

**CENTRAL
CONNECTICUT**
BLUE DEVIL



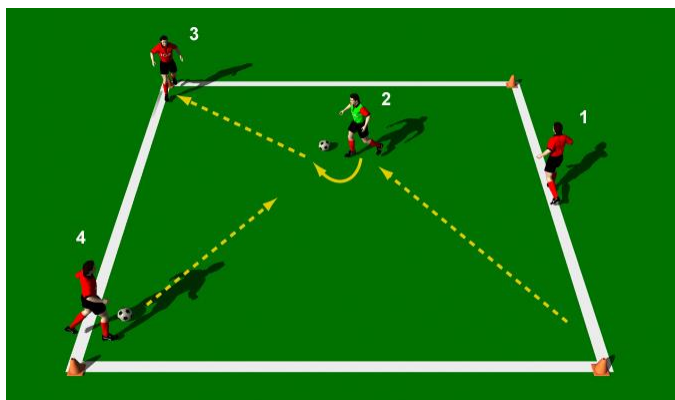
Best Practices

**Designed by
Shaun Green**

Passing Drills and Games

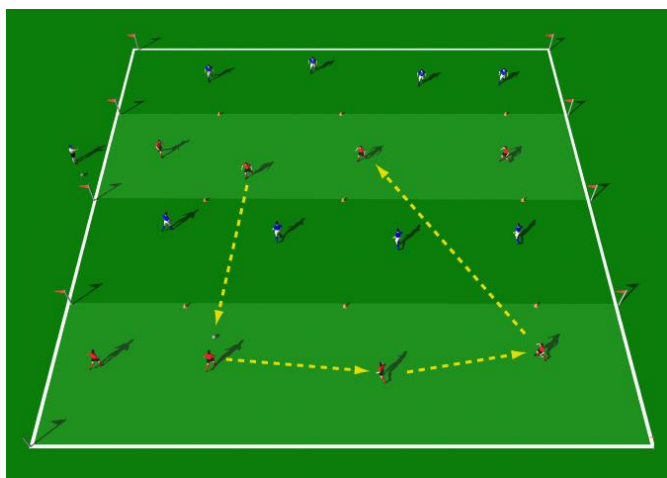


Passing Drills and Games



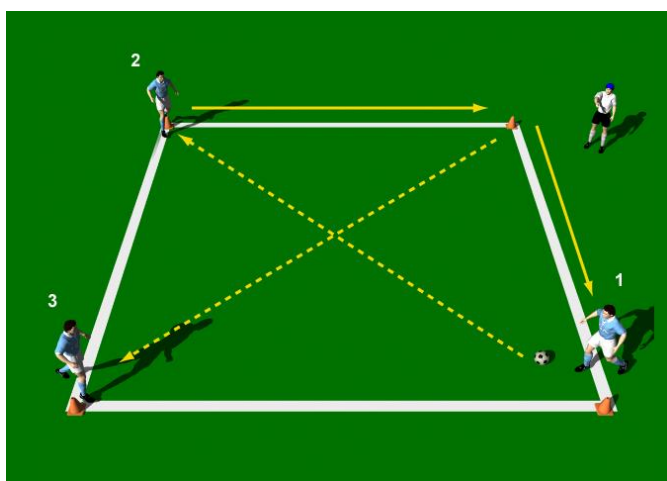
Manchester United Passing Drill

There are four players inside the square with 2 balls. Three players work on the sides of the square and one player works on the inside. The practice starts when player "1" passes to player "2" (center player). After passing the ball player "1" must quickly run to the open cone. Upon receiving the ball, player "2" has to quickly identify the free player and pass the ball to him. After releasing the ball, player "2" receives a pass from player "4". The practice then is continued in this manner. The center player is always looking to receive the ball and pass to the open player. The outside player is always looking to pass and move to the open cone.



Liverpool Passing Game

Divide group into two teams of eight. Identify each team with colored bibs. Place four players on each team in different zones as in the diagram above. Use one ball. The object of this game is for the four players with the ball to try and penetrate the opposing four players and find one of their team in the opposite zone. If the opposing team intercepts the ball, they now try to penetrate by passing the ball. Play unrestricted then develop to "two touch". Change zones.

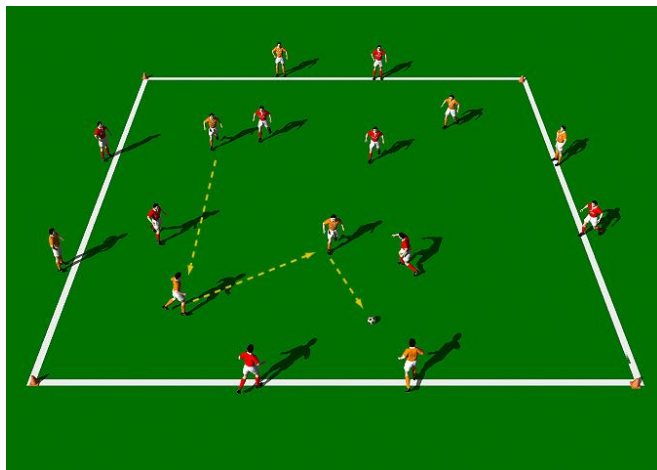


Juventus Reverse Passing Drill

This exercise is designed to work on each player's passing skills, with an emphasis on the "reverse pass". There are three players inside the square. The practice starts with player "1" making a run with the ball to the vacant cone. Upon reaching the cone player "1" plays a "reverse" pass to player "2". Player "2" makes a run with the ball to the vacant cone. Upon reaching the cone player "2" and plays a "reverse" pass to player "3". Player "3" makes a run with the ball to the vacant cone. Upon reaching the cone player "3" and plays a "reverse" pass to player "1". The drill is continued in this sequence. Perform drill in opposite direction to work on both feet.



Passing Drills and Games



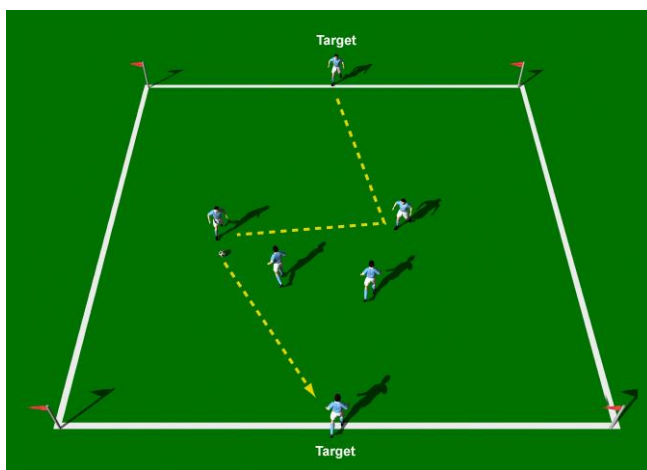
Burnley FC Possession Game

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded.



Burnley Possession with Striker

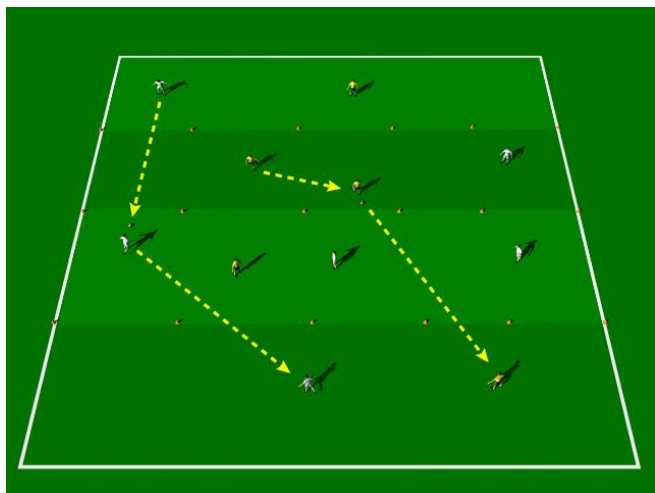
Place a striker or target man inside a 5 yard square in the middle of the grid. Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded. Every time a team can play a pass to the striker in the box a goal is awarded. Defenders cannot enter the strikers box.



Mexico 2 v 2 Passing Game

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch. Place four players (2 v 2) in the center of the square and two players at opposite ends of the square. The object of the game is for the two players in possession to find the target man with a pass. If they find the target man's feet they score a goal. The player who passes the ball switches with the target man and the pair now attacks the opposite side of the square. In this manner the target man is frequently changing with the flow of the game..

Passing Drills and Games



Liverpool Playing Through the Lines

Start the practice with one ball per team. Each team circulates the ball around the playing area. Play “two touch”. Each team gets a point every time they can make a pass “through the lines” using a “one touch” pass.

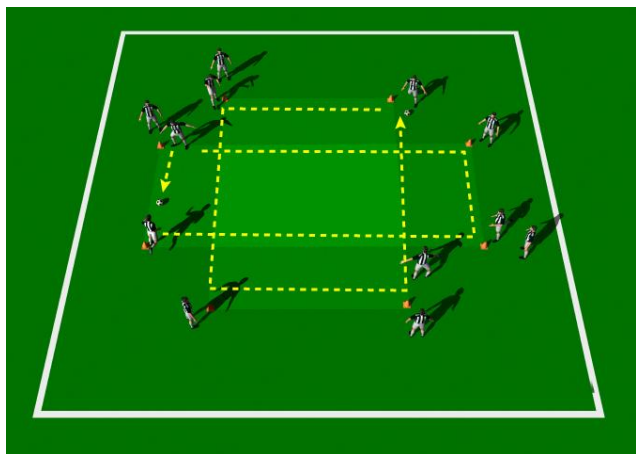
1. Same as above but now there is only one ball and teams compete against each other. Can progress using 2 balls.
2. Penetration is a key component in passing. Players should be encouraged to run into space and pass into space.
3. Play through or down the channels.
4. Be aware of shape when receiving the ball.



Creating Numbers Up - focus on 2v1

Position two equal teams in the center channel. Place a striker and defender in each attacking channel (as is diagram above). A team must make 8 passes before passing to the striker. Once the pass is made, one player must quickly support the striker to make a 2v1 attacking situation. Try to create width with possessing the ball to create passing channels. Quality ball to striker's feet. Body position to play forward passes, open your stance.

When do you support behind the striker or in advance?



Newcastle Passing Awareness

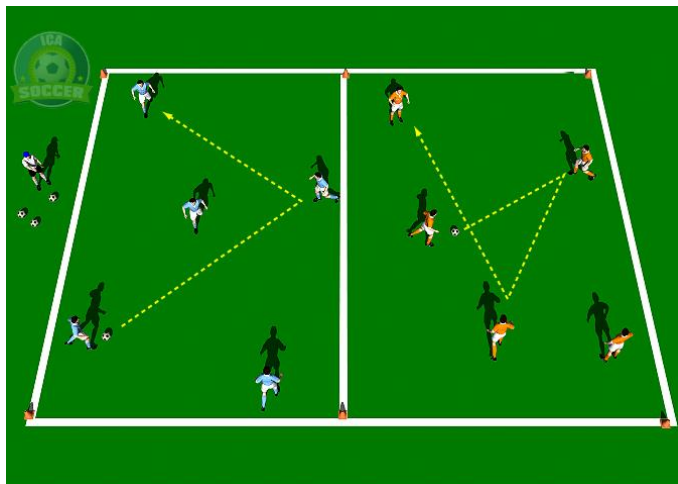
Two groups are positioned as in diagram above. Ensure that there is a minimum of 6 players per group of this drill will not work. Each group has a ball and they pass the ball around the rectangle and follow their pass.

- Change direction of the drill.
- Emphasize good body position when receiving the ball, (open stance).
- Condition players to use “two touches, then one touch”.
- Play a “give and go” pass with the receiver.
- Play a pass to receiver, then long diagonal pass to next player diagonally.

Introduce a second ball for each group.



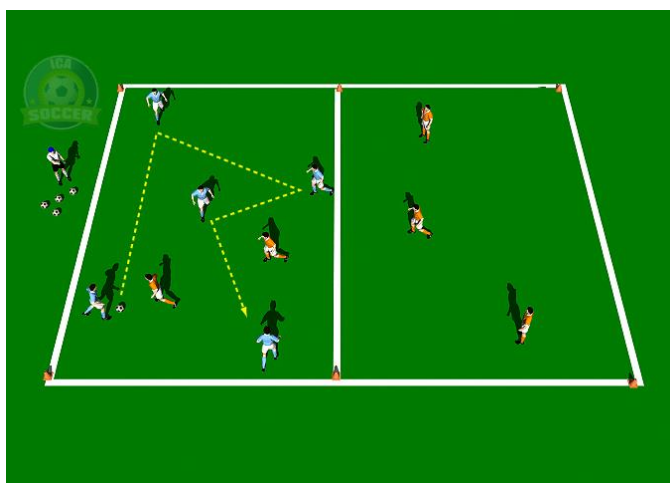
Passing Drills and Games



Man City Passing Game (Part 1)

A team of 5 players are placed in each square with one ball. The team is restricted to their own square. Players must pass the ball quickly around their own square, following these instructions;

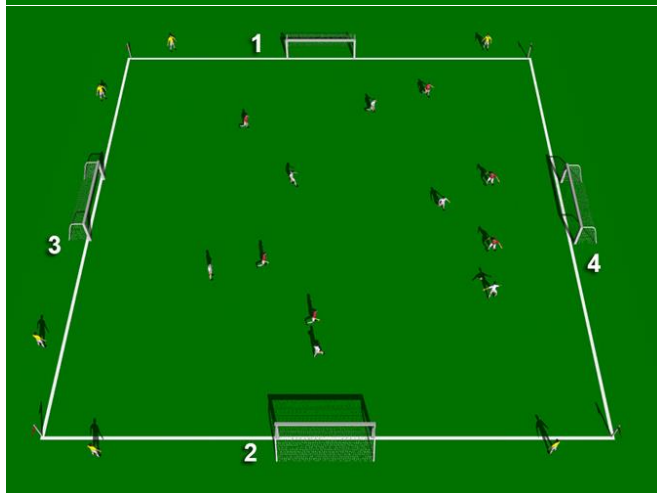
- Restricted to "Two Touch" only.
- Restricted to "One Touch" only.
- Passing player must shout out a number "One or Two". Receiving player has that amount of touches.
- Passing player must shout out a number "One or Two". Receiving player do the opposite.
- Players must pass the ball without talking "*Total Silence*".



Man City Passing Game (Part 2)

A team of 5 players are placed in each square. One team starts with the ball. The team is restricted to their own square. They team in possession must obtain 10 consecutive passes to get a goal. Two players from the opposite team move into the square to make it a 5 v 2 situation.

If the ball is won by the two defenders, the drill is swapped to the opposite square. Now 2 blue players must defend. Alternate which players are defenders. As a pre-cursor to this activity you can have the teams player handball 5 v 2, then move to possession drill.



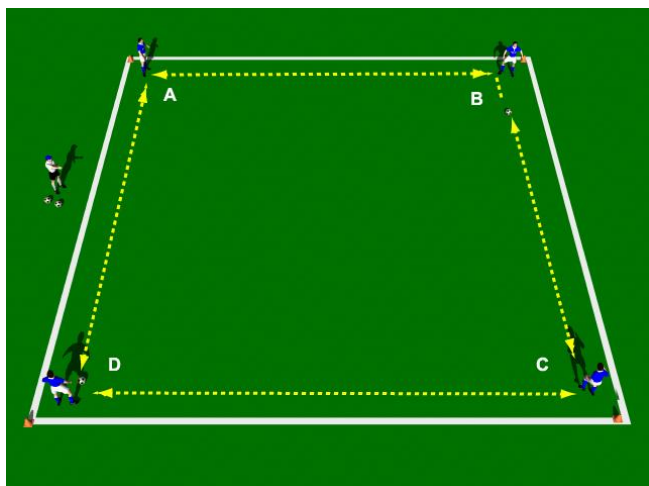
Man City Two Direction Game

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques

Players are divided into 3 teams of different colors. 6 v 6 with 6 resting around the perimeter of the field. One team attacking goals 1 & 2, the other team attacking goals 3 & 4..



Passing Drills and Games



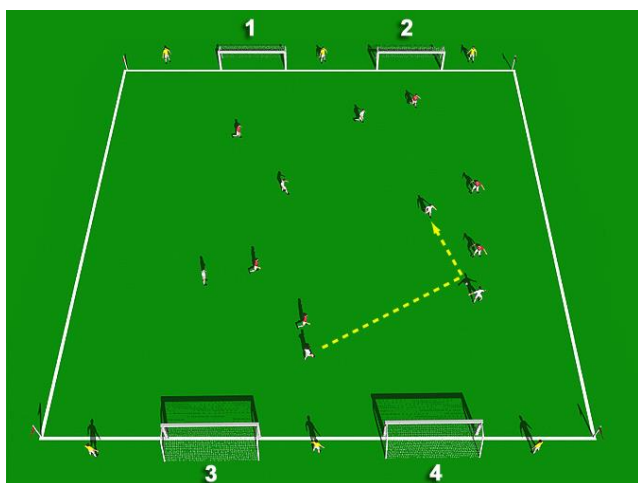
Dutch High Tempo Passing Drill

Player "A" and player "C" start with a ball. Player "A" passes to player "B", player "B" passes to player "C". Player "C" passes back to player "B", player "B" passes to player "A". This sequence is repeated continually.

At the same time; Player "C" passes to player "A", player "A" passes to player "B". Player "B" passes back to player "A", player "A" passes to player "C". Note: an "L" shape is formed with the passes.

Emphasize fast paced passes, limit to "2 touch", "side on" body position to receive the ball. Work for 10 minutes.

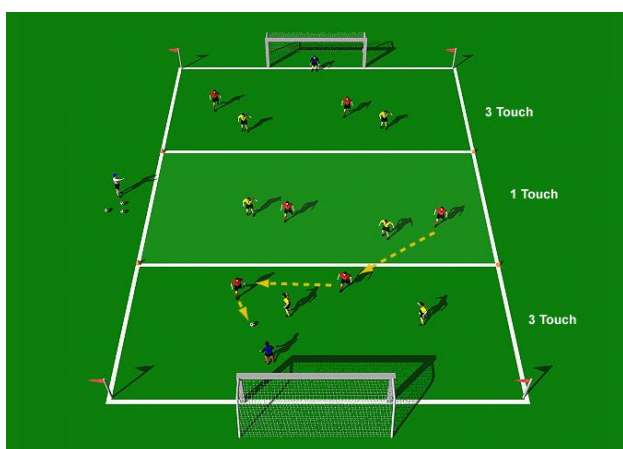
Progression – Play "1 touch"



Arsenal 6 v 6 Four Goal Game

This possession game is designed to work on; one and two touch passing, quick spins and turns, angle of support, and body positioning when receiving the ball.

Players are divided into 3 teams of different colors. 6 v 6 with 6 resting around the perimeter of the field. One team attacking goals 1 & 2, the other team attacking goals 3 & 4. Then, One team attacking goals 1 & 4, the other team attacking goals 3 & 2.

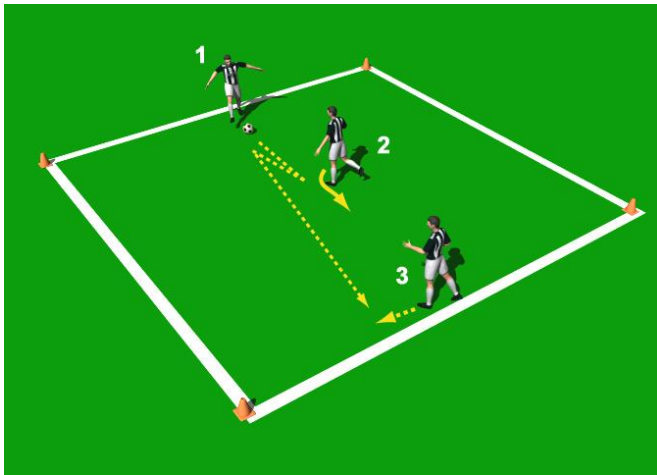


Arsenal 6 v 6 Three Zone Game

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Divide group into two teams of six. Identify teams using colored bibs. Place 2 players on each team in zone. Players are restricted to their zones. Players are allowed "three touches" in the end zones and only "one touch" in the middle zone. If there are no goalkeepers in goal it must be a "one touch finish" or an "all net" goal.

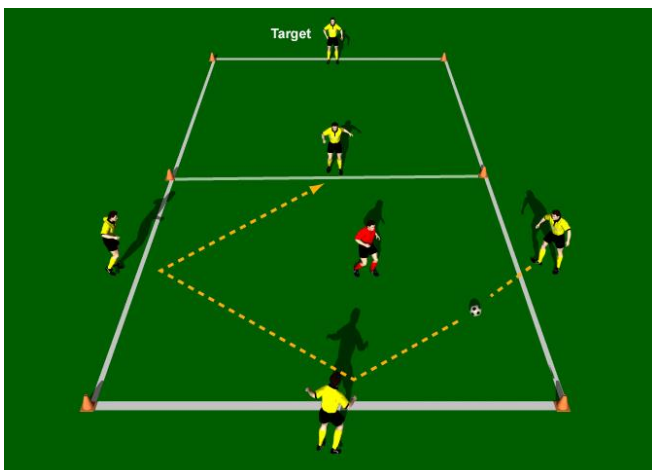
Passing Drills and Games



Barcelona Three Man Passing Drill

Place two players on opposite sides of the square. Position one receiving player in-between (as in diagram above). The outside players can either pass to the inside player, or the player at the opposite side. Upon receiving the ball, the inside player can either "turn" or "spin" with the ball and pass, or play a quick series of passes with the player facing him.

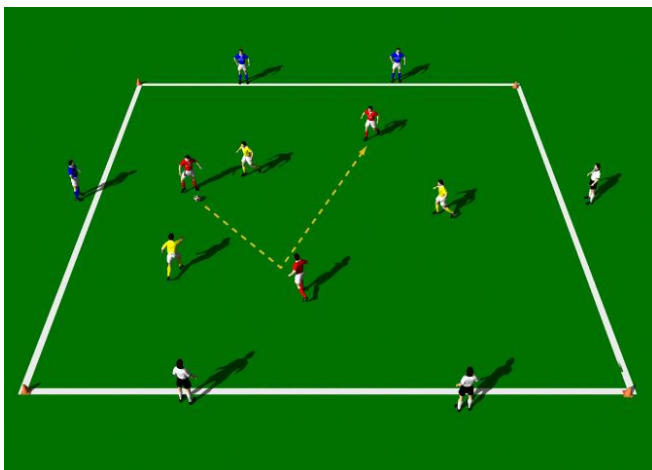
The end player can also make himself available for the pass by moving to the side, and creating a better passing angle to receive the ball to feet. Rotate middle player frequently.



4 v 1 Play to Target

The four attacking players attempt to keep possession from the defender and obtain 6 consecutive passes. After making 6 passes the players must pass the ball forward to the "target man" at the end-line of the opposite grid.

Once the ball has been played to the target man, players 1, 3 and 4 move to the opposite grid to support the target man. The defender follows the play and attempts to win the ball in the opposite grid. Player 2 now becomes the new target man. After obtaining 6 passes the ball is switched back to the original grid. The practice is repeated in this fashion. Players in possession are awarded one goal for each time they find the target man. Rotate working defender frequently to ensure high pressure. Rotate players so each player performs the role of the target man.



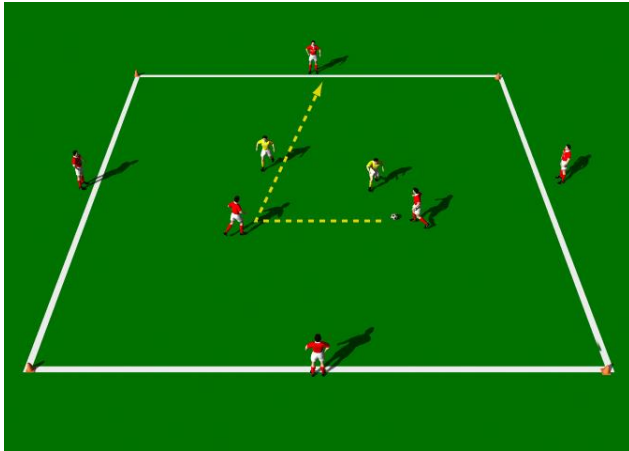
Spurs 3 v 3 Game

Play 3 v 3 in the grid with the other 2 groups around the outside of the grid. Players on the outside are restricted to "one touch" passing. The three players in possession must try and keep the ball from the defenders. The players move anywhere within the grid and use the outside players to pass to. The defender's goal is to dispose the players in possession and also attempt to achieve 10 consecutive passes.

First team to reach 10 consecutive passes wins. Winners stay inside. Next 3 come into the middle to compete against winners. Players inside should start with unlimited touches then practice conditioned to "two" and "one" touch.



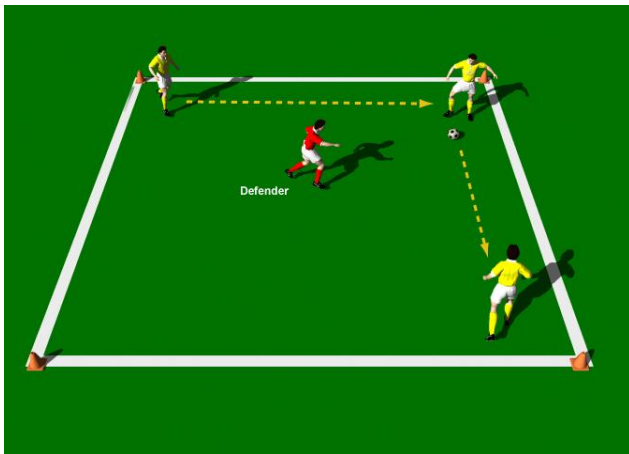
Passing Drills and Games



Two against Two

Two versus two in the middle with one neutral player on each side of the square who may be used as a link. The four outside players may move up and down their lines. The player with the ball may pass it to his partner or make use of the four supporting players, who then give the ball straight back to the pair from whom they have received it from.

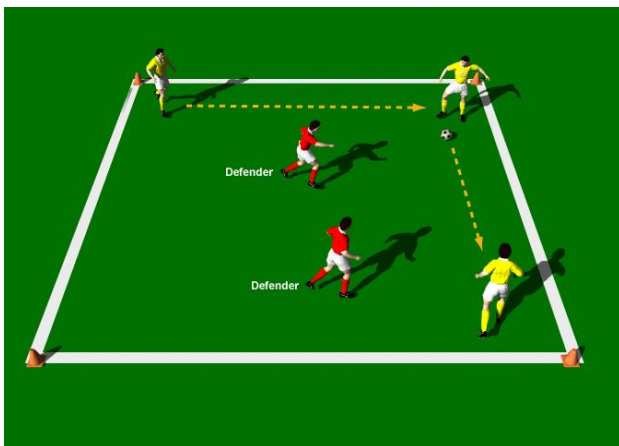
Swap defenders regularly.



Three versus One

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to dispose the players in possession.

Players in possession are awarded one goal for 10 consecutive passes. Rotate players so each player performs the role of the defender.



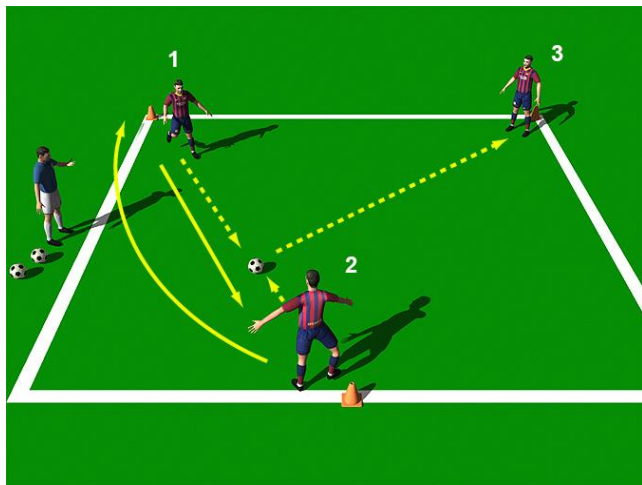
Three versus Two

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the two defenders. The three players in possession may move anywhere within the grid. The defenders goal is to dispose the players in possession.

Players in possession are awarded one goal for 10 consecutive passes. Rotate players so each player performs the role of the defender.



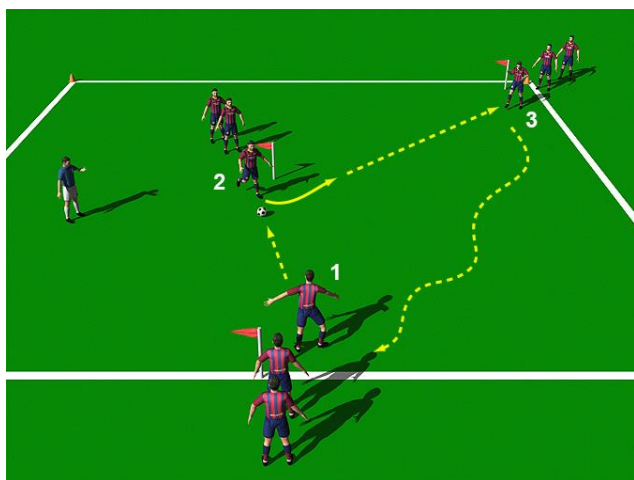
Passing Drills and Games



Barcelona Warm Up Passing Drill 1

This warm up drill combines quick exchange of passes. It is also designed to integrate passing in relation to the positional play of the 4-3-3 system. The exercise begins with player (1) playing a "Give and Go" pass with player (2). The player (1) plays a pass to player (3). Player (2) then changes position with player (1). Player (3) then repeats the exercise with player (1).

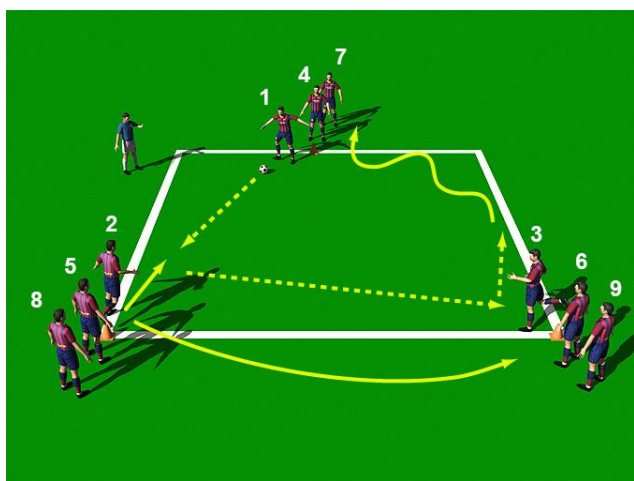
Focus On: Quick exchange of the ball, quality passing. Pace, weight and accuracy of pass, Timing of pass, Check away from passer to create space, Concentrate on good preparation touches, Eye contact with passer



Barcelona Warm Up Passing Drill 2

This warm up drill combines quick exchange of passes, turning with the ball and running with the ball. It is also designed to integrate passing in relation to the positional play of the 4-3-3 system.

The exercise begins with player (1) passing to player (2). Player (2) turns with the ball and passes to player (3). Player (3) then dribbles quickly to the starting position (where player (1) started). Variation: Player (1) passes to player (2), who sets for player (1) to pass long to player (3). Player (3) then plays a "give and go" with player (2) then dribbles quickly back the start position.



Barcelona Warm Up Passing Drill 3

This warm up drill combines quick exchange of passes, turning with the ball and running with the ball. It is also designed to integrate passing in relation to the positional play of the 4-3-3 system.

Coaching Points:

The exercise begins with player (1) passing to player (2), who then passes to player (3). Player (3) then dribbles quickly back to the start position. Variation: Player (1) passes to player (2), who then passes to player (4). Player (4) passes to player (3), who then passes to player (5). Player (5) passes to player (6) then dribbles quickly.



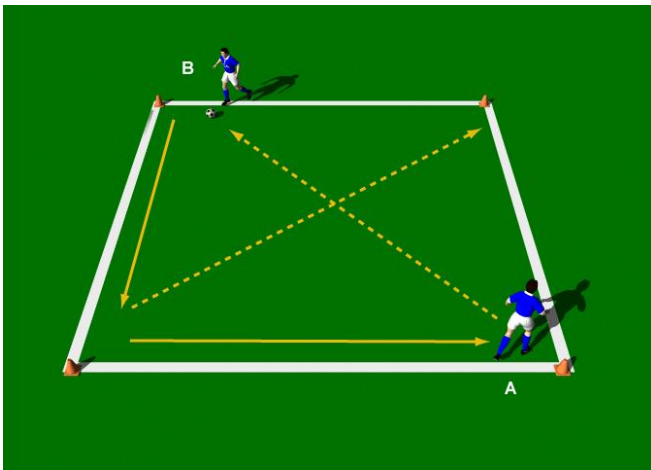
Passing Drills and Games



Follow Ball Drill

This practice is designed as a simple passing drill which can be used in any warm up session or a pre-cursor to a passing session. Players pass the ball **"clockwise"** from cone to cone. After they pass the ball to the next player they must quickly run to the next cone. Effectively working their way around all the cones. Limit to "2 touches". On the coach's command, players reverse direction without interrupting the tempo of the drill.

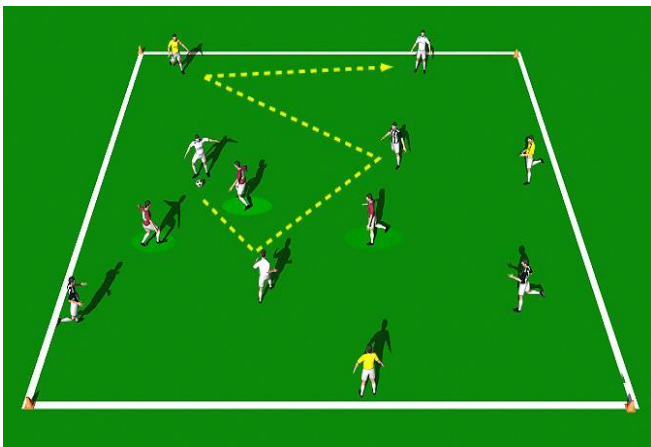
Emphasize fast paced passes!
Use inside and outside of the foot.
Work for 10 minutes.



Diagonal Passing Drill

The 2 players start diagonally opposite each other. Moving anti-clockwise, Player "A" dribbles the ball to the first cone and plays a diagonal pass for player "B" to run onto. Player "B" dribbles the ball to the next cone and plays a diagonal pass for player "A" to run onto. This sequence is repeated moving around the square. First players are allowed unlimited touches, but quickly condition the practice to "two touch".

Change direction of the drill and work on opposite foot.



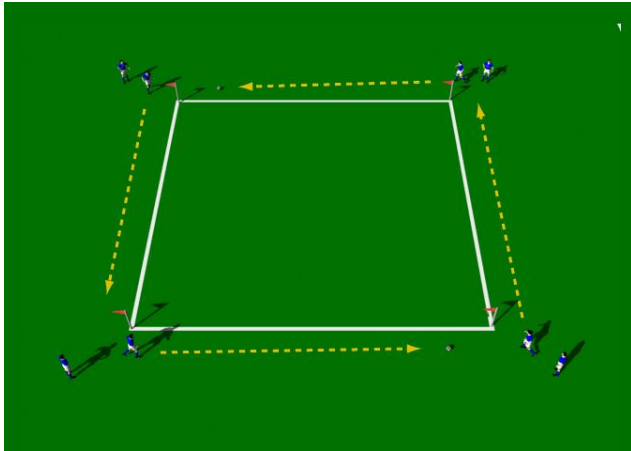
Pre-Scanning Game

This is a great game for developing vision for players. It focuses on "pre-scanning" and "post-scanning" techniques. Players are divided into 4 teams of different colors. Start with one ball, then add a second ball. Players pass the ball inside the square to any player. Every player should be scanning the field to be aware of their passing options before they receive the ball.

Pre-Scanning Once a rhythm has been established, the receiving player must call out; The color of the person they have received the ball from. The color of the player closest to him (Scan over shoulder) The color of the player he is going to pass to.

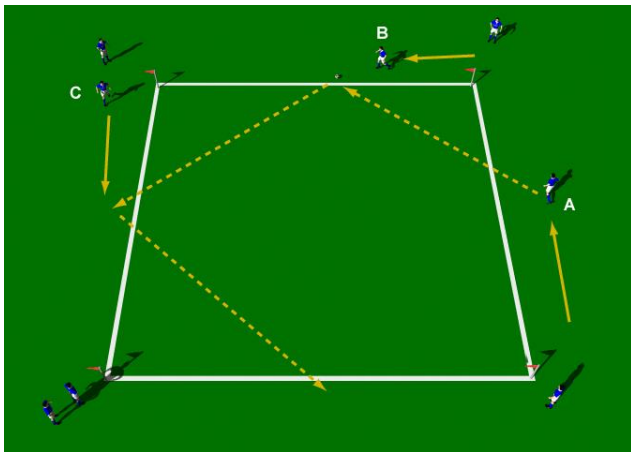
Post Scanning The player who is farthest away.

Passing Drills and Games



Passing Square Two Touch

Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise. The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo. **Change direction of the drill and work on opposite foot.**

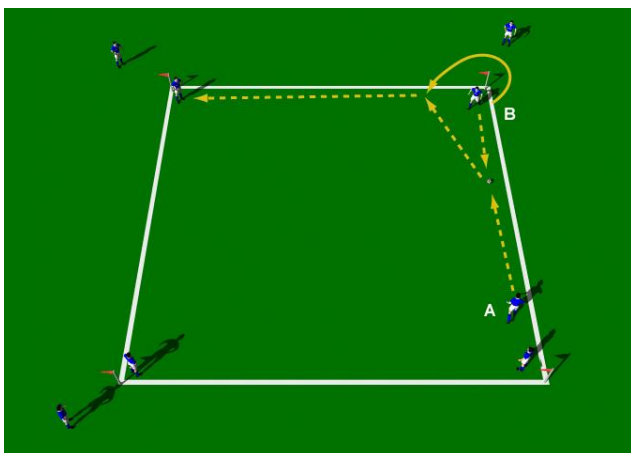


Passing Square One Touch

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

Progression:

A second ball should be added as soon as the players have established a good tempo. Change direction of the drill and work on opposite foot.

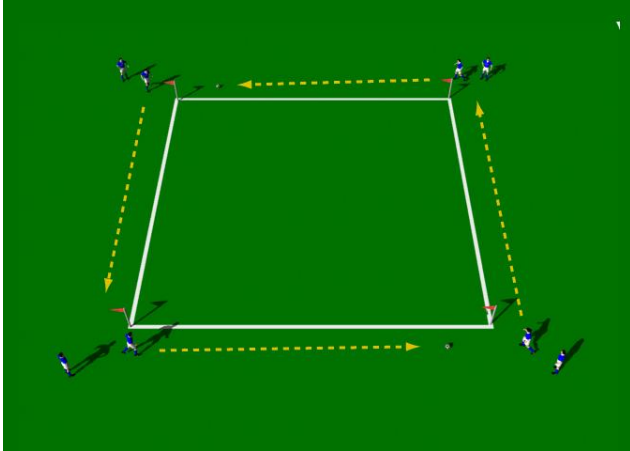


Passing Square "Give and Go"

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

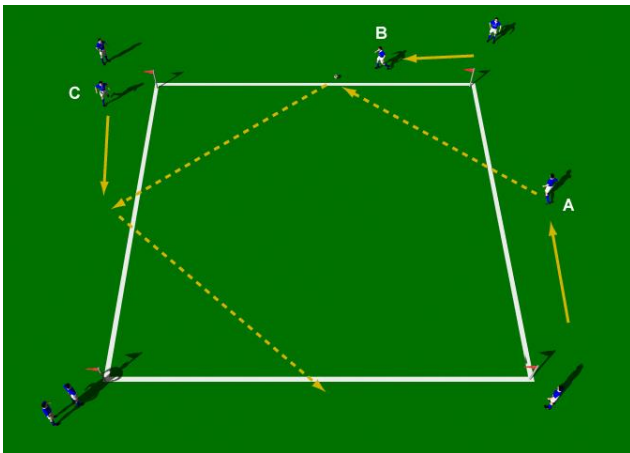


Passing Drills and Games



Passing Square Two Touch

Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise. The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo. **Change direction of the drill and work on opposite foot.**

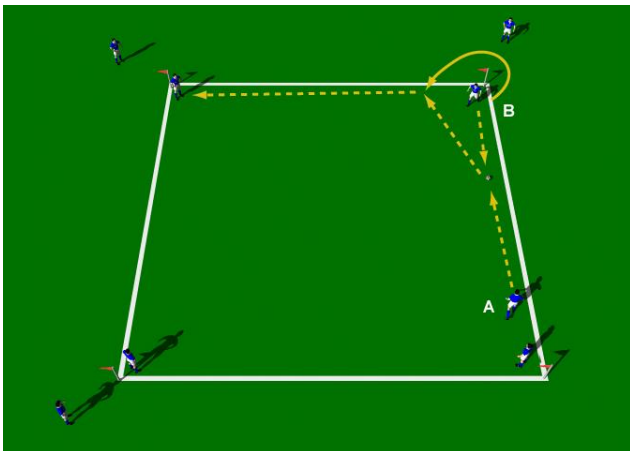


Passing Square One Touch

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

Progression:

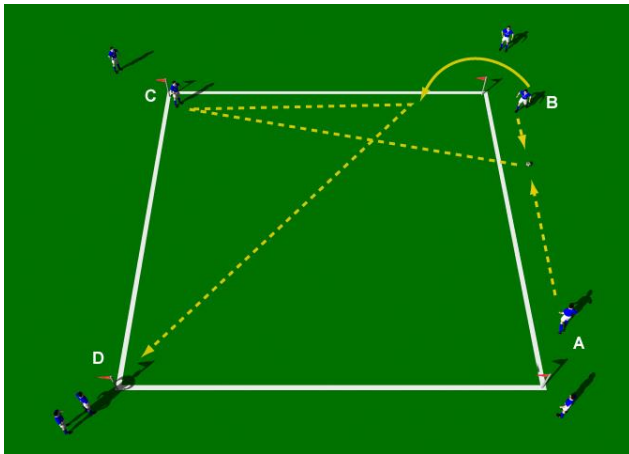
A second ball should be added as soon as the players have established a good tempo. Change direction of the drill and work on opposite foot.



Passing Square "Give and Go"

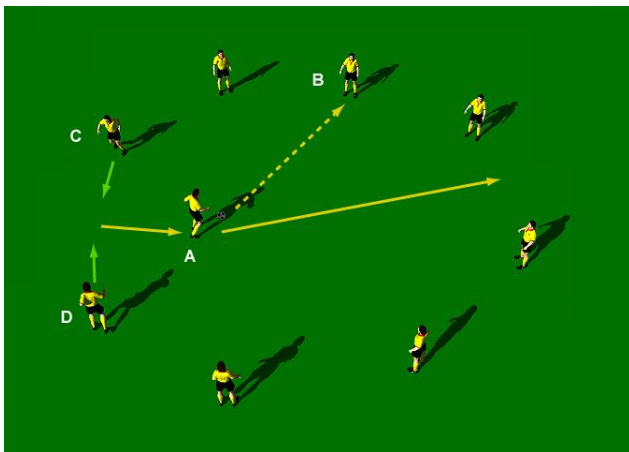
Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" then repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

Passing Drills and Games



Passing Square "Short and Long"

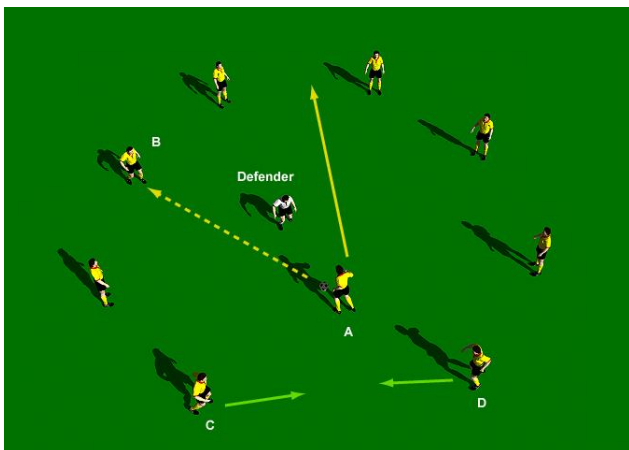
Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole. Player "A" passes a diagonal ball to player "C", who lays the ball on for player "B" to pass long to player "D". The routine is repeated around the square in this manner starting from player "D". Players should time their runs. Don't get ahead of the ball!



Passing, Communication & Balance 1

The exercise starts with the players in a large circle 15-20 yards. In the diagram above, player "A" passes the ball to player "B". Player "A" must make a run into a space between 2 players, but he CANNOT follow his own pass. As he runs into space, players "C" and "D" must quickly close the gap he created and balance the circle. The object of the exercise is to make sure the circle is always balanced. The practice can be made more challenging by adding another ball.

Coach should develop a high tempo rhythm as quickly as possible.

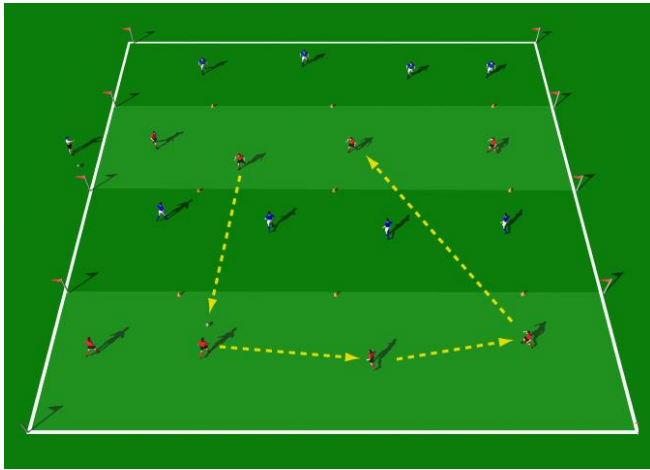


Passing, Communication & Balance 2

The exercise starts with the players in a large circle 15-20 yards. In the diagram above, player "A" passes the ball to player "B". Player "A" must make a run into a space between 2 players, but he CANNOT follow his own pass. As he runs into space, players "C" and "D" must quickly close the gap he created and balance the circle. The object of the exercise is to make sure the circle is always balanced. The practice is more challenging because now a defender is added to win the ball.

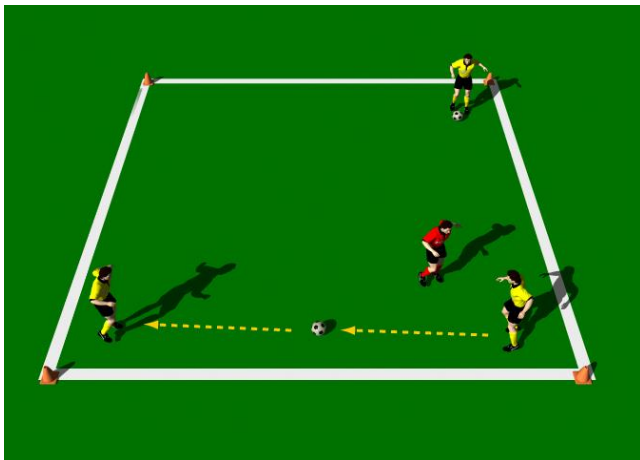
Coach should develop a high tempo rhythm as quickly as possible.

Passing Drills and Games



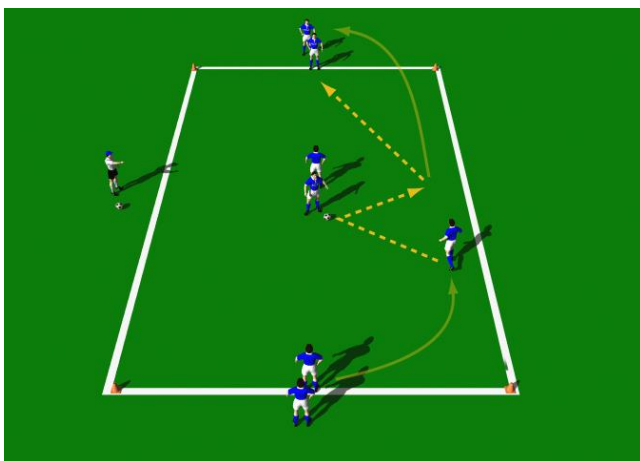
Penetration when Passing

Make two team of six players, divide each team into two groups of three. Position players as in the diagram above. All groups are restricted to the respective grids and cannot tackle the opposition. The red team starts with possession of the ball. The object of the game is to the move the ball quickly within their own grid until an opening appears to play forward to another red player in the opposite grid. The red team is award a goal if the can find a red team mate with a pass. The red team again attempts to keep passing the ball between each other to score points. If the yellow players intercept the ball, they too try to score points by passing back and forth in between the red players. The ball may not be played above head height. Coach should develop a high tempo rhythm as quickly as possible.



Quick Decisions when Passing

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defenders goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make. The supporting player without a ball must always work to offer the deepest and widest possible angles for the players in possession.

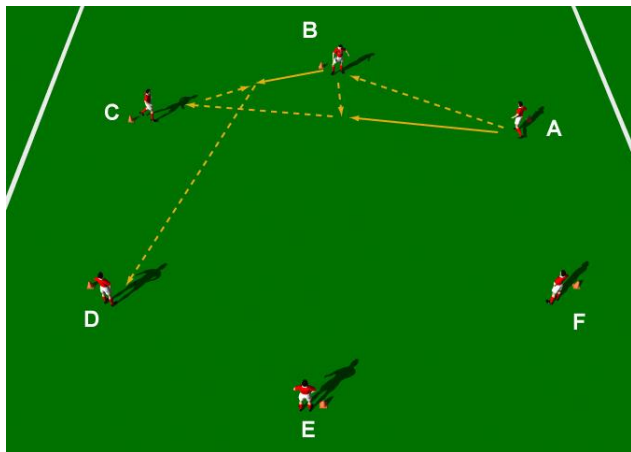


Give and Go Drill

This practice is designed to improve the technical ability of the "Push Pass" as it relates to a "give and go" situation. Emphasis should be placed on "pace, accuracy and timing". Players at each end of the grid alternate playing a "give and go" with the receiving player facing them in the center of the grid. Once the player receives the ball back from the center player they must pass it to the player on the opposite side of the grid to repeat.

Players should keep score. A goal is awarded for every completed "give and go" with a quality pass forward.

Passing Drills and Games



Setting the Pass

This practice is designed to improve passing and support with an emphasis on the "setting the pass". Using a group of players set up a circle with a player at each cone.

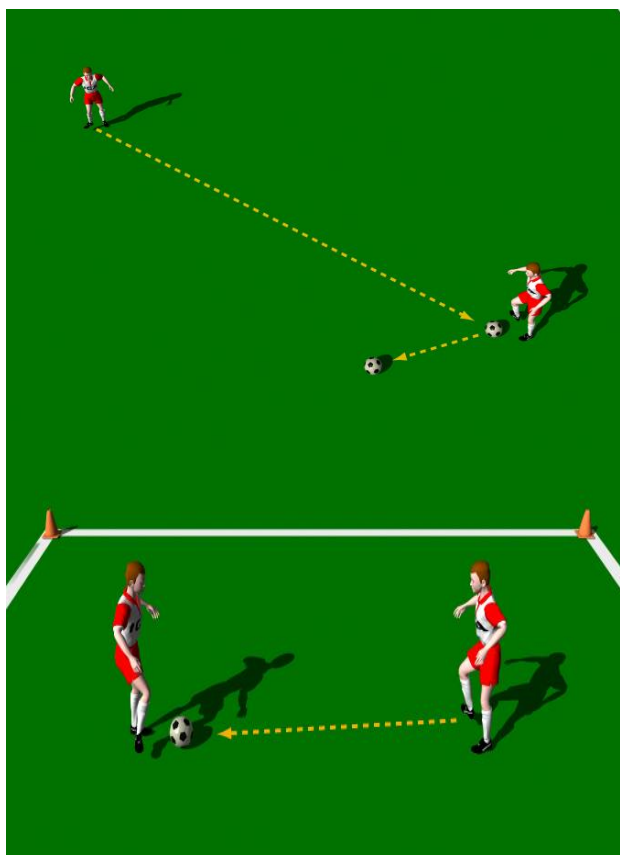
Player "A" starts with the ball and plays the ball to player "B". "B" then **"sets the pass"** back to player "A". Player "A" passes the ball to player "C" who **"sets the pass"** for player "B". Player "B" passes the ball he receives from player "C" to player D.

D passes to C

C passes to E

E passes to D, who plays the ball to A

F passes to the ball to E, and E plays the ball back to player F.



Hit the Ball

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass", with an emphasis on accuracy.

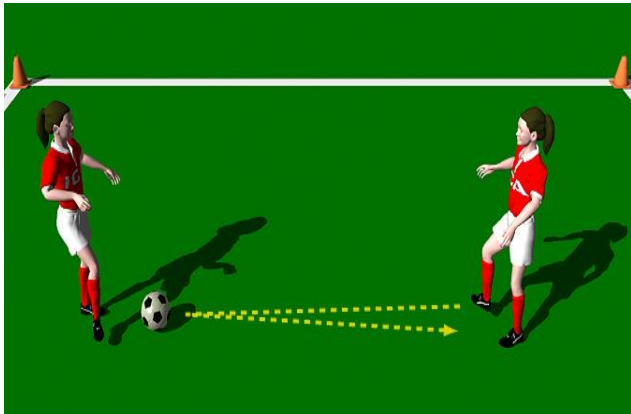
Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the first ball.

One Touch, Two Touch

Two players are positioned in a grid 10 yards x 10 yards. The practice starts when one player passes the ball to their partner. At the same time they pass the ball they must shout out either "one" or "two". When receiving the ball their partner must take as many touches as the number called. If the number is "one" they must pass the ball back first time. If the number is "two" they must control the ball on their first touch and return the pass on their second touch. When returning the pass to their partner they also call out a number.

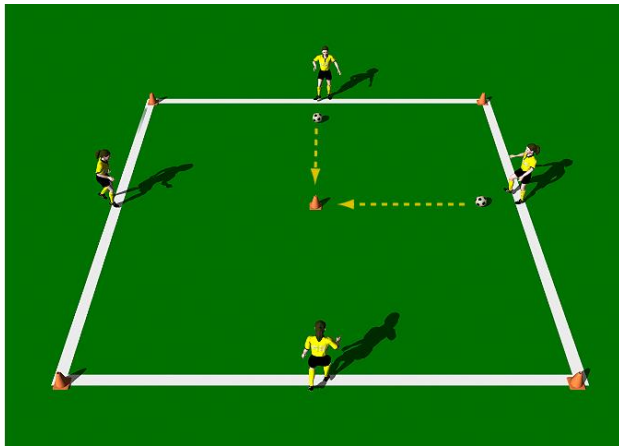
Players are awarded a point for every mistake that their partner makes. First player to get five points wins. Rotate so different players compete against each other.

Passing Drills and Games



Speed Passing

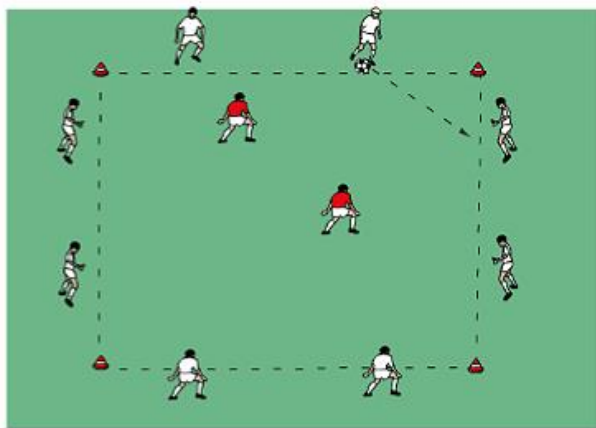
Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart. The players must pass the ball back and forth between the cones using the “Push Pass”. The ball must be kept on the ground and struck firmly enough to cross the line on the ground. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups. Increasing the distance of the cones to make the practice more challenging.



Knock Down the Cone

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy. Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.



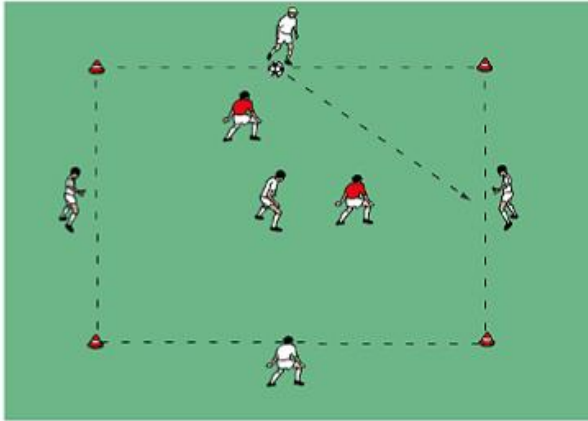
Arsenal Possession Game 1

8 v. 2 in a 10 x 10-yard area playing 1 touch
Count passes in succession, award extra point(s) for any through ball that split the 2 defenders. Defenders must win or disturb 3 possessions to get out – any through ball regains the possession group with 1 extra possession

Coaching Points

- Possession team must play quick in tight area with good touch
- Anticipate the next pass, be creative and deceptive, use a variety of touches and feints – seek out best option
- Defenders must apply pressure to the ball and support the pressure
- Constant communication between the 2 and shifting of positions relative to the ball
- If the defence plays flat, a through ball can beat them, thus, it is 1 player up and player 1 off

Passing Drills and Games

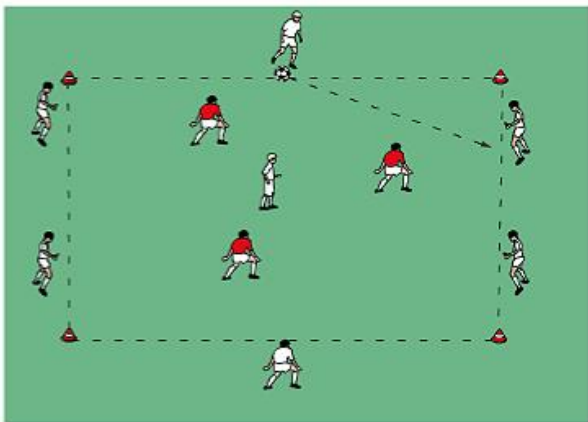


Arsenal 4v2 +1

4 v. 2 + 1 in a 15 x 10-yard area playing 1 and 2 touch Possession players add an additional player in the middle. Outside players play 2 touches and the middle player plays 1 touch. Excellent positional game with the middle player being a midfielder. Defenders play possession 2 v. 1 in the middle.

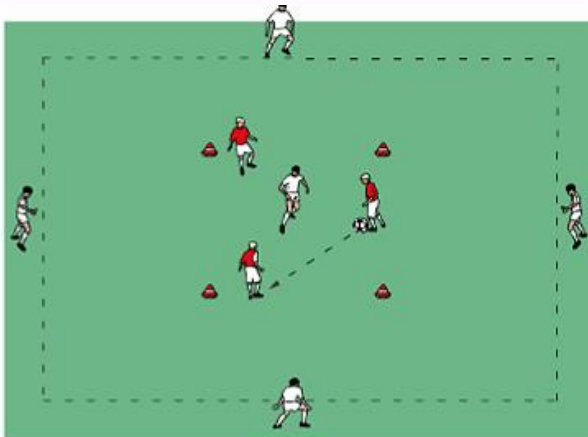
Coaching Points:

The key is to keep shape big – the middle possession player cannot restrict space – he needs to create space. Outside players look to play ball in when they can and the middle player plays out in 1 touch



Arsenal 6v3 +1

6 v. 3 + 1 in a 25 x 20 yard area playing two touch in a larger area with more players and more options of play and more pressure. The outside players are in their playing positions. The right midfielder and right defender are positioned on one line and the left sided players on the opposite line. The target attacker and central defender along with the midfielder in the center form the possession group. The middle 3 defenders play 3 v. 1 in the middle with limited touches

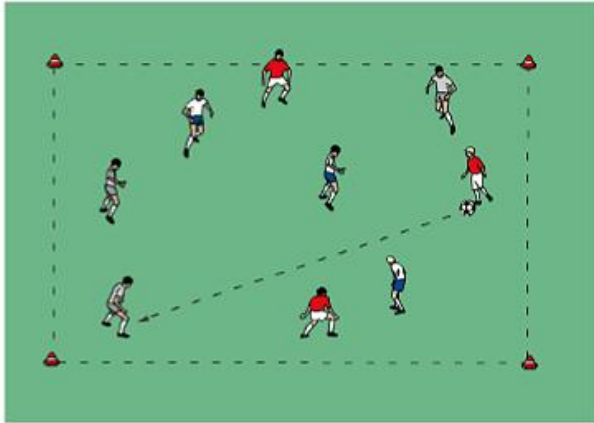


Arsenal 3v1 to 5v3

3 v. 1 to 5 v. 3 in a 20 x 15 yard area and a 10 x 10 yard area

Start inside with 3 v. 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v. 3 game in the larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defense and deny the through ball

Passing Drills and Games



Arsenal 6v3 Change Over

6 v. 3 with constant change-over in a 30 x 25 yard area
Play 3 teams of 3 in different colors. 2 colors combine and play against the 3rd color. When the defending team wins the ball, the team that turned the ball over becomes the defending team. It is always 2 colors v 1 color. Play with limited touches.

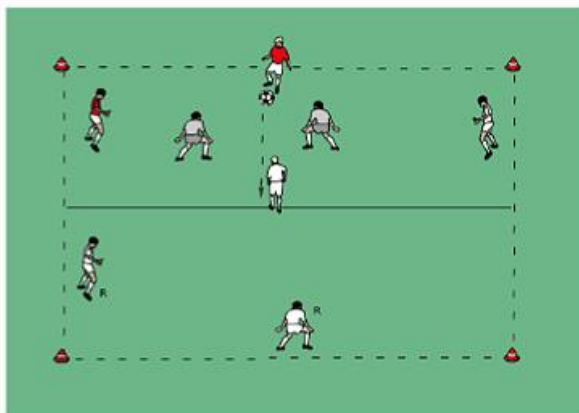
- Maintain proper shape with the possession team (width and depth)
- Make the playing area as big as possible
- Make the defending team defend the entire area
- Defending team should maintain compactness and play pressure, support and cover
- On winning the ball, quickly transition into possession with new group



Arsenal 4v4+2 with Goalkeepers

4 v 4 + 2 with keeper in a 30 x 25 yard area

The possession team includes the 4 outside players, the 2 inside players and 2 keepers – a total of 8 players in possession team. The 4 inside players must first defend and win the ball and they can attack at either goal, playing 4 v. 2. The team of 8 are playing possession, while the team of 4 is playing to score goals. Play attacking players in the middle and have them win the ball and then attempt to score. Use backs and midfielders as the possession team.

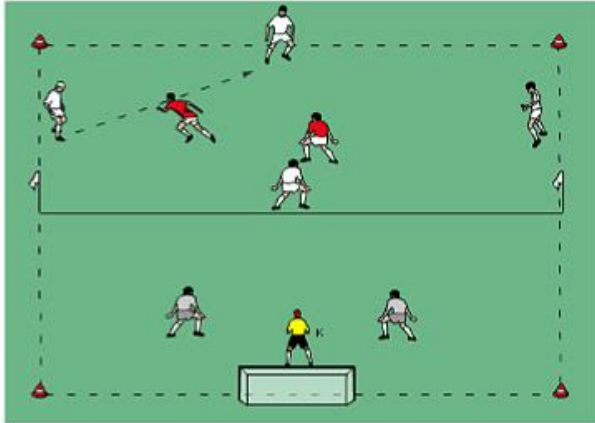


Arsenal 4v4 +2

4 v. 2 + 2 in two teams in a 30 x 20 yard area Play 4 groups of 2, each in a different color. Start with 4 v. 2 in 1 area with 2 waiting players in the other area. Establishing the proper shape for the possession team. Defenders, upon winning the ball, play into the other area and join, making 4 possession players. The color that turned the ball over becomes the defenders and moves into the other area as well. The remaining 2 players wait in the first area for the ball to transition back to them.

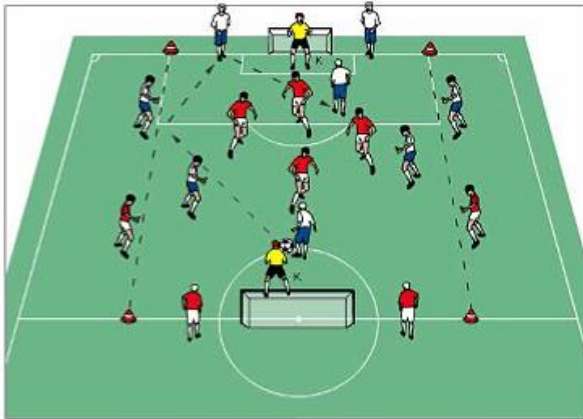
- The teams in possession must maintain the proper shape
- When they lose the ball, they must then quickly transition into the other area to defend and win the ball
- The two defenders need to play pressure and cover and not allow through balls
- Upon winning the ball, quickly transition ball to the other area and join as a new possession group

Passing Drills and Games



Arsenal 4v2 in 2 zones with GK

Play in an area of 20 x 30 yards (2 of each) 2 areas of 20 w x 15 l play starts with 4 v 2 in a possession game – when the 2 inside players win the ball, they play 2 v. 1 to leave the zone and then play 2 v. 2 in the other zone trying to score a goal. The 2 waiting players are the defenders in the second zone – should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players and defend. If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v. 2

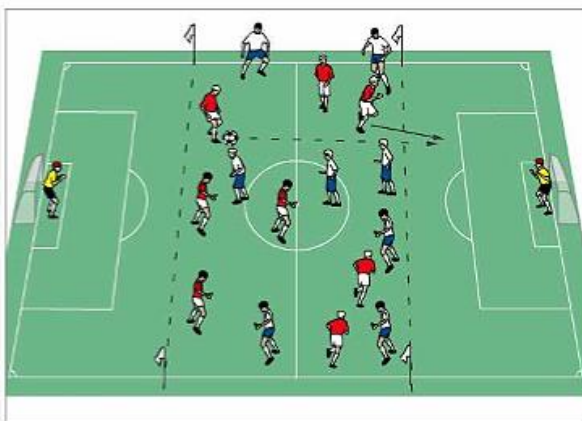


Arsenal 4+4 vs 4+4 with GKs

BUMPER!! 4 + 4 vs. 4 + 4 w 2 keeper in a 35 x 25 yard area Inside players play 2 touch and the outside players play 1 touch. Very fast paced game and is all about scoring Everyone is always involved and it is very competitive

Coaching Points:

Encourage shooting. Rebounds, first time shots off wide players pass or target players • Outside players on toes • Constant transition – defenders become attackers and vice-versa



Arsenal Transition Game

Use 3 equal zones of 30 – 35 yards across the full width of the pitch – 8 v. 8 with keepers. Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take the best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.

Coaching Points:

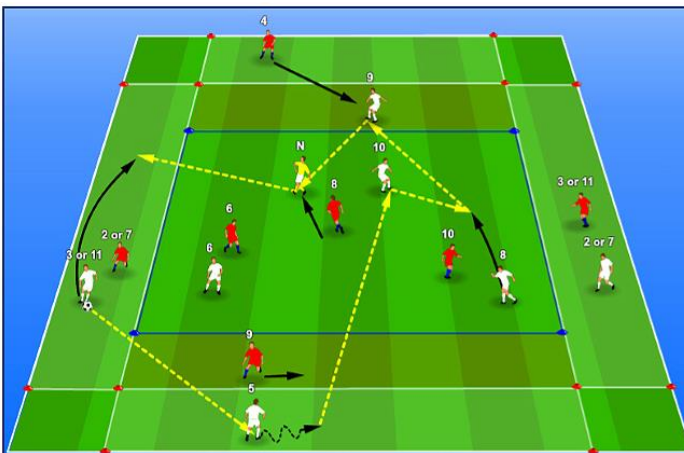
Look for cooperation and communication when the ball changes to the attacking team. The timing of the run and the ball will be crucial to the success of the breakout • Defenders try to deal the ball being played into the attacking zone – put immediate pressure on player with ball.

Passing Drills and Games



Real Madrid Zone Possession Game

To develop possession play with high pressure in limited space and time. Description 8 v 8 (+4 Neutral Players) In an area 20 yards x 20 yards, we split the pitch into 4 grids which are 10 yards x 10 yards each. In each grid we have a 2v2 situation. We also have 4 neutral players who can move all the way along their side of the square without entering the grids. The neutral players play with the team in possession. If a team completes 8 passes or keeps the ball for 10 seconds they win 1 point. If a team passes through all the grids without losing possession they get 2 points. Different Rules: 1) Unlimited touches for regular players and neutral players are limited to 1 or 2 touches. 2) 1 or 2 touches for all players

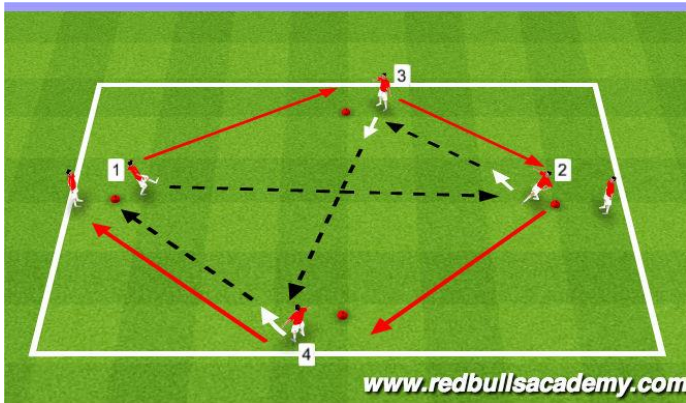


Position Specific 7v7 (+1) Game

7 v 7 (+1 Neutral Player) In an area 20 yards x 25 yards, we have 7 grids. In the central zone, we have 1 large grid which is 12 yards x 12 yards and 2 smaller grids which are both 2 yards x 12 yards. We have 4 grids on the outside which are 16 yards x 5 yards. In the large central zone, we have 3v3 (+1 neutral player). In the side zones, we have wide players (full backs & wide forwards) in 1v1 situations. In the end zones we have a central defender (red 4 and white 5) and in front of them we have the striker (9). The central defender can enter the striker's zone, but the striker cannot enter his. The striker can only press the central defender from his zone with the objective of preventing/intercepting a pass. If a team completes 6 passes or keeps possession for 8 seconds they get 1 point. If a team passes the ball through all the grids without losing possession they get 2 points.

Rules 1. The central defenders and the side players have 2-3 touches, strikers and the neutral have 1 touch, inside players with unlimited touches. 2. The central defenders and the side players have 2 touches, strikers and the neutral have 1 touch, inside players with 2-3 touches.

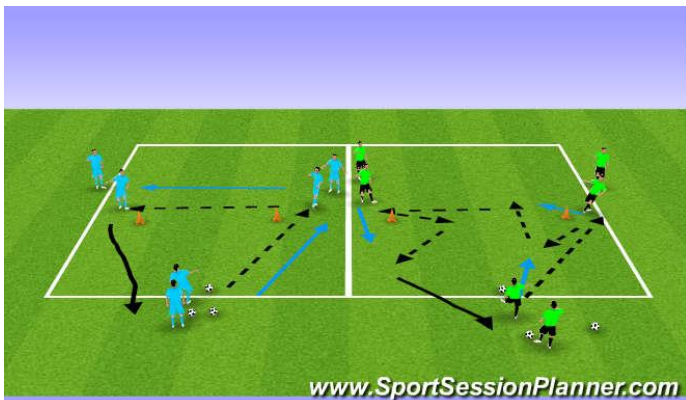
Passing Drills and Games



Red Bull Passing Drill 1

1. Player 1 passes ball to player 2.who passes to Player 3 far foot.
2. Player 3 shows sideways on and takes touch with far foot (Right) toward player 4.
3. Player 4 takes touch with far foot (Left) and passes to Player 1.
4. Player always move to left side. after making their passes.

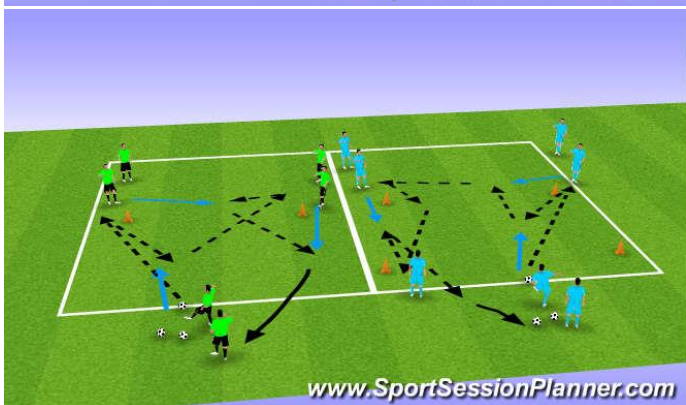
1. Body position (Sideways on)
2. Open door (hip)
3. Let the ball travel to far foot.
4. Cushion on contact in direction of next decision
5. Work ethic when moving off the ball.



Holland Passing Drill 1

Triangle passing (plus variations)

Passing distance 10-15 mtrs. Check to ball explosively (last moment before pass), make contact with passer Play ball with pace, no bounce or spin. First touch so ball can be played directly as 2nd touch. Wall pass at correct angle and pace. Left and right



Holland Passing Drill 2

Triangle passing (plus variations)

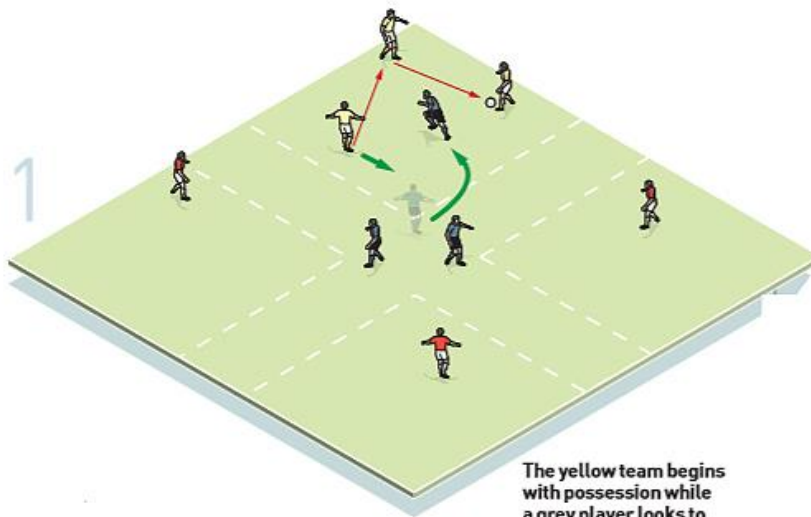
Passing distance 10-15 mtrs. Check to ball explosively (last moment before pass), make contact with passer. Play ball with pace, no bounce or spin. Wall pass at correct angle and pace. Left and right

The last exercise can also be made "open": players choice own passing and running options

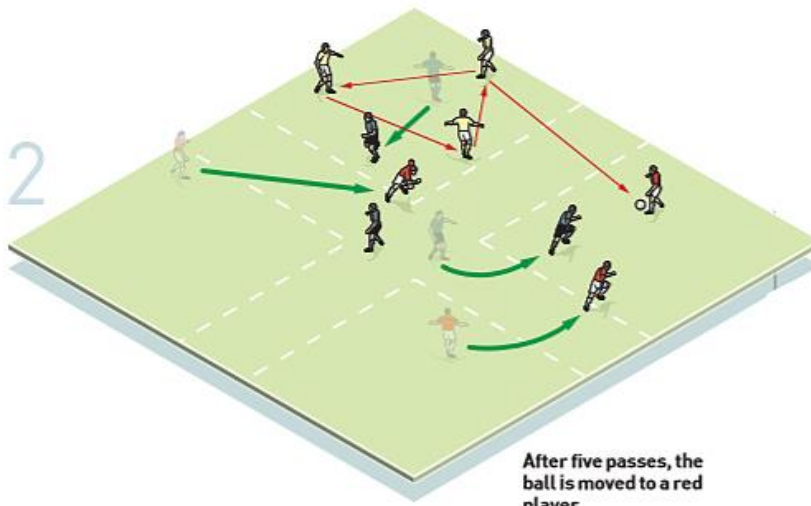
Passing Drills and Games



Transition Game



The yellow team begins with possession while a grey player looks to intercept



After five passes, the ball is moved to a red player

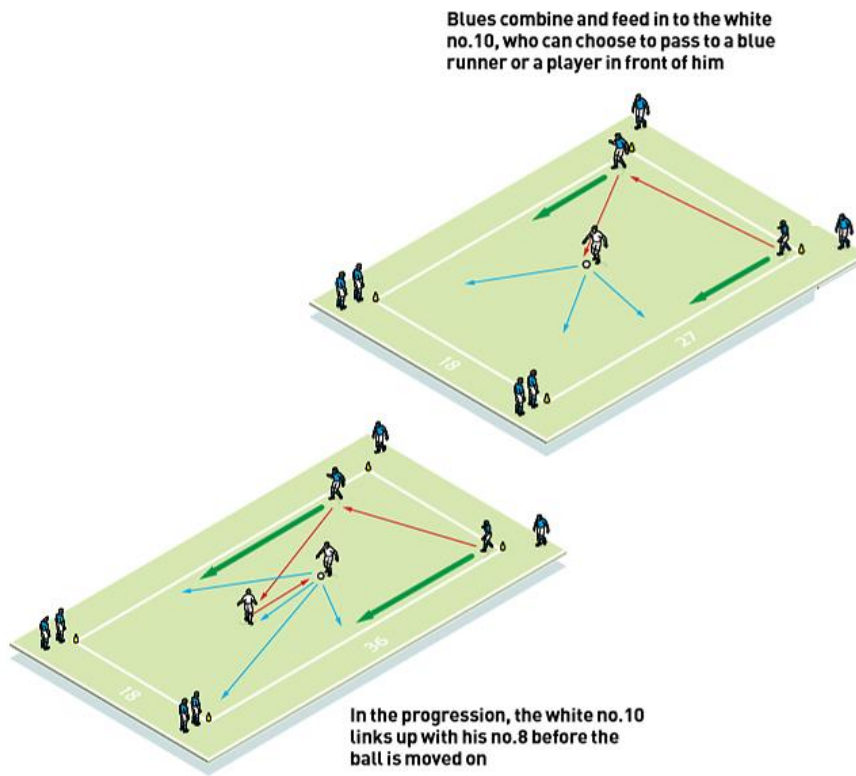
What do I get the players to do?

We set up a box in the shape of a St George's flag, using cones to mark out the internal lines. The yellow team starts with the ball, passing amongst themselves and keeping possession in one box. The red team of three places a player in each of the vacant boxes, while the grey team begins in the center. In this instance, the grey team acts as defenders. One enters the three-man box, attempting to win possession from the yellows, whose task is to keep the ball for five passes before transferring it to any red. Should they succeed the other reds now move to the square where possession is, yellows move to individual squares, and a new grey defender comes forward to break up play (his team-mate returns to the center). Should the ball be intercepted by a grey defender, he must attempt to pass out to a team-mate. If he succeeds, rotate teams so that the yellows (who lost possession) become defenders.

Passing Drills and Games



Chelsea Passing and Receiving Drill



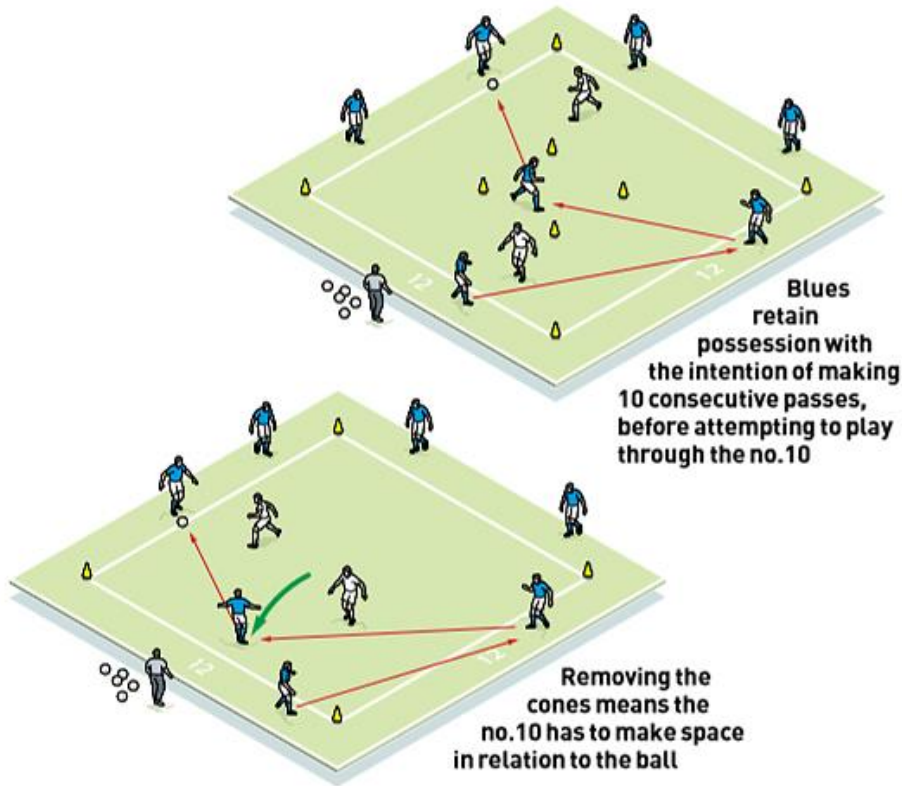
What do I get the players to do?

We begin the session with a passing and receiving practice aimed at developing first touch, angled passing, support play, plus movement and awareness. The initial blue attackers combine to find the white player (no.10), who receives open to play forward to the supporting runner or either of the attacking players at the opposite end. We are looking for quick and precise play with a controlled approach. The practice continues from one end to the other before rotating the central players every minute. We progress using two white central players working together to combine in a way you may expect the no.8 and no.10 to link up. This progression allows for additional combinations that we would expect from the team in the attacking half. The key to both practices is the awareness of movement, precision of the passing and decision making on the ball from all players. As the practice develops we expect to see an increase in tempo, intensity and communication. We'll rotate players regularly so they can all experience the roles of the no.8 and no.10

Passing Drills and Games



Brazil Passing Boxes



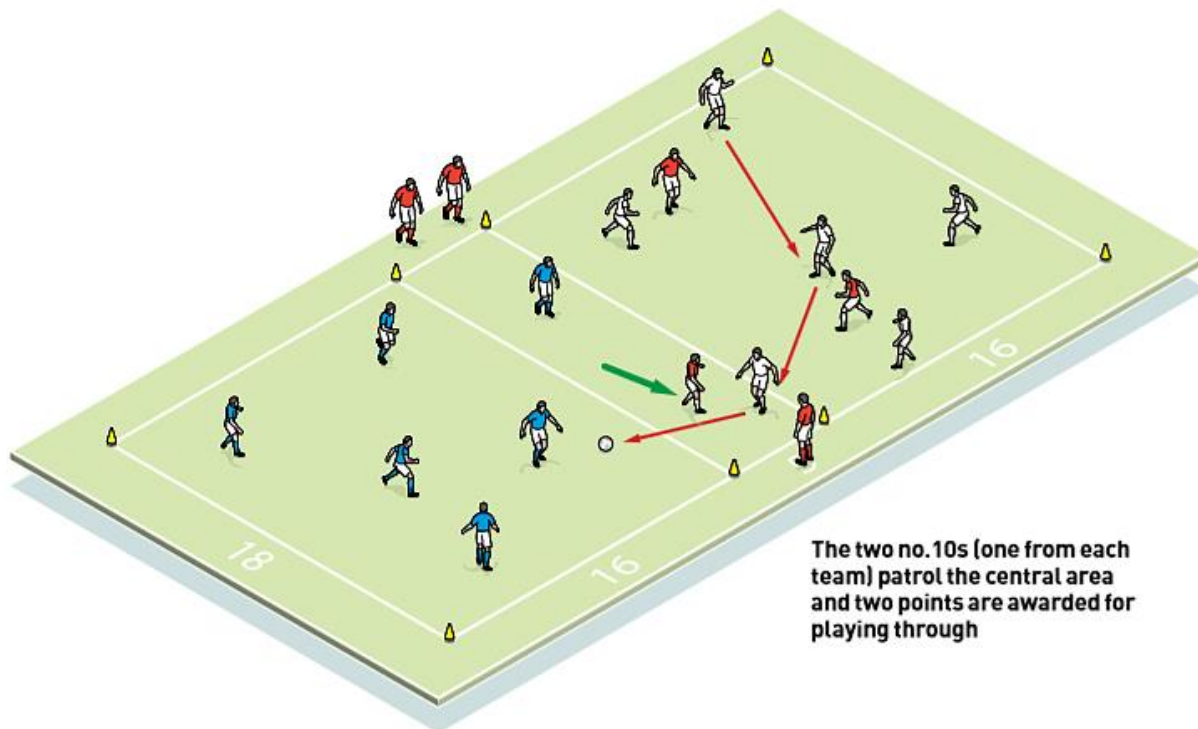
What do I get the players to do?

Moving on, we take the practice into semi-opposed boxes that provide two challenges for the players. In the first example the no.10 is restricted to the small central box, while the remaining blue attackers occupy the outer 12x12-yard area. Two white defenders protect the area in between as blues attempt to retain patient possession of the ball before recognizing when they can play through the no.10. The attacking players are restricted to a maximum of two touches with a point received for 10 consecutive passes and two points awarded for playing through the no.10 to retain possession. In the second box, the no.10 is now free to find his own space in relation to the ball, opposition defenders and his team mates. We are looking for the players to make good decisions on the ball and to assess the risk/reward of when to play through the no.10.

Passing Drills and Games



Possession through the #10



The two no. 10s (one from each team) patrol the central area and two points are awarded for playing through

What do I get the players to do?

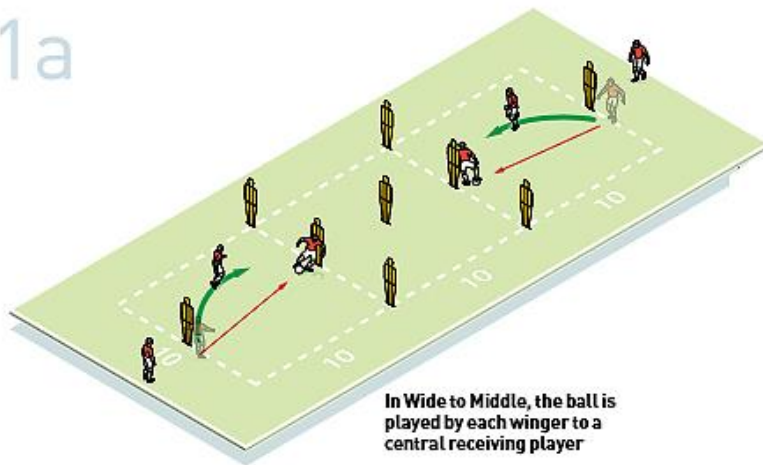
Taking the theme into a more opposed practice, the possession-based transfer practices challenge the spatial and visual awareness of the players beyond a traditional transfer game. Two teams of five attackers occupy 20x10-yard areas, and when in possession are opposed by two defenders. In a central 10x5-yard zone, two attackers are opposed by a single defender. The attacking team completes a minimal number of passes before transferring the ball to the other attacking team.

If they play through the no.10 (blue or white) they achieve a point. If they transfer through or over (without using the no.10) they retain possession but receive no points. In the second game only a defender occupies the central zone. As possession builds (whites), a blue must recognize when, where and how to drop into the zone to receive, get half-turned and play into his own color. If this is achieved, a point is awarded.

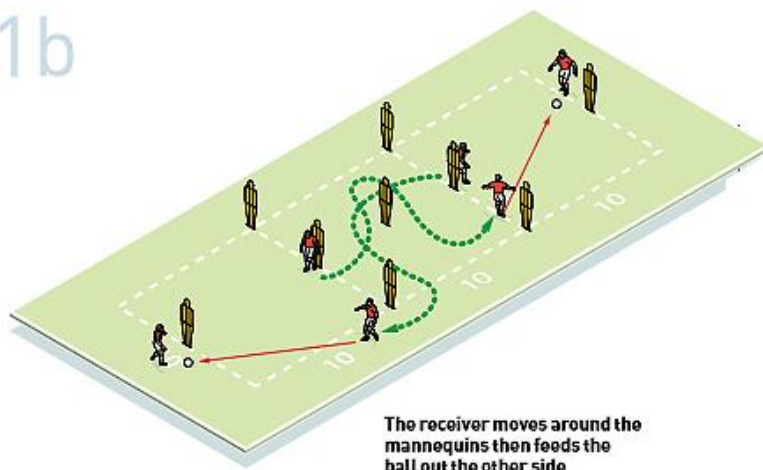


Aston Villa Passing Drill

1a



1b



What do I get the players to do?

Wide to middle Setting up as shown on a 30x10-yard area, we use six players per practice area. Wingers begin with a ball each in this continuous drill.

They play a 10-yard pass inside, then follow (1a). Receiving inner midfielders must be inventive as they move through the mannequins, playing a pass out the other side (1b). They then remain in place to receive the next pass and the move continues (1c).

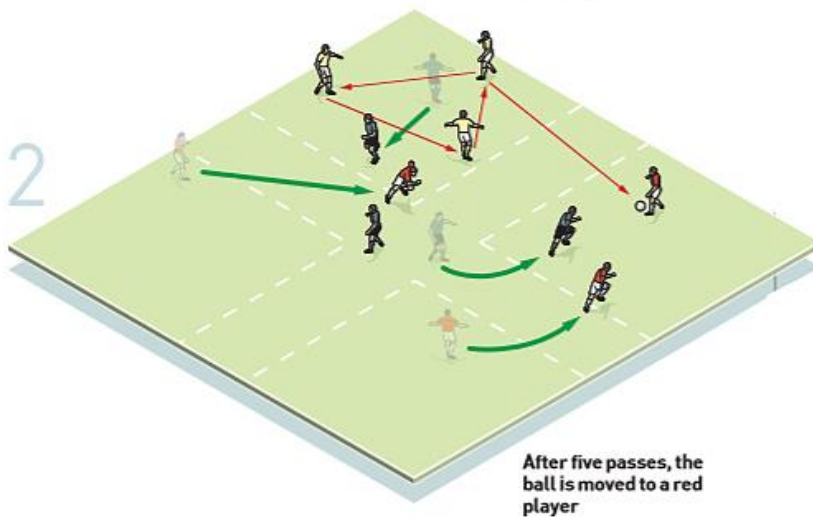
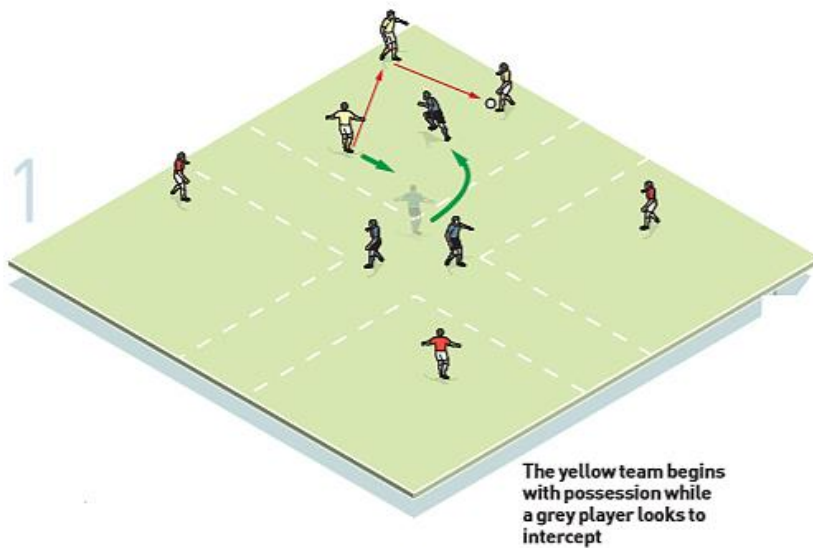
How do I progress the session?

We tell wingers to create quick and precise combination play and one-twos with team mates around the mannequins. We can alter the style of passes – quick, to left and right feet, chipped, even driven.

Passing Drills and Games



Possession through the Thirds



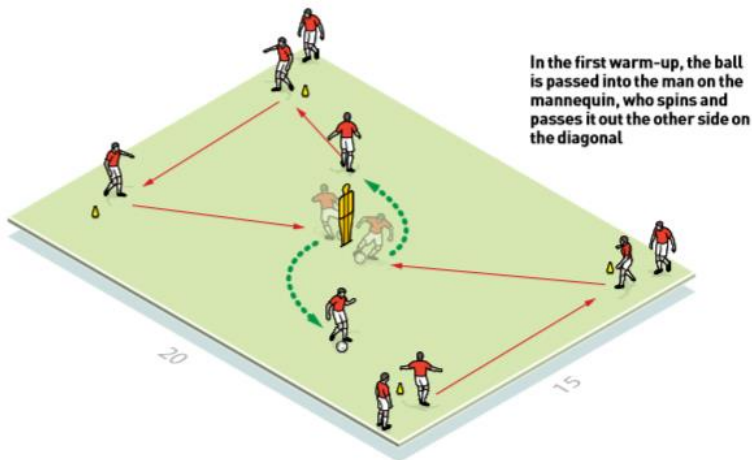
What do I get the players to do?
Passing and penetration For the first drill, we have two groups playing 4v2 (defenders versus attackers) in a 25x25-yard area, with a further four players around the outside. The server feeds in to the two reds, who must keep possession playing one- or two-touch (1a). When the defending team wins the ball, outer reds now enter to challenge 6v4 (1b). Again, once possession is turned over again, players reset and play continues. Rotate the two central red attackers every two minutes. This practice rehearses movement, angles, short passes, body shape, weight of pass and decision- making. Playing between the zones.



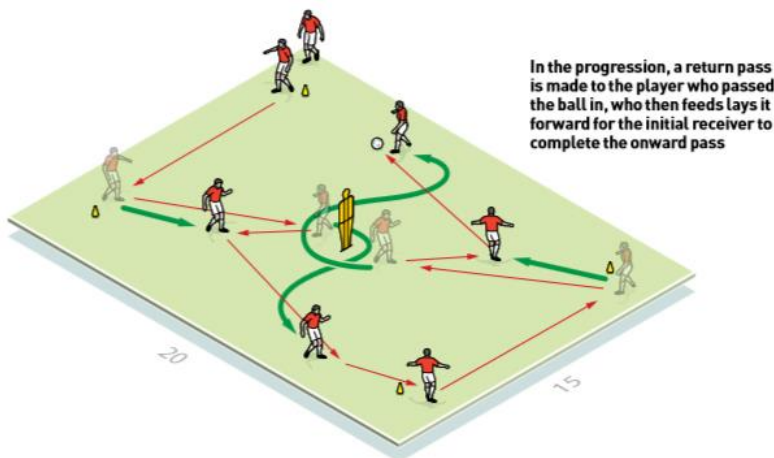
Passing Drills and Games

Tottenham Hotspur Passing Drill

1



2



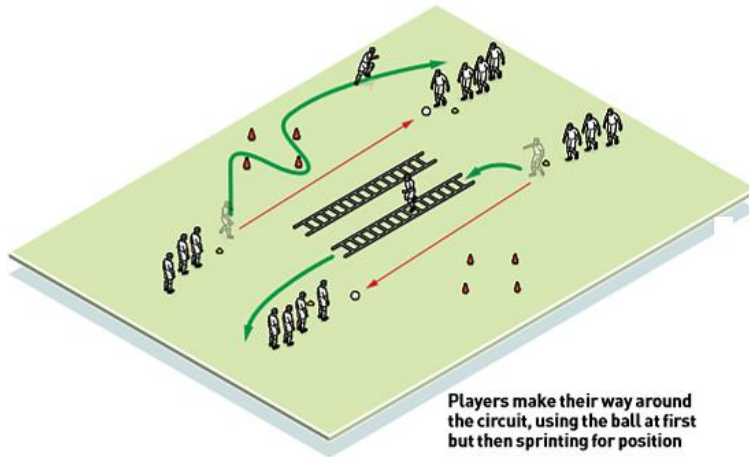
What do I get the players to do?

Warm-ups 90secs work, 30secs rest
For the first warm-up, we set up as shown (1), in a 20x15-yard area. Player 1 passes the ball across to player 2, who takes it and feeds into player 3. This man then turns the mannequin and passes on to player 4, where the cycle is repeated again. We'll then run it on the other side of the area.

For the second warm-up (2),

player 1 passes all across the grid to player 2, who plays in to player 3. This man sets the ball back to his man and makes a run around the mannequin. Player 2 now sets the ball down the channel for player 3 to receive and play on to player 4, where the cycle is repeated. Again, run it both ways. Possession drills 6mins work, 90secs rest
The first possession drill (3) is a 4v4 with overloads provided by two floaters (who play for the team in possession to make a 6v4). In a 25x25-yard box this is three-touch at first, progressing to all-in. Next, we mark off the corners and play 5v5 (4). Eight passes must be completed before a point can be scored – this is done by a player dribbling into a corner.

Passing Drills and Games

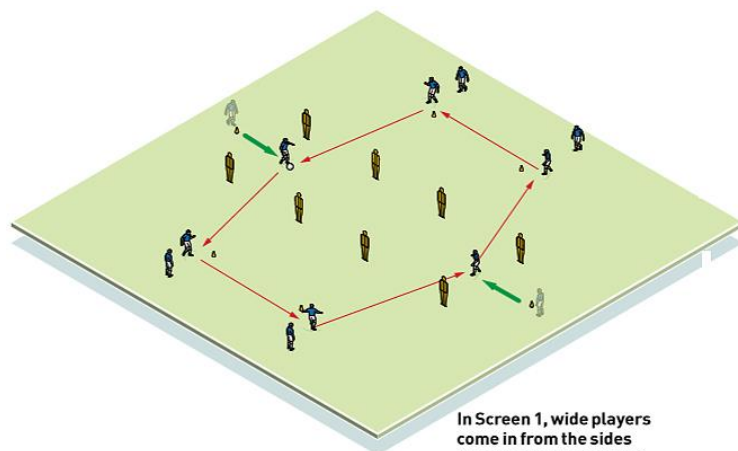


Players make their way around the circuit, using the ball at first but then sprinting for position

Argentina Passing Circuit

What do I get the players to do?

Training circuit (1) Players pass the ball in a straight line and work through the ladders or cones to the back of the group at the other side. We can vary this drill by making it two-and-one-touch, or might instruct different movement on the ladders or through the cones.

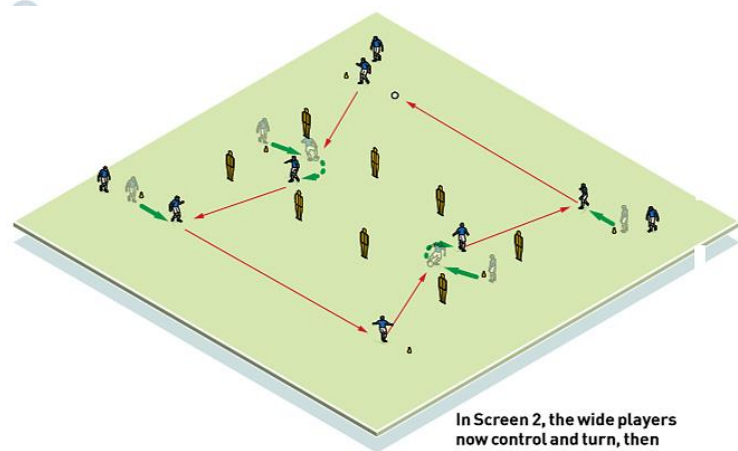


In Screen 1, wide players come in from the sides in ensuring the constant movement of the ball around the circuit

Man City through the Lines Drill

What do I get the players to do?

In this drill, the ball is played across the central midfielders and into the wide player, who steps in to play as the ball arrives. He moves the ball on first time.



In Screen 2, the wide players now control and turn, then pass out the other side

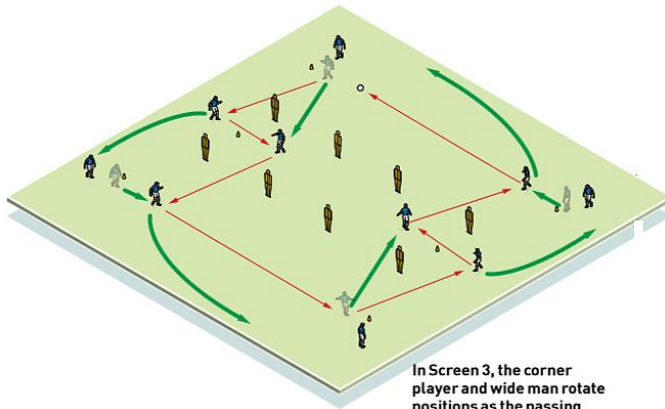
Man City through the Lines Drill 2

What do I get the players to do?

In the progression, the player steps in, controls, turns, then passes it out the other side, ensuring the run is made outside the wide mannequin. The timing of the movement here is vital in terms of receiving the pass and moving it to the right man whilst playing between the lines. We will also add in variations to keep players on their toes – for instance, instructing quick one-twos with the end player.



Passing Drills and Games



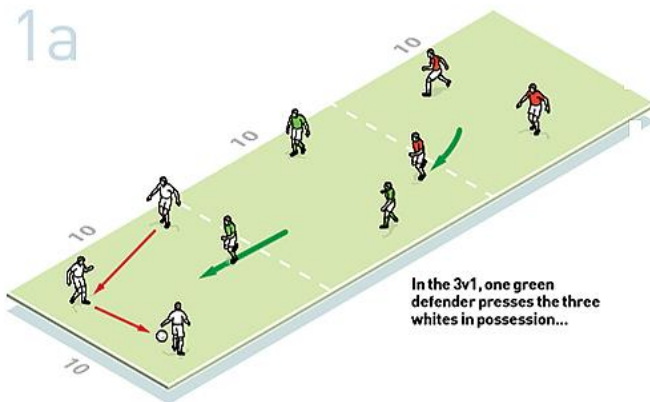
In Screen 3, the corner player and wide man rotate positions as the passing circuit gradually increases in complexity

Man City through the Lines Drill 3

What do I get the players to do?

This drill looks at the timing of rotation. Here, players on the corners pass into the middle then jog down the side ready to rotate with the central player. As the corner man runs towards his team mate, he instructs as to where and how the switch will occur, enabling the two individuals to comfortably achieve the learning objective, namely to understand the rotation and the clearing space for a team mate to run into.

1a

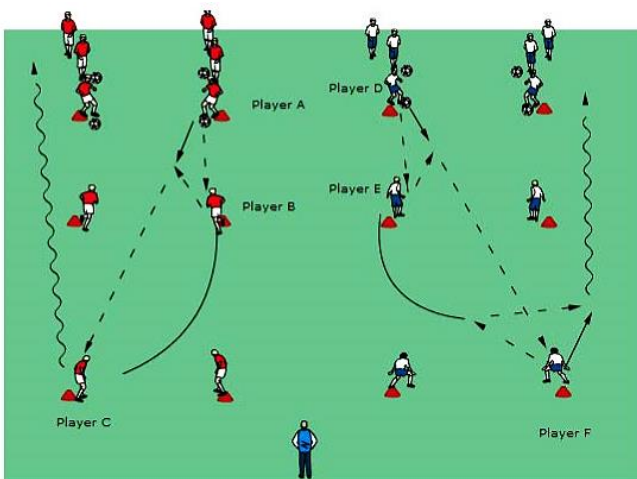


In the 3v1, one green defender presses the three whites in possession...

Wigan FC Penetration Game

3v1 practice

Set up as shown (1a), and in a 30x10- yard area, with three teams of three. Players in possession aim to work the ball past the central defensive team and into the far area, either by playing through or beyond their opponents (1b). Each team can move into a neighbouring box to pass, receive or close down; and there must be a minimum of four passes before the ball can be transferred either through or over the defenders. Rotate teams regularly.



Ajax Passing Circuit

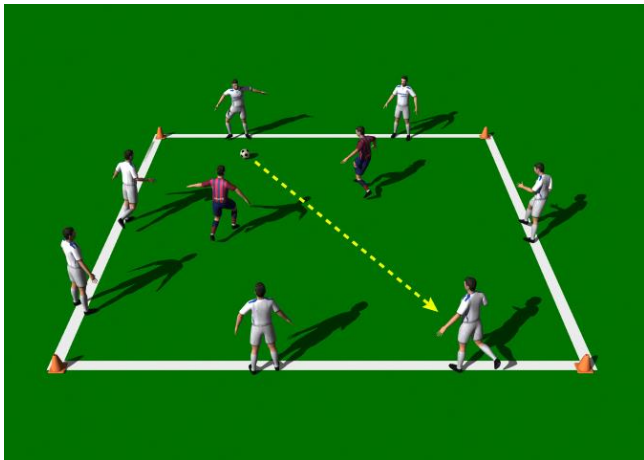
Exercise 1: • Player B “checks away” to begin movement. • Player A passes to player B, and supports the pass. • Player B drops the pass and spins to the outside of the disc and runs to take up Player C's position. • Player A plays a longer diagonal ball to Player C. • Player C receives ball and runs with it, to the end of the nearest line.

Exercise 2: Same initial movements as in Exercise 1, but now player E (B) moves to support F (C) after he drops to Player D (A). As in Exercise 1 movement should be occurring on both sides simultaneously. Variation: Players can serve the longer pass through the air.

Rondo Drills and Games

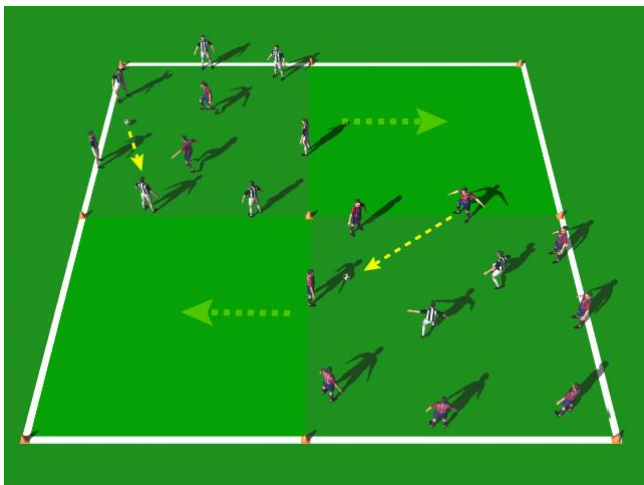


Rondo Drills and Games



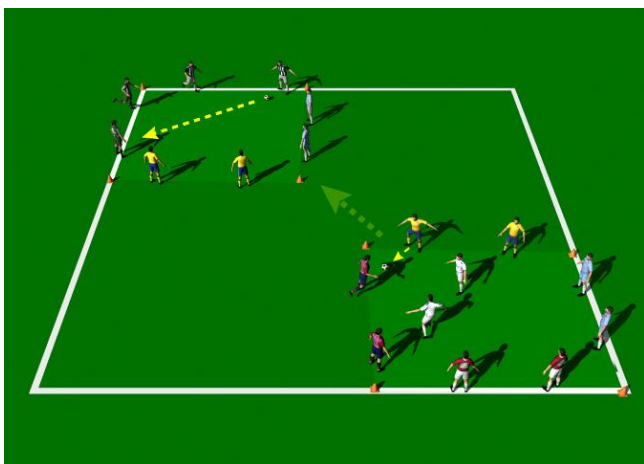
Fundamental Rondo

For basic rondo a 10 yard x 10 yard grid is fine for 6v2 all the way up to 9v2. For smaller numbers like 3v1, 4v1 or 4v2 make the grid a tiny bit smaller. I prefer tighter spaces if the players can handle it. If you see players are having a lot of difficulty keeping the ball make the grid bigger, increase the number of touches allowed, and even eliminate one of the defenders. It may take some time, but eventually players will become more skilled at rondo and keeping rhythm in possession will be possible.



Moving Rondo

Players look to complete four passes and then play their teammates into the open grid. The group at the point all has to run into the open grid following the pass. Players do not have to run keeping the shape of a circle. Once they get into the next grid they can regain the shape of the circle and look to complete four passes again before sending ball into the open grid. The players in possession can make more than four passes in the same grid but they can't play in the open grid before four passes are completed. You can change the number of passes and players to adjust for skill level. This is a high energy and free flowing game of rondo that the players enjoy.

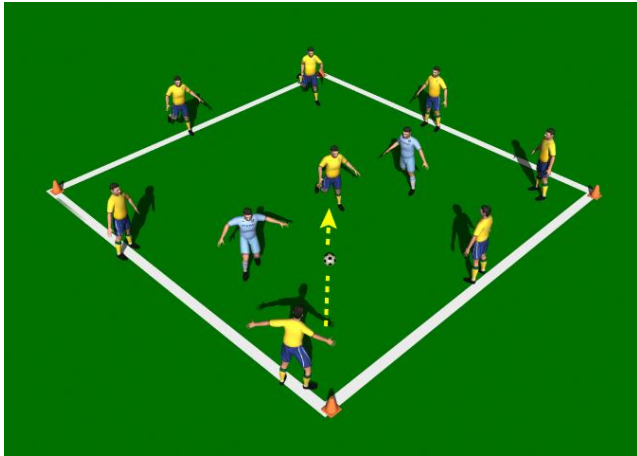


Two Team Color Coded Rondo

One grid will be playing 8v2 for example. The other grid will be passing the ball in circle with no defenders. Every player in the game has a partner. Partners wear the same color bib/vest. You can do five or six colors and even repeat some colors. If the defenders win the ball the person who gave the ball away and his partner must run to the other grid and be the defenders. This is very challenging because defenders may be running from behind you into the circle looking to steal the ball.

Players must be scanning and always looking around to see where the pressure may be coming from. The energy and intensity levels in this version are always very good. Players do not want to let their partners down or stay in the middle pressuring the ball that long.

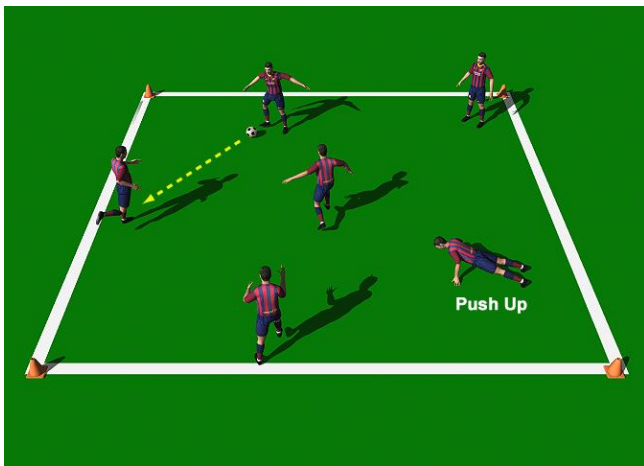
Rondo Drills and Games



Sliding Player Rondo

10 yards x 10 yards in which players form circle. They can go outside the grid a foot or so but the idea is to keep the circle shape and not make the circle larger.

Sliding rondo is simply rondo with a player who can slide into the middle and help keep the ball with the rest of the team. The middle player can either stay the entire time or take turns sliding in and out of the middle at any time. I like having the middle player sliding in and out as another player takes his spot in fluid motion without the game being stopped. It adds another layer of complexity and teamwork to the exercise.

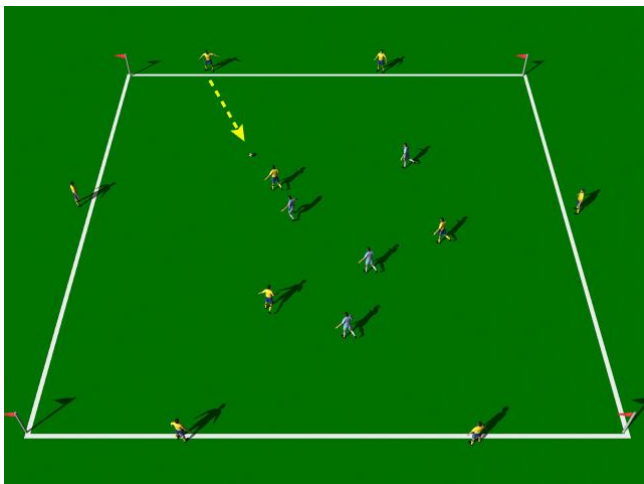


Rondo Push Up Game

10 yards x 10 yards in which players form circle. They can go outside the grid a foot or so but the idea is to keep the circle shape and not make the circle larger.

Key Points and Objectives:

After a player passes the ball, he must perform a "Push Up" and recover as quickly as possible to be available for another pass.

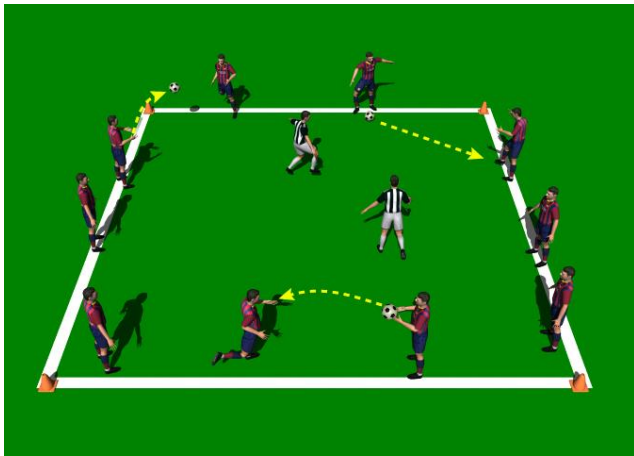


9v4 Rondo

Divide group into 2 teams. One team has a ball and jogs around the grid with the ball in their hands. The working players must move quickly around the grid receiving the ball from the servers. Servers throw ball for the player to control using the head, chest, thighs and feet. Alternate roles every 60 seconds.

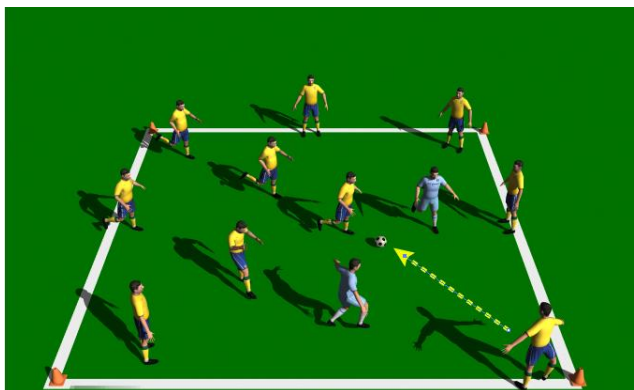
Make a competition by seeing who can get the most touches in 60 seconds. Players may not receive the ball consecutively from the same player. Only award a point if the player controls the ball and plays it back without the ball hitting the ground. Develop to passing "one touch".

Rondo Drills and Games



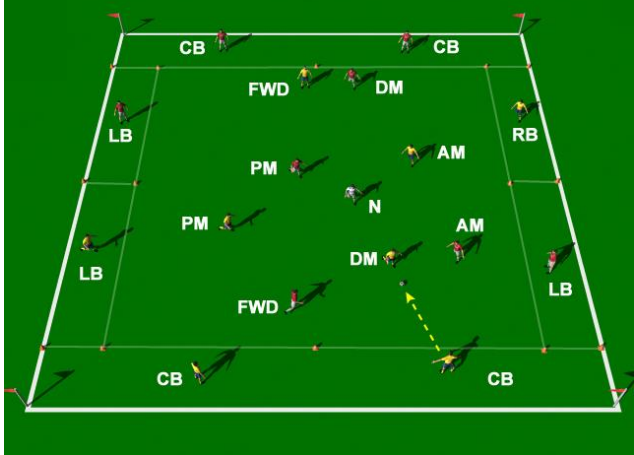
Cognitive Rondo: Ball Toss

This game is the same as fundamental rondo but with a change. Start with one soccer ball or tennis ball that a selected player will hold in their hands. The player must toss the ball to another player while rondo is being played to another player. The ball is continuously tossed (underhand) as long rondo is being played. The players are now forced to concentrate on two separate tasks at the same time. They must be aware of two tasks, the ball being tossed and the rondo being played. Players are forced to process information non-stop in cognitive rondo. The game can be played 10v2 to start with one ball being tossed. Once the players become better at the game add another ball to be tossed and caught. In the diagram the yellow circles represent the balls to be tossed.



Rondo to 10v2 One Touch

The game is 1 touch only. Players should not be in a circle like rondo. They need to be moving inside the grid all the time on the balls of their feet ready to play one touch. The two defenders have the bibs/vests in their hands and try to win the ball. If a defender wins the ball or it goes outside the grid he throws the bib to the players who gave the ball away. The game should not be stopping. Have a coach outside feeding balls in right away as soon as the ball is hit out of the grid. Arsenal FC uses this drill and it is one of my personal favorites. It teaches quick play, one touch passing and movement off the ball. This 10v2 one touch game is played in the same 10x10 grid as your rondo so the transition is seamless.



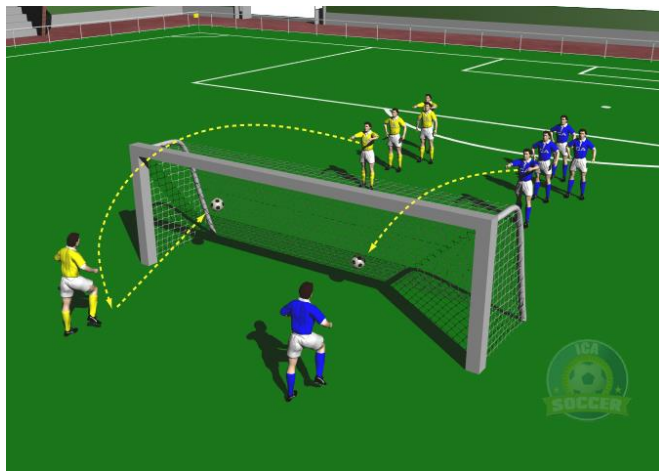
Game Related Rondo Transition

This is a touch two game with players set up in position specific spaces on the field. Each team has two center backs, two outside wing backs, defensive center mid, passing center mid, attacking center mid and a forward. There is also one neutral player on the field playing for the team in possession. The neutral player helps the ball move swiftly. The objective is to move the ball from your backs through the midfield and to your forward. Once the forward receives the ball, the team will attempt to move the ball back to the defenders without losing possession. Once possession is lost, players must work hard to get the ball back. Both teams are set up the exact same way trying to accomplish the same tasks. Outside players are located in safe zones so inside players can't come out of the field and take the ball from outside players. The teams on the inside can only play to their own players on the outside.

Shooting Drills and Games

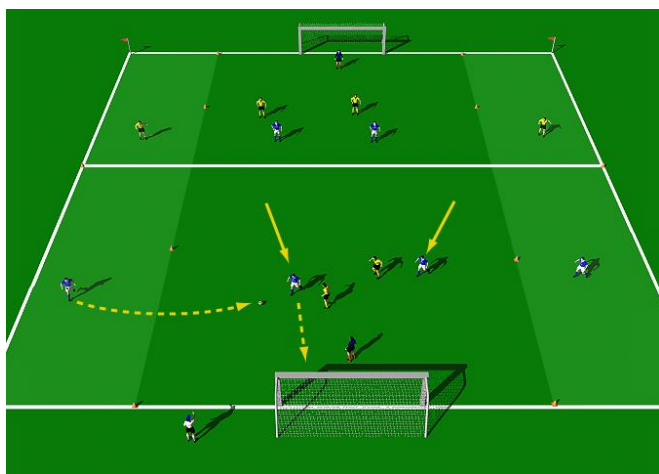


Shooting Drills and Games



Fun Volley Challenge Game

Divide your team into two equal groups. Place one player from each group in front of the goal. The first player from each group serves the ball (using both hands) over the crossbar for his teammate to volley into the open net. The ball cannot hit the ground. It must be "all net". If the player successfully volleys and hits the net, he quickly sprints to the end of the line and the server becomes the next person to volley. First team to get every player to score a volley wins. If the player does not score, he keeps trying until he does. They cannot swap until the player scores. **Progression of game:** Server must scoop the ball over the crossbar using his foot, no hands allowed. Receiver must control the ball first "one touch" then volley the ball. Can use head, chest, thighs or feet.



Chelsea Attacking Game

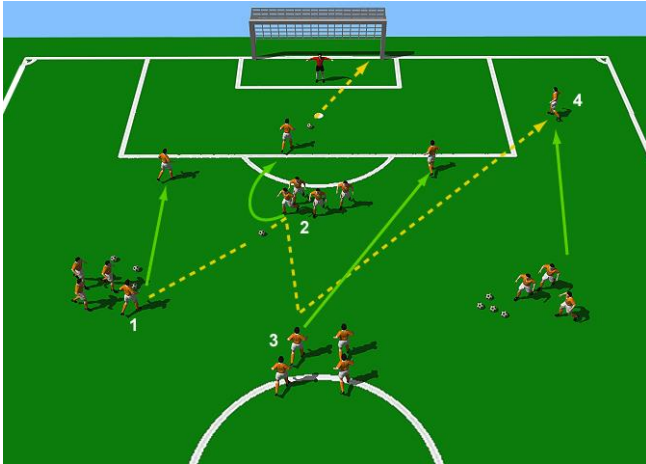
Players are divided into two teams of six. Two wide zones are marked out as in the diagram above. The center zone is split into halves. In the teams attacking zone, place 2 wide players. In the central zones play 2 v 2. All players are restricted to their zones. Wide men cannot chase or tackle each other. They must stay in their half. The goalkeeper starts the practice by distributing the ball to one of his wide attackers in the attacking half. The winger controls the ball as quickly as possible and delivers a cross for his two attacking players. Progress to allowing the opposite wide player to get into the box on the back post to make it a 3 v 2 attacking situation.



Argentina Crossing & Shooting Drill

Servers alternate delivering crosses into the penalty area for the 2 attacking strikers. Servers should aim for the "second 6 yard box". The 2 strikers start at the two cones on top of the "second 6 yard box" once they enter the box they must cross over, attacking front and back post. After the attack has ended they must leave the "second 6 yard box" and reenter for the second cross delivered from the opposite wing. After strikers have 2 attacks they join the group outside the box. An attacker runs forward and takes a shot. Two more attackers now move up to the "second 6 yard box" and the drill is repeated. The goalkeeper has to deal with the cross then quickly adjust his position to save the shot at goal.

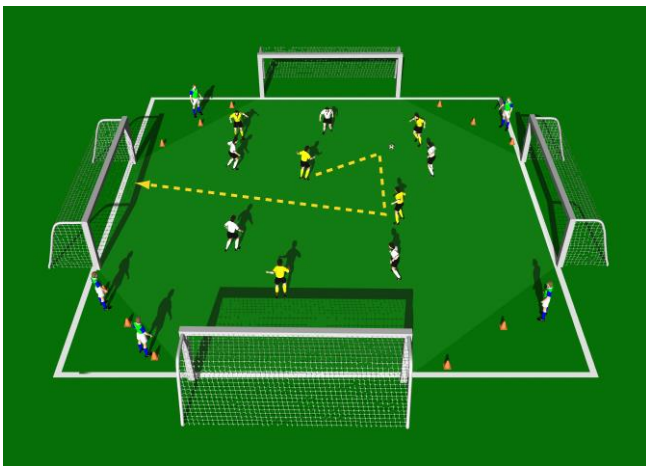
Shooting Drills and Games



Holland Crossing & Finishing Drill

This is a great practice that incorporates passing and support, crossing, shooting and goalkeeping.

Players are divided into four groups. Position players as in the diagram above. The practice starts when player "1" passes to player "2" and times a run to attack the penalty area. Player "2" passes to player "3" and turns to attack the penalty area. Player "3" passes out wide to player "4" (third man running) and follows to attack the penalty area. Player "4" attacks the flank and delivers the ball for players 1, 2 and 3". After the attack the players jog back and the practice is repeated by the next 4 players.



4 Goal Drill - One Touch Finish

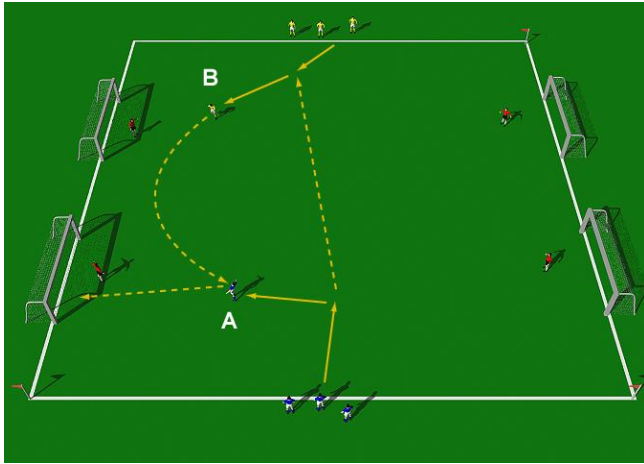
Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time" and must be all net (ball may not cross goal line on the ground). When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!



4 Goal Drill - with Goalkeepers

This is a progression from the "One Touch Shooting Drill". Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Position a goalkeeper in each goal. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time". If the goalkeeper makes a save they must throw the ball out to the opposite team. When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

Shooting Drills and Games



Shooting at Four Goals

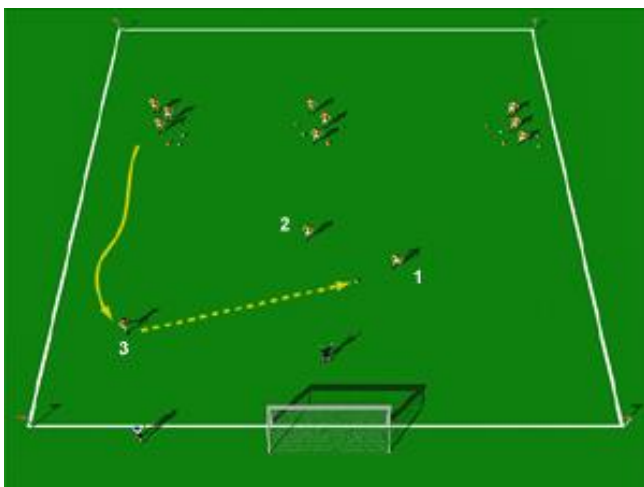
This is a great practice to develop finishing, crossing and goalkeeping. If you don't have four goals use corner flags as goals.

In an area approximately 40 yards by 40 yards place four goals as in the diagram above. Divide your team into two groups. Player 'A' makes a driven pass to player 'B'. Player 'B' controls the ball and delivers a cross for player 'A'. Player 'A' can finish to the goal on his right or left. The drill is then repeated from the opposite side.



Barcelona Cross and Shooting Drill

Players work in pairs attacking the goal. Player "2" passes the ball down the line for player "1" and then makes an attacking curved run to the first goal. Player "1" takes 3 touches and crosses the ball for player "2" to strike at goal. After strike the ball, player "2" turns and now becomes the wide player to cross the next ball. After player "1" crosses the ball he then receives a through pass from the coach and attacks the second goal to try and score. After shooting he now jogs back to the end of the line.



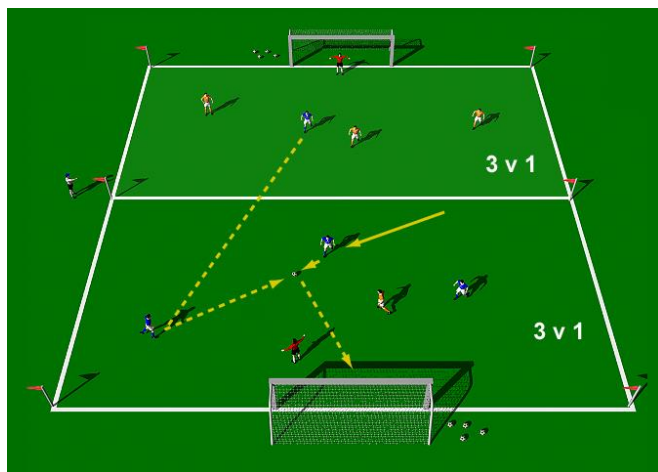
Norwegian Crossing & Shooting

This is a great practice that incorporates crossing, shooting and goalkeeping.

Three groups of players are position 30 yards from goal as in the diagram above. The practice starts when player "1" dribbles the ball forward and attacks the goal and shoots. After the shot, player "1" checks to player "2", receives a pass from player "2" and plays it back "one touch". Player "2" then attacks and shoots at goal. After the attack, player "3" attacks the flank and crosses the ball for player "1" and "2" to score. Both players should perform a cross over, attacking front and back posts.



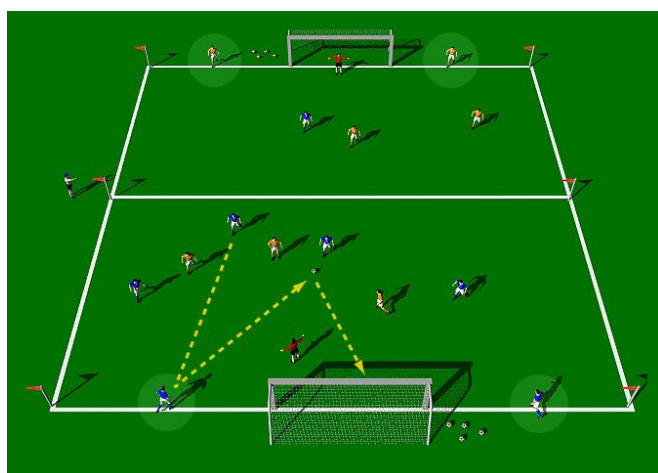
Shooting Drills and Games



Real Madrid 3 v 1 Shooting Game

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting, transition and attacking combination play. This is also a good work out for your goalkeepers.

Place 3 attackers and 1 defender in each half of the field. Players are restricted to playing in their own half of the field, as in the diagram above. Goalkeepers are placed in both goals. The object of the game is to create a numbers up situation when attacking to score goals. The goalkeepers may throw the ball out directly to the 3 attacking players.



Arsenal 7 v 7 Shooting Drill

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting, transition and attacking combination play. This is also a good work out for your goalkeepers.

Play 5 v 5 inside with 2 attacking target men for each team. Positioned target men either side of the goal, as in the diagram above. Goalkeepers are placed in both goals. The object of the game is to create numerous attacking opportunities by thinking and playing forward as quickly as possible. Attacks have to be played off the target man before you can score. Swap target men regularly.

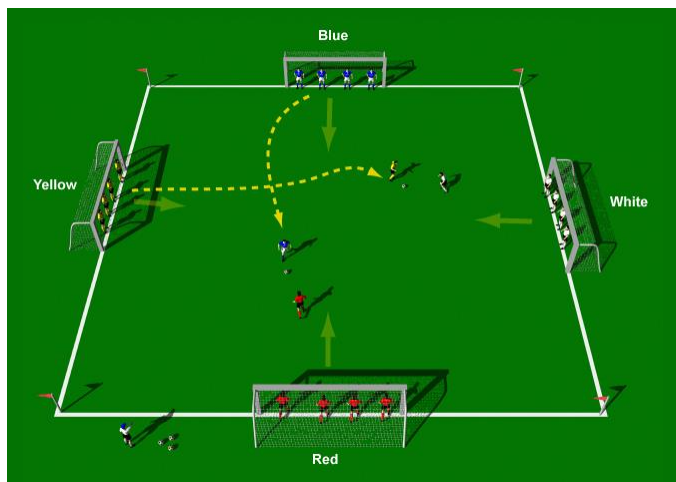


Shooting 3 v 3

Players are divided into groups of three. Each group is identified with a different color vest. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Players play 3 v 3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into box. Teams stay on as long as they keep winning. Team in possession can use outside players to pass too. Players on outside limited to "one touch" Coach should keep track of goals scored and make a competition amongst the players. First team to get 4 consecutive wins are champions. from outside players. The teams on the inside can only play to their own players on the outside.

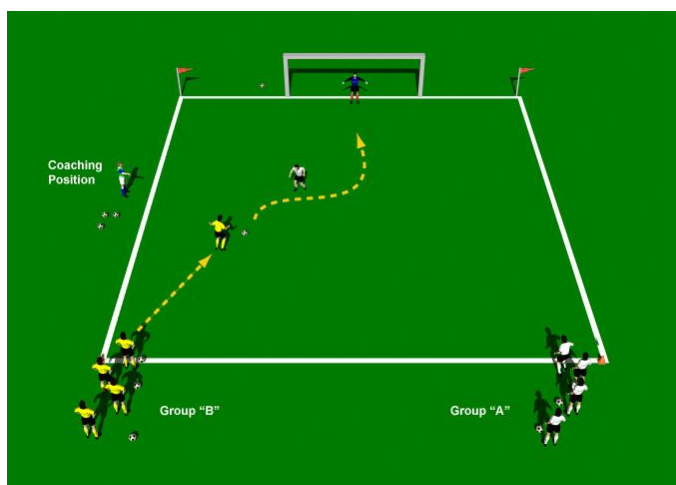


Shooting Drills and Games



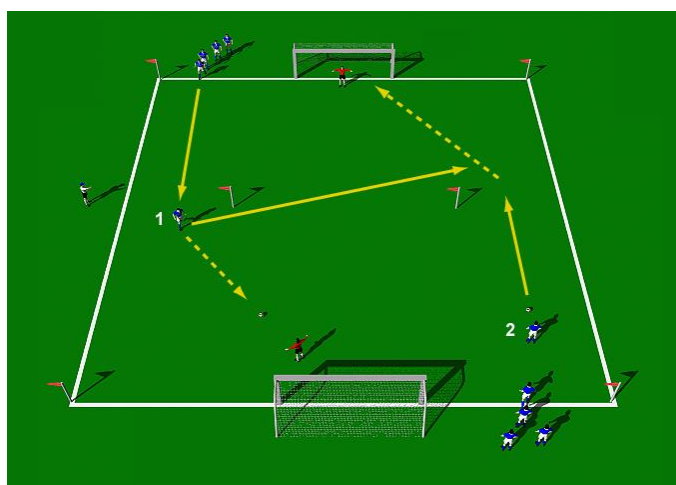
Germany - Four Goal Game

Place 4 goals in an area 30 by 30 yards. Divide group into four teams of 4-6 players. Identify each team by using colored bibs. Place a team on each goal line. Yellow play White and Red play Blue. Two games are being played simultaneously in the square. The object of the game is to score in the opponents' goal. Players on the line act as goalkeepers, but may not use their hands. Players must stay on the goal line. If a player leaves the goal line a penalty is awarded. Start playing 1 v 1 the progress to 2 v 2, 3 v 3.



Shoot then Defend

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout. Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.



Chelsea Shoot and Defend Game

Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball.

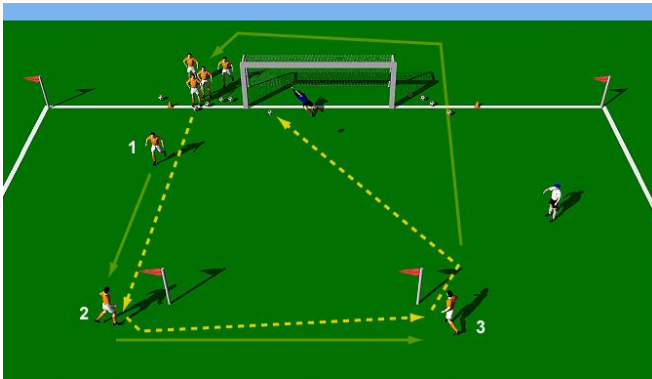
The practice starts when player "1" attacks the flag pole, performs a body feint and shoots at goal. After shooting he must transition quickly from attack mode to defense and sprint across the square to defend player "2". Player "2" is attacking the opposite goal. After he shoots he then must defend. After defending players return to their own groups.

Shooting Drills and Games



Holland Box Shooting Drill

Two flag poles are positioned 20 yards from goal and 15 yards apart. Players are divided into four groups. Two groups with balls, stand either side of the goal. Two groups stand at each flag pole, as in the diagram above. A goalkeeper is placed in goal. The practice starts when the first player in "group 1" passes to the first player in "group 2" and follows his pass. The player in "group 2" has only **"one touch"** to control the ball then he must shoot at goal. He then follows to join "group 4" on his right. The player in "group 3" passes to the first player in "group 4" then runs behind the goal to "group 1". The player in "group 4" has only **"one touch"** to control the ball then he must shoot at goal. He then follows to "group 3". In effect, each player serves twice and shoots twice, in that rotation.



Holland Two Touch Shooting Drill

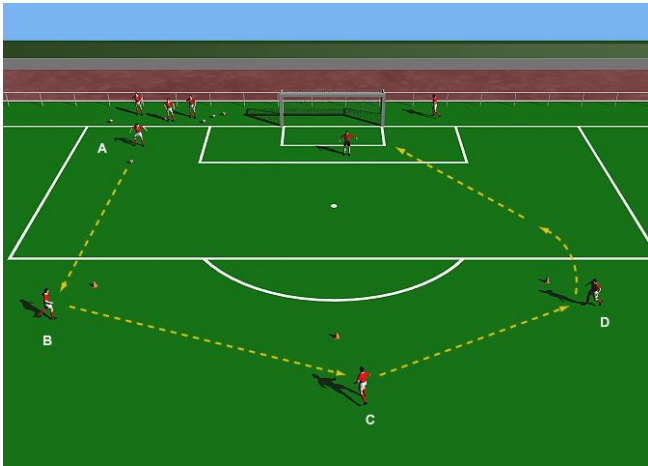
Two flag poles are positioned 20 yards from goal and 15 yards apart. A group of players with balls, stand to the side of the goal. One player stand at each flag pole, as in the diagram above. A goalkeeper is placed in goal. The practice starts when player "1" passes to player "2" and follows his pass. Player "2" has only **"one touch"** to control the ball then passes across to player "3" and follows his pass. Player "3" has only **"one touch"** to control the ball then he must shoot at goal. He then sprints behind the goal and join the group beside the post.



Through Ball Drill with Defender

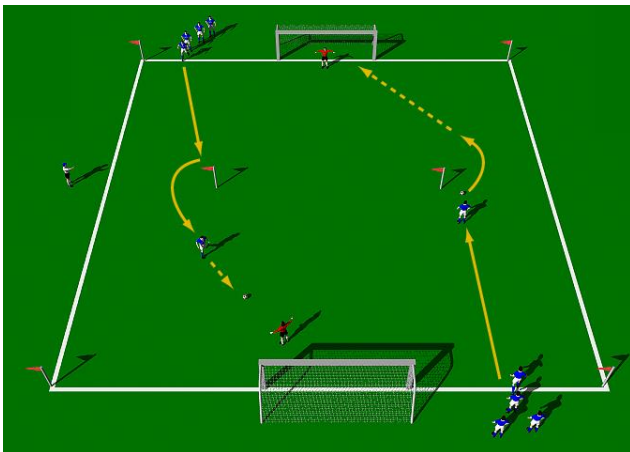
Divide your team into two groups. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. A defender from the opposite group is positioned in the penalty area. Groups alternate attacking the goal. The practice is performed in the following sequence. Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" runs with the ball towards player "C" and then plays a through pass for player "C" to run onto. Player "B" takes the place of player "C". Player "C" runs onto the through ball and tries to beat the defender and score a goal. **After the attack is ended player "C" then becomes the defender against the opposite group.** The practice is then repeated by the opposite team. Coach should keep track of goals scored and make a competition between the two groups.

Shooting Drills and Games



Pass - Follow - Shoot Drill

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence. Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C". Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and tries to score a goal. After the attack is ended player "D" joins the end of group. **Progression:** Now after you shoot you must defend the next shooter.



Dribble and Shoot

A small group of players are placed at the side of each goal. Players have a ball each. First player in each group dribbles the ball towards the cone. At the cone the player performs a dribbling move (using the pole as an imaginary defender). The player then quickly attacks the penalty area and finishes with a shot on goal.

After the attack is finished, players jog behind the goal and join the group at the opposite side. Coach should keep track of goals scored and make a competition amongst the players.

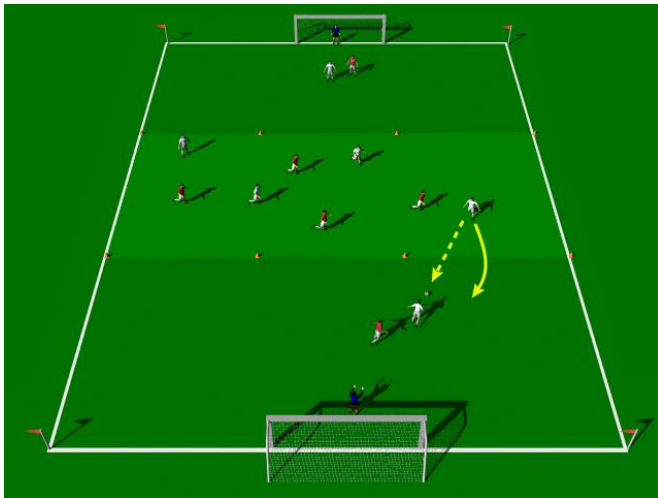


The Shooting Race

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coaches command, the first player from each group dribbles around the cone and has to score as quickly as possible. The first player to score wins a point for their team.

After shooting, players join the end of their group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the teams.

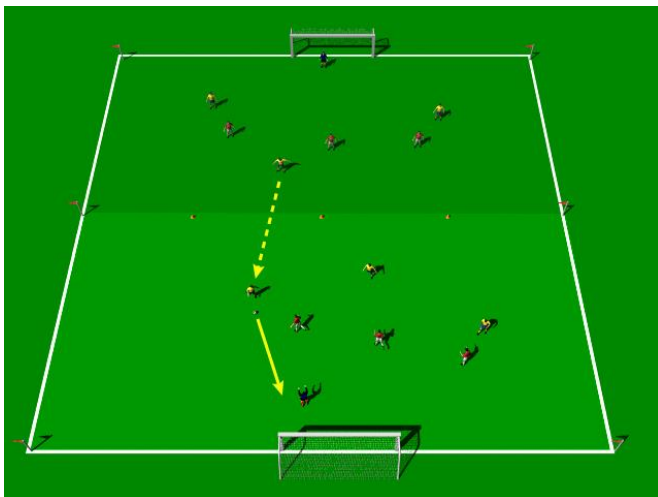
Shooting Drills and Games



Liverpool Shooting Game

Position two equal teams in the center channel. Place a striker and defender in each attacking channel (as is diagram above). A team must make 8 passes before passing to the striker. Once the pass is made, one player must quickly support the striker to make a 2v1 attacking situation.

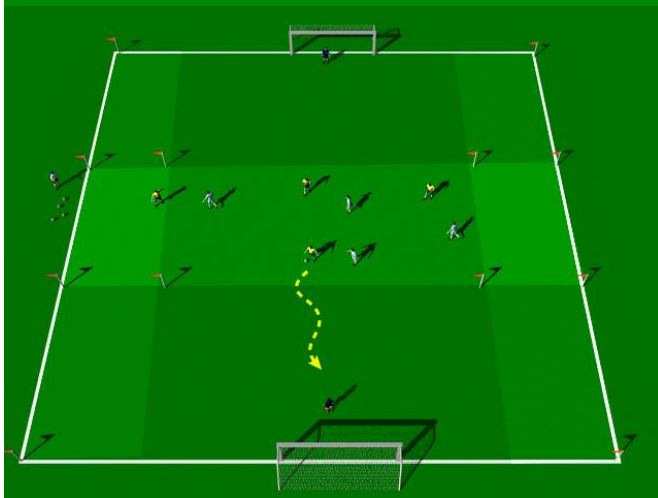
- Try to create width with possessing the ball to create passing channels.
- Quality ball to strikers feet.
- Body position to play forward passes, open your stance.
- When do you support behind the striker or in advance?



Man United Turning to Score Game

The field is split into “defensive” and “attacking halves”. Attackers and defenders are restricted to their half of the field. The practice starts with the goalkeeper distributing the ball to one of the defenders. To allow forward passes, the forwards are not allowed to pressure the defenders. They should drop to “one knee” when the defenders have the ball.

The object is to play a quality pass to one of the striker in the attacking half. The attacker must try to “turn” and score whenever possible. The strikers can also combine with each other to create scoring opportunities. Rotate the groups frequently to allow defenders the opportunity to play as strikers.



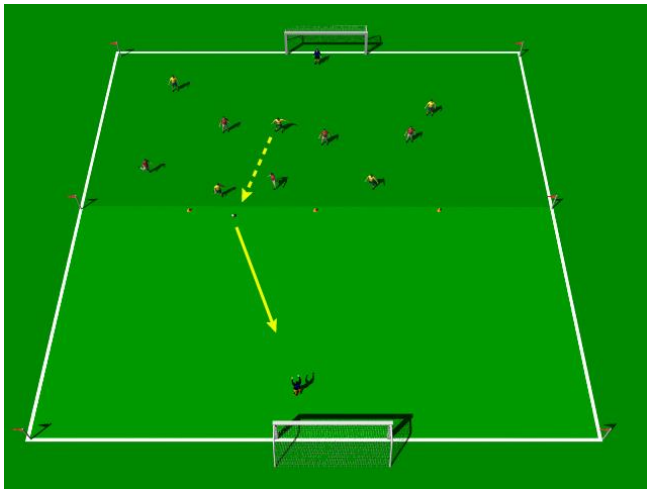
Brazil Dribble or Run Game

Place two equal teams in the middle channel. Players are restricted to the middle channel until they can get 8 consecutive passes. Once the string 8 passes together, a player can run through the middle area at try to beat the goalkeeper in a 1v1 situation. Defenders are not allowed to run back and chase the attacker.

After 8 passes a player may also choose to attack through the wide “gates”.

If he does, he must attack the wide space and cross the ball for a 2nd runner to try and score. After each attack, the coach should serve the ball quickly for a team to take advantage of a “numbers down” situation. This will also demand the strikers to recover quickly after attacking.

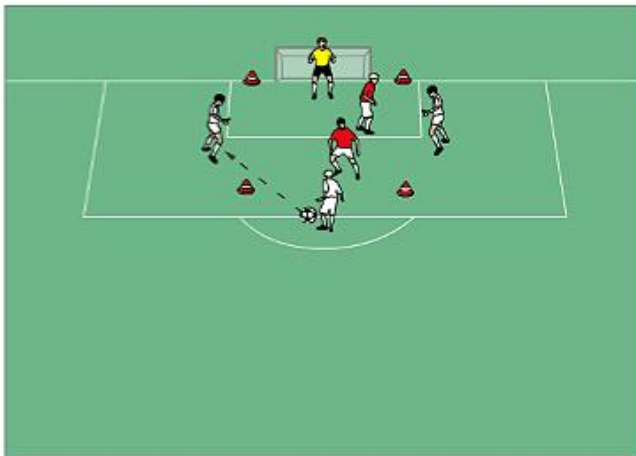
Shooting Drills and Games



Brazil Through Ball Game

This small sided game is designed to accomplish two goals; a). Encourage the use of quick combination passes to create goals and b). Playing the through ball to score goals. Position two equal team of 5v5, 6v6 etc. in one half of the field.

One team is restricted to that half of the field and they must score using a combination of quick short passes to try and score a goal. The other team tries to score in the opposite goal as a result of a “through ball”. They must play a through ball for a runner to beat the goalkeeper in a 1v1 situation. Progress to allow one defender to chase back with the attacker.

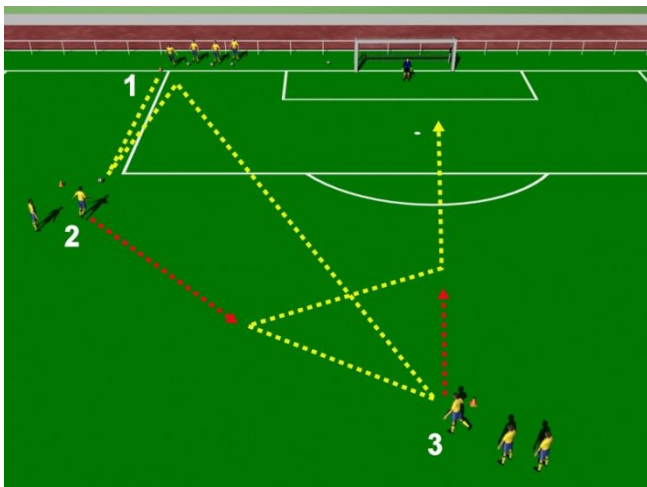


Arsenal 4v2 with Goal

4 v. 2 in a 15 x 10 yard area playing with 1 goal with keeper the 3 outside plus the keeper play possession (1 or 2 touch) vs the 2 inside players – when the inside player wins the ball, he immediately takes a shot at goal. If the keeper makes a save, resume possession play. Keep extra balls available to keep the game going.

Coaching Points

- The possession group will focus on lean, quick and accurate touches
- The keeper plays as a field player and improves his skills with feet
- The 2 inside players defend with the intent to win the ball and have an immediate shot at goal
- Make teams and keep score – make it competitive – set a time limit to play.



Real Madrid Shooting Drill 1

This shooting drill is designed to develop “one touch” build up passing with a shot at goal.

Divide your players into three groups and position as in the diagram above. The practice starts with player #1 passing to player #2. Player #2 passes the ball back to players #1, who then plays a diagonal pass to player #3. Player #3 sets up player #2 for a “give and go” pass, then he looks to finish on goal. All passes in the sequence should be “one touch”. Each player then moves onto the next position to switch roles.

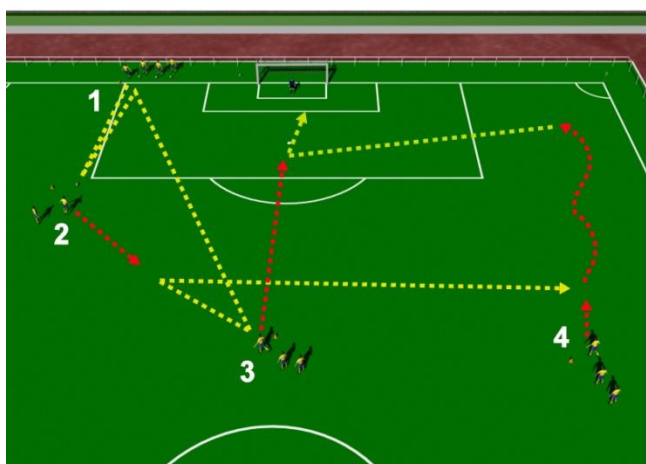


Shooting Drills and Games



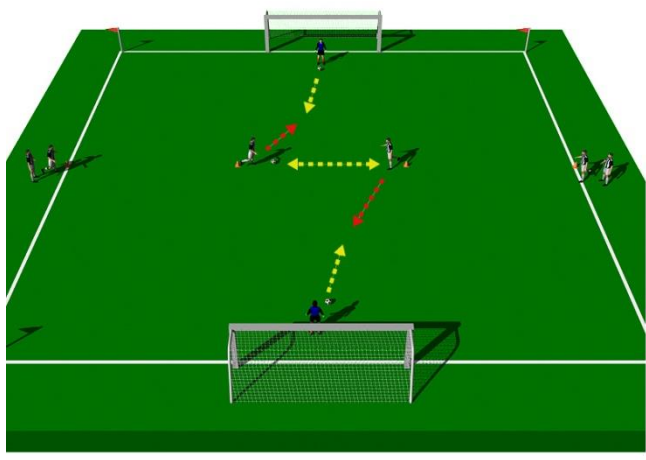
Real Madrid Shooting Drill 2

This shooting drill is designed to develop “one touch” build up passing with a shot at goal. Divide your players into three groups and a striker, and position as in the diagram above. The practice starts with player #1 passing to player #2. Player #2 turns and passes to player #3, who then plays to the feet of player #4 (striker). Player #4 sets up player #3 for a “give and go” pass, then he “spins” to make a run into the box for rebounds. Player #3 attacks the space and tries to score a goal. All passes in the sequence should be “one touch”. Each player then moves onto the next position to switch roles



Real Madrid Shooting Drill 3

This shooting drill is designed to develop “one touch” build up passing, crossing and shots at goal. Divide your players into four groups and position as in the diagram above. The practice starts with player #1 passing to player #2. Player #2 passes the ball back to player #1, who then plays a diagonal pass to player #3. Player #3 sets up player #2 who plays a driven pass out wide for player #4. Player #4 attacks the wide space and delivers a quality cross for player #3. Player #3 must attack the space in the box and try to score. All passes in the sequence should be “one touch”. Each player then moves onto the next position to switch roles.

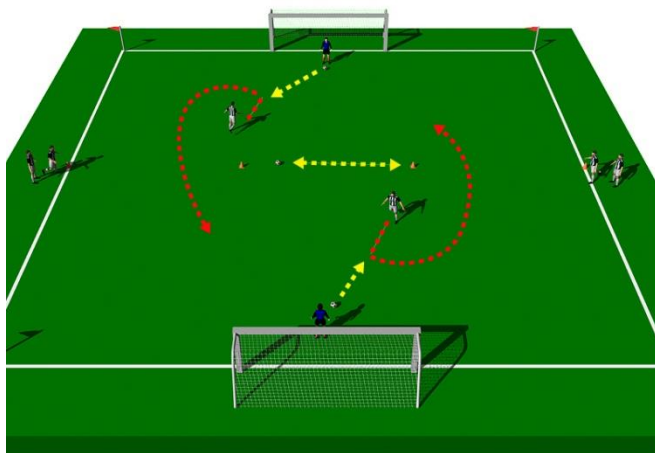


LA Galaxy Shooting Drill 1

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. When the coach shouts “**Left**” or “**Right**” the players leave the ball and quickly react to receive a pass from the goalkeeper to finish “first time” on goal. **The first player to score is the winner!**

Shooting Drills and Games



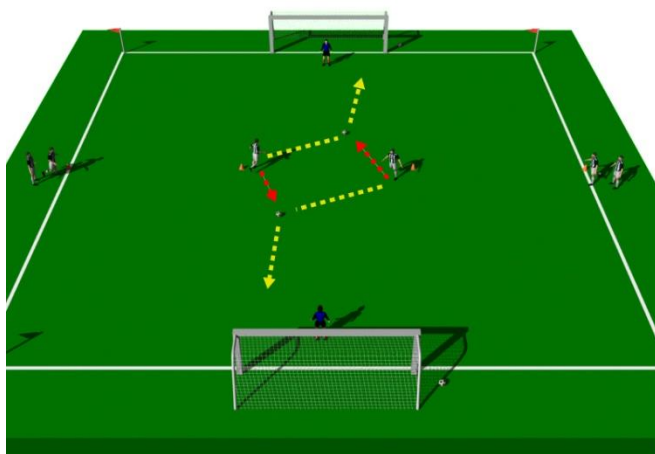
LA Galaxy Shooting Drill 2

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. When the coach shouts “**Left**” or “**Right**” the players leave the ball and quickly react to receive a pass from the goalkeeper. They then must control and turn and attack the opposite goal and try to score.

The first player to score is the winner!



LA Galaxy Shooting Drill 3

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above.

Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “**whistle**” the players pass their ball into space and then “spin to receive the other players pass to attack the goal and try to score. **The first player to score is the winner!**



LA Galaxy Shooting Drill 4

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “**whistle**” the player who has possession of the ball becomes the attacker and can attack any goal to score. The other player must chase as the defender.

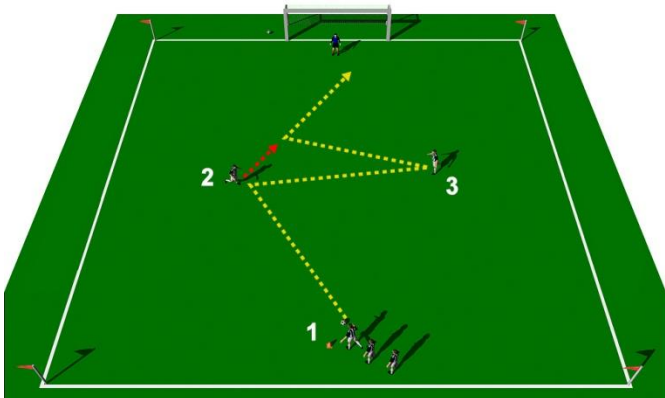


Shooting Drills and Games



Bayern Munich Shooting Drill 1

Divide your players into three groups and position one striker and one defender as in the diagram above. The practice begins with player #1 passing the ball to the striker feet. The defender must allow the striker to have one touch before he can tackle. Wide players #3 and #4 make supporting runs out wide. The striker must play the ball out wide to either player #3 or #4. The wide player who received the ball must attack the space quickly and deliver a quality cross into the box. After playing the ball out wide the striker spins and attacks the space in the box. The opposite wide midfielder must also attack the back post area. The defender has to try to prevent them from scoring. Rotate roles so everyone has the opportunity to play each position.

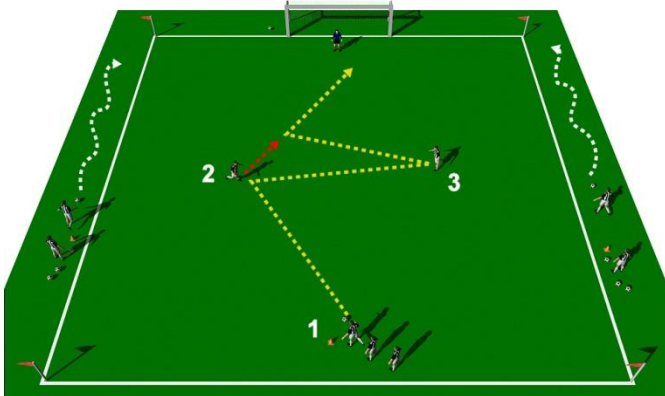


Belgium Shooting Partner Drill 1

This Belgium shooting drill is a great game to emphasize the importance of combining with a partner when going to goal.

Coaching Pointers:

Position your players as in the diagram above. Two forwards start inside the field (players #2 and #3). They must be mobile and make intelligent runs. Player #1 passes to either #2 or #3. In this example; player #2 receives a pass and combines with his partner #3. Both players combine to get a shot on goal. For the next attack, the shooting player is replaced by player #1.

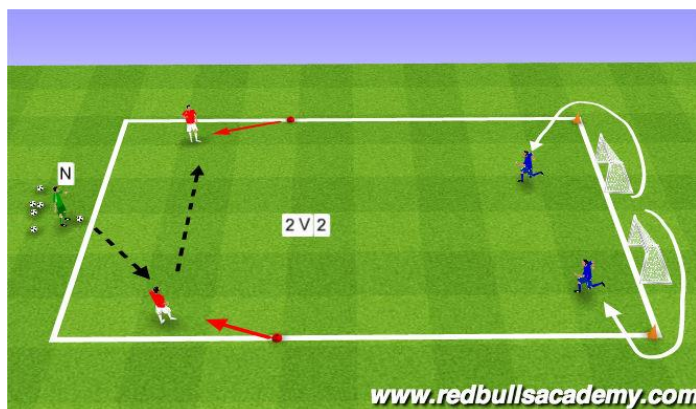


Belgium Shooting Partner Drill 2

Divide your players into three groups and position as in the diagram above. Two forwards start inside the field (players #2 and #3). They must be mobile and make intelligent runs. Player #1 passes to either #2 or #3. In this example; player #2 receives a pass and combines with his partner #3. Both players combine to get a shot on goal. Immediately after the strikers take a shot at goal, the right sided midfielder attacks the space and crosses the ball for the 2 forwards. The forwards must now adjust their movement to position themselves to shoot. Then the left sided midfielder attacks the space and provides another cross for the strikers. On the next attack, the two forwards become wide midfielders, the wide midfielders become the servers (#1) and the server players become the new strikers.



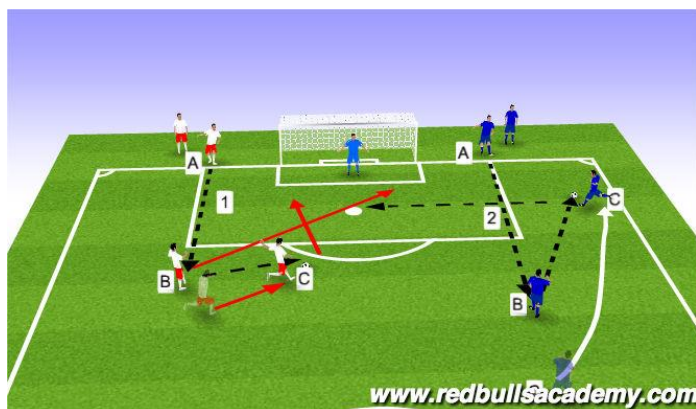
Shooting Drills and Games



Red Bull 2v2 Drill

Instructions:

1. Movement of players as shown
2. Neutral player plays the ball to red team and players play 2v2.
3. Neutral player cannot come inside grid but can be an option if the opportunity to go forward is not there.
4. Red score in goals. If defensive (blue) team win the ball they receive a point by passing the ball to the neutral player.

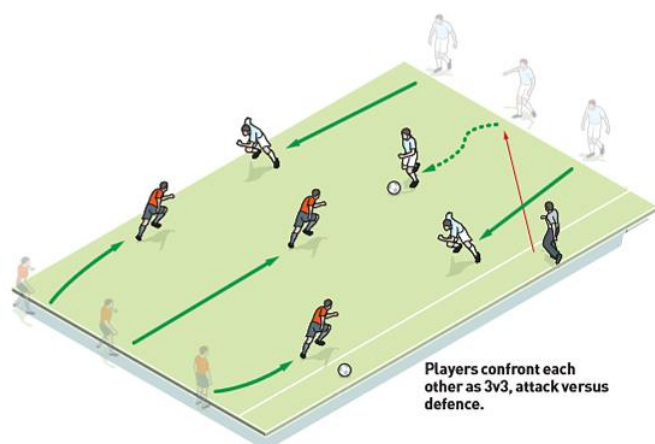


Red Bull Shooting Drill

A into B, B sets for C, C shoots, B and C then hold runs for combination on other side.

1. A into B, C overlaps B as ball is played to B, B plays through ball wide for C, C crosses for strikers from previous combination

Striker C goes towards far post, Striker B goes towards near post, Rotate players after a certain number of goals or attempts to retain repetitions. Make it a competition against the GK to keep players engaged if needed.

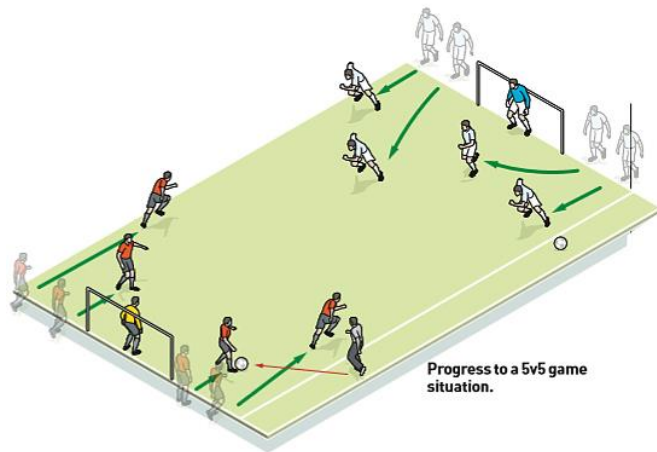


High Tempo Attacking and Defending

Players line up at each side of the marked area. The coach will serve the ball to alternate ends, a player receives, then moves forward supported by two team-mates. Three players from the opposition team approach from the other side. The aim of the team in possession is to interchange passes, evade tackles and eventually get the ball across the opposition line. A high tempo is central to this move. If the ball goes out of play a new ball is served – vary its delivery in terms of pace and height. If an interception is made, the opposing team goes straight on the attack. After a minute of game time has elapsed, rotate players.

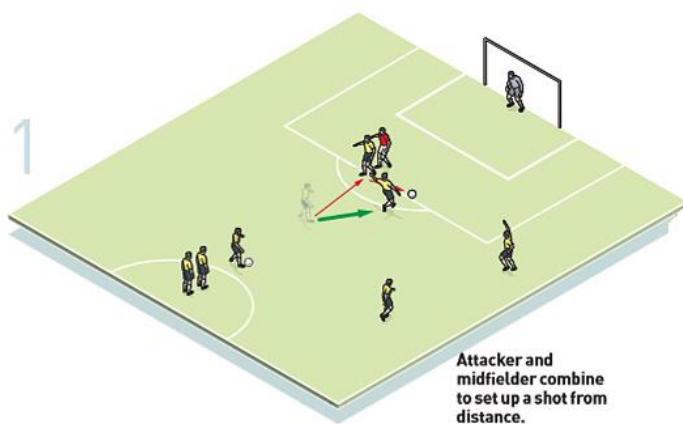


Shooting Drills and Games



High Tempo Attacking & Defending 2

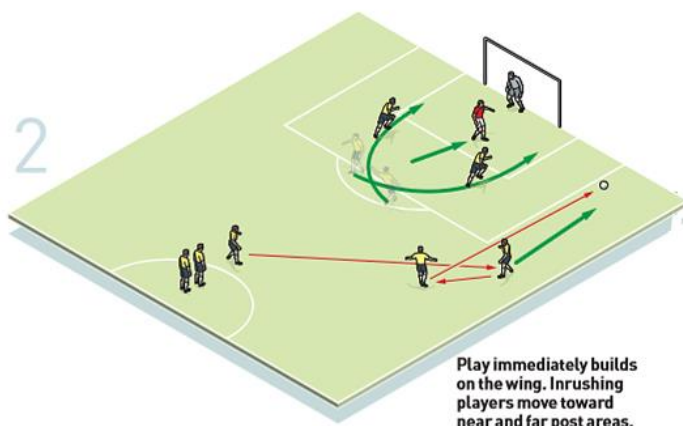
Progress onto a 5v5 game, adding a goal and goalkeeper at each end. With more players, the emphasis should be for attackers to break in pairs and release runners. Defenders should aim to squeeze and compress play by getting as tight in as possible. Increase team numbers as suits, giving consideration to also increasing the size of the playing area, should the need arise.



Attacking Wing Play and Shooting

What do I get the players to do?

Use one defender, one attacker, two midfielders and two wide players. This is a two-ball routine. Positioned outside the D of the penalty box, the midfielder links with the striker and has a shot. With the second ball, the other midfielder switches the play out wide. The two wide players combine and put a cross in for the inrushing forward and attacking midfielder. The defender tries to clear the ball. The crosser must be aware of the defender's position. As a coach you can make the defender defend either the near post or back post cross.



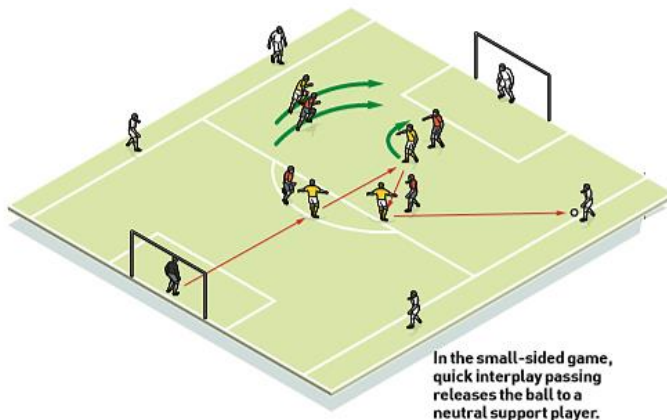
Shooting Drills and Games



Play starts with a member of the white team.

Quick Play in the Penalty Area

Divide 12 players into three teams. The whites have a player on the right and left of the box, plus another two along the 18-yard line, one either side of the arc. They remain outside the box at all times. Inside it, the blues set up to form a square, with reds in the shape of a cross. The goalkeeper throws the ball out to any white player. While it is in the air, the coach calls out “yellow” or “red”. That team becomes attackers, the other team defenders. The attacking side must combine with the whites to get a shot in on goal - effectively, as an 8v4 overload. The white team plays one-touch and must only support, not shoot. The session is played at a high tempo. When a move comes to an end, restart with the a new keeper. Keep players alert by only confirming who the designated attackers will be when the ball is in flight.



In the small-sided game, quick interplay passing releases the ball to a neutral support player.

Quick Play – Progression

How do I progress the session?

Encourage attackers to turn and take on defenders rather than laying a simple ball back to a white man. Also experiment by adding an attacking player in the ‘D’ outside the 18-yard box. This player must stay in this area and can shoot using one touch, or act as an additional white supply man.

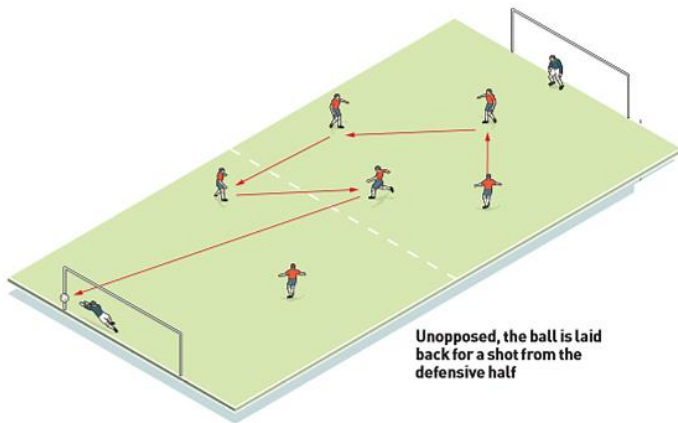
How would you put this into a game situation?

Use two penalty areas placed together with a goal at either end to play a quick shooting game, 4v4 plus two keepers. White players continue to play as neutral – this time each patrolling a flank along half a pitch. When possession is turned over, the defending team can use their white flank player as a forward outlet as they break into the opposition’s half. Varying one and two-touch commands will also have an interesting effect on the pace of the match.

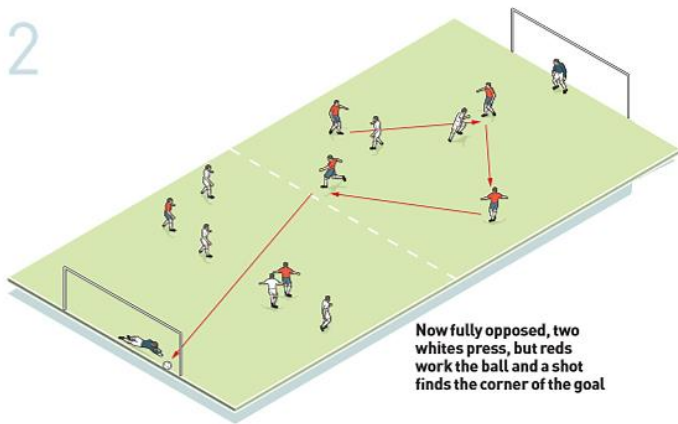




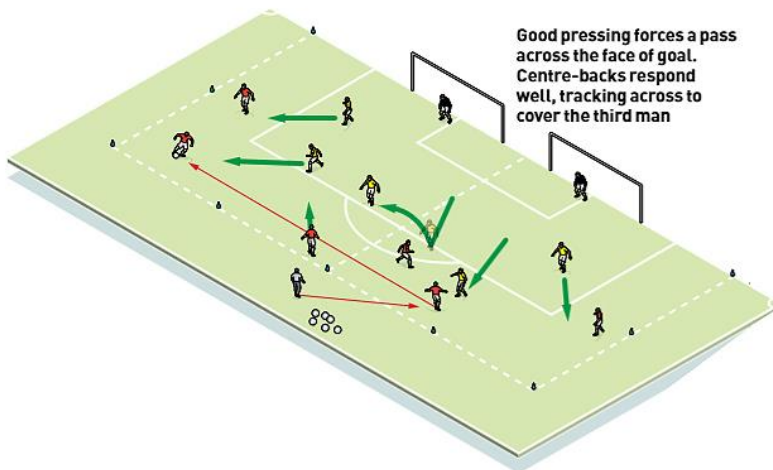
Shooting Drills and Games



Unopposed, the ball is laid back for a shot from the defensive half



Now fully opposed, two whites press, but reds work the ball and a shot finds the corner of the goal



Good pressing forces a pass across the face of goal. Centre-backs respond well, tracking across to cover the third man

Long Range Shooting

What do I get the players to do?

The long-range shooting session starts by dividing a 36x18-yard pitch into two halves. Goals can only be scored from the defensive half. We set up four attackers in the defensive half, and another two in the attacking half. The role of the two players furthest forward is to set the ball back for any one of their four team mates to shoot at goal. It's a high-intensity practice, so players rotate every three minutes. (1) Progressing to an opposed practice, opponents now attack the opposite goal - thus each side has a 4v2 overload in their defensive half. (2) While the set-up men cannot be challenged when the ball comes to them, they now also have to act as defenders, closing down play and attempting to win possession. In addition, they can follow in any rebounds from blocked shots. (3) Whether a shot ends in a goal or otherwise, a new attack must come back in the other direction.

3v2 Boxes Challenge

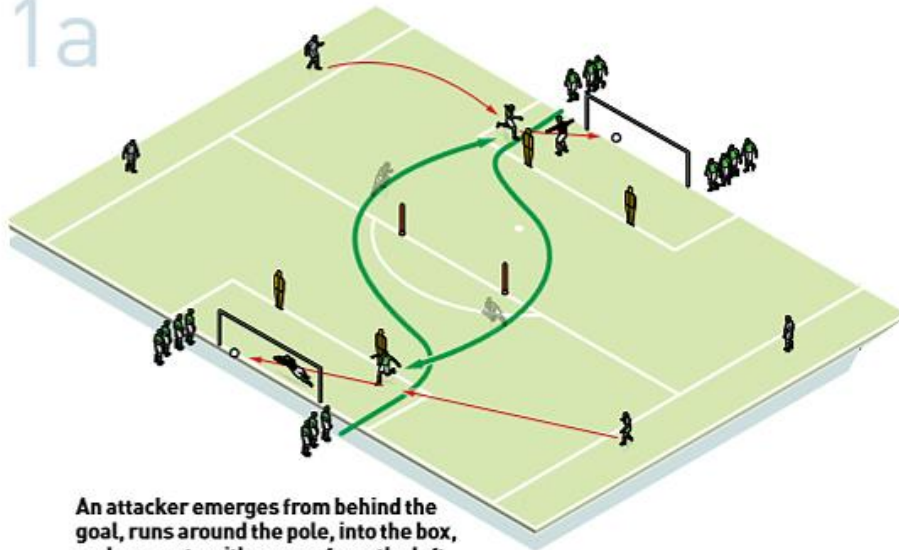
Setting up as shown enables us to coach defenders in coping with multiple switches from left and right. Each half of the pitch is 3v2, with an additional defender able to move across the halves to make a 3v3. Play can be switched from zone to zone, and is continuous for 2mins before the central defender is rotated. Defenders can move outside the penalty area in closing down and pressing attackers, but the main aim is to lock attackers into one zone and not allow them to switch play.

Shooting Drills and Games



Crossing and Finishing

1a

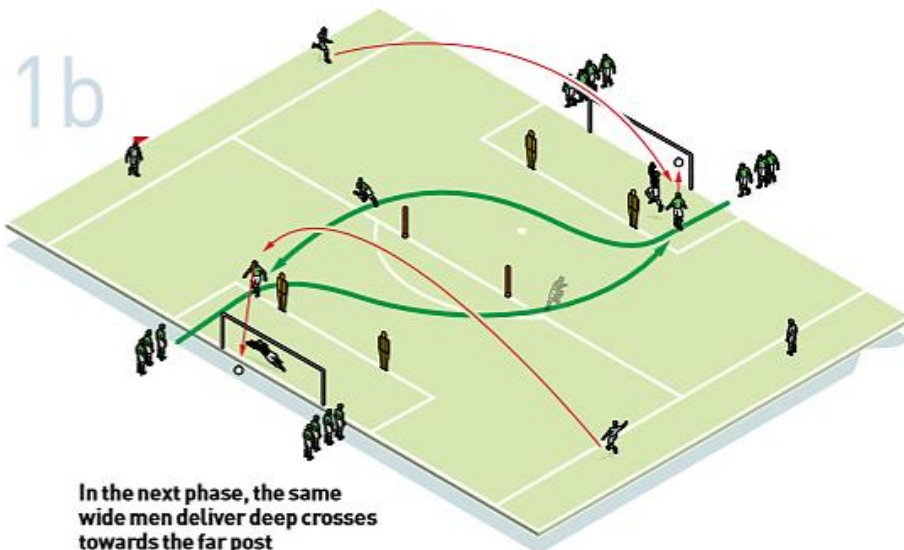


An attacker emerges from behind the goal, runs around the pole, into the box, and connects with a cross from the left, placing his shot inside the keeper and avoiding the mannequins on the edge of the six-yard box. An attack begins in the opposite direction

What do I get the players to do?
Setting up as shown, the attacker moves from behind the goal, runs around the pole and goes near-post for a cross from the wing. The crosser has to miss the mannequin and aim to run to the near post for a shot at goal. Now a player attacks the other end (1a). On the next attack, a player emerges from the other side of the goal, and the same crosser delivers a far-post cross (1b). We continue running the practice, now using the other two crossers, and always delivering alternating near- and far-post balls.
What are the key things to look out for?

This session is about precise deliveries and clinical finishes. Missing the mannequin is essential, and attackers, as a bare minimum, must ensure they hit the target.

1b



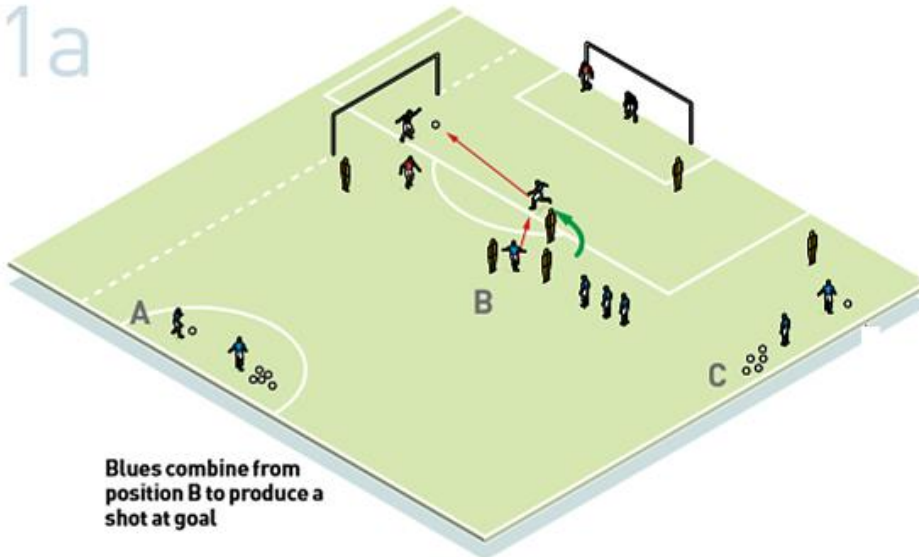
In the next phase, the same wide men deliver deep crosses towards the far post



Shooting Drills and Games

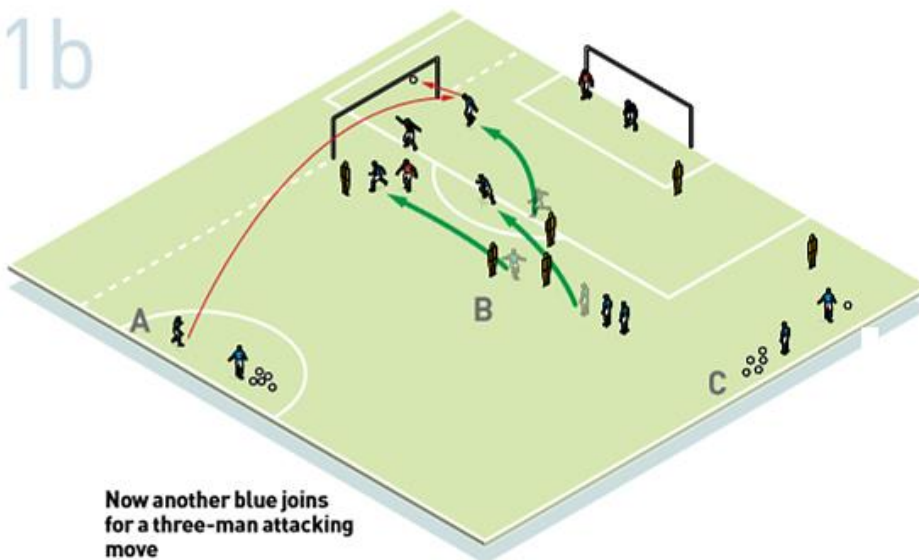
Belgium Crossing and Finishing Game

1a



What do I get the players to do?
Crossing sequence Setting up as shown (1a), we begin from position B, with one blue touching the ball to a team mate, who takes a touch then shoots. A third blue now joins and all three players move forward, looking to get on the end of a cross from a team mate at position A, to the left (1b). A red defender in the goalmouth attempts to stifle the threat. Next, attackers turn to their right, and a cross is delivered from position C, on the right-hand side (1c). After these attacks, three new blues come into the area at position B.

1b

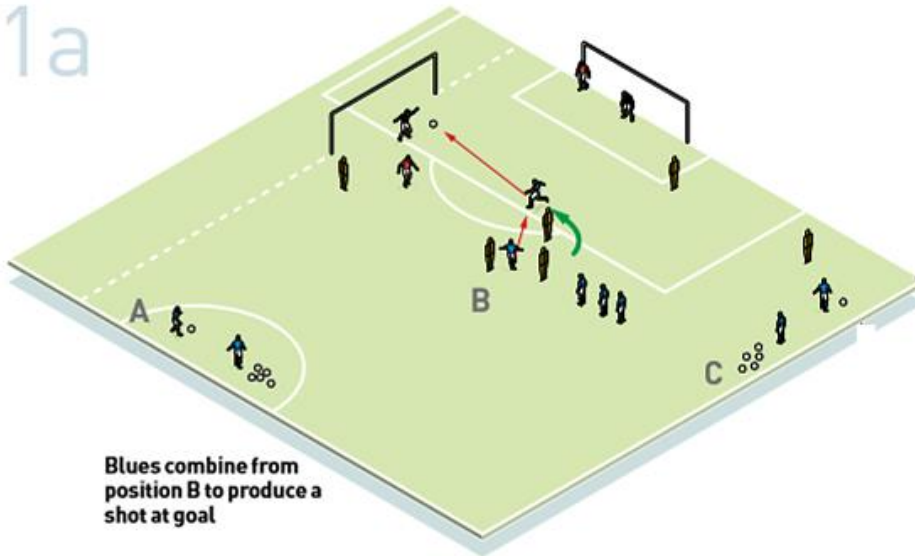




Shooting Drills and Games

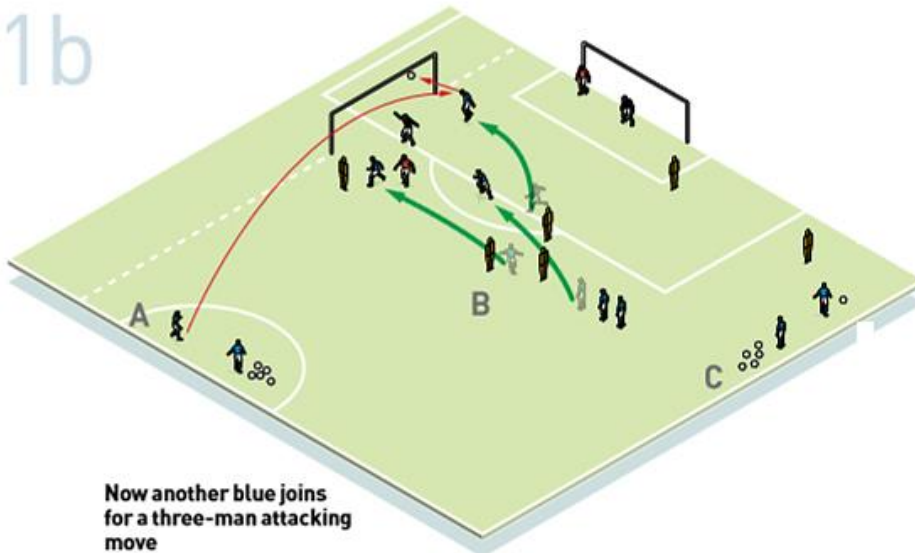
Manchester United Shooting Game

1a



Blues combine from position B to produce a shot at goal

1b



Now another blue joins for a three-man attacking move

What do I get the players to do?

Then, on a half-pitch and with a goal in each corner, players combine measured possession with goal scoring. They can score in any goal, though passes must be 18 yards or more. To progress, we can add two gates, as extra goal scoring options, or as part of an instruction that the ball must be passed through a gate before a goal is attacked. Gates must be placed near the center of the practice, no closer than 10 yards from each goal line.

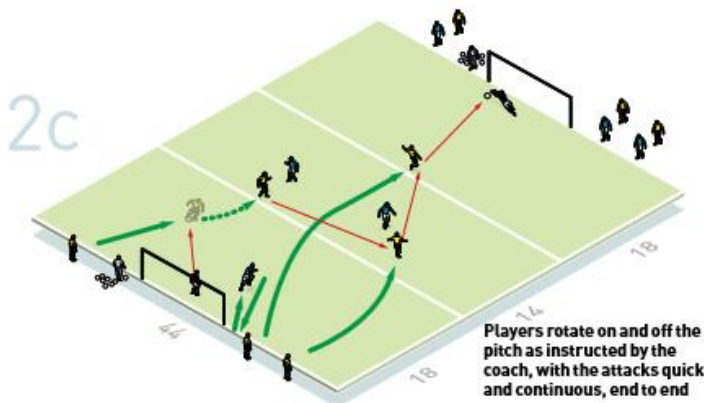
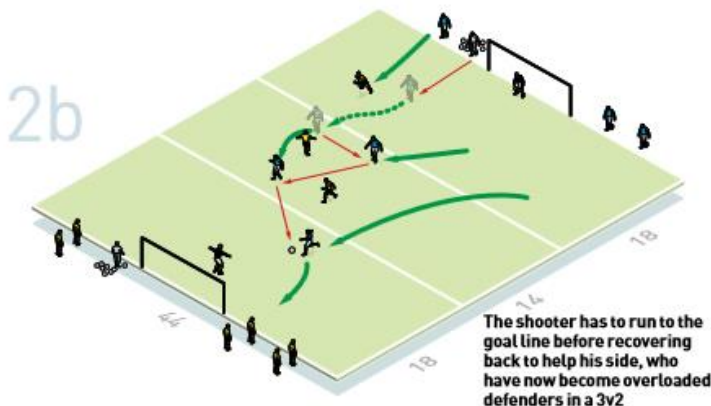
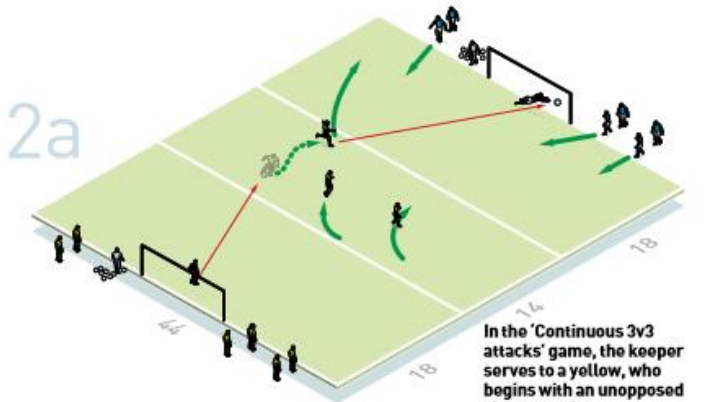
What are the key things to look out for?

In every part of this session, ensure players begin two-touch, with teammates always providing angles at which to receive the ball. The consistent pattern of movement should not be forgotten, and we want to see players using the balls of their feet... never flat-footed. And any player in possession must be pressured at all times, with excellent work rate throughout and no-one standing on the lines – that's too easy.



Shooting Drills and Games

German Continuous 3v3 Attack Drill



What do I get the players to do?

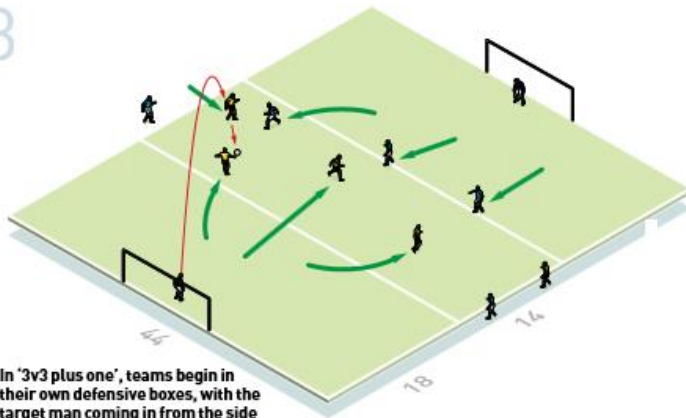
Now we set up as shown (2a), play beginning with a server by the bottom goal. To kick off the move, the keeper feeds out to unopposed attackers - one moves forward with the ball and shoots. After his shot, he runs to the goal line then recovers. He's now a defender, because three blues enter from that same goal line as attackers. They can now attack the bottom goal, 3v2, until the other defender recovers back (2b). From here, all players attack, then defend (2c), before rotating off the pitch on the coach's call, but the player taking the shot always has to recover from the goal line for the defending phase. If the keeper saves a shot, the same ball is used, otherwise the server introduces a new ball and the player retrieves his effort. This all adds to the requirement that players must keep the transitions fast.

Shooting Drills and Games



German 3v3 +1 Attacking Drill

3

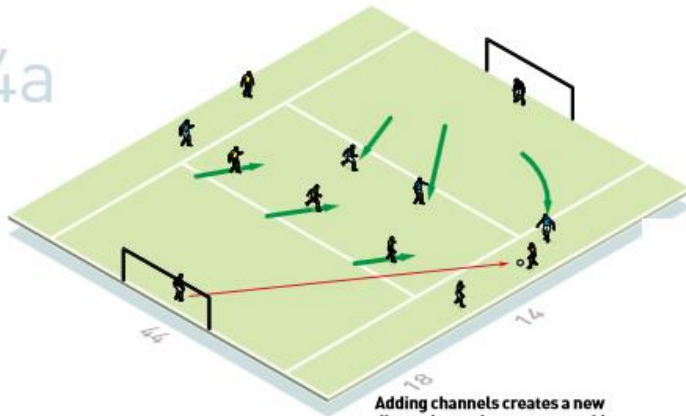


In '3v3 plus one', teams begin in their own defensive boxes, with the target man coming in from the side to create a 4v3 overload – in this case, for the yellow team

What do I get the players to do?

Now altering the dynamics, teams start in their attacking and defending zones before moving forward. This new set-up adds yellow and blue players to both sides of the central zone. We can also place players at the end of pitches, in the same way we did in 'Continuous 3v3 attacks'. So the keeper begins by passing to an incoming yellow, who acts as a target man in a 4v3 attacking situation (3). Upon completion of this attack, the three attackers leave the playing area. When the defenders have defended they attack with the next ball against three new players who enter from the other end. So in this practice all players defend then attack.

4a

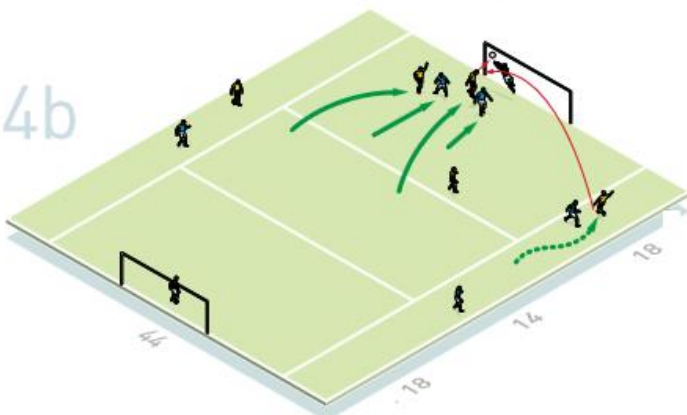


Adding channels creates a new dimension and encourages wide attacks. Here, a blue defender moves into the channel to press the yellow in possession

How do i progress this game? Adding a channel creates a notable change to attacking and defending dynamics (4a). Each side channel is only five yards wide, but yellows and blues can oppose each other in this space, and the initial serve from the keeper must go into this space. We also allow a defender to move into the channel to close down in a 2v1 situation.

The incentive here for the attacker is that by retaining possession.

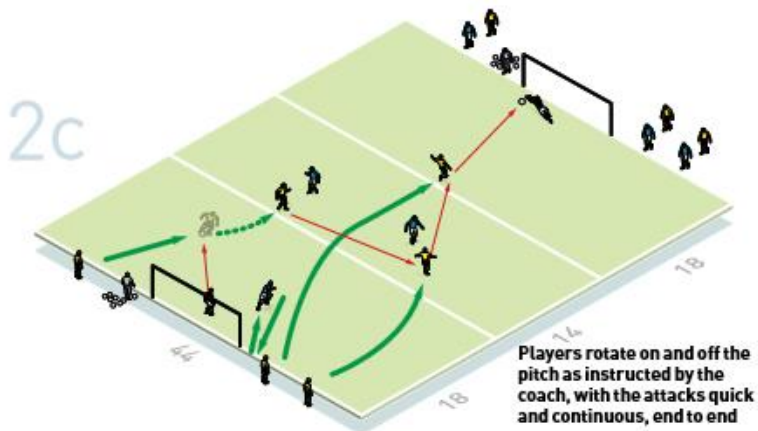
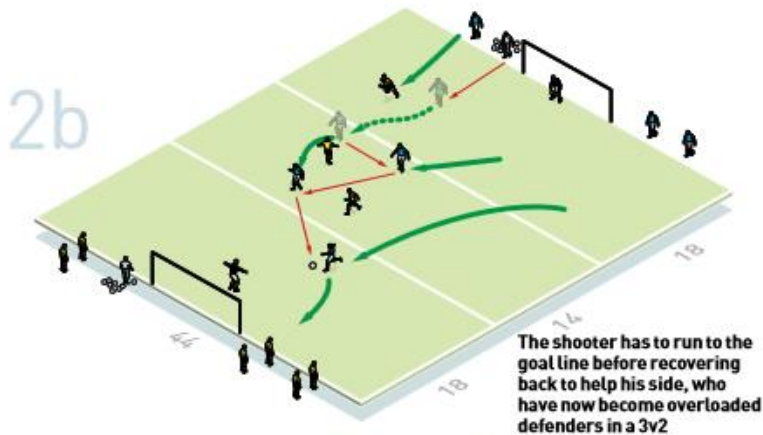
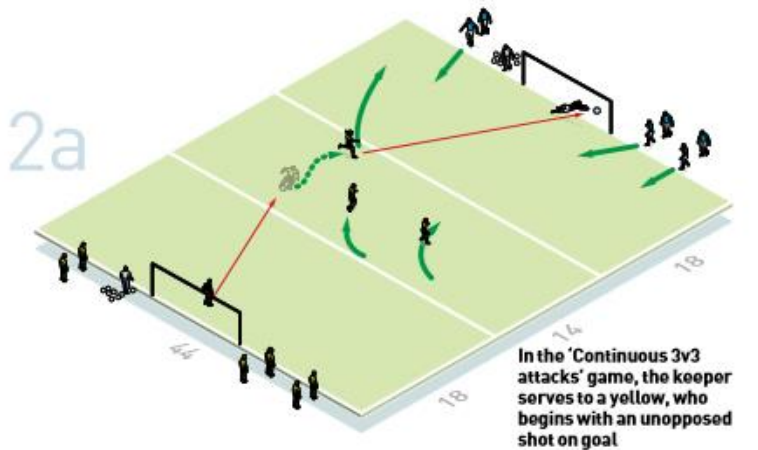
4b



Shooting Drills and Games



German Continuous 3v3 Attack Drill



What do I get the players to do?

Now we set up as shown (2a), play beginning with a server by the bottom goal. To kick off the move, the keeper feeds out to unopposed attackers - one moves forward with the ball and shoots. After his shot, he runs to the goal line then recovers. He's now a defender, because three blues enter from that same goal line as attackers. They can now attack the bottom goal, 3v2, until the other defender recovers back (2b). From here, all players attack, then defend (2c), before rotating off the pitch on the coach's call, but the player taking the shot always has to recover from the goal line for the defending phase. If the keeper saves a shot, the same ball is used, otherwise the server introduces a new ball and the player retrieves his effort. This all adds to the requirement that players must keep the transitions fast.

Defending Drills and Games

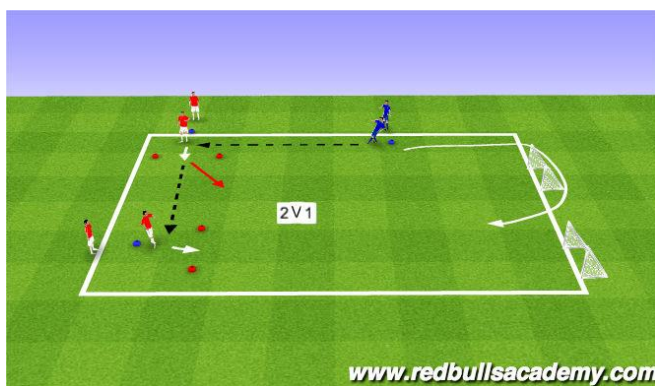


Defending Drills and Games



Defensive Recovery Runs

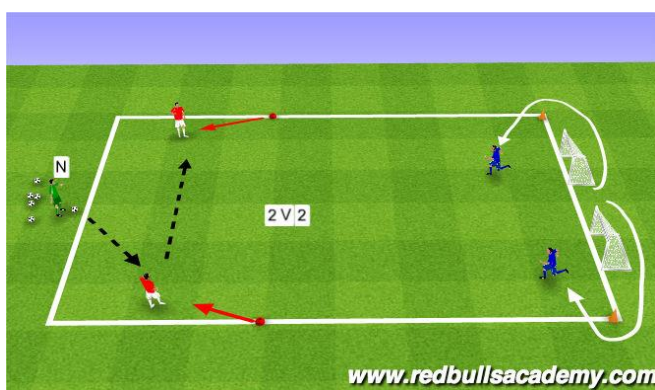
Players are divided into two small groups. A group is positioned on each side of a grid 10 yards x 20 yards. One player starts the practice by running with the ball to the first player in the opposite group. When the player with the ball reaches the first player in the opposite group he stops the ball dead with the sole of the foot for the player to run with the ball to the opposite group. Immediately after giving the ball, player must chase the player with the ball back to his group. He then joins the end of the line of his group. There is no tackling for the ball. The recovery player has to try and tag the player with the ball on the back. The drill is repeated from each side. The speed of the practice should be increased gradually.



Red Bull 1v1 Drill

1. Area as shown (15 yards from gates to goal)
2. Two grids of 6 players (Right & Left side)

1. Blue player plays ball and runs around - between goals ready to defend.
2. Red player takes 1st touch through gates and plays to teammate.
3. Player continues pattern and players play 2v1 to goals.
4. If Blue player wins ball, he/she must pass to teammate on blue cone to receive pt..
5. When play is over, Red players go to opposite line.
6. Switch Roles after 2 min.



Red Bull 2v2 Drill

1. Area as shown (20x15)
2. Two grids of 6 players
(extra attacking player waiting in line)

Instructions:

1. Movement of players as shown
2. Neutral player plays the ball to red team and players play 2v2.
3. Neutral player cannot come inside grid but can be an option if the opportunity to go forward is not there.
4. Red score in goals. If defensive (blue) team win the ball they receive a point by passing the ball to the neutral player



Arsenal Defending Drill 1



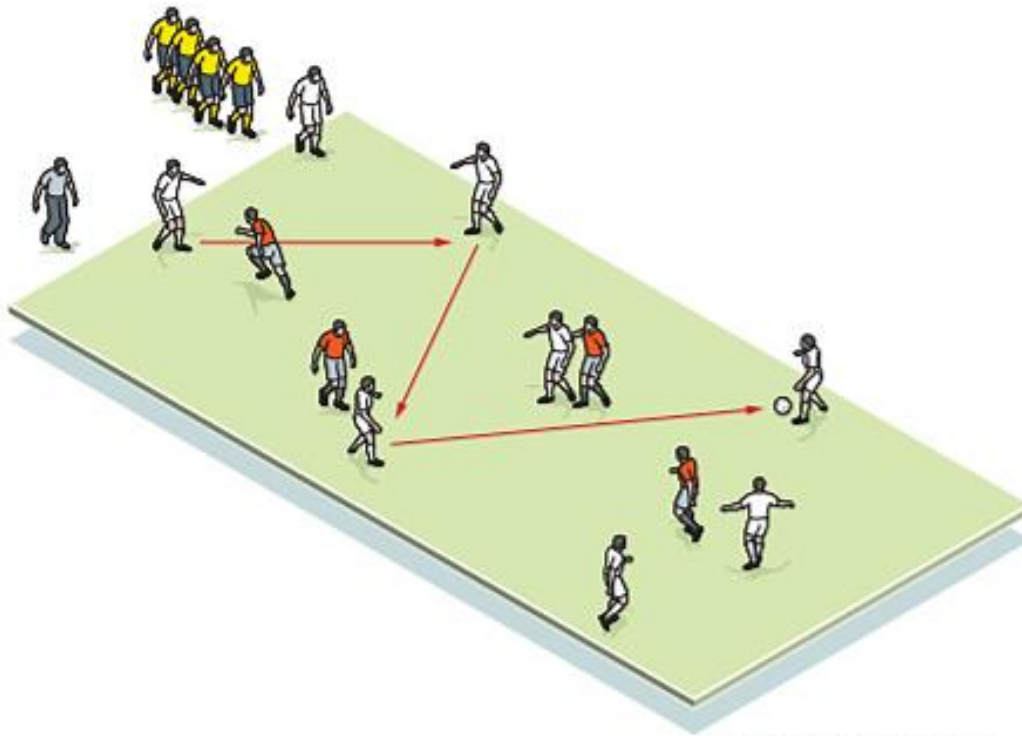
Session starts with Pressure and Position (Left side)

1. When Player A passes to Player B, Player Y moves to defend against a return pass from Player B. Player Y can move once the ball passes midway (red cone)
2. When Player B passes to Player A, Player X moves to defend against a return pass from Player A. Rotate Players X and Y with Players A and B to ensure equal amount of defensive practice

Progressing to Pressure, Position and Patience (Right side)

3. Player B pass to Player Y who attempts to turn & pass to Player A. Player X defends against this.
4. Roles reverse in the middle when it breaks down so both Player X and Y attempt to defend in turn. Rotate Players X and Y with Players A and B to ensure equal amounts of defensive practice
Skill game (points to reward defending)
5. As on right side, but Players X and Y are awarded 2 points for preventing the pass, or 1 point for pass completion.

Closing Down and Pressurizing Play



Defenders must press, trying to win possession against an 8v4 overload.

What do I get the players to do?

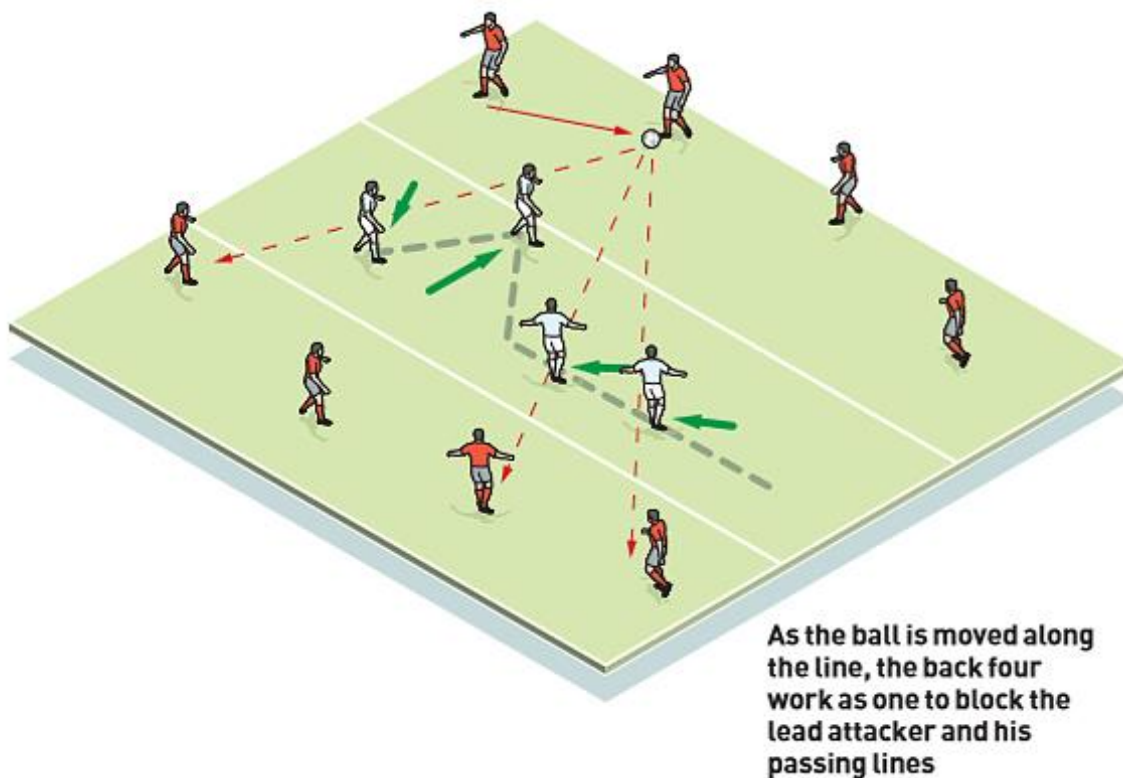
We use 16 players in a 36x18 yard area – 8v4 in opposition with a further four resting. The team of eight starts with the ball and must retain possession for as long as possible against four opposition players whose job it is to close down and press. We'll work this scenario at high tempo for 90 seconds to see how many times the defensive team can win the ball. When that happens, it is returned to the coach who re-serves to a player on the team of eight. At the end of each 90-second period, switch the defensive players with the other group of four. Once this has been played out twice, the roles are reversed, with the eight players now splitting into two groups of four to act as the defenders.

What are the key things to look for technically/ tactically?

In order for the four players to win possession, they must get close to the opposition, cut off passing lines, and approach from all sides. Closing down is always done by the man nearest to the ball, and should be attempted as quickly as possible. In an overload situation, an opponent who has possession should always be 'shown inside'. If not in an overload situation, the opponent should be shown to the outside.



Back Four Shape



What do I get the players to do?

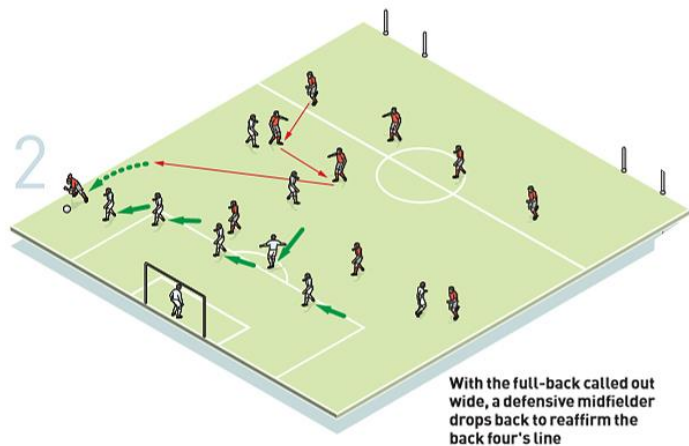
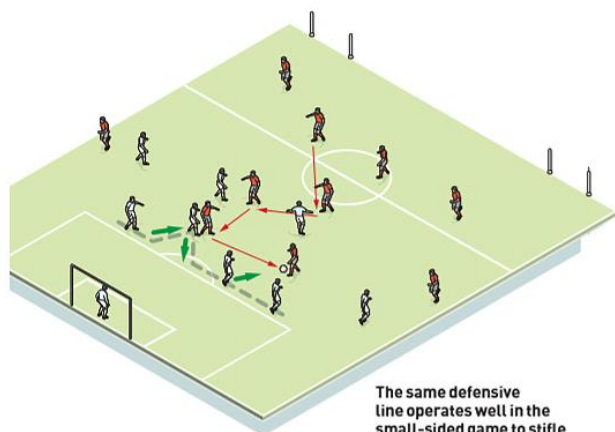
What do I get the players to do? Across three channels of 10 yards, two lines of four reds sandwich a line of white defenders. The ball starts with a red; his team's aim is to thread a pass through the line of white players to a fellow red. To prevent that happening, the whites must retain solid defensive shape at all times, using a blocking player. This member of the back four steps forward whenever his opposite number is in possession of the ball. The blocking player's team mates move in to cover the line of possible through-passes to the other bank of four reds. The blocking player must not chase the ball, and if it gets switched to a different red, he drops back and lets another designated team mate step forward. Defenders can allow passes down the left and right channels. If a ball makes it to the other bank of reds, defenders turn and repeat the task.

What are the key things to look for technically/ tactically? The defensive line never chases the ball, but must 'recover on the diagonal' – in effect, moving towards the blocking defender so as to cover all other passing angles. The attitude of the backline in staying alert, keeping organized and communicating well is essential. Distance and angle are crucial – if either of these are wrong then the whole back four set-up is compromised. Defenders must move with the ball, squeeze, hold shape and be ready to drop onto the back foot, without ever going to ground.



Defending Drills and Games

Back Four Shape - Progression



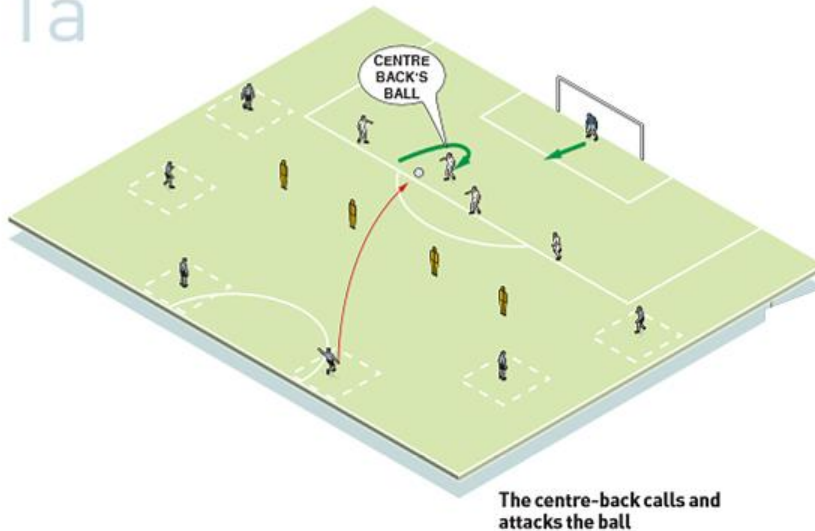
How would you put this into a game situation?

We play on a half-pitch extended lengthways by 20 yards. A team of 10 attack 8 (plus a goalkeeper) with the aim of scoring in a central goal. The team of 8 must attack two goals, 5 yards wide, marked out by poles in the corners of the pitch. If in producing wing attacks, the reds force a full-back into a covering position away from the back four, look for a white defensive midfielder to step back in to reform a solid organized backline. This small-sided game is challenging because both teams are creating alternative angles of attack, given that one team is aiming at a central target while the other is directing play towards the flanks.



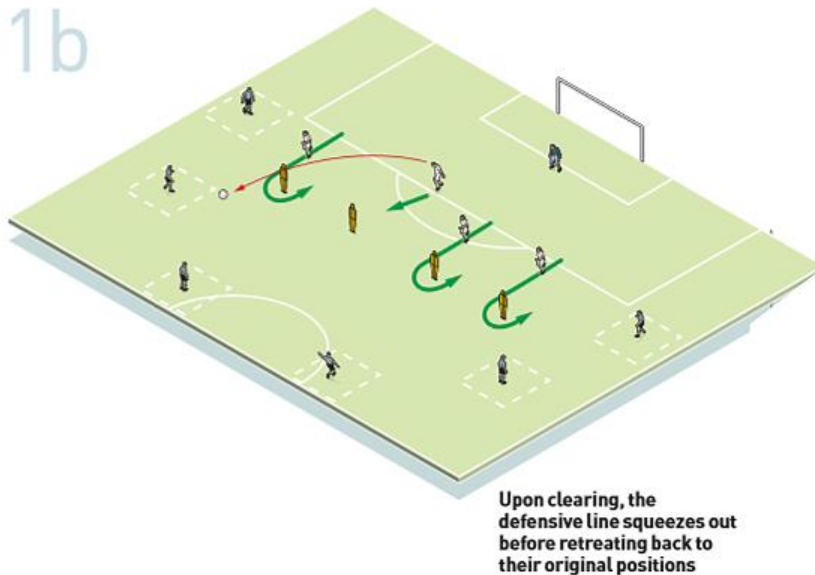
Balancing the Back Four

1a



The centre-back calls and attacks the ball

1b



Upon clearing, the defensive line squeezes out before retreating back to their original positions

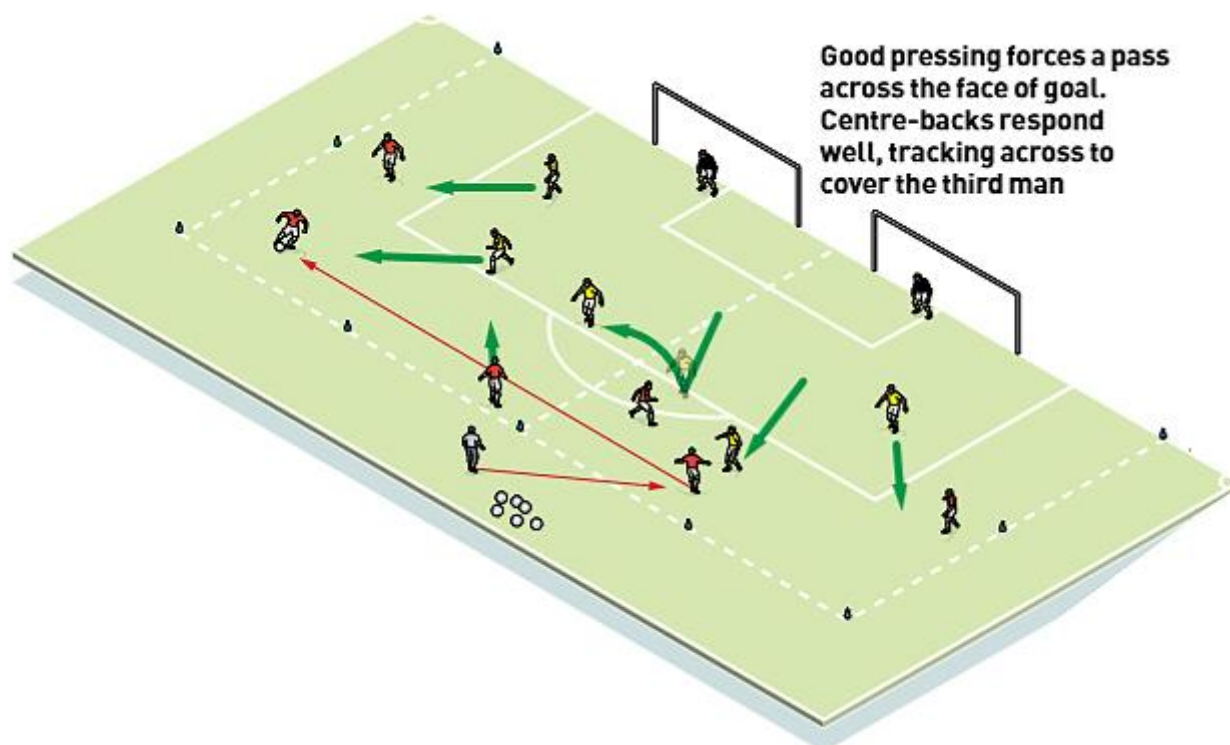
What do I get the players to do?

Using a half pitch, we construct the back four, with six servers (number 1 to 6) scattered around the outside of the box in a horseshoe pattern. Each server stands in a 7x7-yard square. A line of mannequins is placed 10 yards outside the penalty box. (1a) Each server, in turn, delivers a ball into the box, with variation between lofted balls, whipped balls and fizzed centers. The objective for defenders is to head the ball clear over the line of mannequins, achieving height and distance. They then quickly squeeze out before retreating back to their starting positions. We run through 12 sets in quick succession before resting. (1b)



Defending Drills and Games

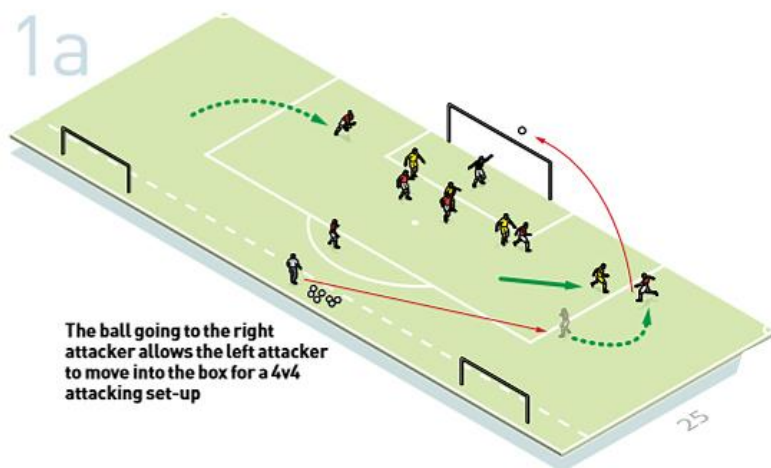
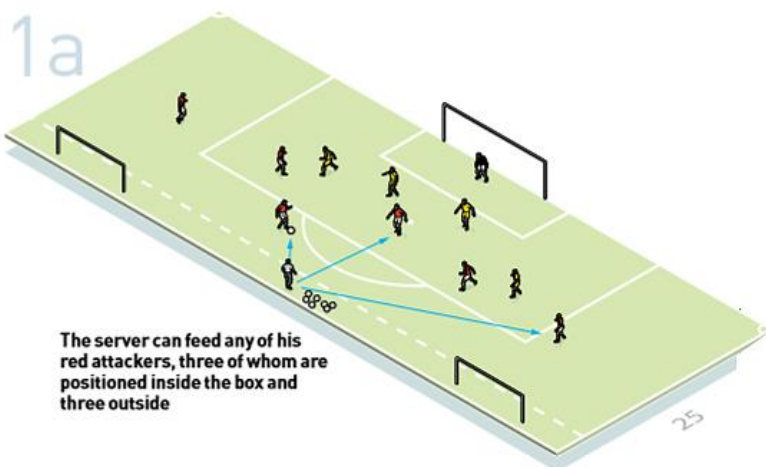
3v2 Boxes Challenge for Defenders



What do I get the players to do?

Setting up as shown enables us to coach defenders in coping with multiple switches from left and right. Each half of the pitch is 3v2, with an additional defender able to move across the halves to make a 3v3. Play can be switched from zone to zone, and is continuous for 2mins before the central defender is rotated. Defenders can move outside the penalty area in closing down and pressing attackers, but the main aim is to lock attackers into one zone and not allow them to switch play.

Defending in and around the Box



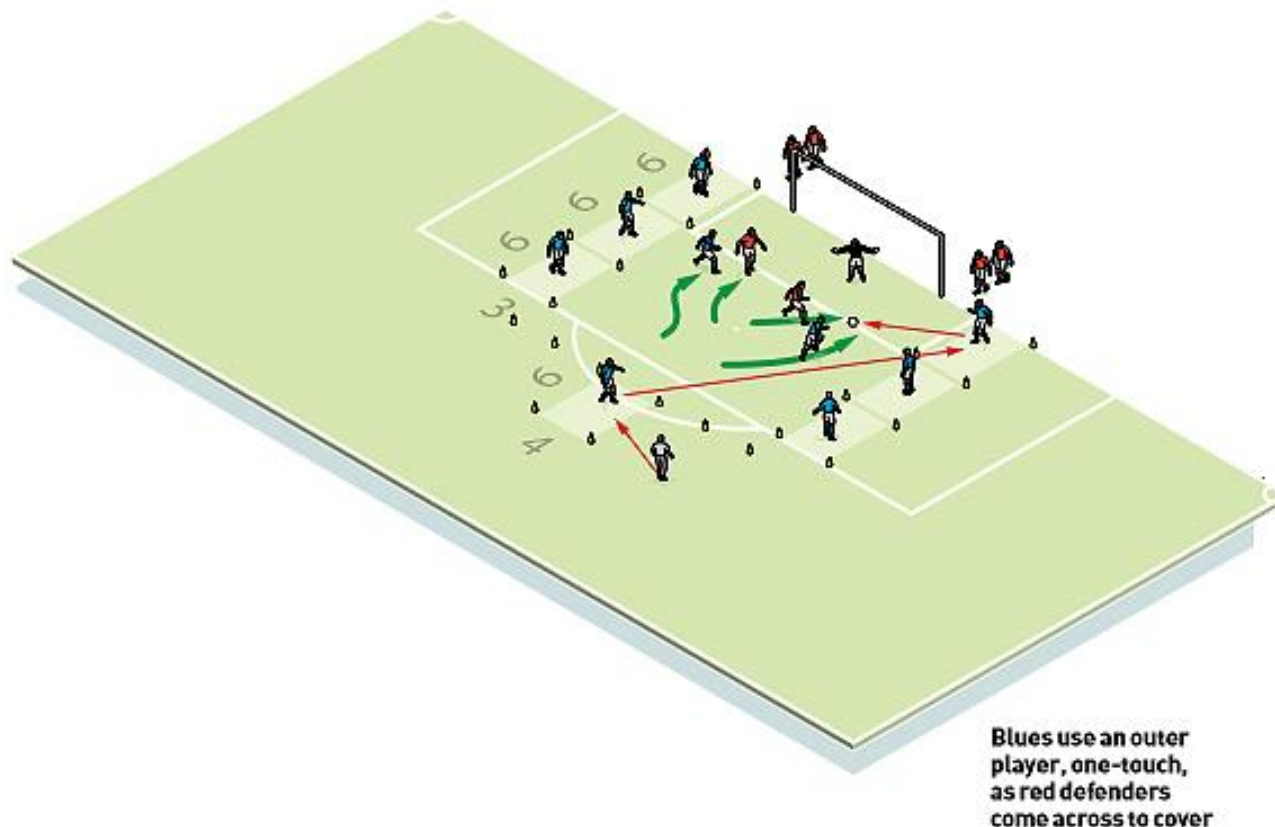
What do I get the players to do?

What do I get the players to do? 6v4 attack Setting up as shown (1a), the back four defends just in front of the six-yard box, with three attackers in the penalty area and a further three around the edges. The server starts by playing the ball to an attacker. If it goes to the right midfielder, the left midfielder can enter the box (1b). Attackers have two minutes to score a goal, and if successful, a new ball is played in. If possession is overturned, defenders – who can only defend inside the area – must play the ball into the server or pass into one of the wide goals. Doing this successfully takes a goal off the attackers' total. Play for two minutes, then rest for two minutes, then go again, rotating if desired.



Defending Drills and Games

Ajax Defending the Box Drill



What do I get the players to do?

To set up we cone down the sides of the six-yard box to the 18-yard line, forming three small boxes. Extending the box outwards to 21 yards in length gives us more room to play in, and an additional 6x4-yard box offers a set start position where balls are served in from. It's 2v2 - red defenders versus blue attackers - in the box, with free play. Blues on the outside are one-touch and the offside rule applies. Defenders must track play, reacting quickly to passing movement and blocking shots on goal. Red defenders score a point for winning possession and passing it back to the serving blue. Blue attackers get a point for scoring in the goal.

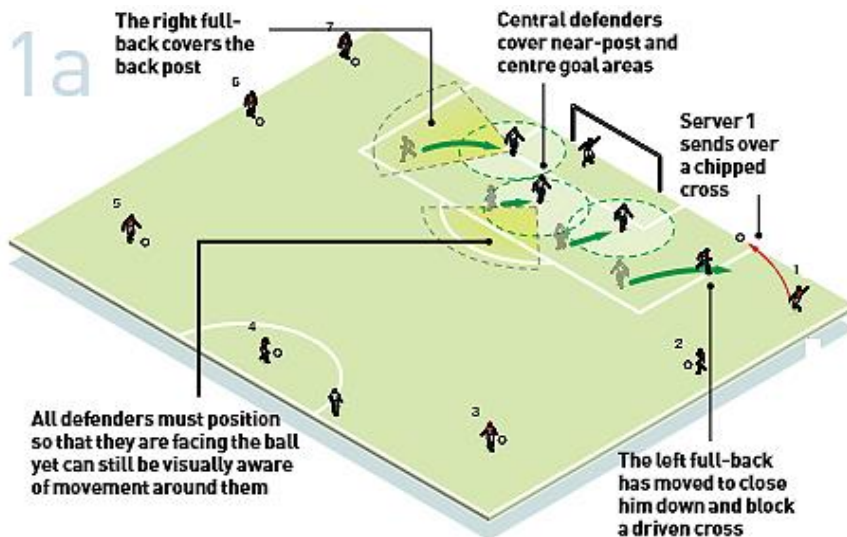
Left and right sides

Attackers must use left and right 'outer' players in sequence, so if the first attack is on the right, the second must come from the left. Outer players can also pass between each other, but as before, must do this one-touch.

Defending Drills and Games



AC Milan Defending Crosses Drill

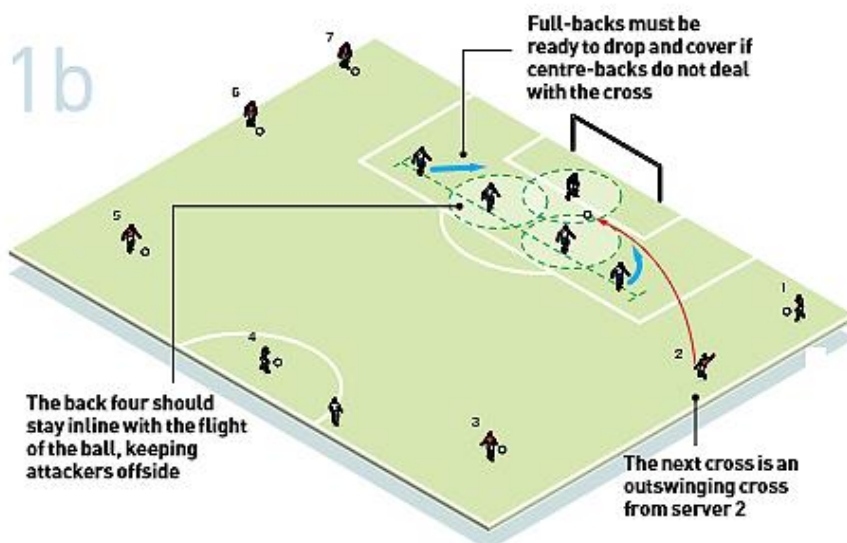


What do I get the players to do?

Box delivery

We set up as shown (1a), with seven servers around the box ready to send in crosses for the four defenders and keeper.

Each server is numbered, and on the coach's call, that player delivers, although different servers have to send in different types of crosses: Servers 1 and 7: a chipped or driven cross Servers 2 and 6: an out swinging cross (1b) Servers 3 and 5: an in swinging cross (1c) Server 4: a straight ball For each ball delivered, defensive team mates must organize around the player whose task it is to clear the ball.



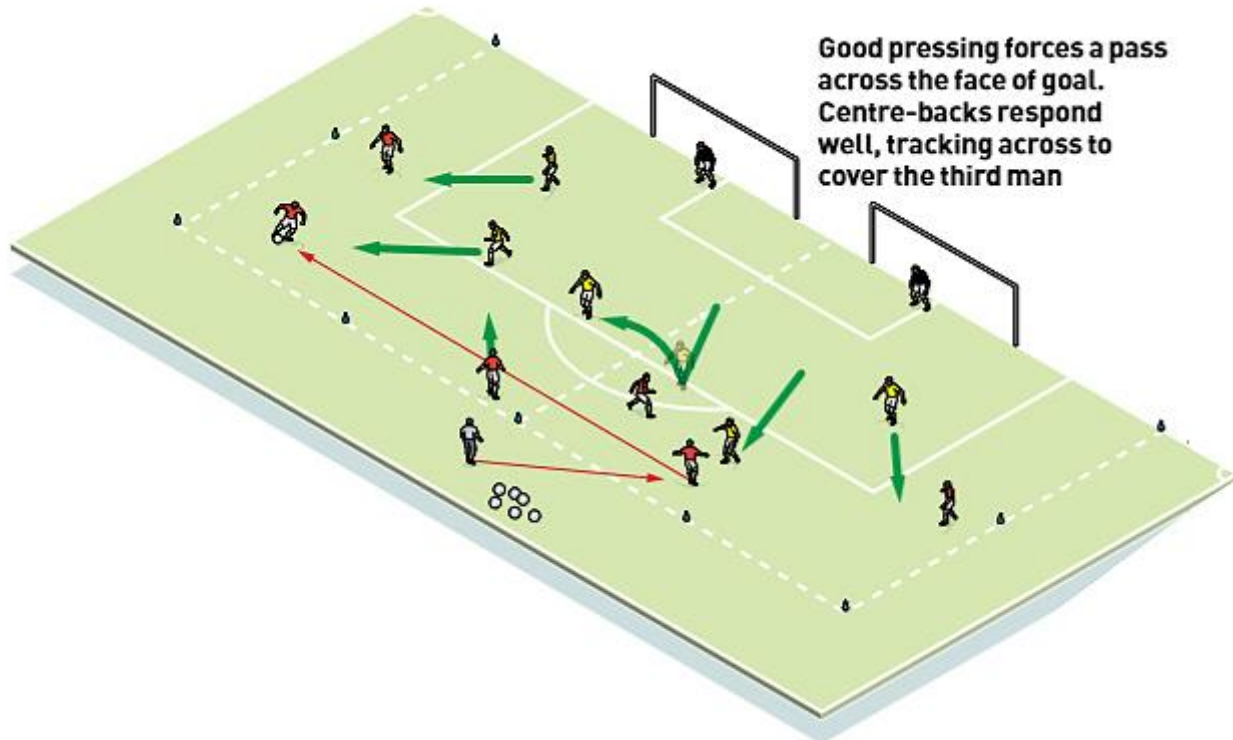
What are the key things to look out for?

When the ball is being delivered, defenders must be ready to react, so the body position needs to be correct. This means being able to see not only the ball, but space around them where opponents might be.

Defending Drills and Games



3v2 Boxes Challenge for Defenders



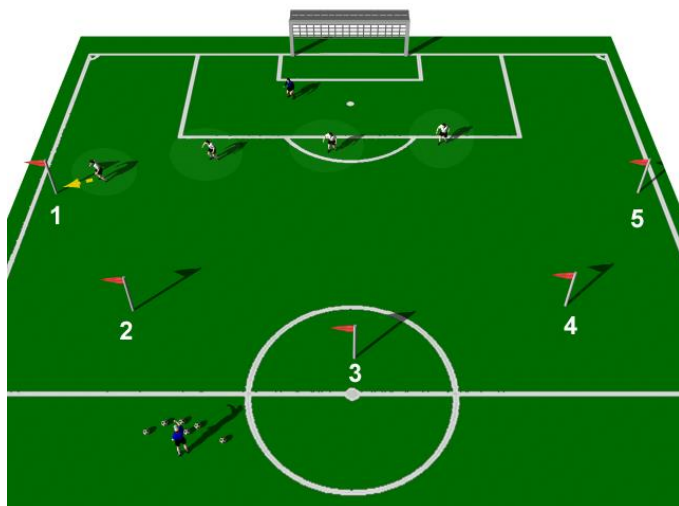
What do I get the players to do?

Setting up as shown enables us to coach defenders in coping with multiple switches from left and right. Each half of the pitch is 3v2, with an additional defender able to move across the halves to make a 3v3. Play can be switched from zone to zone, and is continuous for 2mins before the central defender is rotated. Defenders can move outside the penalty area in closing down and pressing attackers, but the main aim is to lock attackers into one zone and not allow them to switch play.



Defending Drills and Games

Defensive Positioning of the Back Four



This session will focus on Making Play Predictable, Low Pressure Defending and Defensive Team Shape.

Organization:

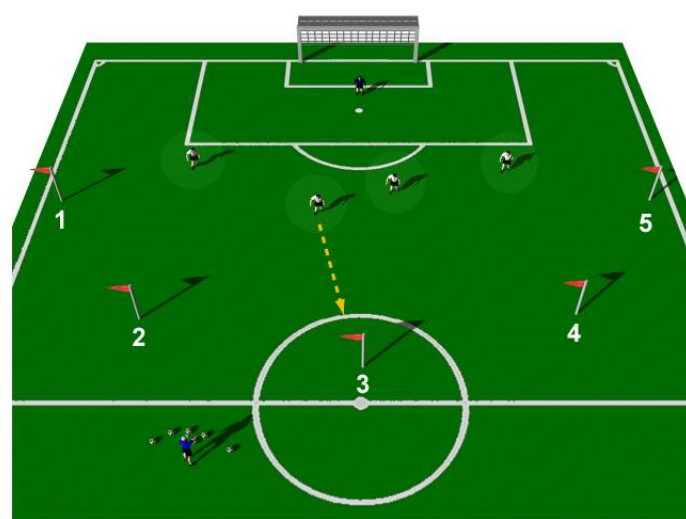
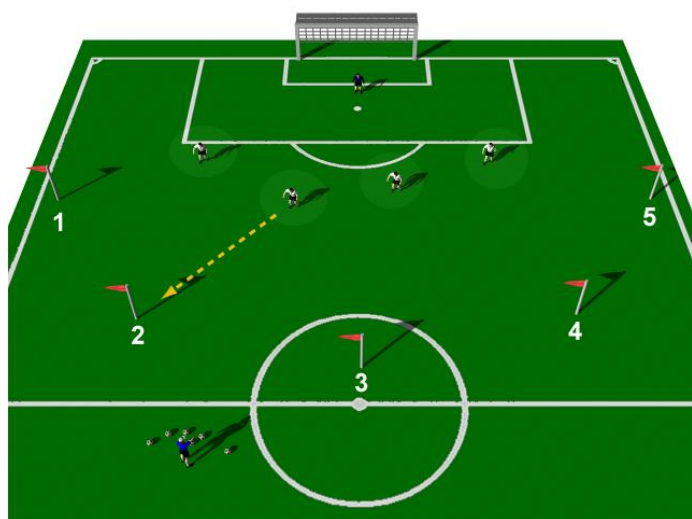
- Back Four Defenders and Goalkeeper
- Half Field
- Supply of Balls, 5 Flag Poles, Full Size Goal

Coaching points:

Five Flag Poles are placed across the pitch as in the diagram. Flags are numbered 1 to 5. The back four are positioned evenly across the edge of the penalty area. When the coach shouts a number between 1 and 5, the back four must rapidly pressure the flag pole and acquire a balanced, even shape as a defensive unit.

Focus on:

- Moving across the field quickly and evenly.
- Body shape, open stance.
- Communicating as individuals.



Defending Drills and Games



Back Four and the Midfield Four as a Unit



This session will focus on the Defensive Shape of the Back Four and the Midfield Four as a Unit.

Organization:

- Back Four Defenders, Midfield and Goalkeeper
- Half Field
- Supply of Balls, 5 Flag Poles, Full Size Goal

Coaching points:

Five Flag Poles are placed across the pitch as in the diagram. Flags are numbered 1 to 5. The back four are positioned evenly across the edge of the penalty area. When the coach shouts a number between 1 and 5, the back four must rapidly pressure the flag pole and acquire a balanced, even shape as a defensive unit.

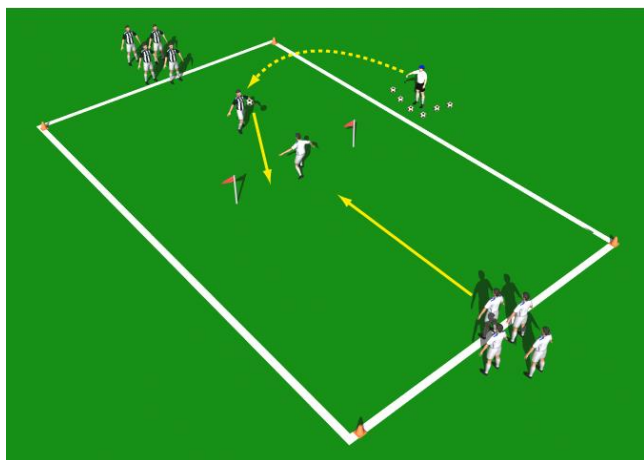
Focus on:

- Moving across the field quickly and evenly.
- Body shape, open stance.
- Communicating as individuals.



Heading Drills and Games

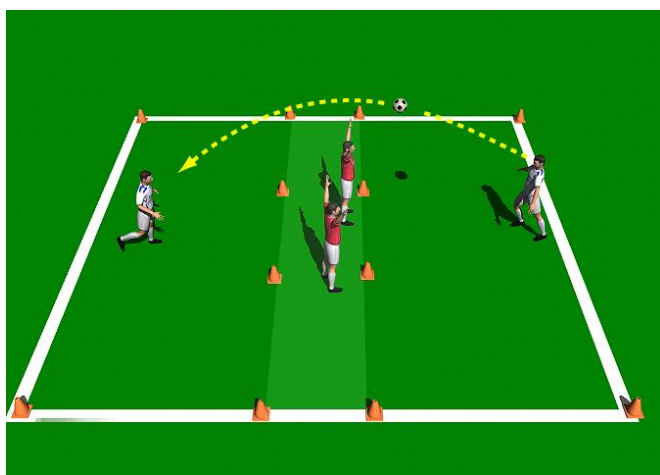
Heading Drills and Games



Chelsea Heading Drill

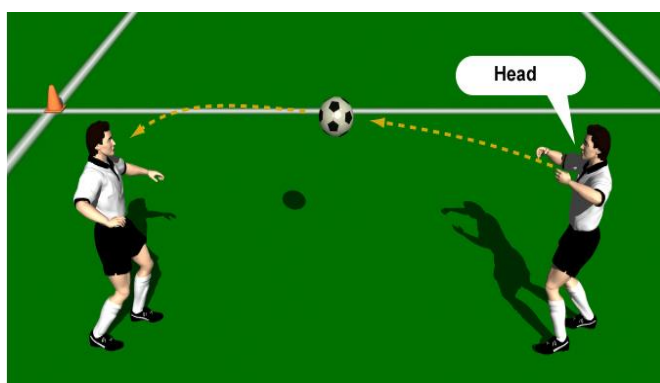
This is a fun attacking heading game to start off your practice session.

Divided your group into two teams. A player from one team starts off as the goalkeeper. The coach serves the ball from the sideline. The first player on the opposite team runs forward to head the ball and try and score past the goalkeeper. After the attempt, the same player then becomes the goalkeeper. The first player from the white team then attacks the goal and tries to score a header. This sequence is repeated. First team to score 5 goals wins.



Brazil Heading Game

Four players are positioned in a grid 10 yards x 10 yards, using one ball. The players are divided into teams of 2. The practice starts with 2 attacking players and (2 defensive players who are restricted to the middle zone). The attacking players attempt to head the ball over the 2 defensive players. Each time they head the ball over the defensive players they get a Goal. The players can head the ball from their own hands or head the ball back if they receive a good serve from their partner. If the player heads the ball from their own hands and are successful, they get "one goal". If they can return a header without catching the ball they get 2 goals. If their partner can return a header it's worth 3 goals etc. If the players in the middle block, or catch the ball, they now switch roles with the attackers. First team to score 5 goals wins.

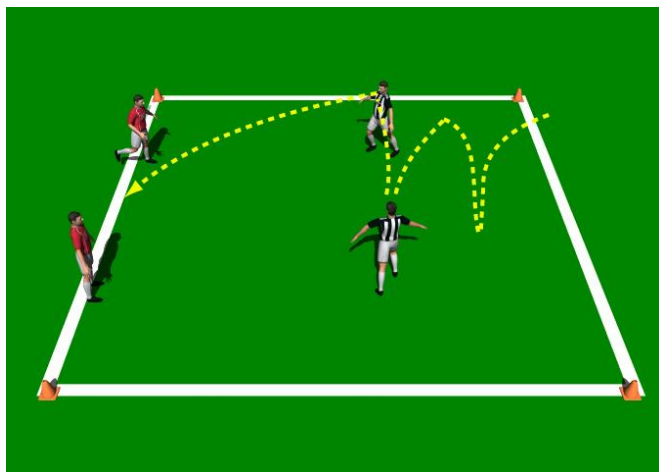


Head or Catch

Players alternate serving the ball to each other.. As the player serves the ball he shouts one of two commands "HEAD" or "CATCH". If he shouts, "HEAD" - the player must do the opposite and catch the ball. If he shouts, "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to their partners hands, if they catch the ball he must then serve for his partner. A competition can also be played. First to 5 points wins.



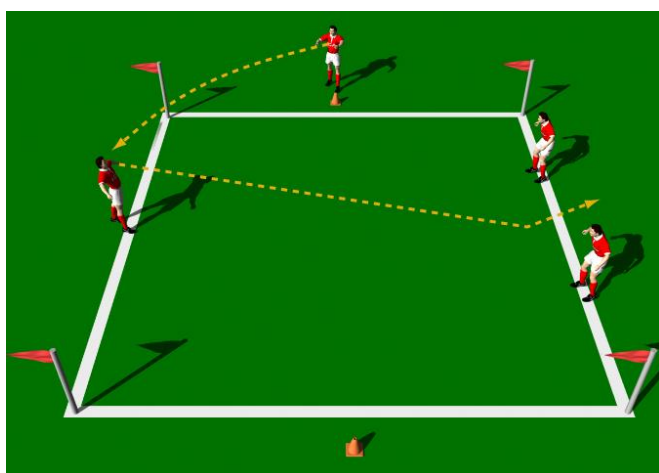
Heading Drills and Games



German 2 v 2 Heading Game

The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players.

The practice starts with one server heading the ball to his partner. They can head the ball back and forth as they advance closer to the opposite goal. If they take 4 headers and score they are awarded 4 goals. A goal for each time they head the ball. The two goalkeepers must try to stop the header. When they catch the ball they are now the attackers.



Attacking Heading 2 v 2

The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal. The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal. The players must always keep the correct sequence; no player may have two headers in succession. If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on. After the server throws the ball to his partner he must quickly return to his goal line to defend the goal. A supply of balls should be placed alongside the grid to maintain a high tempo. Encourage the players to attempt "Diving Headers" at goal when the opportunity presents itself.



Throw, Head, Catch

This practice will improve attacking and defensive "heading" techniques. This can also be used as a fun warm up activity with your team. Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team in possession can only advance up the field in using this sequence "Throw, Head and then Catch". Players cannot run with the ball. Opposing team can only intercept a throw with a header and a header with a catch. Focus On: Good support movement off the ball. Quality heading techniques. Heading to pass, heading to score.



Heading Drills and Games



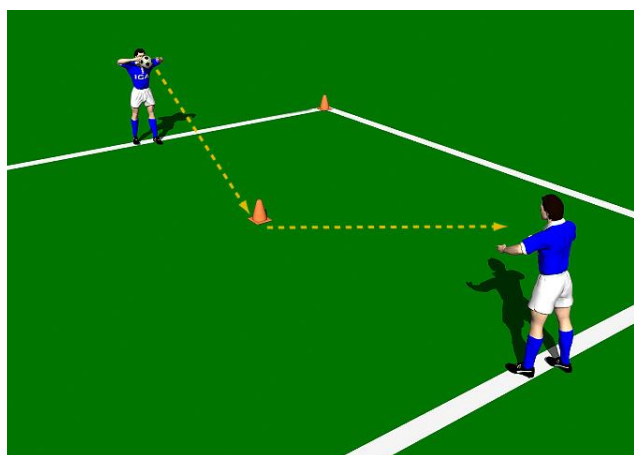
Crash the Goal

Place 2 goals approximately 15 yards apart. Two teams are inside the square. Identify each team using colored bibs. The object is to score a goal with a header or volley. The drill starts with one player serving the ball to his team from the side cone. The ball must be thrown in with pace. His team must crash the goal and try to score with a header or volley. After the attack the ball is turned over the opposite team to serve. Team can serve from any side. This is a fun activity using a lot of players. If Goalkeeper catches the ball he can throw it at the opposite goal to try and score.



World Cup Heading Game

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers. Players heading must receive a throw from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in a three-minute period. After the three-minute period, all goals are totaled and groups alternate.

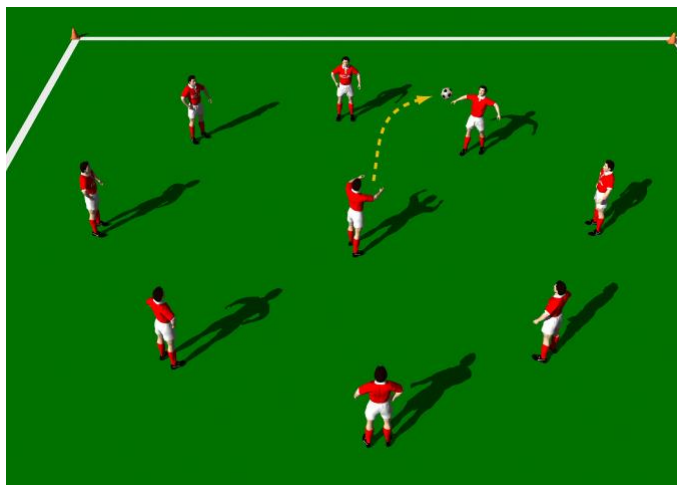


Heading for Accuracy

Two players are positioned in a grid 10 yards x 10 yards. One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone. A goal is awarded each time a player hits the cone.



Heading Drills and Games



Heading Reaction Game

A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH". If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts, "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.



The Heading Race

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coach's command, the first player from each group runs around the cone and has to score as quickly as possible with a header. The second player in their group serves the ball. Headers should be outside the 6 yard box. The first player to score wins a point for their team. After heading the ball, players join the end of their group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the teams.



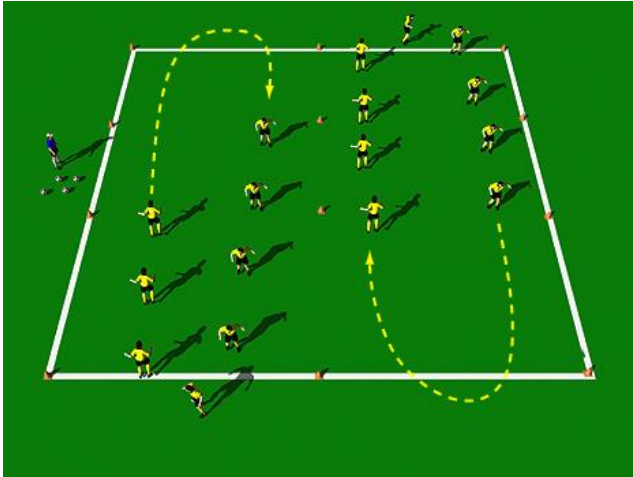
Heading in Midfield

Two groups of four players are positioned in the middle third of the field. Mark the middle third with cones. One group acts as defenders, the second as attackers. Two servers are placed in the six-yard box. The servers alternate playing long lofted passes into the middle third of the field.

The object of the practice is for both groups to challenge and win the header. The defensive team must head the ball back towards the servers and past the cones to win a point. The offensive team must try to "flick" the ball over the defenders and past the end cones to win a point. Change roles of groups so each group practices defensive and offensive heading.

Warm Up Drills and Games

Warm Up Sessions



Dynamic Stretch Routine.

The warm up begins with a dynamic stretch routine. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. After this phase is done, the players work individually for 2 minutes on static stretching, addressing their own personal needs.

1. Warm Up Jog, 2. Heel Touches, 3. Knee Touches, 4. Knee and Heel, Touches, 5. Arms back, front and clap, 6. Thighs, Chest, Head, 7. Side Step Forward, 8. High Kicks, 9. Trunk Twists, 10. Carioca, 11. Side Jacks, 12. Inside Feet, 13. Side Swings, 14. Thigh, Thigh, Heel, Heel, 15. Back Steps, 16. Sky Stretch.



Ball Work & Quick Reaction

The entire group now works in a much tighter area. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. The tempo begins slowly but is rapidly accelerated to match pace as soon as possible. Players should be talking and encouraging each other to prepare their minds for the game as well and their bodies.

1. Pass and Follow, 2. Pass "One Touch" Follow, 3. Pass "Two Touch" Follow, 4. "Give and Go" "1 Touch", 5. Double "Give and Go", 6. Dribble and Take Over, 7. Dribble with Pace, 8. 2 Yard Rapid Passing.



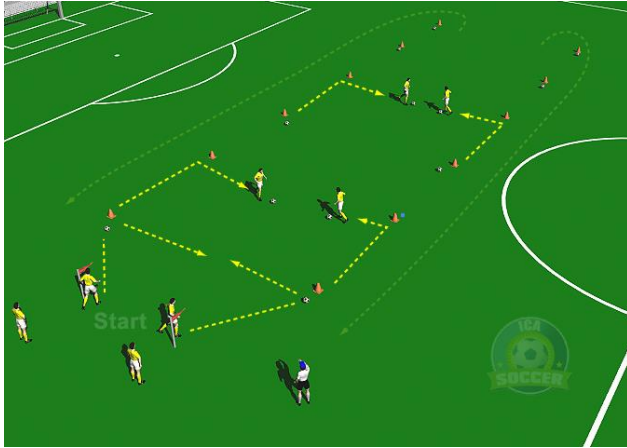
Warm Up Circuit

The Circuit involves, jogging, backwards running, sprinting and dynamic stretching. The entire circuit should take no longer than 15 minutes.

- Players start with **High Steps** in between each cone, jogs backwards to opposite cones.
- Players start with **Double Steps** in between each cone, jogs backwards to opposite cones.
- Players start with **Zig Zags** in between each cone, jogs backwards to opposite cones.
- Players start with **In and Outs** in between each cone, jogs backwards to opposite cones
- Players start with **Knee Pops** in between each cone, jogs backwards to opposite cones.



Warm Up Sessions



Double Dribble Warm Up

2 players run to first cones, collect a ball each, **dribble ball to opposite cone**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones. **Variations:**

- Dribble directly to your partner, perform a scissors move,
- Dribble directly to your partner, perform a "spin out" move or "Maradona spin" move,
- Perform a half turn,
- Dribble ball around cone in a tight circle,

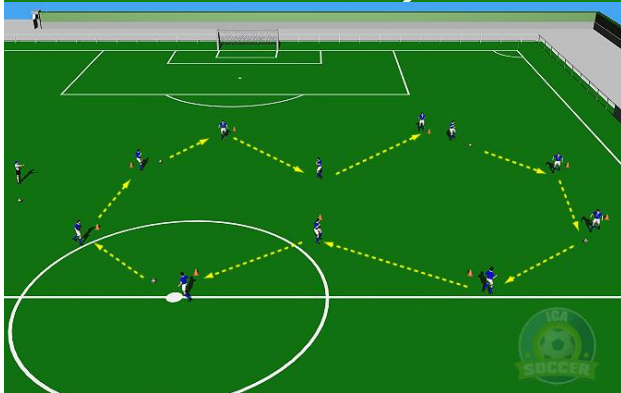


Double Up Warm Up

Players are divided into pairs. Pairs in turn, perform the following exercises;

2 players run to first cones, collect a ball each, **Play 3 "One Touch Passes**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones. Variations: **Play 3 "Two Touch Passes, move in close, Play 4 five yard quick passes,**

Add your own variations in this exercise such as, volleys, chest volleys, headers etc.



Follow Ball Drill

Players pass the ball **"clockwise"** from cone to cone. After they pass the ball to the next player they must quickly run to the next cone. Effectively working their way around all the cones. Limit to "2 touches". On the coach's command, players reverse direction without interrupting the tempo of the drill.

Emphasize fast paced passes!
Use inside and outside of the foot.
Work for 10 minutes.

Progression – Play "1 touch". Other variation is have players dribble the ball to the cone.



Warm Up Sessions



The Brazilian Warm Up

Entire group works in pairs across the width of the field. The coach (or in some cases the captain of the team) is at the front of the group and sets the rhythm and tempo of the exercise. The coach starts off at a slow jog pace, and then undertakes the following sequence.

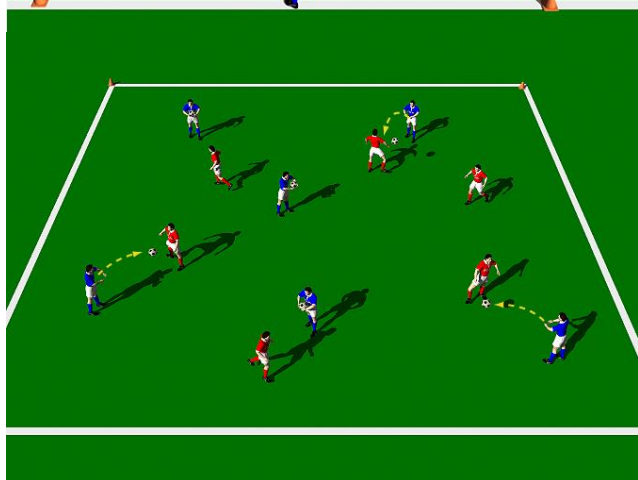
Start with slow jog around the perimeter of half the field.

1. Warm Up Jog, 2. Heel Touches, 3. Knee Touches, 4. Knee and Heel Touches, 5. Chest arms back, front and clap, 6. Thighs, Chest, Head, 7. Side step forward, 8. High Kicks, 9. Trunk Twists, 10. Carioca, 11. Side Jacks, 12. Inside Feet, 13. Side Swings, 14. Thigh, Thigh, Heel, Heel, 15. Back Steps, 16. Sky Stretch.



Odds and Evens

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears. When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.



Million Touches

Divide group into 2 teams. One team has a ball and jogs around the grid with the ball in their hands. The working players must move quickly around the grid receiving the ball from the servers. Servers throw ball for the player to control using the head, chest, thighs and feet. Alternate roles every 60 seconds.

Make a competition by seeing who can get the most touches in 60 seconds. Players may not receive the ball consecutively from the same player. Only award a point if the player controls the ball and plays it back without the ball hitting the ground. Develop to passing "one touch".



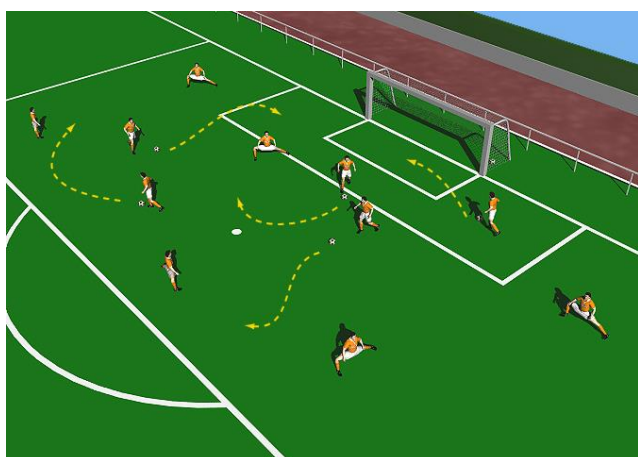
Warm Up Sessions



Sprint and Sit

This is a fun warm up exercise that emphasizes a change of direction and acceleration. Group sits on ground, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner", the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by sitting next to a resting player, thus making the player he sits next to the new "runner".

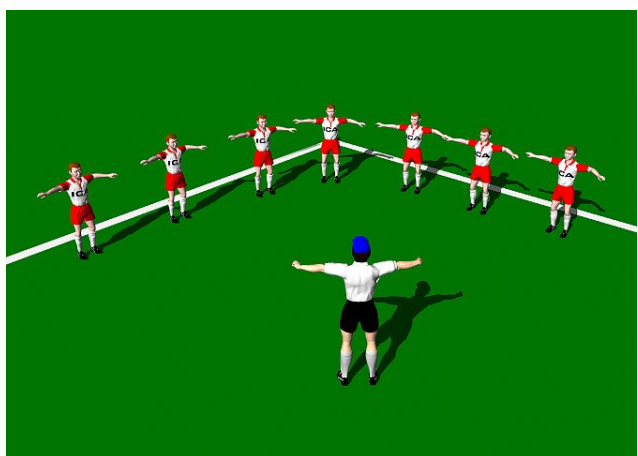


Sixty Seconds

Divide team into 2 groups. One group stretches for 60 seconds while the other group maneuvers around the penalty with the ball. Swap roles every 60 seconds.

Stretches: Calf's, Quadriceps, Groin, and Back.

Ball Maneuvers: Dribble into space, Push ball through stretching player's legs, Flick ball over stretching player, Variety of turns, Volley in the air and control, Try to tag another player who has a ball.

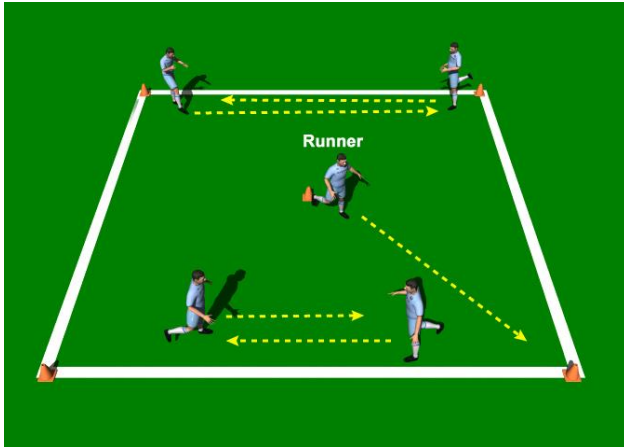


Do This Do That

The coach should stand in a position so the entire group can see him clearly. **The Rule:** If the coach says "Do this" the group does not react. If the coach says "Do that" then the players must instantly mimic the coaches movement. The coach should be creative and perform a variety of different moves such as;

Both arms out to the side, Both arms out to the front, Kneel on one leg, both legs, Sit down, Stand up, Move a finger, elbow, etc. Make up your own moves. Any player who moves when they shouldn't can either; Sprint around a cone, do an exercise or sit out until there is a champion of the game.

Warm Up Sessions

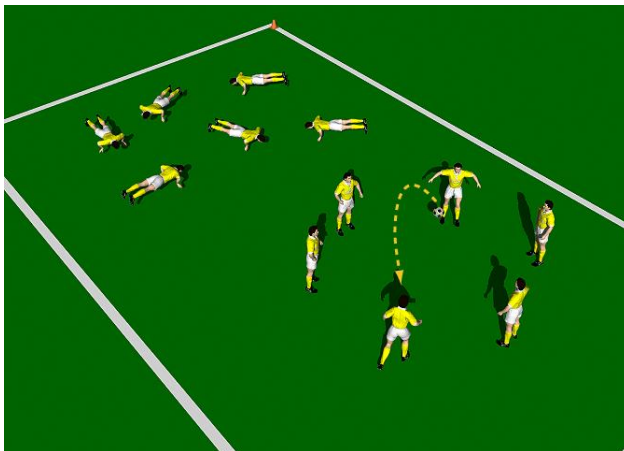


Man City Reaction and Speed Drill

This fun drill is designed to develop each player's speed of thought and awareness.

Coaching Pointers:

The "Runner" is the defender and starts on the middle cone. The outside players attempt to score a point by running to a corner cone. Players should communicate and look to swap positions quickly. The "Runner" has to try and sprint to an open cone before the outside player gets there. If he can, a different player becomes the "runner". You can progress this drill by introducing a ball to each of the outside players.



Make Them Work

Divide players into two groups. First group juggles the ball in the air "one touch", using the head, chest, thighs and feet. They may not pass the ball to the player they received the ball from. Second group must perform a designated exercise until the first group drops the ball. Reverse roles after ball is dropped.

Players exercising can perform: Sit-ups. Push-ups. Star jumps. Sprints. Purpose of the juggling group is to make the exercising group work for as longer period as they can.



Swedish Warm Up Agility Drill

This exercise is designed to work on each players' agility and passing skills.

There are three players inside the square. Two act as receivers and one as a server. Players are arranged as in the diagram above. The server passes the ball to the first player who must play the ball back "first time" to the server. After playing the ball back to the server the two receivers switch positions as quickly as possible. Both players must be constantly on their toes and quick to move. Rotate the role of the server frequently.

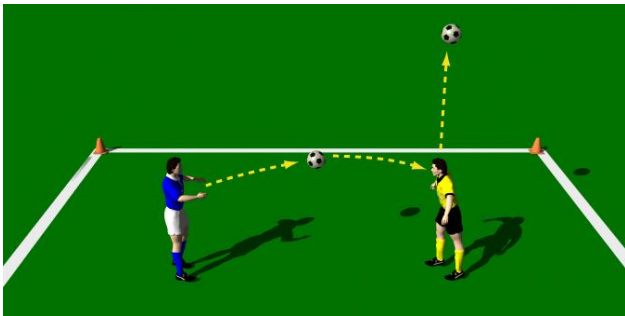
Warm Up Sessions



Swedish Warm Up Agility Drill

This exercise is designed to work on each players' agility and passing skills.

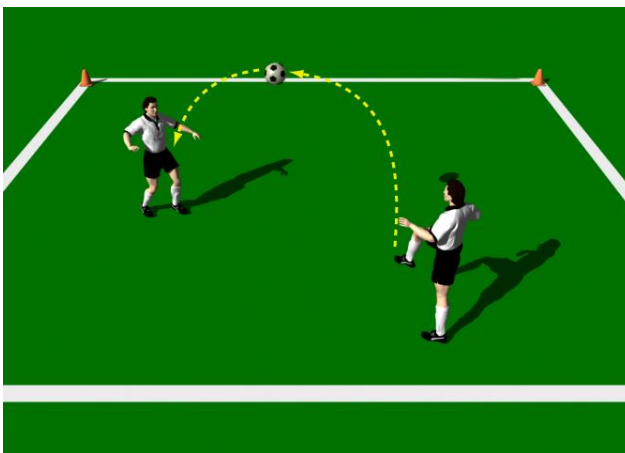
There are three players inside the square. Two act as receivers and one as a server. Players are arranged as in the diagram above. The server passes the ball to the first player who must play the ball back "first time" to the server. After playing the ball back to the server the two receivers switch positions as quickly as possible. Both players must be constantly on their toes and quick to move. Rotate the role of the server frequently.



Up and Down Game

Divide the entire group into pairs. There should be at least 5 yards between each player. Use two balls.

Player "A" and player "B" both have a ball. As player "A" serves the ball to player "B" to head back, player "B" must throw his ball above his head, head the ball back to "A" and then catch his own ball. Perform 8 each and change roles.



Call the Number

Players are paired up with a partner, facing each other at a distance of 2-3 yards. Players serve a ball to their partner in the air, using the Head, Chest, Thighs or Feet. On playing the ball, the server must instantly call out loud number; 1, 2, or 3. The receiving player must keep the ball in the air, the designated amount of times. e.g.: player shouts "one", ball is returned on the "first touch". Player shouts "two", ball is juggled once, played back on "second touch". On returning the ball, the player then calls out a number for his partner.

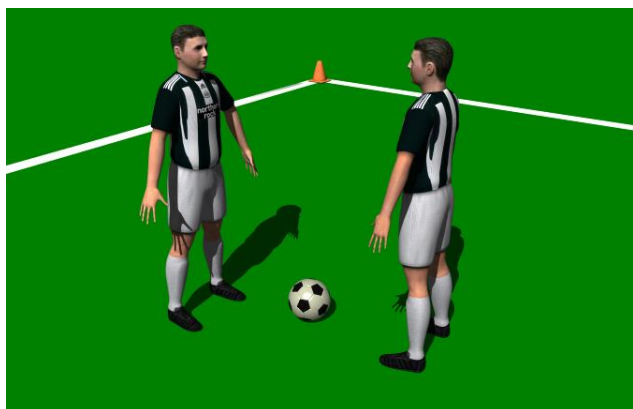
Point System:

- If the player allows the ball to drop - 1 point to partner.
- If the player does not control the ball the exact number of times - 1 point to partner.
- Bad service - 1 point to partner.

Player forgets to call a number - 1 point to partner.

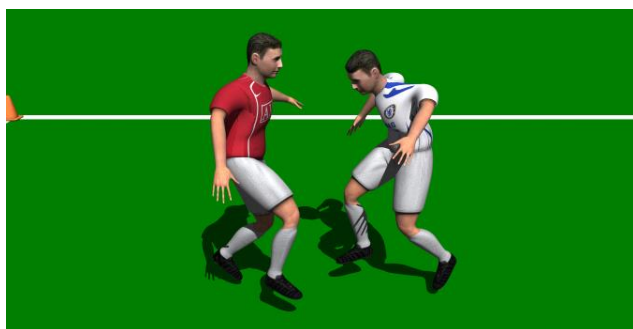


Warm Up Sessions



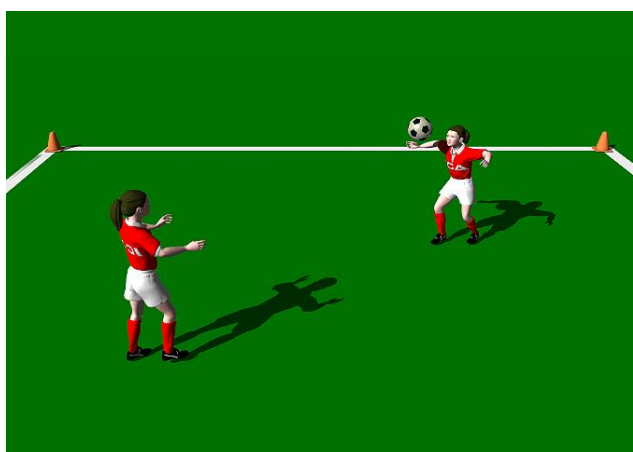
Snatch

This is a fun game to incorporate into your warm up activity. It develops player's reaction time. Divided your group of players into pairs. Each pair faces each other. The coach call out a series of commands, which the players must perform, but when the coach shouts out "SNATCH" the first player to grab the ball wins. Coach tells the players to touch their; head, ears, shoulder, knees, toes etc. First player to 5 wins.



Slap Knees Game

This is a fun game that players enjoy. Develops fast footwork, agility and simulates a defensive position (down low, knees bent). Divided your group of players into pairs. Each pair faces each other. The object of the game is for each player to try and slap his partner on the knee. Players are down low in the ben knee position (just like a defending stance). Players move around trying to avoid getting slapped. A point is award for each successful attempt. First player to 5 points wins. Rotate players to challenge new opponents. Be careful no to bang heads.



Head Catch in Pairs

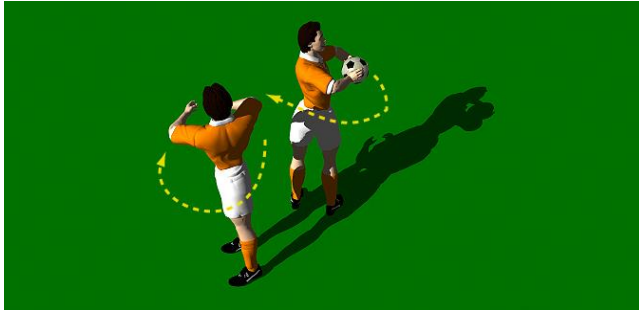
Divide your group into pairs. Each pair has one ball. One player serves a straight throw to their partner. As the player serves the ball he shouts one of two commands "**HEAD**" or "**CATCH**".

- If the server shouts, "HEAD" - the player must do the opposite and catch the ball.
- If the server shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to their partners hands, then returned by their partner for them to serve. If they catch the ball they must then serve it back to their partner for them to either head or catch. A competition can also be played. First player to 5 goals wins



Warm Up Sessions



Trunk Twists

Both players work together "in synch" as they time their trunk twists. One player has the ball and turns the upper half of the body (trunk) around to meet their partner. Their partner must turn from the opposite side to receive the ball. After receiving the ball, the partner turns to the opposite side to return the ball. This is continued for 60 seconds. The coach can adjust the speed going from slow to quick, quick to slow. Make a game. How many can you do in 30 seconds?



Up and Under

Both players stand "back to back". Both players work together "in synch" as they time the exercise. One player has the ball and raises the ball above their head for their partner to take. Their partner brings the ball down and hands the ball back through both the players open legs. This is continued for 60 seconds. The coach can adjust the speed going from slow to quick, quick to slow. Also the coach can shout "change" for the players to change the exercise in the opposite direction. Make a game. How many can you do in 30 seconds?



Push Me Over

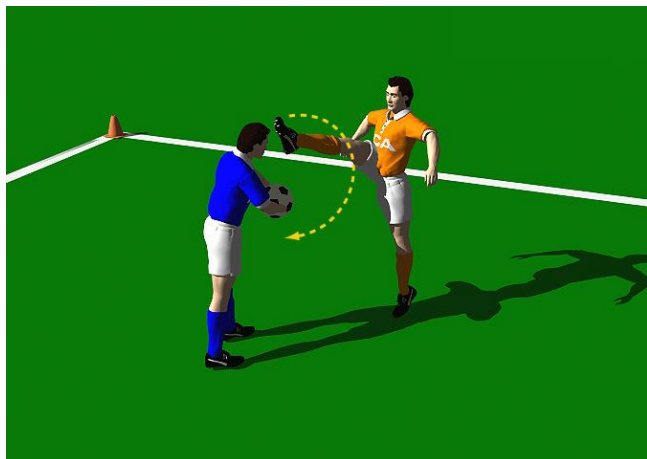
This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing. Divided your group of players into pairs. Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partners hands. Points are awarded each time a player moves their partners.

If a player touches another player's chest, their partner receives a point. A player can quickly move their hands away and make a player touch their chest.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.



Warm Up Sessions



Crescent Kicks

Divided your group of players into pairs. Each pair faces each other in the push up position. The object of the game is for each player to try to knock their partner to the ground by pulling their arms. A point is awarded for each successful attempt.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.



Toe Touches

Divide your group into pairs. One ball per pair. One player holds the ball with arms forward.

While jogging in place, the working player alternates touching the ball with the foot with right and left foot. The player can vary the foot surface such as touching the ball with the laces, inside of the foot, outside of the foot. The partner can gradually increase the height of the ball as the exercise progresses. Work for 60 seconds then reverse roles.



Thigh Touches

Divide your group into pairs. One ball per pair. One player holds the ball with arms forward.

While jogging in place, the working player alternates thigh touches on the ball, with right and left thigh. The partner can gradually increase the height of the ball as the exercise progresses.

Work for 60 seconds then reverse roles.

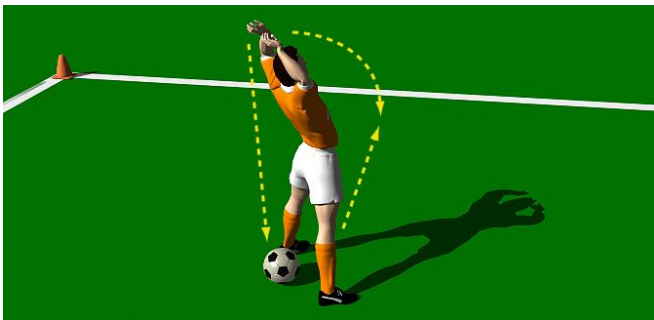


Warm Up Sessions



Figure Eights

Each player has a ball. The player rolls the ball in between and around both legs making a "figure 8". Reverse the direction after each rotation. This exercise will help stretch the groin and hamstrings. Work for 60 seconds then move onto next warm up activity. Never take your hands off the ball. Develop a rhythm to your movement. Start slowly then increase pace.



One Bounce through Legs

Each player has a ball. With legs open wide, the player drops the ball from behind and towards their legs. The ball has to bounce once through the legs for the player to bend over and catch. Work for 60 seconds then move onto next warm up activity. Start slowly then increase pace.



Roll Ball around Feet

This is a good exercise to incorporate into your warm up to develop flexibility. Each player has a ball. The player sits on the ground and rolls the ball around the legs and back. The players fingertips must always be in contact with the ball. Reverse directions after each rotation.

This exercise will help stretch the hamstrings. Work for 60 seconds then move onto next warm up activity.

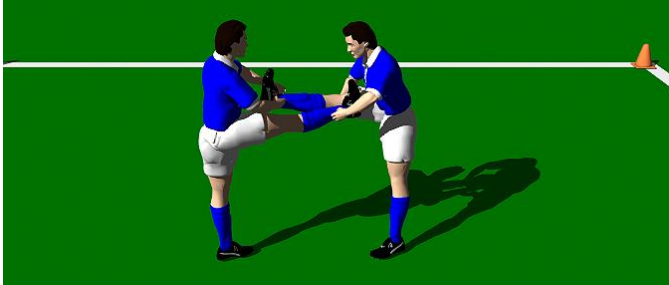


2 Player Sit Ups

One ball per pair. Both players sit facing each other on the ground. The players alternate handing the ball to each other. Each time the ball is handed, the player with the ball must extend backwards and touch the ball on the ground. (lying full stretch). The player then sits back up with the ball and hands the ball to their partner to perform. Work for 2 minutes then move onto next warm up activity. **The coach should emphasize the following points:** Never throw the ball to your partner, always hand it over. Develop a rhythm to your movement. Start slowly then increase pace.

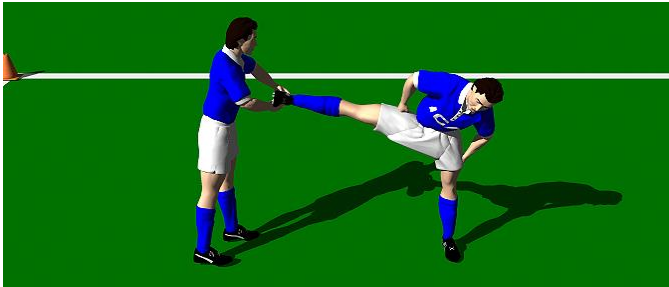


Warm Up Sessions



2 Player Leg Stretch

This is a good exercise to incorporate into your warm up for stretching the hamstrings and groin. Both players stand facing each other. Players raise their leg for their partner to hold. Hold until muscle is stretched then move onto next warm up activity.



2 Player Leg Stretch Sideways

This is a good exercise to incorporate into your warm up for stretching the hamstrings and groin. Both players stand facing each other. Players raise their leg for their partner to hold. Reach down to touch toes. Hold until muscle is stretched then move onto next warm up activity.



30 Second Shielding

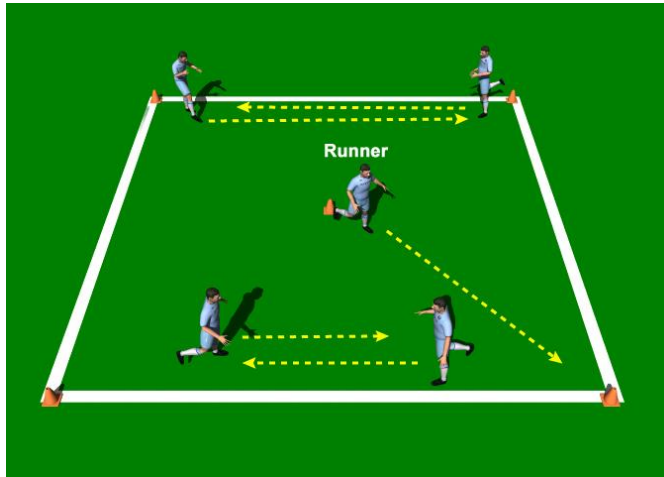
Divide your group into pairs. One ball per pair. One player starts with possession of the ball in the center of a grid approximately 5 yards by 5 yards.

On the coach's command, the defender has 30 seconds to see if they can win the ball from their partner. The player with the ball must protect the ball within the boundaries of the grid. If the player with the ball loses it, they then become the defender. The player who has the ball at the end of 30 seconds wins a point. Make a competition, first player to 5 points wins. Rotate players to challenge new opponents.

Speed, Agility & Endurance Drills



Speed, Agility & Endurance Drills



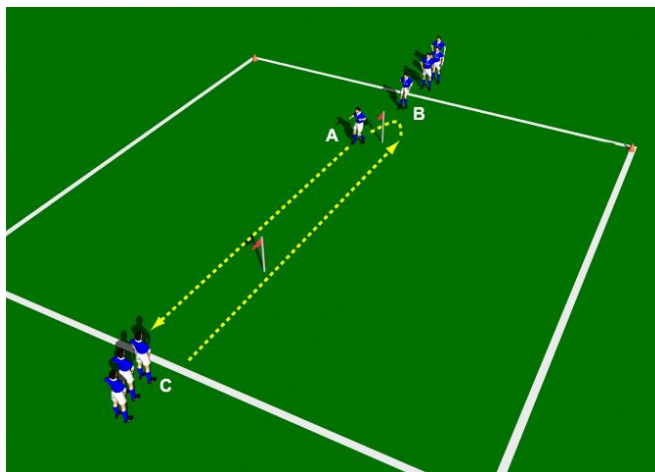
Man City Reaction and Speed

This fun drill is designed to develop each player's speed of thought and awareness. The "Runner" is the defender and starts on the middle cone. The outside players attempt to score a point by running to a corner cone. Players should communicate and look to swap positions quickly. The "Runner" has to try and sprint to an open cone before the outside player gets there. If he can, a different player becomes the "runner". You can progress this drill by introducing a ball to each of the outside players.



Barcelona Turning to Run Drill

This drill will enhance each player's speed, agility and awareness. Divide your team into 2 equal groups. Team up players by speed. Place colored cones as in the diagram above. On the coaches "command" players go flat out and race to the "orange cones" at the opposite end of the grid. As the players race to the "orange cones" the coach can call out "turn". If he does then the players must turn quickly and run back to the starting line. If the coach calls out "Yellow" or "Blue" the players must turn and sprint to that cone, then race back to the starting line.

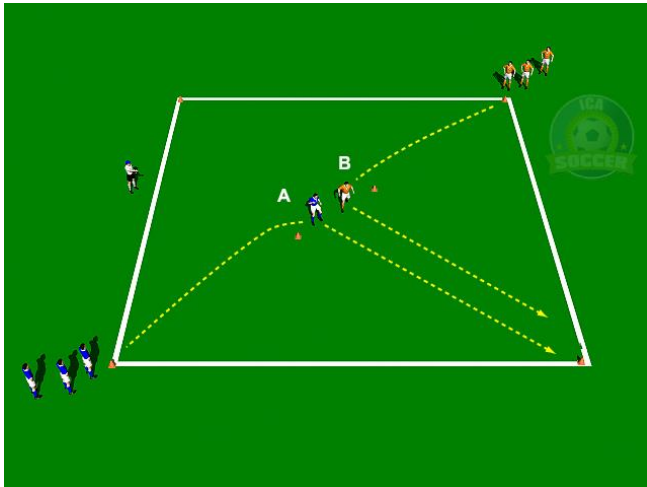


Newcastle United Fitness Sprints

This exercise is excellent for maintaining a high tempo during short distance sprint work. The team is divided into two groups. Position a group at opposite flag poles. Players stand 5 yards from the flag pole. Sprint work is performed in the following sequence; Player "A" sprints around the far flag pole, as soon as he turns the flag pole, player "B" chases player "A" and tries to "tag" him before he gets back to his own flag pole. When player "B" turn on the flag, player "C" chases him and tries to tag him before he reaches his own flagpole. This sequence is repeated throughout the drill.



Speed, Agility & Endurance Drills

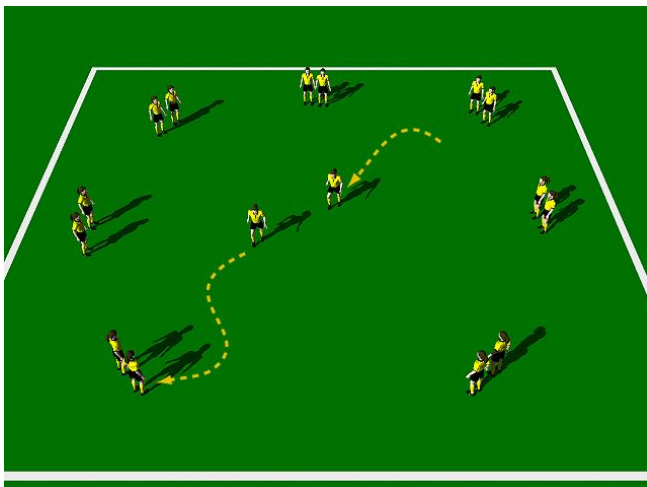


Fake Runs

This exercise is designed to incorporate body feints with high tempo sprint work. Players thoroughly enjoy this drill. Teams alternate faking. On the Coach's command, two players jog to the center cones. One player is the "faking" player.

His job is to trick the opponent that he is going one way, but explodes in the opposite direction. Players race to the cone in either corner.

Variations; Run to opposite cone. Run straight or side to side cone. Run in groups of two, three or four etc.



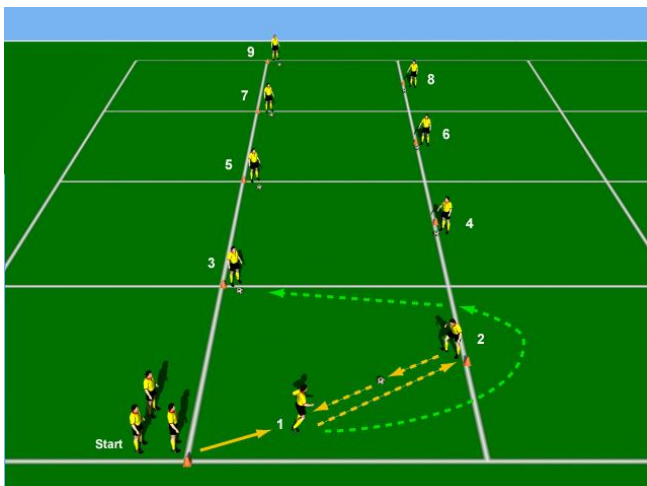
Chasing Shadows

The group is divided into pairs. The players make a circle approximately 20 yards in diameter as shown above.

Two players start the exercise. Player "A" tries to tag player "B", player "B" can run anywhere to avoid being tagged, inside or outside of the circle. If player "B" is tagged they must now chase player "A". As the player runs around trying to avoid being tagged, they can rest by standing next to any of the pairs or players. The player they stand next to now become the "chased" player.

Allow time for all players to get a good work out.

Coach should develop a high tempo rhythm as quickly as possible.

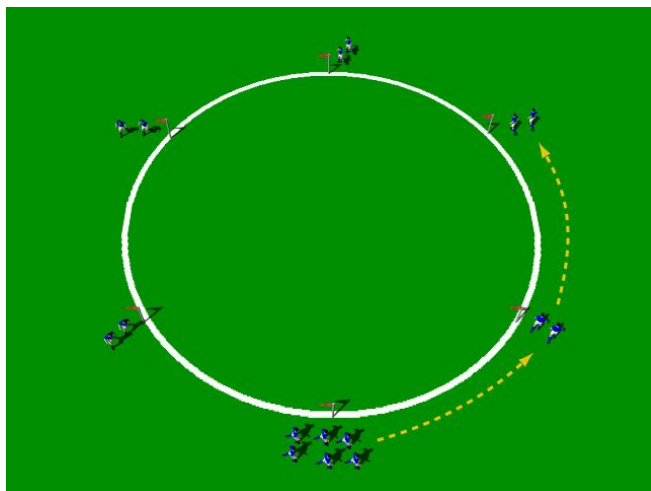


Scotland Runs

First player at the start line, player "1" runs to player "2" and plays a "give and go" with player 2. He then runs around the cone and plays a "give and go" with player 3. He repeats this with all the players until he reaches player 9. He then takes the player 9 position. After each player passes the ball to player "1" they must receive the return pass and kill the ball dead at the cone. They leave the ball and sprint to the next cone ahead of them, back to their cone and again back to the cone ahead of them where they stay. After each pass they are moving up a cone closer to the starting line. The concept is for the players to move up the cones by doing 3 sprints each time they pass the ball to the runner. When they reach the last cone they then become the running player.



Speed, Agility & Endurance Drills



Shankley Runs

Position 2 players per flag pole, plus 4 more at one flag pole. The flag pole with 6 will be the starting position. To start, 4 players from the starting position sprint to the next flag pole. When they reach the next flag pole 2 of the players stay there.

The other 2 run to the next flag pole and rest. As soon as the first group hit the first flag pole, 2 players join them and sprint the length of 2 flags. The whole concept is for each pair to sprint 2 flags and rest. On each sprint they will be paced by 2 players. Each circle completed equals 160 yards. Record total distance sprinted.



Half Feld Runs

Spend at least 15 minutes on a good stretch and warm up before commencing the running program. Divide players into four groups and position a group at each corner of a half field. Assign a leader or "pacesetter" for each group. On the coaches command the players will run in the following sequence:

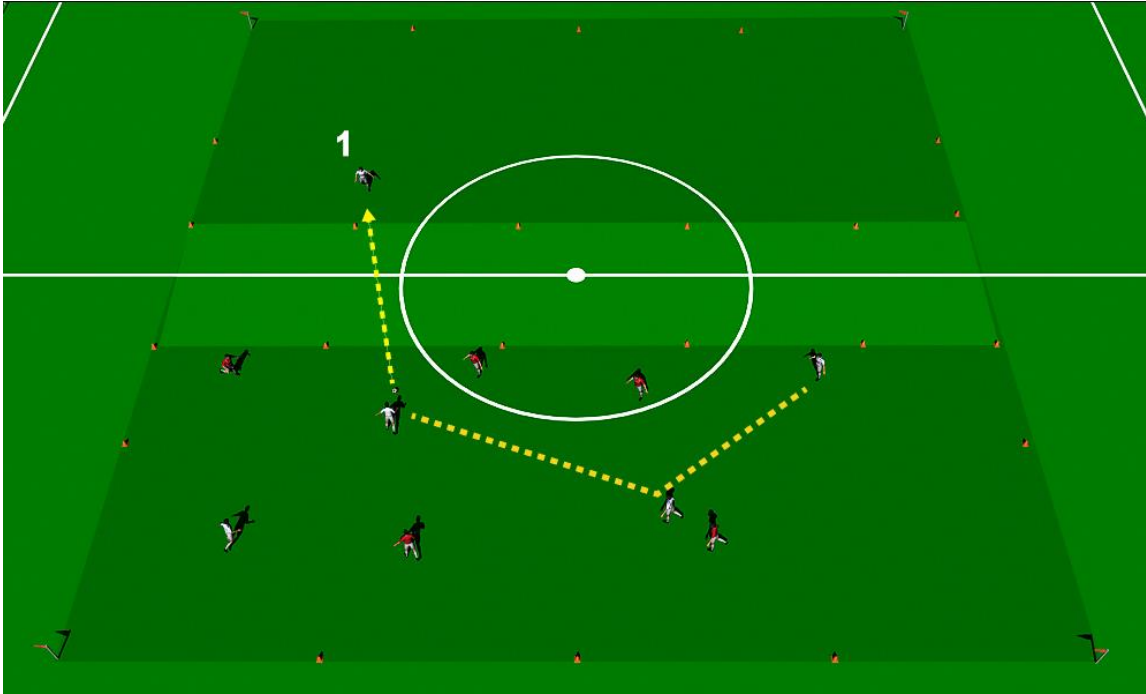
1. **Sprint** 1 side, **Jog** 1 side.
2. **Sprint** 2 sides, **Jog** 2 sides.
3. **Sprint** 3 sides, **Jog** 1 side.
4. **Sprint** 4 sides, **Jog** 1 side.
5. **Rest** - continue walking around field.

Total average distance covered will be 1040 yards.

Speed, Agility & Endurance Drills



Transition Fitness (High Aerobic)



Exercise Objectives:

This drill is designed to; Develop the Intermittent Aerobic Capacity of players. Develop a team's ability to work at Moderate to High intensity for sustained periods. Develop a team's ability to maintain possession.

Coaching Pointers:

Position your players as in the diagram above.

- The team in possession is required to have one player in the opposite zone to where the other players are located. In this example (#1). They cannot have more than one player in the opposite zone to where the ball is.
- The team in possession attempts to maintain possession and then switch the ball to the sole player in the opposite zone(#1). One completion of this pass successfully from one zone to the Other gets the team gets 1 point and all the players except one from the team in possession shift to the zone where the ball was played to.
- If possession changes prior to the switch pass the team in possession should switch the player in the opposite zone with one of their own.
- Passes across the central zone should be on the ground.



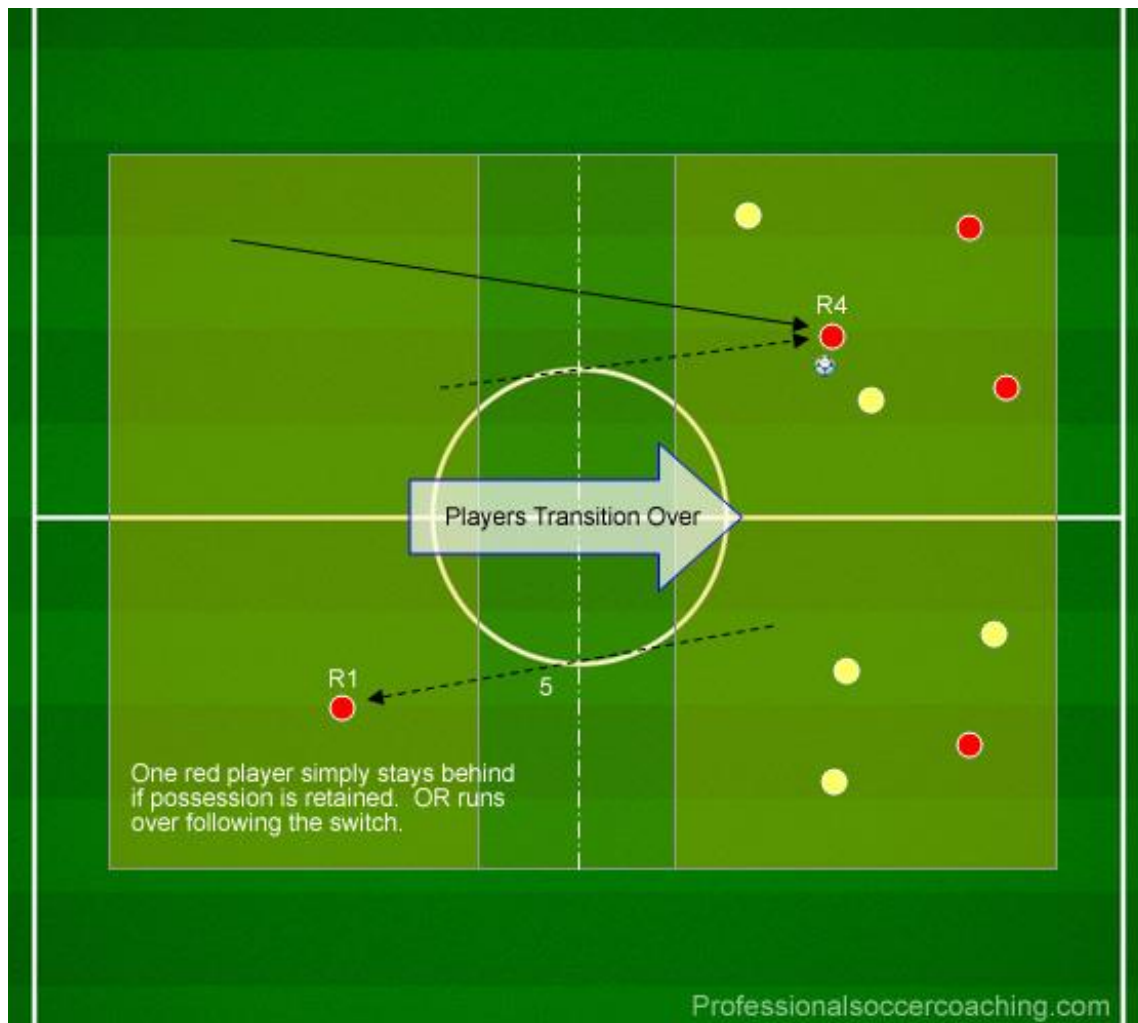


Speed, Agility & Endurance Drills

KEY COACHING POINTS:

1. Players need to be aware of the game conditions and rules.
2. Principles of possession should be applied by teams (i.e. good width and depth, quick passing, good supporting angles, etc).
3. Players should be working between 70-90% of their maximum heart rate (MaxHR).
4. Possession players need to step up the field and support early.
5. Defending players need to recover quick and attempt to track runners and mark.
6. Direct balls forward to the target man should be quality. Patience for a good switch passing opportunity is important.

Diagram 2 - Movement of Players Following a Successful Switch Pass



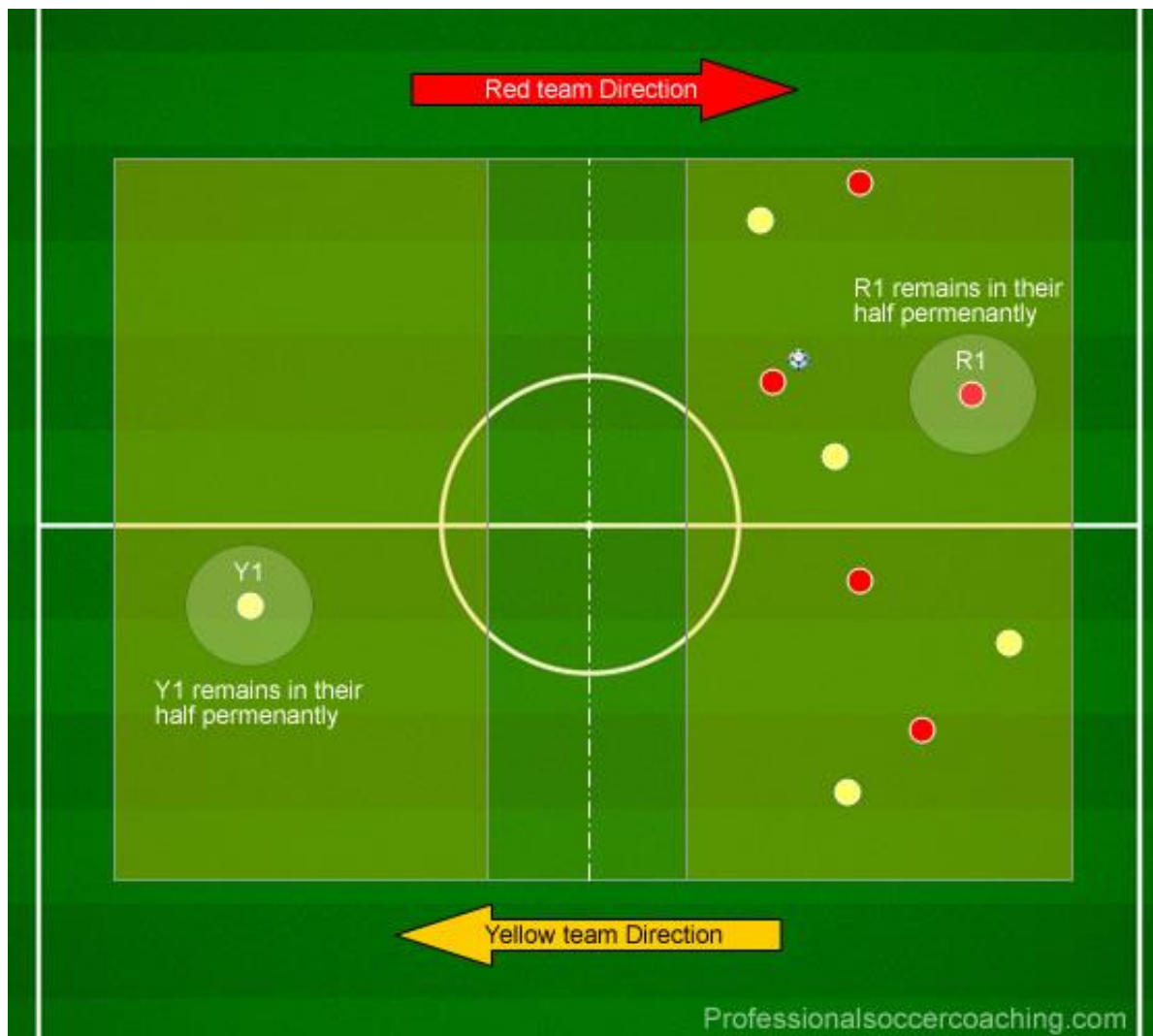


Speed, Agility & Endurance Drills

PROGRESSIONS

1. (Refer to Diagram 3) Each team plays only one direction now. R1 remains in Zone C the entire time as a target player for the switch pass, as does Y1. Yellow team plays from right to left and the Red team from left to right.
2. Require 4 passes before a team is allowed to play a switch pass.

Diagram 3 - (Progression 1)





Speed, Agility & Endurance Drills

VARIATIONS:

1. Maximum of 2 touch. Except when intercepting or challenging when 3 are allowed.
2. Increasing the dimensions of the field will also increase the intensity of the exercise. In particular the central zone (making this longer, i.e. 20-30 yds) increases the distance of the runs players have to make on each switch.
3. Team scores a point with 8 consecutive passes, regardless of switch passes which are considered a normal pass now.
4. Team scores a point after two switches. Not just one.
5. Passes across the central zone can be played in the air.
6. Play with fewer players to increase the intensity of the exercise (i.e. 4vs4).

NOTES AND OBSERVATIONS:

The exercise simulates intermittent exercise seen in a real match (i.e. periods of possession with either recovery runs or supporting runs of approx. 20-30 yds. Intensity is highly configurable with the number of players and size of the playing area (zones). It is important to create well balanced teams, as defending and making recovery runs is generally of a higher intensity than attacking runs.

Encourage the group of players to take their pulses and calculate their heart rate during the breaks and immediately after the exercise to check how hard they have been working.



Cycle Sessions



The cycle sessions included in the program are designed for performance of maximal power through each interval. Make sure that the saddle is set to the appropriate height, so that when sat down with the pedal at its lower point, the leg should be extended with a slight knee flexion.

Cycle 1: 10mins easy cycle. 12x10secs maximal effort burst, staying seated in the saddle. 1min easy spin in between each effort, concluding with 10mins easy cycle.

Cycle 2: 10mins easy cycle. 14x10secs maximal effort burst, staying seated in the saddle. 1min easy spin in between each effort, concluding with 10mins easy cycle.

Cycle 3: 10mins easy cycle. 16x10secs maximal effort burst, staying seated in the saddle. 1min easy spin in between each effort, concluding with 10mins easy cycle.

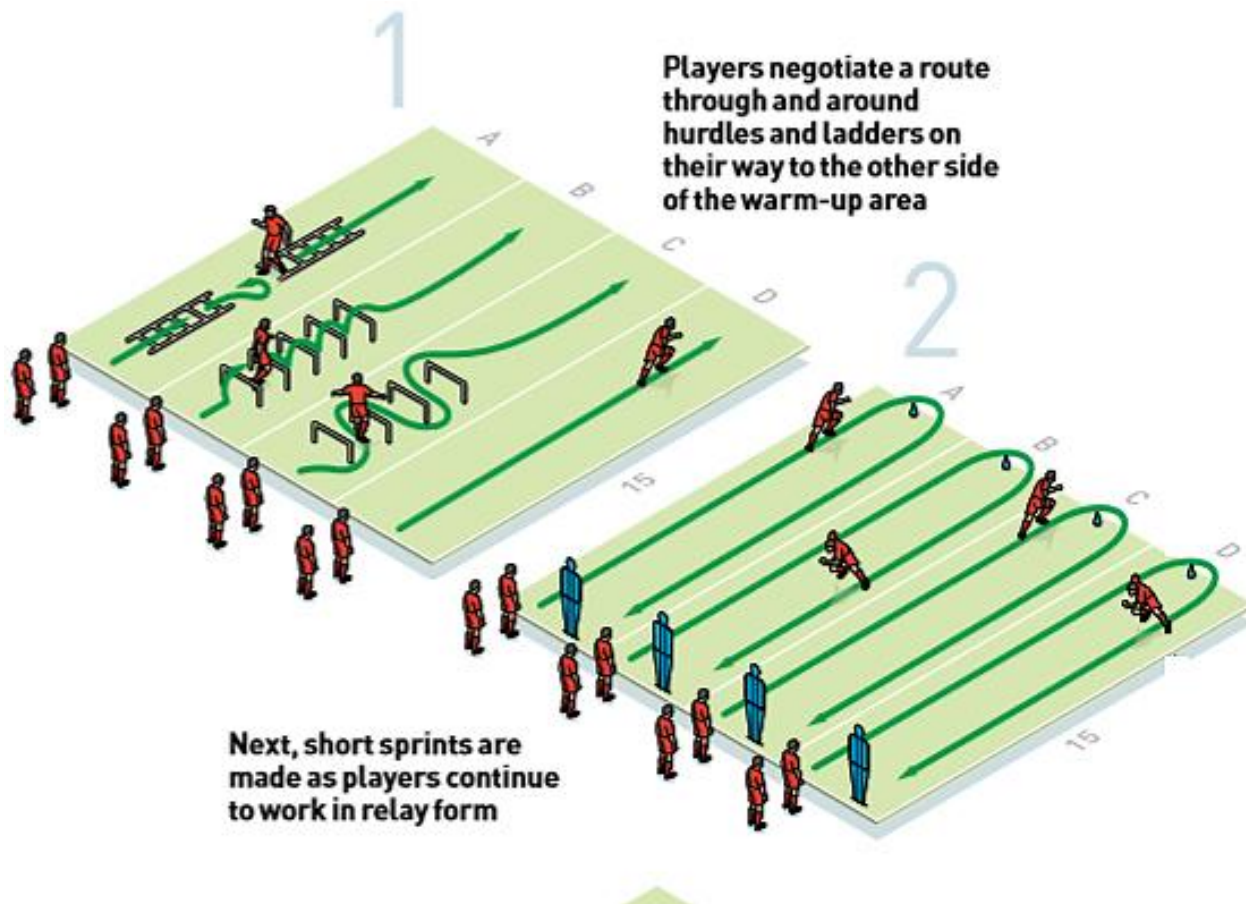
Cycle 4: 10mins easy cycle. 18x10secs maximal effort burst, staying seated in the saddle. 1min easy spin in between each effort, concluding with 10mins easy cycle.

Cycle 5: 10mins easy cycle. 19x10secs maximal effort burst, staying seated in the saddle. 1min easy spin in between each effort, concluding with 10mins easy cycle.



Speed, Agility & Endurance Drills

Liverpool Speed and Agility



What do I get the players to do?

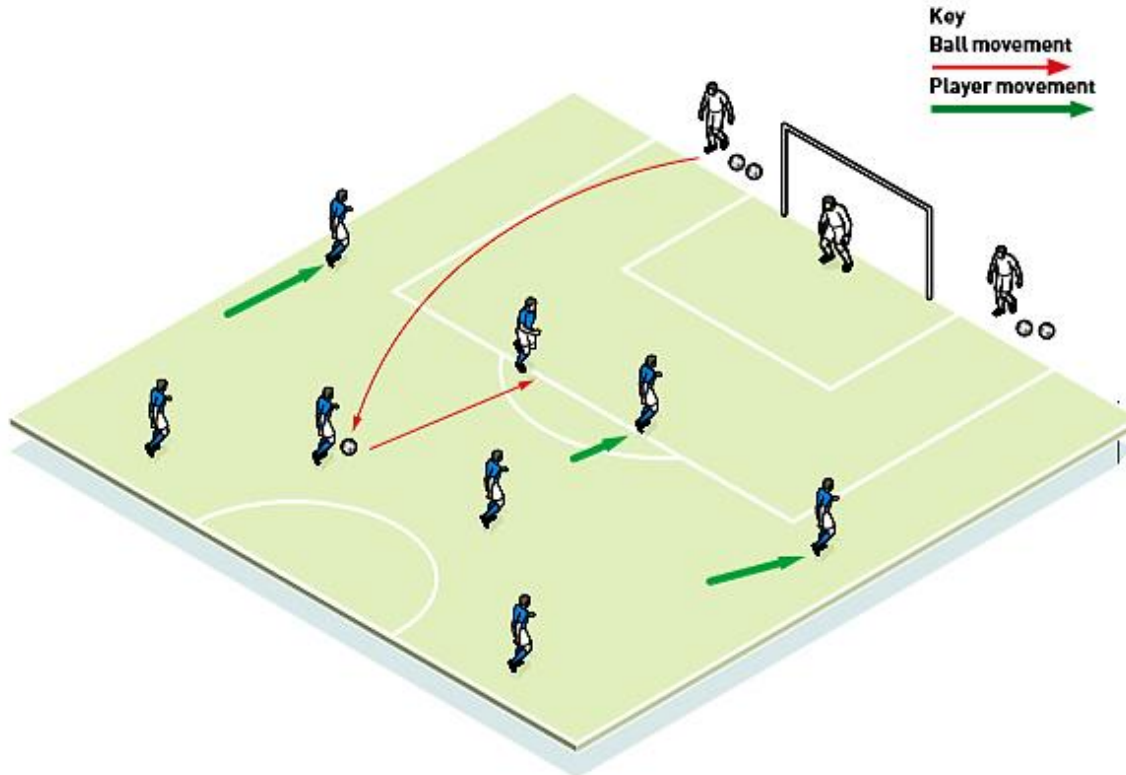
Warm-up We set up as shown (1), with four 15x5- yard channels. At the bottom of each are three small hurdles. At mid-tempo, players have different instructions for running either around or over them, then move to the top of the practice area and back. As one player returns, the next leaves. Speed conditioning

Next, players must sprint from the start line, run 5 yards to the cone, before coming back.

Functional and Tactical Drills



Whole Team Attacking



What do I get the players to do?

Servers stand either side of the goal with a supply of balls. They can pass to any of the attacking players. When a ball is served the attacking players combine to score using a variety of passing and movement. Players should be overlapping and exchanging positions, using variety in when the ball is delivered and where a player chooses to shoot from. When the ball goes dead return to positions and a new ball is served.

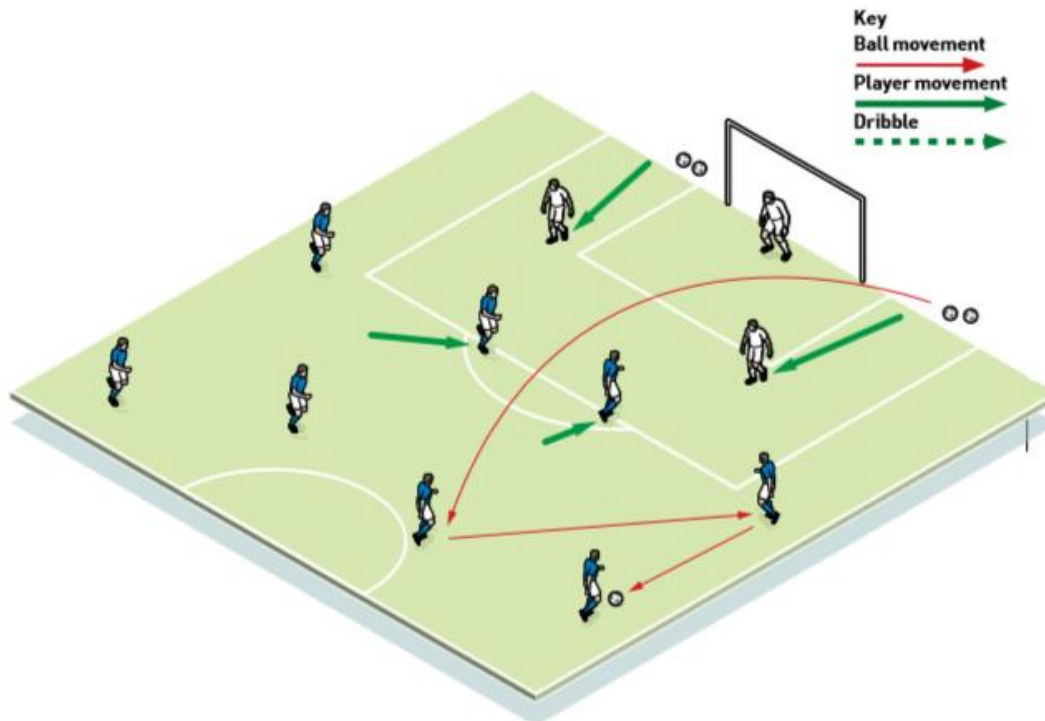
What are the key things to look for technically/ tactically?

It is important that the players maintain a high tempo, keeping the ball and themselves moving. We are looking for accuracy in all crossing and finishing. Ultimately, we want to see play resulting in a goal or shot on target. With the absence of defenders this shouldn't be a problem!

Functional and Tactical Drills



Whole Team Attacking – Progression



How do I progress the session?

There are a few natural progressions:

- 1 The servers become central defenders who try to stop the players scoring.
- 2 Limit the number of touches.
- 3 Insist that every attack has to include players switching positions.
- 4 Add more opposition if additional players are available.

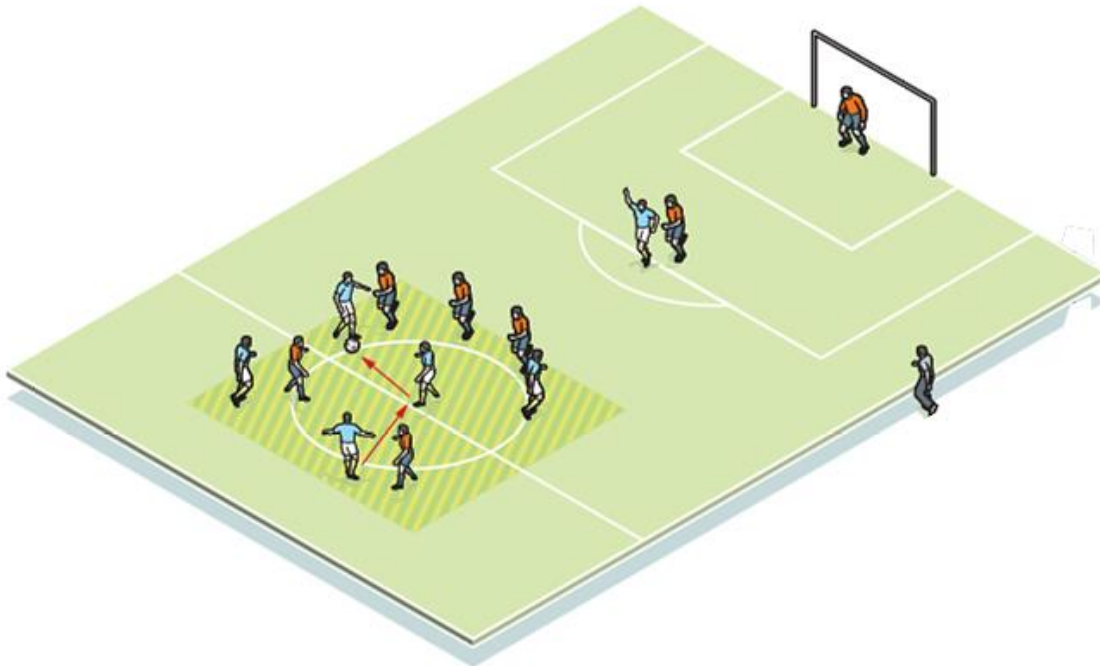
How would you put this into a game situation?

Move on to a full pitch. The goalkeeper starts with the ball and passes to a center half. This gives center backs practice at playing long passes to the center forwards. Once the ball has been played forward the players practice the same movements as before. Again, add more opposition if you have sufficient numbers.



Functional and Tactical Drills

Attacking from Midfield



What do I get the players to do?

Create a 25x25 yard square around the center spot and play 5v5 in this area. We look for three (or more) completed passes before the ball is moved out of the zone. Once that pass is made, the team have eight seconds to score a goal. To support, use one forward and one defender starting in the D on the 18 yard box. Either one or two players can break to support the forward, but if two go (thus creating a 3v1 situation), I encourage one of the forwards to go wide, while the other stays central. Players must remain onside at all times. If the team scores, they jog back to the center. If they miss, they must sprint back. Such is the flexibility of this session, it can be tweaked to involve any number of players. Do this for 4x4 minutes, with one minute recovery in between.

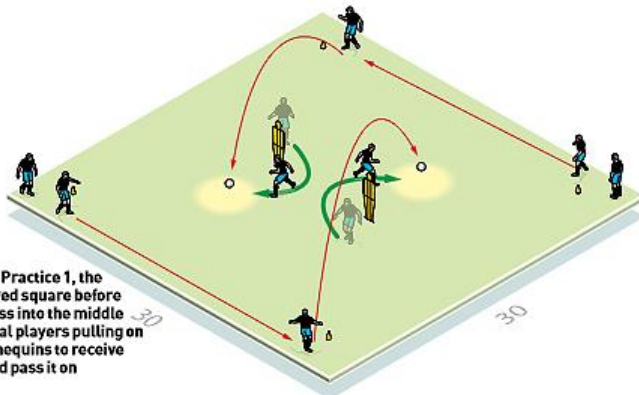
What are the key things to look out for technically/ tactically?

Initially, we're keeping an eye on possession in the central box, awareness of players, and quality of passing. In addition, check that players are going forward at the right moment. We'll also focus on the quality of forward runs, intelligence and patience in waiting for an opening, plus communication between players.



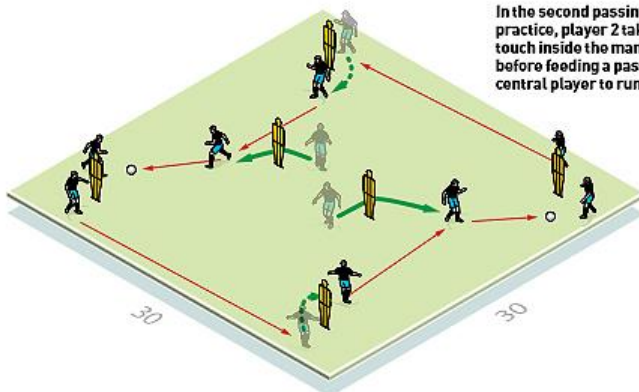
Penetrating the Defense

1



In Passing Practice 1, the ball is played square before a lofted pass into the middle sees central players pulling on their mannequins to receive the ball and pass it on

2



In the second passing practice, player 2 takes a touch inside the mannequin before feeding a pass for the central player to run on to

What do I get the players to do?

Passing practice 1 (1) The first practice concentrates on penetrating diagonal passes and movement to get in behind in a 30x30-yard area. Player 1 passes to player 2, who receives on the back foot. Player 3 pulls on the shoulder of the mannequin to receive a lofted diagonal pass from player 2 before a pass out the other side. All players follow their passes.

Passing practice 2 (2) This next practice examines penetrating runs and passes. So in the same area, set up as shown, with player 1 passing to player 2, who takes a first touch inside the mannequin and plays a slide pass for player 3 to run onto. Players follow on to the next station by rotation.

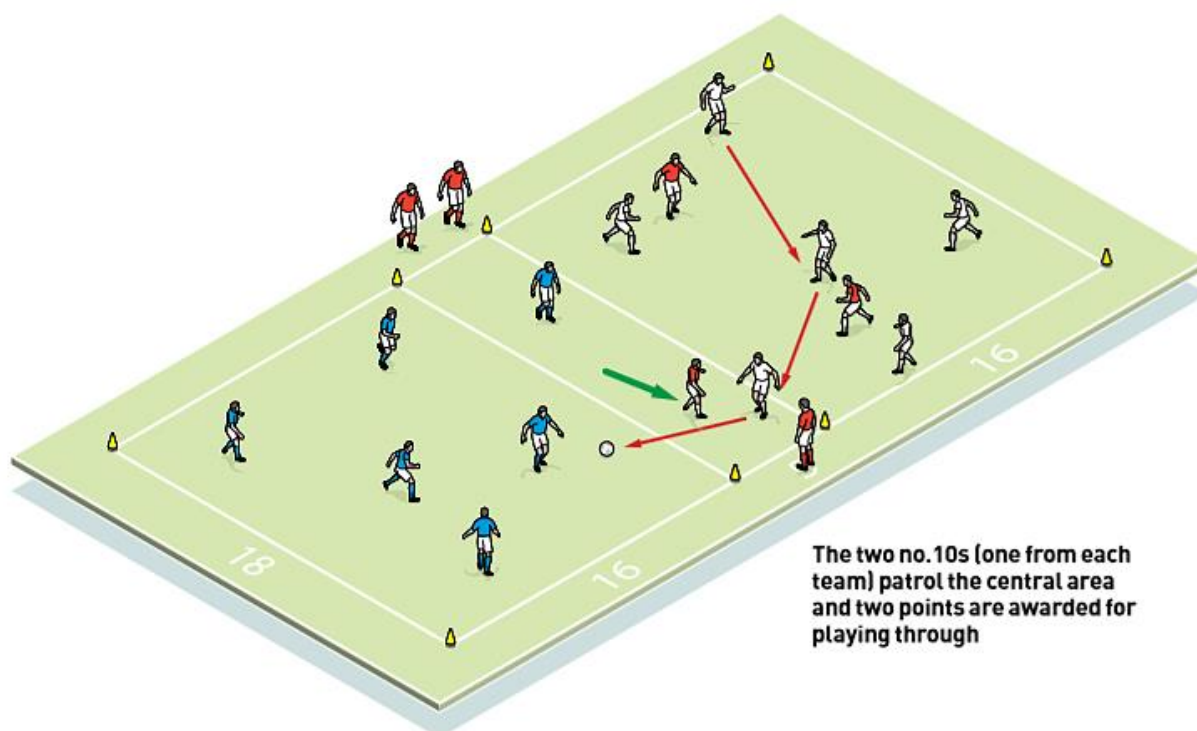
What are the key things to look out for? We want to see a good quality and weight of pass, smart movement of players pulling on the shoulders of the mannequins, and possible disguises of pass. Player 3 must point to where he wants the ball played, and must time his run to stay onside. He can run behind or in front of the mannequin, but should not have to break stride at any point.

How do I progress the session? We now encourage players to bring their own interplay into the session, providing that in each run through they combine to get in behind mannequins.



Functional and Tactical Drills

Possession through the #10



The two no. 10s (one from each team) patrol the central area and two points are awarded for playing through

What do I get the players to do?

Taking the theme into a more opposed practice, the possession-based transfer practices challenge the spatial and visual awareness of the players beyond a traditional transfer game. Two teams of five attackers occupy 20x10-yard areas, and when in possession are opposed by two defenders. In a central 10x5-yard zone, two attackers are opposed by a single defender. The attacking team completes a minimal number of passes before transferring the ball to the other attacking team.

If they play through the no.10 (blue or white) they achieve a point. If they transfer through or over (without using the no.10) they retain possession but receive no points. In the second game only a defender occupies the central zone. As possession builds (whites), a blue must recognize when, where and how to drop into the zone to receive, get half-turned and play into his own color. If this is achieved, a point is awarded.

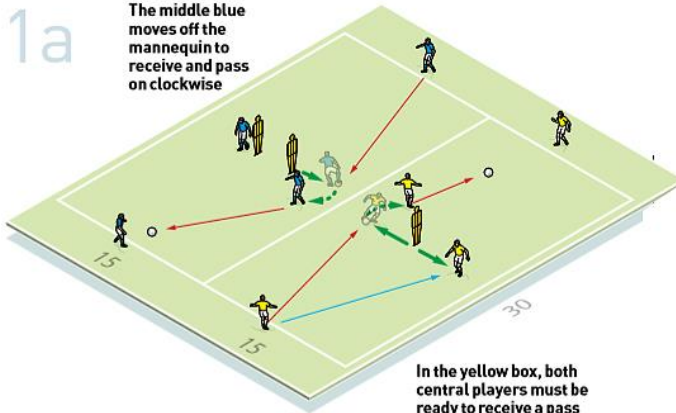


Functional and Tactical Drills

Switching the Play

1a

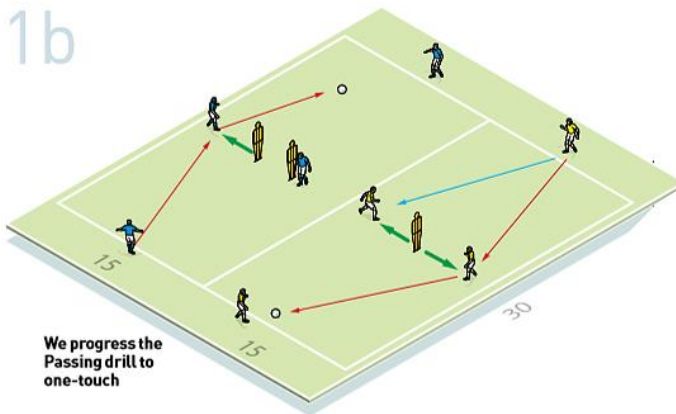
The middle blue moves off the mannequin to receive and pass on clockwise



In the yellow box, both central players must be ready to receive a pass

1b

We progress the Passing drill to one-touch



What do I get the players to do?

What do I get the players to do? Passing drill (1a) In the left-hand practice, there is a blue server at each end of the box, and a blue on each mannequin in the middle. The ball is played in from the top, moving clockwise with a diagonal pass towards the wing. The player must react to the pass and step back off the mannequin, ready to receive. Two-touch, the ball is then played on, before the move is repeated back in the other direction. In the second box, we position two players on a single mannequin. Now, the ball can go to either player, so both need to react to the potential of the pass. To progress, we restrict players to one-touch (1b).

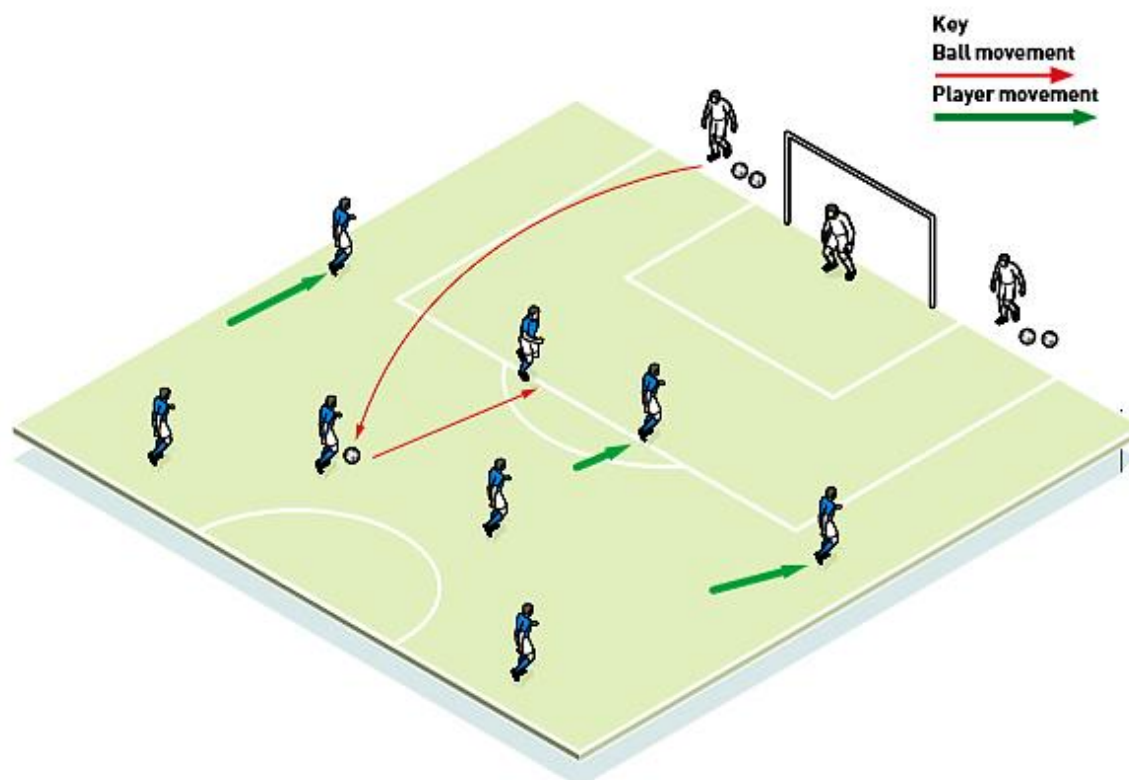
What are the key things to look out for?

Players must receive the ball on the back foot, side-on so they can see both servers. Movement off the mannequin must be realistic, with a sensible weight of pass from the server.



Functional and Tactical Drills

Whole Team Attacking



What do I get the players to do?

Servers stand either side of the goal with a supply of balls. They can pass to any of the attacking players. When a ball is served the attacking players combine to score using a variety of passing and movement. Players should be overlapping and exchanging positions, using variety in when the ball is delivered and where a player chooses to shoot from. When the ball goes dead return to positions and a new ball is served.

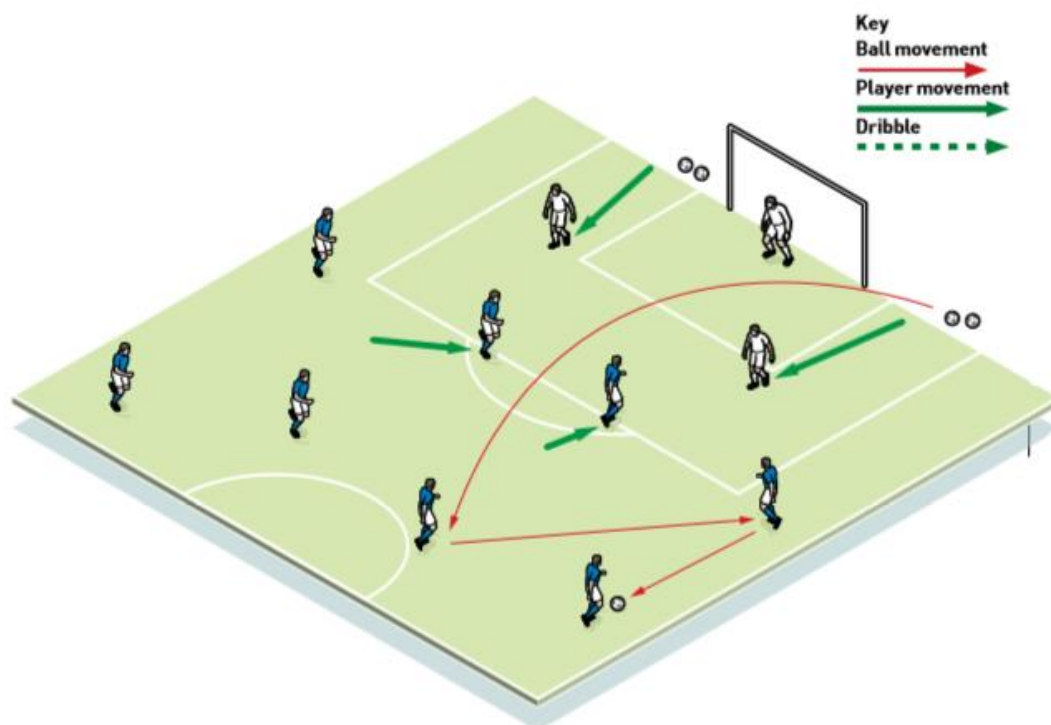
What are the key things to look for technically/ tactically?

It is important that the players maintain a high tempo, keeping the ball and themselves moving. We are looking for accuracy in all crossing and finishing. Ultimately, we want to see play resulting in a goal or shot on target. With the absence of defenders this shouldn't be a problem!



Functional and Tactical Drills

Whole Team Attacking – Progression



How do I progress the session?

There are a few natural progressions:

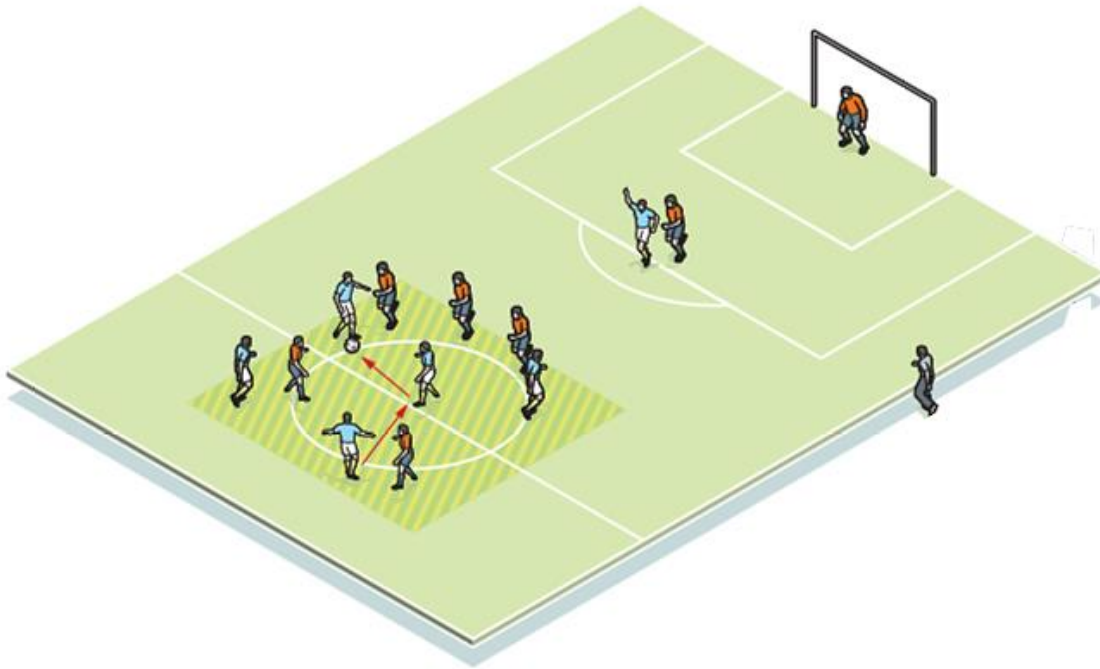
- 5 The servers become central defenders who try to stop the players scoring.
- 6 Limit the number of touches.
- 7 Insist that every attack has to include players switching positions.
- 8 Add more opposition if additional players are available.

How would you put this into a game situation?

Move on to a full pitch. The goalkeeper starts with the ball and passes to a center half. This gives center backs practice at playing long passes to the center forwards. Once the ball has been played forward the players practice the same movements as before. Again, add more opposition if you have sufficient numbers.



Attacking from Midfield



What do I get the players to do?

Create a 25x25 yard square around the center spot and play 5v5 in this area. We look for three (or more) completed passes before the ball is moved out of the zone. Once that pass is made, the team have eight seconds to score a goal. To support, use one forward and one defender starting in the D on the 18 yard box. Either one or two players can break to support the forward, but if two go (thus creating a 3v1 situation), I encourage one of the forwards to go wide, while the other stays central. Players must remain onside at all times. If the team scores, they jog back to the center. If they miss, they must sprint back. Such is the flexibility of this session, it can be tweaked to involve any number of players. Do this for 4x4 minutes, with one minute recovery in between.

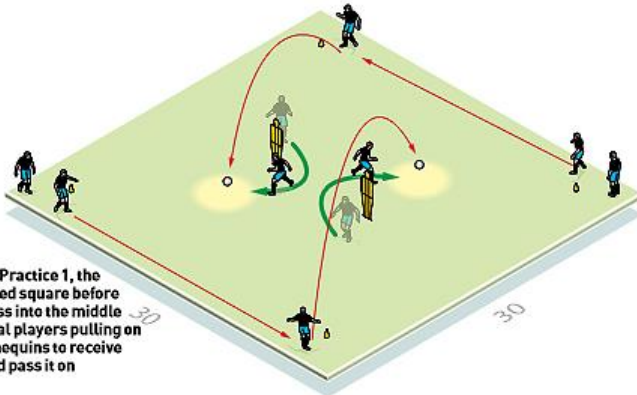
What are the key things to look out for technically/ tactically?

Initially, we're keeping an eye on possession in the central box, awareness of players, and quality of passing. In addition, check that players are going forward at the right moment. We'll also focus on the quality of forward runs, intelligence and patience in waiting for an opening, plus communication between players.



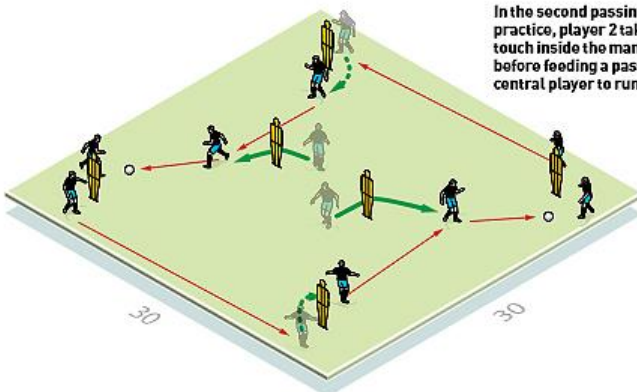
Penetrating the Defense

1



In Passing Practice 1, the ball is played square before a lofted pass into the middle sees central players pulling on their mannequins to receive the ball and pass it on

2



In the second passing practice, player 2 takes a touch inside the mannequin before feeding a pass for the central player to run on to

What do I get the players to do?

Passing practice 1 (1) The first practice concentrates on penetrating diagonal passes and movement to get in behind in a 30x30-yard area. Player 1 passes to player 2, who receives on the back foot. Player 3 pulls on the shoulder of the mannequin to receive a lofted diagonal pass from player 2 before a pass out the other side. All players follow their passes.

Passing practice 2 (2) This next practice examines penetrating runs and passes. So in the same area, set up as shown, with player 1 passing to player 2, who takes a first touch inside the mannequin and plays a slide pass for player 3 to run onto. Players follow on to the next station by rotation.

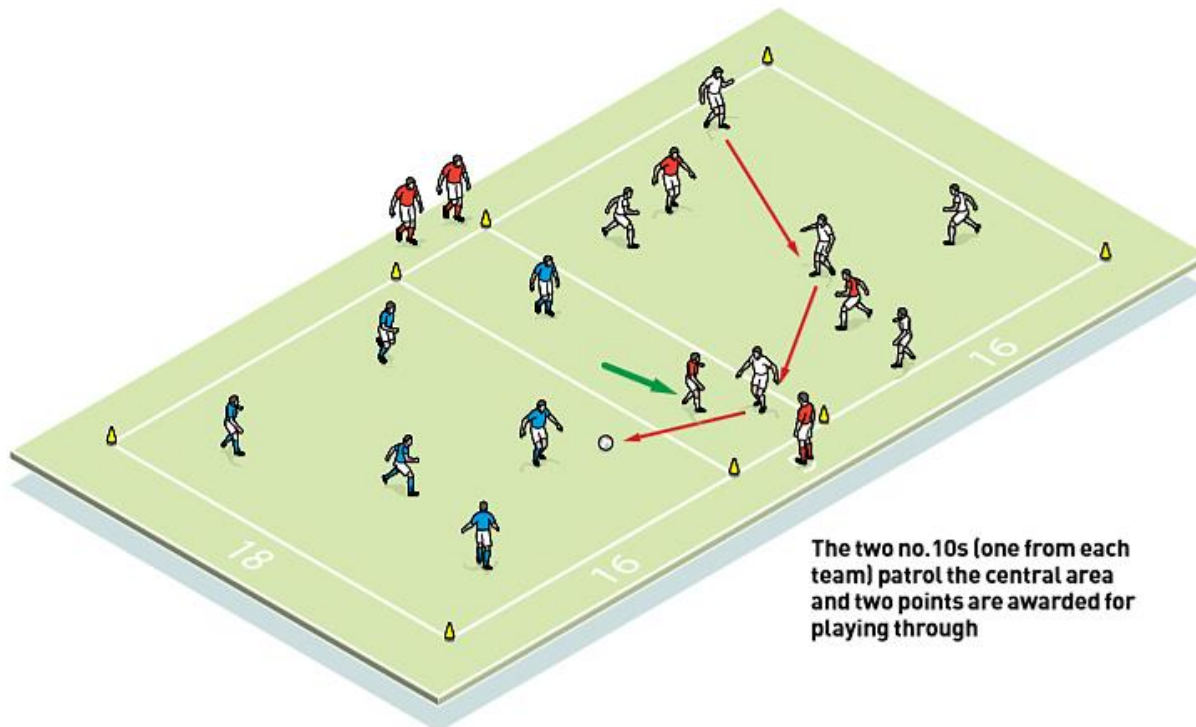
What are the key things to look out for? We want to see a good quality and weight of pass, smart movement of players pulling on the shoulders of the mannequins, and possible disguises of pass. Player 3 must point to where he wants the ball played, and must time his run to stay onside. He can run behind or in front of the mannequin, but should not have to break stride at any point.

How do I progress the session? We now encourage players to bring their own interplay into the session, providing that in each run through they combine to get in behind mannequins.

Functional and Tactical Drills



Possession through the #10



The two no. 10s (one from each team) patrol the central area and two points are awarded for playing through

What do I get the players to do?

Taking the theme into a more opposed practice, the possession-based transfer practices challenge the spatial and visual awareness of the players beyond a traditional transfer game. Two teams of five attackers occupy 20x10-yard areas, and when in possession are opposed by two defenders. In a central 10x5-yard zone, two attackers are opposed by a single defender. The attacking team completes a minimal number of passes before transferring the ball to the other attacking team.

If they play through the no.10 (blue or white) they achieve a point. If they transfer through or over (without using the no.10) they retain possession but receive no points. In the second game only a defender occupies the central zone. As possession builds (whites), a blue must recognize when, where and how to drop into the zone to receive, get half-turned and play into his own color. If this is achieved, a point is awarded.

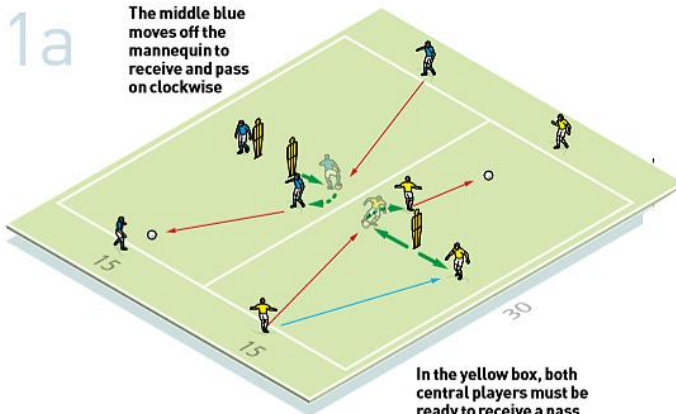


Functional and Tactical Drills

Switching the Play

1a

The middle blue moves off the mannequin to receive and pass on clockwise



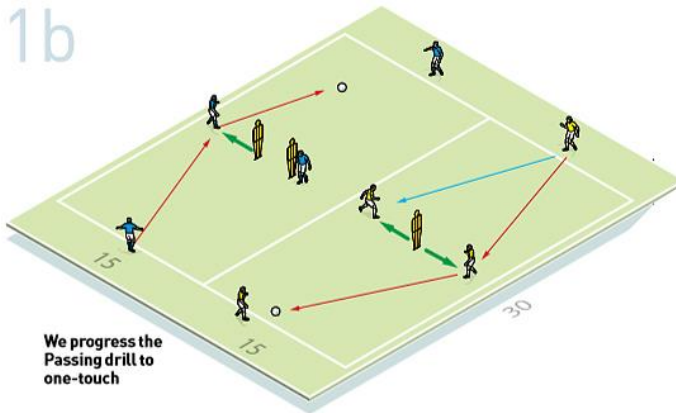
In the yellow box, both central players must be ready to receive a pass

What do I get the players to do?

What do I get the players to do? Passing drill (1a) In the left-hand practice, there is a blue server at each end of the box, and a blue on each mannequin in the middle. The ball is played in from the top, moving clockwise with a diagonal pass towards the wing. The player must react to the pass and step back off the mannequin, ready to receive. Two-touch, the ball is then played on, before the move is repeated back in the other direction. In the second box, we position two players on a single mannequin. Now, the ball can go to either player, so both need to react to the potential of the pass. To progress, we restrict players to one-touch (1b).

1b

We progress the Passing drill to one-touch



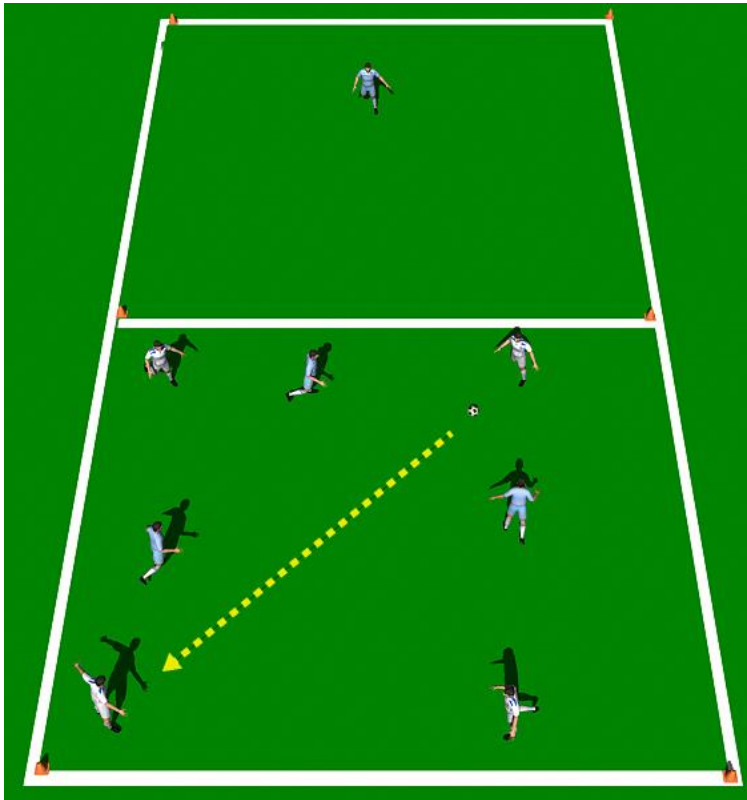
What are the key things to look out for?

Players must receive the ball on the back foot, side-on so they can see both servers. Movement off the mannequin must be realistic, with a sensible weight of pass from the server.



Functional and Tactical Drills

Pressing Lost Possessions (Reading Cues)



4v3 plus Target Player

1. **4v3 plus Target Player**
4 keep possession vs 3. The three defenders must press to get the ball back. Once they do they find their target man in opposite grid. 4 players try to press to avoid having the ball switched.
2. **6v6 plus 6 game**
Play 6v6 plus 6. Team that loses possession must press to win the ball back.
3. **11v8 Conditioned Game**
Play 11v8 conditioned game. Press lost possessions. Coach can add a 2nd ball for the attacking team to press.



6v6 plus 6 game

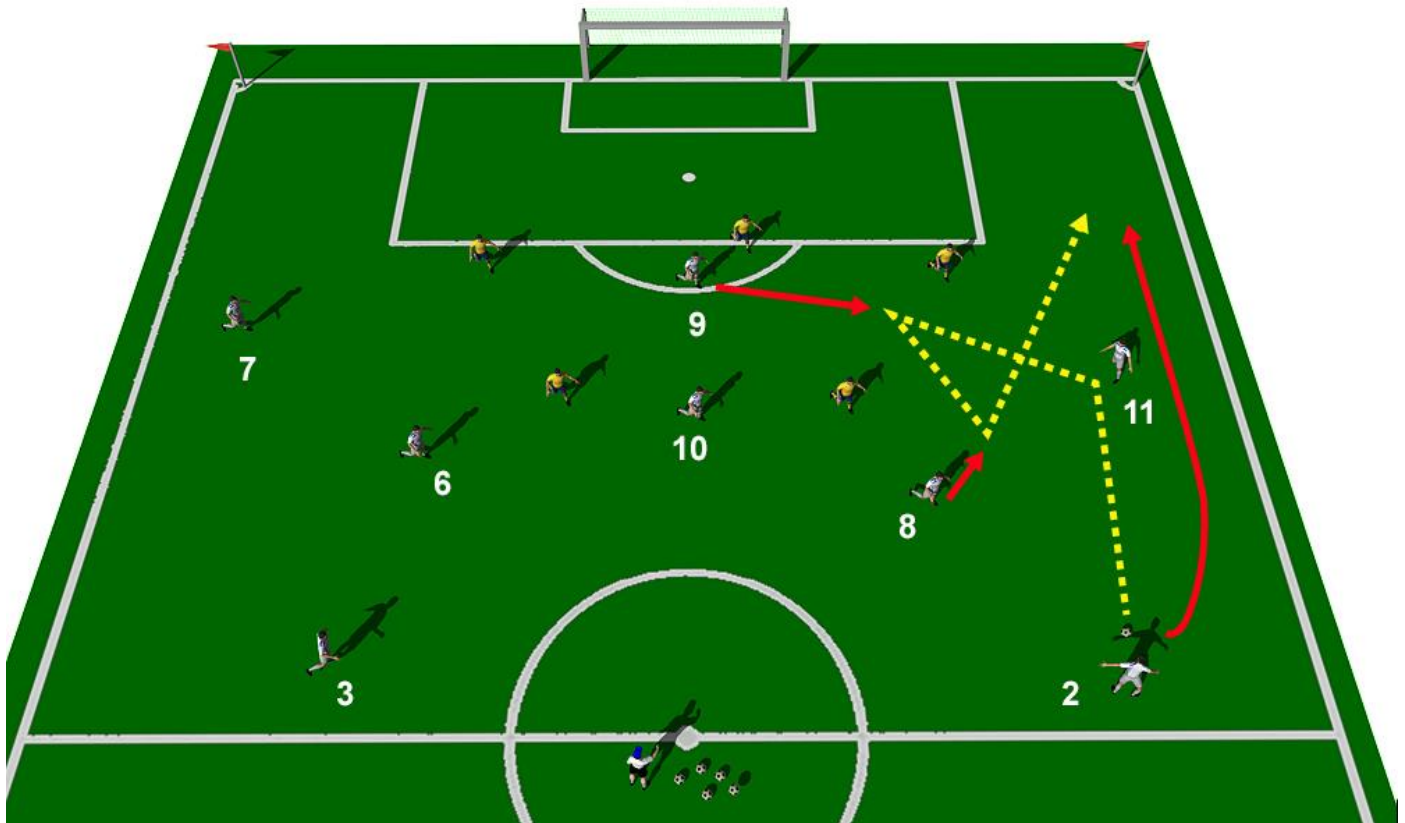


11v8 Conditioned Game



Functional and Tactical Drills

Getting Fullbacks forward in the 4-3-3

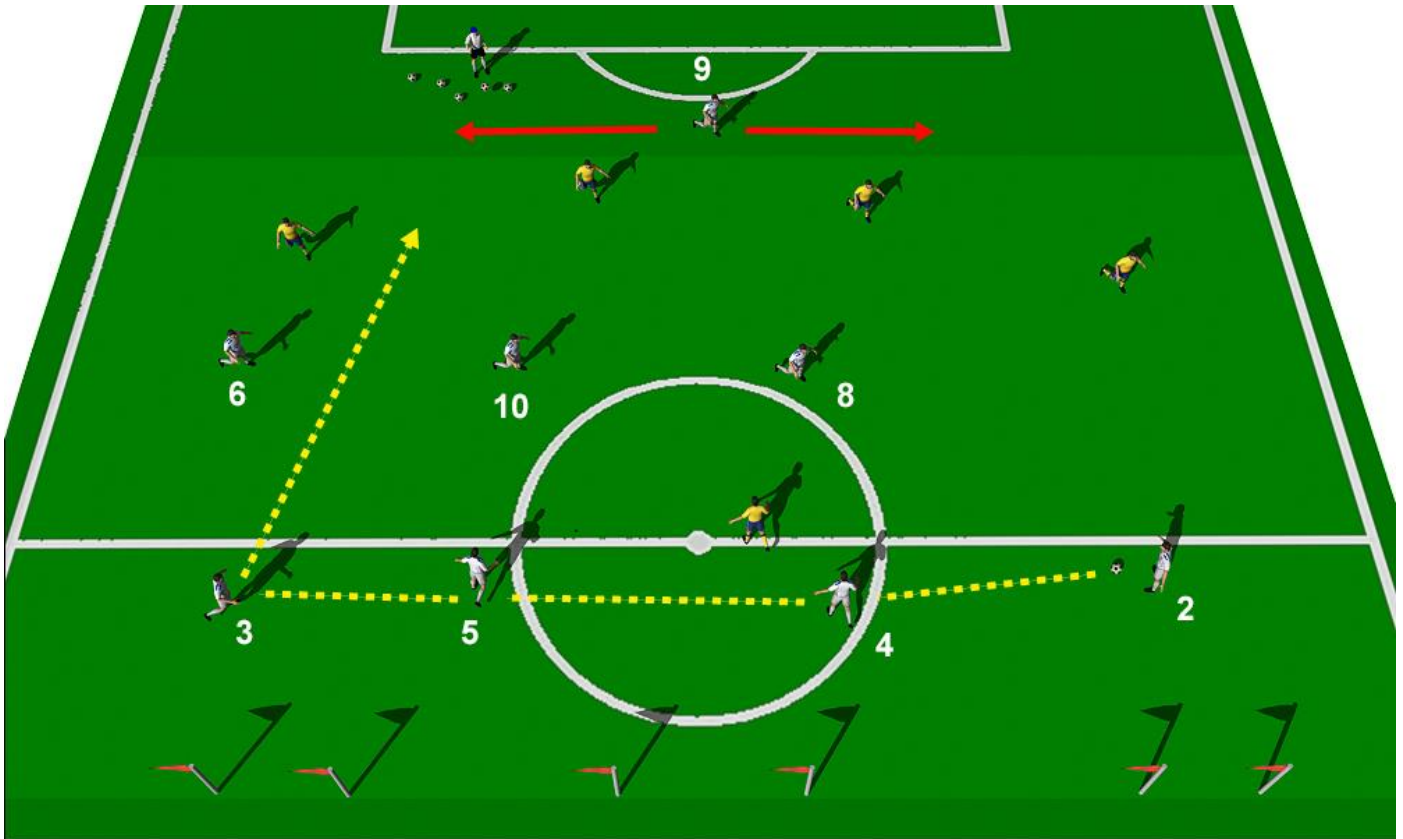


Play 2-3-3 versus 3-2

1. Pattern of Play, finish with cross from #2 and #3
2. Add Defenders
3. Add Counter Goal (target player)



Defending the Midfield third in a 4-3-3



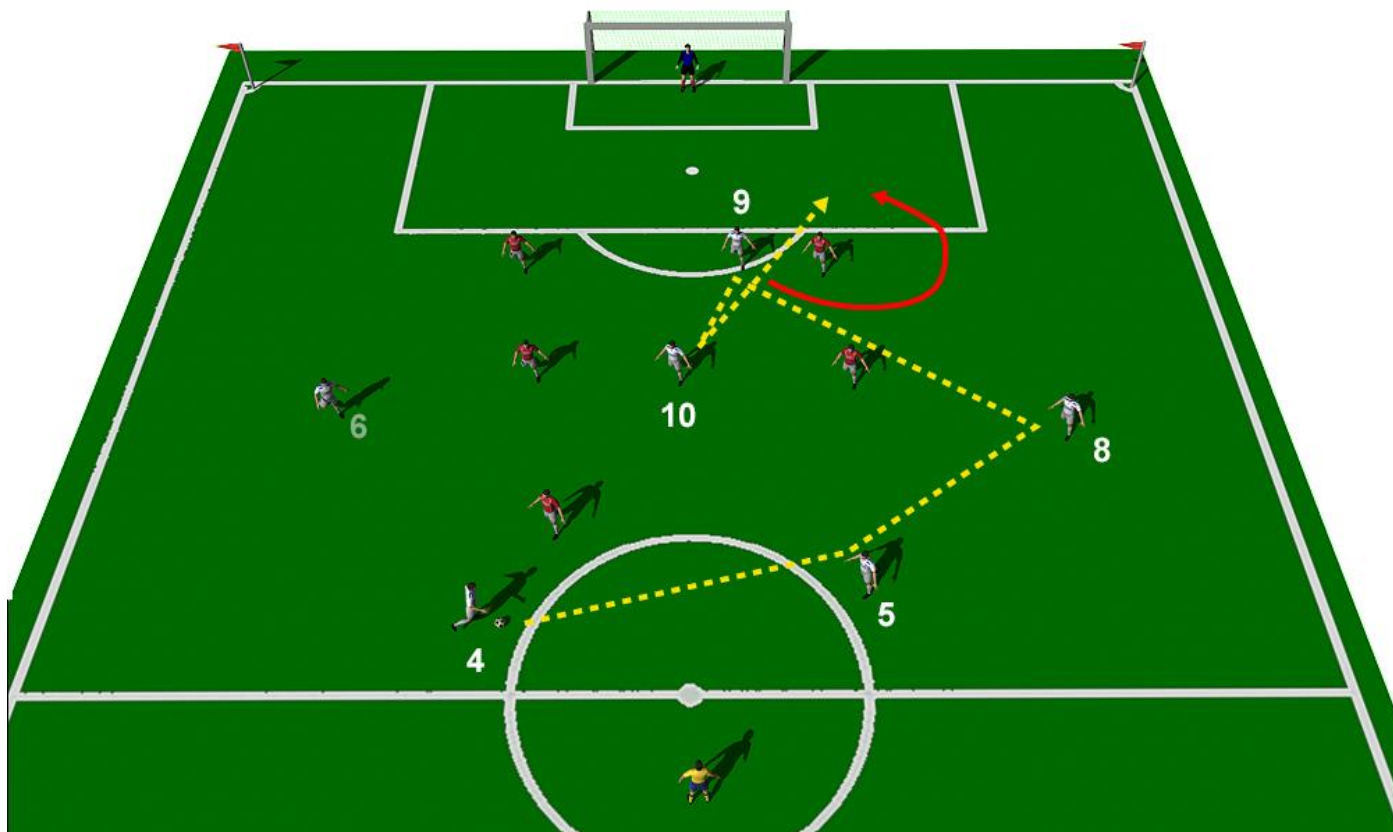
4-3 (4-3-3) versus 4-1 and eventually 4-2 (4-4-2)

1. Yellow attack small goals, White counter target player #9.
2. Add second forward for yellow to make it 4-2
3. Add large goal for yellow to attack (top of the box)

Functional and Tactical Drills



Attacking Centrally in a 4-3-3



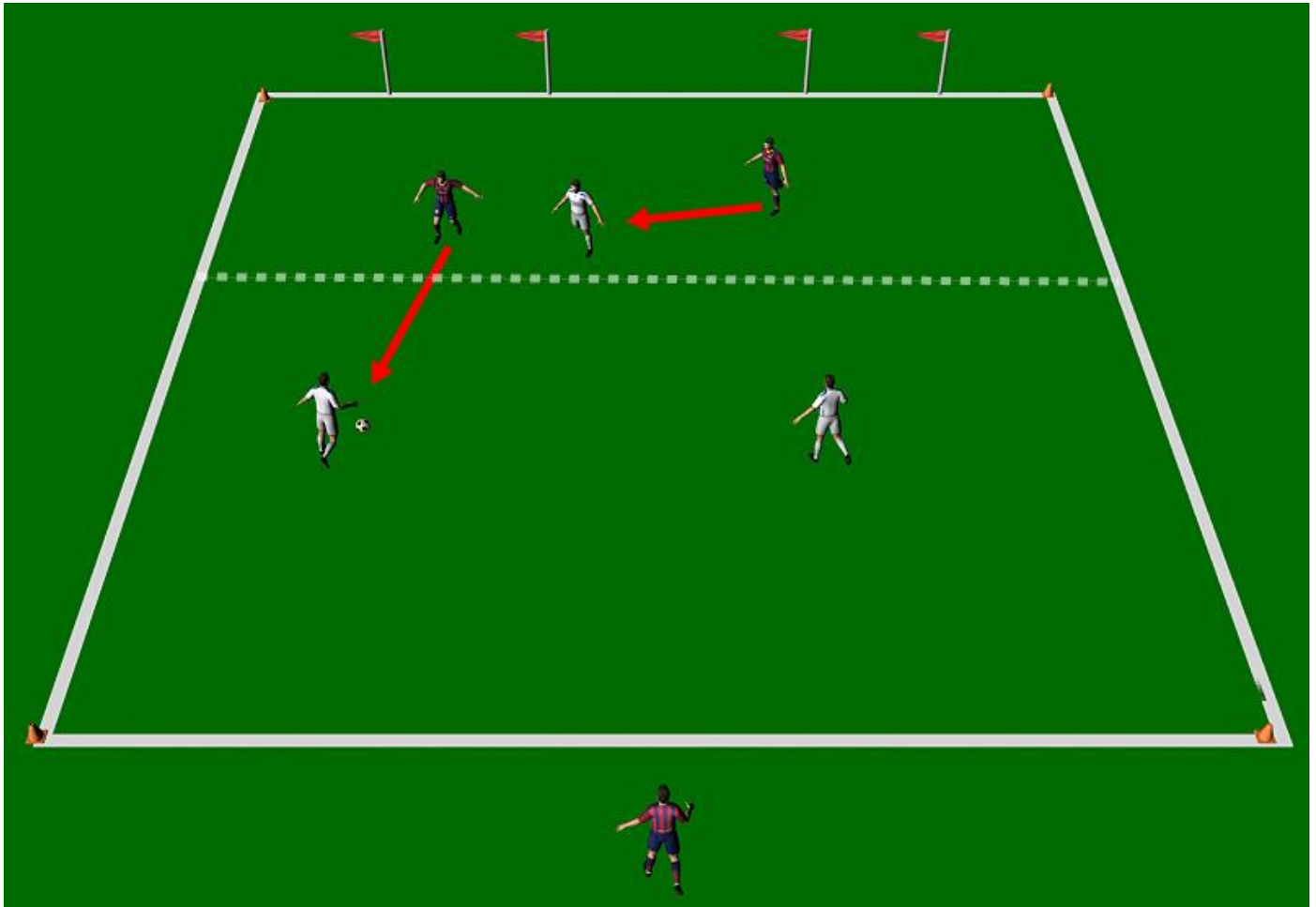
2-3-1 vs 2-2-1

White attack large goal, red counter to target player.
Should be an early ball to #9.

Functional and Tactical Drills



Principles of Zonal Play



- Play 3v2 with target player for the defending team.
- Keep play in front of you.
- Add “offside” line
- Force play wide so covering defender can play on outside shoulder of forward.

Functional and Tactical Drills



5 v 4 Mini Goals

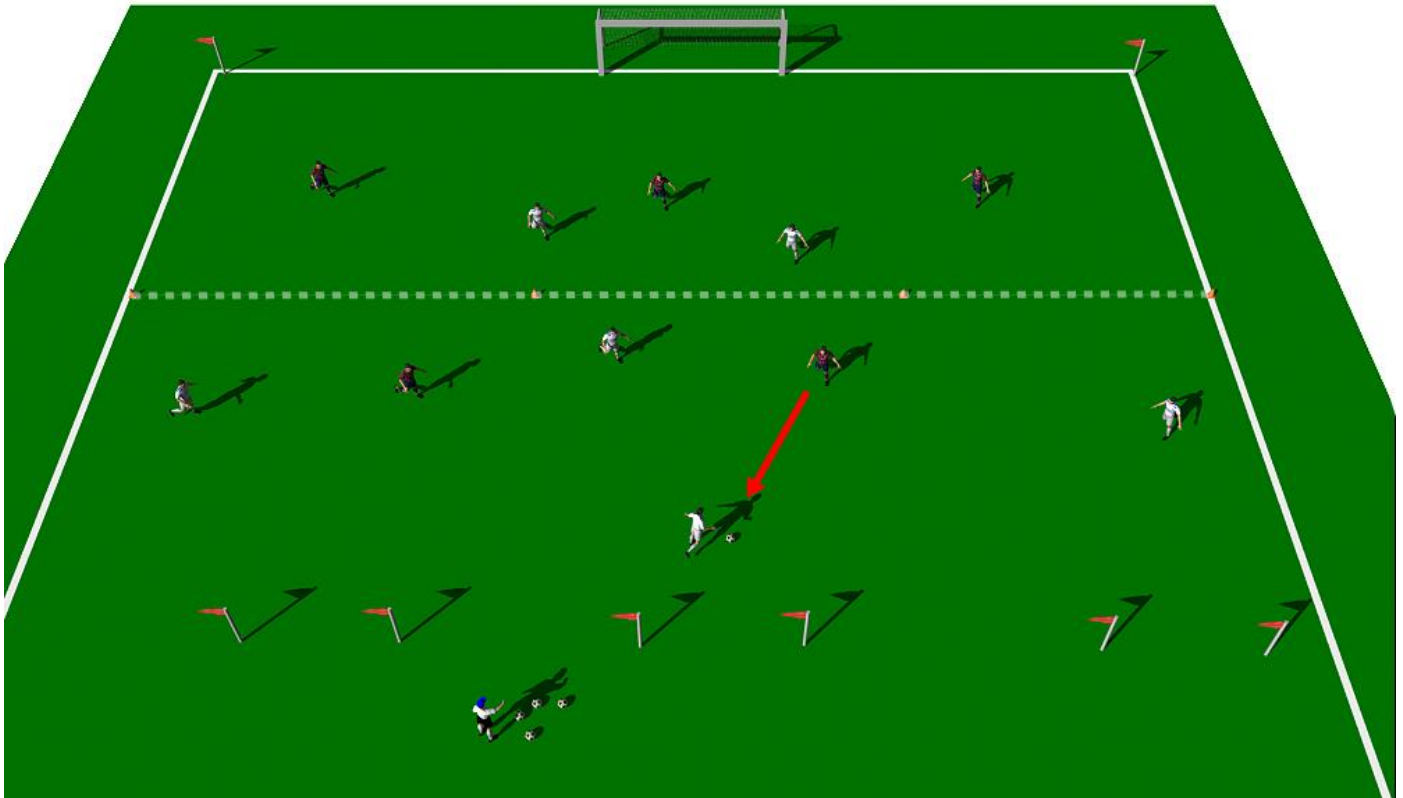


- Play 5v4 using 2 mini goals.
- Offside in affect (line)
- Maintain shape
- Indicate what commands are used to pass players on.



Functional and Tactical Drills

6v5 to Large Goals

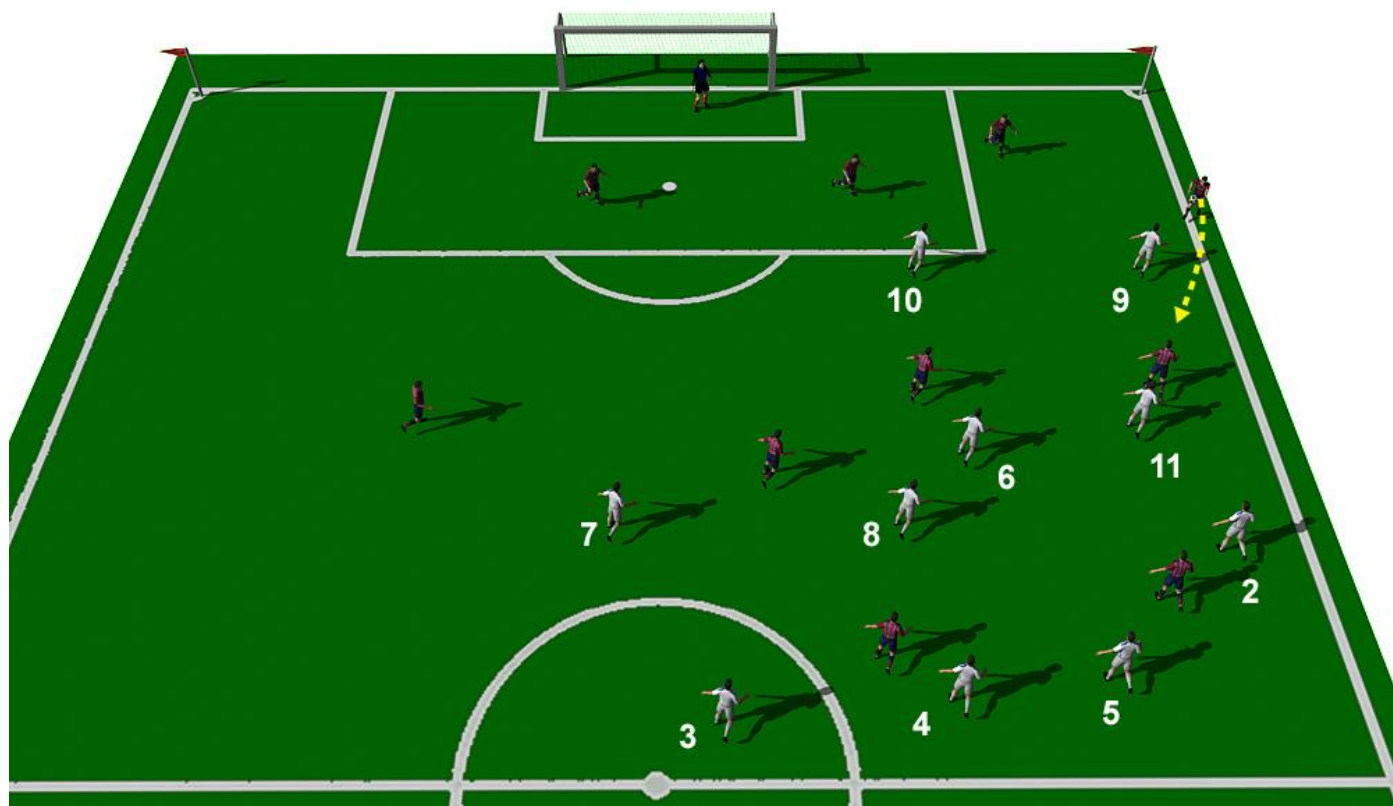


- Play 6v5 to large goal. Defense counters to small goals.
- Offside in effect (line).
- Pressure the ball within shooting range (no keeper).



Functional and Tactical Drills

Pressing the Ball as a Team

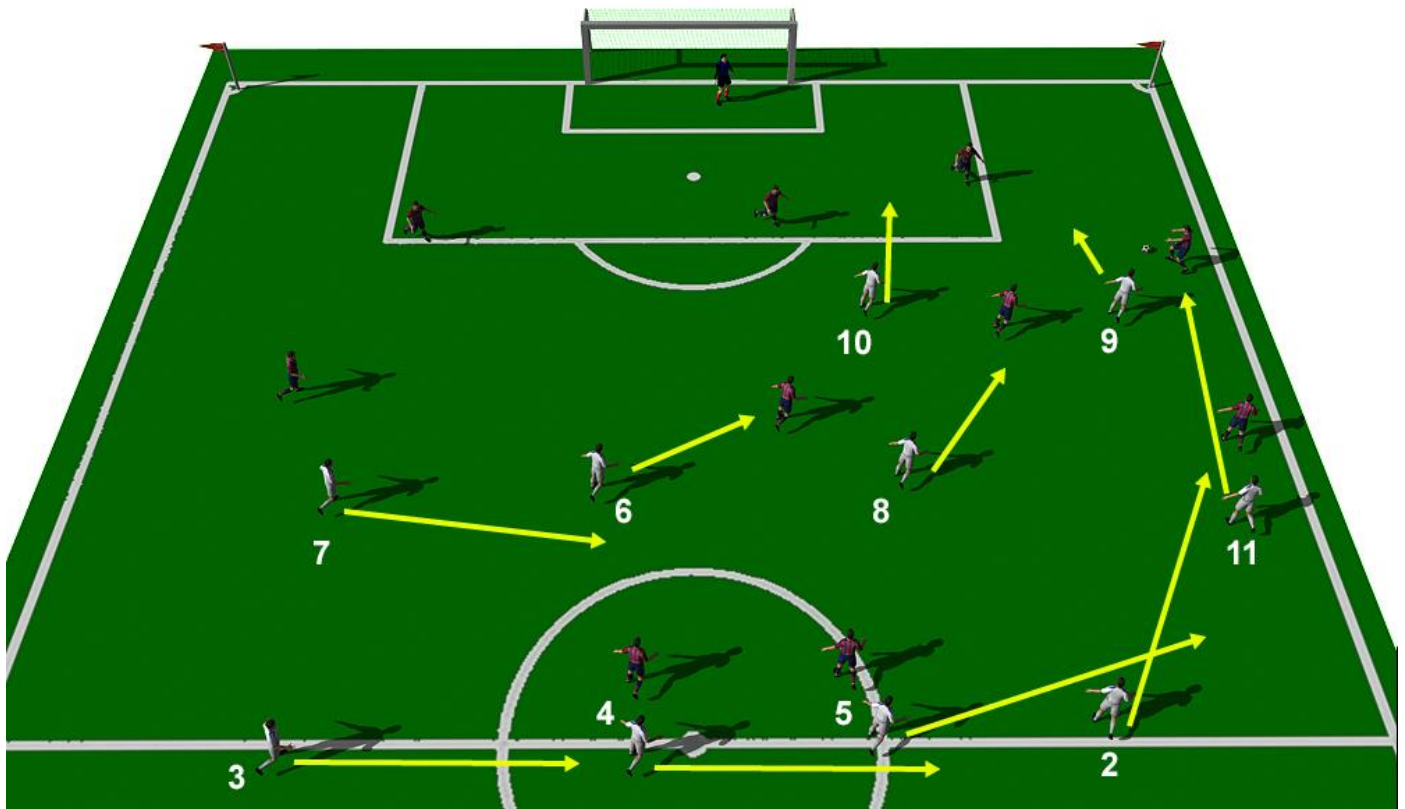


- Anytime our opponent has a “throw in” in their end, we squeeze everyone up.
- Our forward marks the thrower and prevents a ball being played back to him.
- His is also looking to “double team”.
- Our wide midfielder pushes up tight and our fullbacks pushes up into midfield.

Functional and Tactical Drills



Pressing the Ball as a Team (2)

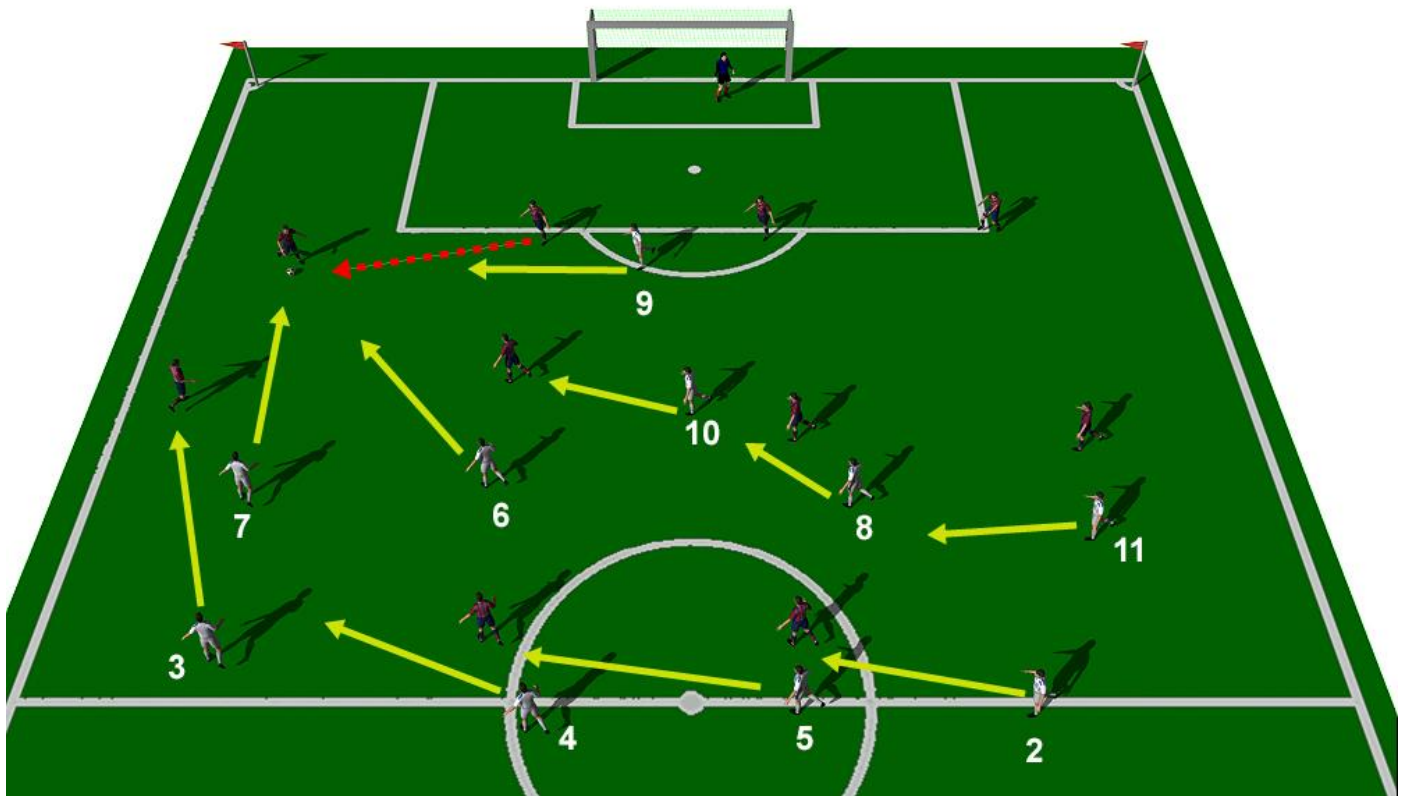


- When our opponents are in possession of the ball, and we have pressure on the ball, that is the cue for everyone to step up. If they break pressure (getting ball to the weak side fullback), our wide midfielder must stop the ball, and give time for everyone to recover.

Functional and Tactical Drills



Pressing the Ball as a Team (3)

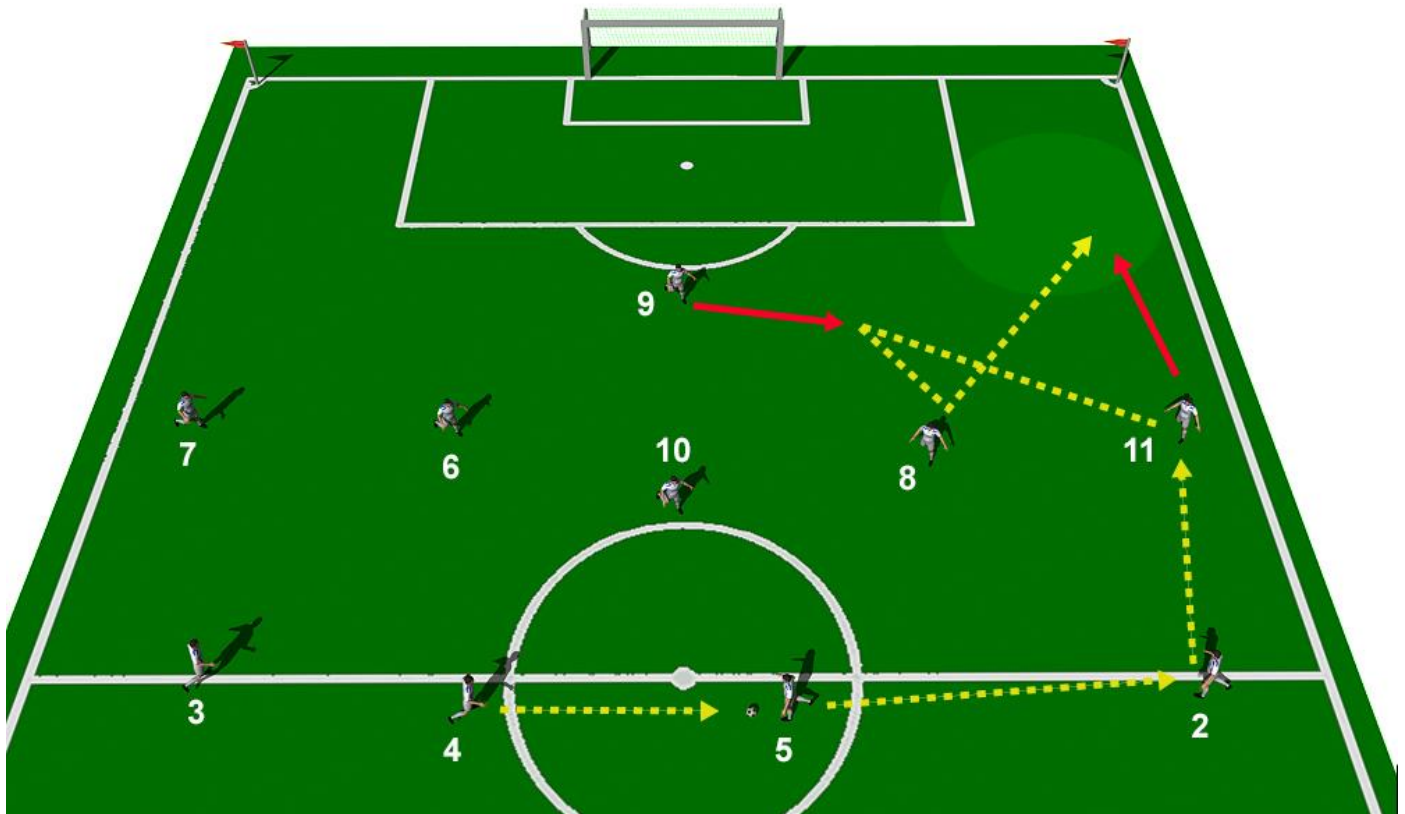


- Fullback cuts off the pass to the central defenders.
- The wide midfielder pushes up to press the fullback, cutting off the pass down the line.
- The fullback pushes up to their midfielder.
- The other defenders slide over to provide cover.
- The center midfielders slide up and in, to pressure any pass into the center midfield.

Functional and Tactical Drills



Patterns in a 4-51 (4-3-3)

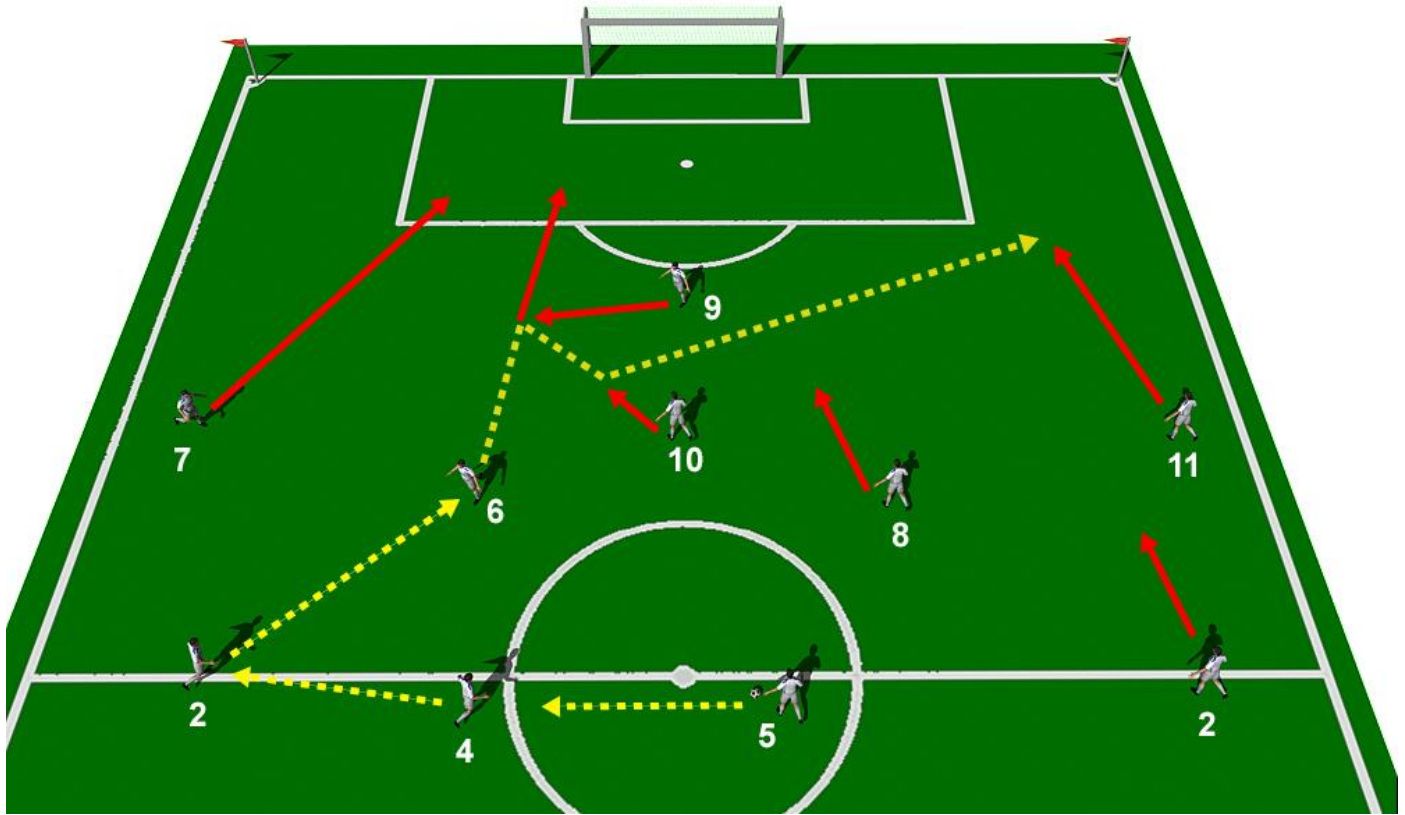


- This combination, like most of the others, can come down either the right or left side.

Functional and Tactical Drills



Patterns in a 4-51 (4-3-3) (Part 2)

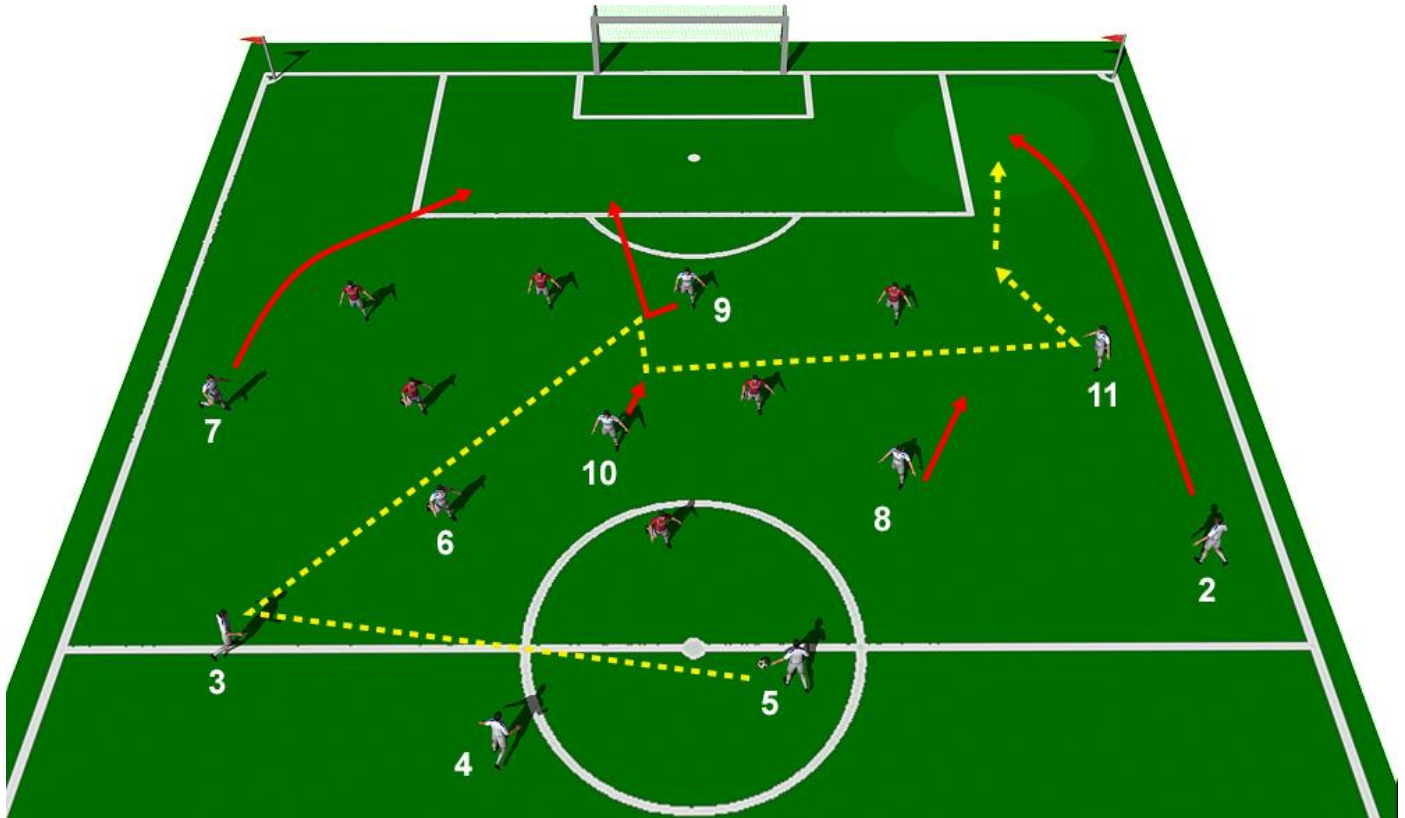


- The key to this pattern is a very clever, first time ball, from the defensive center midfielder into the forwards feet. The attacking center midfielder switches the attack for a cross and finish at goal.



Functional and Tactical Drills

Patterns in a 4-51 (4-3-3) (Part 3)



- The fullback passes the ball into the forwards feet. The attacking center midfielder switches the attack to the right midfielder. He dribbles at the defender as the fullback overlaps, for a cross and finish at goal.

Functional and Tactical Drills



Patterns in a 4-51 (4-3-3) (Part 4)



- Getting the attacking center midfielder to make a forward run in behind the defense. The run can also come from one of the deeper center midfielders.

Functional and Tactical Drills



High Pressure Defending in the 4-4-2



High Pressure defending tactics are used to win the ball back as close to the opponent's goal as possible. Every player must be committed to defending and have a high work rate. Players must work hard to reduce the space and time their opponents have on the ball and make play as predictable as possible. This example is based on when the opposing goalkeeper receives possession of the ball.



High Pressure Defending in the 4-4-2



Role of the First Striker

- Must drop off to encourage the goalkeeper to play the ball to the fullback.
- Runs must be timed to start as soon as the ball leaves the goalkeepers glove.
- The run must be fast, aggressive and arced to discourage any back pass to the goalkeeper.
- Be alert for any bad control by the fullback.



Functional and Tactical Drills

High Pressure Defending in the 4-4-2



Role of the Second Striker

- Must split the stopper and the sweeper back until one makes a move for a pass.
- If a player is looking for the ball inside, mark tight to discourage the pass.
- Must chase any ball that is played square into the center.



High Pressure Defending in the 4-4-2



Role of the Near Side Midfielder

- Must be alert the moment the goalkeeper has the ball. Don't close down too early; this will discourage the goalkeeper from distributing the ball to the fullback.
- Make an "arced" run to discourage the fullback from playing down the sideline.
- Must force the fullback into a pressure situation and do not dive into tackles.
- Try to force fullback to play square passes inside.

Functional and Tactical Drills

High Pressure Defending in the 4-4-2



Role of the Central Midfielders

- Must push onto central mid-field players and get "touch" tight.
- Keep opponents mid-field facing their goal.
- Must follow and track down runners.



High Pressure Defending in the 4-4-2



Role of the Far sided Midfielder

- Must push onto central mid-field player and get "touch" tight.
- Must organize and add compactness.
- Keep opponents mid-field facing their goal.
- Must follow and track down runners.



High Pressure Defending in the 4-4-2

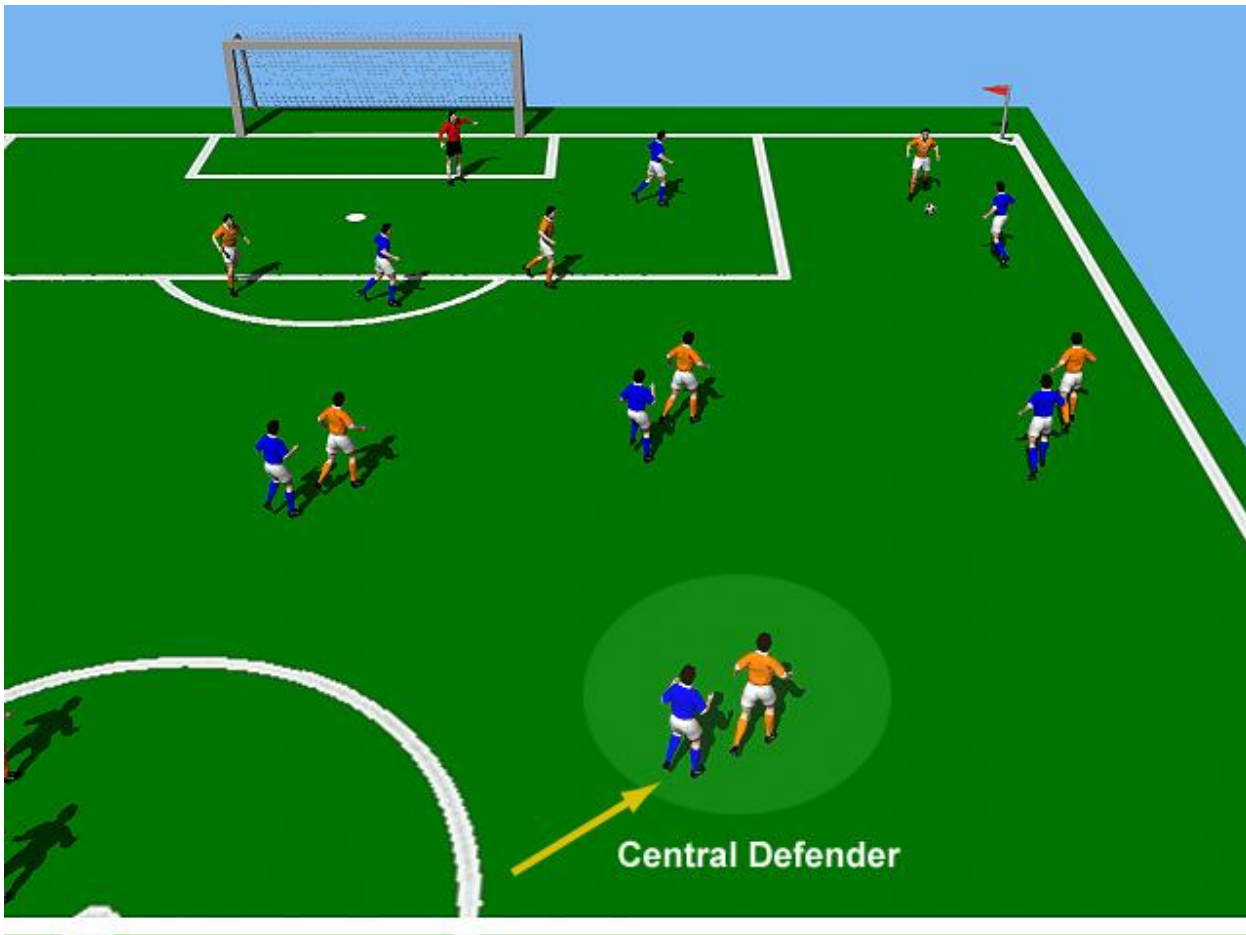


Role of the Near Side Fullback

- Must mark left sided mid-fielder on the inside, shoulder to shoulder, (not from behind).
- He is responsible for any pass played over the top or dropped in front of the mid-fielder.

Functional and Tactical Drills

High Pressure Defending in the 4-4-2



Role of the Central Defender

- Must push onto forward and be prepared to compete for high lofted passes.



High Pressure Defending in the 4-4-2



Role of the Sweeper or second Central Defender

- Must push onto central mid-field player and get "touch" tight.
- Must organize and add compactness.
- Keep opponents mid-field facing their goal.
- Must follow and track down runners.



Central Defender Runs Forward to Split Strikers



Coaching points:

If the ball has been played to one of the Central Defenders, the Central Defender should look for the opportunity to move in advance of the two forwards by running with the ball.

The main objective is to penetrate forward and create a 5 v 4 numbers up situation in the midfield third.

It is of vital importance that once the Central Defender has pushed forward into midfield that the two fullbacks move into a more central position in defense for a more compact defensive shape.

Central Defender Receives a Through Ball and Moves Forward



Coaching points:

If the ball has been played to one of the Central Defenders, the second Central Defender should look for the opportunity to move in advance of the two forwards and receive the pass behind the forwards. A good indicator to gauge where to support is by watching the Central Defenders head. If the Central Defender has their head down or is being pressurized closely by the forward you should hold in a deep supporting position behind the ball. If the Central Defender has their head up scanning the field, then you should look for a forward run and support in advance of the ball. The main objective is to penetrate forward and create a 5 v 4 numbers up situation in the midfield third. It is of vital importance that once the Central Defender has pushed forward into midfield that the two fullbacks move into a more central position in defense for a more compact defensive shape.



Functional and Tactical Drills

Central Defender - Diagonal Pass behind the Back Four



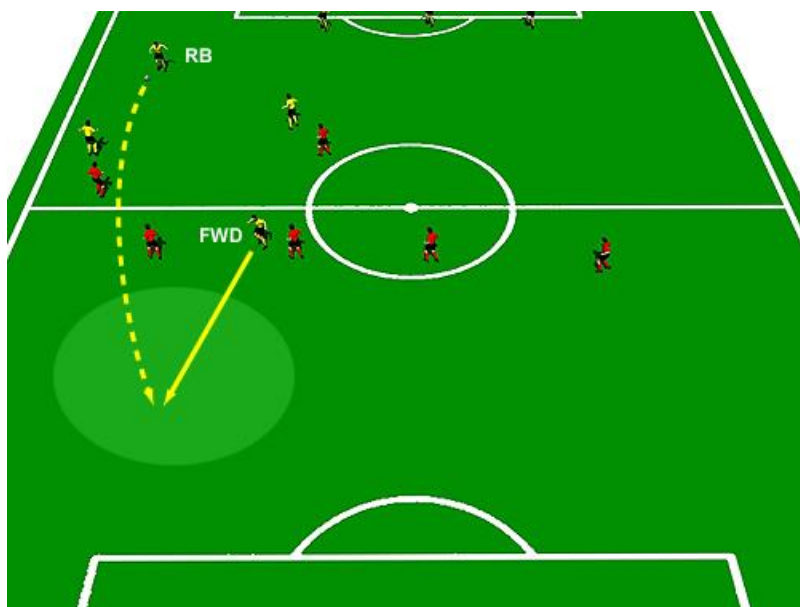
Coaching points:

The “diagonal ball” is the **“MONEY BALL”** ball. With one pass you can beat their entire midfield and their back four. Your opponents want you to play in front of them, this pass forces them to turn and face their own goal.

On your approach to make the pass, the far side forward and wide midfielder look to make “blind-sided” runs in behind their markers and attack the space behind them. You must play an in-swinging pass to the space behind the back four. The curling ball inward will prevent the ball running away from the attacking players.

Remember to press up the field and reassess your defensive shape immediately after playing the pass.

Wide Defender - Pass down the Channel to the Forward



Coaching points:

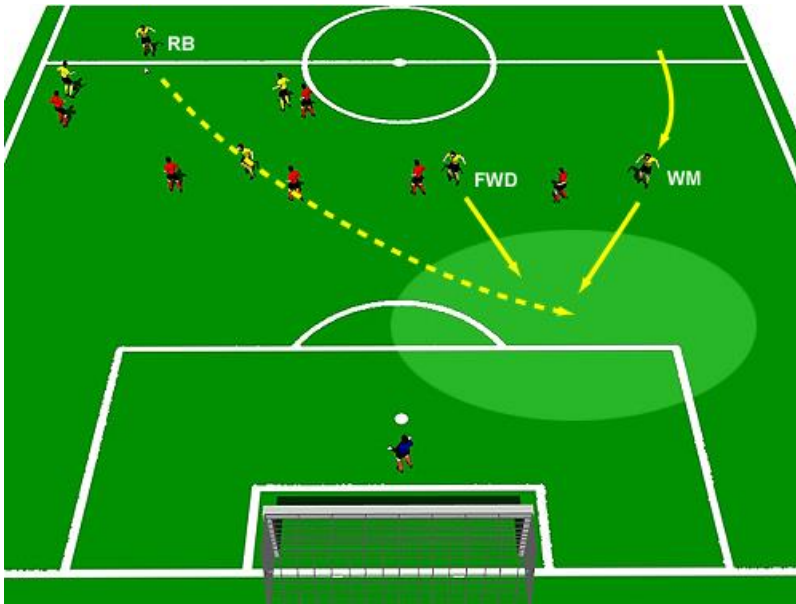
The “channel” ball can be one of the most effective passes because with one pass you can beat their entire midfield and turn the two nearest defenders. Your opponents want you to play in front of them, this pass forces them to turn and face their own goal.

On your approach to make the pass, the near side forward moves across the field and then attacks the space between the central defender and the outside fullback. You must play an in-swinging passing down the flank to meet the forwards run. The curling ball inward will help allow the forward to make his run towards the goal and not towards the corner flag. Put plenty on “spin” on the ball. Remember to press with the ball and support behind the wide player in the channel.

Functional and Tactical Drills



Wide Defender - Diagonal Pass behind the back four



Coaching points:

The “diagonal ball” is the “**MONEY BALL**” ball. With one pass you can beat their entire midfield and their back four. Your opponents want you to play in front of them, this pass forces them to turn and face their own goal.

On your approach to make the pass, the far side forward and wide midfielder look to make “blind-sided” runs in behind their markers and attack the space behind them.

You must play an in-swinging pass to the space behind the back four. The curling ball inward will prevent the ball running away from the attacking players. Remember to press across the field and reassess your defensive shape immediately after playing the pass.

Wide Defender - Support the Wide Player in Corner for a Cross



Coaching points:

If the wide midfielder is in the attacking corner, it is important to support in a deep, wide angle behind the ball. If the wide player is under pressure you are the “**Release Valve**”.

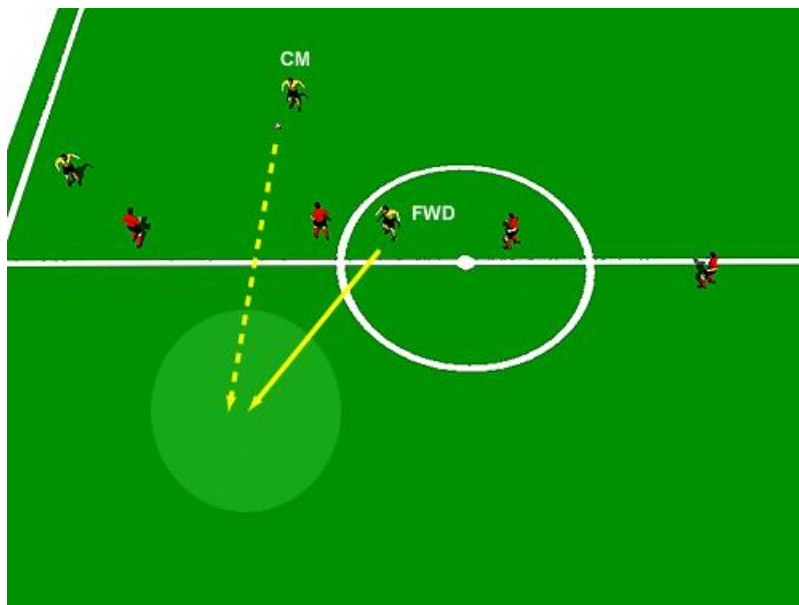
You must **ALWAYS** be there for him!

If the wide man is under pressure he will pass the ball back to you. Whenever possible cross the ball “first time” using an out-swinging ball away from the goalkeeper.



Functional and Tactical Drills

Central Midfielder - Pass between the Stopper and Fullback for Forward



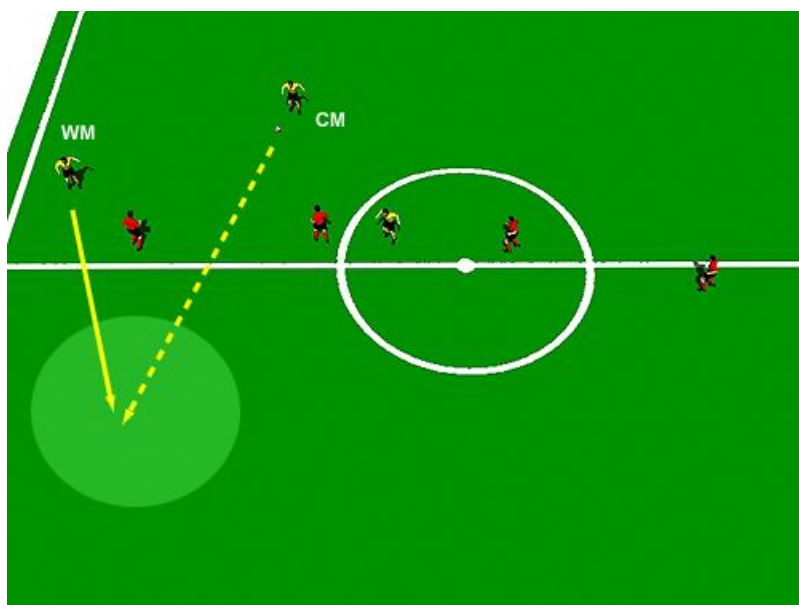
Coaching points:

The central midfielder should always be looking to get the ball behind the back four. If the back four is "flat" and the striker can play off the "shoulder" of the central defender, then the through ball is always a good possibility.

The ball and the run has to be timed well, preferably in this sequence; Space, Ball, then the last thing is the explosive run. The striker cannot be too eager as to be caught offside.

Make the back four turn, especially if you have a striker with speed!

Central Midfielder - Pass between the Stopper and Fullback for Wide Player



Coaching points:

The central midfielder should always be looking to get the ball behind the back four.

If the fullback is pushed on "tight" with the wide midfielder, then the center midfielder should be looking to exploit the space behind them with a pass. This type of pass make the defender turn and either lose sight of the wide midfielder or the central midfielder.

It is a top priority pass if the option is there.

Functional and Tactical Drills



Central Midfielder - Pass to the Feet of the Deepest Forward



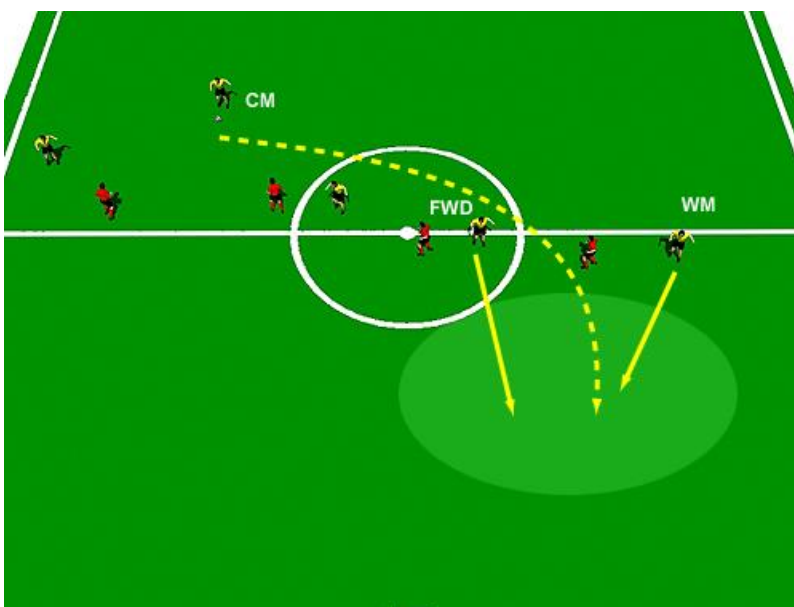
Coaching points:

If the central midfielder cannot play the ball behind the back four and make them turn, then he must look to play the ball to the deepest striker.

By playing to the deepest striker he will bypass more defenders, thus make the others turn and face their own goal.

Penetration is the key! How many players can you take out the game using “one pass”!

Central Midfielder - Diagonal Pass behind the Defense



Coaching points:

The “diagonal ball” is the “**MONEY BALL**” ball. With one pass you can beat their entire midfield and their back four. Your opponents want you to play in front of them, this pass forces them to turn and face their own goal.

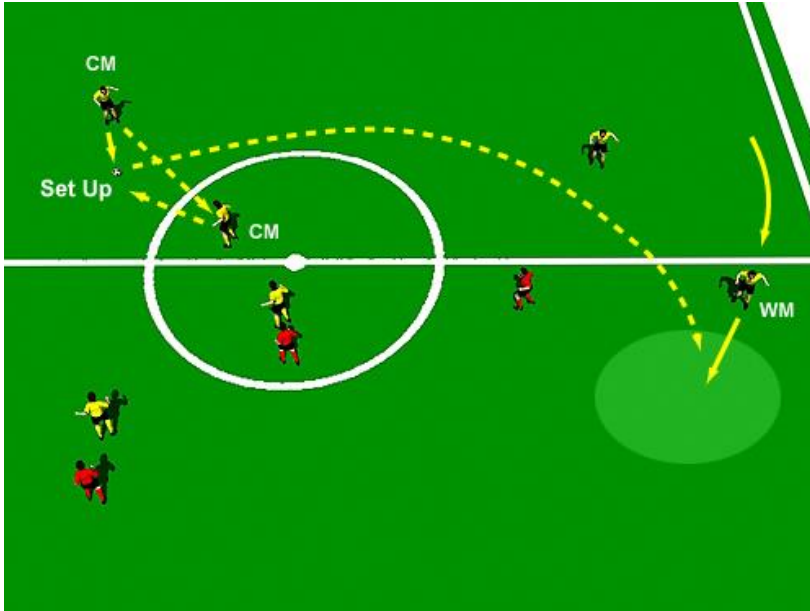
On your approach to make the pass, the far side forward and wide midfielder look to make “blind-sided” runs in behind their markers and attack the space behind them.

You must play an in-swinging pass to the space behind the back four. The curling ball inward will prevent the ball running away from the attacking players. Remember to press across the field and reassess your defensive shape immediately after playing the pass



Functional and Tactical Drills

Central Midfielder - “Set Up” Pass to Switch the Play



Coaching points:

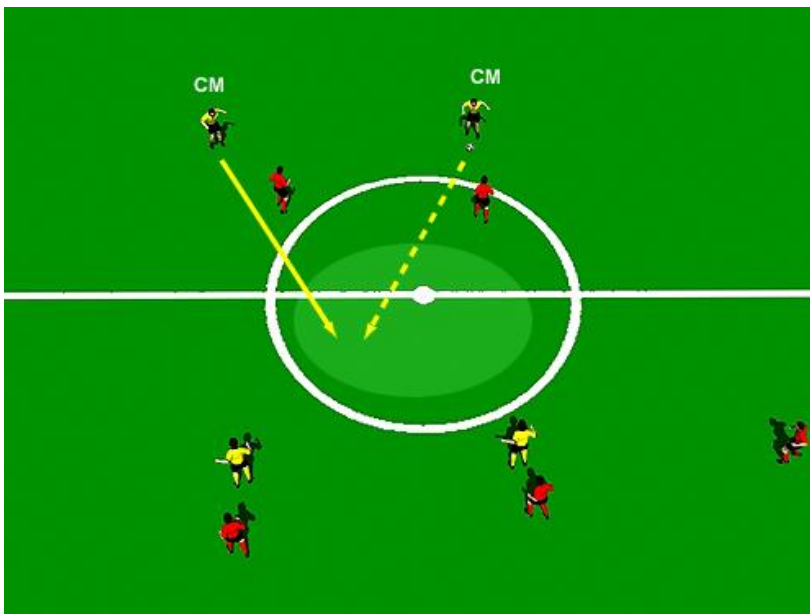
The central midfielders should use the “Set” up play to switch the point of attack.

The ball is played to midfielder facing you and he returns a “softly weighted” pass to enable the midfielder to strike to ball “first time” to switch the play.

Communication between both partners is crucial. There must be a mutual understanding that when the player shouts “SET”, he is asking for the ball “on a plate” to switch the attack.

This quick change of attack can be devastating to any organized defense.

Central Midfielder - Pass between the two Central Midfielders



Coaching points:

Penetration is again the key word. Midfielder players should be “forward thinking”, in their passes but also as crucial, in their support play.

If your partner has his head up and is not pressured in midfield, you should look to support the ball, through the lines, and bypass the midfielders to receive the ball beyond them.

If you support the ball alongside, when you can penetrate with a run, you have lost the advantage of making your opponents turn.

Remember, defenders want to keep both central midfielders in their vision; penetrating runs like this combat that.



Functional and Tactical Drills

Wide Midfielder – Dragging the Fullback inside to create space outside.



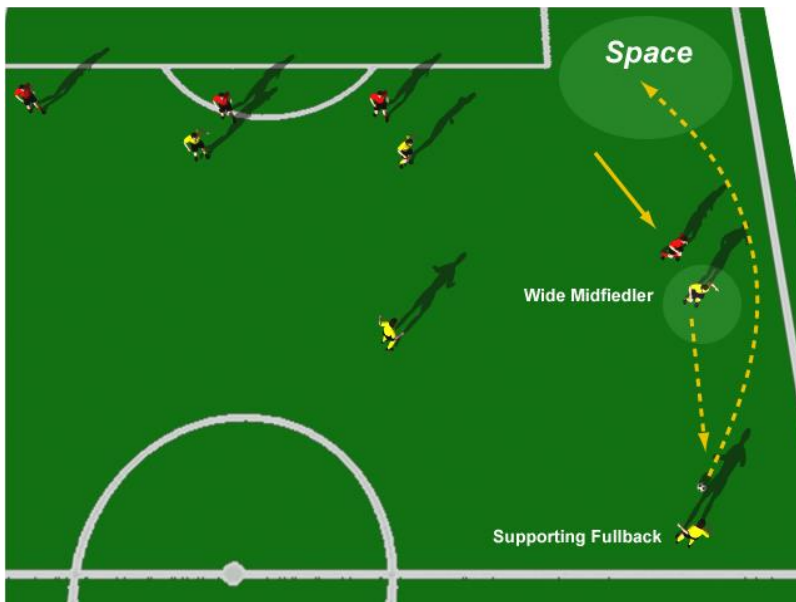
Coaching points:

The wide midfielder should look to create space down the flank by moving the ball inside first.

The wide midfielder should run at the defender inside, thus creating space on the flank, once he has dragged the defender far enough over, he can burst into the space he has created, to cross the ball.

A second option is for the attacking wide fullback to exploit the space with an overlapping run.

Wide Midfielder – Dragging Fullback Short to Create Space for Ball Behind



Coaching points:

If the wide midfielder wants to create space behind him, he must first drag the marking defender away from the space.

By coming short for the ball, he creates space behind him. He should receive a short range pass from the supporting fullback and "spin" and sprint into the space he created behind him.

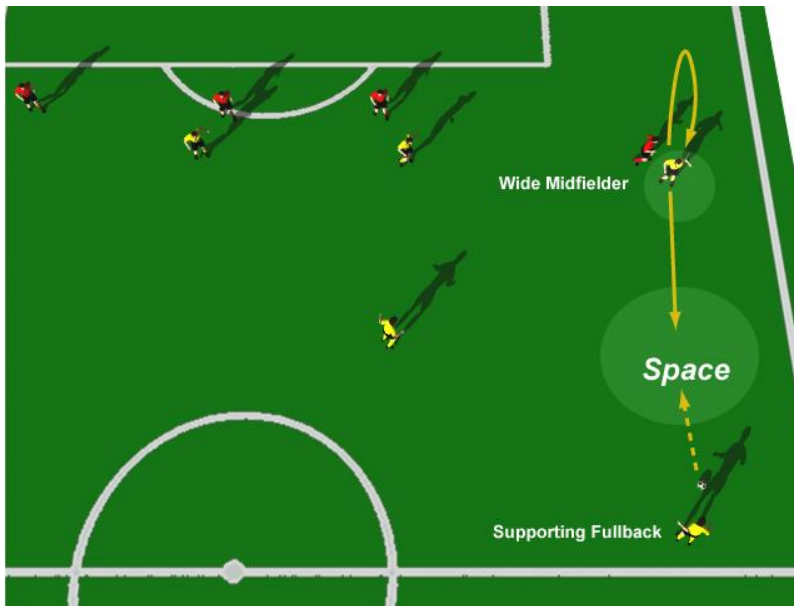
This is not possible if the defender has "dropped off". Make sure the defender is marking you tight. Use an extended arm to feel the defender, to make sure he is close to you.

Remember, **"Go short, to get the ball long"**



Functional and Tactical Drills

Wide Midfielder – Dragging Fullback Long to Create Space for Ball Short



Coaching points:

If the wide midfielder wants to create space in front of him, he must first drag the marking defender away from the supporting fullback..

By going long first, he creates space in front of him. He should sprint away from the ball, taking his marking player with him. Get as tight as you can on your marker, then “push off” him as you explode back into the space you have created to receive the ball to feet from the supporting fullback.

Remember, **“Go long, to get the ball short”**

Strikers – Attacking Runs - First Striker, Second Striker



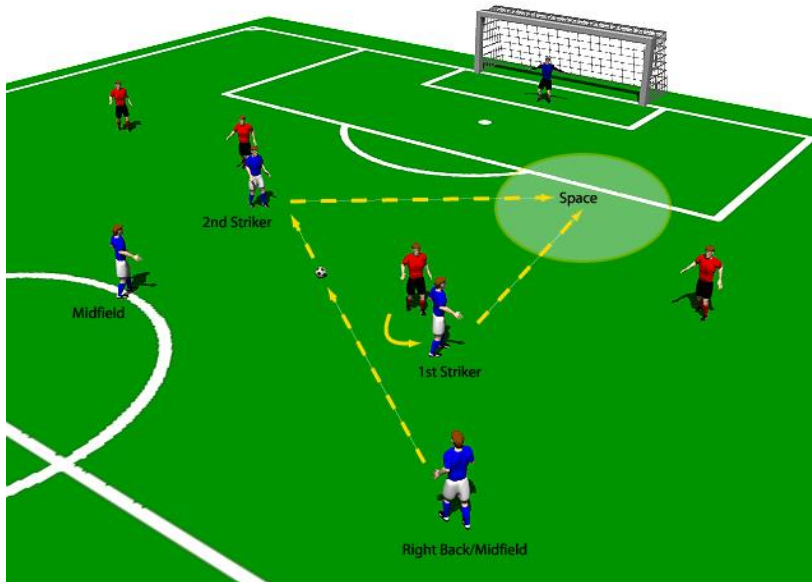
Coaching points:

Both Forwards must push up against back four when team brings the ball up the field. 1st Forward makes run towards ball, receives the pass and set's up supporting player with a “one touch” pass whenever possible. As ball is being passed back the 2nd striker makes his run across defender and looks for ball in behind the back four. Supporting player delivers a quality pass for 2nd Forward behind the back four. Does it need to be ground or aerial? Straight or in swinger (bending in)? 2nd Forward must look for “cue” when ball is laid back start run. Timing is crucial. If he makes the run too early he runs the danger of being caught in an offside position, attracting the attention of the defender or killing the space before the ball is delivered. Players must develop a forward THINKING, forward RUNNING and forward PASSING attitude. Remember - Space created, ball delivered, then the run.



Functional and Tactical Drills

Strikers – Attacking Runs - Second Striker, First Striker



Coaching points:

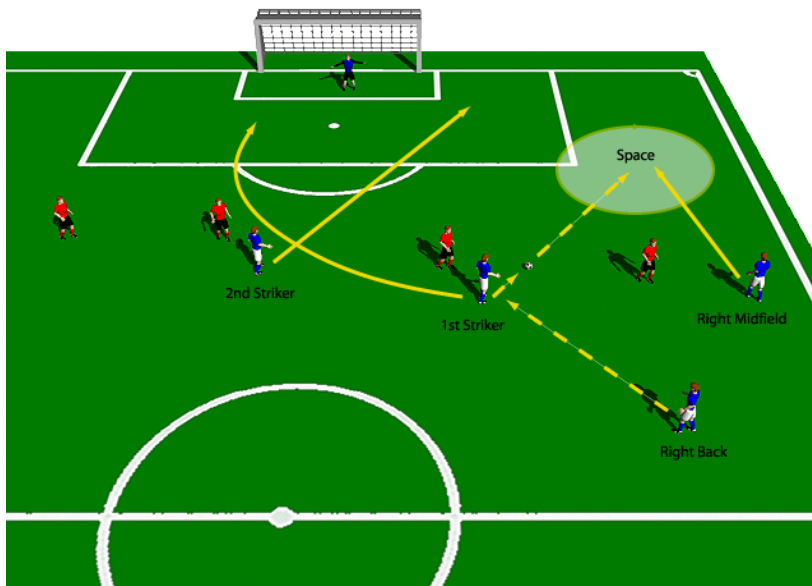
Both Forwards push up against back four when the team brings the ball up the field.

1st Striker makes run towards ball to create space behind him. He turns and explodes quickly into to created space behind him.

Supporting player delivers a quality pass for 2nd Striker to pass “one touch” into the path of the 1st Striker. Timing is crucial.

2nd Striker also attacks the box after passing the ball. Remember - Space created, ball delivered, then the run.

Strikers – Attacking Runs – Second Striker Attacks Front Post



Coaching points:

Both Forwards push up against back four when the team brings the ball up the field.

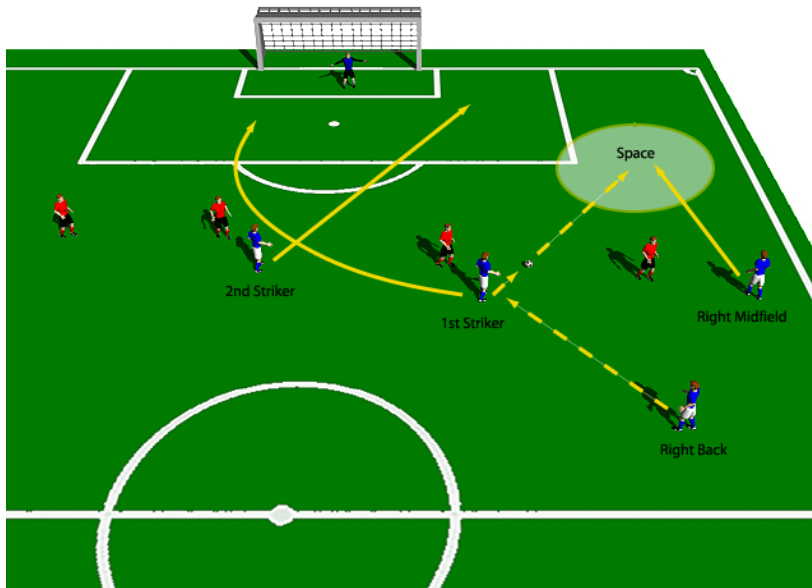
1st Forward makes run towards ball, receives the pass from the right back and plays a “one touch” pass behind the fullback and into space. After passing the ball the 1st Striker turns and attacks the back post area of the box.

The wide midfielder attacks the space behind the fullback and crosses the ball or attacks the goal. 2nd Striker looks to attack the front post area of the box. Right back must support wide midfielder and be the “release valve” if he is under pressure. Timing is crucial. Remember - Space created, ball delivered, then the run.



Functional and Tactical Drills

Strikers – Attacking Runs – First Striker Attacks Wide Channel



Coaching points:

Both Forwards push up against back four when the team brings the ball up the field.

Wide midfielder creates space and opens up a passing channel by taking his marker inside the field. He times his run to attack the back post. Right back plays an “in-swinging” pass down the wide channel for the 1st Striker to run onto. Ball must be “curled” into the path of goal.

1st Forward makes run across the defender and into space in the wide channel. He can either cross the ball, shoot or lay ball back to right back if he is under pressure. Right back must support wide midfielder and be the “release valve” if he is under pressure. Timing is crucial. Remember - Space created, ball delivered, then the run.