foot.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

1. Overlap Passing (step 3)
  - a. X2 must weight pass to X1 so that X1 can easily touch it to the side. The touch (lay-off) pass must be controlled to be within 2 m of X1. X2 must sprint after passing such that ideally X2 arrives at the ball from X1 while the ball is still moving. Pass from X2 to X3 must be accurate and soft enough for X3 to one touch it forward.
  - b. Increase distance between X2 and X1 as needed for the speed of your players.
2. In step (7) make sure that players don't kick at the ball or tackle. The goal is to have the first who gets their foot (sole) on the ball wins and pulls it back.

### Coach's Notes



## Warm - Up # 6: Anticipation, Dribble

1. Each player with a ball. On the spot, do push/pull move, then do it while dribbling across field and back.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Groups of five in 20x20 m grids. Each player gets a number from 1-5. Players must pass in numerical sequence. Emphasize moving to be ready to accept ball, and moving into space after passing. Everyone needs to read plays and know when his/her turn is coming up.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Place 8 (3m wide) goals randomly across 1/2 field. Divide team into two groups and play 2 minute games. Team in possession scores a point by passing through any goal to a team-mate. Cannot score in same goal twice in a row.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Player with partner. Player with ball attacks and tries to execute a move to beat partner. Change roles
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

### Coaching Points/Progression

1. In step (1) you can shorten the distance based on age, skill, and speed of your players.
2. In exercise (3) players need to learn everyone elses number. If they get lost initially and don't remember where to pass to next, then ask the player who should receive the ball next to ask for the pass by calling their own number. This is a great drill to teach communication.
3. For step (5) adjust the size of the field to your team's abilities. It is most effective to pass the ball from within 2-4 m from the goal to a player who has moved in position on the other side. Players who just wait will be easily covered. Therefore ask for lots of running into spaces and ask for the final pass through a goal to a player who is just running to the other side, not simply waiting there.
4. In step (7) emphasize body motion fakes for player with ball. Train defender to keep "eye on ball" and time tackle when the ball has been moved furthest from the foot of the attacking player. Make sure players tackle the ball, not the ankles or legs.

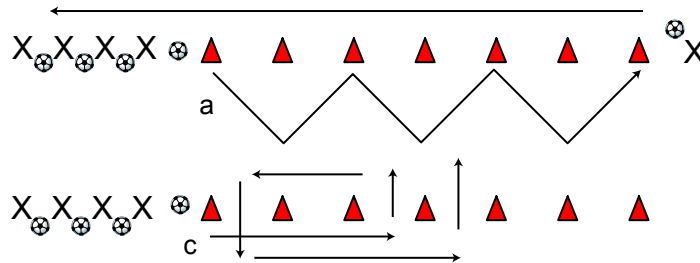
### Coach's Notes



## Warm - Up # 7: Agility Dribble

1. Each player dribble a ball across field tapping it diagonally forward with outside/inside of same foot. Alternate feet.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)

3. Dribbling the ball.



- a. Both lines dribble diagonally across from cone to cone and back on outside of the cones.
- b. Quad stretch
- c. Both lines dribble ball along the outside of 3 cones, drag it sideways across 3rd cone, drag it backwards 2 cones, and drag it across sideways. Repeat to last cone and then dribble back along outside of cones.
- d. Insert ham string and heel stretches.

Dragging: moving ball with sole of foot.

### Coaching Points/Progression

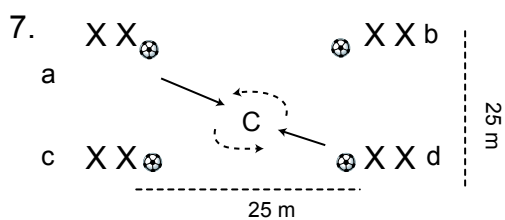
1. Depending on time available, age and speed of players, shorten the distance in step (1).
2. In 3(a) players are encouraged to dribble with head up to avoid collision with players from opposite line. Ask them to keep ball close to feet and dribble as close to cones as possible before changing direction. The change of direction can be any move, although the simplest to start with (for right footed players) is to cut with inside foot when turning left and with outside foot when turning right. Remind them to dribble quickly to cone, slow down at cone, make the move and then accelerate out of the turn. Space distance between two rows of cones to suit your team.
3. In 3(c) space the time between dribblers remembering that they will be coming back. You may want to wait sending the second player until the first one reaches the last cone.
4. You may want to reduce the number of players to three per line if you have enough cones.

### Coach's Notes



## Warm - Up # 8: Moves # 1

1. With a partner (3-5 m apart) and a ball, run around 1/2 field twice passing ball diagonally forward to each other.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Side drag/push move . Drag ball with sole of foot across body, then push in opposite direction with outside of foot.
4. Hamstring stretch.
5. Repeat side drag/push move with cones. After pushing ball w. outside foot, player now accelerates forward past cone.
6. Quad stretch (hold 20 seconds each side, 3 reps/side)



1. Coach (C) faces player from line a/d or b/c who now dribble at coach and make a move to get by low pressure defending coach.
2. Coach keeps rotating to face different players and diagonally opposite players start dribbling at coach.
3. Ask players to try various 1v1 moves to get by coach.

8. Heel stretch

### Coaching Points/Progression

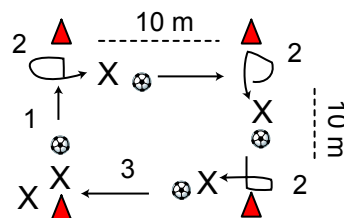
1. In step (1), do the second lap in reverse direction so players need to use other foot. The player on the inside should be encouraged to pass with outside of foot.
2. In step (7), you can replace the coach with a defender. It is important to be a passive defender allowing players to beat them with a good move. Try to only intercept balls which the attacker loses control of.
3. Attackers need to approach coach fast, slow down just ahead of (C), make their move, and accelerate away.
4. The reason for two diagonal lines attacking at the same time is to force the players to keep their head up to avoid collision with the opposite line after the move is made. They also need to communicate verbally or through body language to make sure they don't make their move to the same side of (C) and thus colliding.

### Coach's Notes



## Warm - Up # 9: Moves # 2

1. Dribble ball around 1/2 field twice dribbling back and forth over side, center, and goal lines.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Each player with ball. Stand beside ball and hop with both feet sideways over ball and back. 3 sets of 20.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Each player with ball. Execute push/pull move (for pictures, click on moves on web page). Step on ball with sole of foot; pull back with sole; push to side with outside of same foot. Do stationary and while dribbling.
6. Hamstring stretch (hold 20 seconds each side, 3 reps/side).
7. Twist-off move around cones
  1. Dribble to cone.
  2. twist 3/4turn at cone and dribble to next cone. Repeat
  3. pass to next player
8. Heel stretch (hold 20 seconds each side, 3 reps/side)



### Coaching Points/Progression

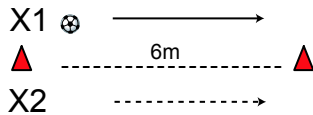
1. In step (1), do the second lap in reverse direction so players need to use other foot. Make the laps smaller (like the perimeter of the penalty box) for younger teams. If there are no painted lines to dribble across back and forth, ask players to imagine the lines. The important part is that they change direction and not simply dribble in a straight line.
2. In step (3) ask players to single hop over ball. If they can't allow them to "land" first and then hop back across in a second move.
3. In the twist-off (7) drill, it is important for players to dribble tightly to the cone and make the 3/4 spin in front of the cone, not dribble around the cone. They need to keep the ball close to the foot and with several touches with the inside of the foot execute the turn. After the turn they accelerate to the next cone and finish with a good pass to the player waiting at the first cone.
4. To avoid waiting, have 2 players with a ball starting to dribble and two players waiting. Adjust distance between cones to suit your team.

### Coach's Notes



## Warm - Up # 10: Moves, Reaction

1. Groups of 3 run and pass ball across field 4 times (crossover runs, weaves - let them create passing patterns)
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Each player tap ball between feet while bouncing, drag ball 1/4 turn, repeat tapping, turning.
4. Shadow dribble:



X1 dribbles ball between cones and changes direction often using several change of direction moves.

X2 shadows X1 and tries not to be faked by X1's moves. Change role every 60 seconds

5. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
6. In pairs, execute scissors move vs. passive defender.
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

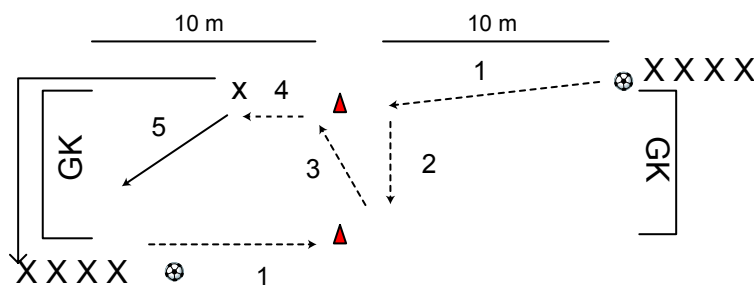
### Coaching Points/Progression

1. In step (1), allow creativity of patterns. One example to get you started:  
Have the player in the middle start with the ball and pass into run of player on his right. Middle player then overlaps player on the right while player on right passes across into run of player on the left. Player who just passed runs into center and receives ball from player on left.  
Repeat pattern.
2. In step (3), players bounce on the ball of their feet (dancing) while tapping ball back and forth.
3. In the shadow dribble (4), the player with the ball needs to accelerate away with the ball, then frequently change direction. Suggestions: a) step on ball and turn; b) cut back with inside foot c) pull back with sole of foot and pivot around. X2 needs to react to body fakes. As with all proper defending, X2 needs to keep "yes on ball".
4. In step (6), progress to active defending if the moves are executed successfully.

### Coach's Notes



## Technical Skill # 1: Change of Direction Dribble and Shoot



1. X dribbles ball to cone
2. X changes direction and dribbles to opposite cone
3. X changes direction and dribbles diagonally across, wide of the net.
4. X sets up shot with one last touch
5. X shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

### Coaching Points/Progression

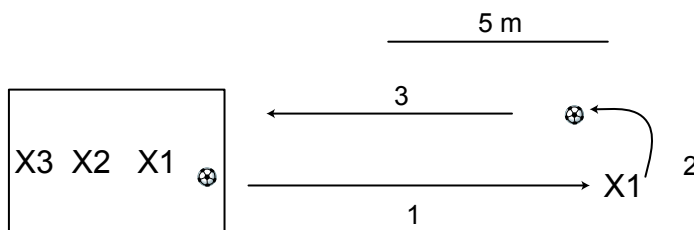
1. Ask players to dribble as close to cones as possible without ball touching cone.
2. Get right up to first cone and make a sharp cut with inside foot (right footed dribble).
3. At the second cone, cut the ball inside with outside of foot.
4. Back at the first cone (step 3-4) cut back with inside foot.
5. The final (4) touch prior to shot should have the ball angled towards the direction of the shot (goal) and set up the ball such that the player can strike the ball with the next step.
6. Aim the shot for the far post.
7. When players are executing the dribble well, progress as follows:
  - a. dribble with both feet and alternating inside/outside of foot.
  - b. speed up dribbling speed.
  - c. dribble with head up looking at other players and goal while controlling ball close.
8. Make sure players look up at their target before taking the shot.

### Coach's Notes





## Technical Skill # 2: Change of Direction Cut Backs



Groups of 3

1. X1 passes ball 3-5 m out and sprints after it
2. X1 cuts ball back with inside of foot
3. X1 passes ball to x2 and sprints to end of line
4. X2 repeats

Ask players to execute quick turn with outside of foot and flicking straight back with sole of foot in step 2.

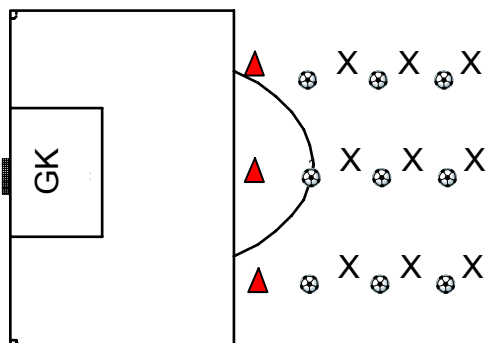
### Coaching Points/Progression

1. Ask your players for a perfectly weighted pass so that they will get to it after pass within the prescribed distance. Place a cone at 5 m if necessary.
2. Players need to pivot around when they cut the ball back with the inside foot. If they pass too hard and sprint too fast they may have difficulty executing the turn - slow them down to get the turn right, then speed them up again.
3. The pass back to the player waiting must be perfectly weighted as well, such that the next player can pass it forward with the first touch. If the pass is too hard, the receiver may lose control. If the pass is weighted properly and one touch pass out is too hard, allow two touches initially.

### Coach's Notes



## Technical Skill # 3: Dribble & Shoot # 1



1. Dribble to cone.
2. Make a move on cone into the penalty box.
3. Finish with a shot on net with your first touch inside penalty box.

It is important to make sure that the last touch into the penalty box is diagonal and away from shooting foot to set up the shot.

If groups are too large and players stand around, set up a second/third goal with cones.

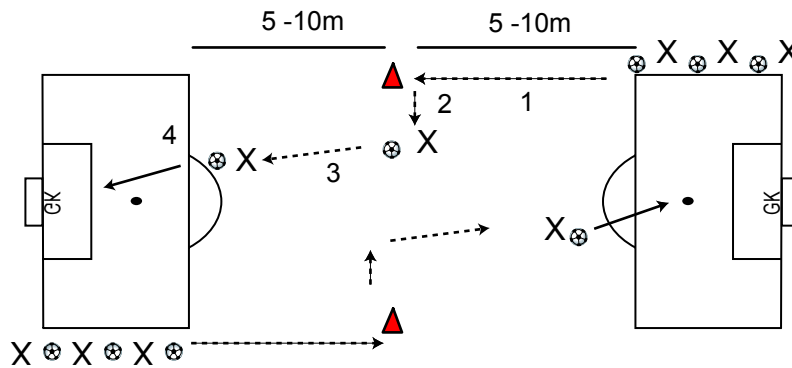
### Coaching Points/Progression

1. Depending on skill of players you may restrict the drill to two lines to avoid confusion.
2. Make sure that the shot is taken before a player from the next line starts. That should give the goalkeeper enough time to reset. It is important to give the keeper the time to reset, but at the same time encourage the keeper to get up as quickly as possible after a save or goal.
3. The goalkeeper must be focused on the next shot and not worry about the last one he may have missed.
4. The final touch into the penalty box should be diagonal to set up maximum body rotation which in turn maximizes power for the shot.
5. Players must look at the target (far post ideally) before striking the ball.
6. The last touch before the shot should be towards the target.

### Coach's Notes



## Technical Skill # 4: Dribble & Shoot # 2



1. Dribble to cone.
2. Make a move on cone.
3. Cut in on net
4. Set up a shot on net with your next touch and shoot.
5. Go to end of opposite line

Set up as many areas for drill as you need to keep players moving as much as possible.

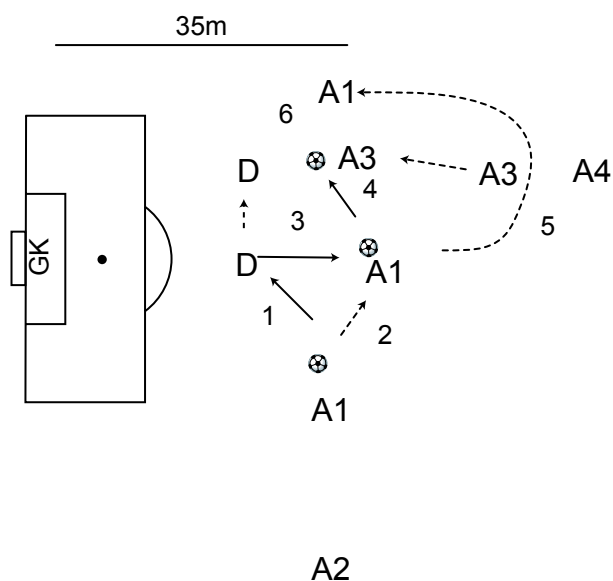
### Coaching Points/Progression

1. Ask players to dribble as fast as possible while keeping close control of the ball. Advanced players can use either foot or alternate feet to dribble.
2. The best move at the first cone is a cut with inside foot, however, advanced players can use any move as long as it does not slow them down
3. Moves at the cone require slowing down, changing direction, acceleration.
4. The final touch before the shot should be diagonal in the direction of net.
5. Players need to lift their head, pick the target, and aim the shot (far post recommended).
6. Emphasize accuracy of shot over power initially.
7. Time the shots so that the goalkeepers have time to recover.
8. Players should never have to stop after they start the first dribble.
9. If you have a lot of left footed players, set up a second drill allowing players to end up with a left footed shot.

### Coach's Notes



## Technical Skill # 5: Overlap Run with 2 v 1 plus Shooting



1. A1 passes to D and
2. times run towards A3
3. D one touch passes back into A1 run
4. A1 passes into run of A3 and
5. overlaps A3
6. A1 and A3 play 2v1 vs D ending with shot on net.

A2 and A4 wait to restart as soon as previous players are done.

This drill may take some time to get right due to the precise timing of passes & runs required.

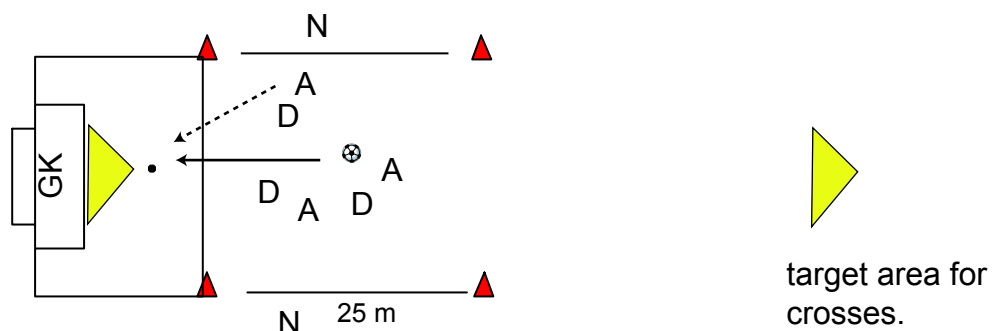
### Coaching Points/Progression

1. This is an excellent drill to practice timing of passes and runs.
2. The key is to ensure that the pass and the runner arrive at the same place at the same time.  
For example:
  - a. pass from D back to A1 must be such that A1 doesn't have to wait for ball or have to chase it. If either happens it will throw off the rest of the sequence.
  - b. A3 must time the run (likely delay) until they are sure A1 has control and is able to pass it.
3. Players need to look up and be aware of their team mates positions and movements. This is an excellent drill to emphasize that looking at one's feet and the ball is not enough.
4. Adjust the distances and the speed of passing to allow success.
5. If your team struggles understanding the runs initially, have them walk through the sequence to be more comfortable.

### Coach's Notes



## Technical Skill # 6: Pass and Shoot



1. Play 3v3 in grid using Neutral players (N) as support player.
  2. A must play ball into area with a pass to a team-mate running into area.
  3. Once in area, A must shoot on 1st or 2nd touch.
  4. Defenders cannot follow into area.
  5. After goal or change of possession in grid, defenders try to score.
- Depending on number of players, set up two fields, or rotate players in groups of 3.  
Rotate neutral players as well.

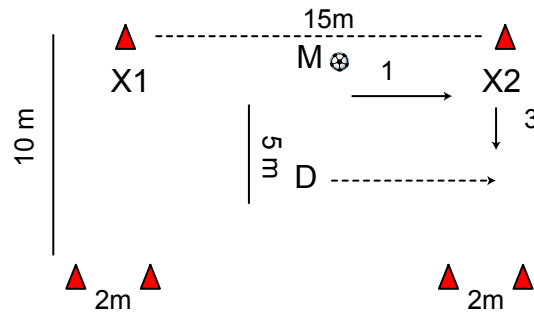
### Coaching Points/Progression

1. Players, and especially younger or less experienced teams, will try to play through the middle to set up a quick shot on goal. They will tend to forget the neutral players.
2. Ask them to use the neutral players and show them how that "stretches" the defense.
3. Neutral players can cross the ball into box for a "free" header or shot. Therefore, when a neutral player has the ball at least one attacker must anticipate the cross and make a run to the "danger" areas (triangle from top of 6 yd box goal post high to penalty spot)
4. Neutral players can also play ball back into field of play outside penalty box and player receiving can play through middle or pass it along to opposite neutral player.
5. Neutral players must play it back to the team that passed them the ball.
6. If there are lots of changes of possession then likely passes are inaccurate, runs are poorly timed, or too many 1v1 dribbles. Stop the drill and correct these.
7. Stress lots of communication.

### Coach's Notes



## Technical Skill # 7: Defending 2 Goals



1. M starts with ball and passes to either X1 or X2 waiting at cones.
2. D hustles across to block shots on goal
3. X1 or X2 either shoot on small goals or, if goal blocked by D, pass back to M who quickly decides whether to pass to X1 or X2.

Stress communication to get many clear shots. Rotate players through positions.

### Coaching Points/Progression

1. Defender (D) needs to react quickly to direction of play to block shot by X1/X2.
2. Defenders can slide tackle a shot to stop it from going past.
3. Quick and accurate passing between X's and M is critical to get defender out of position and generate a clear shot.
4. M should be a midfielder player, X's can be midfielders or forwards.
5. Within each group, rotate players through each position.
6. Have more than one ball per group to keep the play going after a shot. Have volunteers behind the little goals if possible.
7. A progression is to remove the midfielder and have X's pass to each other. This will speed up the drill and put more pressure on defenders.

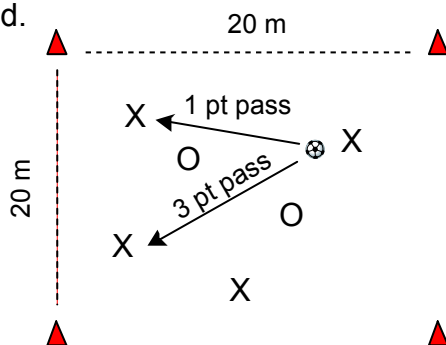
This is an excellent drill to train defender reaction, shot blocking, slide tackling; as well as change of direction and quick passing for attackers.

### Coach's Notes



## Technical Skill # 8: 4 v 2 Passing

1. 4 v 2 in 20m x 20m grid.



2. Group of 4 keeps possession and scores:

1 point for completed pass

3 points for completed pass between defenders.

Rotate defenders every 3 minutes.

Emphasize movement, passing into space, angles of support (triangles in particular) and communication.

Keep track of points for possession teams.

### Coaching Points/Progression

1. X's need to constantly move to set up an opportunity for the pass between defenders. This is best accomplished by a couple of short and "square" passes while the fourth attacker "sneaks" behind the defenders and is now open for the through pass.
2. This is where thinking about and setting up triangles is of value.
3. Defenders need to decide who challenges player with the ball. The second, or covering, defender needs to decide which passing lane to cut off.

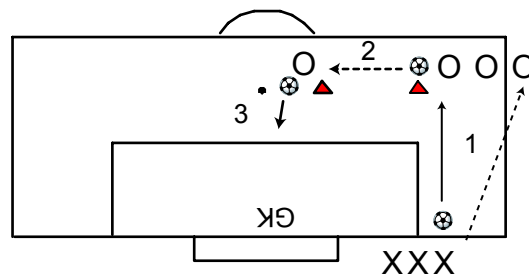
This is an excellent drill to train attackers to play the "deadly" splitting the defense pass.

You can make the drill easier for attackers by adding a fifth X, or more difficult by adding a third defender.

### Coach's Notes



## Technical Skill # 9: Dribble & Shoot # 3.



1. X passes to O. X follows pass and sprints to end of line O.
2. O receives pass, dribbles it past cone.
3. After second cone, player cuts to net and shoots. After shot player sprints around back of net to end of line O.

### Coaching Points/Progression

1. The first pass by X to O must be accurate and in front of o so that O can control the first touch into the direction of the dribble.
2. O must dribble quickly keeping the ball tight to feet.
3. Once O gets to the cone they must set up the final touch after the cone and towards the net such that the next touch is a shot. Thsi will train agility as player O needs to pivot around the cone to generate momentum for a good strike of the ball.
4. O must time the last pass such that they can reach the ball for a shot with the next step.
5. It is important for O after the shot to sprint around the net to avoid obstructing the next player.

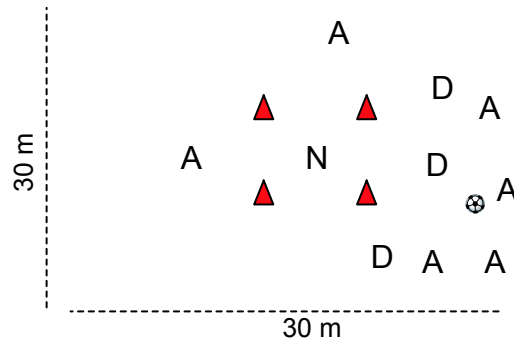
If the shooters are successful, challenge them by asking the goalkeeper to come off his line to close down the angle a bit. Goalkeeper should start the drill playing the proper angle but staying ~ 2m off the goal line.

### Coach's Notes





## Technical Skill # 10: 3 v 6 Defending



1. 6 attackers v 3 defenders in 30x30m grid.
2. One neutral (N) inside 5x5m grid.
3. Attackers get points for passing to neutral player in grid
4. Defenders get point for getting control of ball.
5. When defenders get control, play restarts with attackers.
6. Rotate players through positions every 3 minutes.

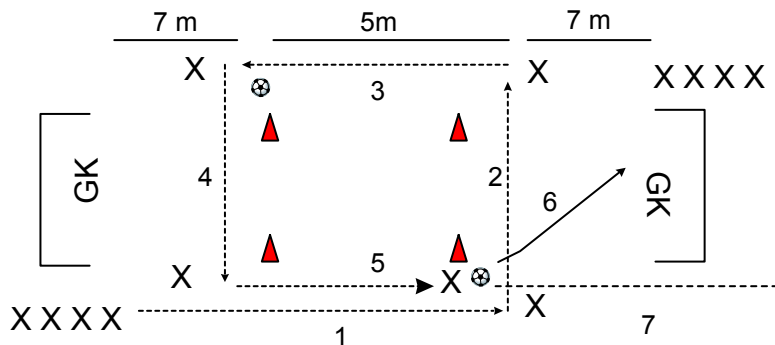
### Coaching Points/Progression

1. As shown in the diagram, all defenders should be between the ball and the neutral player (N) to prevent a successful pass. This will force the attackers to have players come to the ball for passes to work the ball to the other sides of the grid N is in. Attackers cannot pass ball high through the grid.
  2. Encourage attackers to have players available on either side of the grid to create two outlet passing options.
  3. Defenders need to react very quickly to the passes by attackers so they can move and block the shot from the side the attackers are now on.
  4. Defenders will learn to block shots and should be encouraged to slide to block shots.
  5. Neutral player must move with play to be in position to receive an easy pass.
- Adjust the size of the grid the neutral player is in to either increase success or provide a to the attackers if they score points too often.

### Coach's Notes



## Fitness Drill # 1: Run - Sprint - Shoot



1. X half sprints to second cone
2. X sidesteps to cone across
3. X runs backwards to 4th cone
4. X sidesteps to cone 1
5. X sprints to ball
6. X shoots ball on target
7. X sprints to back of other line

Coach/helper replaces ball for next shot

Both lines do drill at same time, avoiding collisions.

### Coaching Points/Progression

1. Sidestep (2) means facing goal while shuttling across.
2. While running backwards players can look over their shoulder to keep straight.
3. Aim shot at far post and keep it low.
4. To keep the drill moving have a supply of balls at the shooting position and a person placing a new ball for the next player.
5. You can adjust the running and shooting distance to suit your team's abilities.
6. Instead of a shot, you can throw the ball for a header (GK can do this).
7. This drill also helps goalies, so make sure they play the angle properly.
8. Time the running such that the goalkeeper has time to reset before the next shot.

### Coach's Notes



## Fitness Drill # 2: Cooper Test

All players are asked to for a 12 minute run around field.

Record # of laps for each player.

Depending on age and competitiveness of team, variations more suitable can be chosen. The important thing is to have players work at an elevated heart rate for at least 12 minutes.

### Coaching Points/Progression

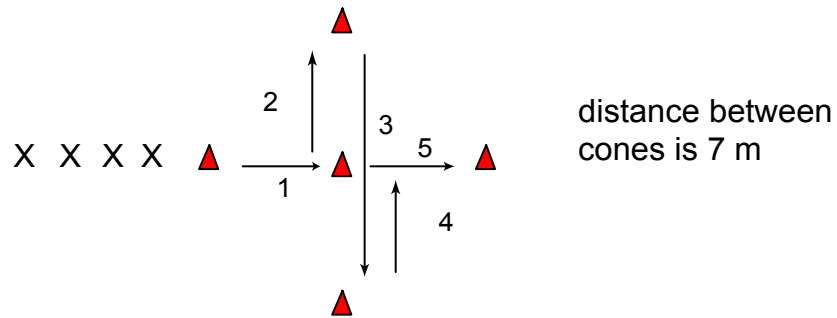
1. Ask players to bring running shoes if possible, particularly if ground is hard.
2. Make sure they run very close to the side lines of the field so that everyone's distance is the same for each lap.
3. Be aware of the weather. If it is a very hot and/or humid day, monitor your players as they run. This is a test to gauge fitness, not to complete 12 minutes. You may need to split it into 2 x 6 minutes with a water break in between. The point is not to do this test in any more strenuous conditions than what the team will be subjected to in a game.
4. Record the number of laps for everyone and repeat the test in the middle and at the end of the season to see if fitness levels are improving.

### Coach's Notes



## Fitness Drill # 3: Change of Direction Sprints

Groups of 4



1. Player sprints from 1st to 2nd cone and makes sharp turn to left.
2. Sprints to 3rd cone, sharp reverse turn.
3. Sprints to 4th cone, sharp reverse turn
4. Sprints back to 3rd cone, sharp turn right
5. Sprints to 5th cone, turns and jogs back

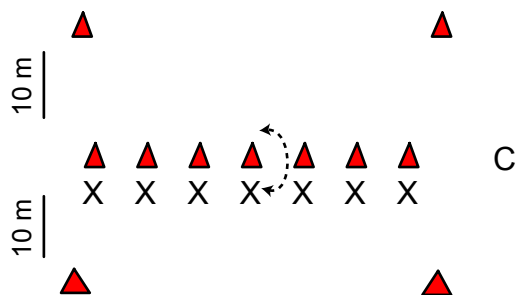
### Coaching Points/Progression

1. The sharp turns are done by pushing off the outside foot to the new direction, i.e. at the first turn to the left players need to push off with their right foot.
2. The second and third turns are 180 degree turns and players should not run a loop, they must pivot and quickly push off the foot closest to the cone.
3. Proper footwear to avoid slipping is important.
4. You may add some competition by having groups race against each other.

### Coach's Notes



## Fitness Drill # 4: Reaction Sprints



1. Players line up on one side of a row of cones.
2. Players jump sideways over cones.
3. On coach's (C) command "left" or "right" players sprint 10m to their right or left.

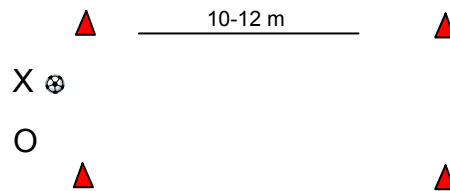
### Coaching Points/Progression

1. Sideways jumps are with both feet in the air and getting over top of cones.
2. Use the command between 1 and 6 jumps so that players do more sprinting than jumping.
3. Players will learn to focus on proper jumping technique while also focusing on the coach anticipating the command.
4. Make sure you define which direction is left and which is right so that everyone knows. A suggestion is to use the coach's right hand as "right" direction.
5. Players need to push off into the direction of the sprint as soon as they hear the command.

### Coach's Notes



## Fitness Drill # 5: Reaction Dribble and Sprint



- 1.X has ball and decides when to start dribble across opposite endline.
- 2.O waits until X starts and then sprints trying to beat X to the endline
- 3.Change roles every 5 turns

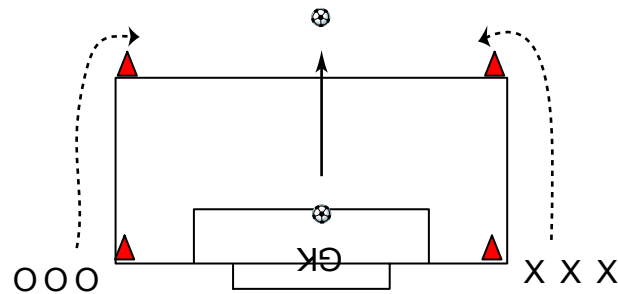
### Coaching Points/Progression

1. The beginning of the dribble is when X first touches the ball and O can't run until that happens.
2. Allow X to trick O once with a fake start to throw O off balance. O will have to reset and that is the time when X starts the actual speed dribble. O will now have to catch up.
3. During the dribble X must keep ball close to foot. They are not allowed to kick the ball and sprint after it. 5-8 touches should be the goal.
4. The coaching point for O is to focus on the ball, not the body movements of X. The reaction is to ball movement, not player movement. This is a key concept for defenders: "eyes on ball".

### Coach's Notes



## Fitness Drill # 6: Sprint, 1 v 1 and Shoot



1. GK serves ball past top of the penalty box .
2. X and O react to ball and sprint around cones trying to win ball. They play 1v1 to score a goal.
3. After shot players return to end of opposite line
4. GK varies serve (low pass, bouncing, etc.)

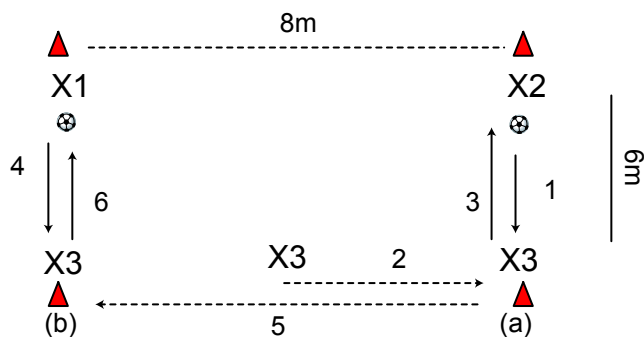
### Coaching Points/Progression

1. GK needs to have supply of balls to keep drill moving.
2. GK can vary his service out to be further out or to one side providing players with different challenges. GK can serve ball on ground, throw it or loft it high to make control difficult.
3. Players must sprint to ball. If one of the two thinks he cannot get to ball first, they should make a goal side run and assume the defender's role immediately. This requires judgment and decision making.
4. Once they are 1 v 1, both players can score. Emphasize use of 1 v 1 moves.
5. If players are deadlocked, stop drill (no more than 15 seconds per pair).

### Coach's Notes



## Fitness Drill # 7: Pass - Turn - Sprint -Pass



1. X2 passes ball towards cone (a) across.
2. X3 sprints toward cone (a)
3. X3 one touch passes ball back to X2 and turns to face cone (b)
4. X1 passes ball towards cone (b) across as soon as X3 has turned.
5. X3 sprints towards cone (b)
6. X3 one touches ball back to X1

Keep doing this for 60 seconds and rotate players through positions. Emphasize timing of passes and runs to cones.

### Coaching Points/Progression

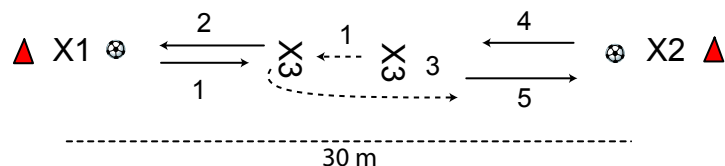
1. It is critical that the runner (X3) and the ball played by X1/X2 arrive at the cone at the same time.
2. The stationary players X1/X2 must lead the runner with the pass to make sure that X3 has to sprint "all out" to meet the ball at the cone.
3. X1/X2 must play a soft pass so that the runner has a decent chance to play a one touch back without wasting time and touches to control the pass.
4. X1/X2 will learn a lot about timing of passes into space and weight of pass into a run.
5. To challenge the runner more, widen the distance between cones (a) and (b).

### Coach's Notes





## Fitness Drill # 8: Pass - Turn - Sprint -Pass 2



1. X1 passes to X3 who attacks ball.
  2. X3 one touches ball back to X1
  3. X3 immediately turns to face X2
  4. X2 passes to X3 as X3 is turning.
  5. X3 attacks ball, one touches to X2, etc.
- Rotate players every 60 seconds.

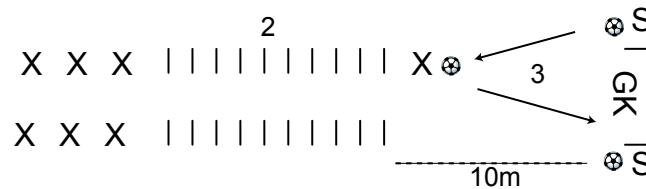
### Coaching Points/Progression

1. The first pass by X1 needs to be a "soft pass" so that X3 in the middle has at least 8 m to sprint.
2. The weight of the pass to X3 must allow X3 to be able to play a controlled one touch pass back.
3. X2 must time their pass to leave their foot after X 3 has turned and again force X3 to sprint to collect the ball within 5-7 m of X2.
4. Vary the distances based on age, skill, and fitness level of your plauers.
5. Players will tire at about 45 seconds so be encouraging and push them to finish strong. Call out such as "only 15 seconds - finish strong" and repeat with 5 seconds left.
6. Even though players tire, emphasize accuracy of passes back from the middle player.

### Coach's Notes



## Fitness Drill # 9: Jump and Shoot



1. 10m from net, put 10 flat cones or rolled towels ~ 50 cm apart. Players from both rows:
2. run single step over obstacle.
3. After last hop server (S) passes ball to runner for a shot on net. Alternate servers.
4. Repeat with side step, double leg hop forward,  
3 hops forward/2 backward.

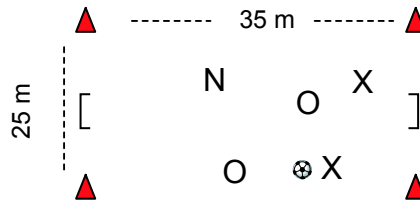
### Coaching Points/Progression

1. Ideally, you would have low hurdles for this drill, or a speed ladder.
2. You can be creative for the type of hops and their sequence you want.
3. The servers should be players. You could ask the players who finish the shot to be the server and the server to sprint to the end of the line. Your choice depending on the flow.
4. It is important for the pass out to be timed after the last hop is complete so that the runner has time to set and approach the ball properly for a first touch shot.
5. The shot should be from ~ 7m out to start, but you may increase that distance.
6. GK should start 2m off the goal line, but you may increase the challenge and ask GK to come out and cut the angle, especially if you move the shot further away from the goal.
7. If you can, set up as many stations for this drill as equipment allows.

### Coach's Notes



## Fitness Drill # 10: 2 v 2 + N Fast Break



1. 2 v 2 + N on two small goals (2 m wide).
2. Neutral player plays with team in possession creating 3 v 2.
3. 3 minute games
4. Rotate every player through neutral position

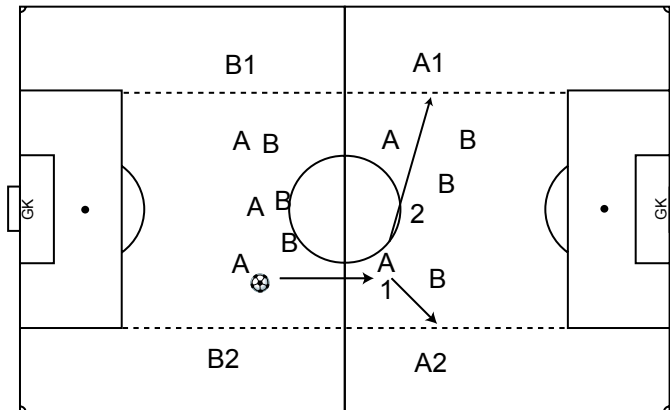
### Coaching Points/Progression

1. It is important for neutral player to make runs so they are an easy target for a pass.
2. Encourage short and long passes into space.
3. Defenders need to challenge the player with the ball, while the second defender covers the other two players.
4. Allow 1v1 moves to set up a 3v1 play, but remind players that in a 3v2 situation fast runs and quick passing is more effective than 1v1 plays.
5. Once defenders get control of the ball they counter attack and the neutral player must be a quick thinker because they now have "new" team mates and are attacking the opposite goal.
6. This is excellent training for midfielders as neutrals (N) to become "two-way" players.
7. Adjust the size of the field to suit the ability of your team.  
Think about who you want to play together (FW vs MF?; D vs FW?; F+M vs D+M?)

### Coach's Notes



## Tactical Drill # 1: Flank Attack with Switching Play



A1/A2 & B1/B2 stay in their lanes and cannot be challenged.

Teams must play into a wide lane (1) before they can score.

Encourage teams to switch play (2) to stretch the defense.

### Coaching Points/Progression

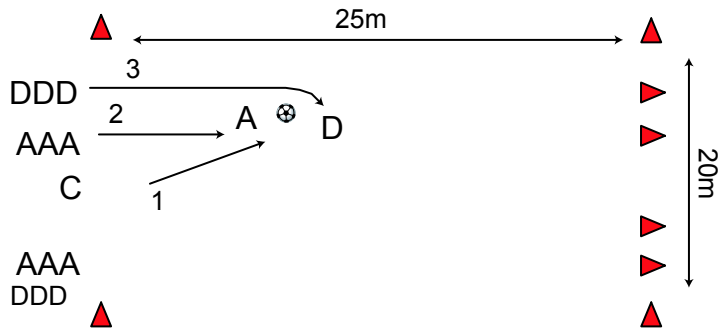
1. Line up your teams with players in positions they usually play.
2. When switching the play, ask to do the switch in two passes. You can adjust this based on the ability and strength (for long passes) of your team.
3. Progression options:
  - a. allow the wide players to leave their lanes after they pass the ball out.
  - b. allow all lane players to play out and only ask one player to run into the lane if they want the ball. This requires lots of communication.
  - c. allow players to be challenged in the lanes.

The critical success factor of this drill is to play the ball into the lanes fast and then generate a scoring chance quickly through a dribble and cross, or a direct diagonal cross. Players not in lanes must make the runs to receive passes and crosses.

### Coach's Notes



## Tactical Drill # 2: 1 v 1 Change of Direction



1. Coach (C) passes ball diagonal to either attacker A
2. A sprints to get control of ball.
3. Defender D sprints to beat A to ball or, to get goalside of A (shown).
4. A now plays 1v1 against D on either goal.
5. Either player can score.
6. A goal or coach's call ends 1v1. Players jog back around outside field to opposite line.
7. Coach restarts game on other side.

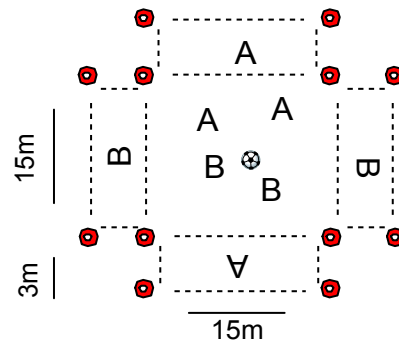
### Coaching Points/Progression

1. It is important that the attackers get to the ball first. If you have slow attackers, play the ball closer to the attacker to give them a chance to get control.
2. If the attackers are fast and break for goal before the defender has caught them, play a tougher ball (bouncing off ground, toss into air).
3. Once the attacker has control, they need to make a decision which goal to attack. Encourage them to make that decision as quickly as possible.
4. Attackers will tend to pick one goal to attack and then keep going for that goal. The reason for having two goals is to encourage the attacker to make a quick change of direction to get a clear path to the other goal.
5. Once the 1 v 1 is complete, make sure the two players leave the grid quickly so they don't interfere with the next pair.

### Coach's Notes



## Tactical Drill # 3: Fast Break Attack



1. teams A/B play against each other inside 15m x 15m grid.
  2. each team has a player in opposing 3m deep end zones.
  3. players must pass into either end zone from within 2m, sprint to end zone, and stay as target player.
  4. End zone player breaks out fast to start his team playing into opposite end zone.
- 1 pt for each successful pass. Team w. 10 pts wins.

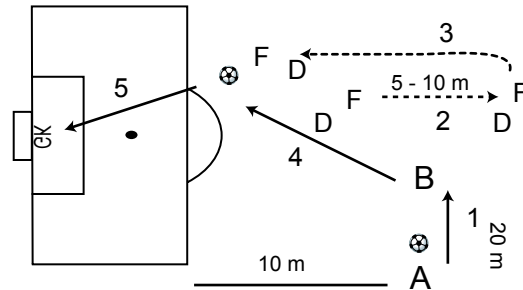
### Coaching Points/Progression

1. The players in the grid must pass to each other so that one of them gets a clear pass into the end zone from within 2 m. They need to make runs into space. An effective way to lose the defenders is to attack one goal and suddenly and quickly change direction and attack the opposite goal.
2. Players waiting in the end zones must move with the play so that they are facing the player passing to them. The pass to them must be soft enough so that they can control it easily.
3. Players in end zone must break out quickly with their first touch and look for a pass to their partner who hopefully has moved into open space.
4. Players initially may forget to follow their pass into the end zone. Stop and re-explain the drill.

### Coach's Notes



## Tactical Drill # 4: Fake Defender and Shoot



1. A passes to B who receives ball and turns with ball facing direction (4).
2. At the time A passes, F sprints back, being covered goalside by D. F and D look over their shoulder to have A and B in their view.
3. While the ball is still on it's way to B, F changes direction and sprints into space towards the goal, trying to lose D.
4. B now passes into the run of F.
5. F finishes with a shot.

Set up on both goals or as many goals as necessary to keep players engaged.

### Coaching Points/Progression

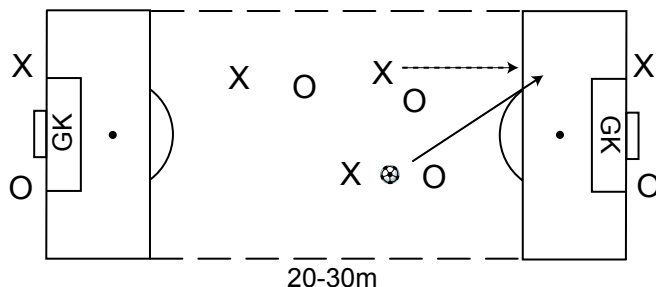
1. You need to decide (or let players decide) if the pass from A to B triggers the runs by F and D, or if the run by F triggers the run by D and the pass by A. The key is that F has enough time to sprint, change direction, and receive the pass from B in space.
2. SLOW down the drill until everyone understands how it is supposed to work.
3. Defenders tend to "cheat" by staying back wanting to cut off the pass to F. That is because they know the drill. You must ask them to stay within arm's length of the forward at all times.
4. Forwards need to be creative in faking out the defender to keep the defender moving while they have changed direction and sprint towards goal. A simple rapid body motion in the direction of the run usually does the trick.
5. Shot by F should be a first touch shot and therefore the pass from B must be well placed.
6. Use midfielders in position A/B, but rotate players through positions.

This drill make take some time to get right, be patient and consider running it at another practice.

### Coach's Notes



## Tactical Drill # 5: 3 v 3 Penetration Passing & Shooting



1. 2 teams of 3 play between penalty boxes.
2. each team can score on either goal
3. teams score by releasing their own player into the penalty box with a pass.
4. Once in penalty box, player cannot be attacked and must finish with shot on net.
5. A player from the team that has taken a shot waiting by the post now takes a ball and dribbles into center area where play restarts.

### Coaching Points/Progression

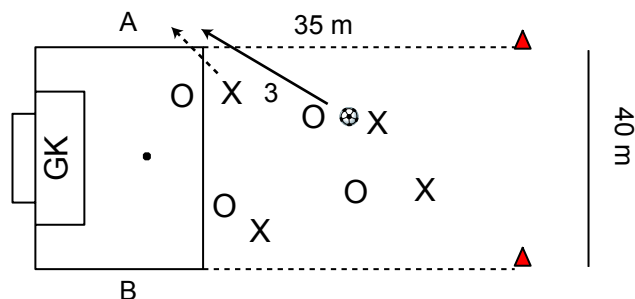
1. Once the ball is played into the penalty box, defending team cannot follow.
2. The player running into the penalty box takes a one-time shot if possible. Therefore the pass must be weighted and angled properly and should be on the ground. If a first touch is necessary to set up a second touch shot, then make sure the player plays a good first touch.
3. Encourage teams to change direction. For example if there is a lot of pressure and congestion near one penalty box making a good pass difficult by the team with the ball, then train the team in possession to reverse direction and attack the opposite goal. This could be as simple as one player breaking into the opposite direction and shouting "switch" to signal a pass. This pass could be directly into the box for a one time shot.
4. The players waiting at the posts ideally each have a ball and are ready to power dribble out of the box. They cannot be challenged until they leave the box. They must look to play a pass to a team mate quickly.

### Coach's Notes





## Tactical Drill # 6: Flank Attack # 1



1. 4v4 in 40x35m grid. Two outside areas A and B
  2. X attacks goal and O defends.
  3. X must pass ball to team-mate into area A or B before they can score.
  4. Defenders (O) cannot enter area A or B.
  5. Once X has possession in area A or B they can cross ball into area for X to score.
  6. If defenders win ball, they fast break attack across opposite goal line.
- Make up teams of four and rotate.

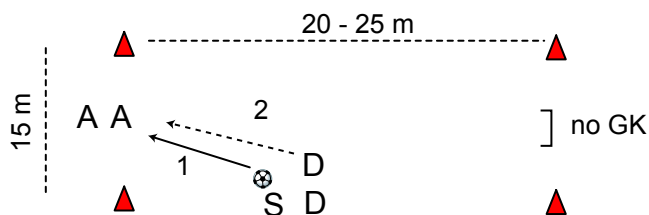
### Coaching Points/Progression

1. The pass to players in the wide lanes should ideally be into their run. The wide players should never run into wide areas and stay there waiting for the ball.
2. X in wide area can cross ball (preferred) or play it back into the middle. The latter is less preferred because O has an extra player in that area.
3. X's must time their runs to target areas for crosses.
4. If attackers are having little success, add players to them, playing 5 v 4 or 6 v 4.
5. If attackers are successful, allow defenders into wide lanes to defend.
6. Defenders winning ball must break to opposite end line. This means attackers must immediately transition to defense and try to win ball back before defenders get to the line.

### Coach's Notes



## Tactical Drill # 7: Defending 1 v 1



1. Server (S) passes ball to attacker (A).
2. Defender (D) sprints to close down attacker.
3. A and D play 1v1 on goal.

Coach defenders to stay goalside, delay attackers, keep proper distance, time tackle.  
Alternate attackers and defenders.

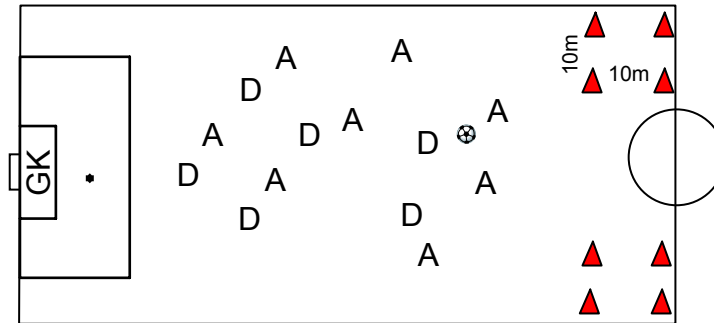
### Coaching Points/Progression

1. Server can be a coach or a midfield player (preferred).
2. Do not allow defenders to cheat by anticipating pass and closing down attacker too soon. They need to wait until the ball is passed and react to the ball leaving the server.
3. This is an excellent drill to train defending principles:
  - a. close down attackers as fast as possible - sprinting.
  - b. stop extended arm's length away from attacker, keep arm out if necessary to distract and block attacker.
  - c. angle the body with one foot leading to allow quick pivoting when attacker changes direction.
  - d. keep eye on the ball, not the body, and only tackle the ball when the attacker loses tight control. This usually occurs when they push the ball ahead to make a move.
  - e. defenders should try to angle their body between attacker and ball when they go for the tackle, leading with the shoulder.

### Coach's Notes



## Tactical Drill # 8: Transition Play



1. 8 v. 6+GK - 1/2 field.
2. Attackers (A) try to score on goal.
3. Defenders (D) upon winning ball must play it out into one of squares at the center line to score a point, 2 points if they pass it to another defender in the square

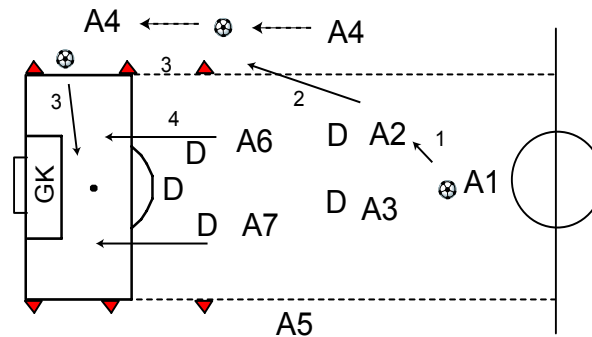
### Coaching Points/Progression

1. This is an excellent drill to train the functional units of your team according to your system of play. For example, if you play a zonal 4-4-2, set up attackers with two defenders, 4 midfielders, and two forwards. Your defenders would be 4 defenders and 2 midfielders.
2. Use your starting line up in the primary positions and substitutes to fill in the A's and D's.
3. The key point of this drill is for both teams to transition as fast as possible. As soon as defenders win possession, they must break out fast with as few passes as possible to reach the target squares. Likewise, the attackers upon gaining possession, must quickly attack the goal. It is critical to success to play fast so that the opponent does not have time to settle into position.
4. Attackers should play wide and switch side of attack to stretch the defense and then attack goal.
5. Have balls ready at the goal and outside the squares so that teams can restart quickly after a ball goes out of bounds. Throw-ins are permitted per usual rules, but there are no corner or goal kicks. GK restarts play with a throw to a breaking defender.

### Coach's Notes



## Tactical Drill # 9: Flank Attack # 2



1. A1 starts with ball and plays it to A2 or A3
2. A2/A3 receive ball and turn for a pass into run of A4/A5.
3. A4/A5 receive ball in space and dribble outside cones close to goal line and cross ball into penalty box.
4. Strikers A6/A7 time run into box to get shot or header on net.
5. Defenders (D) are active at all times.

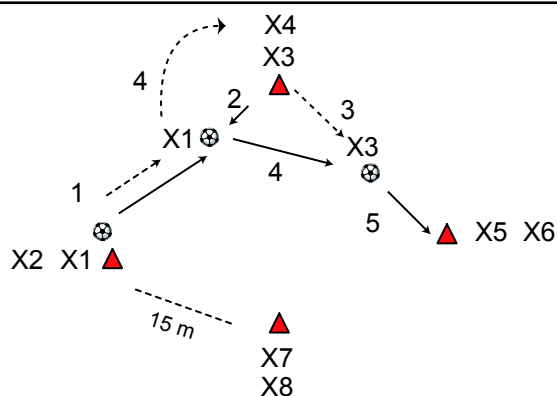
### Coaching Points/Progression

1. It is critical that the pass from A1 is accurate. A2 or A3 need to control the ball with their first touch in the direction of the the pass, which should be the second touch. At the same time they must shield the ball from the challenging defenders.
2. Initially, ask defenders to be passive, i.e. not to challenge until the passing is accurate.
3. A2 and A3 must decide before they receive the ball where the pass will go. Initially, ask them to pass to the near side lane, then allow them to choose the short or the long (switching) pass.
4. Initially, you may want A2/A3 to be stationary to receive the ball. Once successful, they should move to lose their defender and receive the ball into space. At this point, A1 will have two options to pass to and they need to choose the player with the best chance of receiving the ball in space.
5. A4 and A5 must delay their runs until they know that the ball is passed to them. Players need to communicate. Passes must be into space in front of A4/A5. Forwards must delay their run into the penalty box until the cross is coming in. Then they need to sprint to where the ball will be.

### Coach's Notes



## Tactical Drill # 10: Pass and Follow



1. X1 passes ball to X3 and follows pass.
2. X3 one touch passes back to X1
3. X3 starts running towards X5
4. X1 passes into run of X3 and then X1 runs behind X4.
5. X3 passes to X5 (same as step 1) and the play continues until timing of passes and runs works smoothly.

You may have to try this before practice to understand how drill works.

### Coaching Points/Progression

1. Players wait for passes in front of cones.
2. This is a very difficult drill as it relates to timing of passes and runs. You may need to ask your players to walk through the sequences to understand the movements required.
3. The first pass must be accurate so that X3 can one touch return the ball into the run of the oncoming X1. As soon as X3 passes the ball back, they turn and face X5.
4. X3 should delay the run until they know that X1 has received the return pass, has control and passing diagonally across. The pass by X1 will be a challenge because it will either be with the outside of the right foot or with the left foot (tough for right footed players).
5. Once X3 has received the return pass, the play essentially restarts with a pass to X5 and the sequences repeat.
6. You may need to increase the distance between the cones to allow enough space for the pass to players at cones and the return pass.

Reverse direction of play once everyone is executing. Be patient.

### Coach's Notes



## Scrimmage # 1: 4 v 4 on two Goals

Choose 4v.4 small games and set up small fields.

Vary rules as to number of touches ,player position, moves.etc. before goal can be scored.

Or

Play full field scrimmage with a particular tactical objective.

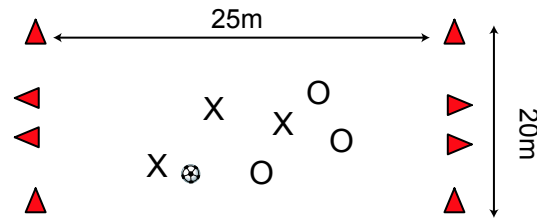
### Coaching Points/Progression

1. If setting up small fields, adjust the size of the fields to force a lot of passing or 1v1's, i.e. make the fields reasonably small.
2. Use cones to make 2 m wide goals, no goalkeepers.
3. Consider making the small groups based on how they line up in your team. This can take the form of groups of defenders, midfielders, forwards, OR, put "vertical" groups together consisting of defender(s), midfielder(s) and forward(s). Use the small sided game to get players to get used to each other.
4. Be creative with special rules but make sure they are consistent with your style of play.
5. If you have little time before your first season game consider a full field game. If you don't have enough players to field two full teams recruit volunteers (parents, brothers, sister, friends) to make up the opposition. This also enhances the "fun" part of the game.

### Coach's Notes



## Scrimmage # 2: 3 v 3 on two Goals



1. Divide team into small teams of 3 and set up a field for each 6 players.(18 players-3 fields)
2. Play 3 v 3 in tournament format, 2 min.games.
3. Emphasize 1 v 1 moves to set up a pass or shot on goal.
4. Goals must be scored from inside opponent's half

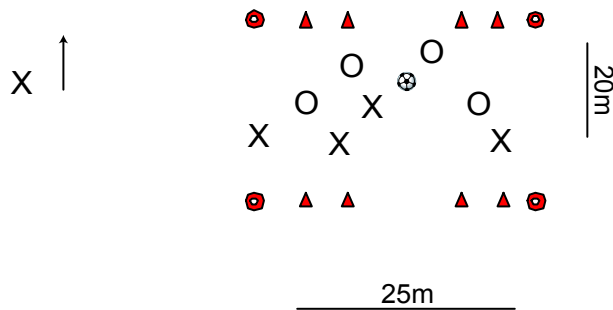
### Coaching Points/Progression

1. Make the goals approximately 2 m wide.
2. Adjust the size of the playing field to suit the age and skill level of your players.
3. If teams can't be split into groups of 3, use extra players on some teams and rotate them into the teams of 3.
4. You may want to put the teams together based on:
  - a. compatible skill levels
  - b. groups that play together as units in a game (defenders in a group, midfielders, etc.)
  - c. vertical play, i.e. one defender, midfielder, forward in each group.

### Coach's Notes



## Scrimmage # 2: 4 v 4 on 4 Goals



1. 4 v.4 play on four goals.
2. teams score by dribbling ball in either goal in opposing end. (goals are 2m wide).
3. team that scores restarts play by playing ball in from sideline.

### Coaching Points/Progression

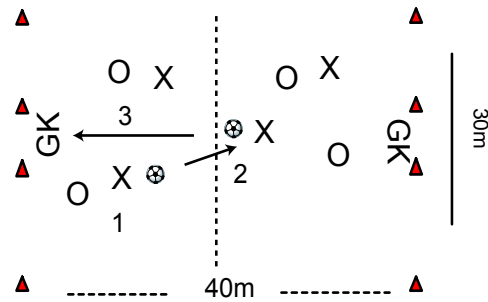
1. The team without the ball and defending two goals often chooses to put a player in each goal to prevent the score against. While not encouraged, you can allow this. At the same time let your players know that this sets up a 4 v 2 in the field and should make it easy for the attacking team to isolate either goal attacking it with two players and no defenders. If players guard their nets this way, make the goals wider.
2. Ideally you want to have players challenge and cover properly with no one standing in goal.
3. If the defending team wins possession of the ball they need to break quickly across to catch the opponent off-balance and out of position. The better this works the lower the likelihood of players getting back to stand in the goals.
4. Switching the attack from one side to the other will become an effective way to generate scoring chances, just like in a real game.

### Coach's Notes





## Scrimmage # 4: 4 + GK v 4 + GK on 2 Goals



4 v.4 play with GK on regular size goal.

1. Teams play ball into opposing half and then
2. they have to pass it back to a player in their own half who
3. then takes a direct shot on goal

### Coaching Points/Progression

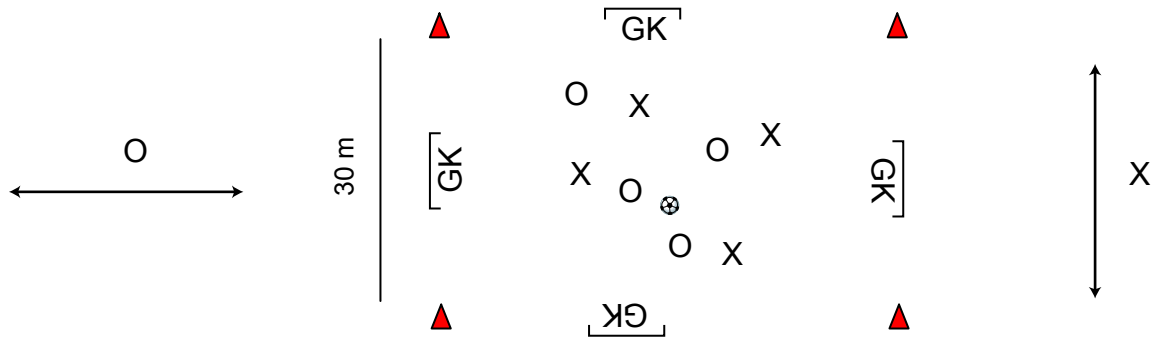
1. When a team has possession in its own half, at least two players need to break with fast runs into space into the other half. Defenders, of course, try to stay with them.
2. The player passing across must also move to be able to receive the ball back for a shot. They must lose their defender.
3. It may be necessary to move 3 or all 4 players into the attacking half before one player moves back into own half to receive the pass before the shot.
4. This is a good drill to encourage variation. Teams need to decide how many players to send across and how many to hold back for them to get a shot away.
5. If teams are struggling to get shots, then ask all defending players to move across the half keeping one open attacker back to at least get the opportunity of a shot without pressure.

The key point is to make the runs to get into space and to get free to take a shot.

### Coach's Notes



## Scrimmage # 5: 4 v 4 on 4 Goals with GK



Two teams of 4 play in a 30m x 30m field with 4 regular size goals.

The third team provides 4 goalkeepers.

Teams can score into opposite goals, i.e. X plays north/south and O plays east/west.

Play 5 minute games and rotate each team through GK positions.

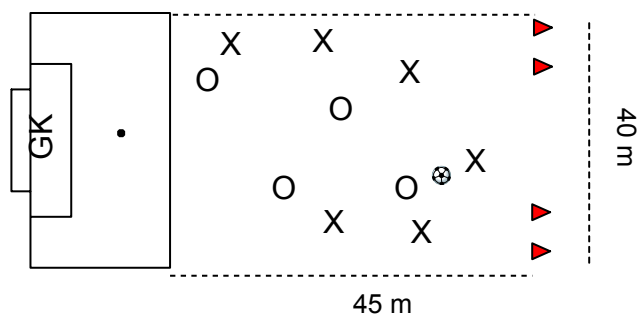
### Coaching Points/Progression

1. This drill is ideal to train switching direction of play.
2. In the diagram, O has the ball and is attacking the goal on the right. X need to decide if they want to keep a player behind the O with the ball (as shown) because O could reverse direction and score. If X keeps a player behind, then O's now have a 4 v 3 on the goal they are attacking. The best decision would be to have X pressuring O with ball from behind and once O is past the half to sprint and get in front of O.
3. If X wins the ball, the direction of play now changes as X's attack one of the other two goals. O's need to be aware that they are now defending two goals opposite in direction to the attack they just finished. They need to get into challenge and cover position.
4. Player need to communicate frequently and clearly, especially when defending to organize themselves.
5. After a ball goes out of bounds, a goal is scored, or GK makes save, GK restarts.

### Coach's Notes



## Scrimmage # 6: 6 v 4+GK on 3 Goals



1. 6 X v. 4 O plus GK play on a regular size goal.

2. After a goal by X or after winning ball, Os break to score on either of two (3 m wide) goals placed at the opposite sides of the field.

Divide teams up and rotate through roles.

### Coaching Points/Progression

1. Arrange the two teams to fit your system of play, i.e. flat back four zonal defenders or, sweeper plus four defenders, etc. Attacking team can be 4 mids and two forwards, etc.

2. This is an excellent drill to train defenders how to deal with situations when they are outnumbered. Emphasize one defender challenging the player with the ball, while the others need to cover attackers goal side. Which attackers to leave open? The ones furthest away from scoring areas.

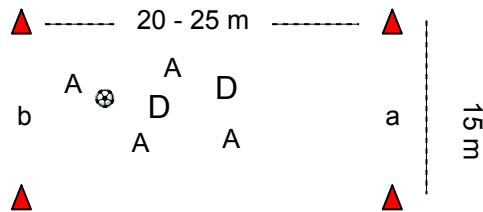
3. Once defenders win ball they need to break to wide goals. It is important to get them in the habit to transition to the outsides. Attackers now need to transition to defend and win the ball back.

4. Change size of field, number of players per team to suit your team's strengths and formation.

### Coach's Notes



## Scrimmage # 7: 4 v 2, no Goals



1. 4 attackers v 2 defenders
2. Attackers must dribble across defenders endline (a) to score
3. Defenders get 1 point for winning ball, 2pts for clearing across attackers endline (b)

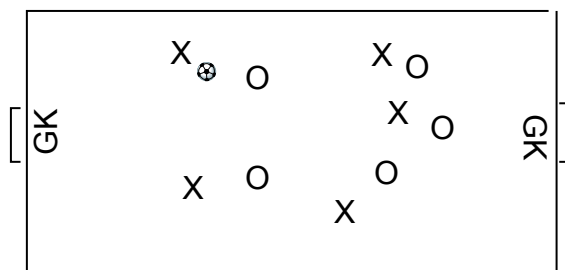
### Coaching Points/Progression

1. It is important four attackers to be in constant motion seeking open spaces to receive the ball.
2. Attackers must play a passing game, if they hang on to the ball and dribble they will allow defenders too much time to organize and win the ball.
3. The final pass by the attackers must be to a player within 1 - 2 m of goal line to dribble across unchallenged.
4. Defenders need to challenge player with ball, the second defender needs to cover other attackers closing down passing lanes. As soon as player with ball passes, the defender who was challenging needs to move into cover position because the previously covering defender should now be challenging.
5. add defenders if attackers are having too easy a time.

### Coach's Notes



## Scrimmage # 8: 5+GK v 5+GK on 2 Goals



1/2 field scrimmage 5 v 5 on full size goals.

With enough players rotate teams every 3 minutes.

Emphasize running and passing into space, 1v1 near goals followed by shots.

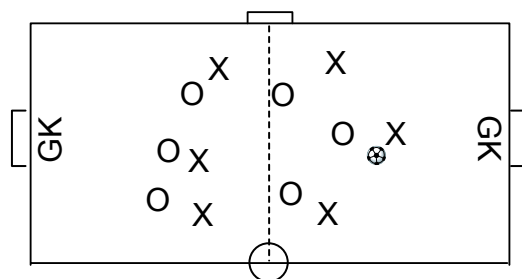
### Coaching Points/Progression

1. To stimulate competition amongst teams, set up three teams and play a round robin tournament. Have the two teams with the best records play a "Final".
2. Consider making up the teams in a couple of different ways:
  - a. defenders together, midfielders, and forwards.
  - b. one team with starting defenders and midfielders, the second with starting midfielders and forwards, the third with substitutes.No matter which way you go, stimulate competition by challenging units to beat the others.
3. This game will have lots of space for runs and good passes, so teams should not bog themselves down with wasteful dribbles.
4. Add players to the teams as you see fit, even considering giving one team more players than the others.

### Coach's Notes



## Scrimmage # 9: 6+GK v 6+GK on 2 Goals - 1/2 Field



1. Play across 1/2 field 6 v 6 on full size goals.
2. Every player of attacking team must be in opponent's half before they can score.
3. When attacking team loses ball, every player must run to mark their player goalside.
4. Emphasize communication to cover attackers

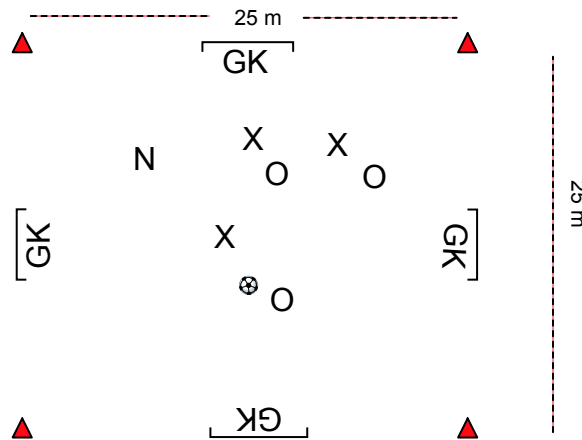
### Coaching Points/Progression

1. There are no off-sides in this drill, therefore attacking players can "stretch" the field by making runs into the opposing half.
2. Quick passing into the opponents half is encouraged. The last player of the attacking team crossing the center field line must let his team mates know so that they can score.
3. This drill forces defenders to move out of their defensive zone quickly.
4. After change of possession, attackers need to transition to be goal side of the now attacking players as quickly as possible.
5. Make up teams according to your system of play and add or subtract palyers as required.

### Coach's Notes



## Scrimmage # 10: 3 v 3 + N on 4 Goals with GK



1. 3 v.3 + N playing on opposite goals w. GK. (X plays east/west; O plays north/south)
2. 3 minute games, rotate players through GK & N positions.
3. Neutral player plays with team in possession

### Coaching Points/Progression

1. The team in possession of the ball plays a 4v3 using the neutral player (N).
2. Defenders need to challenge player with ball and then cover other attackers to intercept passes.
3. Attackers, and especially the neutral players, must make runs to get into space to receive a pass.
4. Remind players that they can reverse direction and attack the goal behind them. That option should lead defenders to possibly have a player goalside of each goal they are defending.
5. as soon as defenders win the ball, they attack the goals changing direction. Attackers must now defend and get in position to defend their goals. Quick thinking will be trained.

### Coach's Notes

**PRINT & GO**

**SOCCER PRACTICE DRILLS**

**COMPETITIVE SOCCER**

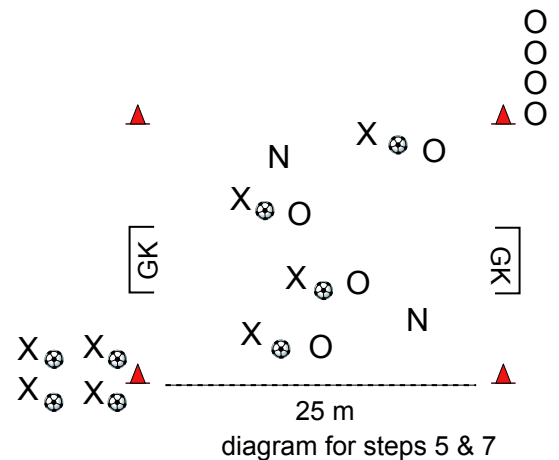
**SKILLS & TACTICS**





## Warm - Up # 1: Passing, Headers, 1v1

1. Set up 10-15 (2 m) wide goals. In partners, freely move around passing ball through all goals.
2. Runner's stretch (hold 20 sec. each side, 3 reps/side)
3. Groups of three players form triangles standing 5 m apart from each other.  
Player 1 throws to player player 2, who heads to player 3.  
Player 3 throws to P1 who heads to P2, etc.
4. Quad stretch (hold 20 sec. each side, 3 reps/side).
5. 4 pairs play 1v1 in a 25m x 25m grid with two full size goals and goalkeepers.  
Two neutral players in the grid can be used by any other pair.  
Shots on goal must follow a give & go with one of the neutral players.
6. Hamstring stretch (hold 20 sec. each side, 3 reps/side).
7. Same set up as in step # 5.  
Four players are on diagonally opposite sides of the goals.  
- X's start with a ball each. First player X starts to attack opposite goal. O challenges X and both now play 1v1 on the same goal.  
- after all X's have started, O's start with ball and attack goal.
8. Heel stretch (hold 20 sec. each side, 3 reps/side).



### Coaching Points/Progression

- Step 1: Challenge players to lead partners through goal with a pass. The more skilled your team, the smaller the area should be. Players need to stay aware of other's to avoid collisions.
- Step 3: As players get the routine of the drill, challenge them to throw the ball higher for jumping headers. Emphasize technique of arching backwards and hitting ball square for power.
- Step 5: Neutral players could be your playmakers/midfielders. They need to vocally ask for the ball so they "can make the play" and set up the shot on goal.  
Instead of having two more groups waiting, you can set up a second grid. Use cones to make the goals and rotate players through the goalie position.
- Step 7: Players starting need to enter the field with a fast "power dribble". Again, set up more than one grid. Consider playing 2v2 or 3v3.

### Coach's Notes



## Warm - Up # 2: Dribbling, 1v1

1. Set up 10-15 (2 m) wide goals. Each player dribbles through each goal, accelerating out of goal and changing direction.
2. Runner's stretch (hold 20 sec. each side, 3 reps/side)
3. Dribble through a pair cones making the figure "8" as shown.



4. Quad stretch (hold 20 sec. each side, 3 reps/side).
5. A v B in a 15 m x 15 m grid with 4 small goals.  
Two pairs wait outside grid.  
A defends adjacent goals G1 and B defends goals G2.  
Play for 60 sec and rotate new pairs into grid. Each pair plays twice.
6. Hamstring stretch (hold 20 sec. each side, 3 reps/side).
7. Same set up as in step # 5.  
Two pairs are in grid now and play two separate 1v1 games.  
After 60 sec rotate one of the waiting pairs into grid.
8. Heel stretch (hold 20 sec. each side, 3 reps/side).

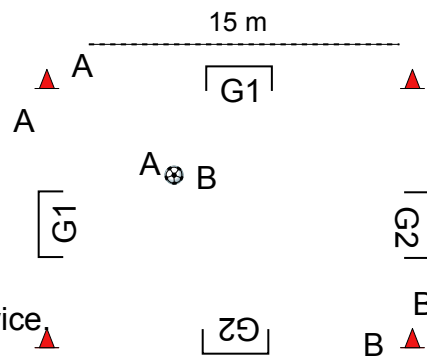


diagram for steps 5 & 7

### Coaching Points/Progression

- Step 1: Make area smaller for more advanced teams. Players need to keep head up to perceive movement around them and avoid collisions.
- movement around them and avoid collisions.
- Step 3: Set up a pair of cones for each player and challenge them to tight turns around the cones at as high a pace as possible. Once successful, ask players to move between sets of requiring awareness and perception to see which set is available - avoid waiting at cones.
- at as high a pace as possible. Once successful, ask players to move between sets of
  - requiring awareness and perception to see which set is available - avoid waiting at cones.
- Step 5: Players need to attack one goal and then fake the defender and quickly change direction to attack the adjacent goal. The more frequent, quick, and innovative the change of direction the more the defender is challenged and the more goals will be scored.
- to attack the adjacent goal. The more frequent, quick, and innovative the change of
  - direction the more the defender is challenged and the more goals will be scored.
  - Defenders on the other hand need to position their bodies (stance) to protect the goal
  - that is being attacked while being ready to rotate to defend the 2nd goal. Adjust the size
  - of the goals to increase difficulty of scoring. Goalkeepers need to play near post angle.
- Step 7: This increases traffic so players need to "see" the field. More challenging for goalkeepers.

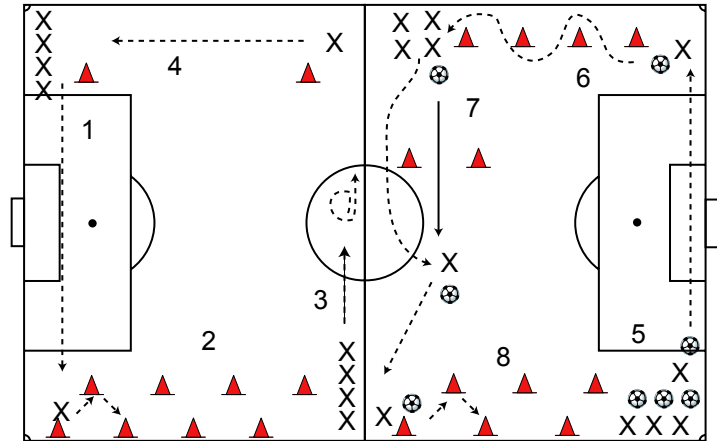
### Coach's Notes



## Warm - Up # 3: Dribbling, Agility

Split team into four groups and position at stations 1,3,5,7. Have each group go through circuit in their half once, then stretch (runners).

Switch groups to other half of field and do a circuit, stretch (quads). Have groups do circuit in same half in reverse direction and stretch (hamstring). Switch groups back to their original half of field and do circuit in opposite direction of their first circuit, heel stretch.



The following are the warm-up exercises at each station:

1. easy jog
  2. sideway run, cone to cone.
  3. jog with three complete turns, switching direction of turn.
  4. jog with header jumps every 5 m.
  5. dribble ball.
  6. dribble through cones.
  7. pass to yourself through cones, receive ball while it is still moving.
  8. dribble zig zag keeping the ball inside the cones.
- Vary distances between cones to suit skill of your team.

### Coaching Points/Progression

Step 1: Allow players to vary movement during jog, like knee raises, hip rotations, etc.

Step 2: Players stay inside cones and must run sideways (shuttle).

Step 3: Turns must be while running forward, no stopping.

Step 4: Ask for increasing height of jumps with each round.

Step 5: Keep ball close to feet while dribbling at fastest pace possible.

Step 6: Challenge players to switch ball from inside to outside foot while dribbling and making turns.

Step 7: The players must receive the ball while ball is still in motion.

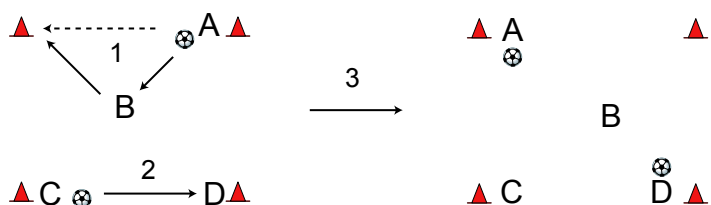
Step 8: Again, dribble with inside foot and then execute change of direction by using outside foot.

### Coach's Notes



## Warm - Up # 4: Anticipation, Passing

1. Groups of 5-7 players in a 20m x 20m grid. Players pass to each other and follow the pass. Players must call their name to receive the ball.
2. Runner's stretch (3 x 30 sec each leg).
3. Same groups, players are each given a number (1-7). Players must pass to each other in numerical sequence.
4. Quad stretch (3 x 30sec. each).
5. Give and Go in a 15m x 15m grid.



1. A plays give and go with B to open cone.
  2. C passes ball to D at the same time.
  3. This is what the positions are after these passes.
- D now plays give & go with B, A passes to C.
- Rotate everyone through position B every 3 min.

6. Hamstring stretch (3 x 30 sec. each).
7. In pairs, players one-touch pass to each other across the field and back.
8. Heel stretch (3 x 30 sec. each).

### Coaching Points/Progression

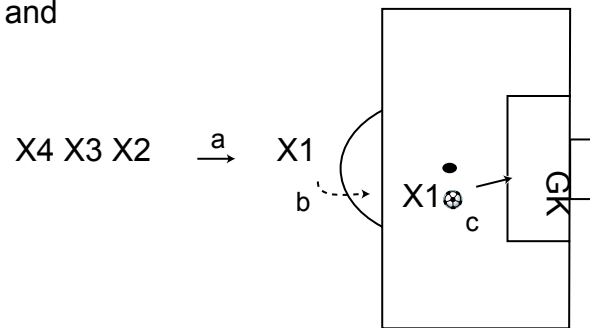
1. Emphasize one-touch passing and quick movement. Observe patten of play and make sure players don't end up in a circle. Ask for diagonal passes/runs.
3. Players must now rember the numbers of others. This may take a while so encourage them to communicate and help each other. At the same time, they need to vary runs as in (1). This drill is a challenge for concentration while playing effective soccer.
5. The objective of this drill is to achieve "fluidity". Timing of passes need to be synchronized such that the balls are always moving. This may take some time and you may need to stop the drill and demand attention to the timing of passes and runs.
7. Demand perfection. Passes need to be timed so that both players maintain a straight line in their running direction, i.e. the diagonal pass shouldn't cause a player to chase or to have to cut inside to receive it.

### Coach's Notes



## Warm - Up # 5: Dribbling & Shooting

1. Dribble ball with changes of direction. Stop ball alternating between sitting on it and putting a knee on it.
2. Runner's stretch (3 x 30 sec each leg).
3. Set up as many cones as possible in one half of the field. Players dribble towards a cone and body fake left, then dribble by cone on the right. Alternate direction of fakes and dribbles past cone.
4. Quad stretch (3 x 30sec. each).
5. In pairs, players are 10m apart starting 40 m away from goal. Players pass diagonally to each other (give & go) and take a shot from the top of the penalty area.
6. Hamstring stretch (3 x 30 sec. each).
7. Shooting drill (see diagram on right)
  - a. X2 passes to X1
  - b. X1 touches ball to one side, turns and shoots.
  - c. X2 takes spot of X1.
8. Heel stretch (3 x 30 sec. each).



### Coaching Points/Progression

1. Sitting and kneeling motion must be fast - players need to judge speed of ball before stopping it.
3. Players need to slow down just before the cone to execute a sharp, quick, and controlled change of direction. After change of direction they must dribble into new direction starting with an explosive burst of speed. This is how defenders are "left standing". Players dribble to different cones looking up to make sure that only one player attacks each cone. If you start with more cones than players and players are successful, then reduce the number of cones.
5. The last pass before the shot must be timed and paced such that the shooter can strike with one touch - no need to control the ball first.
7. Stress accuracy of first pass and first touch by shooter so that the shot on goal is set up perfectly on the foot of the shooter for a strike towards the far post. Once execution is accurate and flows well, increase the pace of the first pass to the shooter. Remind shooters to look up prior to shot to pick the target (far post corner).

### Coach's Notes



## Warm - Up # 6: Dribbling & Crossing

1. Dribble ball with outside of foot. Stop with ball of foot and then take it away at right angle with outside of same foot.  
Keep dribbling randomly on field, alternating feet.
2. Runner's stretch (3 x 30 sec each leg).
3. Dribble and execute scissors move at highest pace possible.  
Move has to be a sharp change of direction.
4. Quad stretch (3 x 30sec. each).
5. Groups of 3 players pass ball to each other down one side of the field. One of the three makes a call for a final pass to the corner, while the others break into penalty box. Player in corner crosses ball into box for other two players to finish.
6. Hamstring stretch (3 x 30 sec. each).
7. Half the players each have a ball in their hand and are spread out inside the penalty box. Players without ball sprint to any player with ball and call for the ball.  
Players throw ball for header or one touch pass back.
8. Heel stretch (3 x 30 sec. each).

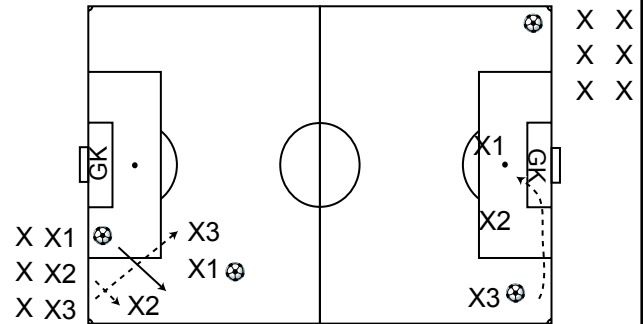


diagram for step 5

### Coaching Points/Progression

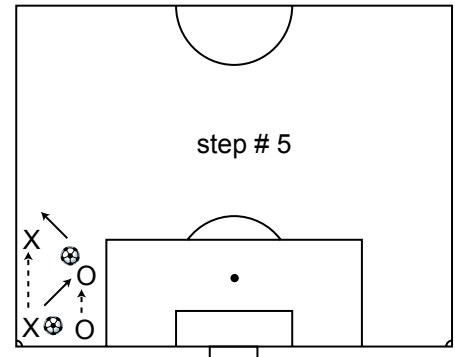
1. The more skilled and proficient your players are, the smaller the dribbling area should be.  
Players must keep head up to be aware of others and to avoid collisions. Ask for perfection of the move before you challenge players to a daster pace.
3. Same as in (1)
5. Formation of players while passing down the field should always be three across. This will force players to "read" each other's runs and communicate to avoid two going to the same spot. At the end two players need to sprint into penalty box to receive a well timed cross.
7. Communication and awareness are critical to ensure only one player approaches the player with the ball. When this drill is moveing well, then all players will be sprinting without having to wait for a spot to be open. Players with ball must stay focused so that they serve the ball properly to keep the approaching player's motion "fluid".

### Coach's Notes



## Warm - Up # 7: Passing

1. In pairs, players pass across field and back (give & go) using two touches maximum.
2. Runner's stretch (3 x 30 sec each leg).
3. Players are in pairs and face each other. Starting point is half way across the field, players 2m apart. Players one-touch pass to each other while moving backwards to increase distance between them to 25 m.  
They then decrease the distance back to 2m while passing, ending up where they started.
4. Quad stretch (3 x 30sec. each).
5. In pairs, players face each other about 10m apart.  
Starting position is at the corner flag. They pass the ball to each other diagonally while shuttling (side stepping) to center field and back.
6. Hamstring stretch (3 x 30 sec. each).
7. In pairs, players pass ball diagonally forward to each other with one touch while moving around half the field.
8. Heel stretch (3 x 30 sec. each).



It is important to ask players for 100% accuracy of passes at the fastest speed possible.

### Coaching Points/Progression

1. The timing and direction of the pass must allow the receiver to reach the ball while maintaining direction of run. the first touch must be timed to the speed of the run. Pair up players the way they would play together in a game so they can get used to each other's speeds.
3. This drill is done across the width of the field between the side lines. The backwards runs are slow enough to allow 3-5 passes.
5. This may seem awkward at the beginning and you may need to stress that this is an agility and ball control exercise, not necessarily representing a game situation. Set up as many groups as you need across the field allowing enough space to avoid interference between groups.
7. It is important to time the runs and passes while turning the corners to keep moving without stopping or having to change speed of the run. The player who makes the pass while approaching the turn needs to judge the speed of their partner.

### Coach's Notes



## Warm - Up # 8: Agility, Ball Control, Fun

All drills take place in the penalty box.

1. Half of the players are spread around in the penalty box, standing with legs apart. The other players each have a ball and dribble towards a stationary player. They now pass the ball through the legs of the standing player, run around the standing player and collect their own pass. After everyone has passed through all players, switch roles.
2. Runner's stretch (3 x 30 sec each leg).
3. Same sequence as step (1), except players without ball lie on their back. Players with ball chip over players on the ground and jump over them to collect their ball.
4. Quad stretch (3 x 30sec. each).
5. Same sequence again, players without ball form an arch leaning forward with hands on the ground. Players with ball pass through the arch and run around the arching player to collect their ball.
6. Hamstring stretch (3 x 30 sec. each).
7. Same drill again. Player without ball are with hands and knees on ground forming a tight "box" with head tucked in. Players with ball chip over "box" and jump over "box" to collect ball.
8. Heel stretch (3 x 30 sec. each).

### Coaching Points/Progression

The ball should never touch the "obstacle" player. The fun part is players initially questioning each other's ability to avoid hitting the obstacles. Let it go for a few seconds, but then emphasize the importance of this drill. Passes need to be accurate and with the highest level of control. The "obstacle" players must not be hit by the ball. The chips over the players must be soft and with control so that the player chipping the ball can reach it within at most 2 m of the obstacle. If players are having trouble with the chips then practice chipping the ball without any obstacle. The soft chips in particular will be useful in a game when the player with the ball is "cornered" by defenders and needs to chip the ball over their feet to get away.

If the ground is wet or cold, do not ask players to lie on their backs in step (3).

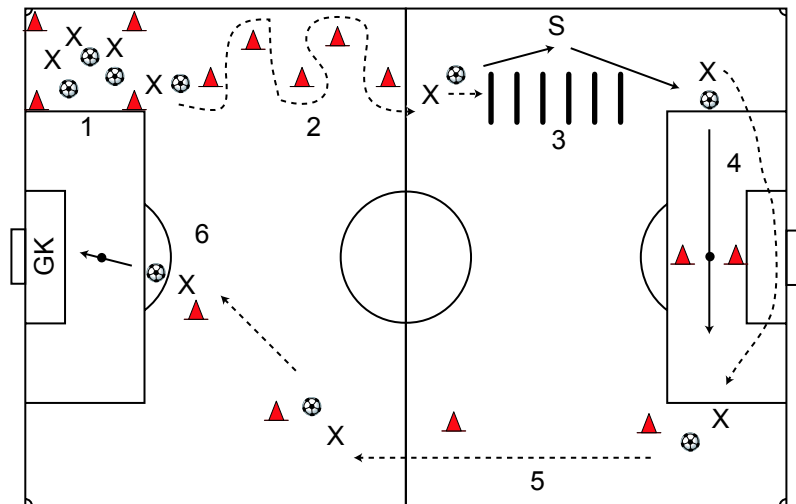
### Coach's Notes





## Warm - Up # 9: Circuit

1. All players dribble freely inside a large square.
  2. One at a time, players leave square and dribble around outside of staggered cones.
  3. The lines are hurdles or any other obstacles players can jump over. After cones, players pass to a server and sprint over hurdles. Server passes ball back into run of player.
  4. Player collects ball and passes through a 3m wide goal. They run around goal and collect their own pass.
  5. Player now speed dribbles on outside of cones down 3/4 field.
  6. Player cuts inside, dribbles past the last cone and takes a shot on goal.
- Players do runner's stretch before they leave grid, then do three circuits with quad, hamstring, heel stretch after each circuit.



### Coaching Points/Progression

1. Release players from the grid as soon as the previous player dribbles past 3rd cone in step 2.
2. Use about 10-15 cones. Encourage players to switch between inside/outside foot as they change direction around cones. Emphasize accuracy (not hitting cones) over speed. If using tall cones, (not flat discs), have a volunteer available to pick up cones that get knocked down.
3. The server can be a coach or a player. The server must be capable to play an accurate and well timed pass to the runner such that the runner can collect the pass without braking stride.
4. Player and ball must arrive at their destination at the same time - weight pass accordingly.
5. Players must dribble as fast as possible while keeping close control of the ball. they should not be playing long passes to themselves.
6. The final touch past the cone must be timed to allow the next touch to be a shot. After the speed dribble this will force players to change speed and increase focus and concentration.

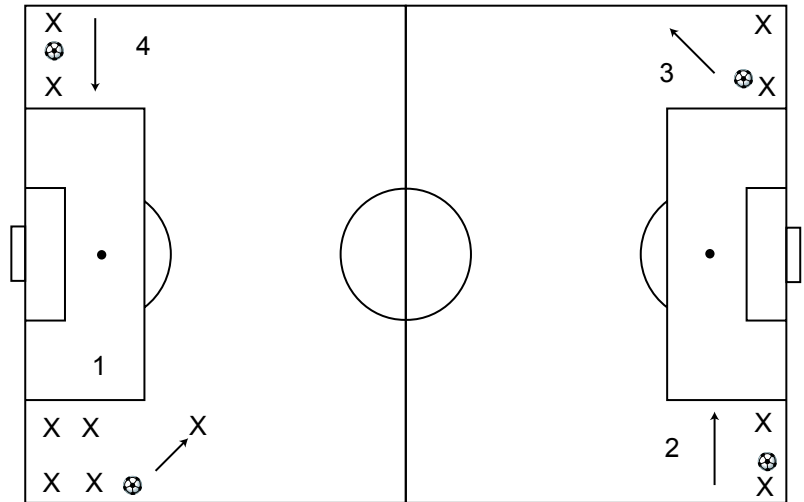
### Coach's Notes



## Warm - Up # 10: Circuit with Passing & Control

Players work in pairs.

1. Players one-touch pass to each other down the side line.
2. Partners are 7m apart and facing each other. They one-touch pass to each other across the field. One player runs backwards, the other forwards.
3. Players two-touch pass to each other down the side line.
4. Players are 7m apart facing each other. The player running forward throws the ball to the player running backwards who heads it back.



Circuit - runner's stretch - circuit - quad stretch - circuit - hamstring stretch - circuit - heel stretch.

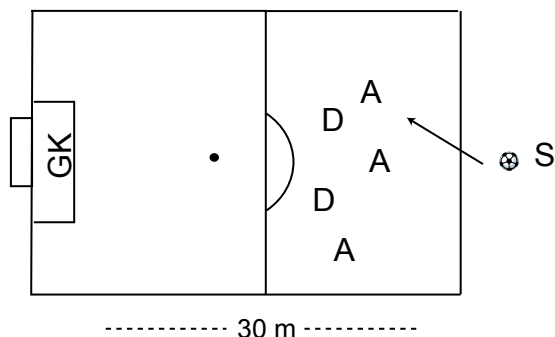
### Coaching Points/Progression

1. Passes must lead the runners in a moderate pace (no sprinting to ball) and allow them to run in a straight line while receiving the ball.
2. Players must time their runs and passes to maintain the same distance between them.
3. Players must time passes, runs and especially first touches to keep constant speed and direction. Ask your players if they ever watched a game on TV and noticed two players in a give & go down the sideline where the ball is too far ahead or behind the receiver. This is the drill to get the timing right, as is drill (1). Ask players to increase speed without sacrificing accuracy.
4. Challenge the players to jump high for the header and keep moving backwards with the first "landing step". Maintain distance between players.

### Coach's Notes



## Technical Skill # 1: 3v2 with Shot on Goal



Server (S) plays ball to one of the attackers (A) outside the penalty area.

Attackers play 3v2 and try to combine to get a shot on goal and score.  
If defenders win the ball, they must play it back out to server.

Set up two groups or more depending on number of players.

Play 5 minute games and rotate defenders and attackers.

### Coaching Points/Progression

Attackers must move into spaces to get open to receive the pass from the server. Once the pass is played, attacker must attack (sprint to) ball to lose the defender. The first touch by the attacker should ideally be away from the pressuring defender to allow the attacker to turn and face the goal.

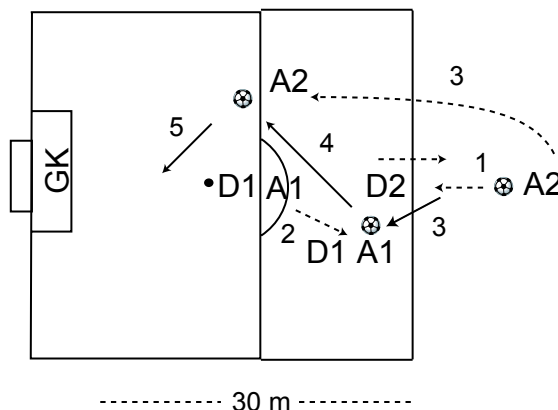
The pass from the server must come quickly - players shouldn't move for a long time to set up a pass - play it like in a game - little time for decisions and actions. Ask players to communicate. The 3v2 should be as much one-touch passing to set up a quick shot. With the extra attacker there is always a player open and therefore 1v1 dribbles are not necessary.

Defenders must coordinate such that one challenges the attacker with the ball while the second defender provides cover and is positioned at angles allowing the interception of the pass (closing passing lanes).

### Coach's Notes



## Technical Skill # 2: 2v2 Give & Go with Shot on Goal



1. A2 dribbles towards D2 who is coming towards A1 to challenge.
2. A1 is making a diagonal run behind D2. D1 follows A1.
3. A2 passes to A1 and A2 immediately makes a wide run into space.
4. A1 rotates and makes a one touch pass into the run of A2.
5. A2 should be clear in the penalty box for a shot on goal.

### Coaching Points/Progression

Ask the defenders to allow the attackers to execute the passes and runs with success . Once they are successful, ask defenders to increase their pressure. A1 needs to rotate as they receive the ball to allow a one touch diagonal pass. This may be difficult and they may need to start with two touches. Two touches will make it more difficult as it allows the defender to close the space and block the pass.

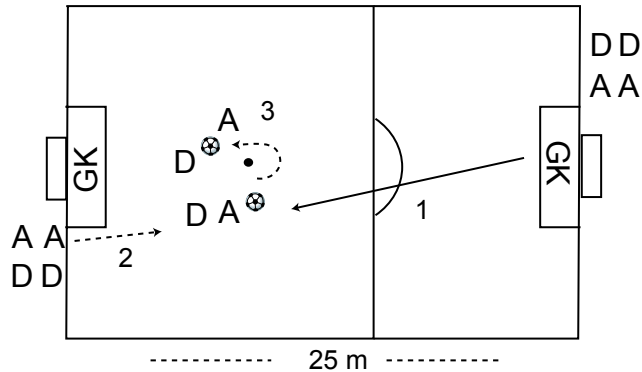
Attackers must time their runs to get away from the defenders. This means delaying the run and reading the pass and then sprint away from defenders. A body fake in the opposite direction will help.

Have players work together the way they would in your game formation. This drill may appear tedious but it is critical for your attackers to synchronize with each other to get to a shot on goal. Set up as many areas as you can or rotate groups into the drill every 3-4 attempts.

### Coach's Notes



## Technical Skill # 3: 1v1 with Shot on Goal



1. GK rolls or throws ball towards attacker (A) waiting at opposite goal.
2. A sprints to ball followed by defender (D)
3. Attacker receives ball and with first touch plays ball away from defender allowing attacker to turn and play 1v1 against defender. Attacker must finish with shot on goal.

After the 1v1 is completed, GK starts play on opposite goal.

### Coaching Points/Progression

The goalkeeper serving the ball out and the attacker must time the play to allow the attacker to accelerate away from the defender, forcing the defender to react to the play. One way may be for the attacker to sprint when the keeper starts his motion (leg or arm backswing).

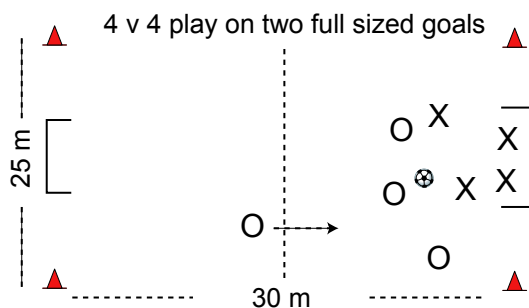
Execution at high speed by the attacker is key to keep the defender off balance and allow a clean shot on goal from a good position.

Defenders need to react fast to prevent the attacker from turning with their first shot. After the attacker turns, defenders must "jockey" and time their tackle to the ball when the attacker pushes the ball away from their feet to initiate the 1v1 move.

### Coach's Notes



## Technical Skill # 4: Transition Play



Two defenders (X) must be on goal line between posts before their two team mates can challenge attackers (O).

Attackers (O) must have all players in attacking half before they are allowed to score a goal.

After change of possession, O defends and two O's must sprint to goal line before the other two can challenge X's, who now attack and must have everyone across half before they can score a goal.

### Coaching Points/Progression

The set up in the diagram shows the end of the attack by O's. the last O was slow moving up the field preventing their team mates to score and having allowed two X's to be on the goal line. This allows the other two X's to challenge.

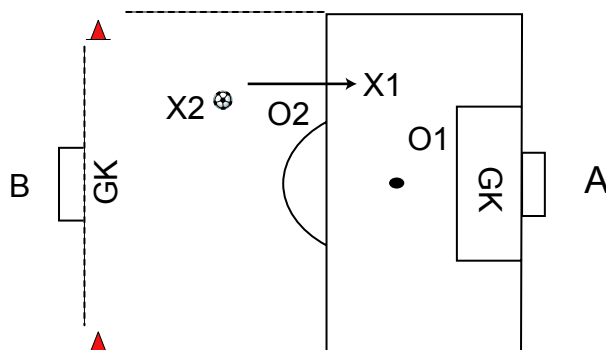
if X now wins the ball, they must break out of their half sprinting and pass the ball quickly. They need to get across the half line before two O's get on their own goal line. This allows them to either take a quick shot or to set up a 4v2. The X furthest back (likely one of the two who were in goal) must let his team mates know when they can go for goal (i.e. last X across half).

Defenders need to sprint back and the two sprinting to their own goal line must let team mates know who is sprinting back and when they get into the goal so that the other two defenders can now challenge. This is a physically demanding drill and coach must encourage speed.

### Coach's Notes



## Technical Skill # 5: 1 v 1



X's attack goal A and O's attack goal B.

- X2/O2 and X1/O1 stay in their own half.
- X2 passes ball to X1 who now plays 1v1 against O1 on goal A.
- If O1 wins ball, O1 passes to O2 who plays 1v1 against X2.

If goal is scored, ball goes out of play, GK restarts play by throwing ball in opposite half to attacking players.

### Coaching Points/Progression

The field of play is twice the size of the penalty area.

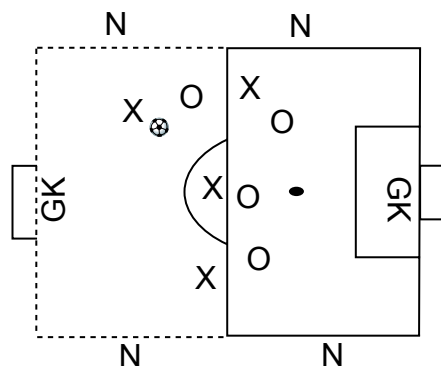
In the diagram, X2 just won the ball from O2. It is important for X1 to move into a space to allow a quick and safe pass from X2. This could be a short pass to feet, or, X1 could fake a move to one side opening space on the other side of the field. X2 then passes into space and X1 quickly turns and collects the ball. While the 1v1 is going on in one half, the attacker who would next get the ball in the other half must stay with the play and anticipate where they might get the ball. At the same time they want to move to create space between them and the defender. This may be a coaching challenge since players not involved in the play tend to be stationary. Remind players that in a game they would want to move into spaces and lose their defender.

The faster the play into the other half the better the chance for a quality scoring chance.

### Coach's Notes



## Technical Skill # 6: 4v4 Flank Attack



Set up field twice the size of penalty box.

Play 4 v 4 with 4 neutral players (N) positioned along sidelines. Team in possession can use neutral players who must play a cross or pass back to the team that played the ball out to them.

Rotate teams through neutral positions every 5 minutes.

### Coaching Points/Progression

This is an excellent drill to practice stretching the defense by switching the point of attack quickly. The neutral players are on the team that passes the ball out to them. An example of stretching the defense is to play the ball out to a Neutral who immediately switches it across the entire field to the Neutral on the other side. This is followed by an immediate cross into the target areas. As the switching takes place, defenders will be drawn (at least in attention) to one side, providing opportunities for attackers to make runs into space for the final cross or pass. Ask teams to mix up playing wide with combining through the middle.

Upon change of possession, a pass to a Neutral (wide) will be very effective.

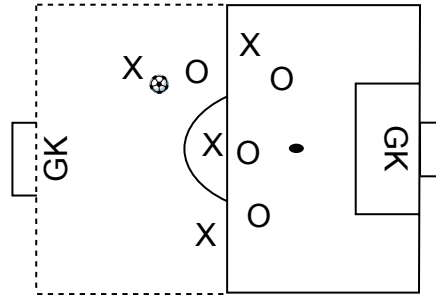
Put teams together based on how they will play together in a game. Employ the same tactics as in your formation, i.e. if playing zonal defense, do it in this drill as well.

### Coach's Notes





## Technical Skill # 7: 4v4 in Small Area



Set up field twice the size of penalty box.

X is the attacking team, O is the defending team.

X's can score into either goal, but must play ball across the half line first after an attempt on goal.

Play 5 minute games switching roles of teams (attackers/defenders).

### Coaching Points/Progression

The attacking team will be focused on the goal they are attacking. The key coaching point therefore is to encourage them to suddenly and quickly change direction and attack the opposite goal. This should put the defenders off balance and chasing the play, hence setting up a scoring chance.

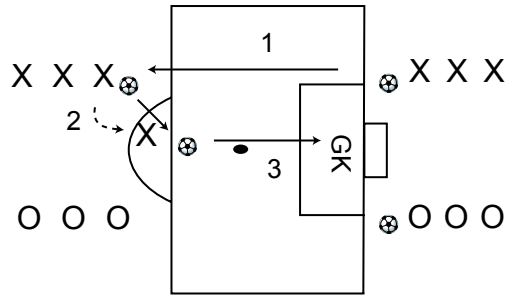
After a goal, a save by the goalkeeper, or the ball going out of bounds, the goalkeeper in the defending half restarts play with a quick throw into the other half. Have extra balls in each goal to allow for continuous play.

Defenders need to challenge the ball and mark attackers closely. They will practice their reaction speed when the attackers change direction of play. They then need to sprint goalside of attackers before they can set up a clean shot.

### Coach's Notes



## Technical Skill # 8: Two Touch Shooting



1. Players on goal line play a firm pass to players at the top of the box.
2. Players receive the pass and with their first touch set up a second touch shot. The first touch should be diagonally ahead.
3. The shot should be aimed at the far post.

Players who pass follow their pass and go to line at the top of box, shooters go to end of "passers" line.

### Coaching Points/Progression

The players on the goal line should not strike a stationary ball for the pass out. They need to slightly touch the ball ahead and strike a moving ball.

the pass out must be firm enough to safely reach the attacker and allow the attacker to control it properly with the first touch.

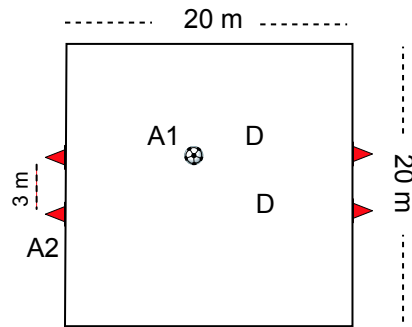
After the pass, the passer and the shooter need to sprint to the end of the opposite line to clear the field of play and allow the other line to get started. This should allow enough time for the goalkeeper to reset for the next shot.

Set up the drill on two goals to train both goalkeepers.

### Coach's Notes



## Technical Skill # 9: 1v2 Defending



Attackers (A) and defenders (D) each defend a small goal.

A1 plays 1v2 against two defenders. A2 waits next to goal A's are defending.

A1 can attack defenders or pass back to A2. If A1 passes back, then A2 moves up and plays against D's while A1 takes spot A2 vacated.

If a defender wins the ball, that D now plays 1v2 against both A's while the second defender drops back next to goal D's are defending.

### Coaching Points/Progression

This is a challenging drill for the single attacker. To the attacker's advantage is the fact that there is no goalkeeper. This forces the second defender to close the "passing" lane from the attacker to the goal, in essence setting up a 1v1 followed by a second 1v1. It is important for the attacker with the ball to use the second attacker frequently. With appropriate, fast, and well timed runs the attackers must create spaces they can use to break through the defenders and score.

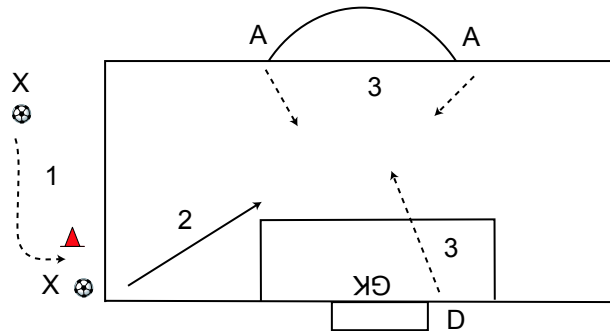
The defenders need to coordinate their play as well. Should the challenging (first) defender get beaten, they must immediately drop into the covering position and the previously covering defender must close the attacker extremely fast and challenge.

If attackers are not having any success at all, add an attacker to play 2v2 with the support player at the goal (There are 3A and 3D in the drill now).

### Coach's Notes



## Technical Skill # 10: Crossing and 2v1



1. X dribbles along outside of penalty box, past cone,
2. X crosses ball towards top of box.
3. Attackers (A) win ball and play 1v1 against defender (D), who waits besides the goal until the cross is played in.

Rotate players such that everyone crosses, attacks and defends.

### Coaching Points/Progression

X needs to set up the cross with a final touch of the ball towards the target area so they can square their body into the direction of the cross. X needs to look up and select the target for the cross.

A's must communicate as to who will go for the ball.

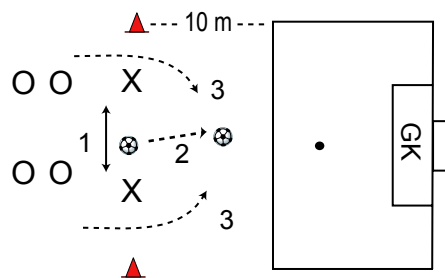
Defender cannot leave the goal line until the ball is crossed, but then must close down the attacker quickly.

The crosses should vary in regards to the target area so that the defender needs to read the play and does not have the opportunity to anticipate.

### Coach's Notes



## Fitness Drill # 1: Pass and Sprint



1. X's pass the ball back and forth to each other.
2. At random, one X passes ball slightly forward.
3. The pass is the command for the two O's to sprint around X's to win the ball and play 1v1 on goal.

### Coaching Points/Progression

Distance between X's should be approximately 5 m.

O's must be in ready position, ideally slightly bouncing on the balls of their toes.

The pass forward is about 7-8 m ahead and central between the X's, giving each O an equal chance of winning the ball. As soon as one O gets control of the ball, the other O defends. Game stops after a shot on goal or 15 seconds if O's are deadlocked.

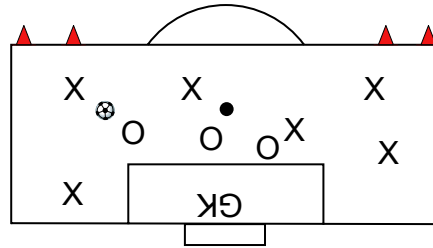
To challenge O's after a while, the pass from X can be towards the side favouring one O and forcing the second O to sprint goalside of the ball to defend.

Set up several drills and rotate X's and O's every two minutes.

### Coach's Notes



## Fitness Drill # 2: 6 v 3



X's (6) play two touch soccer and attack large goal.

O's (3) defend large goal and after winning possession, counter attack through one of the two small (2 m wide) goals.

Play 3 games of 4 minutes rotating everyone through defense.

### Coaching Points/Progression

The defenders must send one player to challenge the attacker with the ball. The other two defenders must cover the attackers in the most dangerous scoring position (closest to goal).

Attackers need to pass the ball around quickly to open players, forcing defenders to move a lot to close down attackers with ball, therefore tiring the defenders.

Attackers need to take a shot from a central area as often as possible, but they should not forget to play the ball wide, stretching the defenders, and crossing it back in.

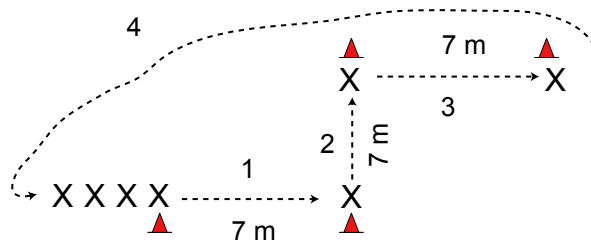
Once defenders gain possession, they must quickly pass the ball or clear it through a small goal. This means the attackers must immediately pressure the defender with the ball to regain possession before defenders can clear.

After a shot or goal, the play restarts with the attackers.

### Coach's Notes



## Fitness Drill # 3: Agility Sprint



1. Hop with both legs up.
2. Sidestep shuttle run.
3. Explosive forward sprint
4. Jog back to end of line.

### Coaching Points/Progression

Set up as many drills as required to split your team into groups of 3 or 4.

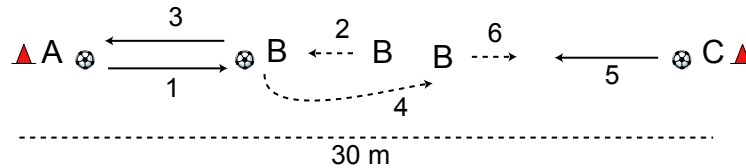
Have groups compete against each other to determine fastest/slowest.

To challenge players more, increase the distance of the sprint (step 3) to a maximum of 20 m.

### Coach's Notes



## Fitness Drill # 4: Receive - Pass - Turn



1. A passes ball towards B.
2. B attacks ball.
3. B plays one touch pass back to A.
4. After pass, B turns to face C.
5. C passes ball towards B.
6. B attacks ball.

Rotate each player for 3 minutes through position B

### Coaching Points/Progression

The first ball towards B must be a soft pass, forcing B to sprint to reach it before it stops. The distance from A to accomplish this should be ~ 5 m. This makes it a 20 m sprint for B after they turn to get to the next pass. You need to monitor this to make sure the player in the middle is asked to sprint for the full 3 minutes.

Player in the middle must play a controlled, high quality first touch back to the player at the end.

Depending on the fitness level of your players you may need to reduce the time in the middle to 60 seconds or 2 minutes. You can always increase the time at a later practice. You can also the distance between A and C.

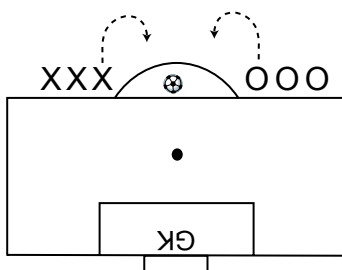
This is a good test to determine the fitness level of your players.

### Coach's Notes





## Fitness Drill # 5: Reaction Sprint and 1v1



1. X and O face goal and jog backwards away from goal.
2. When X changes direction and sprints to ball, O reacts and tries to beat X to the ball.
3. X and O play 1v1 on goal.
4. After 1v1 is finished, X goes to end of line O, and O to line X.

### Coaching Points/Progression

X needs to jog back at least 3 m before they can change direction and sprint forward.

X is encouraged to fake out O to induce O to run forward. As long as X has not changed direction, O cannot attack the ball and must try to get back level with X.

Once the direction change is made and players try to win the ball, either player can score. X's with good fakes and speed should get in for a one time shot. On the other hand, excellent O's with outstanding reaction speed should be able to challenge X for the ball.

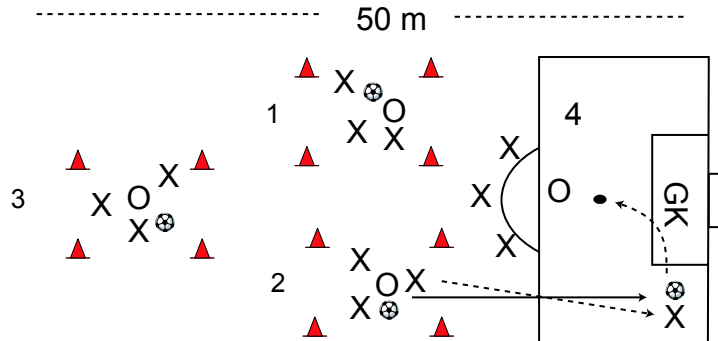
To add progression you can ask for players to jog back further before they are allowed to sprint forward. You can also set up the drill further away from the goal.

Set up several drills to keep everyone working hard.

### Coach's Notes



## Fitness Drill # 6: 3v1 with Crossing



1. 3 groups play 3v1 inside 10m x 10m grid.
2. Groups 1 and 2 alternate sending a player to the corner with a pass.
3. Player crosses to group 4 who play 3v1 on goal.
4. Rotate groups every 3 minutes

### Coaching Points/Progression

In the 3v1 grids, players are encouraged to one - touch passing. If the defender touches the ball then the last attacker who passed it switches place with the defender.

Players in the group sending the ball to a corner for the cross must communicate to time the pass and run correctly. An attacker without the ball on the goal side of the grid must perceive if the attacker with the ball has a clear pass towards the corner. If they do, then the open player makes the run and gives a shout like "send" to call for the pass.

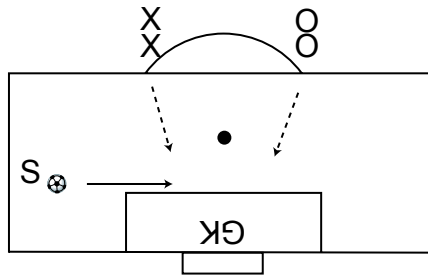
The cross should be to the target areas in front of the net and the three players trying to score must delay their runs to make sure the cross comes in front of them so they can run onto the ball for a shot/header on goal.

Players should be sent for goal every 15 - 20 seconds.

### Coach's Notes



## Fitness Drill # 7: Sprint and Score



1. Server (S) throws ball straight across top of 6 yd box towards near post.
2. X and O sprint from top of penalty box, X to near post and O to far post. If X misses, O must finish with header/shot on goal.
3. Server varies ball on ground for kick, a sliding kick, header, or diving header.

### Coaching Points/Progression

Server must be accurate with the delivery of the ball.  
Server's throw should trigger the sprint by X and O.

Server should throw harder at times to intentionally miss the near post runner (X) and test the reaction speed and ability of O. Also, this way O's know that they will get opportunities. It is important to allow a few tries to get the timing between throws and runs right.

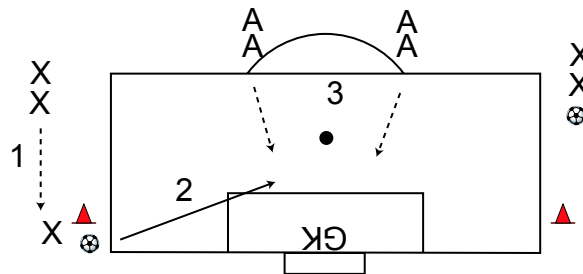
A variation is to bring S closer to the 6yd box and have X and O start the sprint and have the server throw after.

Goalkeepers should not be more than two steps off their line. This is a good reflex save drill for the goalkeepers. they should allow the shot/header but can close down the angle a bit.

### Coach's Notes



## Fitness Drill # 8: Dribble and Cross



1. Wide players dribble past cone close to goal line.
2. Once past cone, they cross ball to target areas at the top of the 6 yd box, in line with goal posts.
3. Attackers (A) time their runs to the cross and finish on goal.

Alternate sides of crosses. Players (X) who crossed go to attacking line, players (A) that tried to score go to crossing line.

### Coaching Points/Progression

The player crossing must touch the ball around the cone so that player faces target before crossing the ball.

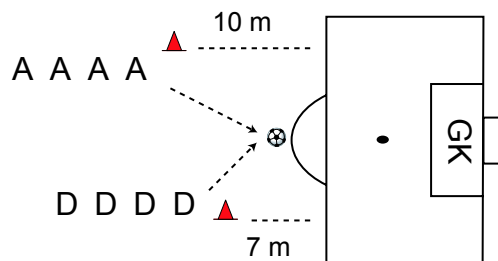
Attackers must delay their runs and time them to the cross to make sure they run onto the crossed ball, i.e. they must not overrun the ball.

The goalkeeper is allowed to come out and try to catch or punch the crossed ball. This will force accuracy, proper pace, and proper timing of runs. If done correctly, the goalkeeper should not be comfortable to come off the line because there isn't enough time.

### Coach's Notes



## Fitness Drill # 9: Sprint and 1v1



A sprints towards ball. That is the signal for D to react and also sprint to the ball.

The first player to touch the ball is the attacker and plays 1v1 against the other player who defends.

### Coaching Points/Progression

The objective is for the attackers (A) to get to the ball first, but only by fractions of a second. You may need to adjust the distances to make it work.

A's can use body fakes to get D's to run early. In that case D's have to get back to their starting position. During this instant, A can now make their "real" run. This should provide A with enough of a head start to get to the ball first.

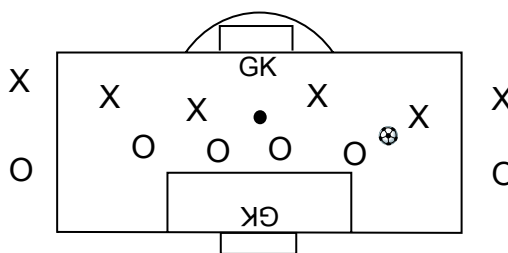
If defender wins the ball, they can also finish with a shot on net. Allow no more than 15 seconds for the 1v1.

Adjust distance from goal to make players sprint further and hence increase the challenge.

### Coach's Notes



## Fitness Drill # 10: 4v4 in Penalty Box with Crosses



4v4 in penalty box on two full size goals with goalkeepers.

Teams can use players on side lines for crosses. Players outside box cannot challenge each other.

Players on side line can rotate into box to change place with a team mate.

### Coaching Points/Progression

Team in possession must be encouraged to take every opportunity to get off a shot on goal.

Passing should be one touch, two - touch maximum.

Remind players that they are in the penalty box and in a game situation they would take advantage of any small opening between players or even between legs of players to take a shot.

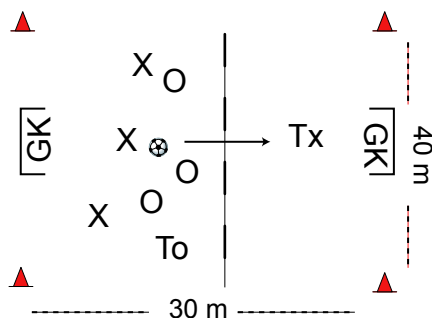
Inside the box, players should mark each other tightly. Using the outside players allows for time to make runs inside the box to get away from defenders.

Players inside the box can go outside any time changing place with the outside player thus adding elements of unpredictability and opening up spaces in behind them.

### Coach's Notes



## Tactical Drill # 1: 3v3 with Target Player



3 X v 3 O each team with target player To and Tx.

To and Tx stay in attacking half.

1 point for goal, 2 pts for goal after give & go with target player.

### Coaching Points/Progression

Target players must be differentiated from the rest of the team. The target player's role is to receive the ball from players in the defending half (break out pass) and to pass it back to a team mate. the target player is not allowed to score.

The defending team gets possession by winning the ball or after an attempt on net. After an attempt on goal the goalkeeper plays it out - the keeper may play it directly to the target player in the attacking half to speed up the transition.

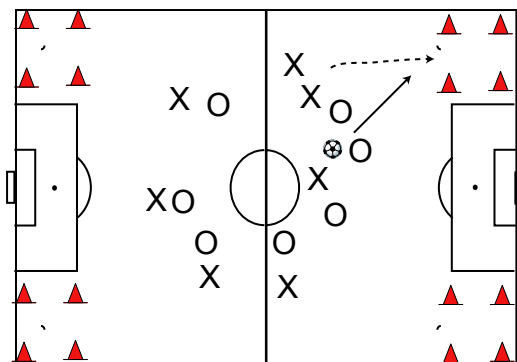
The team that was attacking must get back to defending at top speed after loss of possession.

To add a challenge to the drill, allow teams to change target player "on the fly". A good strategy would be to leave the attacker that was closest to the opposing goal back as the new target.

### Coach's Notes



## Tactical Drill # 2: 7v7 into 4 Corners



Team in possession scores point by passing to a player who has run into one of the four grids.

After a point, the other team gets the ball and must first play across half before scoring.

### Coaching Points/Progression

Teams will have a tendency to pick one of the squares and shift all their players towards that square. They may forget that at any time they can change the direction of attack to ANY of the four squares. The best way to accomplish this is to have at least one player make a run into space towards an unattended square. Two players can break to two different squares. The breaking players must be very vocal (loud shouts) to get the attention of their team mate with the ball - this is necessary due to the high level of focus of the players attacking a square. Quick changes of the point of attack are the key to success - in this drill and in a game.

if your players don't recognize the opportunity and don't make the runs, then you need to stop the drill, point out the opportunity and restart.

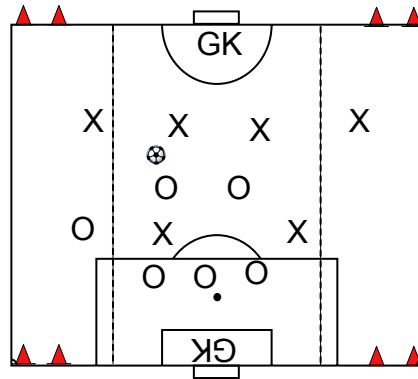
Once the defending team gains possession they need to break quickly towards an open square in the other half before the previously attacking team can get organized.

### Coach's Notes





## Tactical Drill # 3: 4+2 v 2+4



Field is divided into three zones.

X play freely v. O. Goal scored into regular nets = 1 pt

Goals scored into wide goals while at least one defender is trapped in opposite zone = 2pts.

### Coaching Points/Progression

The 4+2 team (X) is the attacking team and the 2+4 (O) team is the defending team.

The example shows the attacking team as the midfield (4) and strikers (2) of a flat 4-4-2 system, while the defending team is organized as a partial midfield (2) and the flat back (4) defense of a 4-4-2 system. You can change the formations and number of players to match your team's system of play more closely.

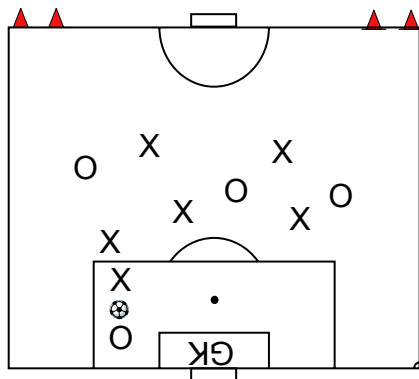
The key to this drill is to attack one of the side goals to draw the defenders into the corner and then to switch the play to the middle for a quick strike while a defender is caught wide. This puts pressure on the wide defender to hustle back to the middle.

You may need to adjust the position of the wide goals closer to the penalty box if the defenders never get back to the middle zone.

### Coach's Notes



## Tactical Drill # 4: 6v4 Pressing & Counterattack



X's attack and O's defend regular goal.

After O's win ball they counter 2 goals at half.

Closest attacker X challenges O with ball and other X's support and close down passing lanes.

### Coaching Points/Progression

The challenge is for the defense (O) to organize themselves by challenging the attacker (X) with the ball and covering other X's. O's need to shift quickly as X passes the ball around. Communication amongst O's is critical.

Attackers (X) need to move the ball quickly to get O's out of position.

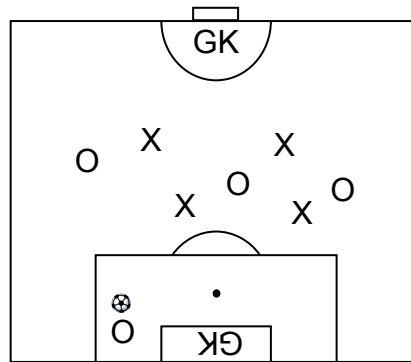
The key point of the drill is when O wins the ball. O's get the ball after a goal by X, after a failed attempt by X or after winning it through a regular challenge. O's want to play a quick release ball to a defender making a wide run to get the ball through the small goals. X's need to regain possession - after loss of the ball to O they need to immediately double up on the O with the ball, cover the other O's and use the sixth X to close down any passing lane.

The faster the runs, passes, and communication the more success both teams will have.

### Coach's Notes



## Tactical Drill # 5: Transition Play



Play 4 v 4 in 5 minute games.

Both teams can score on either goal.

Teams cannot score on same goal twice in a row.

### Coaching Points/Progression

The key is for the team that is attacking one goal to realize they can reverse direction and attack the opposite goal. You may need to stop play and point out this opportunity if the teams do not. If they do break to the opposite goal then the defending team needs to react fast and transition to defend the other goal.

Teams also need to realize that if they win the ball while defending close to one goal, they can now score on that goal.

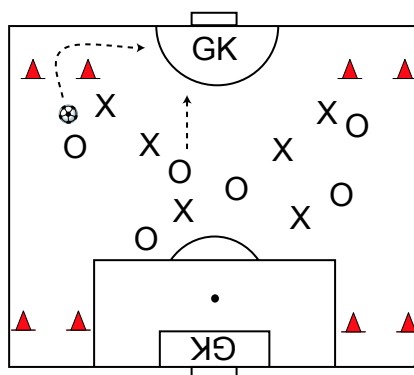
You can vary the drill by asking teams to play the ball across the half first after a change of possession.

Make up the teams as they would normally play in your system. Vary the numbers of each team if you want to practice certain formations, teams being outnumbered, etc.

### Coach's Notes



## Tactical Drill # 6: 6v6 Flank Attack



Teams must pass to team mate or dribble through one of the wide goals before they can cross on goal.

### Coaching Points/Progression

Goals can only be scored after a cross.

Teams can pass to a player running through a wide goal or they can dribble through it.

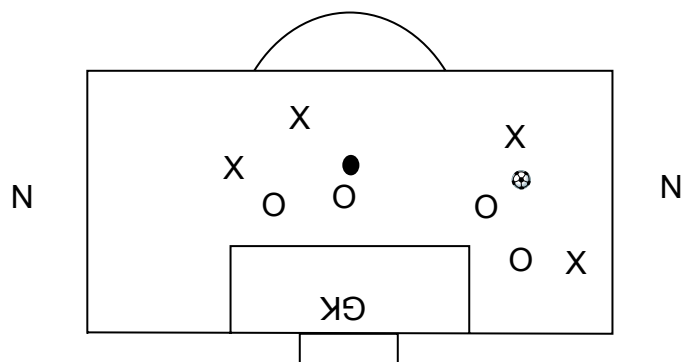
Encourage teams to attack one side and then with one or two passes switch the side of attack to take advantage of the space on the opposite side of the field. This will take at least two players to break to the other side. As soon as the defending team gains possession, they need to transition as fast as possible to counter through one of the wide goals. The previously attacking team needs to transition fast to now defend the small goals.

You can progress the drill by allowing teams to score goals without going through the wide goals first. In that case they cannot run two consecutive attacks through the middle.

### Coach's Notes



## Tactical Drill # 7: 4v4 + N Crossing



X and O play 4v4 game inside the penalty box.

Team in possession must play to either neutral player who must cross the ball to the team that played the ball out. If defending team wins ball, they now attack and play it out to neutral player.

### Coaching Points/Progression

After change of possession the ball must be played outside to a neutral player first.

Choose your teams according to your system of play. A suggestion is to have one team made up of 4 defenders, the other of two inside midfielders and two strikers with the neutrals being outside midfielders.

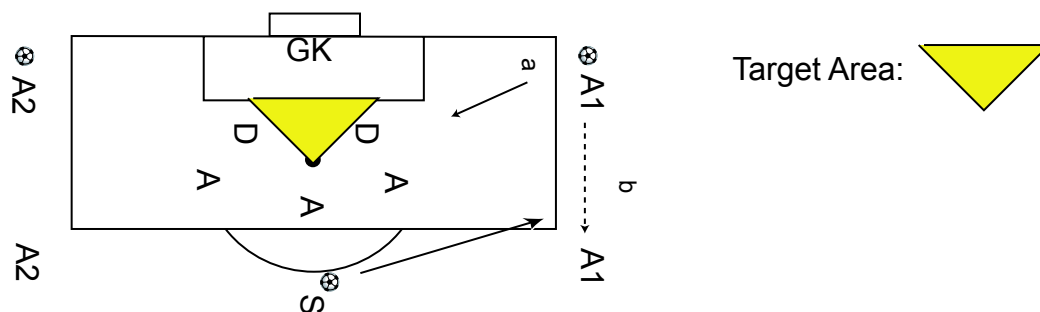
Challenge your players to a one touch passing game.

Ask Neutrals to vary their service including high crosses to near post, crosses to far post, passes back towards the top of the box. Play the ball to Neutrals at the top of the box, or send them for a run to the goal line. Make sure that the teams inside the box adjust their runs to the service from the Neutrals. Verbal and non-verbal communication is essential from all players.

### Coach's Notes



## Tactical Drill # 8: Crossing



- A1 and A2 take turns crossing the ball into the penalty box.  
In the box, three attackers try to score against two defenders.
- If defenders win the ball, they play it to S outside the box.  
A1 and A2 now must sprint to top of box to receive a pass from S.  
They now dribble to goal line for a new cross.

### Coaching Points/Progression

Crosses must be aimed at the target area indicated. Each of the three attackers goes for one of the points of the target area,

Attackers must delay their runs. They should vary their runs by crossing over (diagonal runs) and moving before the cross.

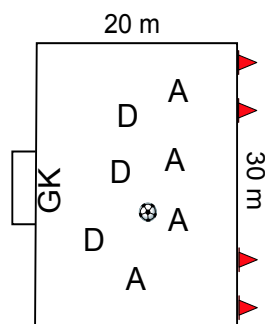
Check the alertness of the crossing players to make sure they immediately sprint to the top of the box when the defenders gain possession. If defenders gain possession and are unable to get the ball to the server (S), then play restarts with the server. If attackers score or ball goes out of bounds, play restarts with a cross (a). Alternate crosses from left and right side.

A progression can be to allow the far side crosser (A2) to make a far post run when the ball is being crossed from the other side. Also, allow players to rotate positions "on the fly".

### Coach's Notes



## Tactical Drill # 9: 4v3 + Goalkeeper



A's attack regular size goal with goalkeeper.

D's attack two small (3m wide) goals.

Play 5 x 3min with 1 min active rest between games.

### Coaching Points/Progression

The key tactical element for the attackers is to get into scoring position through one - touch passing and quick movements - then finishing with quick strikes on net.

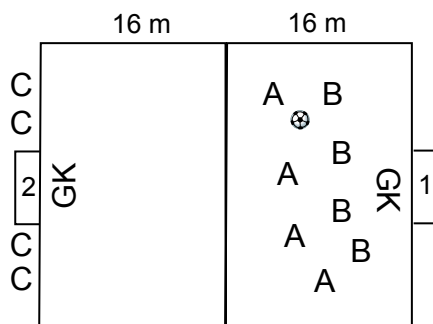
The key tactical element for the defenders is to have one player challenging the attacker with the ball while the other two cover the other three attackers, close down passing lanes AND block shots.

Consider varying the drill to challenge attackers by playing 3v3 or 2v3 or to challenge the defenders by adding more attackers or removing defenders. Your decision will be driven by either balancing the success, providing success and encouragement to one group, or by emphasizing a particular game situation your team needs to improve upon.

### Coach's Notes



## Tactical Drill # 10: 4v4 with 3 Groups



A's attack goal 1 defended by team B. If A scores or B gets possession, B now breaks to attack goal 2.

Team C comes out to defend goal 2 once B crosses the center line.

A drops to goal line of goal 1 and waits for C to attack.

### Coaching Points/Progression

Following the diagram, A may take a shot on goal and miss the net. A must immediately sprint to take their positions next to the goal, two players on either side of the goal post. There should be a supply of balls in each goal so that the goalkeepers restart the play quickly. As soon as A loses possession and sprints off, the goalkeeper plays a ball out to B who now transition to attack goal 2. If B wins possession during normal play, A sprints off and B attacks. C gets ready to attack B as soon as the FIRST B crosses the half line. This should encourage B to get all players across the half quickly. After B finishes the attack, they go to goal line and C now attacks A.

Once teams get the flow of the drill, allow the waiting defending team to challenge the team starting the attack as soon as they have the ball.

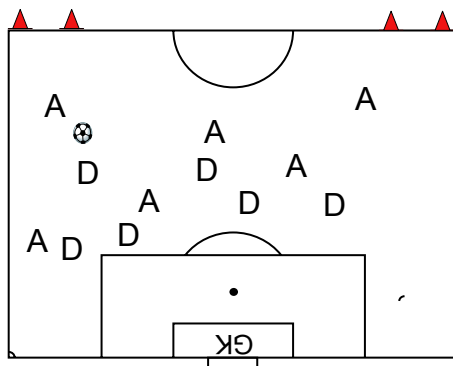
The keys are to have attacking team get off the field as fast as possible at the end of their play and to get to a shot on goal as quickly as possible through one-touch passes and runs into space.

### Coach's Notes





## Scrimmage # 1: 6v6 - 1/2 Field



Attackers (A) play on goal.

Defenders counter through small goals.

10 min. games - rotate players.

### Coaching Points/Progression

The key point is to train the defense on playing the ball out wide after gaining possession. At the same time, this forces the attacking team to be aware and cover the entire width of the field after they lose possession.

You can adjust the number of players on each team and their positions based on:

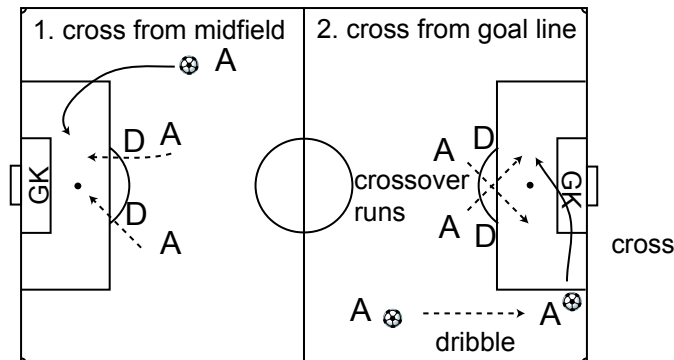
- your system of play
- the issues you need to work on based on past game performance
- players you want to test in different positions.

A progression to this drill would be to allow the defenders to play the ball out to the center circle as well as through the wide goals.

### Coach's Notes



## Scrimmage # 2: Flank Attack



### Coaching Points/Progression

These are two separate scrimmages training two different positions from which to cross the ball.

Since the drill does not involve all players, have the players not involved rotate in after two crosses or have them do a separate technical drill.

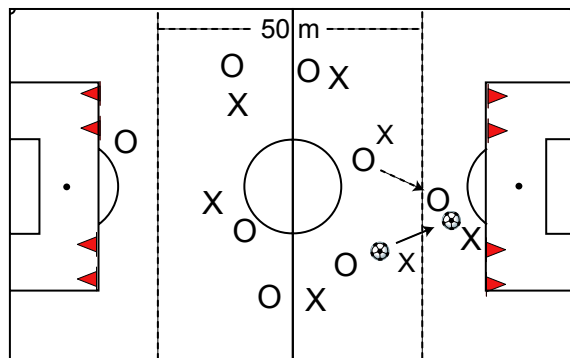
Once you are satisfied that the crosses are coming in to the target area and that the runs are timed properly, you can progress the drill by adding players to each side first ultimately leading to a full field game. In this case, maintain the principle of the scrimmage by requiring that goals can only be scored from a cross.

This is a good drill to try out your substitutes. You can also count the number of goals scored for 10 attempts and challenge your team to improve in every set of 10 attempts.

### Coach's Notes



## Scrimmage # 3: 1v1 Defending in 7v7



6v6 in a 50m wide zone in the middle of the field.

One player from each team is in their own defending zone.

Attackers pass ball to a team mate running into end zone and play 1v1 on either of two small goals. After attempt is complete, defender plays ball back to middle zone to a team mate.

### Coaching Points/Progression

The team in possession in the middle zone must quickly change the side of the field to draw the defender to one side. they then need to switch the play and send a player into the attacking zone on the opposite side. The waiting defender has to read the play and follow it.

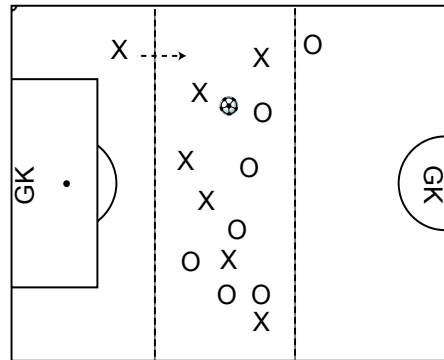
Once the 1v1 is in play, it is important for the attacker to remember that there are two small goals they can score on. Quite often the 1v1 will be focused on one of the goals only. If that happens, stop the play and make your "coaching point".

Allow a maximum of 15 seconds for the 1v1. If the attacker doesn't score, the defender gets the ball and starts a counterattack by playing the ball into the middle to a team mate. Players in the middle must remain alert during the 1v1 to be in a position to receive an easy pass out from their defender. Progress by playing 2v1, etc. Allow the defender to switch with a player in middle.

### Coach's Notes



## Scrimmage # 4: 7v7 with GK Transition Play



Divide half the field into 3 equal zones.

Team in possession must have all players at least in middle before they can score.

In own defending third only, teams play two touch soccer until ball is played out of defending zone.

### Coaching Points/Progression

All players can join the attack and enter the attacking third.

The key coaching point is that if the defense gains possession (by winning the ball, after a goal, after a missed attempt on goal), they must transition to attack and move everyone out of their defending third as soon as possible. Players holding on to the ball in their defending third must be encouraged to play one or two touch and do it quickly.

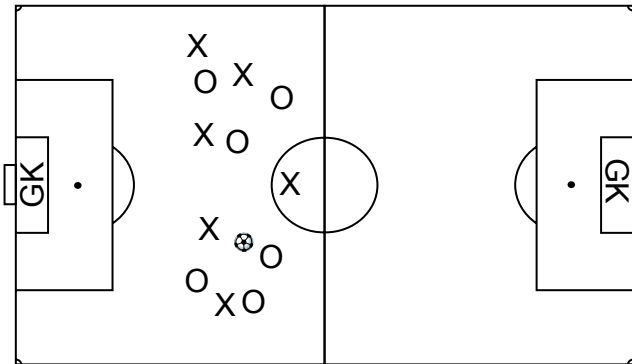
Teams need to communicate so that the attackers know when the last defender is in the middle so they can score.

You can vary the number of players on each team and assign positions based on your system of play. This is a great drill to teach your defenders to move up the field quickly.

### Coach's Notes



## Scrimmage # 5: Transition Play



Teams play 6v6 in one half of the field, keeping possession of the ball.

On command by coach, team in possession breaks across half and tries to score.

The other team tries to win the ball and score on the same goal.

Award 2 pts for goal by breaking team, 1 pt for goal by the defending team.

### Coaching Points/Progression

This is a reaction drill for both teams. We suggest the coach uses the blow of a whistle to indicate the time the team in possession breaks across the half. Teams in possession should play according to your style - one touch, two touch, supporting runs, 1v1, etc.

The key is for the coach to vary the time allowed for the team in possession before blowing the whistle. Some suggestions:

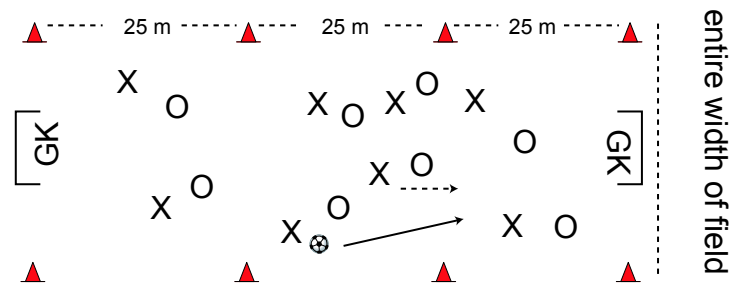
- after extended play, maximum of 30 seconds
- immediately after a change of possession

Make sure the teams don't simply play within a narrow band of the half line anticipating the command to break out. They should switch play, use support players so that they will be in position for a clear break setting up an "easy" goal.

### Coach's Notes



## Scrimmage # 6: 4v4 & 3v2



4v4 in middle sections: team in possession tries to send a player into either end zone to set up a 3v2 on goal.

After an attempt on goal the GK restarts play by throwing a ball back into the middle zone.

### Coaching Points/Progression

Each team has eight players, 4 in the middle and 2 in each of the end zones. Make up your teams according to your system of play (attacking vs defending players) or your coaching objective for the day (starters vs. substitutes; defenders + midfield v attackers + midfield).

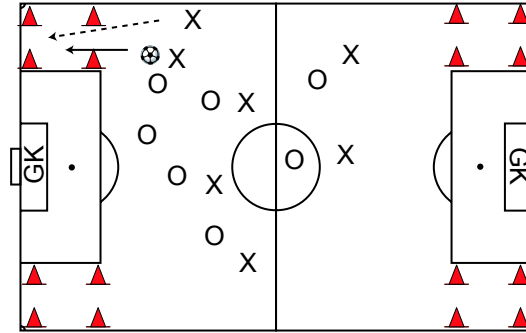
The key coaching point is to encourage the players in the middle zone to recognize that they can attack either end zone. If they get bogged down on one side, one of their players should call for a change of direction. That player could be one of the end zone players because they have the best view of the entire field.

Progress the drill by allowing end zone players to freely interchange with middle zone players. The important factor is to maintain the "shape" of the drill and have the appropriate number of players in each zone. Once defenders win the ball, they play it to a team mate in the middle.

### Coach's Notes



## Scrimmage # 7: 7v7 Flank Attack



Both teams can score on either goal after passing the ball to a team mate in one of the corner squares.

Players cannot be challenged in the square.

Teams must play ball across the center of the field before they can score again.

### Coaching Points/Progression

On change of possession (goal, winning the ball, ball out of play) the team that was defending now transitions quickly to get the ball across the half. Once across the half, they have the choice to attack ANY of the four squares. if you notice that they never reverse direction to attack the goal they just defended, then stop play and point out the missed opportunity. They need to realize that reversing direction against the run of the team chasing them will open up the most space.

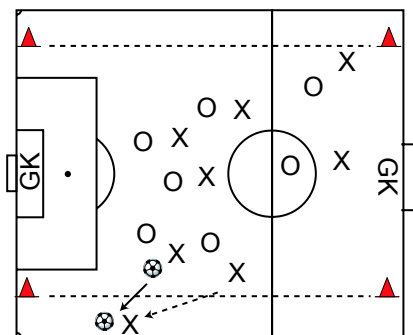
Progress the drill by allowing players in the square to be challenged by the defending team.

Consider having more players on one of the teams to challenge the defense or to provide a "success" for the offense. This depends on your motivational emphasis at the time of practice.

### Coach's Notes



## Scrimmage # 8: 7v7 with Crossing



Two teams play 7v7 two- touch soccer on 3/4 field.

Cones along each side mark a free "crossing" lane.

Team in possession can pass the ball to a player running into crossing lane, where they cannot be challenged.

Teams get 2pts for a goal after a cross and 1 pt for a goal through middle.

### Coaching Points/Progression

Each team attacks one goal and defends the other.

Observe how teams vary the attack between playing wide and through the middle. If they are not balanced to your preference, then stop and make the "coaching point".

Add complexity by asking teams to send two players into the crossing lanes where they must execute an overlapping run.

Vary the drill by allowing 2 attackers and 1 defender into the crossing lanes.

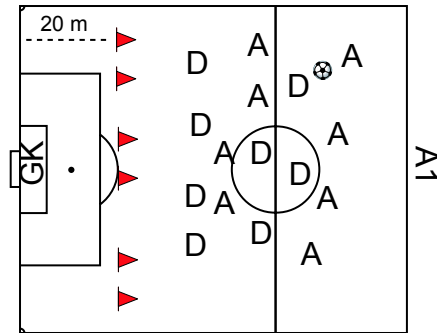
Ask the teams to switch the point of attack from one crossing lane to the other through a long pass across the width of the field.

### Coach's Notes





## Scrimmage # 9: 8v8



Attackers (A) must dribble through one of small (3m) goals before they can score.

The player who dribbled through cannot be challenged and gets a free shot on goal.

If defenders win the ball, they play it out to A1 who restarts the attack.

### Coaching Points/Progression

Defenders will have a tendency to play a "goalie" in each of the small goals. If that happens, you can make the point for them in several ways;

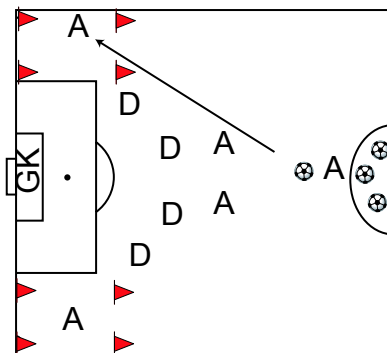
- remind them that they wouldn't play defense in a game that way, marking "space"
- making the small goals wider such that a player on the line isn't effective anyways
- allowing the attackers to pass through the small goals
- reward defenders with 2 points for each pass to A1 thus using competition to change behaviour
- simply asking them they must be in the play and cannot stay in goal (enforce a rule)

Encourage the attacking team to "load" one side of the field and attack one wide goal and then quickly switch play to the opposite side. Attacking the center goal with "numbers" is also effective because the attackers now have a choice of switching to either wide goal.

### Coach's Notes



## Scrimmage # 10: 5v4



(A) near center circle plays a long ball to A in one of the wide zones.

Once A receives the ball, defenders (D) can challenge.

If D's win ball, they clear it past half. A's reset and start a new attack.

### Coaching Points/Progression

The key is to stretch the defense by forcing the initial play to go wide. Once that is accomplished the play becomes a regular 5v4. However, having stretched the defense, you can encourage your players to quickly (one touch passing, quick runs) play the ball into the middle to use gaps in the defense for a quick strike on goal.

Depending on the success of the attackers and your coaching objective, vary the number of players on each team. If attackers initially have difficulty playing the ball back out of a square, implement a rule of "no-challenge" in the square.

Ensure that all attackers are in motion at all times making "decoy" runs, run deep and check back, to distract defenders and open up the play for an easy pass to a corner.

Player A must release the ball within 3 seconds, so the attackers must make decisions fast.

### Coach's Notes

**PRINT & GO**

**SOCCER PRACTICE DRILLS**

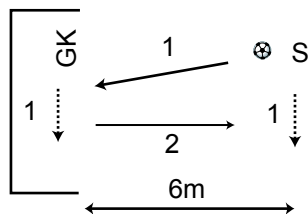
**GOALKEEPING**

**Ages 11 - Adult**



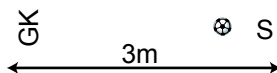
## Warm Up # 1: Catching, Diving

### 1. Shuttle Run/Stretch #1



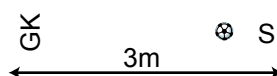
1. While GK & S sidestep across goal, S throws ball to GK. (above head, chest high, ground)
2. GK catches/picks up ball and throws it straight back to S.
3. Shuttle back and forth across goal 6 times.

### 2. Sit and Catch/Stretch # 2



GK sits with legs apart. S throws ball at GK, changing pace of throws. GK catches, recovers to sitting position and throws ball back. Extend GK to fall backwards and sideways.

### 3. Kneel and Catch/Stretch #3



GK on knees. S throws ball as in exercise 2 above. GK catches, recovers, throws ball back

### Stretch # 1: Upper Body

GK stands, legs shoulder width apart.  
 - GK holds ball with both hands, arms straight and extended back over head, - 20 secs.  
 - GK holds ball straight out front - 20 sec.  
 - GK, knees slightly bent, holds ball and pushes arms back between legs  
 - 3 sets

### Stretch # 2: Hamstrings

GK sits with legs apart, holding ball with both hands. GK extends arms to hold ball over right foot - holds 20 sec. Alternates holding ball over each foot three times.

### Stretch # 3: Shoulders

GK stands 2 steps beside goal post extending arm near post above head leaning against post. Hold each arm 20 secs, 3 repeats.

### Coaching Points/Progression

1. The server in the shuttle run dictates speed. Start slow and then increase the pace. Mix up throws. For the last few throws, lead the keeper with the throw extending her/him. Ask goalie to give a precise throw back to the server forcing increased concentration and focus.
2. Start with throws close to the body and allow time for GK to recover. Focus on perfect catching (hand position) and diving techniques. Then pick up pace and extend the reach of the keeper by throwing further away from their body. You can progress the drill by working with two balls. Ask keeper to throw ball to server on the way back up and ask server to throw the second ball as soon as keeper is upright. This requires coordination skills on part of the server.

Stretches: In stretch # 2 challenge keepers to hold ball in front of foot - ball on the ground.

**Note:** check [www.soccerpracticebooks.com/gkbasics.html](http://www.soccerpracticebooks.com/gkbasics.html) for pictures of stretches & techniques. add your own or keeper's own stretches as desired and needed.

### Coach's Notes



## Warm Up # 2: Flexibility, Coordination

1. GK sits with legs apart, holding ball in front. GK tosses ball straight up, lifts both legs, moves hands under legs and catches ball. Repeat and challenge GK by reducing height of toss.
2. Upper Body Stretch
3. GK walks while holding ball straight out. Alternately move right foot and left foot up to ball, touching ball with laces. Walk from goal line to top of penalty box and back three times.
4. Hamstring Stretch
5. Repeat exercise # 3 while jogging slowly.
6. Shoulder Stretch
7. Coach rolls, throws (low - knee high; mid - stomach high; high -chest/head; above head) ball to goalkeeper from various angles and distances starting at the penalty spot. GK catches ball and throws it back to coach. Allow GK time to recover and reset in proper "ready" position.

### Coaching Points/Progression

1. You may start by asking Gk to start without a ball to get used to the motion of legs and hands. Progress by having a coach hold the ball and dropping it for GK to catch after moving hands under legs. Finally ask GK to throw ball. Start slow and build confidence. On the other hand ask advanced GK to go through the moves faster and faster throwing the ball lower and lower.
3. Once the motion is fluid by the keeper, ask them to walk faster.
5. keep the focus on accuracy, i.e. keeping arms horizontal and extended and touching ball with the laces.
7. GK throws ball back as soon as it is caught and then quickly returns to the starting position to receive the next ball. Increase speed and difficulty of throw, even requiring a diving save.

### Coach's Notes



## Warm Up # 3: Coordination, Catching

1. GK runs from goal line to the top of the penalty box and back. While running, GK tosses ball with right hand over the head (sideways) and catches it with the left hand. GK then throws with left hand and catches with the right. Repeat twice from goal line to top of box and back.
2. Upper Body Stretch
3. GK stands with legs apart, knees slightly bent, and holds ball behind the head. GK drops ball and quickly moves hands through legs to catch the falling ball (behind the back).
4. Hamstring Stretch
5. GK lies on stomach holding ball in hands with arms extended straight ahead. GK throws ball straight into the air, rotates quickly to lie on their back, and catches ball.
6. Shoulder Stretch
7. GK is two steps off the goal line. Coach throws a ball from the penalty spot on goal, over GK head. GK jumps and tips ball with the fingers over the cross bar of the goal.

### Coaching Points/Progression

1. GK may initially follow the ball with their eyes to catch it. Eventually, they should "feel" where the ball is and throw/catch it while looking straight ahead. They also need to throw the ball slightly forward at the same speed of their own movement so they don't need to reach back.
3. You may want to have GK work with a partner who holds the ball and drops it while GK holds hands through the legs. This allows GK to get used to catching in this awkward position. Then progress to GK holding/dropping/catching the ball. be patient - this is not easy.
5. The key point here is for the GK to catch the ball while lying flat on their back with arms fully extended. Advanced goalies can try to do a complete roll and catch the ball while lying back on their stomach.
7. Start with easy, lobbing throws - it is o.k. if GK initially catches the ball. Then increase the pace of the throw - lob just under the cross bar. this may force GK to leap backwards - push the ball over the bar, and collapse dive to the ground.

### Coach's Notes



## Warm Up # 4: Jumping, Abdominals

### 1. Jumping

- GK faces hurdle or obstacle.
- GK jumps over hurdle and makes 1/2 turn in the air.
- GK lands on other side facing hurdle.



### 2. Upper Body Stretch

### 3. Abdominal Strength 1

- GK lies on back holding ball with both hands, arms extended all the way behind the head.
- GK rotates one complete turn holding on to the ball. When lying on back again, GK brings ball to the laces of both shoes while pulling both knees towards the chest.

### 4. Hamstring Stretch.

### 5. Abdominal Strength 2

- Two goalkeepers work as partners.
- GK 1 stands and holds a ball next to their right hip.
- GK 2 lies on the side away from GK 1 with both feet locked between GK 1's feet to prevent sliding.
- GK 2 now lifts upper body and touches the ball held by GK 1 with both hands.
- Do 4 sets of 10 for each GK, alternating side GK lies on.

### 6. Shoulder Stretch

### 7. Rapid Shooting

4-6 players line up at the top of the penalty box and take shots, giving GK enough time between shots to 'reset'.

### Coaching Points/Progression

1. Make sure goalie keeps feet together and raises knees during the jump. If you don't have hurdles, use equipment bags. Increase the height of the hurdle with ability and size of keeper. Once the technique is executed perfectly, ask for increased speed.
3. Start slow and increase the pace, all the while focusing on execution.
5. You may start without a ball to see how high the keeper can raise off the ground. Then add the ball at the appropriate height and challenge holding the ball a little higher with each set.
7. Ask the shooters to start giving the keeper a chance to make some saves. then challenge with harder shots closer to the posts. Goalie needs to focus on the save first and then on the quickest possible recovery to the "ready" position. GK also must play the proper angle to the next shooter and challenge the shooters by coming off the line.

### Coach's Notes



## Warm Up # 5: Jumping, Flexibility

### 1. Jumping

- throw ball high over GK head.
- GK jumps up, timing the catch of the ball at it's highest point.
- while reaching for the ball, GK pulls one knee up towards chest.

### 2. Upper Body Stretch

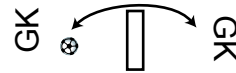
### 3. Catching

- throw a ball from 5m away toward GK chest.
- GK jumps just high enough for ball to meet GK's body at the pectoral muscles.
- GK bends arms and cradles ball into chest.

### 4. Hamstring Stretch.

### 5. Flexibility

- Two goalkeepers work as partners.
- They lie on stomach facing each other with a hurdle or other obstacle in between them.
- GKs throw ball to each other across the hurdle.
- GKs catch ball with two hands, raising upper body off the ground as much as they comfortable can.



### 6. Shoulder Stretch

### 7. Catching under Pressure

coach throws high ball from the top of the penalty box. One forward goes for a header. GK challenges to catch ball.

### Coaching Points/Progression

1. This is a key competency for a top class goalkeeper. They need to judge the flight of the ball and their ability to jump to catch the ball at the GK highest, completely vertical extended, point. At the same time one knee needs to be brought up as protection against challenging attackers. Once the technique and timing are right, throw the ball high in front of keeper asking them to move forward first before jumping. Then throw to sides, mixing up throws.
3. once catching technique is established, challenge the keeper with higher throws, all the while requiring keeper to jump and catch ball against chest.
5. This requires some base flexibility. If keeper struggles to raise body off ground - do not force them This means they have to slowly build the flexibility first. You can ask them to lie on their backs and catch the ball moving upper body up - this trains the abdominals.
7. This is a good time to remind keeper of raising one knee trained in exercise #1. Make sure that you favour the keeper with the throw to avoid any collision with the forward.

### Coach's Notes





## Warm Up # 6: Ball Handling, Reaction

1. Goalkeeper stands with legs apart.
  - holds ball straight up over head.
  - bends down placing ball in front of right foot.
  - brings ball back up overhead and bends placing it in front of left foot.Repeats alternating feet, 3 sets of 10 each.

2. Upper Body Stretch

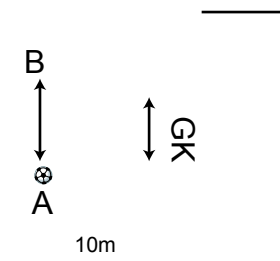
3. Coach throws balls from top of 6 yd box softly about 2m to side of goalkeeper. Goalkeeper takes two quick steps and catches ball. Alternate sides and vary height of throw from stomach level to overhead.

4. Hamstring Stretch

5. From penalty spot, coach rolls balls straight at goalkeeper. Goalkeeper comes forward and drops to one or both knees to safely pick up ball and pulls it to chest.

6. Shoulder Stretch.

7. Shooting.  
A and B pass ball back and forth to each other until either decides to take a shot. GK is 3 m off goal line, follows ball and plays angles. GK saves shot.



### Coaching Points/Progression

1. Knees must be slightly bent. Start slow and increase pace with each set.
3. It is critical that GK takes quick shuttle steps to follow the essential principle of getting the body behind the ball. The tendency may be for GK to reach for the ball - do not allow this. They must shuttle quickly to catch the ball with their body squarely behind it. Increase pace of throws.
5. There are many techniques for keepers to stop and cover balls coming at them on the ground. Most professionals know drop with two knees on the ground, cradle the ball in both arms, and drop forward smothering the ball (protection) with their upper body. All the while they keep their head straight to see any on-rushing players. It is important to decide on the technique that works best for your goalie. They must get down and get their body behind the ball. Under no circumstance are they allowed to pick the ball up while standing.
7. Goalie needs to simply take a small step and pivot to face the player with the ball straight on. GK must be in crouching position to be ready for a quick dive.

### Coach's Notes



## Warm Up # 7: Leg Strength, Catching

1. Goalkeeper jogs from goal line to top of penalty box and back, raising knees towards chest while jogging. 3 sets.

2. Upper Body Stretch

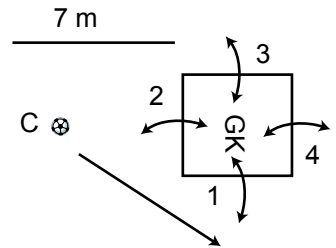
3. GK is in crouching position 2m off the goal line. Coach throws ball over GK head and GK jumps up to catch the ball.

4. Hamstring Stretch

5. GK is inside 2m by 2m square.

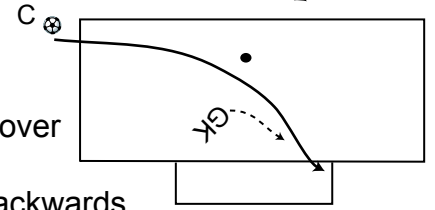
Coach throws ball to GK who catches it while jumping in/out of square:

1. sideways/feet together
2. forward
3. sideways to opposite side
4. backwards



6. Shoulder Stretch.

7. Coach throws long ball over GK's head. GK takes a couple of small steps backwards, while turning, to catch ball or to dive and push it past the far post.



### Coaching Points/Progression

1. Easy jogs. If GK is comfortable with the motion, add variations such as touching ground, easy vertical leaps, holding ball while jogging, etc. Make it a little more fun !!
3. The crouch should be such that the buttocks of the keeper are level with the knees. This is a quadricep strengthening exercise to increase vertical leaping height.
5. Ideally you have hurdles to mark the square forcing the proper jumping technique by the keeper. Keeper catches ball while standing - no diving required.
7. The keeper needs to turn while shuttling backwards keeping eyes on the ball at all times. The timing and pace of the throw are important and this drill requires a good understanding between server and keeper. Challenge the keeper to a full extension dive by throwing the ball at the intersection of cross bar and far post. Vary distance from which to throw and pace of throw to challenge the keeper. The point of this drill is that the keeper has to be positioned to stop a shot, but be ready to dive backwards if the striker lobs it over top.

### Coach's Notes

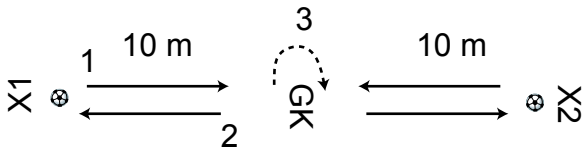


## Warm Up # 8: Agility, Catching, Recovery

1. Goalkeeper sits on ground, legs apart, holding ball with both hands extended out in front. GK tosses ball straight up, lifts legs, moves hands under and through legs, and catches ball before it hits the ground between the legs.

2. Upper Body Stretch

3. Catch and Roll



1. X1 throws ball to GK. GK catches ball and
2. rolls it on ground to X1.
3. GK pivots and repeats with X2.

4. Hamstring Stretch

5. GK stands with legs apart, ball in hands, and bends down to hold ball on the ground between the legs. Knees are slightly bent. GK rolls balls through the legs behind GK and quickly pivots and makes a diving save of the ball.

6. Shoulder Stretch.

7. Coach has three balls and stands at the penalty spot. GK is three steps off the goal line. Coach throws a high ball to the side of the GK forcing a diving save. As soon as GK gets up, recovers and is set, coach throws second ball for a diving save. Repeat with third ball. Take a small rest to shake out and repeat 4 more times.

### Coaching Points/Progression

1. Once comfortable and successful with technique, decrease height and increase pace of.
3. X1 and X2 need to throw straight at GK initially. They can vary height of throw forcing keeper to drop on knees or leap vertically (one knee up), Progress to throwing ball one step to side of keeper forcing a quick shuttle step. Increase pace by throwing as Gk is turning forcing a fast pivot and very quick "set" before the catch. BUT - keep goalie successful.
5. Ask GK to vary the pace of the roll of the ball to force a quick turn and collapsing save or a quick turn and full extension save. You want reasonably soft ground for this drill. GK may want to play it safe with soft rolls of the ball. Challenge them to challenge themselves.
7. Start by throwing all three balls to the same side, then the other side, and finally mix up sides. Play to the keeper's ability initially, by throwing ball mid height and closer to the keeper. Then progress by throwing closer to the post, higher or on the ground, and at faster pace. Always encourage keeper and end with "catchable balls" - SUCCESS IS KEY TO CONFIDENCE.

### Coach's Notes



## Warm Up # 9: Jumping, Diving

1. Goalkeeper stands on goal line. Coach is at the top of the penalty box and throws high, arcing balls towards goal which come down around the 6 yd line. GK comes off line and leaps, arms extended up, to catch the ball at the highest possible point. Coach varies position from which to throw the ball.
2. Upper Body Stretch
3. GK jumps back and forth over ball keeping feet together and raising knees towards chest. Five sets of 20 jumps (1 jump = back and forth).
4. Hamstring Stretch
5. GK kneels in front of the coach. Coach has a ball in each hand, arms extended sideways from the coach. Coach drops one of the balls and GK dives diagonally forward to catch the ball before it hits the ground. Coach mixes up which ball is dropped to force GK to react.
6. Shoulder Stretch.
7. Coach sets up a shooting drill to work on areas identified as GK's weakness. For example, focus can be on low shots to the weak side of the GK.



### Coaching Points/Progression

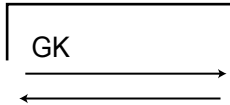
1. Make sure balls are thrown straight at keeper and high enough to force keeper to jump. progress by throwing the ball to either side of the keeper.
3. Use hurdles if available and increase height of the hurdle to challenge keeper.
5. Vary the distance of the keeper to the ball to force an extension dive requiring keeper to quickly push themselves forward and downward towards the ball. Then reduce the distance to force a "collapsing" dive which lets gravity dictate the pace at which keeper can get down to the ground to stop the ball.
7. Ask the keeper what they think their weakness is and see if you agree !! Talk about it.

### Coach's Notes

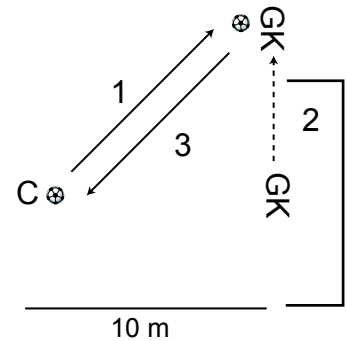


## Warm Up # 10: Catching, Running, Passing

- Goalkeeper starts at the top of the 6yd box facing the coach who is at the penalty spot.  
GK runs backwards to goal line and catches ball thrown by coach high and above GK.
- Upper Body Stretch
- GK runs from goal post to goal post touching the bottom of each post. 10 times back and forth.



- Hamstring Stretch
- Ball Control
  - Coach passes ball to side of goal.
  - GK sprints to control ball and
  - passes it back to coach.
- Shoulder Stretch.
- Play a 4v4 game in the penalty box. When defenders have the ball, they must pass it back to GK who kicks it out of the box.



Play restarts with attackers.

### Coaching Points/Progression

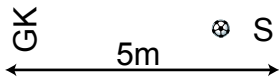
- Start so that keeper catches ball 2-3 steps in front of the goal line. Progress to force keeper to run backwards faster and jump higher. Tall and experienced keepers can be forced to tip ball over cross bar.
- Push keeper to sprint between posts and don't let them cheat. they must touch ground at the bottom of the post.
- Start with slow and easy passes. Ask for two touches from keeper - one to control the ball, the second to pass. Increase pace of pass to keeper and REDUCE quality of pass, simulating mistakes by a defender passing the ball back. Bouncing balls, balls towards the goal, etc.
- Make sure defenders have a clear line of passing to the keeper. This should force defenders to make good decisions and also challenge the keeper with some poorly played passes. Keeper needs to transition from being ready for a shot when attackers have the ball to be in the right position for a pass back when defenders get the ball. Never leave the goal too early.

### Coach's Notes



## Technique # 1: Diving, Distribution

### Crouch & Dive



GK is in crouching position.

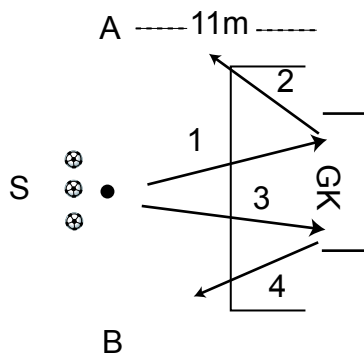
S throws high balls left and right.

GK dives and catches.

Increase difficulty as appropriate

### Dive & Distribute

1. S throws low ball to GK right.  
GK returns to center of goal.
  2. GK dives, saves, recovers and throws ball to A.
  3. S throws high ball to GK left.
  4. GK dives, saves, recovers and throws ball to B.
- Repeat



### Coaching Points/Progression

#### **Crouching Positions:**

In order to get maximum distance and speed for a dive momentum must be generated to use the power of the legs to the maximum. This momentum is generated by going from an upright or slightly bent (knees bent) position into a crouching position and then pushing off one leg to dive. However, when shots are coming from a close distance, the time required to get down to generate momentum is not available - the ball will be in the net before the dive starts. Therefore, the closer the shooter is to the keeper, the lower in the crouching position the keeper needs to be to directly explode into the dive. At the distance of 5m in this drill, buttocks should be level to the knees.

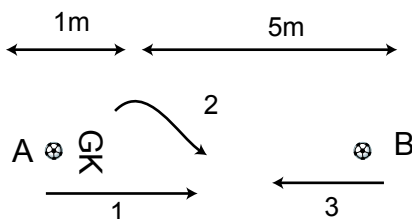
#### **Dive & Distribute:**

Progress the drill by increasing the distance of A and B from goal. Ask the keeper to dive to the side of A but distribute across to B and vice versa. For younger and smaller keepers reduce the throwing distances.

### Coach's Notes



## Technique # 2: Reaction Dives



GK faces A with legs apart in the crouching 'ready' position.

1. A rolls ball through GK legs.
2. GK turns and dives to save ball, then recovers and gets up into ready position as quickly as possible.
3. While GK is recovering, B throws a high ball to the opposite side for a diving save by GK.

A and B time their throws to keep GK in motion while allowing recovery time.

### Coaching Points/Progression

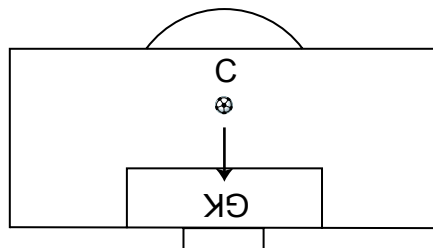
1. It would be great if you have three keepers to work together on this drill.
2. The crouching positions must be very low to explode into dive.
3. Vary the distance of the first dive from a short collapsing dive to a fully extended dive.
4. vary the second throw from throwing it to goalie's feet, chest, over top of head, to either side requiring little to full extension dives.
5. Insist on proper technique and stress the fundamentals of getting behind the ball and getting both hands on the ball.

It is important for the person working with the keeper(s) to build a rapport with them and to understand their strengths, weaknesses, and preferences. Use this knowledge to provide the keeper with lots of successes, but also with some "surprises" or challenges to improve performance and build skill and confidence. Relate exercises to game situations as much as possible, preferably to actual experiences of the keeper.

### Coach's Notes



## Technique # 3: Jumping, Diving



### Jumping:

1. GK stands one step off the goal line in a crouched position.
2. Coach (C) throws high ball over GK head.
3. GK jumps up and deflects ball over cross bar or catches it.

### Diving:

1. GK stands with legs apart and holds ball at the right foot.
2. GK rolls ball back through legs, turns (pivots) and dives back to grab ball with both hands.
3. Alternate right and left.

### Coaching Points/Progression

#### Jumping:

Normally the keeper would be in a medium crouching positions (buttocks height between knees and chest) to be able to react to a high ball within a few steps of the keeper or to be able to quickly crouch lower to generate momentum for a full extension dive to a corner. However, this drill is to build leg strength and vertical jumping ability, so we recommend a complete low crouch. The ball should be thrown with force just underneath the cross bar forcing the keeper to explode out of crouch. You may progress the pace of the throw from allowing a catch to forcing a deflection with the finger tips.

#### Diving:

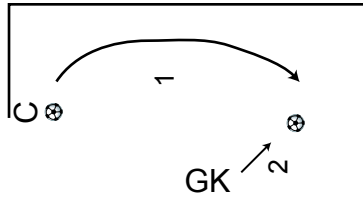
Keeper's knees should be bent to allow quick dive. Keeper will train reaction speed as well by having to coordinate the direction of the pivot with the direction of the ball, i.e. roll ball to the left, pivot on left foot. Vary the strength of the roll to force collapsing and extension dives.

### Coach's Notes





## Technique # 4: Backward Dives



Coach stands inside post with ball.

GK stands with back to goal, 3-4 m in front of goal.

- 1, Coach throws ball in a high arc across goal line, giving verbal signal to GK when ball is thrown.
2. GK looks over shoulder and dives backwards to catch ball.

### Coaching Points/Progression

Keepers are typically uncomfortable with this drill because it puts them out of their routine and comfort zone, which is one of the key learning points of the drill. The keeper initially looks over their shoulder at the post the ball will be thrown to, NOT at the coach holding the ball. The verbal signal from the coach tells the keeper to expect the ball and prepares them for a super fast reaction move. As soon as the ball enters the keeper's vision the keeper must anticipate the flight of the ball and react with an explosive dive from the crouching position.

It is important to work with the keeper to adjust the starting location of the keeper, the arc of the throw, and the pace of the throw. The important point is to have the keeper get to the ball. If the keeper gets to the ball 5 out of 10 times - that is success. At that point you can increase the challenge by not giving a verbal signal and let the keeper react strictly to the sight of the ball.

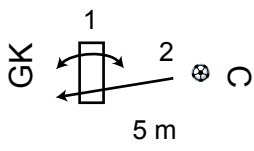
This is one of our most challenging exercises - you may need to stop and revisit at another time.

### Coach's Notes



## Technique # 5: Diving after Motion

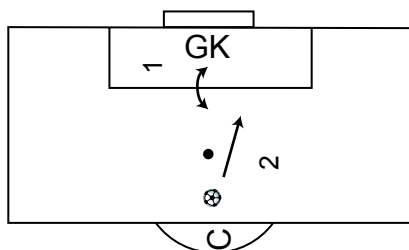
### 1. Double Jump Dives



1. GK jumps forwards and backwards across a hurdle.
2. As GK lands after jumping backwards, coach throws a ball for a diving save.

### 2. Somersault & Dive

1. GK starts on goal line facing coach (C) and makes a somersault (roll) forward.
2. As GK comes up out of the roll, coach shoots from the top of the box. GK quickly sets and makes diving save.



### Coaching Points/Progression

#### **Double Jump Dives**

1. If you do not have hurdles, use equipment bags or any other obstacle a up to 30 cm (1 ft) in height.
2. Keeper must jump keeping feet together and knees up as much as possible.
3. Keeper needs to land in low crouching position to explode into dive.
4. Coach must time throw to allow keeper to be set before the ball leaves the coach's hand.
5. Progress throws from near the keeper to either side (3m), from low to high balls, even bouncing balls.

#### **Somersault & Dive**

Although a straight forward, well executed somersault is preferable, this is not about teaching somersaults. As long as the keeper gets down, makes some sort of roll, and comes straight up. Keeper sets in crouch. See notes 3-5 above - they are the same for this drill.

### Coach's Notes

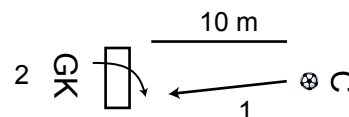


## Technique # 6: Turn & Dive, Bouncing Balls

### 1. Jump-Turn Dive

GK sits with back to hurdle

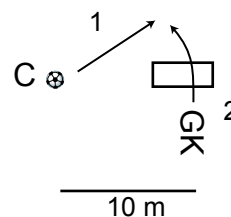
1. Coach throws ball towards hurdle and gives a command "go".
2. On "go" GK jumps up, turns to face coach, dives over hurdles to make save.



### 2. Save Bouncing Ball

GK stands sideways to hurdle, facing coach.

1. Coach throws bouncing ball to side of hurdle.
2. GK dives across hurdle and makes save.  
GK now stands on other side of hurdle and saves next ball.



### Coaching Points/Progression

#### **Jump - Turn - Dive**

Keeper needs to jump up and rotate at the same time to be in a "low crouch ready" position immediately when the feet hit the ground. You may need to allow a two step process initially, jump up into a crouching position, then pivot. Coach needs to adjust the timing of the "go" and the pace of the throw with the movement of the keeper. You may need to start by waiting for keeper to set after the "go" command and delay the throw. This is a slightly forward dive to the side - very difficult. Increase the challenge through earlier and wider throws AFTER success.

#### **Save Bouncing Ball**

This is a reaction dive, i.e. keeper needs to see the ball leave, judge the flight of the ball, and then react super fast with a dive. Keeper starts in low crouch. Given it is a bouncing ball, it is o.k. for keeper to parry (push ball wide with hands).

**You may wish to start both drills with a very low hurdle or no hurdle at all. The purpose of hurdle is to force a proper dive getting both feet off the ground.**

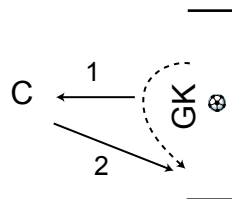
### Coach's Notes



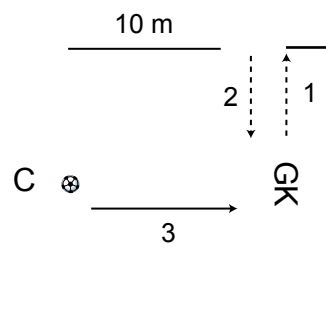
## Technique # 7: Reflex Dives

GK is on goal line facing the back of the goal. GK holds a ball bending low and has legs apart. GK now

1. rolls ball through legs to coach
2. pivots to face coach and saves shot.



1. GK starts in the center of the goal and runs to either goal post, touching post near ground.
2. GK quickly gets up, pivots and dives to catch a ball
3. thrown towards center of the goal by coach.



alternate sides/posts

### Coaching Points/Progression

1. It is important that the keeper rolls the ball as hard as possible to the coach to reduce the reaction time to the shot. If that proves to be too difficult, then have the coach start with the ball, shoot at either post and give a command ("go") to keeper to get keeper to turn. The turn by the keeper is a fast pivot. Keeper then needs to immediately recognize the direction and pace of the ball and make a reflex dive to save it. Start with low pace shots close to the keeper and progress by increasing pace of shot and distance from keeper. Push the keeper to new levels of saves, but do not serve balls the keeper could never get. Build confidence.
2. Keeper runs to post facing post, not shuttling sideways - although that can be a variation of this drill. Keeper must come from touching post into a low crouch while pivoting to face the coach. This allows an immediate dive. Coach starts with "easy" balls - mid height, center of goal and then progresses to high balls, low balls and further to the far post, but always within reach of the keeper.

**Over time, keeper should be able to get to faster paced and higher/lower balls.**

### Coach's Notes



## Technique # 8: Change Direction & Dive

### 1. Turn and Dive

GK stands holding a ball with one hand.

GK tosses ball over head behind GK.

GK pivots and dives to catch the ball.

Aim for ball to land 2-3 m behind GK.

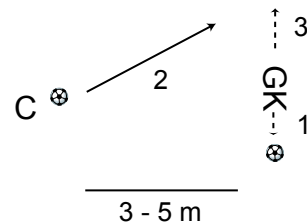
### 2. Reverse Step & Dive

1. GK stands one step away from ball. GK steps towards ball, bends down and touches the ball.

2. As GK gets back up, coach throws a ball to the opposite side.

3. GK dives to catch ball.

Alternate sides - 10 sets each side.



### Coaching Points/Progression

#### **Turn & Dive:**

GK should stand with knees slightly bent. It is important that the keeper's motions are synchronized such that the throw is executed properly first. Once the ball leaves keeper's hand, keeper pivots **into a low crouch** and dives to get the ball. keepers will have a tendency to throw and pivot at the same time - this usually results in a poor throw. It may take some time to get the movements right. Once the keeper is comfortable, ask them to challenge themselves with harder throws forcing more extended dives. Tip: the higher the throw initially, the more time to pivot and dive.

#### **Reverse Step & Dive:**

Coach needs to start with "easy throws" to get the keeper comfortable, but also for the coach to practice proper release timing and pace of throw. Once keeper and coach are coordinated, coach can increase the challenge by releasing the ball sooner and vary the height (ground to cross bar height) and pace of the ball.

### Coach's Notes

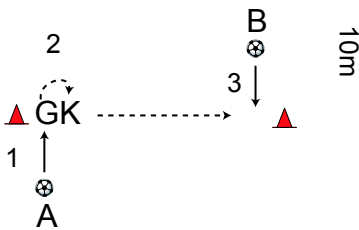


## Technique # 9: Continuous Saves

### 1. Shots from Both Sides of Goal

GK starts at one post of a regular width goal.

1. A throws high ball to GK who catches it and throws it back to A.
2. GK pivots to face B.
3. B takes a low shot to opposite post and GK makes a diving save.

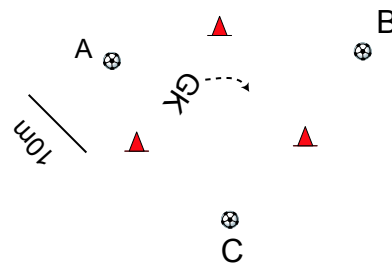


### 2. Shots on three Goals

3 full size goals set up as a triangle.

1. A shoots and GK saves.
2. GK recovers, sets in next goal facing B and saves shot.
3. Repeat facing C.

Reverse order of shots for 6 full sets.



### Coaching Points/Progression

#### **Shots from Both Sides of Goal:**

Goalkeeper starts with knees slightly bent - semi crouch. The throw should be cross bar height forcing keeper to jump up. Challenge the keeper to catch the ball and throw it back to the server in one motion, ideally before feet plant on ground. Keeper should immediately get into a low crouch to be ready to pivot and use the momentum from coming down into an exploding fully extended dive to save the second shot. Start with the second shot at a pace and distance closer to the keeper to allow the keeper success. Then increase the distance, the pace, and the height of the shot.

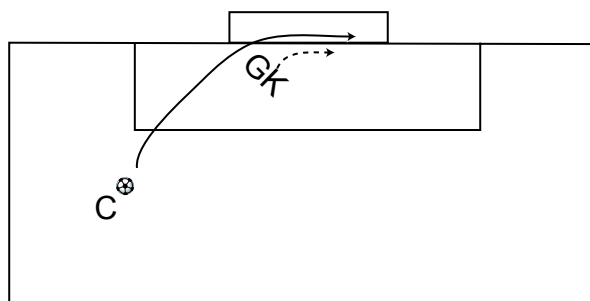
#### **Shots on three Goals:**

After each shot the keeper needs to quickly recover, hustle into the adjacent goal and set for the next shot. Shooters need to allow keeper to properly set before shooting next. They should vary the shot with respect to the side of the keeper, height, and pace. They need to find a balance between allowing a great keeper little time to set and pushing a novice to set faster.

### Coach's Notes



## Technique # 10: Diagonal Backward Dives



GK is in normal position playing proper angle anticipating a shot from coach (C).

Coach throws ball hard in an arc over top of the GK towards far post.

GK takes a couple of quick shuttle steps backwards towards the far post and on the last step pushes off with the left foot (for situation shown in diagram) and while leaping backwards rotates to push ball past post.

Decide on which hand to use to push ball.

### Coaching Points/Progression

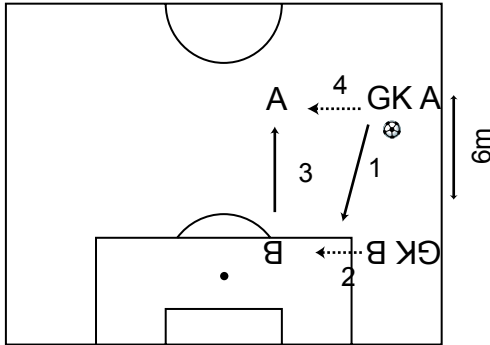
This is one of the most difficult tasks for a goalkeeper to master. The key obstacle is FEAR. Keepers can be afraid because they anticipate difficulty in landing in REGULAR positions after the dive, thus fearing discomfort landing on the rib cage. The REGULAR landing allows the keeper to land in the following sequence of touching the ground: thigh - rib, quite often with enough time pull the arm under the body for further cushioning. We therefore recommend to approach this drill with a conversation explaining the above and asking the keeper to be patient. You may want to start by starting with the keeper on their knees and throwing from a closer distance to get them comfortable with the landing technique. The move to throws. The throws have to be near perfect to the top far corner.

Keeper needs to decide with which hand to lead and push the ball after the initial pivot. Some get more distance leading with the same side hand of the foot that they push off with (left foot push - left hand extends for save); others get more distance bringing up the opposite hand (left foot push off - right hand comes up over head and pushes the ball). Speed of movement is key here.

### Coach's Notes



## Fitness Drill # 1: Diving, Recovering



Two GK work together.

1. GK A rolls ball to left of GK B
2. GK B dives, catches ball, gets up and
3. throws to GK A,
4. who has moved straight across GK B.

Repeat across the width of the field.

Coming back GK B rolls and GK A dives.

Repeat twice for each GK making sure they dive to their left and their right side.

### Coaching Points/Progression

The key point is for the keepers to work together and to be accurate in their execution. The roll has to be timed, be at the right angle and distance, be at the right pace for the GK making the save to extend fully. Allow the keeper to get set properly before rolling the next ball.

It can easily take one trip across the field and back for the keepers to synchronize.

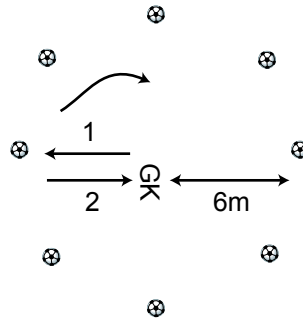
If the keepers are doing well, progress by throwing high balls for the save and by picking up the pace.

### Coach's Notes





## Fitness Drill # 2: Circle Dives



GK is in the center of a circle made with 8 balls. Each ball is 6m away from the center.

1. GK dives to each ball, touching it with the leading hand, i.e. GK dives to the left - touches ball with left hand.
2. GK recovers to center, gets in ready position (low crouch) and dives to each ball. Reverse direction of dive for the second round.

Make sure that the playing surface is soft and GK has protective padding.  
Not recommended for hard ground.

### Coaching Points/Progression

Some keepers can generate more momentum and diving distance by leading with one hand and then bringing the other hand over the head to the ball. In this particular exercise this will likely cause the keeper to turn and land on their stomach, which is improper goalkeeping technique. Keeper must land on their side. Encourage the keeper to touch the ball with the leading hand.

Allow smaller keepers to take a couple of steps before they dive to ensure success.

This is a difficult drill for goalies but it will show how much courage and endurance your keeper has. Make sure that the ground is soft and/or that the keeper has protective clothes.

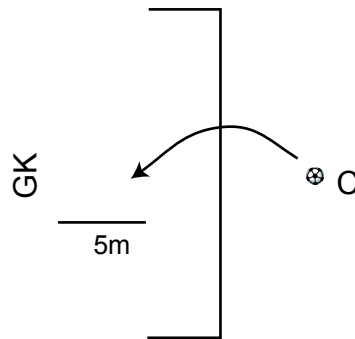
If your keepers are comfortable, ask them to recover faster for the next dive.

Keeper always returns to the center of the circle, sets in a crouch and dives again.

### Coach's Notes



## Fitness Drill # 3: Jump from Laying Position



1. GK lies on stomach facing the goal, head at the top of the 6yd box.
2. Coach (C) is behind the goal and throws a high, arcing, ball over top of the cross bar towards the GK.
3. GK jumps up and catches the ball at its highest point.
4. After catching the ball and before getting feet back on the ground, GK throws ball back across the goal to the coach.

Focus on catching the ball before attempting to throw it back in the same motion.

### Coaching Points/Progression

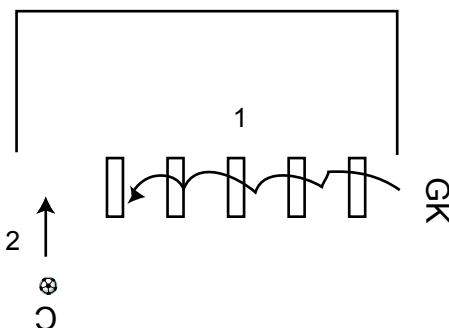
You may wish to have some practice runs with a progression to get the mechanics of both the GK and the coach worked out. Have the GK stand initially, jump to catch the ball at the highest point, land on the feet, and throw it back. Then ask the keeper to throw it back before landing on the feet. Then have GK start in laying position, catch ball, and land of feet before throwing it back. Finally, execute the complete drill as intended.

If there is early success, vary the drill by changing the starting position of the keeper; sitting down, laying on back, low crouch.

### Coach's Notes



## Fitness Drill # 4: Jumping & Diving



1. GK runs across hurdles and:
    - a. dives over last hurdle, turning on side in air,
    - b. jumps over last hurdle, rotates in air to land facing coach (C), then dives,
    - c. jumps over last hurdle, jumps backward over same hurdle, then dives again over the hurdle, turning on side in air
  - to
  2. catch the ball thrown by coach with two hands.
- Repeat (a)-(c) five times.

### Coaching Points/Progression

Place enough hurdles or other obstacle to reach from the goal post the keeper is starting on to about half way across the goal. If you want more extended dives from the keeper, you can place the hurdles next to the post and adjust the point from where the keeper dives this way.

Place the hurdles close enough to force the keeper to small steps with knees up, avoiding long strides. Select the right height of hurdles for your keeper.

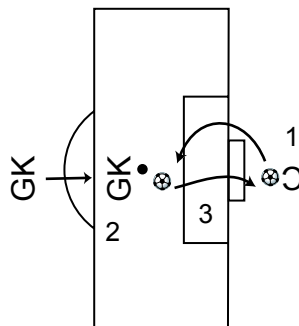
Keeper runs across hurdles facing straight ahead which forces a rotation to face the ball.

Start with easy throws to allow for success and then progress to low, bouncing, high throws asking for full extensions and increased leaping requirements. If you can, set this up at two goals so that you can reverse direction after each turn. Otherwise do three sets going one way, reposition the cones and do three sets the opposite direction.

### Coach's Notes



## Fitness Drill # 5: Run - Jump - Crouch - Throw



1. Coach throws ball in a high arc from behind the net over top of cross bar. The ball should be aimed to come down between the 6 yd box and the penalty spot.
2. The GK waits for the throw at the top of the 18 yd box. When the ball is thrown, GK runs towards it and jumps high to catch ball at it's highest point, one knee up.
3. After GK catches ball, GK in one continuous motion goes down to a crouching position, then jumps up and throws ball back over cross bar to coach.

### Coaching Points/Progression

It is important for the coach or server to get a lot of height on the throw to allow the keeper time to run under the ball and get as high a vertical leap as possible.

Coach can start the throw for the ball to be closer to the keeper initially, or allow the keeper to start closer to the goal. Then progress to longer run ups for the keeper.

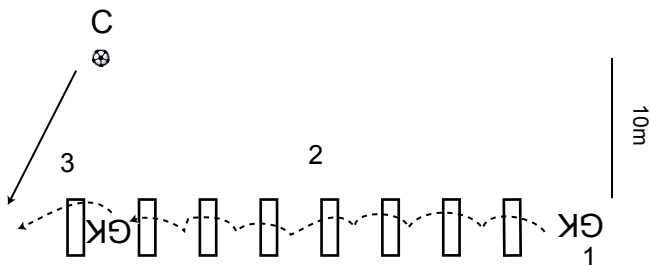
It is important to train the keeper to time their run and jump to catch the ball at the highest point possible. The second key point is for the keeper to smoothly drop into a low crouch after the catch and immediately jump back up. This build leg strength.

allow keepers to stop, stretch or shake out the legs between repeats.

### Coach's Notes



## Fitness Drill # 6: Sideways Hop & Dive



1. GK stands sideways to a series of evenly spaced hurdles, facing towards coach.
2. GK hops sideways, both feet up together, across hurdles.
3. GK dives over last hurdle to save the ball thrown by coach.

Reverse direction, 5-10 times each way, giving GK time to stretch/shake legs out in between.

### Coaching Points/Progression

Have high enough hurdles or obstacles to ask the keeper to jump high and especially get well off the ground and extended for the dive.

Start with easy throws for easy catches and progress the difficulty of the save by throwing harder, lower/higher, and further away from the keeper.

You can vary the drill by asking keeper to shuttle step over the hurdles or use any stepping technique you like.

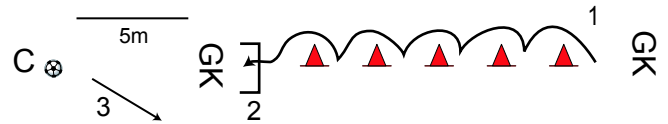
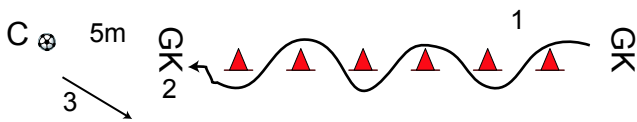
### Coach's Notes



## Fitness Drill # 7: Sprint - Jump - Dive

1. GK sprints through cones (slalom)
2. After the last cone, GK gets in ready position and
3. dives to save ball thrown by coach.

GK sprints back and repeats - 10 sets.



1. GK jumps over a set of cones/hurdles, feet together.
2. After the last cone, GK crawls under a hurdle gets up into ready position and
3. dives to save a shot from the coach.

GK sprints back and repeats - 10 sets.

### Coaching Points/Progression

#### **Drill 1:**

GK runs through cones forcing body rotation and change of direction. You can vary to ask GK to side step through cones for the last 5 sets. By varying the distance between coach and GK you can change the nature of the save. Closer in requires GK to crouch low and make a reaction or reflex save. The ball needs to be thrown to be within reach of the keeper. Further away allows keeper to set more upright and hence facilitates a throw further away from the keeper for a more extended save. Simulate possible game situations.

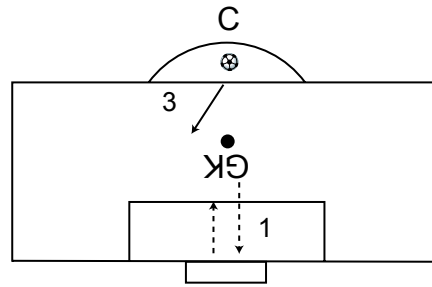
#### **Drill 2:**

The same points from drill 1 regarding varying distance and save apply. If you have no hurdle for keeper to crawl under, just ask them to crawl on the ground through a small goal made with cones. The lower the height of the hurdle, the more challenging for the keeper and the better the agility training. Progress by asking GK to recover and save a second ball thrown the opposite direction.

### Coach's Notes



## Fitness Drill # 8: Balance - Sprint - Dive



1. GK starts at penalty spot with back to goal.

GK runs backwards to goal line and bends down to touch the goal line.

2. GK sprints to top of 6yd box and gets set.

3. GK saves shot from top of penalty box.

### Coaching Points/Progression

GK backwards run are small steps done as quickly as possible. Challenge keeper to see the goal line before changing direction and sprinting forward. This trains vision and reaction speed.

GK should sprint out as fast as possible and set in a crouching height appropriate for the distance of the shooter.

The shots should be varied from right at the keeper to low and wide, high and wide, and even attempted chips over top of the keeper.

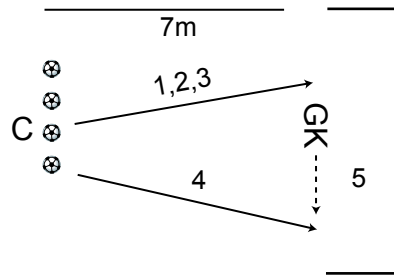
Ask the keeper to make a second effort to get control of the ball after giving up a rebound.

Vary by changing angle of shooter to goal forcing the keeper to run back from goal at the right angle.

### Coach's Notes



## Fitness Drill # 9: Triple Dive - Recovery - Dive



GK is kneeling in the center of the goal, facing the coach.

Coach rolls ball (1) to the right of the GK. GK dives to side, gets ball, throws ball back to coach, and returns to kneeling position. Repeat rolling two more balls (2,3) to the same side.

After the third ball, coach throws the last ball (4) high to the opposite post of the previous rolls. GK now jumps from kneeling position (5) and dives to make a save. Do 3 sets on right and 3 on left side.

### Coaching Points/Progression

Vary rolls of the ball to force collapsing as well as extension dives. GK should throw ball back to coach as they are coming back up to the kneeling position - all one fluid motion.

For the 4th ball and the diving save, GK needs to pop up from kneeling position and transition into the dive right away - again in one fluid motion. If this proves to difficult initially, allow keeper to get up from knees and set in a low crouch, then throw the ball for the save.

Progress the throws from easy, mid height, low paced to low/high balls with pace thrown just inside the goal post.

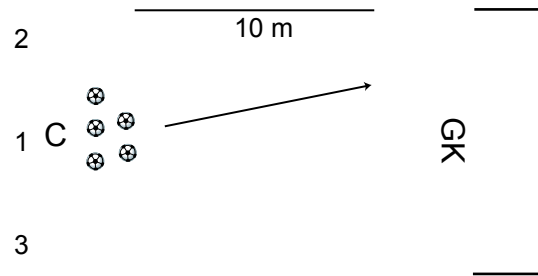
Allow keeper time to recover and stretch/shake legs between sets.

### Coach's Notes





## Fitness Drill # 10: Rapid Fire



Coach has five balls and throws them at the goal from position (1).

GK Takes proper position (angle, distance) and saves each throw.  
As soon as GK has recovered from a save, the next ball is thrown.

Repeat with five balls from positions (2) and (3).

GK needs to recover very quickly after a save.

### Coaching Points/Progression

It is important for coach and keeper to coordinate the distances to simulate game situation. From this distance in a gam, the keeper would likely be 3-5 m off the goal line. If this is where you agree to position the keeper, then it would not be fair for the coach to throw high lobs over the keepers head. Throws should be hard and straight at the net at varying heights.

You can vary this drill by adjusting the keeper's distance from goal.

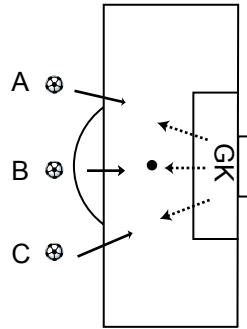
The key is for the keeper to recover quickly, get reset, and save again -

this is a FITNESS drill !!

### Coach's Notes



## Tactical Drill # 1: Breakaways



A, B, C take turns dribbling on goal.

GK starting position is 3m off goal line. GK waits until attackers are at top of penalty box.

GK then comes out in a crouching position cutting attackers angle to goal.

GK keeps eyes on ball and gets in "set" position between the 6yd box and penalty spot.

GK waits for move and dives at ball at attackers feet or saves a shot.

### Coaching Points/Progression

Stopping breakaways is a bit of an individual skill for the keeper as there are many ways to play them. The key coaching points common to all techniques are:

1. React to the shooter's moves, do not anticipate (getting faked by body moves, footwork).
2. Move forward and set, never backtrack once a decision has been made to move out. Backtracking puts the keeper off balance and make it easier to score.

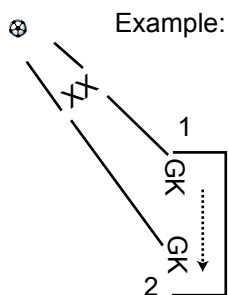
Some keepers like to come out early and make their bodies as big as possible by spreading arms and keeping body fairly upright.

Others prefer to delay the run out to reduce the shooter's decision time for the shot or move on the keeper. Some prefer to come out fairly upright and then crouch low as they set - keeping arms close to body to be able to react to shots close to the keeper. You and your keeper need to determine what works best and then perfect the technique through repetitions.

### Coach's Notes



## Tactical Drill # 2: Setting Up a Wall



1. GK stands at near post and looks in a straight line at ball. GK directs wall such that the outside player is in line with ball, just blocking GK view of ball.
2. GK then moves towards far post until GK sees ball around inside player of wall.

### Coaching Points/Progression

In modern soccer more and more goals are scored from direct free kicks. The theory is that this is due to the new style of balls with more dynamic flight patterns coupled with new shooting techniques allowing the ball to get over the wall and then dip fast into the net.

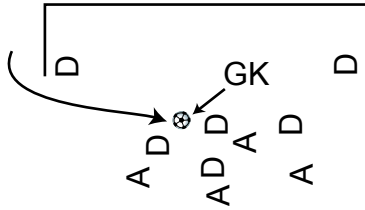
The basic principles of setting up a wall have not changed. The closer to net the more players in the wall, the further out the fewer. Typical you start with one player in front of the ball from 35 m out and adding a player for every 5 m closer to goal, having about 5 players at the top of the box. You can use less if the kick is from the side of the net because it likely will be a cross vs a shot and marking attacking players is more critical.

The keeper's position used to be at the far post because that is where the shooters would bend the ball towards. With players' ability to hit the near post with a dipping shot, keepers need to decide if they want to be more centrally. They still need to see the ball at all times to react to the shot.

### Coach's Notes



## Tactical Drill # 3: Corner Kicks



1. GK stands 2-3 steps off the goal line.
2. GK is positioned between center of goal and 3/4 way to far post.
3. GK positions defenders at posts and to mark attackers.
4. If GK has clear path to ball, GK attacks ball, jumps with one knee up to catch ball or punch it out with one or both fists.
5. If GK has no path to the ball, GK plays angle to ball and prepares to make a save.

### Coaching Points/Progression

The strategy to defend corner kicks is a team/coaching choice, not the keepers. You need to decide if you want defenders at none, one, or both posts. This decision will affect the position of the keeper. With nobody at the posts, keeper needs to more central, with one player at the post keeper needs to be closer to the unattended post. The keeper needs to be ready for the counter-move by the opponent. For example, if there is nobody at the near post and the keeper is closer to the near post, the corner may be delivered to the far post to get an attempt at goal as the keeper is repositioning (as opposed to being set). Repositioning may be difficult by opposing players blocking the way. □

The biggest decision the keeper makes is if they will come out of goal to catch or punch out a high cross. The keeper must see a clear path to the anticipated point of catching the ball and, once committed, must come out to make contact with the ball. Typically goalies should be able to get to the ball inside the 6yd box (between the posts). Anything further makes the keeper more vulnerable and leaves the net unattended.

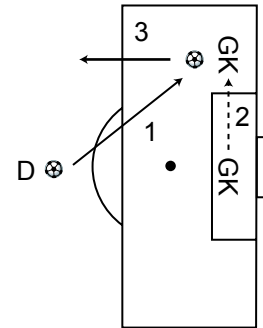
### Coach's Notes



## Tactical Drill # 4: Pass Backs

1. From center of field, D plays ball to GK stronger foot (right is shown) to side of goal.
2. Once GK knows where ball is going, GK quickly moves to receive ball.
3. Without pressure, GK can play ball long or pass it on 2nd or 3rd touch. GK then returns to center of goal.

If D has ball on either side of field, then D plays it straight back to same side of goal



### Coaching Points/Progression

Pass backs are an emergency measure when defenders are under pressure without any passing options. Some pass backs are part of a slow build up strategy and occur without pressure.

There are many ways, some risky, to play pass backs. The keeper's ability to play the ball with feet is one determining factor, the speed of opposing forwards attempting to put direct pressure is another. We recommend to consider:

1. Within the defending third, always pass back to the side of the goal.
2. As much as possible, pass the ball back to the strong foot of the keeper so they can clear the ball on their first touch if necessary, without requiring touches to move the ball from one foot to the other.
3. If there is any threat from an opposing player, clear the ball on first touch as deep as possibly - do not dribble it around inside the box.

Make sure you keeper and defenders/players know how to react to different situations.

### Coach's Notes

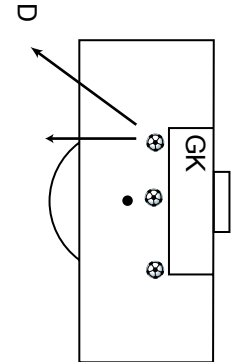


## Tactical Drill # 5: Goal Kicks

Goal kicks can be taken from any spot on the 6yd line, regardless on which side of goal the ball went out.

This is a tactical opportunity to change the side of play for the kicking team.

Goal kicks can be taken short to an open defender to build an attack or very deep into the other half.



### Coaching Points/Progression

How to play a goal kick is based on the team strategy and tactical direction provided by the coach. The keeper's role is to read the play and decide which tactical option to implement. If necessary, the keeper can direct team mates to move into the proper positions.

Keepers need to deliver the ball accurately and with the right pace. This is where leg strength developed in other drills is important. Passing skills can be developed by keepers running some of the passing drills in our other practice books, or by participating in team passing drills.

### Coach's Notes



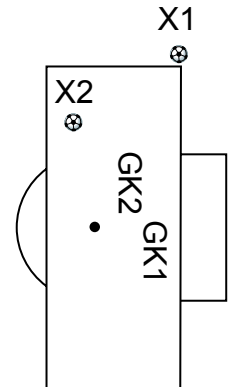
## Tactical Drill # 6: Crosses

GK needs to change position relative to where the ball is crossed from.

If ball is near goal line (X1) GK1 plays it like a corner kick and positions closer to near post as ball approaches the goal.

As the ball moves away from line and closer to goal, GK comes towards ball to cut the angle (X2/GK2)

GK must play shot first, be ready for cross.



### Coaching Points/Progression

The keeper needs to be mentally ready and physically positioned to react to either a cross or a direct shot on goal. Nobody can be prepared for both at the same time. The closer to the goal line and the further away from goal the opponent with the ball is, the more the keeper can decide to play a cross. As the opponent moves away from the goal line and/or decreases distance to goal, the more likely a direct shot becomes. The keeper needs to decide at which point a shot is more likely and then position themselves for a shot. If they do this and a cross is played, the keeper needs to pivot and get set for a shot from where the new position of the ball.

Whether or not a shot is more likely also depends on the number and position of the defenders. The more they block a shot, the more likely a cross becomes.

This is where the pivoting drills as well as the game situation drills train the keeper.

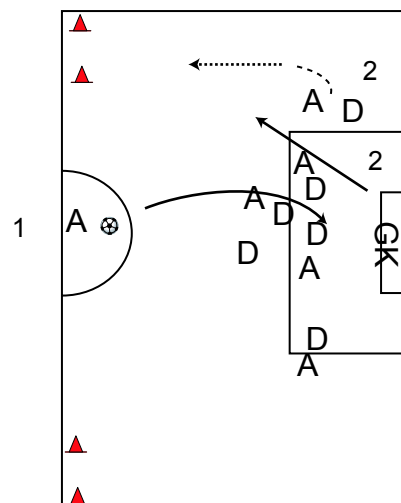
### Coach's Notes



## Tactical Drill # 7: Wide Distribution Throws

Attackers play 6v6 in one half.

1. A starts play with a long ball into the penalty box.
2. GK comes out and catches ball, being pressured by attackers. GK throws a long ball towards one of the small wide goals at the center line. At the same time a defender sprints to receive the ball thrown by GK.



### Coaching Points/Progression

The attackers put light pressure on the keeper to distract them, but allow keeper to cleanly get to the ball. This is a distribution drill, not a "control the box" drill.

As soon as keeper has control of the ball, two players must break wide towards the small goals positioned at the half line.

Keeper must throw the ball ahead of the breaking players.

Try various distances of the throws to work on accuracy and determine the strength of your keeper. Younger keepers may not have the range and you may not wish to do this in a game situation. Keepers need to develop upper body strength and proper throwing technique, either a motion from the side of the body or an overhead or angled overhead throw. You want to get some videos from pro goalies for your keeper. Push-ups are a simple way to develop upper body strength.

### Coach's Notes





## Tactical Drill # 8: Penalty Kicks

There are two main theories about saving penalty kicks:

1. Guess the corner of the shot and dive there as the shooter is about to strike the ball.
2. React to the kick by:
  - a. keeping eye on the ball.
  - b. as shooter approaches ball, the shooter's planting foot comes into the GK's vision.
  - c. GK looks at direction of planting foot just before kicking foot strikes the ball. Ball will likely go into direction in which the planting foot is pointing.
  - d. GK sees ball move and immediately reacts to shot.

### Coaching Points/Progression

The choice of either of the two basic strategies above is just one component of saving penalty kicks. Just as critical, if not more critical, is the psychological aspect of the penalty kick.

We believe in one key principle:

**THE PRESSURE TO SUCCEED IS ON THE SHOOTER - NOT THE KEEPER. SHOOTERS EXPERIENCE MORE FEAR, NERVOUSNESS AND ANXIETY THAN KEEPERS.**

Your keepers must believe this. They need to approach the penalty kick with confidence, showing the shooter that they BELIEVE they will stop the shot or that the shooter will miss. Some keepers like to distract shooters by walking towards the ball, talking to the shooter, or jumping with arms flailing prior to the shot. Others simply get in goal, stare at the shooter and then focus on the shot.

### Coach's Notes



## Tactical Drill # 9: Organizing Play

The goalkeeper is ideally suited to organize the entire team because GK has the vision of the entire field.

Play a half field game using 6 attackers against the GK and 4 defensive players. Attackers always start with the ball.

GK must tell defenders whom to challenge and whom to mark. Coach stops play at random and awards the attacking team a free kick. GK sets up wall and positions defenders.

### Coaching Points/Progression

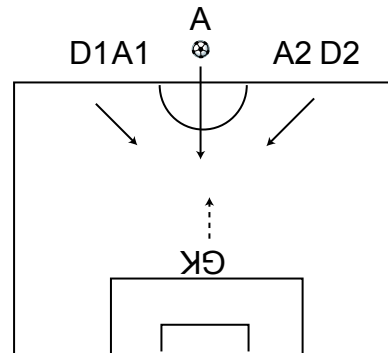
The more advanced your team and the more experienced your keeper, the more relevant it is for the keeper to organize the play. To do this, keepers need to understand the game plans, strategies, and tactics. They need to know the roles of each player in the system. They also need to know the strengths and weaknesses of their team mates so they don't instruct them to do things that puts them at risk. Keepers must communicate briefly, concisely, and clearly to avoid confusion. Their team mates must have confidence that the keeper knows what they are saying and must recognize them as a leader, if not the coach's tactical extension on the field. This will take quite some time to develop.

Besides running this drill, we recommend for the coach to include keepers in all tactical discussions and have extra discussion if there isn't opportunity during practice. Also, reinforce this role during every practice scrimmage or drill involving game situations. Monitor the keeper during competition and have feedback discussions. If this works well, it's like an extra player on the field.

### Coach's Notes



## Tactical Drill # 10: Long Balls



A plays a long ball to goal. A1/D1 and A2/D2 chase ball in. GK starts near top of penalty box, sprints out and clears ball into other half.

If GK cannot get to ball before A/D pair, then GK retreats to 6yd box and defends the A v D game.

### Coaching Points/Progression

The keeper's distance away from the goal line depends on where the ball is. keeper must avoid being surprised by a long arcing shot over top of the head. We recommend keepers to be at the top of the penalty box when the ball is in the other half, up to the half line. As the play comes into the keeper's half, keepers stay further back.

The key decision by the keeper on a long ball in is "can I get to the ball first?". If the answer is yes, then the keeper goes for it and clears the ball. If the answer is no, then the goalie quickly retreats to the top of the 6 yd box or further back and gets ready to play a breakaway on goal.

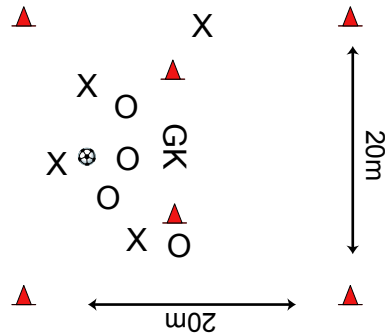
In this drill, vary the angle of the initial pass and the angle of the long ball in. Ask the pairs chasing the ball to vary their aggressiveness giving the keeper different scenarios to look at.

If there are any questions about the keeper's decision and play, have a quick discussion.

### Coach's Notes



## Scrimmage # 1: 4v4 from two Sides of Goal



X play 4v4 against O. Teams can score from either side of goal.

Emphasize quick passing and shots as well as quick switches to other side of goal forcing GK to turn around quickly and get set for new shot from new angle.

### Coaching Points/Progression

This also serves as a great goal scoring drill for the team, consider getting your starters engaged in the exercise and ask them to play at regular game intensity.

Encourage lots of shots - remember the field of play is much smaller than the penalty box.

Encourage lots of switches from half to half forcing the keeper to pivot in goal and readjust their angle.

For progression purposes you can reduce the size of the field OR add a second ball.

Observe the keeper and help if necessary by reminding of proper crouch position relative to the distance of the ball and encourage them to challenge the shooters. Do not let your keeper to be passive and stand waiting for a shot.

### Coach's Notes

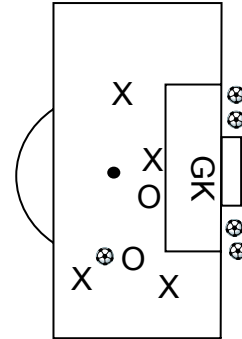


## Scrimmage # 2: 4v2 in Penalty Area

GK starts play by throwing a ball to an attacker (X).

X must get players into shooting positions quickly and take shots from any angle and distance.

Have balls available for GK to restart play quickly after a shot.



### Coaching Points/Progression

Keeper always plays angle to ball and comes out to challenge the shooter. This will provide the attacking team with opportunities to pass to an open player thus putting the keeper completely out of position. That is exactly what you want from this drill. It will force the keeper to quickly adjust position to challenge the new shot with a new angle. Also, if attackers take a quick shot after putting the goalie out of position, then the keeper will have an opportunity for a reaction or reflex dive. This puts to use many of the techniques you have trained so far.

There will likely quite a few situations where the keeper will deflect a ball back into play. This requires the keeper to quickly recover and get reset.

Do not allow your keepers to stay on the line and be passive or to give up after a save.

### Coach's Notes

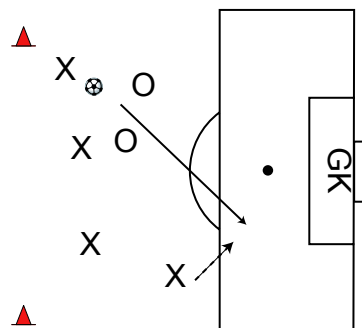


## Scrimmage # 3: 4v2 or 1v1

X play 4v2 against O outside the penalty box.

X set up a shot from outside or pass the ball into the area to another X making a run to play 1v1 on GK.

Encourage lots of shots and mix with 1v1.



### Coaching Points/Progression

The key point here is for the goalie to be alert and adjust their position relative to the ball constantly. As the ball is outside the penalty box, the keeper can be a few steps off the line. It is recommended that when the ball is near the top of the box, the keeper stays one or two steps maximum off the line.

Keeper also needs to shift sideways to play the proper angle to the ball. A rule of thumb is to have the keeper be in a straight line between the ball and the center of the goal.

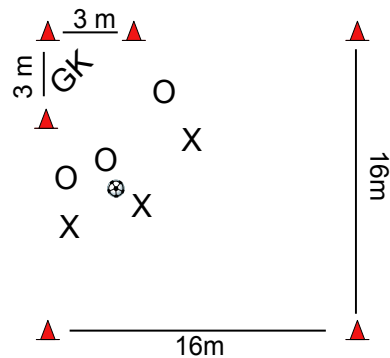
Experience will train proper positioning to the point where it must be intuitive.

If you feel the keeper is not in an optimal position, freeze play and have the keeper stand behind the ball and a player stand where the keeper was. This gives the keeper a perspective from the shooter's position and may get him to adjust better in the future.

### Coach's Notes



## Scrimmage # 4: 3v3 on Two Goals



Make two 3m wide goals adjacent to each other in the corner of the field.

One GK covers both goals.

X and O can score on either goal.

### Coaching Points/Progression

The keeper is challenged to clearly be in one of the goals to protect it against a shot. The attackers will spot this and try to take a shot on the open goal. This is what you want. It forces the keeper to focus on one goal but train themselves mentally and physically to react to a different situation. This should force some quick foot work by the keeper as they constantly adjust position and pivot to save a shot on the open goal.

Depending on the success of the keeper or the shooters, adjust the size of the goals to give the keeper a fair challenge.

### Coach's Notes



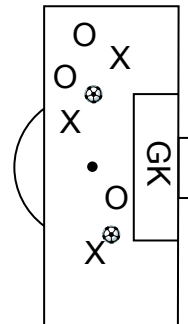
## Scrimmage # 5: 3v3 with Two Balls

Play 3v3 in the penalty box using 2 balls.

X and O can both score on goal.

GK needs to decide which shot to play based on the most dangerous position.

Teams are encouraged to shoot at any opportunity.



### Coaching Points/Progression

This drill will initially cause confusion amongst the teams playing the 3v3, particularly if a player from each team is in possession of a ball. Their team mates will be torn between challenging the player from the opposing team and getting in position to receive a pass from their own player. Step in and encourage them to use potential inaction by the opponent to shoot on goal. the more shots the better.

Keepers will be torn about which ball to defend. This may freeze them in a spot where they can't stop either shot. They need to decide which ball is the most dangerous and then stay with that ball. At the same time they need to use their peripheral vision to see if the other ball is moving in a more dangerous spot. they then need to shift position and defend it.

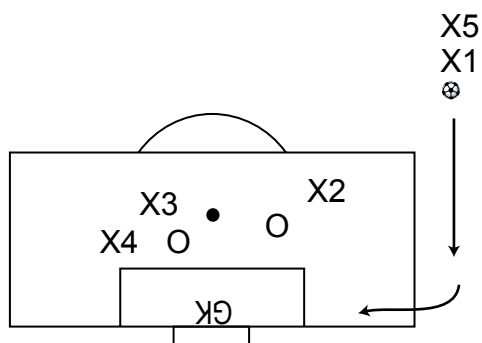
A safe initial strategy for the keeper is to stay with the ball they were defending until it no longer appears dangerous and not to worry about the second ball in the mean time.

### Coach's Notes





## Scrimmage # 6: Crossing and 4v2 in the Box



X1 dribbles ball towards goal line and crosses it into box.  
X1 then joins three other X and plays 4v2 on goal.

GK decides to catch crossed ball or stay in goal.

When play is done, X5 crosses and X4 takes spot of X5.

X's vary from where they cross ball

### Coaching Points/Progression

The keeper needs to decide whether or not to come out and pick off the cross. If they come out, keeper needs to make contact with the ball and either catch or clear with a punch out. If keeper decides to stay in goal then they need to set and play the proper angle for a shot or header.

Encourage the players crossing to vary their cross from low driven crosses to high crosses to far post and to drop at various distances between the 6yd line and the penalty spot.

keepers need to train to play low driven crosses like a shot and dive outward (toward penalty spot) to save the ball.

### Coach's Notes



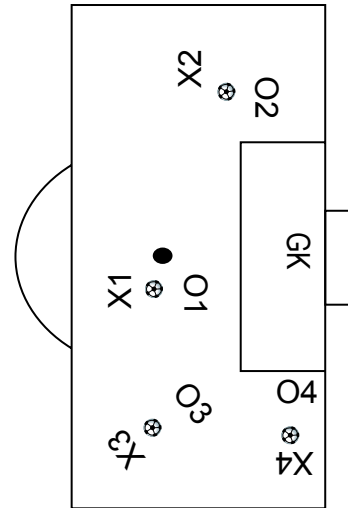
## Scrimmage # 7: 4 x 1v1 in Penalty Box

X1/O1, X2/O2, X3/O3, X4/O4 play four 1v1 games in the penalty box.

Players try to take as many shots as possible.

GK sets to play the most dangerous shot and constantly adjusts with the play.

Mix up pairs every 2 minutes.



### Coaching Points/Progression

This is an extreme challenge for the keeper. You may choose to start with two balls and play 2 x 2v2. Once you progress to 4 x 1v1 it is important for the keeper to pick the most dangerous/closest pair and play the shot.

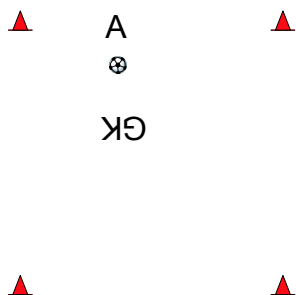
After a save or attempted save, the keeper needs to recover quickly to get ready for the next shot at goal.

Ask the pairs not to shoot until the keeper has recovered from the previous shot.

### Coach's Notes



## Scrimmage # 8: GK in 1v1



A plays 1v1 against GK in a 10m x 10m grid.

A scores a point by dribbling the ball over any side line.

GK scores point by taking ball away from A by diving on ball and getting control with the hands.

### Coaching Points/Progression

Attacker cannot attempt to cross the same goal line of the square twice in a row. They must choose another goal line.

Keeper needs to stay close to attacker and focus on the ball. If the keeper is on the line that is being attacked, keeper needs to crouch low and keep eyes on the ball. They need to be ready to dive on the ball leading with the shoulder when the attacker makes a move and the ball is moved further away from the attacker's body, i.e. a slight loss of control by the attacker.

if the attacker turns for a different goal line, that may also be a moment to dive at the ball. If not, then keeper has to quickly chase the attacker to the other line and potential dive on the ball from a side angle without committing a foul

### Coach's Notes



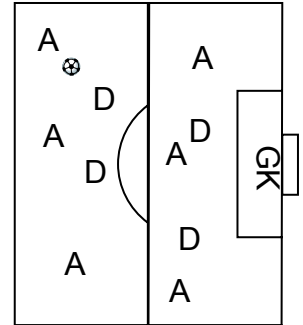
## Scrimmage # 9: 4v6

On a field twice the size of the penalty box, A play 6v4 vs. D.

As try to score. After D gains possession they must pass the ball to a player D making a run outside the field.

Play then restarts with As.

GK must organize defenders and provide clear instructions on challenging & covering.



### Coaching Points/Progression

The key point of this drill is for the keeper to read the play and provide instructions to the defenders. They need to call players by name and be specific which player (by number or name) to challenge and to shout out who needs to cover/mark which attacker.

At the same time the goalie must shift with the play and be ready to save a shot or play a cross.

If the attackers are struggling due to the effectiveness of the defenders, then remove a defender and play a 3v6.

After losing possession, attackers need to pressure the defender with the ball to quickly regain possession and get a shot on goal.

### Coach's Notes

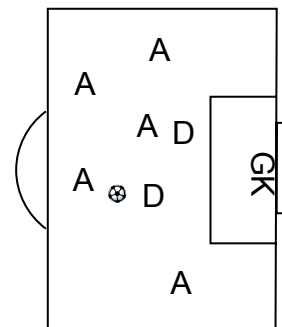


## Scrimmage # 10: 2v5 in Penalty Box

5 attackers v 2 defenders play freely inside the penalty box.

Attackers must set up and get as many shots as possible.

They need to move quickly forcing GK to move with play and adjust position.



### Coaching Points/Progression

Keeper needs to make sure one of the defenders always challenges the ball and the second defender covers (provides support) and cuts off passing lanes.

This drill should result in many quick passes forcing the keeper to shuttle with the changes of direction of the attack and set into the "ready" position fast.

Reflexes will be trained and it is through this repetition that the keeper gains intuitive experience on angles and proper position.

Stop play and have keeper analyze their position if you think it is not optimal and the keeper had the time and opportunity to adjust.

### Coach's Notes