

# Drills

## 1 HOWTO:

### HOWTO: Passing (5 min)

Review these elements prior to beginning the passing drills so its fresh in their heads.

#### Elements of the Pass:

1. Ball should start about 1 step in front of the player.
2. Non-kicking leg should be planted next to the ball with passer's toe pointed at the target.
3. Ball should be struck in its center,
4. With the inside portion of the foot.
5. The kick should follow through.

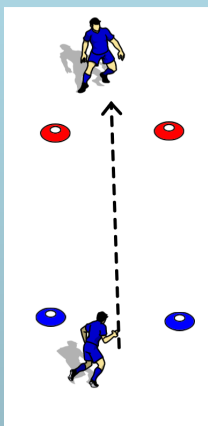
#### Elements of the First Touch:

- First before the ball is passed be sure you are ready, knees bent and on your toes.
- Move your body so the ball is coming directly to you.
- Bend your body over the ball as it comes in.
- Keep your eye on the ball as it comes into contact with your foot.
- Let your foot cushion the ball to slow it down and keep it near your feet.
- As your skill develops your first touch can move the ball into the space in which you want (open space or away from the defender).

## 2 Warm Up Drills

## 3 Passing Drills

### Lane Passing

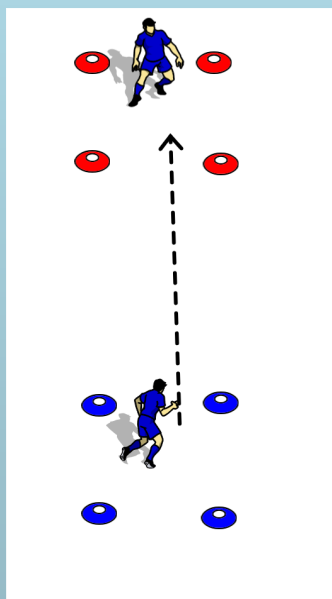


#### Drill Description:

1. Two players stand about 5 yards apart.
2. Players pass the ball to their partner.
3. The partner tries to two-touch the ball back to their partner.
4. Alternate passing foot half way through drill.

#### Coaching Points:

- Focus on passing accurately with pace.
  - Making a single step toward the ball. This requires the ball to be one step in front of you.
  - Hitting the center of the ball inside of your foot.
  - Follow through.
- The goal is to trap the pass using a single touch.
- Stay on your toes at all times, this will keep you ready to move. If you find it hard, focus on bouncing in place.



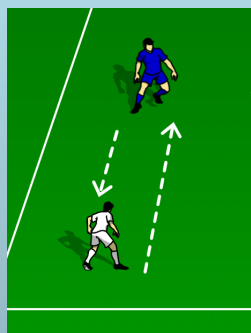
### Drill Description:

1. Two players stand in a 2 yard square box. Boxes should be spaced about 5 yards apart.
2. Players pass the ball to their partner in the 2 yard box.
3. The partner tries to trap the ball within the box and pass it back.
4. Alternate passing & trapping foot half way through drill.

### Coaching Points:

- Focus on passing accurately with pace.
  - Making a single step toward the ball. This requires the ball to be one step in front of you.
  - Hitting the center of the ball inside of your foot.
  - Follow through.
- The goal is to trap the pass using a single touch.
- Stay on your toes at all times, this will keep you ready to move. If you find it hard, focus on bouncing in place.
- Move your body so the pass comes directly to you.
- Direct that first touch into the box.
- Hint: if you are standing deep in the box, you give yourself more room to trap the pass.

## Gate Passing (10 min)



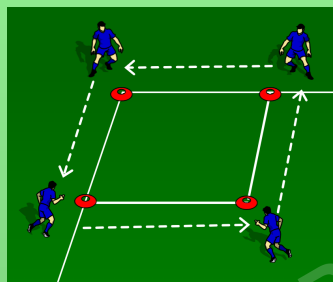
### Drill Description:

1. Two players stand in a 2 yard square box. Boxes should be spaced about 5 yards apart.
2. Players pass the ball to their partner in the 2 yard box.
3. The partner tries to trap the ball within the box and pass it back.

### Coaching Points:

- Focus on passing accurately with pace.
- The goal is to trap the pass using a single touch.

## Four Corner Passing



**Drill Description:** This drill focuses only on passing accurately and using the correct foot for the first touch. This is like a 3 man passing drill around a box, but with an extra man so there is no movement element which should allow them to focus on the proper technique.

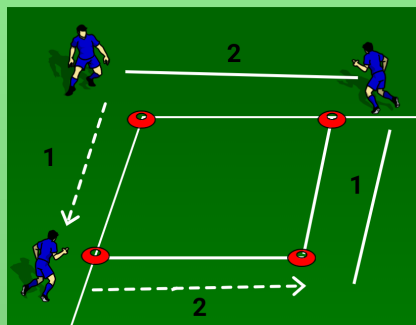
1. All players stand 'open' to they can see all 3 of the players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right.
4. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.

### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.
- Once the passing and trapping with the correct foot becomes more natural, allow them to change directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

## Triangle Passing

**Drill Description:** This drill is like the '4 Corner Passing Drill' but incorporates player movement to insure the player with the ball always has two options to pass too. If the groups are uneven, a 'defender' can be added to the box. If the pass goes through the box the passer switches location with the defender. If trap is on the wrong foot the trapper switches with the defender. Defenders count 5 successful passes and they switch with a player.

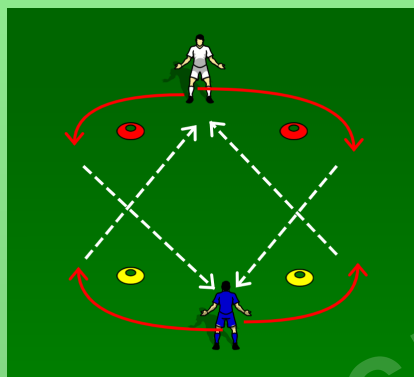


1. All players stand 'open' so they can see the other two players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right. However the pass should wait until the 3 player is in position.
4. Player 3 (P3) was at a corner nearest the ball, however once the ball was passed, P3 needs to move to the other corner so they are again at a corner adjacent to the player with the ball.
5. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.
6. After 5 additional rounds allow the player to switch directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

## Figure 8 Passing (10 min)



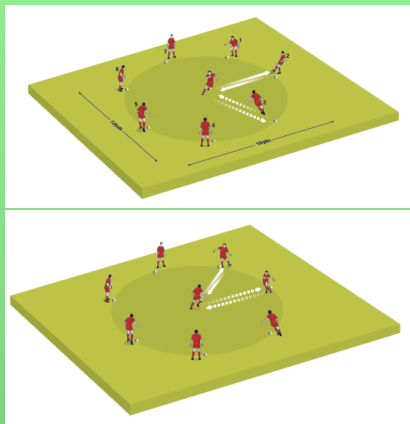
**Drill Description:** This drill incorporates a lot of movement and passing. Its designed to make the player trap and touch a ball around a defender for a clear pass.

1. Player 1 starts with the ball between two cones. P2 starts between two cones the same width apart as P1 and 5 yards away.
2. P1 dribbles around the cone on the right and passes to P2.
3. P2 should trap the ball with the right foot and dribble around the right cone and pass to P1, who needs to race back between the two cones.
4. This time P1 traps with the left foot and dribbles around the left cone and passes to P2. P2 needs to race back between the two cones.
5. P2 traps with the left and dribbles around the left cone to pass back to P1.
6. At this point the drill repeats to the right side.
7. After 10 passes stop and the P2 becomes the starting player.

### Coaching Points:

- The cones are the defender, the goal is practice making that first touch and follow on touches into the open space then pass.
- Explain the first touch with the correct foot is important in guiding the ball into the open space.
- The goal would be able to use only 2 touches before making that third touch (the pass).
- However I would rather see 3, 4 or 5 tight controlled touches than only 2 sloppy touches.

## Clocks



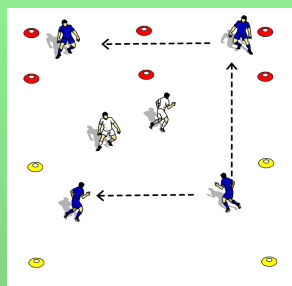
**Drill Description:** Create a circle with your players of around 10 yards in diameter. Place cones around the circle where each player should stand, or go inside the centre circle and get the players to take a few steps forwards to get the right size. We've used eight players.

1. Start with the player in the middle who passes to one of the players around the circle
2. Immediately the pass gets away, the centre player swaps position with the player clockwise from the player he passed to.
3. The player he swaps with must get quickly into the centre to receive the ball and pass it to the next player anti-clockwise around the circle.
4. Players continue to pass anti-clockwise and swap position with the player clockwise.
5. Try and get players to use one touch to get the ball around the clock

### Coaching Points:

- Focus on who gets your pass and then where you need to move.
- Attempt to complete this drill using a single touch.

## Touchdown Passing



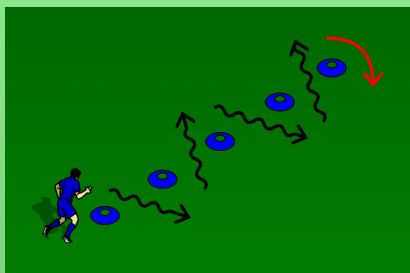
**Drill Description:** This drill requires 3 pairs of boys. Pair one are receivers in the end zone. The second pair are defenders and the last pair are the 'quarterbacks' (passers). The ball starts in the end zone and is passed out to an open passer. That passer then passes to their partner or back into the touchdown zone. The defenders try and intercept the pass, if they do it successfully, they become the passers and the passers become the defenders. If the end zone players (receivers) pass the ball out of bounds they become the defenders and the defense becomes the receivers.)

### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

## 4 Dribbling

### Cone Weave Dribbling



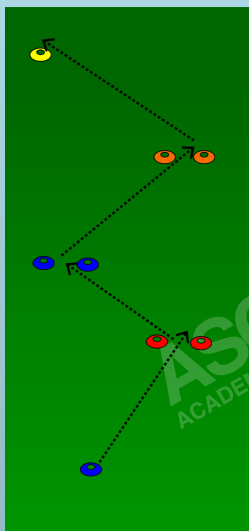
**Drill Description:** Dribble around 6 cones about 1 yard apart, using only the inside portion of the foot to make cuts. Ends are different color, orange inside cut, green outside cut. Players should focus on using 3 touches to make the turn around the end cones.

Advanced - use only the outside of the foot or alternate inside foot one direction, outside foot when traveling the other direction.

### Coaching Points:

- Go slow at first and work up speed as control increases.
- Control should be the focus of this drill. As control increases, increase speed.
- Players should always be on their toes, no standing flat footed.
- Its better to have 3-5 small controlled touches around the last cone than 3 large out of control touches.

## Gate Dribbling (10 min)



**Drill Description:** The object is to dribble at full speed through 3 narrow gates set in a zig-zag pattern about 6 to 10 yards apart. The gates should be about a yard wide or less depending on dribbling skill of the group. Once they explode past the yellow cone, they jog back to the end of the line. Use speed dribbling technique.

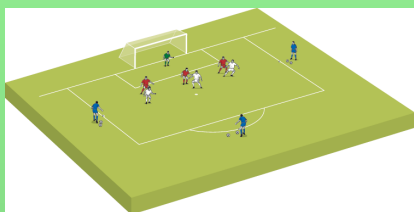
1. Players start at blue gate
2. Then dribble the ball through the gates.
3. Once they dribble through the orange gate they explode past the yellow cone.
4. Then jog back to the end of the line.

### Coaching Points:

- When first starting, it will help to focus on proper technique over speed. Increase the speed as their technique improves.
- Technique uses top outside of the foot, toe down, pushing the ball forward 2 or 3 steps.
- Set width of the gate based on skill.

## 5 Defense

### Secure the Box

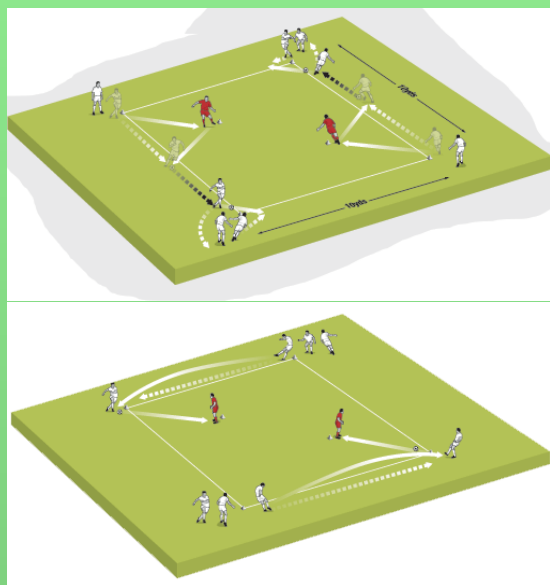


**Drill Description:** This drill is ideally played with 9 players, with 3 players per team. With unbalanced numbers a 4th attacker could be added to create a 4v3 situation to make it harder on the defense (since this is a defensive drill).

1. The defending team must man mark, with each player picking up an attacker.
2. The players on the edge of the area have two balls each to pass to the attackers.
3. The serving players must pass into an attacker who is open (unmarked).

### Coaching Points:

- Explain marking a player is to remain within 2 or 3 feet of the attacker.
- Explain how to mark a player goal side (defender between the attacker and goal).
- Explain how to mark a player ball side (defender between the attacker and the ball).
- Explain how to mark a player both goal side and ball side - defender marks the attacker goal side but is a few feet (steps) closer to the ball than the attacker.
- Attackers try to lose their marks. Defenders stay marking the attacker.
- Defenders should communicate if they want to defend a zone or a man. Explain to them how this can work.
- If zone defense is too difficult at this stage force them to play man coverage - always marking the same attacker.

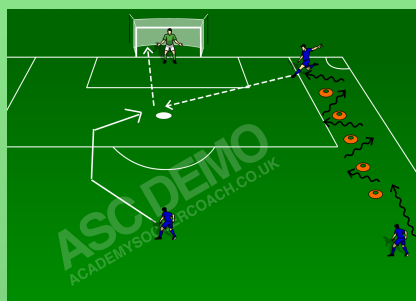


**Drill Description:** To use this simple warm-up mark out a 10x10-yard square with cones. Position a cone as shown for the central players. We have used 14 players in this activity, including two servers. You need balls and cones.

1. Place the two servers inside the square and arrange the remaining players around the four corners of the area use the central players to make one-two wall passes on opposite sides of the square and a first-time pass along the other sides of the square.
  2. Players should sidefoot their passes to the central players, who must make sure that they control the ball and pass it back to the running players so they don't have to break their stride.
  3. You should swap the players over regularly, changing the two central wall passers. You must have two balls in play at once.
- 
1. Play starts on both sides with a pass to the server who plays a one-two with the working player
  2. The player dribbles towards the cone and passes to the player at the cone
  3. The player at the next cone must be on the move to receive the ball and make a one touch pass to the next cone
  4. Players must follow the pass and keep moving around the square
  5. The receiving player for the one-two pass can take two touches because this needs to be an accurate move with a good weight on the pass

## 6 Game Situational

### Outside Forward Drive to Endline and Cross



#### Drill Description:

1. A line forms at half field, with a set of balls.
2. Player 1 dribbles through cones, turning around the last cone toward goal,
3. P1 then crosses the ball to the PK spot where the Striker takes his one touch shot.
4. Striker retrieves the ball and goes to the end of the line.
5. Wing then shifts to the striker role.

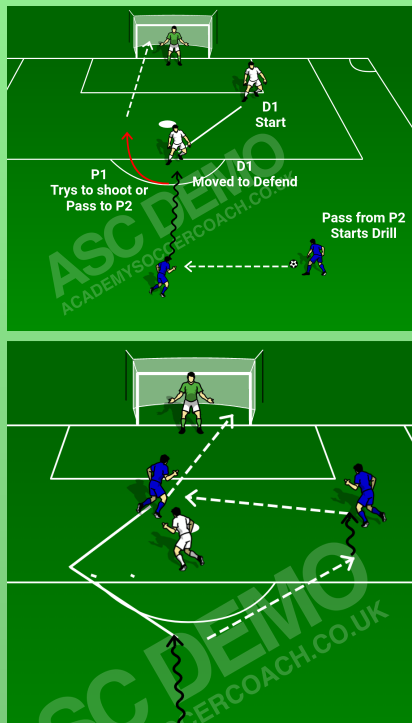
Once everyone goes once or twice switch side of the field and uses left feet for crossing and shooting.

Playing a Keeper is optional.

#### Coaching Points:

- The touch around that last cone is the most important.
- Body position around that last cone is critical as well. The players hips need to be tuned toward the PK spot otherwise the player gives up both power and control over the pass.
- The striker must be patient and not over run the spot. Move in an arc away from center, then back toward the ball. Accelerate once the ball is passed and kick it into goal.

## 2 vs. 1 Offense



**Drill Description:** This drill is designed to train the forward to make a quick decision on how to beat a defender. He has two options, dribble around the defender or pass to his wing and make a move around the defender.

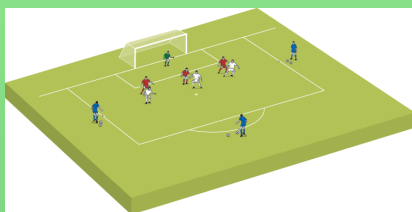
1. The wing (P2) starts the play by passing to the forward. The defender (D1) starts at the corner of the 6 yard box.
2. The forward drives to goal as a defender comes charging to defend.
3. The forward has two choices, pass or make a move/touch around the defender.
4. The goal is to get a shot on goal.
5. If he passes the ball, the wing should cross the ball quickly as the striker is passing the defender.

Rotate roles each shot: P2 to P1, P1 to D1, D1 to P2.

### Coaching Points:

- The forward needs to decide quickly which option he plans to take.
- The wing needs to be ready at all times and should stay 'on-side'.
- The forward should try and take advantage of any weakness of the defense, or try and create weakness by using a scissor move or a fake.
- Explain on-sides and off-sides.

## 3+Help vs. 4



**Drill Description:** This drill is ideally played with 10 players, 4 defensive players + 1 keeper and 5 attacking players. This uses one half the field, the 3 Attacking players start at the mid field line. Two mid fielders are on the defensive side of the midfield line. The mid fielders can't cross the line, they can be passed to and then pass back to one of the three forwards or the other mid fielder. The striker starts the drill by passing to one of his wings. The 4 defensive backs guard the box and once the ball is passed can move to defend. Defense wins if the ball is cleared. Offense wins if they score or win a corner kick.

### Coaching Points:

- Remind the defense about the funnel positioning.
- Explain how to mark a player goal side (defender between the attacker and goal).
- Explain how to mark a player ball side (defender between the attacker and the ball).
- Explain how to mark a player both goal side and ball side - defender marks the attacker goal side but is a few feet (steps) closer to the ball than the attacker.
- Defenders should communicate if they want to defend a zone or a man. Explain to them how this can work.
- Attackers look for open space.
- Mid fielders look for open space on the opposite side of the field.

## 7 Other

**Double attacker by Dave Clarke in Attacking, Crossing PRINT** In this session the wide player must complete a one-two and overlap to give attackers two ways to score. This is a great for wingers to be coached in different ways to attack from the wings

**Set up** Use half your normal pitch. We've used 11 players in the session plus a coach to serve. You need balls, bibs, cones and a goal.

**How to play** The session starts with the winger A playing a one-two with his team mate and crossing for the attackers. Winger B then receives a ball from the server, passes to winger A and makes an overlapping run to receive a pass and crosses into the box

for a new set of attackers. Attackers go to the back of the queue each time. The next double attack comes from the opposite wing. Play for three sets of crosses from both wings then switch players around.

Technique This is a great session for practising wing play and working combinations that can create goals from fast wingers. It's also good practice for technique.

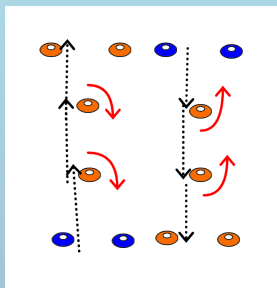
Wingers pass to striker

1. Play starts with a one-two between winger A and winger B2. Winger A gets the ball back then plays a cross into the path of the oncoming attackers score from crosses

3. The server then plays a second ball to B who sends A down the line with a pass4. B waits for the run of A and times a good pass down the wing to take the ball in his stride

5. The overlapping B runs around A and receives the ball to pass into the feet of the advancing attackers

### De-Acceleration Shuddle



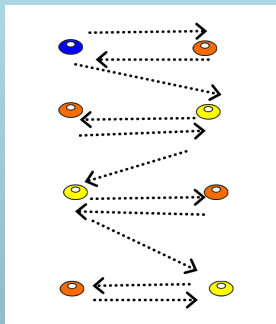
**Drill Description:** This is an agility drill to practice both acceleration and de-acceleration.

1. Players start at blue gate, sprint to the left hand side of the orange cone,
2. Shuttle around the cone using at least 6 quick toe taps.
3. Then accelerate to the left of the next orange cone and shuttle around the cone.
4. They finish with a full sprint through the orange gate.
5. Return on the right set however the approach is to the right hand side of the cone.
6. Repeat each set 4 times.

### Coaching Points:

- Focus on quickly getting to speed then slowing down.
- Focus on using small quicks touches around the cone, keeping it tight.
- Stay low and use your bend legs to explode away,
- Then compress them to slow down.
- Finish strong by sprinting right through the last gate, jogging back to the next blue gate.

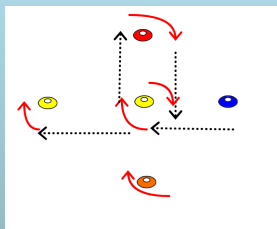
### Lateral Shuttle



**Drill Description:** This agility drill works on lateral shuffling a critical skill for defenders.

1. Players start at blue gate facing the line of 3 cones ahead of him,
2. They shuttle side-ways to the orange cone, touch it with a finger then shuttle back to the blue cone touching it.
3. Shuttle to diagonally to the yellow cone then to the orange cone, touching it, and back then to the yellow cone touching it, then shuttle diagonally to the next yellow cone.
4. Keep repeating until the end.

### Cross-Hairs



**Drill Description:**

1. Players start at blue cone and race to the center cone turn right and race around the outer cones and always returning to the center cone.
2. Finish by accelerating past the blue cone.