



# 15 to 16 Year Olds

## Season Program



# Coaching Ages 15 to 16 Years

This section provides you with a twelve-week training program for children ages 15 through 16 years. Each practice features four fun and progressive drills and culminates with a small-sided game.



This is the sixth stage of the training program. Emphasis is placed on the continued development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.

Passing and ball control are the main theme of the training program with additional practices for shooting, dribbling and heading. There is a greater emphasis on the introduction of Aerial Passing and Control, Small group concepts and Pressurized games and drills.

The program is age appropriate and sets a solid foundation for players to advance to the next level. The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team tactics and laws of the game.

## Weekly Practice Schedule:

Week	Technique	Practice Theme/Key Words
Week One	<b>Passing</b>	Accuracy and Explosive Movement off the Ball.
Week Two	<b>Aerial Passing</b>	Chip/Lofted/Bent Passing Techniques
Week Three	<b>Possession Passing</b>	Disguise/Timing/Pace/Accuracy
Week Four	<b>Passing</b>	Vision/Decision Making/Creating Space
Week Five	<b>Passing</b>	Movement/Timing/Accuracy/Pace
Week Six	<b>Possession Passing</b>	2v2/4v2/4v4/6v6/Penetration/Accuracy/Timing/Pace
Week Seven	<b>Ball Control</b>	Volleys/Chest/Thighs/Feet/Mechanics/Repetition
Week Eight	<b>Vision Training</b>	Game Vision and Quick Decision Making.
Week Nine	<b>Attacking</b>	Finishing, Crossing and Goalkeeping
Week Ten	<b>Heading</b>	Mechanics/Power/Accuracy/Distance/Repetitions
Week Eleven	<b>Defending</b>	Positioning/Mechanics/Timing/1v1/1v2/2v2
Week Twelve	<b>Dribbling</b>	Body Movements/Speed

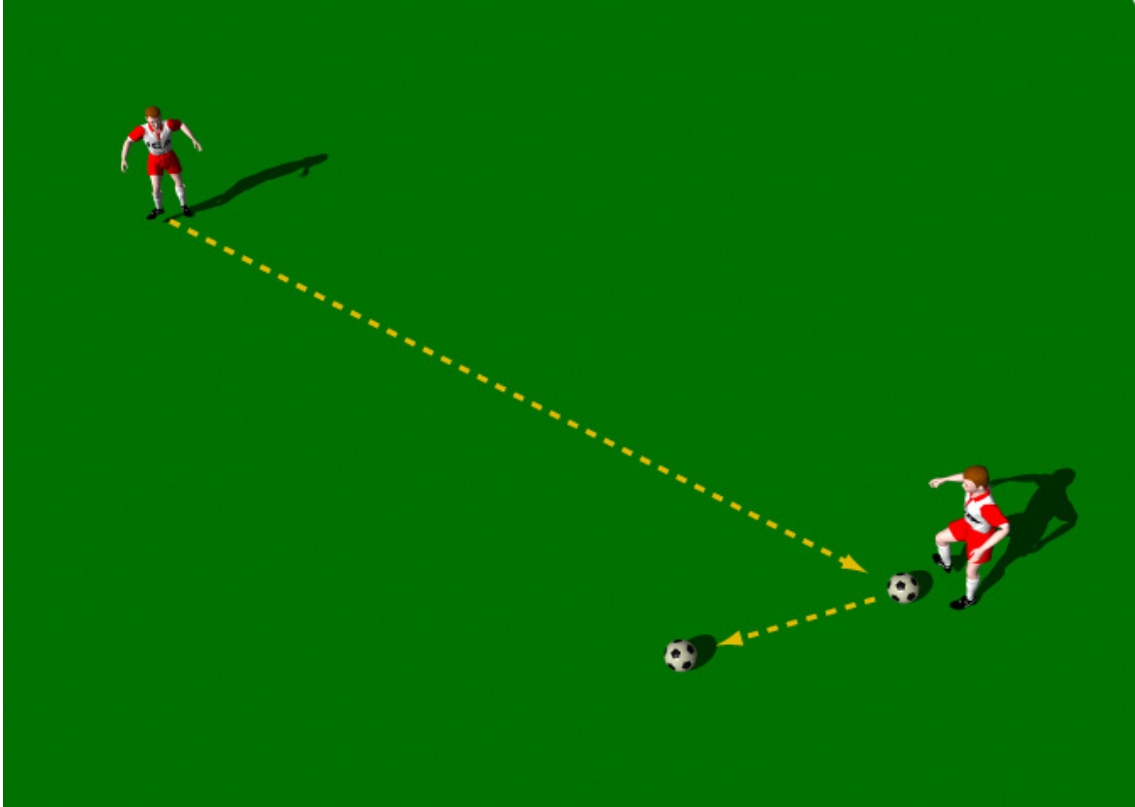
## Warm Up:

A thorough warm up should be performed before each practice session. Refer to the “**Warm Up**” section of the website for a variety of fun warm up activities for your team. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the practice session.



# Week One – Drill One

## *Hit the Ball*



### **Objective of the Practice:**

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

### **Field Preparation:**

Area 20 x 20 yards. 2 players. 1 ball.

### **Coaching Points:**

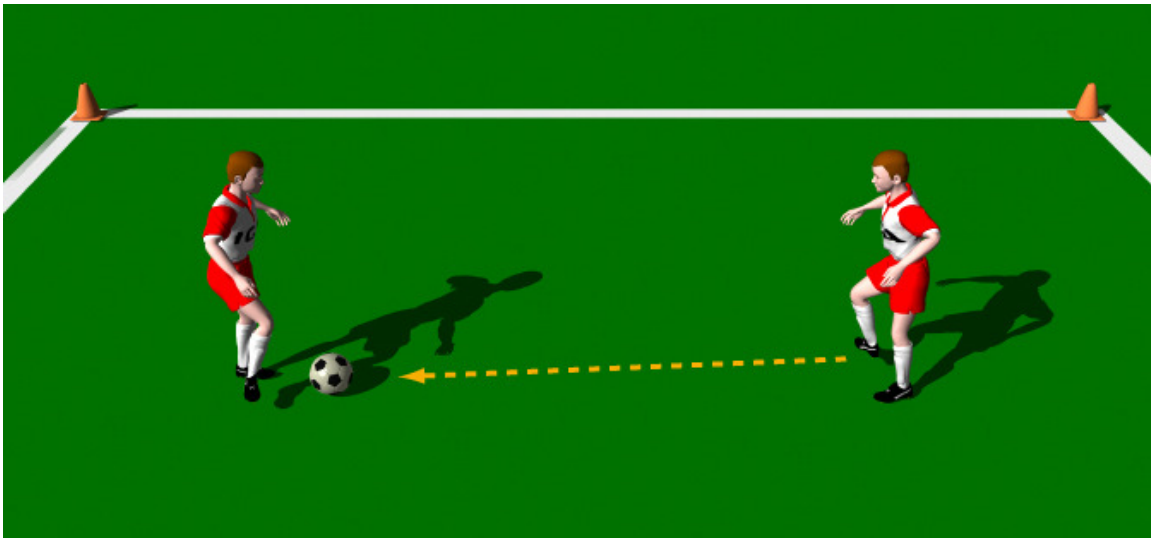
Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the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

- Keep the feet moving and be balanced at all times.
- Develop a feel for the correct distance you need to redirect the ball.
- Adjust the body position to hit the ball with the pass.
- Give firm and accurate passes to your partner feet when serving.

The first player to hit the ball 3 times wins. Rotate so different players compete against each other.

## **Week One – Drill Two**

### ***One Touch, Two Touch***



#### **Objective of the Practice:**

This practice is designed to improve a players quick thinking to play one or two touch passes.

#### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball.

#### **Coaching Points:**

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.

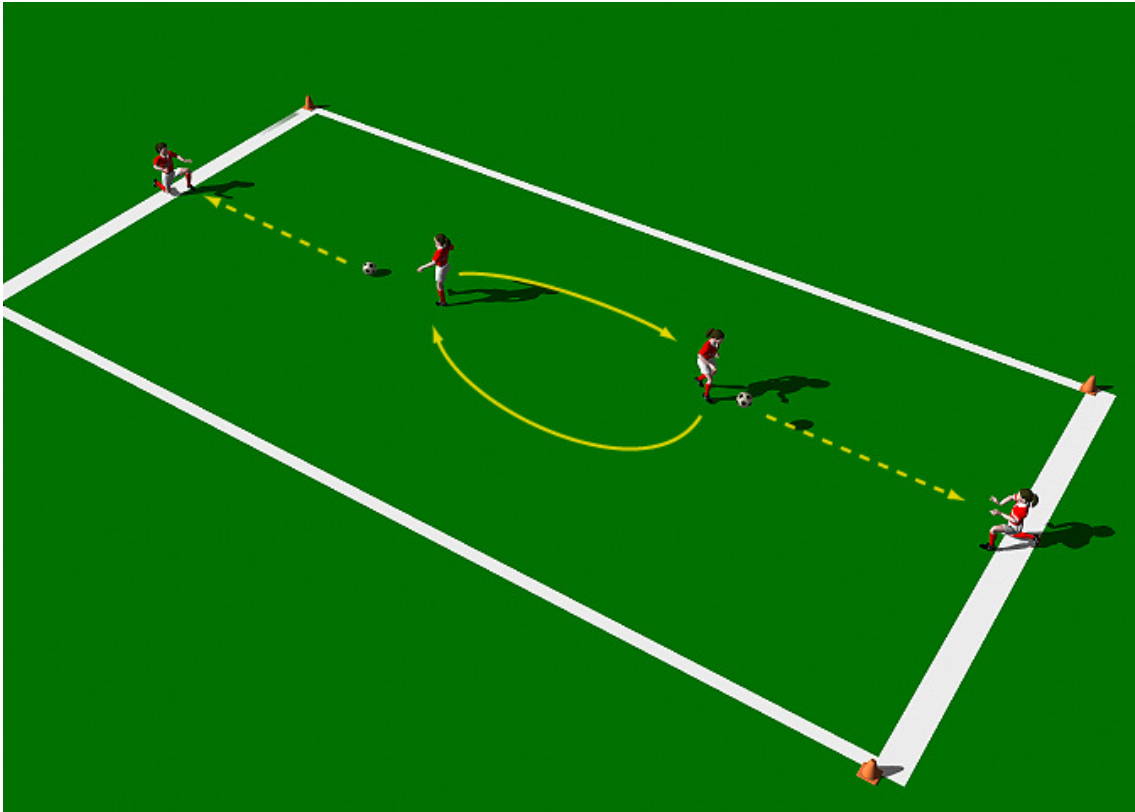
#### **The coach should emphasize the following coaching points:**

- Make sure players call out the number at the same time they pass the ball to allow time for the receiving player to react.
- Players should always be alert and light on their feet.
- Deliver quality accurate ground passes.

If the player has to take a touch before passing, ensure that the first touch is played in front of the player and out of his feet, enabling him to easily pass the ball on his second touch.

## **Week One – Drill Three**

### ***Pressure Passing***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

#### **Field Preparation:**

Area 10 x 20 yards. Four players. Two balls. Cones.

#### **Coaching Points:**

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back “first time” to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

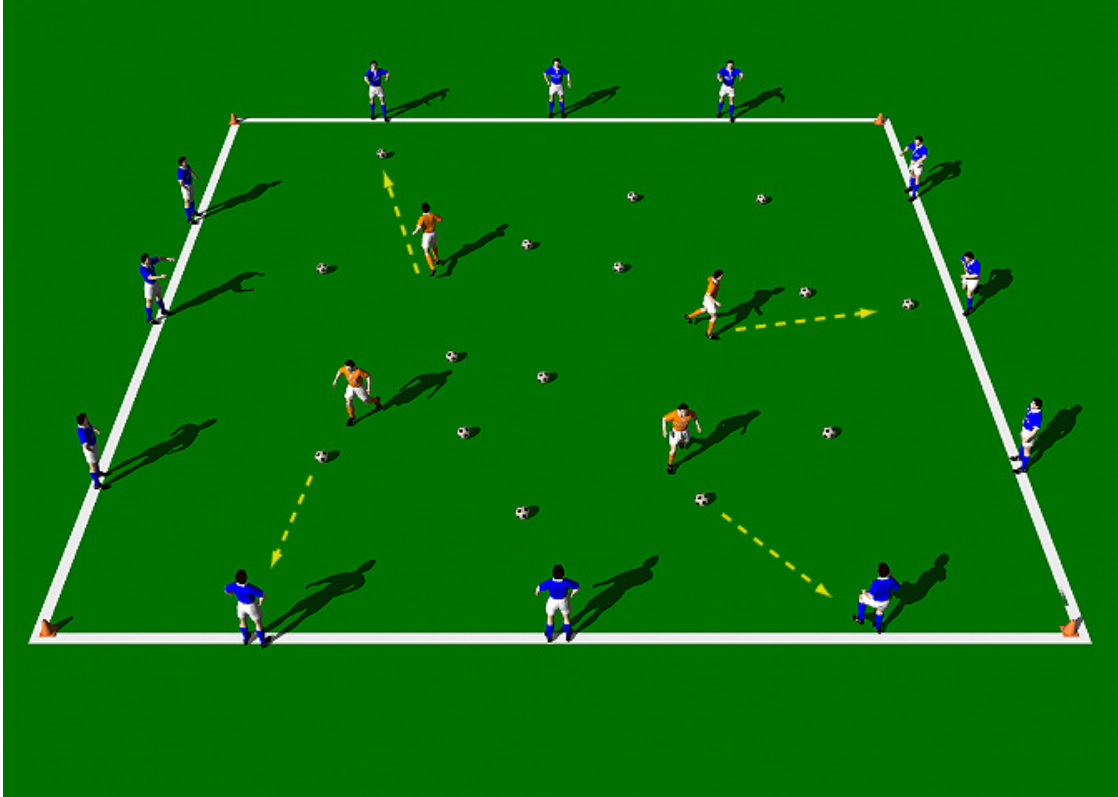
If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Create a competition between players and see who can get the most passes in 60 seconds.

- The first player to reach 20 good passes wins.
- Only passes made on the ground are countable.

## **Week One – Drill Four**

### ***Pressure Passing***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

#### **Field Preparation:**

Area 20 x 20 yards. Entire Group of players. Large supply of balls. Cones.

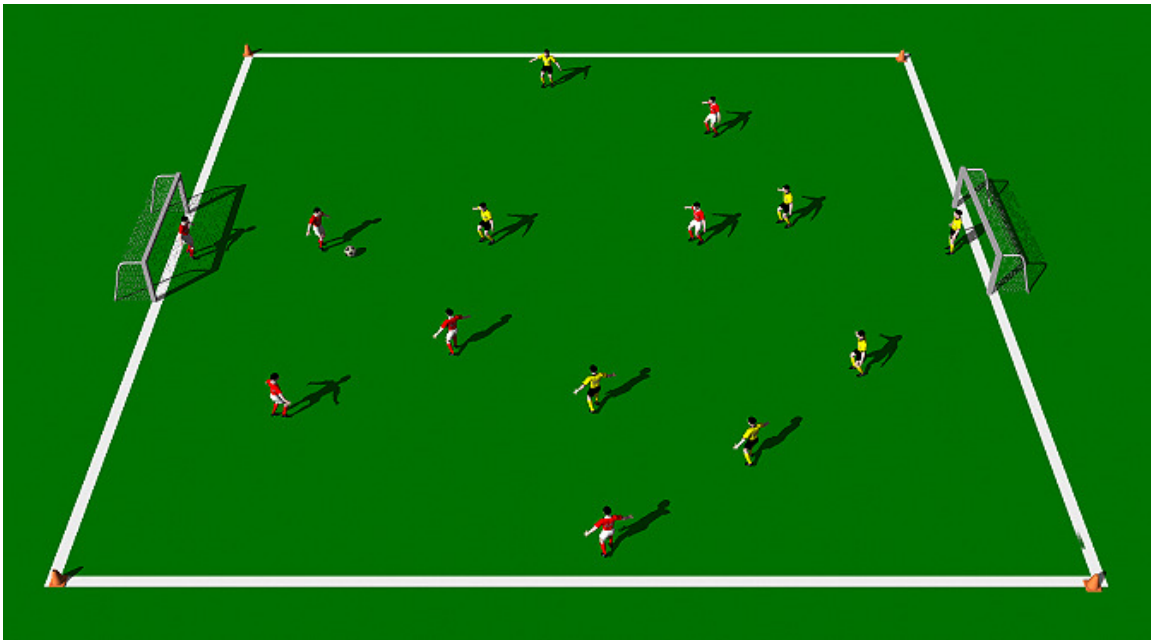
#### **Coaching Points:**

Four players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls are scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes. Rotate two middle players every two minutes.

# **Week One – Small Sided Game**

## ***Small-Sided Game (with goalkeepers)***



### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

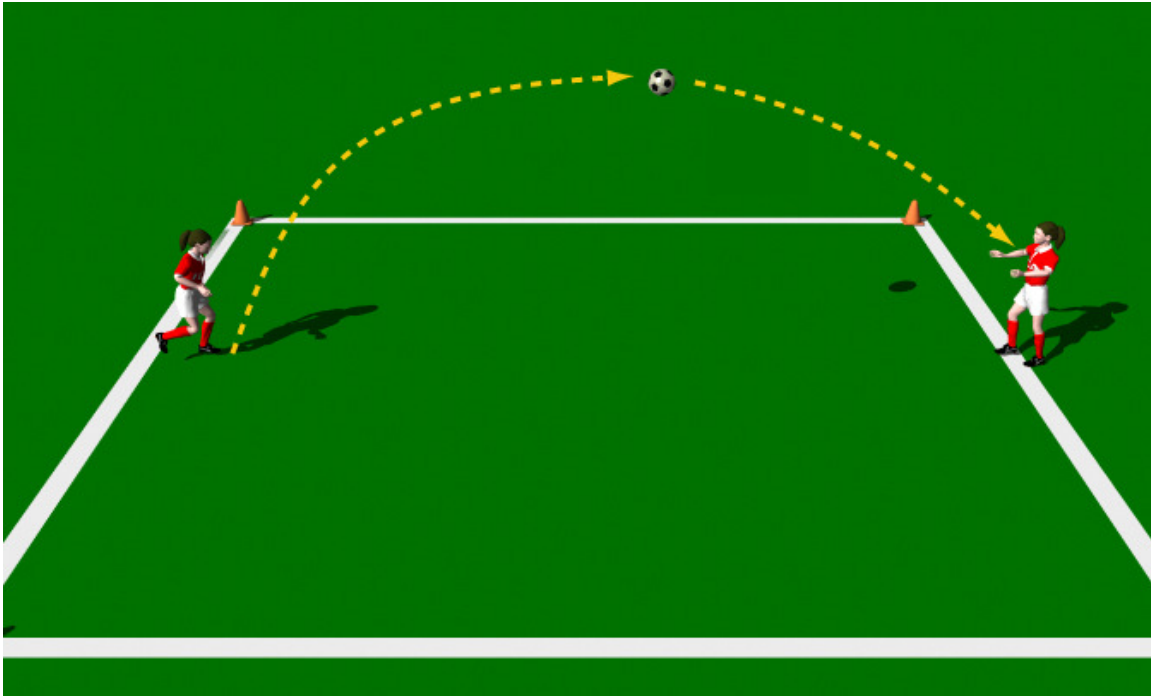
### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Two – Drill One**

### ***Mechanics of the Chip Pass***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Chip Pass” with an emphasis on accuracy.

#### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball. Cones.

#### **Coaching Points:**

Two players are positioned within the grid, one serving, and one receiving. The server rolls the ball for the player to chip back to their hands. The object is for the player chipping the ball to gradually move further away from server and maintain the accuracy of the chip pass. The player should increase the distance in five-yard increments, moving only when a successful chip pass is made into the hands of the server.



## **Week Two – Drill Two**

### ***Mechanics of the Bent Pass***



#### **Objective of the Practice:**

This practice is designed to introduce players to the correct mechanics involved in the execution of the "Bent Pass".

#### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball. Cones.

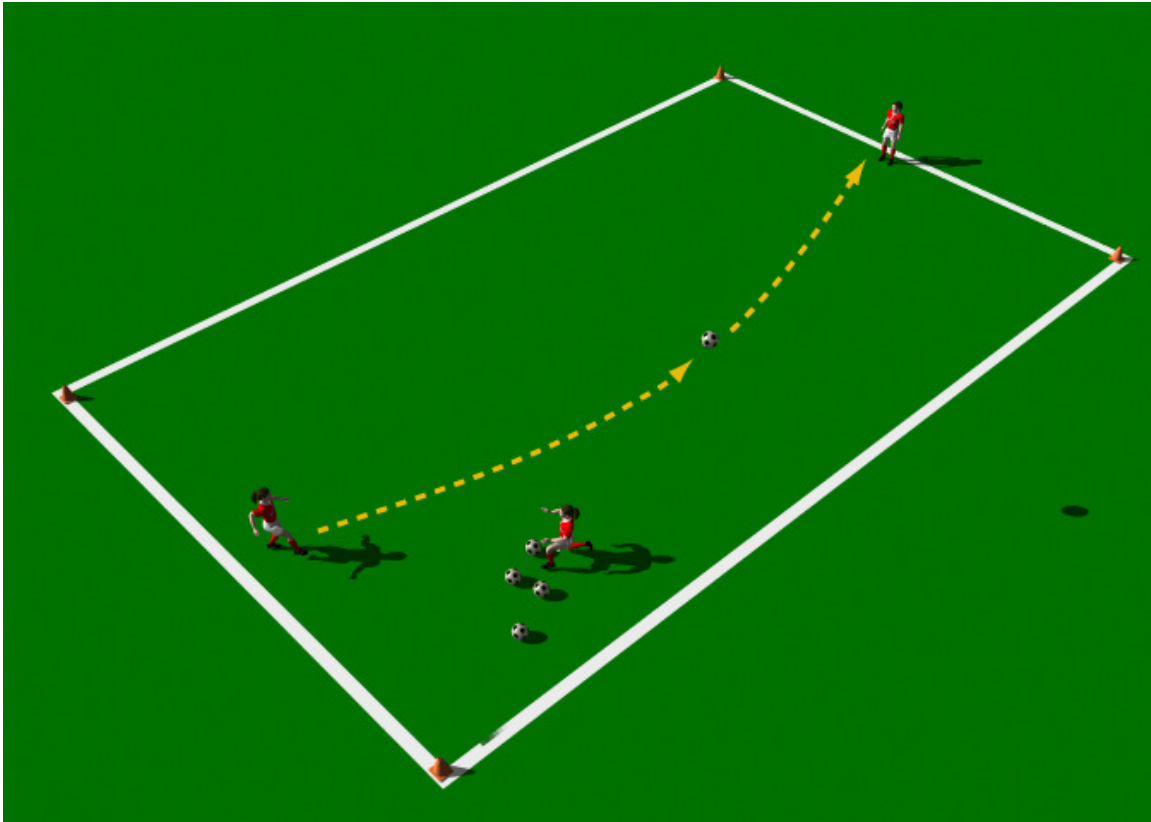
#### **Coaching Points:**

Two players are positioned at opposite sides of the grid. A cone is placed directly in-between both players. Players alternate passing the ball around the cone using the "Bent Pass".

## **Week Two – Drill Three**

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### ***Mechanics of the Lofted Pass***



#### **Objective of the Practice:**

This practice is designed to introduce the correct mechanics involved in the execution of the "Lofted Pass".

#### **Field Preparation:**

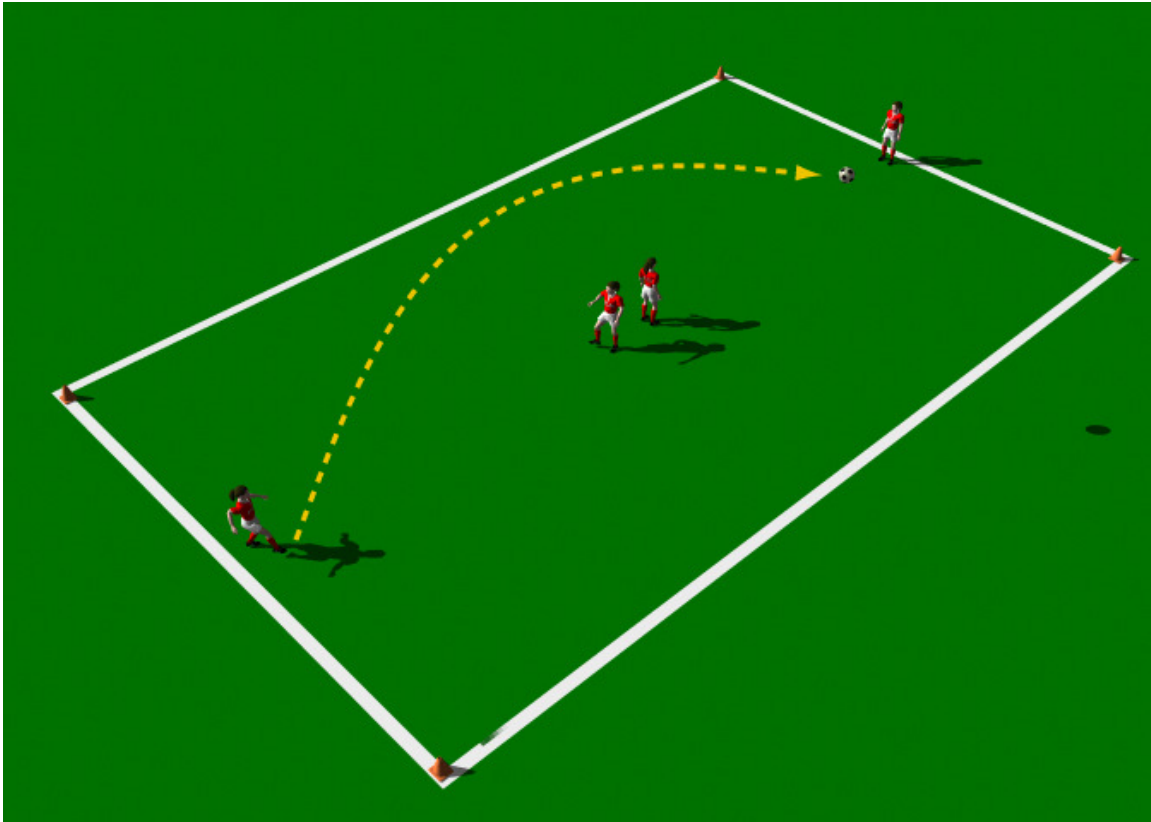
Area 10 x 30 yards. 2 players. 1 ball. Cones.

#### **Coaching Points:**

Three players are positioned in a grid 10 yards x 30 yards. One player acts as a server, one as a receiving player and the other to catch the lofted pass. The server rolls the ball for the receiver to pass first time to the catcher at the opposite end of the grid. Rotate regularly to provide each player an opportunity to act as the receiver.

## **Week Two – Drill Four**

### ***Aerial Passing Drill***



#### **Objective of the Practice:**

This practice is designed to introduce players to the correct mechanics involved in the execution of the “Bent, Lofted and Chip Pass.”

#### **Field Preparation:**

Area 10 x 30 yards. 3 players. 1 ball. Cones.

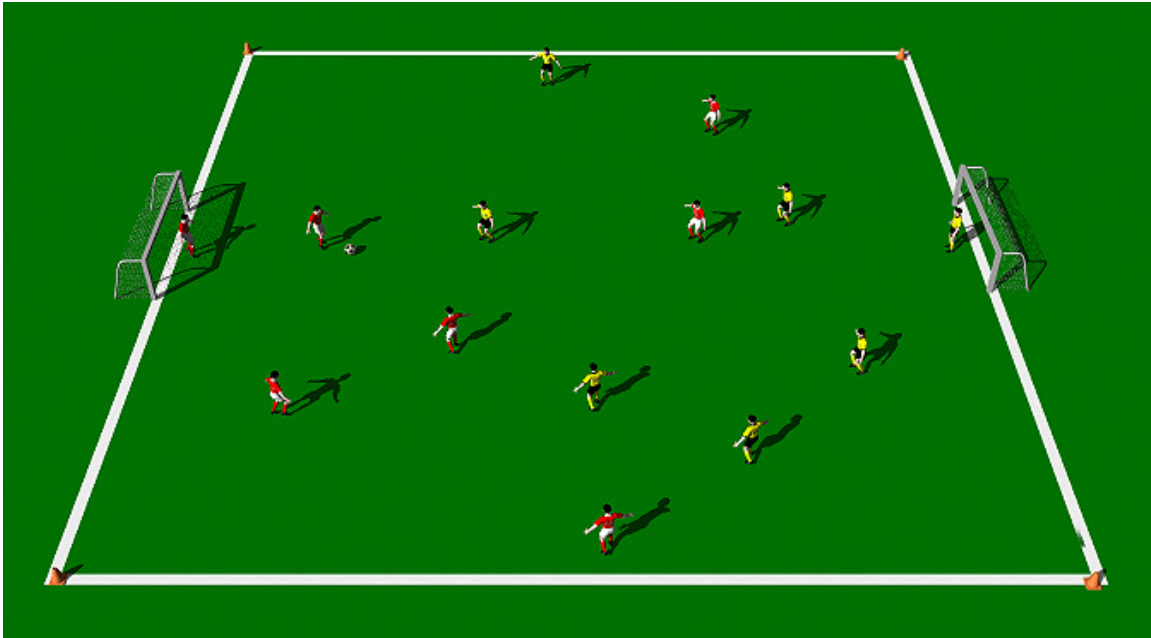
#### **Coaching Points:**

Four players are positioned within the grid, two serving, and two receiving. The server passes the ball for the player to pass around the server to the receiver at the opposite end of the grid. The receiver controls the ball, passes to the server and the practice is repeated from that side. Players are restricted to using aerial passes only.

Rotate the servers with the receivers every five minutes.

## **Week Two – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

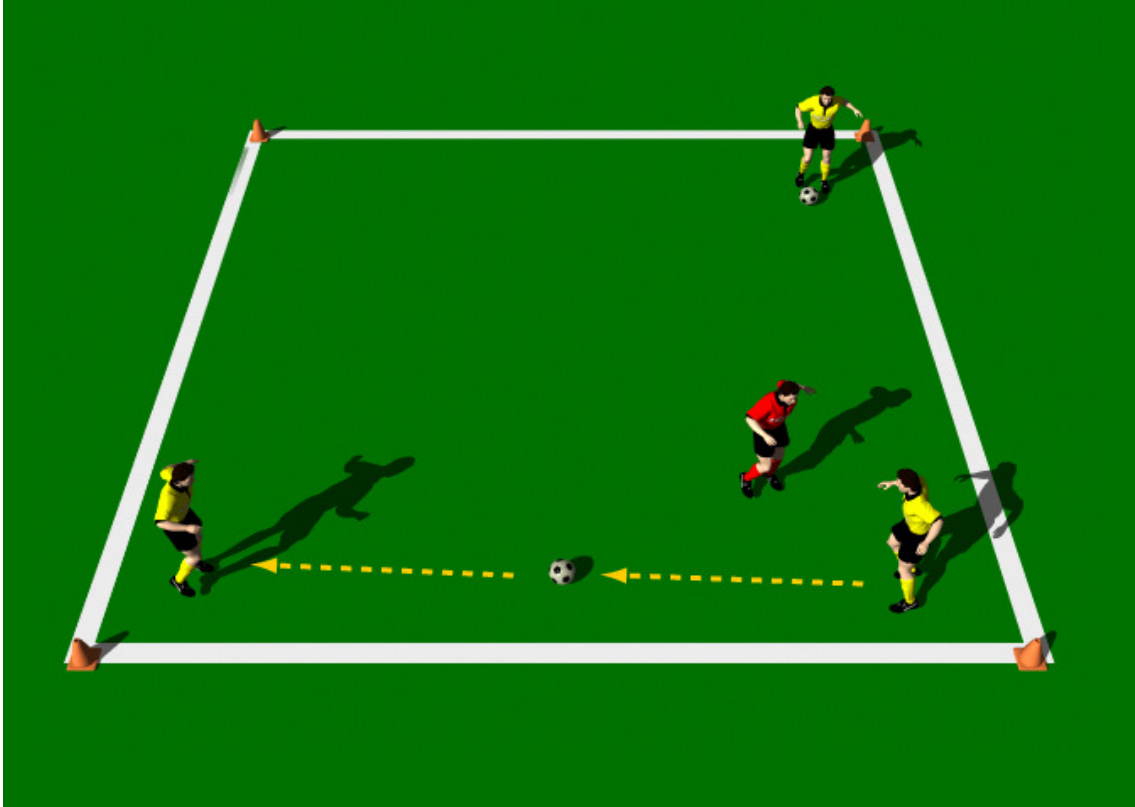
#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Three – Drill One**

### ***Improving Quick Decisions when Passing***



#### **Objective of the Practice:**

To improve the speed of each players decision making when passing the ball.

#### **Field Preparation:**

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

#### **Coaching Points:**

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. The supporting player should ask themselves two questions when supporting the player in possession:

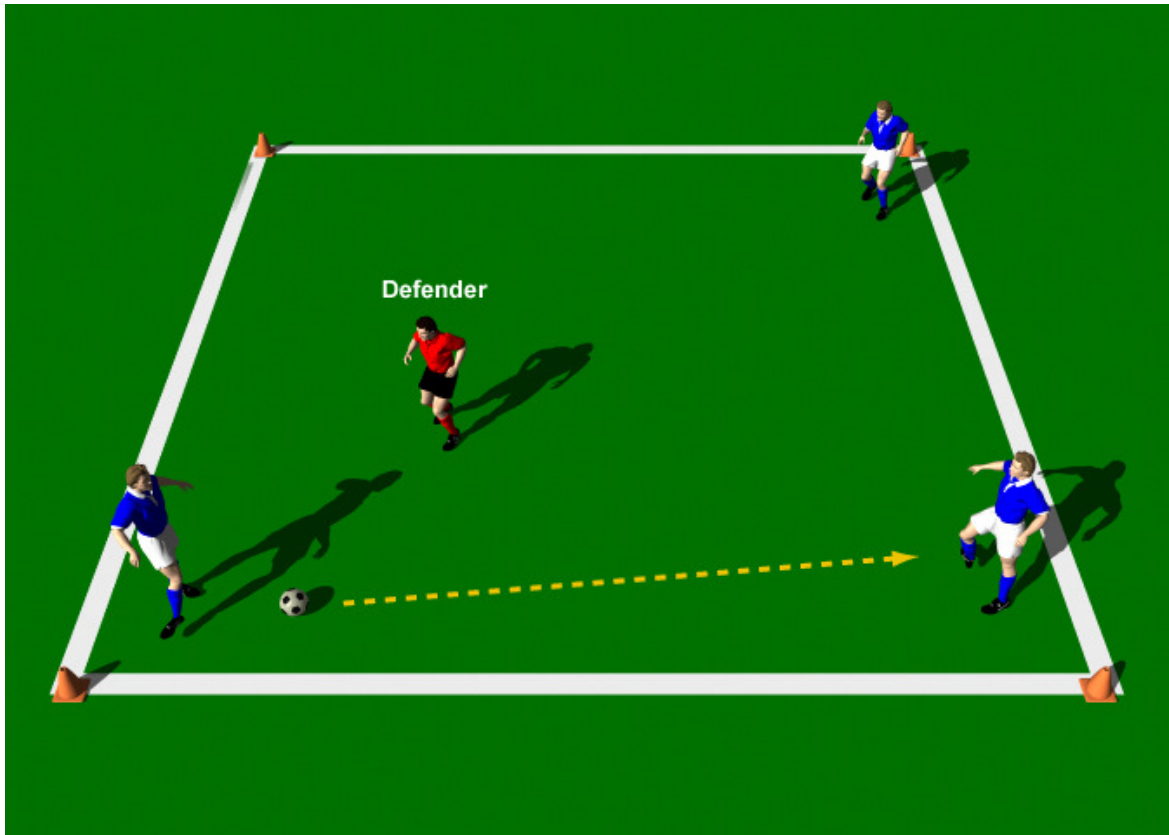
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?



## **Week Three – Drill Two**

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### ***3 v 1 Passing Under Pressure***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “disguise, pace, accuracy and timing”.

#### **Field Preparation:**

Area 10 x 10 yards. 4 players. 1 ball. Cones. Colored bibs.

#### **Coaching Points:**

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 disposes the players in possession.

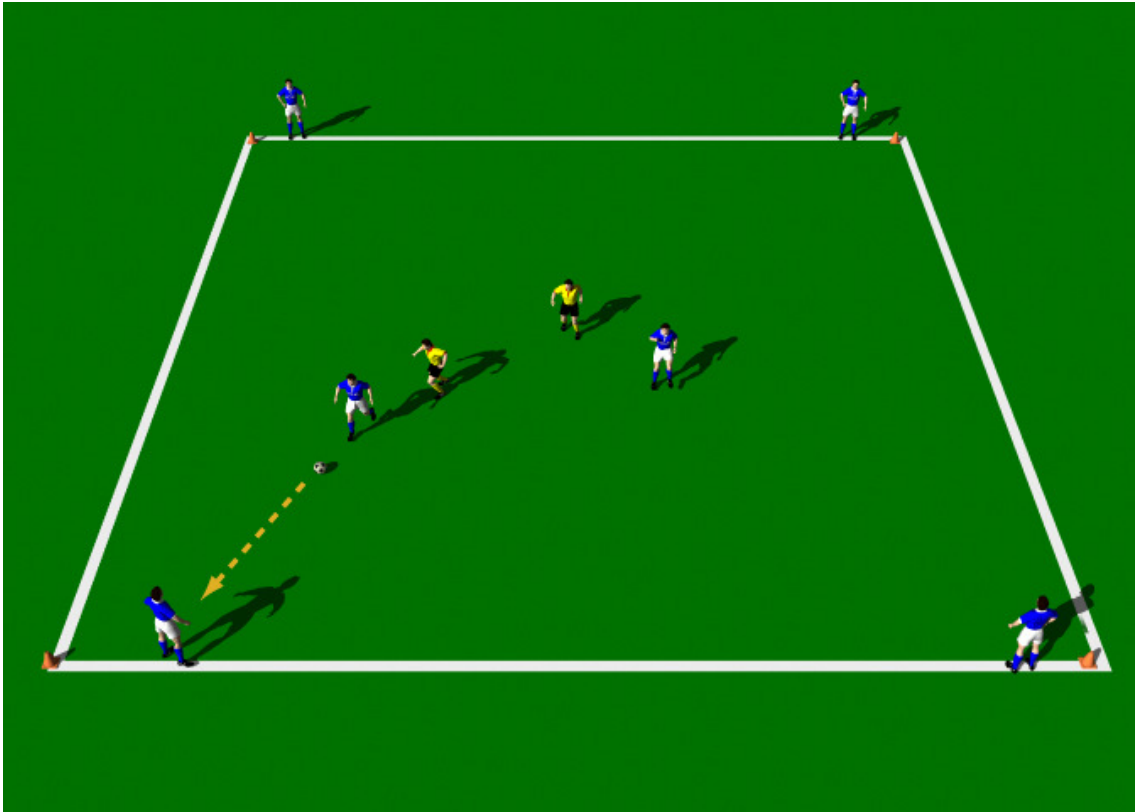
The two supporting players must always work to offer the deepest and widest possible angles for the player in possession. The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

## Week Three – Drill Three

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### *2 v 2 Under Pressure*



#### **Objective of the Practice:**

This practice is designed to improve the tactical understanding of the 2 v 2 situation with an emphasis on “disguise, pace, accuracy and timing”.

#### **Field Preparation:**

Area 20 x 20 yards. 8 players. Balls. Cones. Colored bibs.

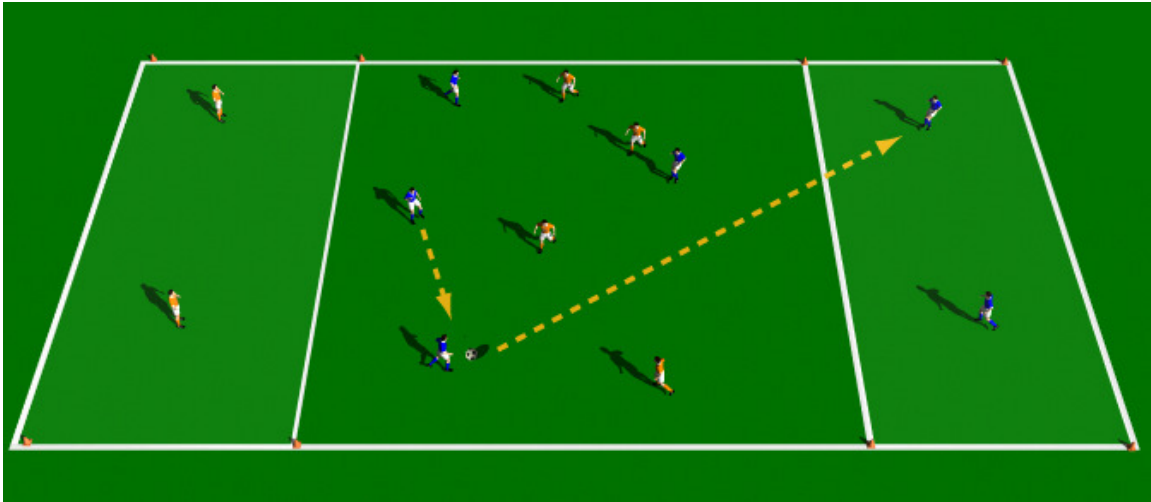
#### **Coaching Points:**

Eight players are positioned in a grid 20 yards x 20 yards. A player is positioned at each corner of the grid. Four players are positioned inside the grid, in teams of two. The practice starts with a ball played from one of the end players to either of the pairs in the grid. Whichever pair wins the ball must try to turn and play a pass to the players at the opposite end of the grid. If the same pair are successful they then receive the ball back from the end player and try to repeat the practice to the opposite end of the grid. The two players not in possession must try to win the ball and find one of the corner players with a pass. A goal is scored for each successful pass. A goal cannot be scored in succession from the same side. Back passes can be made. Players in the center should work for approximately 5 minutes then rotate with players in the corners. The four players in the corners of the grid should constantly be looking for passes from the central players. When passing a ball to a central player he should tell the player to “hold the ball, turn, man-on or play the ball back”.

## **Week Three – Drill Four**

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### ***4 v 4 Passing Under Pressure***



#### **Objective of the Practice:**

This practice is designed to improve “forward” passing for players.

#### **Field Preparation:**

Center grid is 20 x 20 yards, end grids 10 x 20 yards. 12 players. Balls. Cones. Colored bibs.

#### **Coaching Points:**

Use two teams of six players. Four players in each team are positioned and restricted to the center grid. Two players on each team act as “target players” and are placed in the end grid on the same side as their team. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

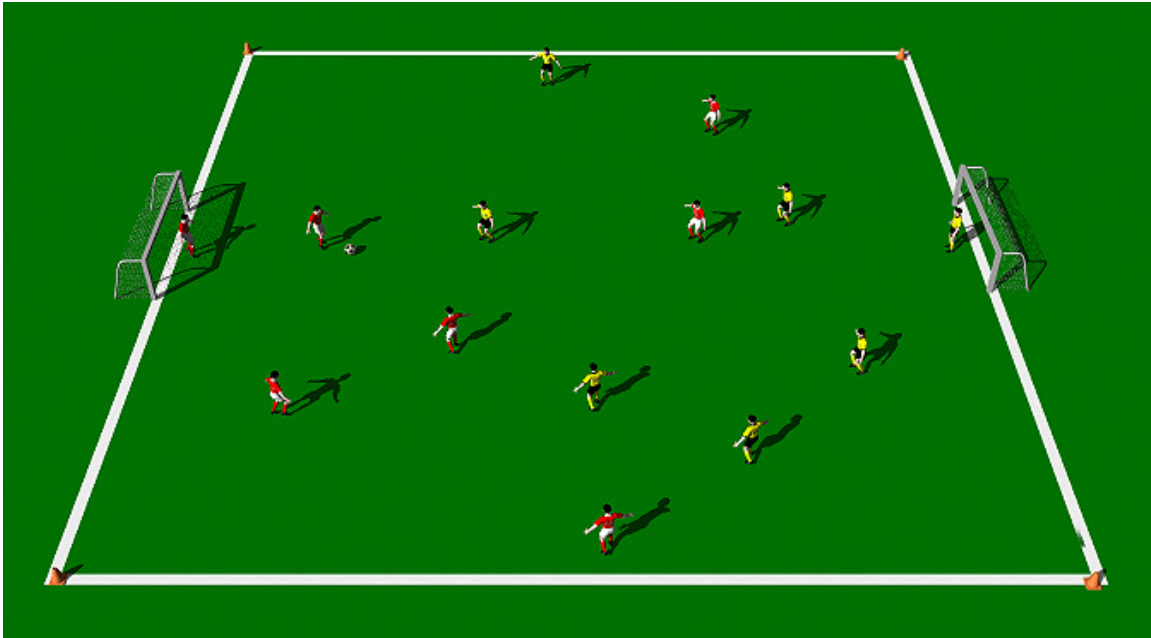
The coach begins the practice by serving a lofted ball into the center grid. Both teams fight for possession. Once a team has possession the object is to play the ball forward to one of the two “target players” as quickly as possible using the minimum amount of passes. A goal is scored by successfully passing the ball to the target player’s feet.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. The coach should keep the service rapid as soon as a goal is scored.

Rotate target players with two central players every five minutes.

## **Week Three – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

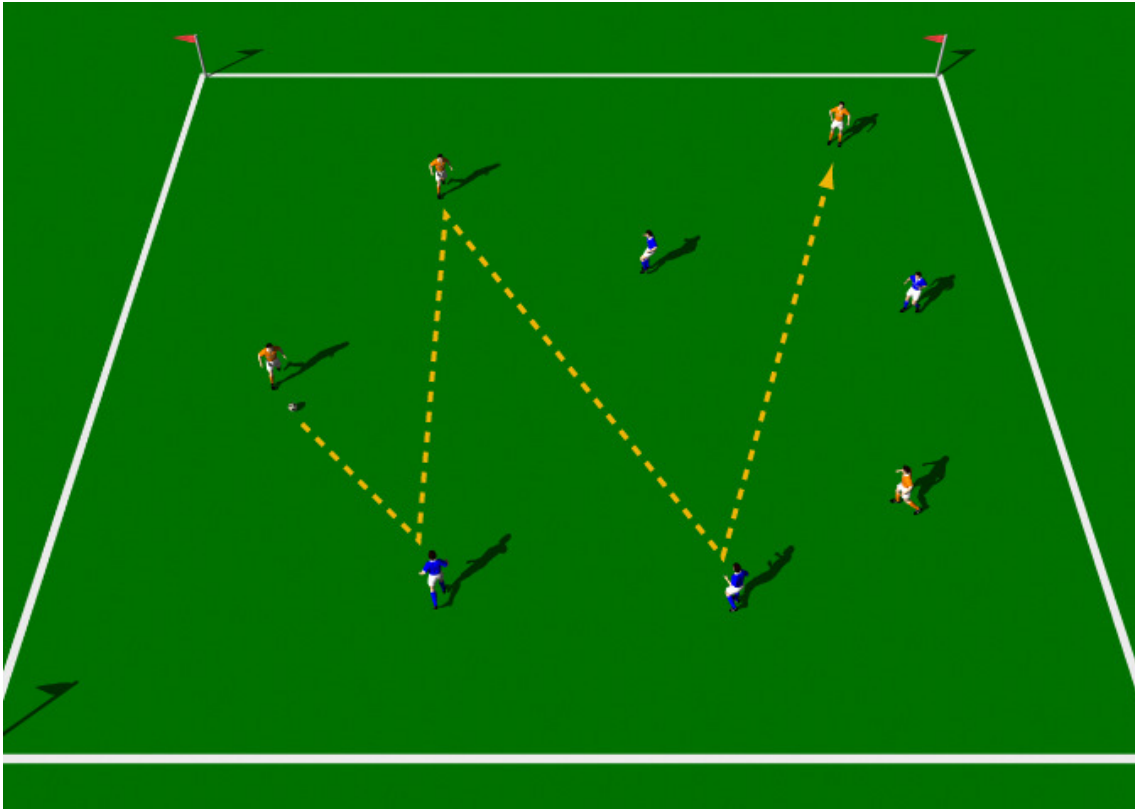
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## Week Four – Drill One

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### *The Color Game*



#### **Objective of the Practice:**

This practice is designed to improve each player's vision when passing the ball.

#### **Field Preparation:**

Area 30 x 30 yards. Small group of players. 1 ball. Cones. Colored bibs.

#### **Coaching Points:**

An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of **"Red Player - Yellow Player"** (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play. Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

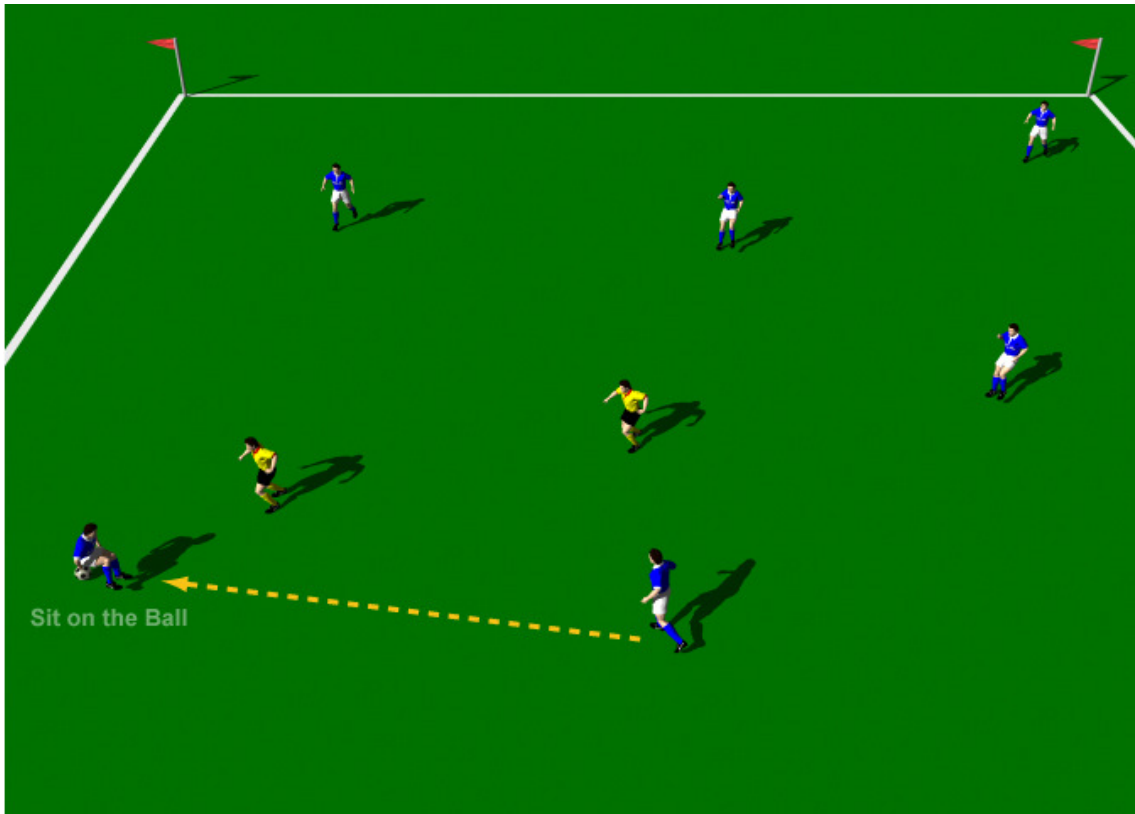
#### **Progression:**

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the player's feet. The play is continued with the "Red-Yellow" sequence until the coach calls another player's name.



## **Week Four – Drill Two**

### ***Sit on the Ball Game***



#### **Objective of the Practice:**

This practice is designed to help players create space when passing as a group.

#### **Field Preparation:**

Area 30 x 30 yards. Large group of players. Balls. Cones. Colored bibs.

#### **Coaching Points:**

An area is marked out approximately 30 yards by 30 yards. Large group, plus one defender are positioned within the grid. The players must attempt to keep possession from the defender within the grid. The team scores a goal each time a player can receive the ball in enough space to "sit on the ball". The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

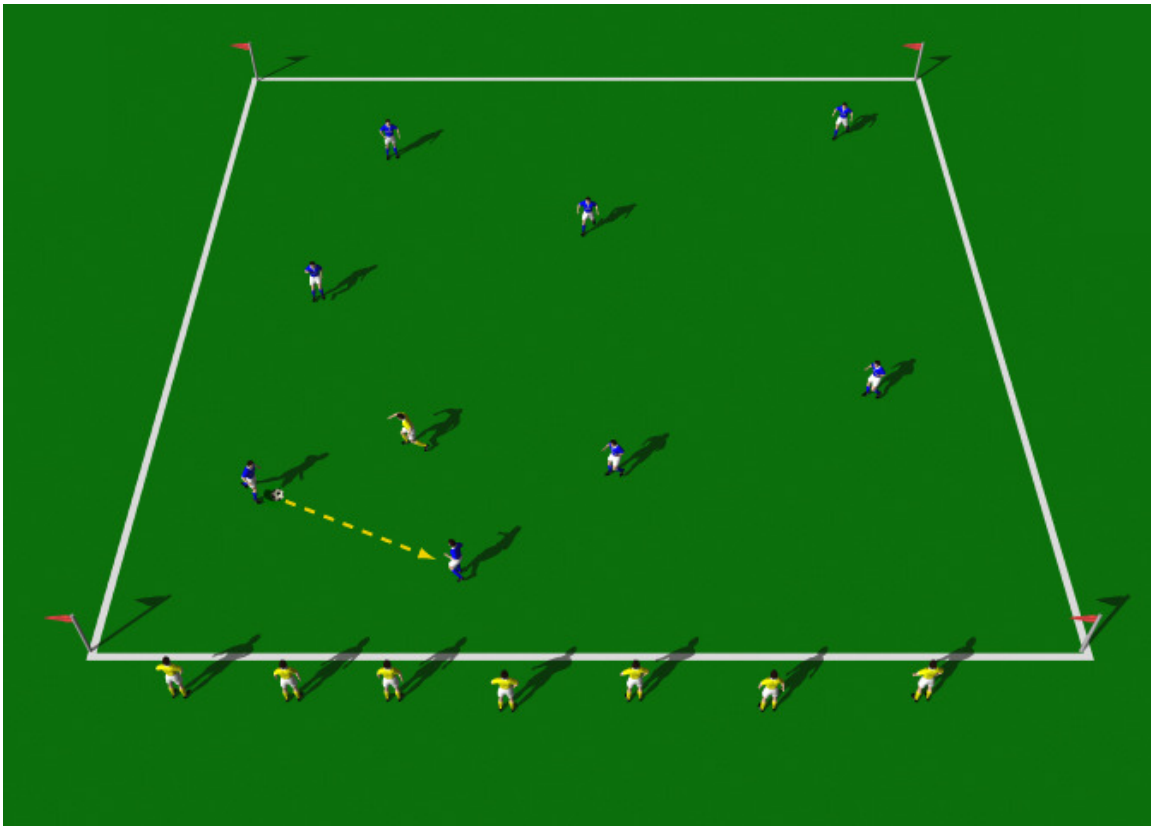
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

Rotate working defender frequently to ensure high pressure.

## **Week Four – Drill Three**

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### ***Build the Numbers Game***



#### **Objective of the Practice:**

This is a great practice to help improve team possession. The pressure is incrementally increased as more pressurizing players are added.

#### **Field Preparation:**

Area 30 x 30 yards. Large group of players. 1 ball. Cones. Colored bibs.

#### **Coaching Points:**

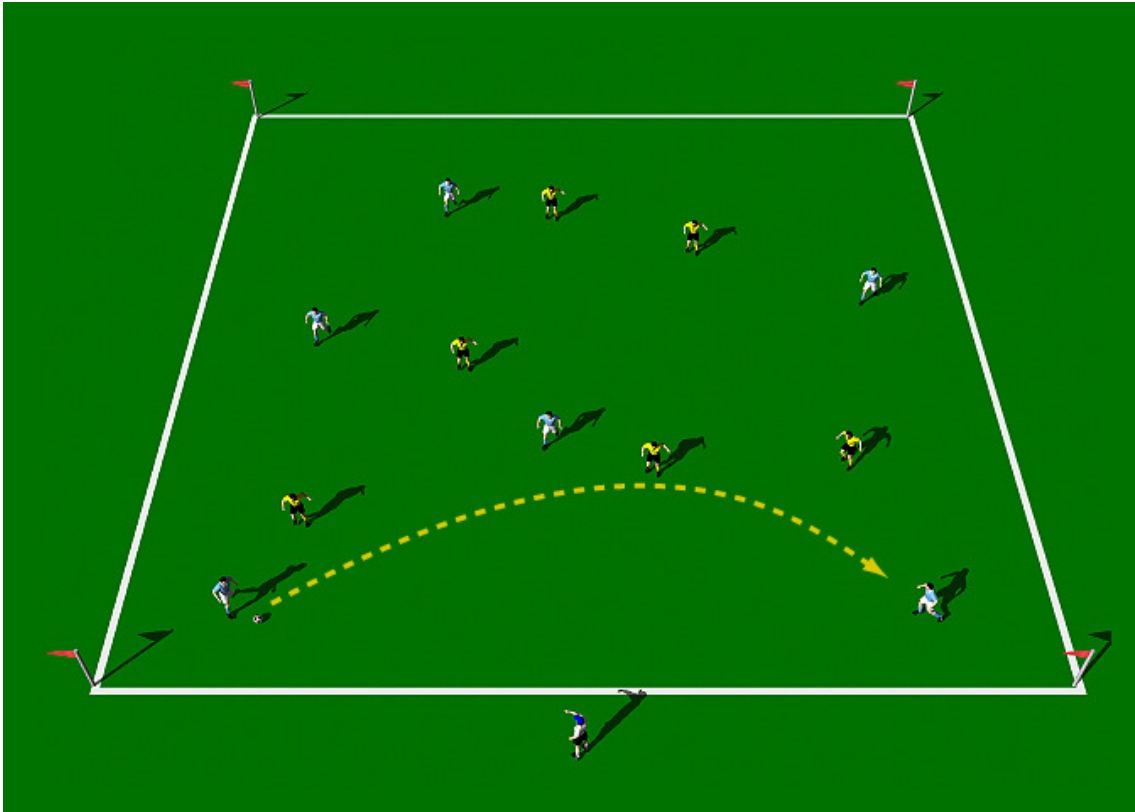
Start the practice with one entire group within a grid 30 yards by 30 yards. The second group stand at the side of the grid and has one of their players in the grid as a defender. Assign number to each player on the defending group. Play the entire group versus one defender within the grid. Players inside attempt to keep possession.

When coach calls a number, that player sprints into grid and defends. For example, with groups of 8 players, the drill can create 8 v 1, 8 v 2, 8 v 4 etc. Change roles of teams.

Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.

## **Week Four – Drill Four**

### ***Juventus 6 v 6 Chip to Score Game***



#### **Objective of the Practice:**

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

#### **Field Preparation**

- 12 Players (6 v 6)
- Area 30 yards x 30 Yards
- Supply of Balls and Cones

#### **Coaching Points**

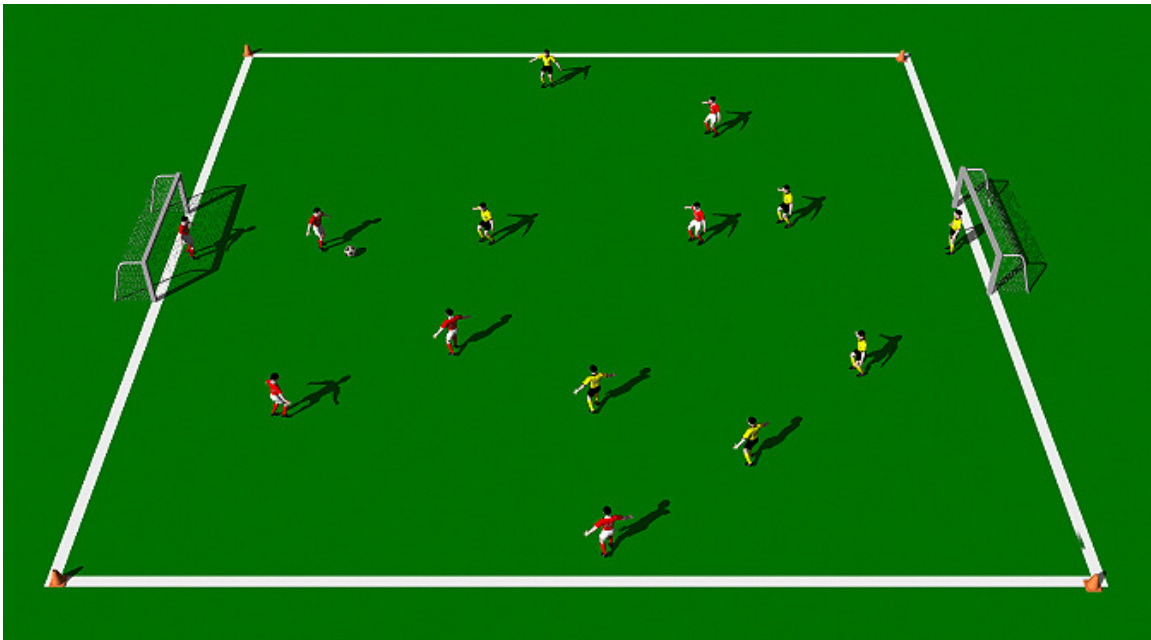
Play two teams of 6 v6 inside the square. Identify teams using colored bibs. The object of the game is for a team to get 8 consecutive passes but the 8<sup>th</sup> pass must be chip pass and caught by the receiving player.

#### **Variations:**

- 8<sup>th</sup> pass must be chip pass and headed by the receiving player to a team mate.
- 8<sup>th</sup> pass must be chip pass and controlled by the receiving player and juggled twice.

## **Week Four – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

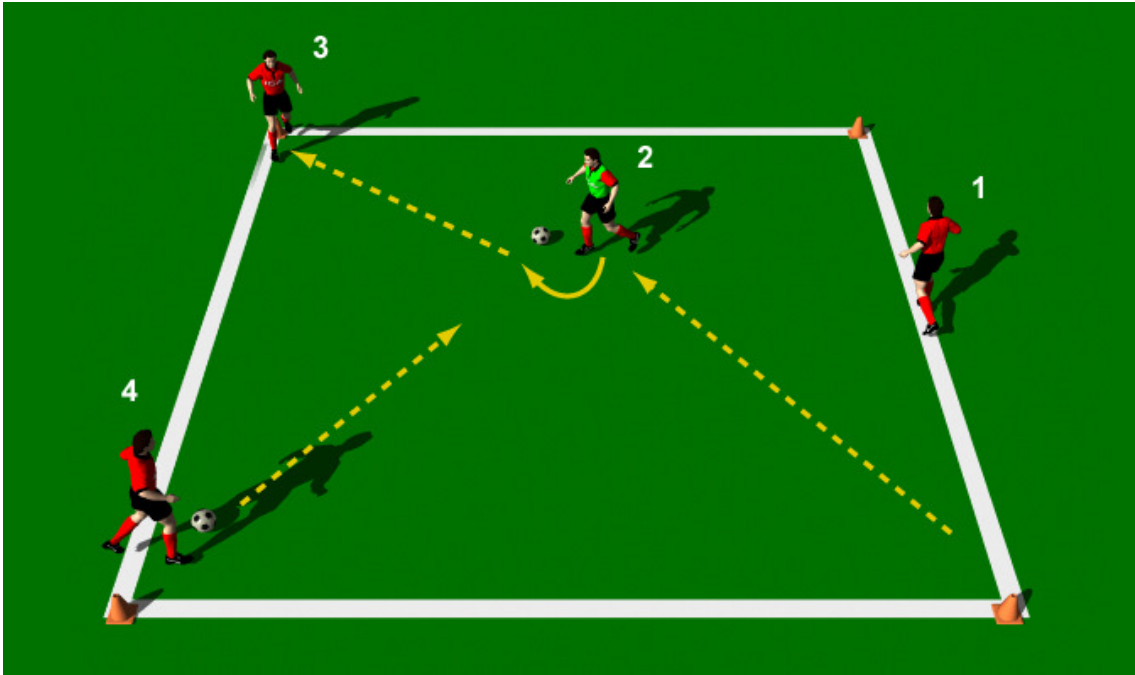
#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Five – Drill One**

### ***Manchester United Passing Drill***



#### **Objective of the Practice:**

This exercise is designed to work on each players' quick decision making and passing skills.

#### **Field Preparation**

4 Players, Area 10 x 10 Yards, Supply of Balls and Cones.

#### **Coaching Points**

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.

#### **Focus On:**

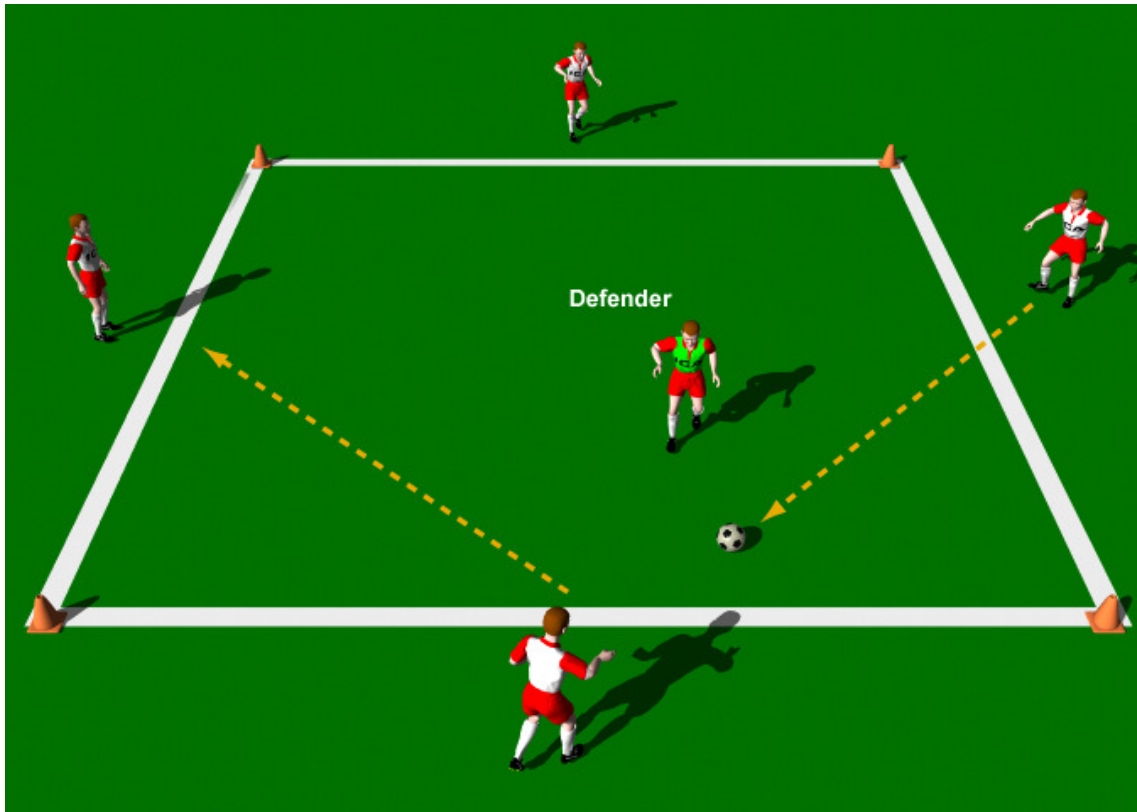
- Quality "first touch".
- Accuracy and Pace of the pass.
- Disguising the pass.
- Explosive movement with the ball.



## **Week Five – Drill Two**

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### ***Pass Outside the Grid***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace, accuracy and timing”.

#### **Field Preparation:**

Area 10 x 10 yards. 5 players. 1 ball. Cones.

#### **Coaching Points:**

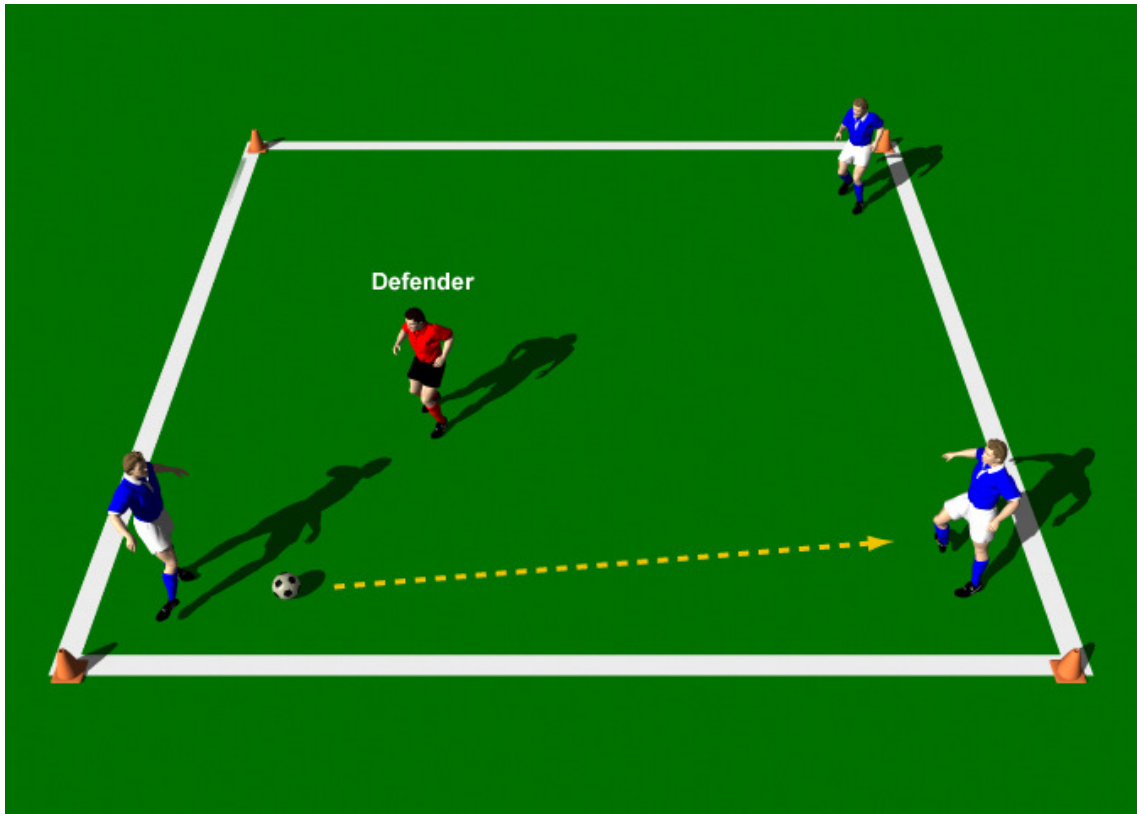
A grid is marked off 10 yards by 10 yards. A player is positioned on each side of the grid. One defender is placed in the center of the grid. Three resting defenders are stationed outside the grid.

The object of the practice is for the four players on the outside of the grid to keep possession of the ball without it being intercepted by the center defender. The outside players cannot enter the grid and the pressurizing defender cannot leave the grid. The outside players receive a goal for eight consecutive passes. Increase the number of passes per goal to challenge players. Coach can also place a condition of one or two touch passing.

Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

## **Week Five – Drill Three**

### ***3 v 1 Passing Under Pressure***



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “disguise, pace, accuracy and timing”.

#### **Field Preparation:**

Area 10 x 10 yards. 4 players. 1 ball. Cones. Colored bibs.

#### **Coaching Points:**

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.

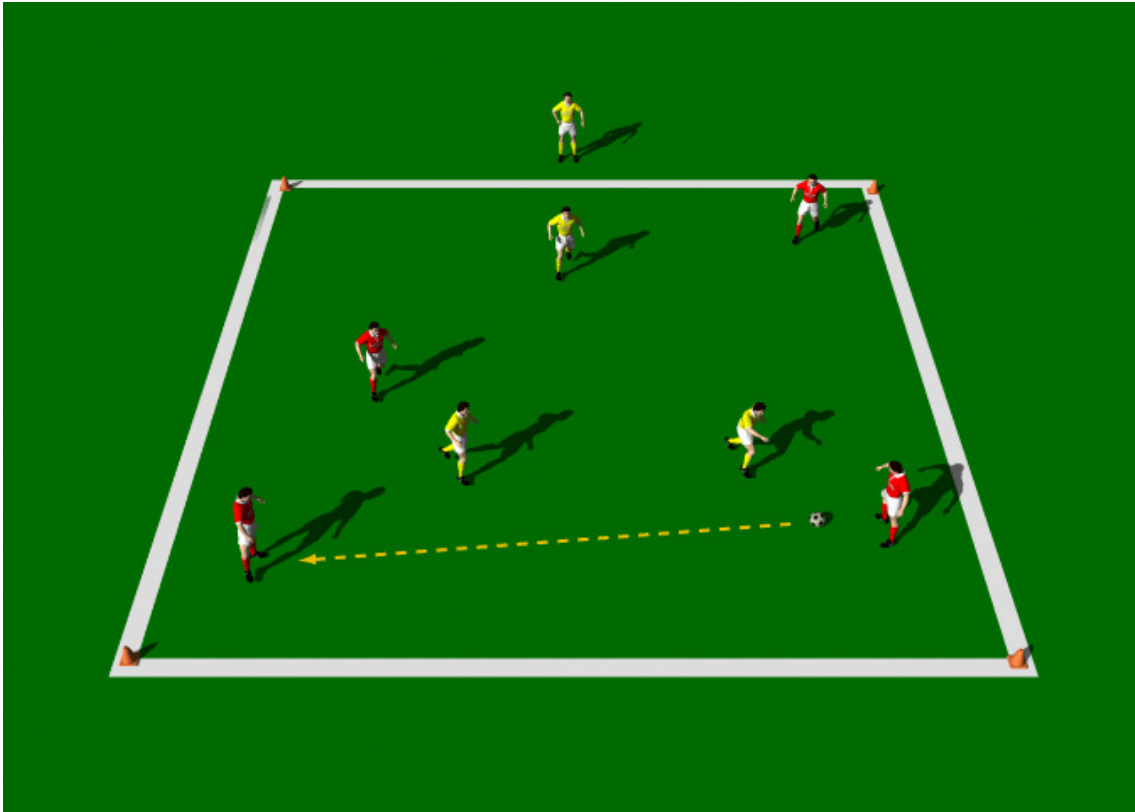
The two supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

## **Week Five – Drill Four**

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### **4 v 3 One On, One Off**



#### **Objective of the Practice:**

This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and 'two' touch passing, angles of support, disguise and communication.

#### **Field Preparation:**

Area 20 x 20 yards. 8 players. 1 ball. Cones. Colored bibs.

#### **Coaching Points:**

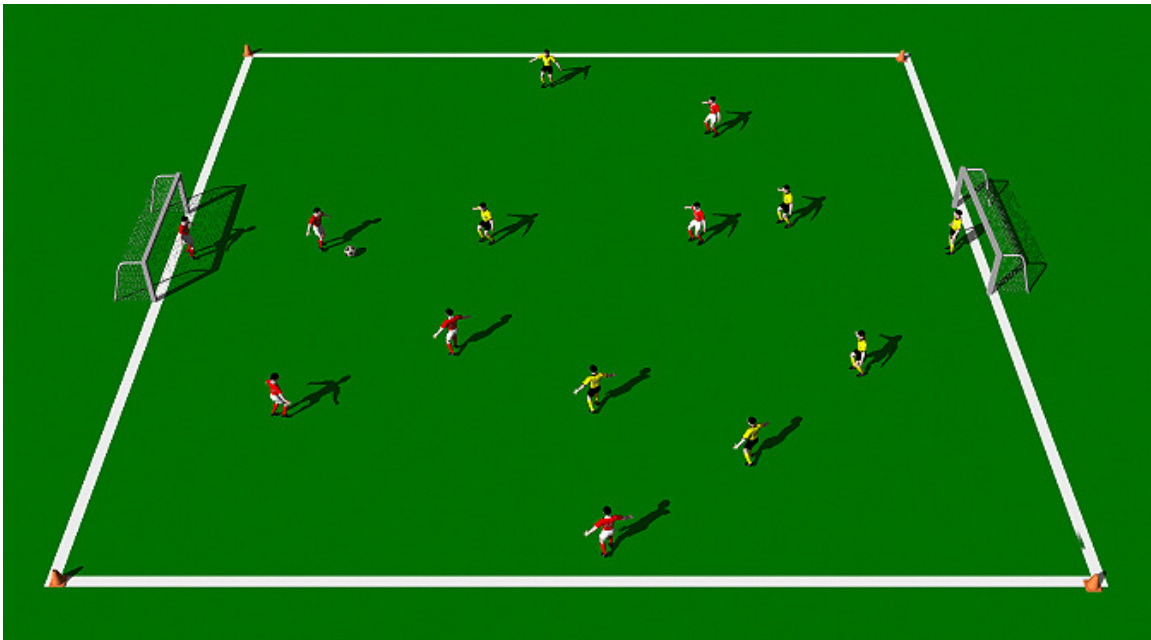
Play 4 v 3 in a grid 10 yards by 10 yards. The four player start with possession of the ball. Three defenders are placed inside the grid with a resting player on the outside.

The four players with the ball must attempt to achieve 10 consecutive passes to get a goal. The 3 pressuring defenders must try to win the ball. As soon as the 3 defenders win the ball the 4<sup>th</sup> resting defender enters the grid. They now become the attacking team. At the same time one of the attacking players must leave and they become the defending team.

Start the practice with free play then develop drill by conditioning play to "two" then "one" touch passing.

## **Week Five – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

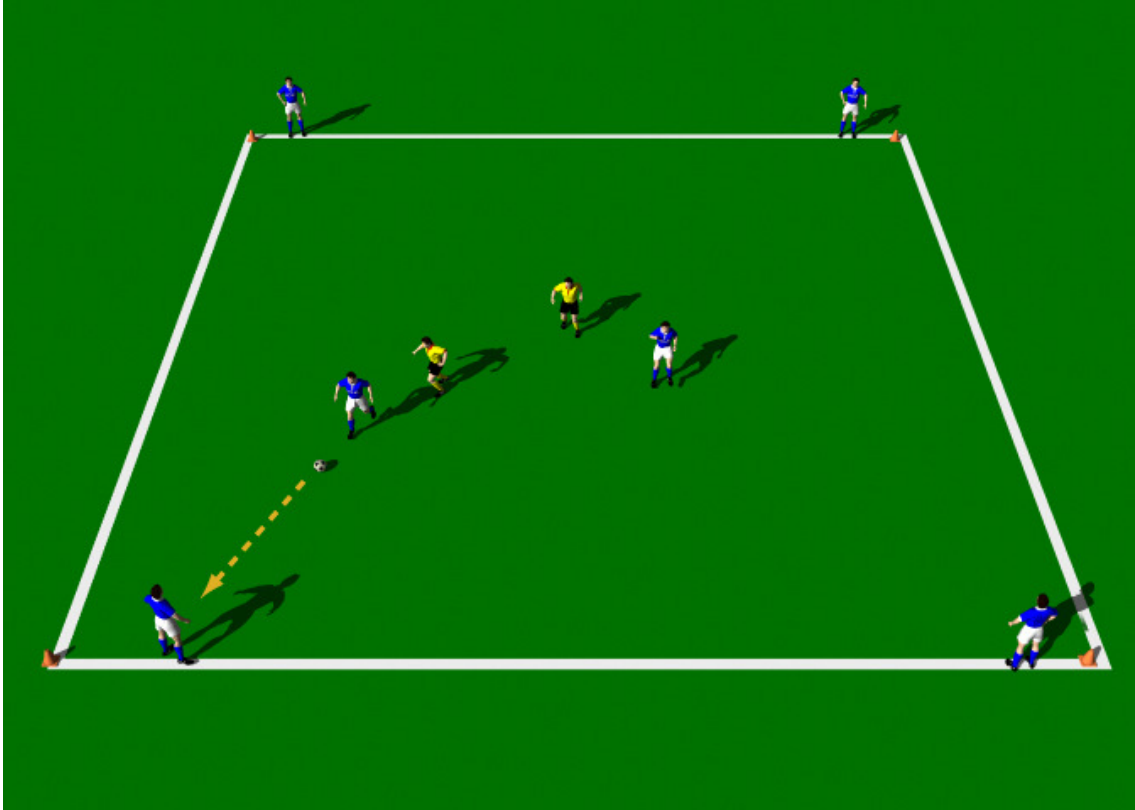
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Six – Drill One**

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### ***2 v 2 Under Pressure***



#### **Objective of the Practice:**

This practice is designed to improve the tactical understanding of the 2 v 2 situation with an emphasis on “disguise, pace, accuracy and timing”.

#### **Field Preparation:**

Area 20 x 20 yards. 8 players. Balls. Cones. Colored bibs.

#### **Coaching Points:**

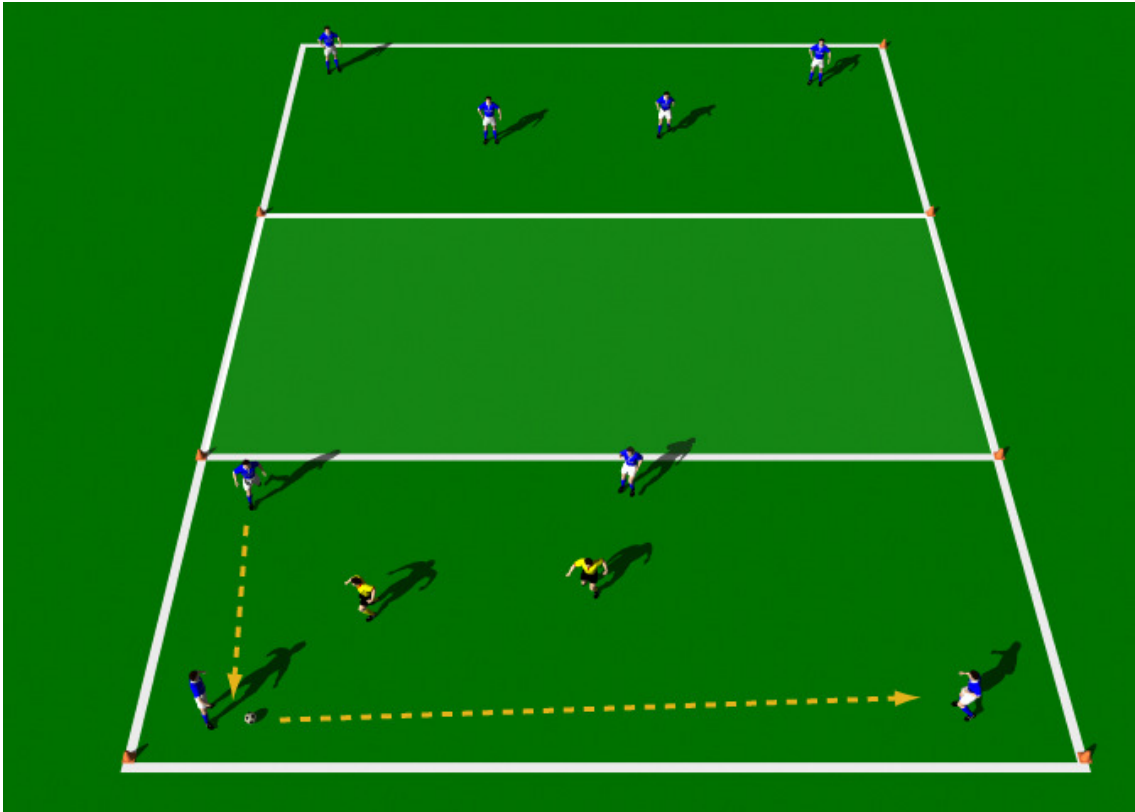
Eight players are positioned in a grid 20 yards x 20 yards. A player is positioned at each corner of the grid. Four players are positioned inside the grid, in teams of two. The practice starts with a ball played from one of the end players to either of the pairs in the grid. Whichever pair wins the ball must try to turn and play a pass to the players at the opposite end of the grid. If the same pair are successful they then receive the ball back from the end player and try to repeat the practice to the opposite end of the grid. The two players not in possession must try to win the ball and find one of the corner players with a pass. A goal is scored for each successful pass. A goal cannot be scored in succession from the same side. Back passes can be made. Players in the center should work for approximately 5 minutes then rotate with players in the corners. The four players in the corners of the grid should constantly be looking for passes from the central players. When passing a ball to a central player he should tell the player to "hold the ball, turn, man-on or play the ball back".



## Week Six – Drill Two

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### 4 v 2 Both Sides



#### **Objective of the Practice:**

This practice is designed to improve each player's technical ability in short range passing with an emphasis on "disguise, pace, accuracy and timing".

#### **Field Preparation:**

Area 20 x 30 yards. 10 players. Balls. Cones. Colored bibs.

#### **Coaching Points:**

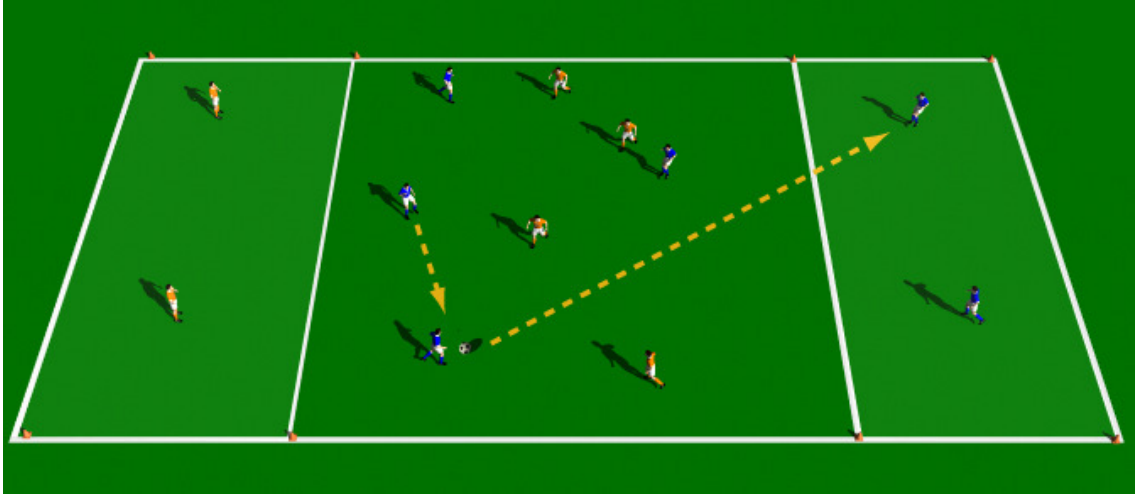
An area is marked out approximately 20 yards by 30 yards. Three inner grids are marked 10 yards long and 20 yards wide. Four players are positioned in each of the end grids. Two defenders are placed in the center grid. Defenders must wear different colored vests.

The practice starts with one group of four players keeping possession from the two defenders. The four players must obtain a minimum of four consecutive passes then pass the ball to the opposite team. The two defenders must try to win the ball. Rotate players so each player performs the role of the defender. The supporting players must always work to offer the deepest and widest possible angles for the player in possession.

## Week Six – Drill Three

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### *4 v 4 Passing Under Pressure*



#### **Objective of the Practice:**

This practice is designed to improve “forward” passing for players.

#### **Field Preparation:**

Center grid is 20 x 20 yards, end grids 10 x 20 yards. 12 players. Balls. Cones. Colored bibs.

#### **Coaching Points:**

Use two teams of six players. Four players in each team are positioned and restricted to the center grid. Two players on each team act as “target players” and are placed in the end grid on the same side as their team. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

The coach begins the practice by serving a lofted ball into the center grid. Both teams fight for possession. Once a team has possession the object is to play the ball forward to one of the two “target players” as quickly as possible using the minimum amount of passes. A goal is scored by successfully passing the ball to the target player’s feet.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. The coach should keep the service rapid as soon as a goal is scored.

Rotate target players with two central players every five minutes.

## Week Six – Drill Four

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### 6 v 6 Three Zone Game



#### Objective of the Practice:

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

#### Field Preparation

12 Players plus 2 Goalkeepers, Area 20 yards x 30 Yards, Supply of Balls and Cones, Colored Bibs, Full Size Goals

#### Coaching Points

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.

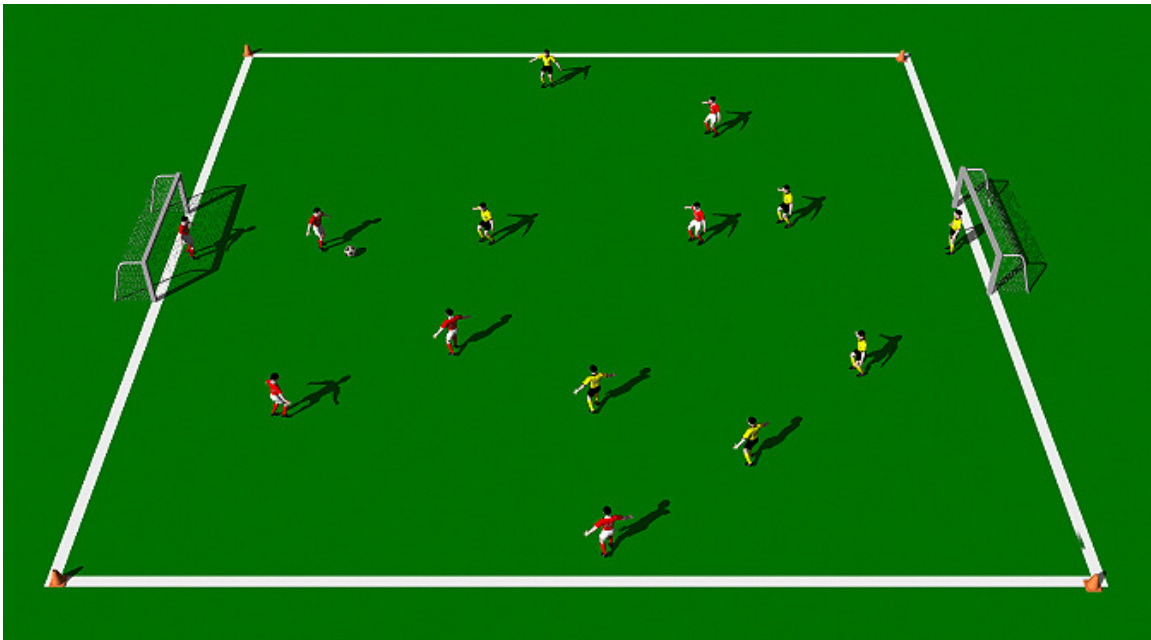
Rotate to allow players to play in different zones.

#### Focus On:

- Quick movement of the ball.
- Vision and communication, especially in middle zone.

## **Week Six – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

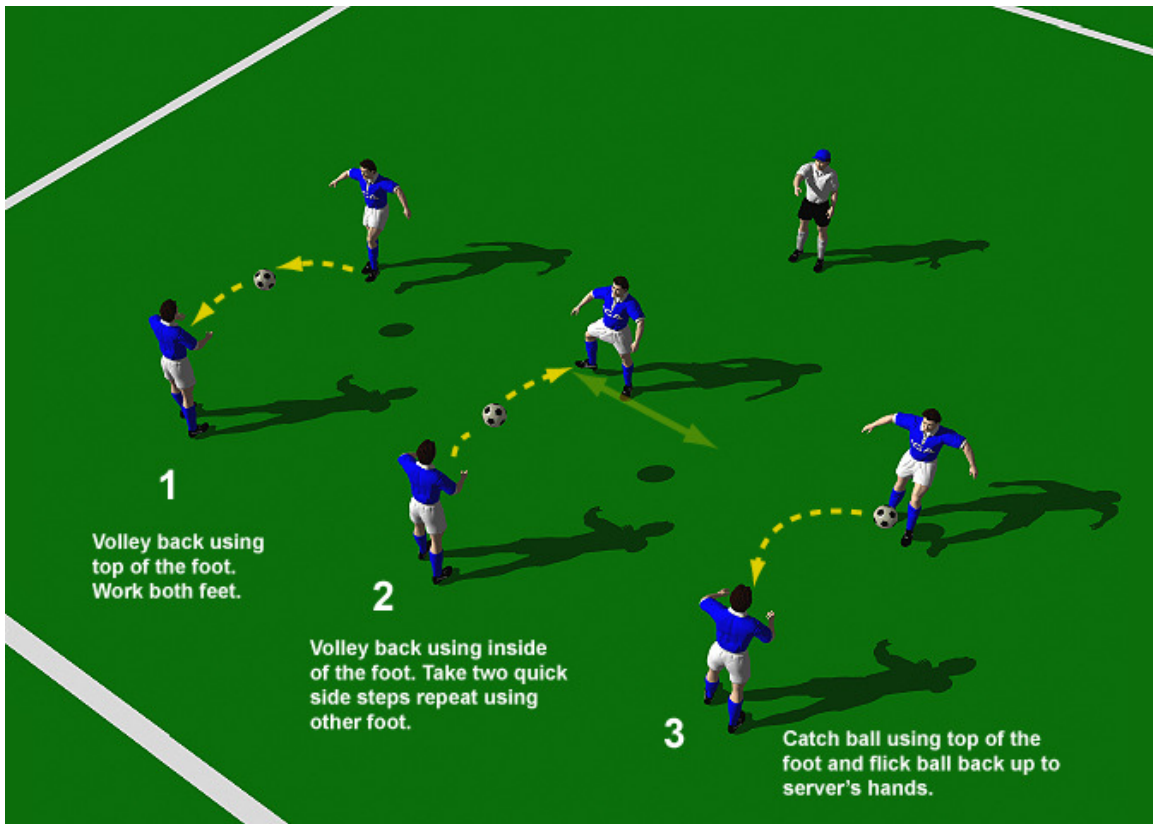
#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# Week Seven – Drill One

## Volley Control Drill



### Objective of the Practice:

This activity helps the player improve their volleying ball control skills under rapid repetition.

### Field Preparation:

Entire group divided into pairs, 20 x 20 Yards, Supply of Balls and Cones

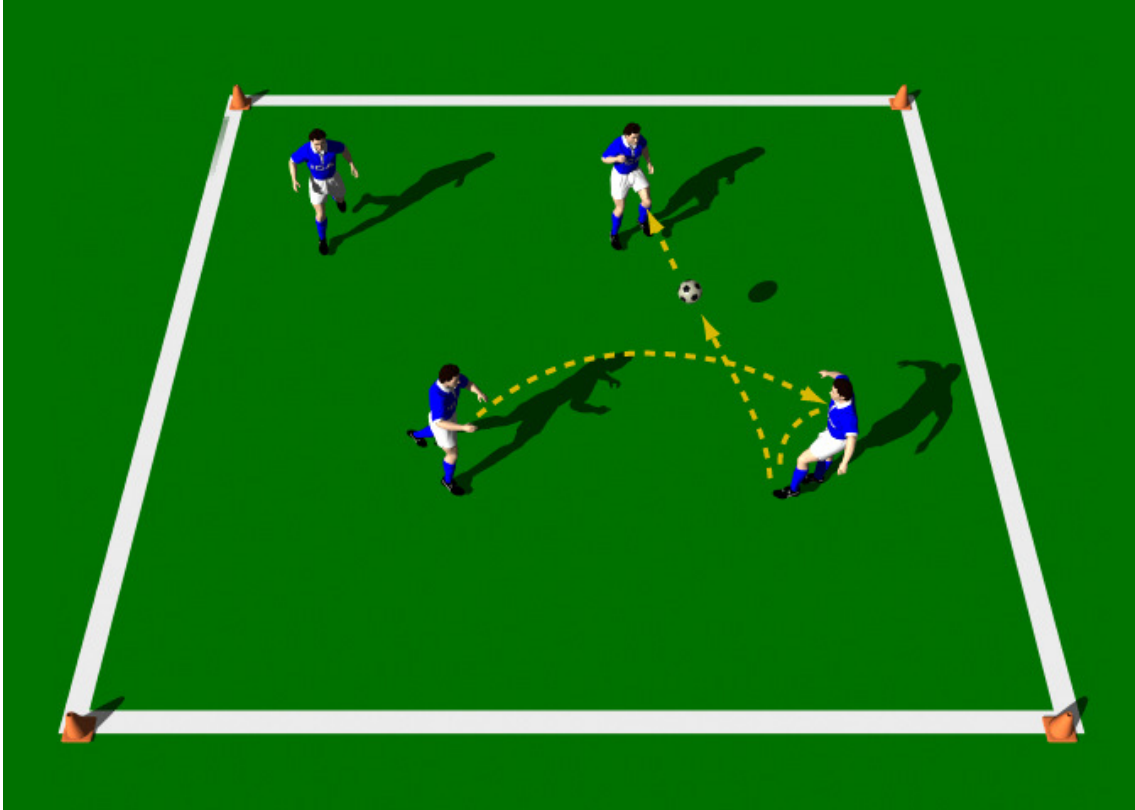
### Coaching Points:

Do sets of 2 minutes and swap roles with your partner. On each drill the player serves using both hands.

- Volley back** using top of the foot. Work both feet.
- Volley back** using inside of the foot. Take two quick side steps repeat using other foot.
- Catch ball** using top of the foot and flick ball back up to server's hands.

## **Week Seven – Drill Two**

### ***Chelsea Aerial Control Drill***



#### **Objective of the Practice:**

This exercise is great for improving each player ball control. Emphasis is placed on cushion control using the head, chest, thighs and feet.

#### **Field Preparation:**

4 Players, 10 x 10 Yards, Supply of Balls and Cones

#### **Coaching Points:**

Four players are inside the square using one ball. The practice starts with the first player serving the ball with two hands to another player. The receiving player must control the ball using his head, chest, thighs or feet and volley for another player to catch. This sequence is repeated during the exercise.

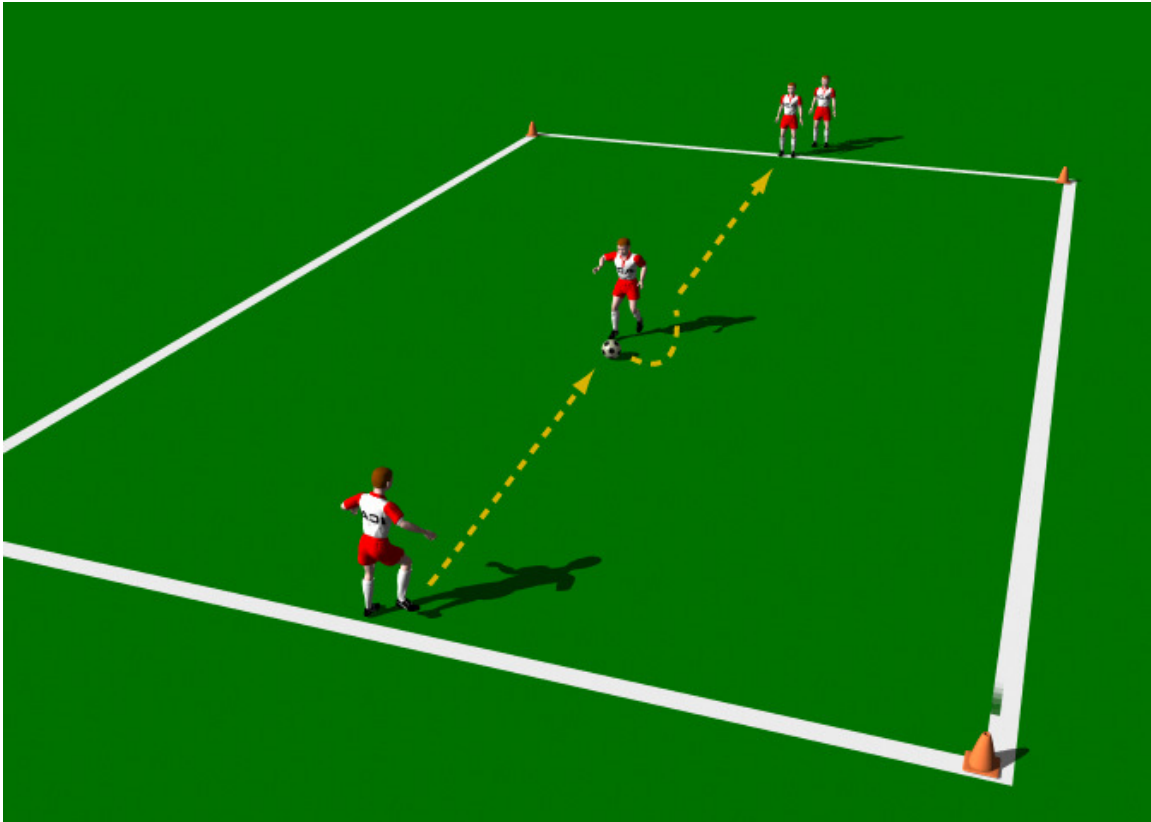
#### **Focus On:**

- Be constantly moving, light on your feet!
- Good first touch, soft cushion.
- Communication.



## **Week Seven – Drill Three**

### ***Control, Turn and Pass***



#### **Objective of the Practice:**

This practice is designed to improve each player's ability to control a pass played on the ground.

#### **Field Preparation:**

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

#### **Coaching Points:**

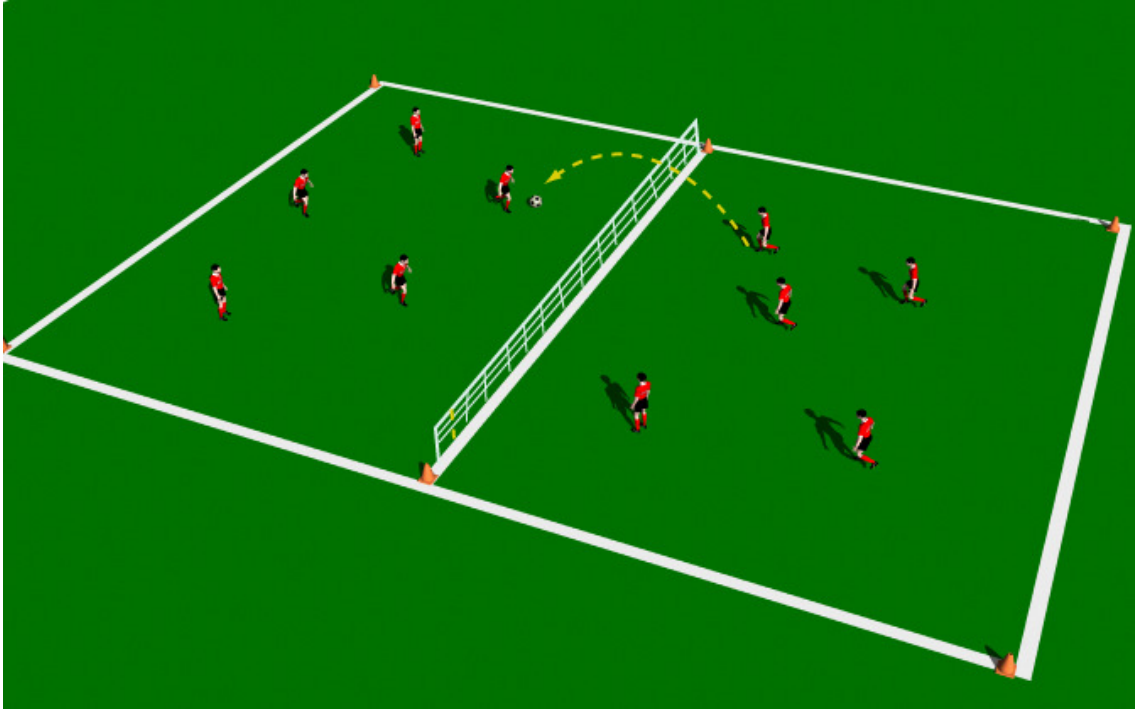
Small group of players per grid, using one ball. The grid should be 10 yards x 20 yards. The players are positioned at one side of the grid facing the server. The player with the ball starts the practice by passing the ball to the server. The player follows the pass and receives a return pass from the server. The receiving player must control the ball as economically as possible, turn and pass to the next player in sequence. The player then returns to the starting position and the practice is repeated. The speed of the practice should be increased gradually.

#### **The coach should emphasize the following coaching points:**

- Demand the ball from the server. Call for the pass.
- Control and turn using either the inside or outside of the foot.
- Turn quickly and get the ball out of the feet.

## **Week Seven – Drill Four**

### ***Soccer Tennis***



#### **Exercise Objectives:**

This is a fun exercise designed to improve the player's aerial ball control and communicational skills.

#### **Field Preparation**

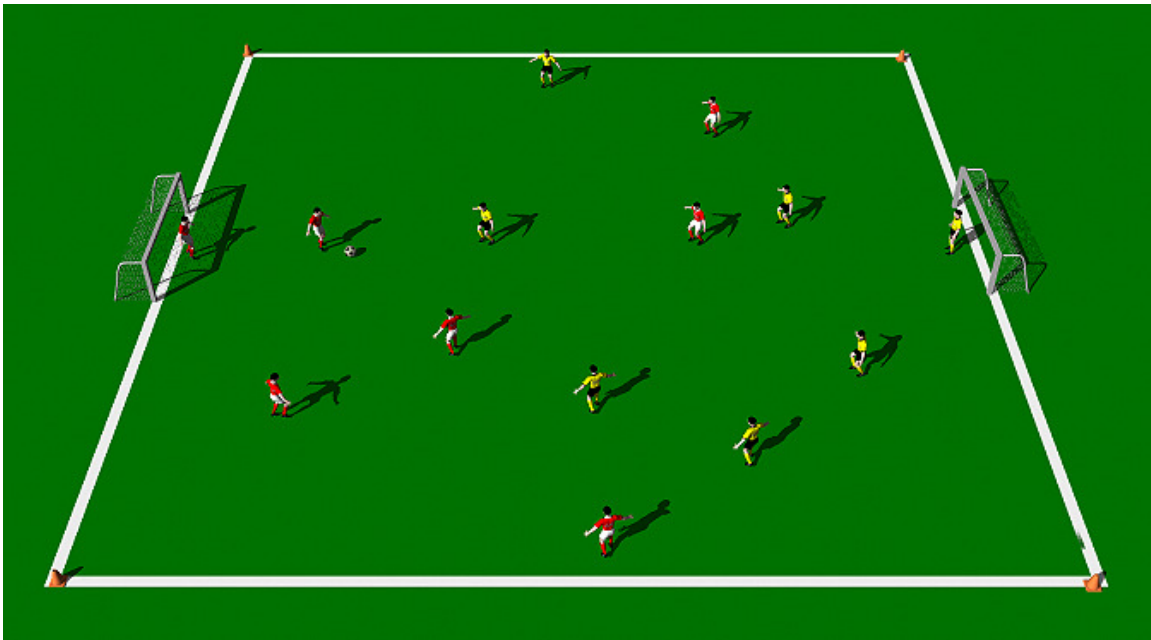
Divide team into two groups, Area 10 x 20 yards, Supply of Balls, Volley Ball or Tennis Net

#### **Coaching Pointers:**

Split the group into two teams one on each side of the net. Team must have serve to win a point. Players can use their head, chest, thighs and feet to control the ball. The ball is only allowed to bounce 'once' in the area. Can use unlimited touches. First team to 11 points wins. Always rotate servers.

## **Week Seven – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

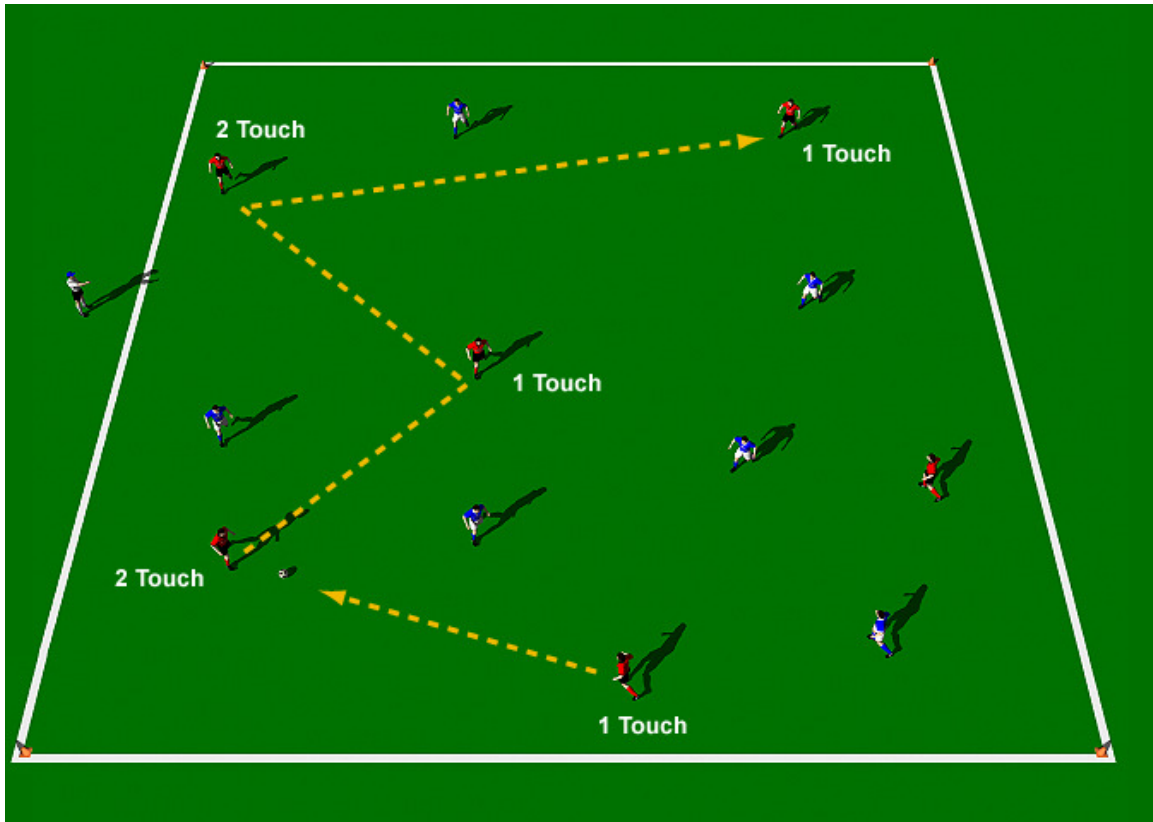
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Eight – Drill One**

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### ***One Touch, Two Touch***



#### **Exercise Objectives:**

The object of this exercise is to develop each players game vision and quick decision making.

#### **Field Preparation**

Group of 12 - 16 players, Area 30 yards x 30 yards, Cones, Supply of balls, Colored bibs.

#### **Coaching Pointers:**

Divide the team into two groups. Identify each group with colored bibs. As a warm up, start the practice with both teams passing a ball inside the square. Play is unrestricted. Then, remove one of the balls. First team to make 10 consecutive passes wins. Still unlimited touches.

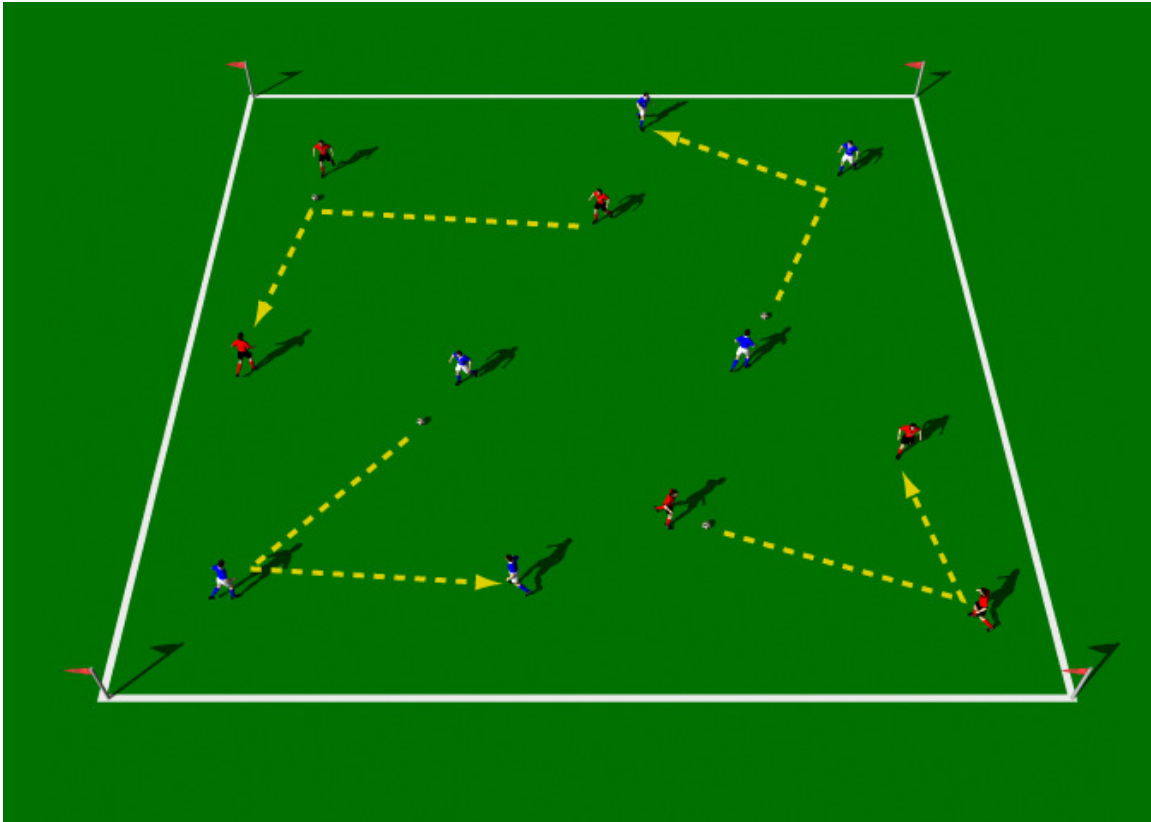
The play is now progresses so that the team in possession must follow a set sequence. The team must play "One Touch, then "Two Touch" then "One Touch, then "Two Touch" in this sequence. If they fail. The ball is turned over to the other team.

#### **Focus on:**

- Quality passing techniques. Good disguise, pace and accuracy.
- Support with deep and wide angles.
- Players should be constantly scanning the field to see their support.

## **Week Eight – Drill Two**

### ***Two Ball Game***



#### **Exercise Objectives:**

The object of this exercise is to develop each player's game vision and quick decision making.

#### **Field Preparation**

12 Players (two teams of six), Area 30 yards x 30 yards, Cones, Supply of balls, Colored bibs.

#### **Coaching Pointers:**

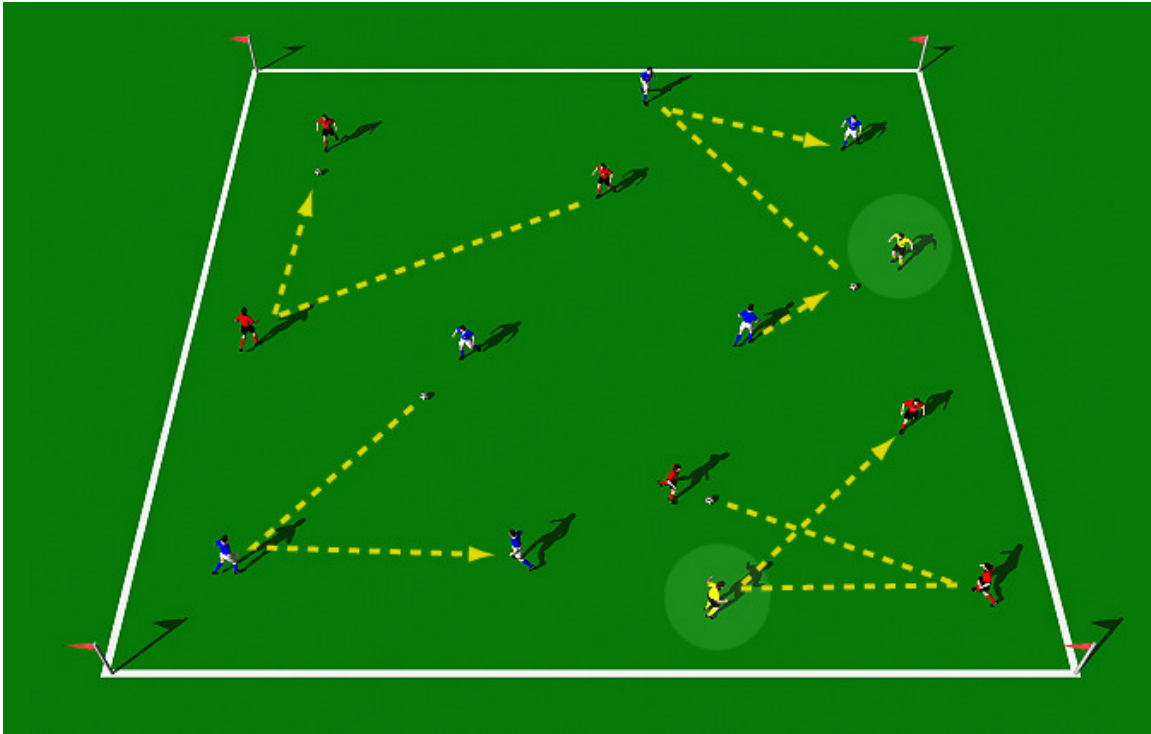
Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play.

#### **Focus on:**

- Vision and communication.
- Quick movement of the ball.
- Players should be constantly scanning the field to see their support.

## **Week Eight – Drill Three**

### ***Two Ball Game - Plus Two***



#### **Exercise Objectives:**

The object of this exercise is to develop each players game vision and quick decision making.

#### **Field Preparation**

12 Players (two teams of six), Area 30 yards x 30 yards, Cones, Supply of balls, Colored bibs.

#### **Coaching Pointers:**

Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play, then "one touch" play.

Two additional players are added. Both teams can use these two players to make eight.

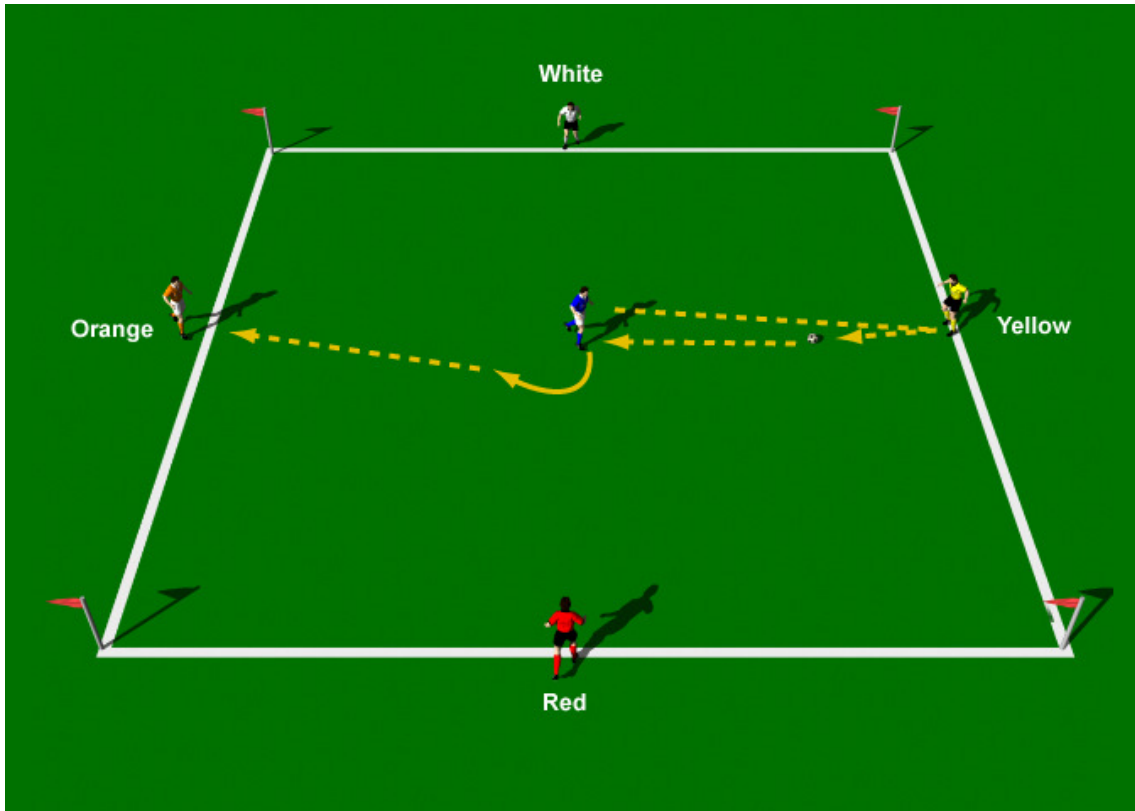
#### **Focus on:**

- Vision and communication.
- Quick movement of the ball.
- Players should be constantly scanning the field to see their support.



## **Week Eight – Drill Four**

### ***Four Color Game***



#### **Exercise Objectives:**

The object of this exercise is to develop each player's game vision and quick decision making.

#### **Field Preparation:**

5 Players, Area 20 yards x 20 Yards, Supply of Balls and Cones, Five Colored Bibs

#### **Coaching Pointers:**

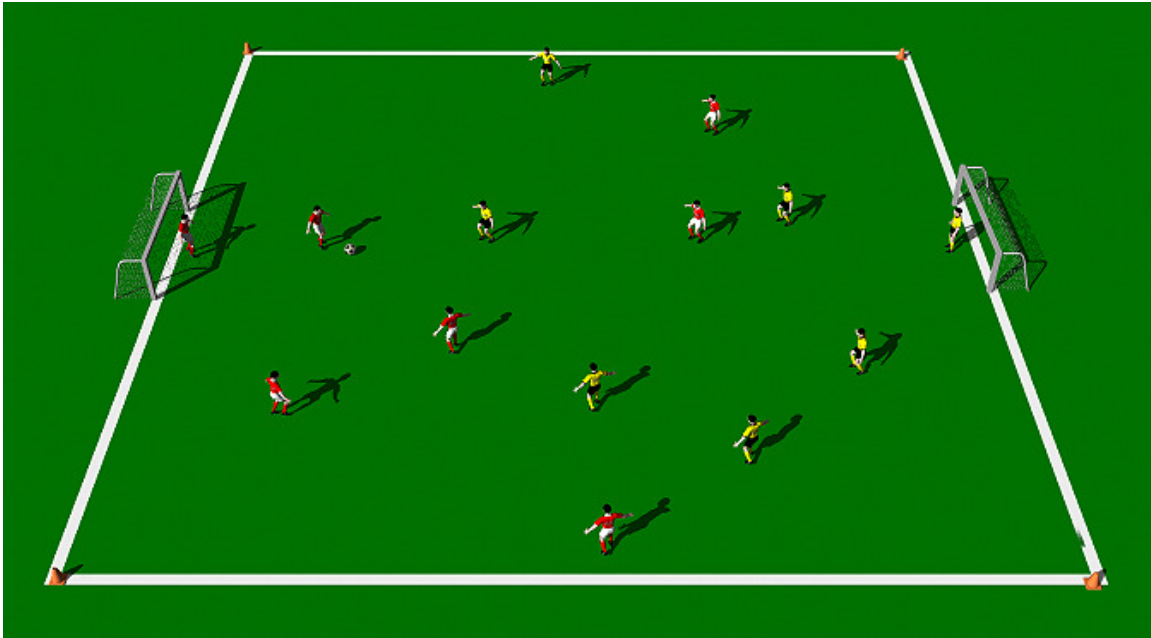
Place 4 players on the outside of the square and a player in the center as in the diagram above. Each player must wear a different color bib. The player in the center starts by passing a ball to a player on the outside of the square. The player who receives the pass plays the ball back first time. As he does he must shout out another color. The receiving player turns and passes to that color and the practice is repeated in that manner. Have player work for 3 minutes and change center player.

#### **Focus on:**

- Good Communication.
- Variety of turning techniques, spin tight, let ball roll, drag behind foot.
- Quick exchange of passes.

## **Week Eight – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

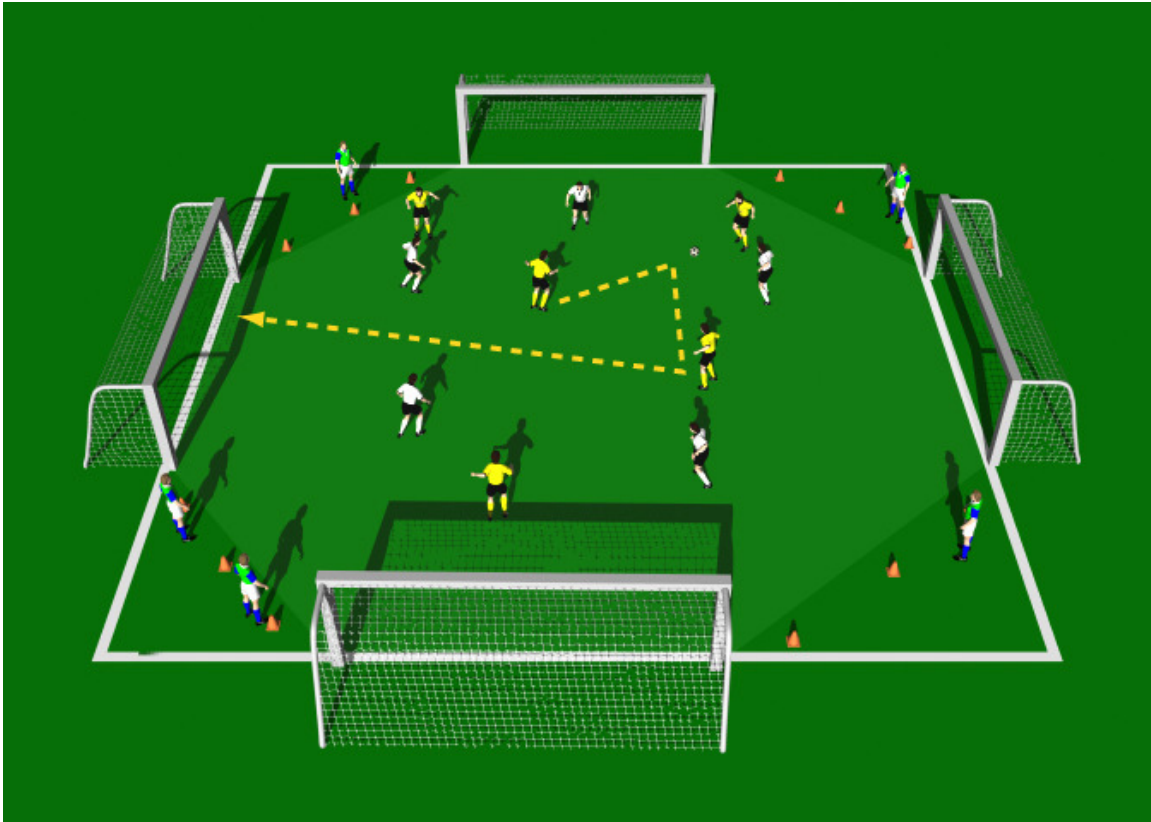
#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Nine – Drill One**

### ***Four Goal Shooting Drill - One Touch Finish***



#### **Exercise Objectives:**

The Four Goal "One Touch" Shooting drill is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

#### **Field Preparation:**

2 even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones, Supply of balls

#### **Coaching Pointers:**

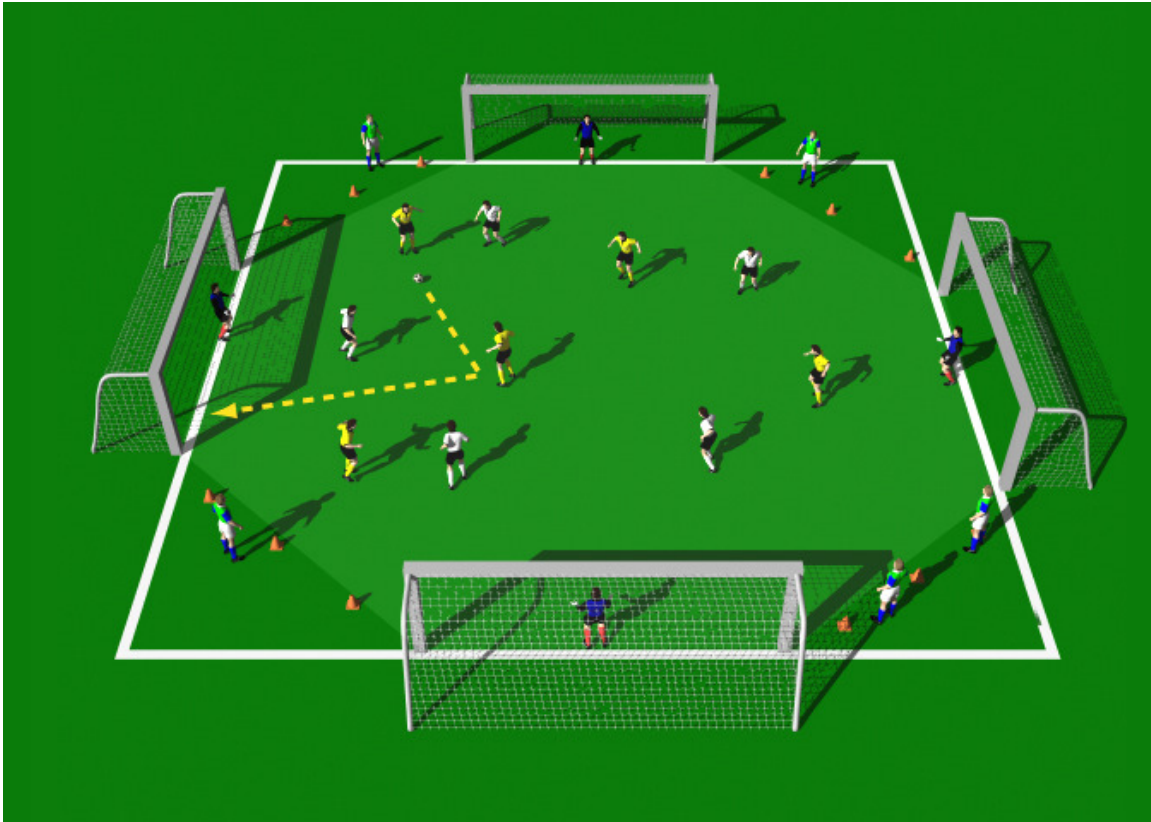
Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must 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!

#### **Variations:**

- Two Touch Play
- Use Two Balls

## **Week Nine – Drill Two**

### ***Four Goal Shooting Drill - with Goalkeepers***



#### **Exercise Objectives:**

This is a progression from the "One Touch Shooting Drill". It is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

#### **Field Preparation**

4 Goalkeepers, 2 Even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones, Supply of balls.

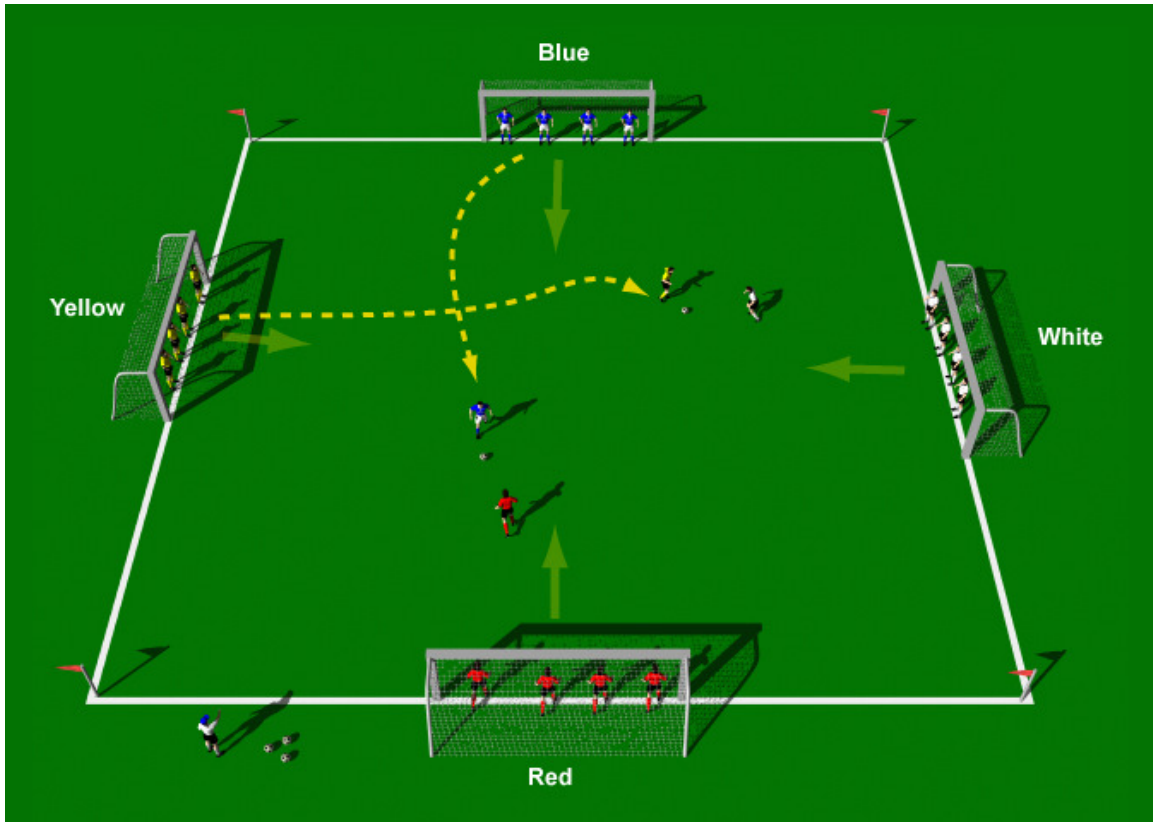
#### **Coaching Pointers:**

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!

**Variations:** □ Two Touch Play □ Use Two Balls.

## Week Nine – Drill Three

### *Four Teams - Four Goals*



#### **Exercise Objectives:**

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

#### **Field Preparation**

Entire Group with Four Goalkeeper, Four Full Size Goals, Area 30 yards x 30 Yards, Supply of Balls and Cones, Four Sets of Colored Bibs.

#### **Coaching Pointers:**

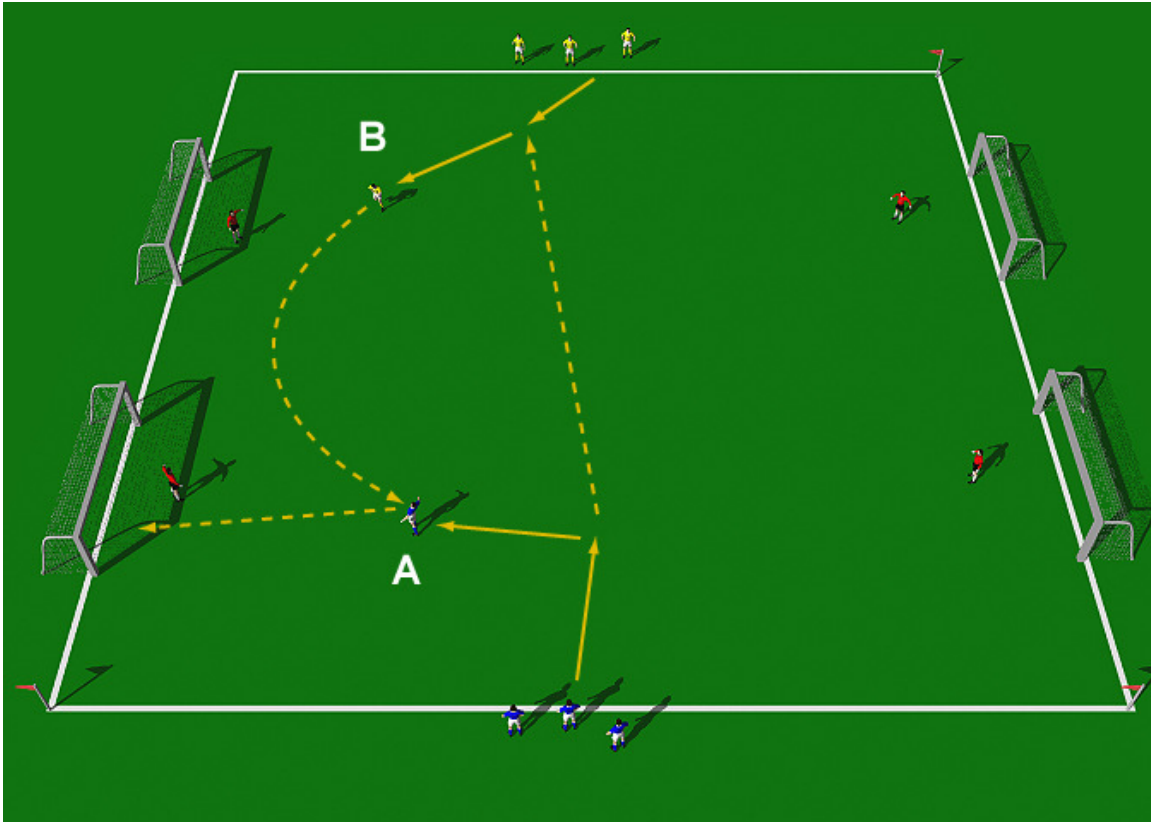
Place 4 goals in an area 30 by 30 yards. Divide group into four teams of 4-6 players. Identify each team by using colored bibs. Place a team on each goal line. Yellow play White and Red play Blue. Two games are being played simultaneously in the square. The object of the game is to score in the opponents'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

#### **Focus On:**

- Attack the defender with pace.
- Quality defending technique.
- Small group attacking and defending tactics.

## Week Nine – Drill Four

### *Shooting at Four Goals*



#### **Exercise Objectives:**

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

#### **Field Preparation**

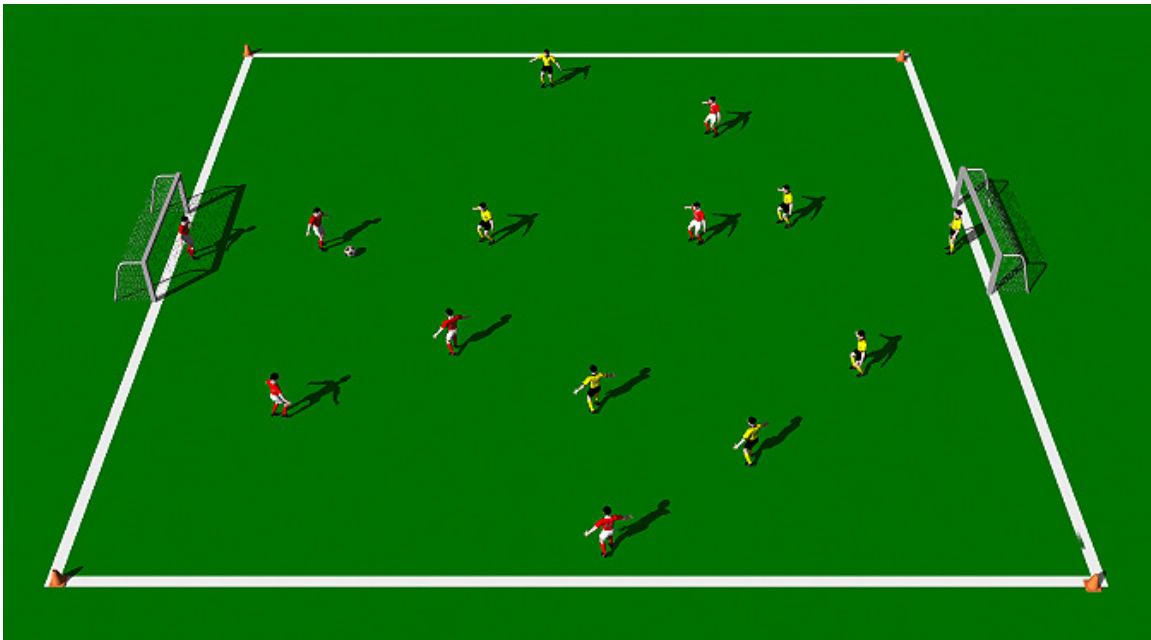
4 Goalkeepers, 2 Even groups of 4, 5 or 6 players, Area 40 yards x 40 yards, Cones, Supply of balls.

#### **Coaching Pointers:**

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.

## **Week Nine – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

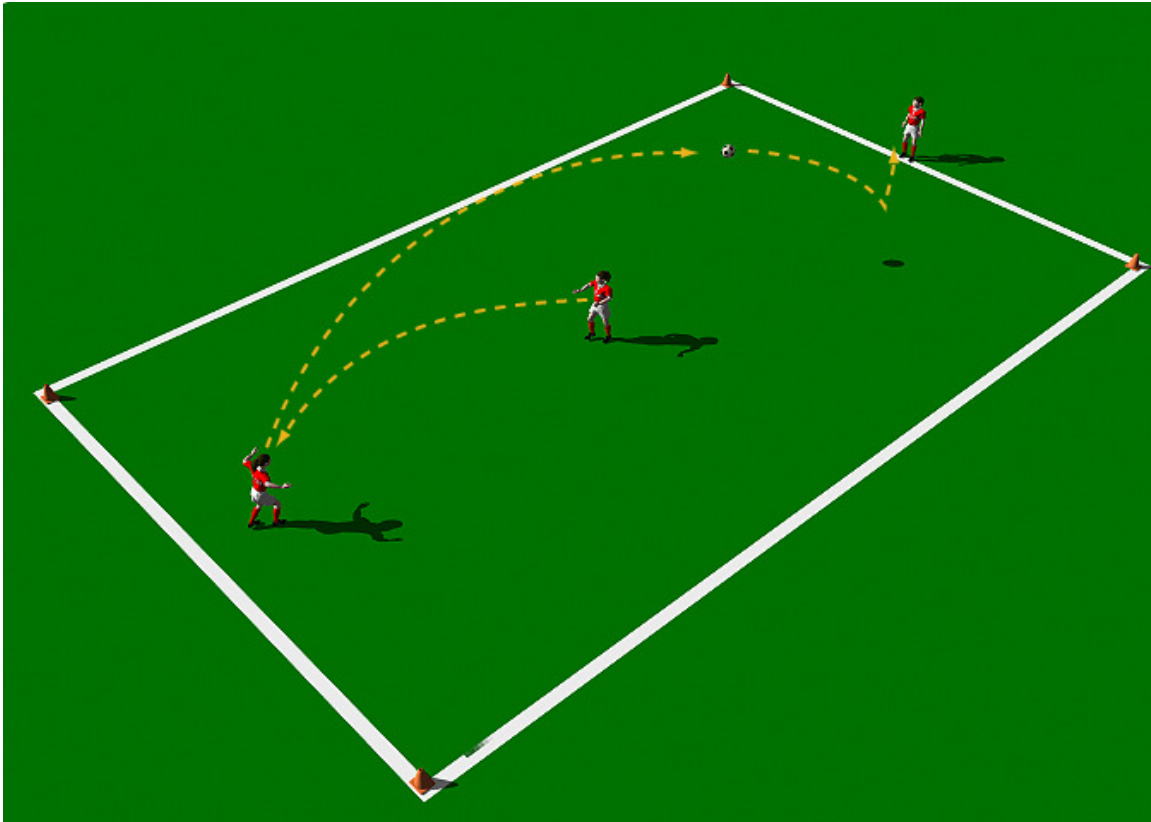
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.



## **Week Ten – Drill One**

### ***Heading for Distance***



#### **Exercise Objectives:**

This practice is designed to improve the mechanics involved when heading for distance.

#### **Field Preparation**

3 players, Area 10 x 20 yards, Cones or Flag poles, Supply of Balls.

#### **Coaching Pointers:**

Three players are positioned in a grid 10 yards x 20 yards. One player is placed on each side of the grid with the server positioned in the center. The server starts the practice by throwing the ball for one of the receivers to head. The receiver heads the ball above and beyond the server to the player at the opposite side of the grid. The second receiver heads the ball back to the servers hands to repeat the practice from their side.

#### **The coach should emphasize the following coaching points:**

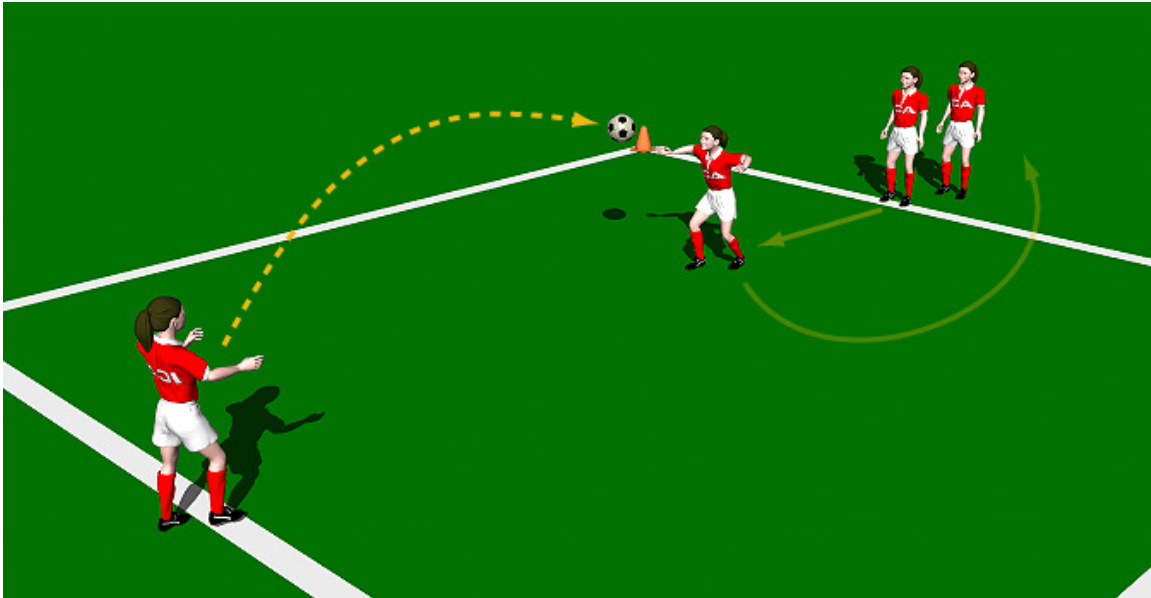
- Ensure that the server delivers quality throws for heading.
- Attack the ball; don't wait for the ball to come to you.
- Get under the flight of the ball as early as possible for good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.

- Immediately on impact, the player should swing the upper body forward quickly and make contact on the ball with the center of the forehead.
- The player should redirect the ball to the player with height and distance. Do not tilt the head too far back or the ball will skim from the head.

## Week Ten – Drill Two

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### *Heading Relay*



#### **Exercise Objectives:**

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

#### **Field Preparation**

Small group of players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls

#### **Coaching Pointers:**

In an area 10 yards x 10 yards, players alternate receiving the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the servers hands. After each header the receiver must turn and join the end of the group.

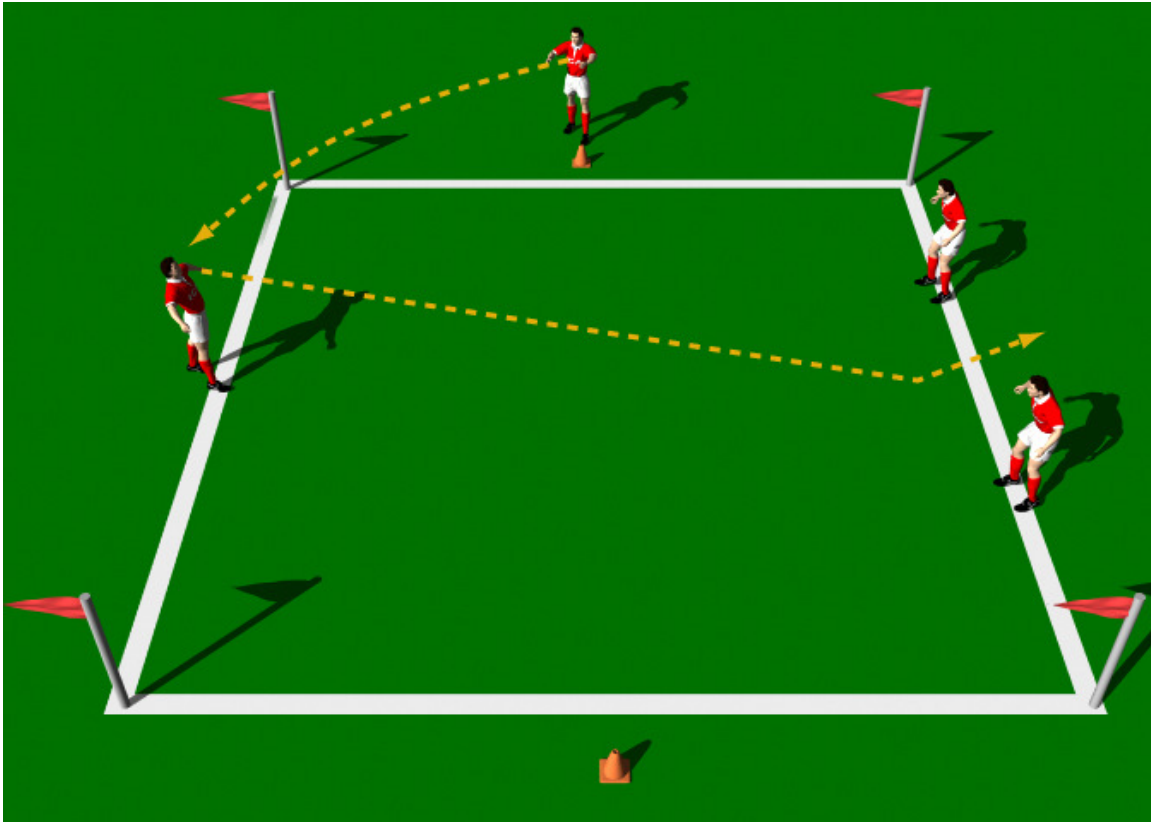
The server must throw a high looped serve to the receiving player. The ball should be served approximately 5 yards. If the server throws the ball too far the receiving player will not come to meet the ball. With a correct serve the receiving player is always encouraged to attack the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between teams. Keep score and award points for the first team to reach 20 good headers or the team who can perform the most headers in one minute.

## **Week Ten – Drill Three**

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### ***Attacking Heading 2 v 2***



#### **Exercise Objectives:**

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

#### **Field Preparation**

4 players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls.

#### **Coaching Pointers:**

Four players are positioned in a grid 8 yards x 7 yards, using one ball. 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 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.

## **Week Ten – Drill Four**

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### ***World Cup Heading Game***



#### **Exercise Objectives:**

This practice is designed to improve the player's technical ability in "Heading".

#### **Field Preparation**

Large group of players, Penalty Area, Full Size Goal and Goalkeeper, Cones or Flag poles, Supply of Balls.

#### **Coaching Pointers:**

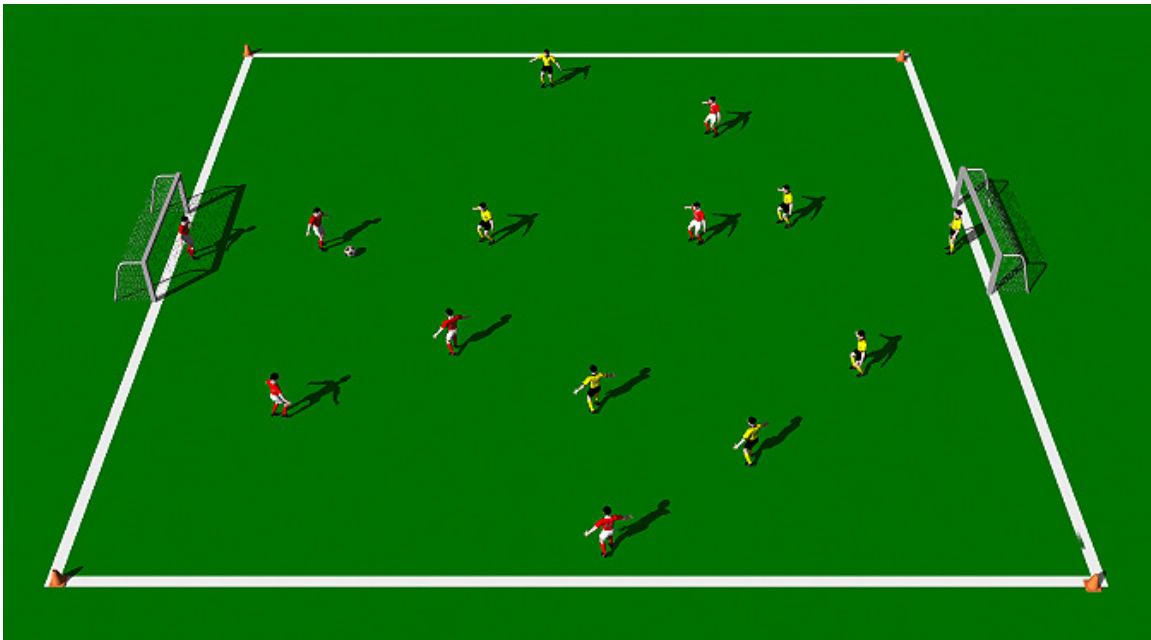
Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the 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.

The emphasis should be placed on accuracy and power. Players should time their runs so that they do not have to break stride when heading the ball.

## **Week Ten – Small Sided Game**

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### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

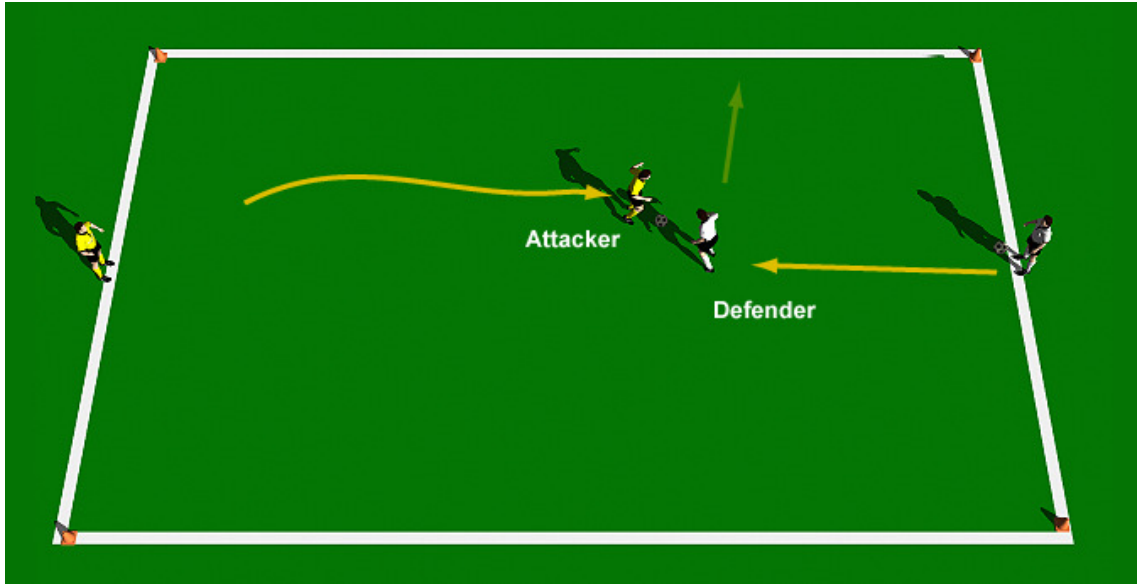
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.



## **Week Eleven – Drill One**

### ***Defending 1 v 1***



#### **Exercise Objectives:**

This practice is designed to improve each player's one on one defending skills.

#### **Field Preparation**

Area 10 x 20 yards, Small Groups, 1 Ball, Cones or Flag poles.

#### **Coaching Pointers:**

Two players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid. After passing the ball, the player immediately must defend the player receiving the ball. The player in possession must reach the opposite end line to score a point. The defender must win the ball to score a point. The next two players repeat the practice from the opposite side.

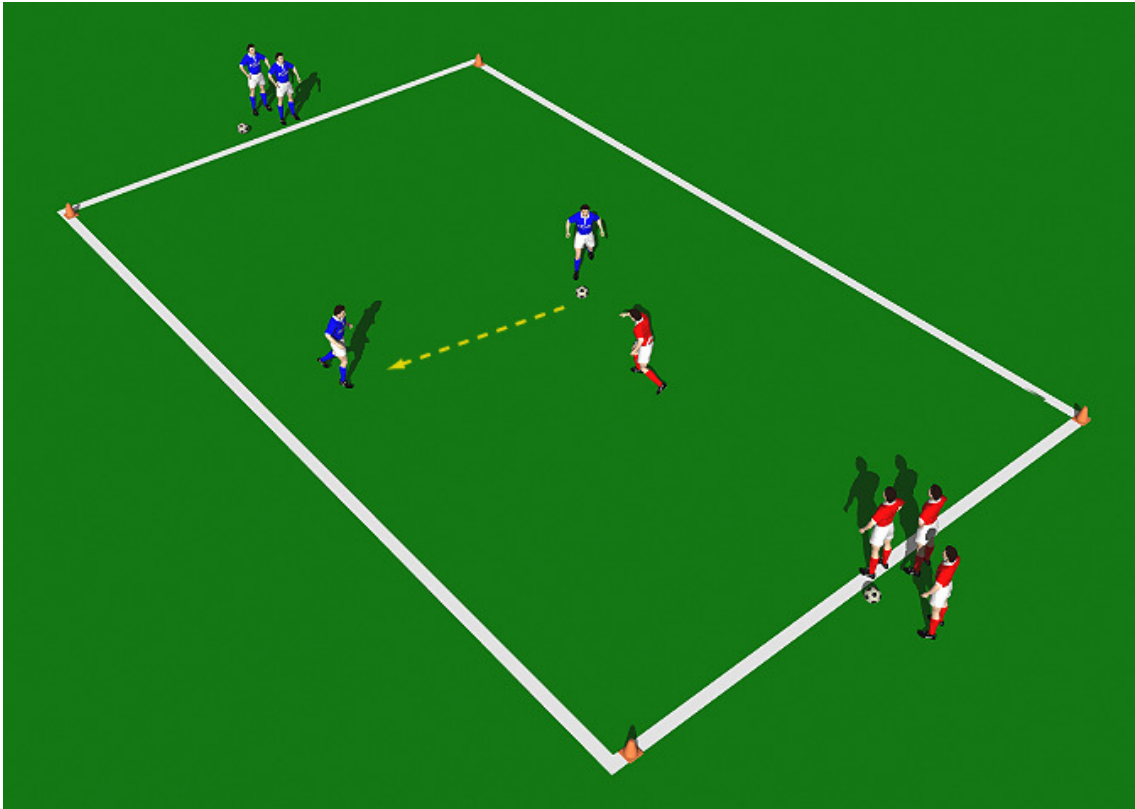
The speed of the practice should be increased gradually.

#### **The coach should emphasize the following coaching points:**

- Pass the ball firmly to the receiving player.
- Gain as much ground as possible as the ball is traveling.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Make the direction of the play predictable.
- Timing of the tackle is important, wait for the forward to make their move.
- Quality tackling is as much an attitude as it is technique.

## **Week Eleven – Drill Two**

### ***Defending 1 v 2***



#### **Exercise Objectives:**

This practice is designed to improve each player's one on two defending skills.

#### **Field Preparation**

Area 10 x 20 yards, Small Groups, 1 Ball, Cones or Flag poles.

#### **Coaching Pointers:**

A small group of players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first two players at the opposite side of the grid. After passing the ball, the player immediately must defend against the two attackers. The attackers must reach the opposite end line to score a point. The defender must win the ball to score a point. Players repeat the practice from the opposite side.

The speed of the practice should be increased gradually.

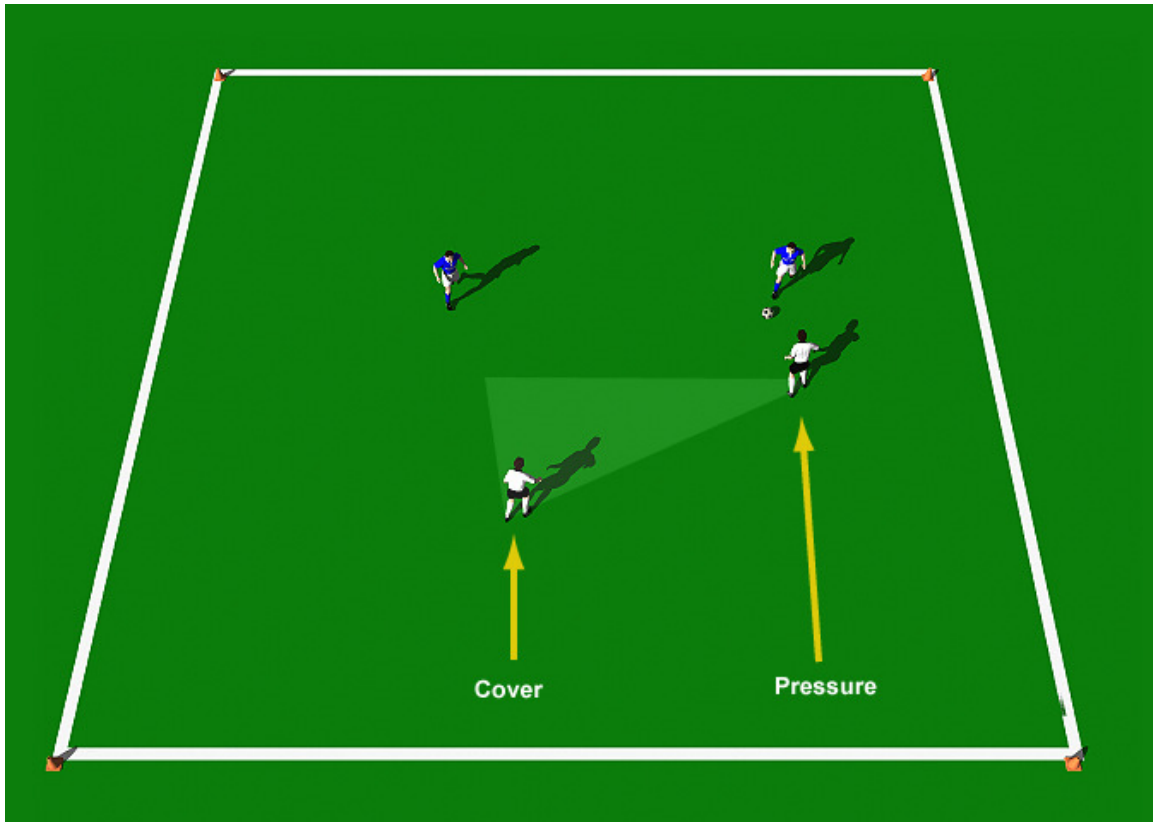
**The coach should emphasize the following coaching points:**

- Pass the ball firmly to the receiving player.
- Gain as much ground as possible as the ball is traveling.
- Keep both attackers in view at all times.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a “side on” position.
- Make the direction of the play predictable.
- Timing of the tackle is important, wait for the forward to make his move.
- Quality tackling is as much an attitude as it is technique.
- Players must develop an aggressive and savvy attitude towards winning the ball.

## **Week Eleven – Drill Three**

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### ***Defensive Positioning 2 V 2***



#### **Exercise Objectives:**

This practice is designed to improve each player's defensive positioning in a 2 v 2 situation.

#### **Field Preparation**

Area 20 x 20 yards, 4 Players, 1 Ball, Cones or Flag poles.

#### **Coaching Pointers:**

Four players are positioned in a grid 20 yards x 20 yards. Players start the practice from the end line and work their up and down the grid. Alternating roles when they reach each end line.

Two players are the attackers the other two defenders. There is no tackling involved in this practice, emphasis is strictly on defensive positioning.

The attackers start the practice by slowly running with the ball towards the two defenders. The defenders must retreat and keep their correct defensive positions as the ball is exchanged between the attackers. As the attackers travel down the grid they must pass the ball so the defenders must change their defensive roles.

### **The Pressurizing Defender (1st defender):**

The nearest player to the ball is the pressurizing defender. They must keep a distance of approximately 1-2 yards from the attacker.

### **The Supporting Defender (2nd defender):**

The supporting defender role is to add cover and balance to the defensive shape. **Cover** is important so they are in a position to add depth for the pressurizing player. For example in a game if the pressurizing defender is beaten then the covering player would be in a position to put pressure on the attacker or clean up any mistakes. **Balance** is important to prevent any through balls in behind the defense. By dropping off at an angle the defender encourages the player with the ball to make a pass in front of the defender and not behind.

The supporting player should be in a position to cover the pressurizing defender and mark their own player.

When both players reach the opposite end line they reverse roles and work their way back up the grid.

The speed of the practice should be increased gradually.

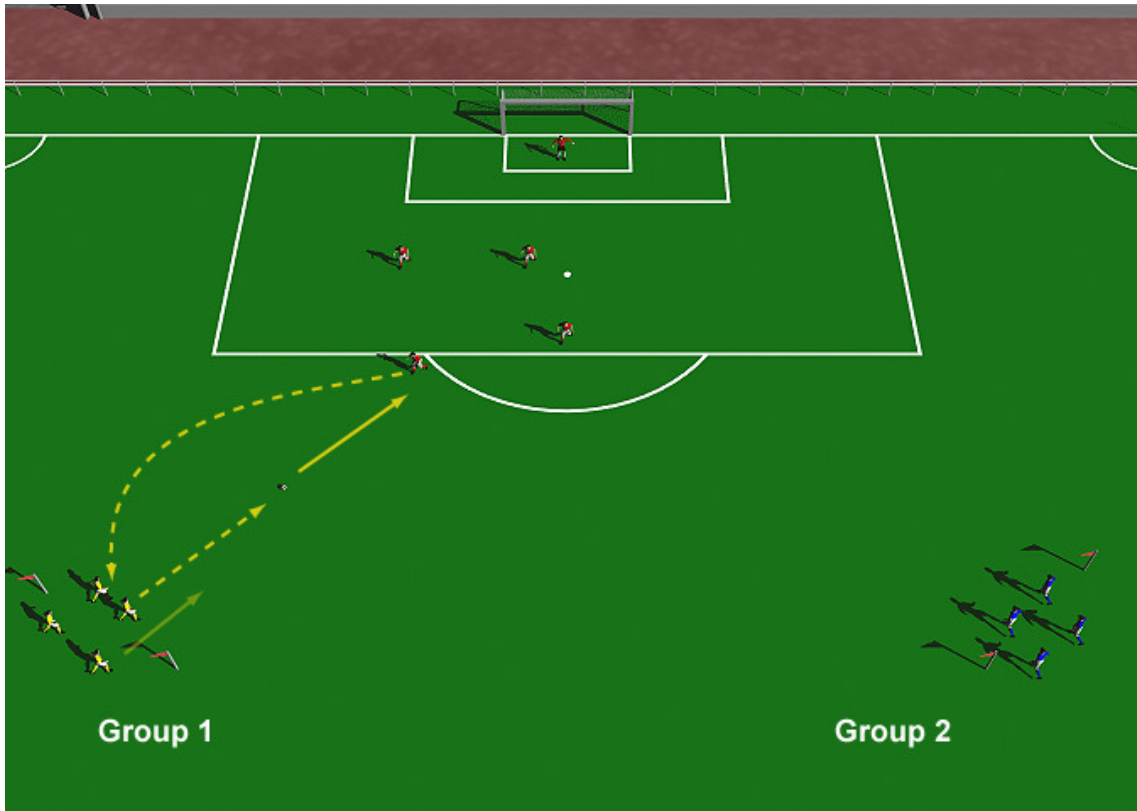
### **The coach should emphasize the following coaching points:**

- Players should adjust their defensive positioning quickly as the ball is exchanged between the attackers.
- Players should adjust their position as the ball is traveling and be in a good balanced position when the attacker has the ball at their feet.
- Communication is vital, especially from the covering defender as they can see the entire situation.
- Bend the knees and keep the body low. (don't stand tall, stand small). This position enables the legs to be "spring loaded" to change direction quickly.
- Leg position should be with one leg behind the other.
- Pivot using the back foot when changing direction from side to side.
- Keep the upper torso forward, this is crucial for changing direction from a backwards to forwards position quickly.

## **Week Eleven – Drill Four**

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### ***Defense Building***



#### **Exercise Objectives:**

This practice is designed to improve group defending in and around the penalty area.

#### **Field Preparation**

Half Field, Cones or Flag poles, Supply of Balls, Colored Bibs

#### **Coaching Pointers:**

Place a goalkeeper in goal. Divide your team in three groups. Identify each group with colored vests. One group will start as the defending team and be positioned in the penalty area. The other two groups are placed at the two wide goals.

The practice starts with (group one) serving a ball to one of the defenders and receiving a return pass. Once the attackers receive the return pass the game is live. The object is for the attacking team to try and score and the defending team to win the ball. Once the defending team wins the ball, one defender must run forward with the ball to the opposite goal and score past a defender from (group 2).

If the defending team scores, they then become an attacking team and the team they won possession from becomes the defending team.

If the attacking team scores, the defending team stays as the defenders.

Alternate attacks from each side.

A goal is awarded each time the defenders successfully win possession and score in a wide goal. Keep score.

**The coach should emphasize the following coaching points:**

- Close the ball down quickly after you have passed to the attackers.
- Closest defender pressures the ball.
- Force the attacker in possession to get their head down and deny penetration.
- Supporting defenders add balance and cover.
- Be patient, allow attackers to pass in front of you but not through you.
- Constant communication from the deepest defender.
- Keep the defensive shape compact.
- Squeeze the attackers away from the goal.
- Once possession is won, swap the ball quickly and attack wide goal.

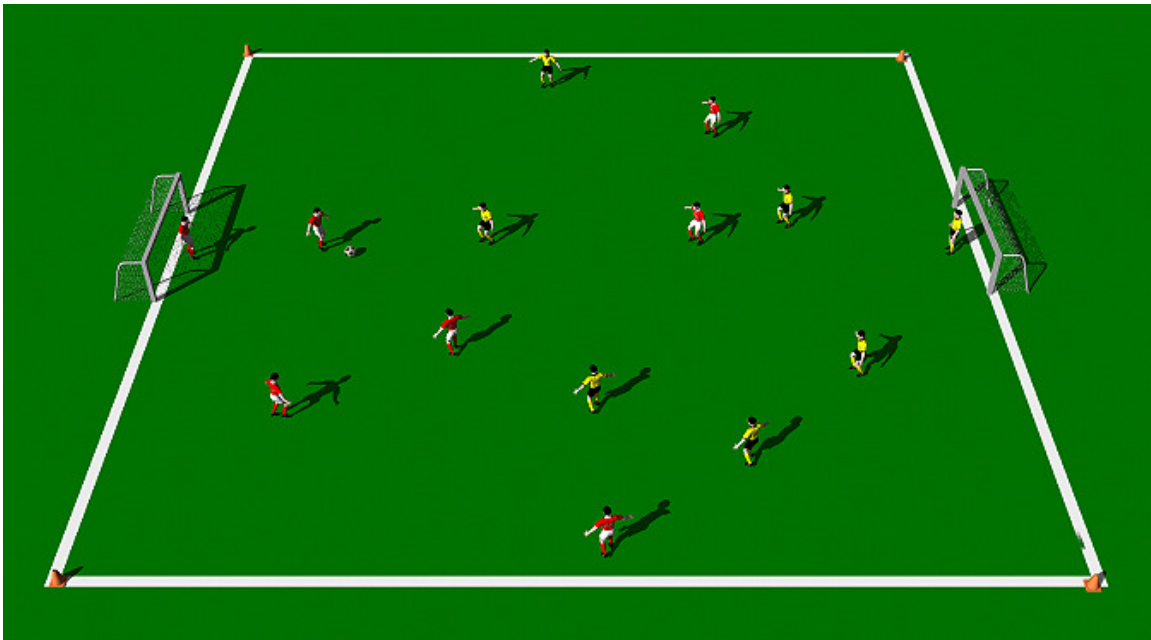
**Progression:**

Once the defending team wins the ball, 2 or 3 defenders must run forward with the ball to the opposite goal and score past the defenders, making it a 2 v 1 or 3 v 2 situation.



## **Week Eleven – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

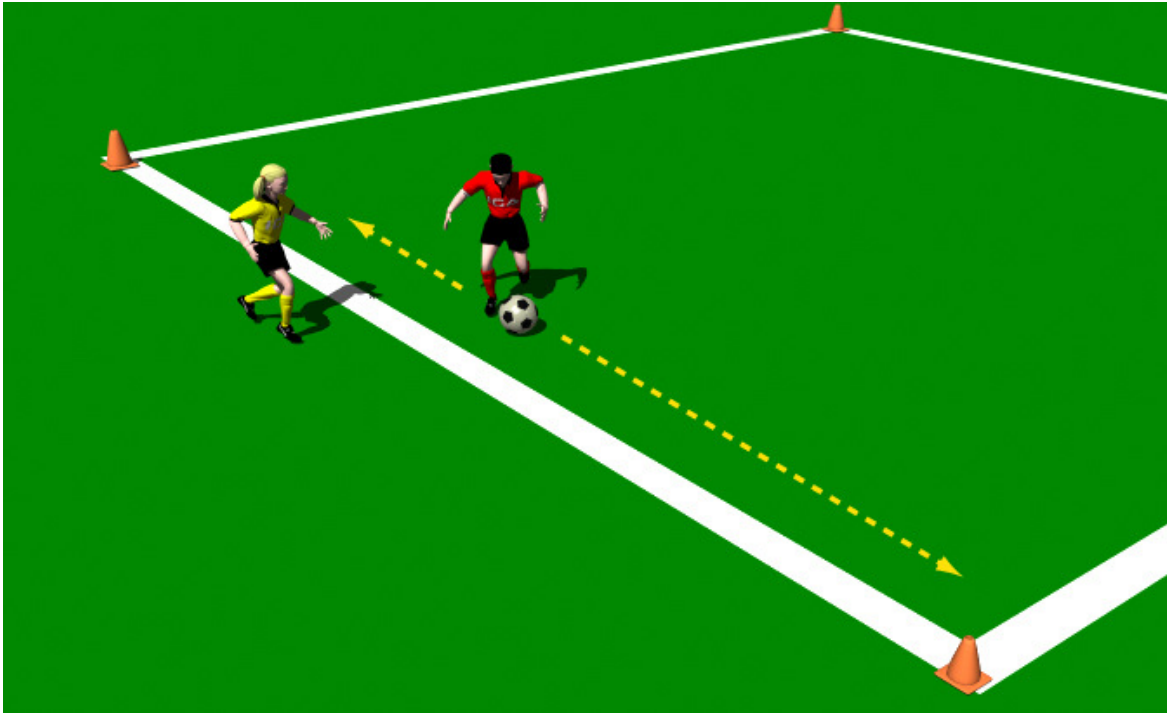
#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

## **Week Twelve – Drill One**

### ***Explosive Body Movements***



#### **Exercise Objectives:**

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves.

#### **Field Preparation**

2 Players, 2 Cones 10 yards apart, 1 Ball

#### **Coaching Pointers:**

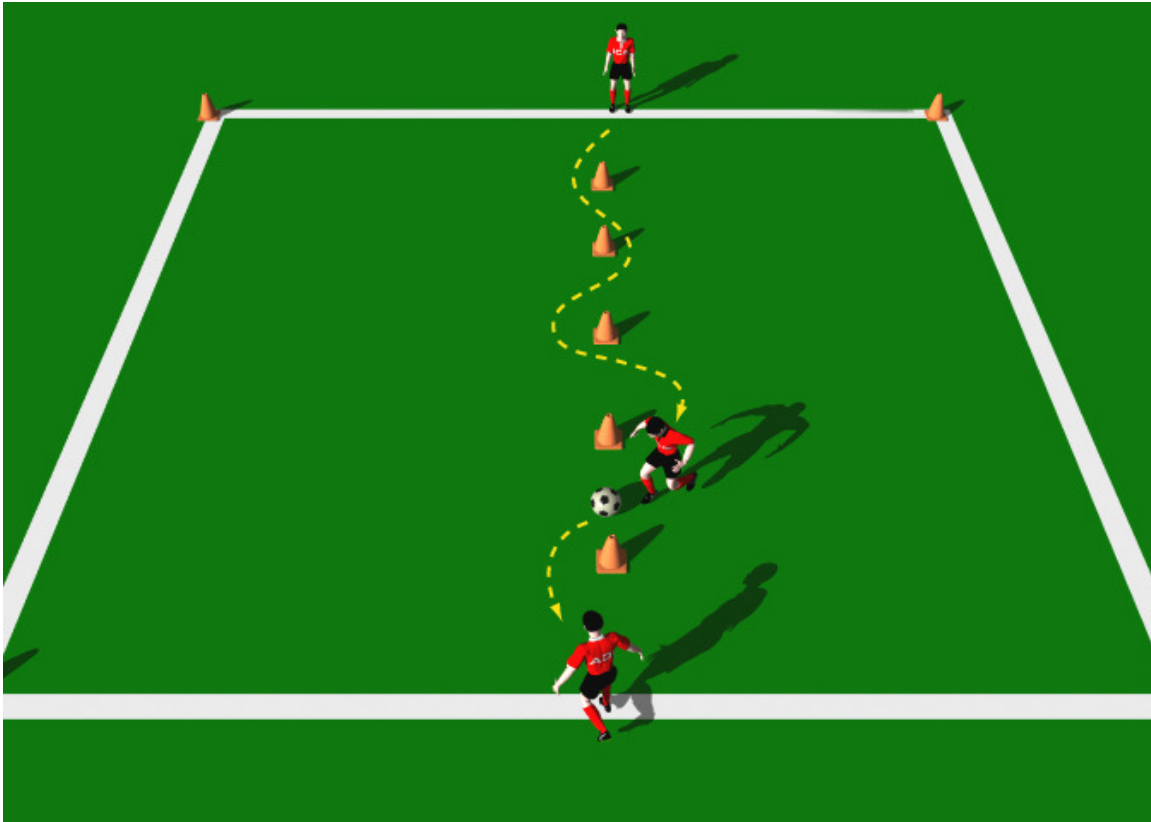
Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball.

The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling player's knees should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times.

The defensive player can prevent the dribbling player from scoring a goal by placing their foot in front of the cone the player is attacking. The defender may not tackle or cross over the imaginary line. Players should alternate every 3 minutes. Score should be kept to determine winner.

## **Week Twelve – Drill Two**

### ***Slalom through Cones***



#### **Exercise Objectives:**

This practice is designed to develop close control while running with the ball.

#### **Field Preparation**

3 Players, Area 10 x 15 yards, Cones or Flag poles, Supply of Balls

#### **Coaching Pointers:**

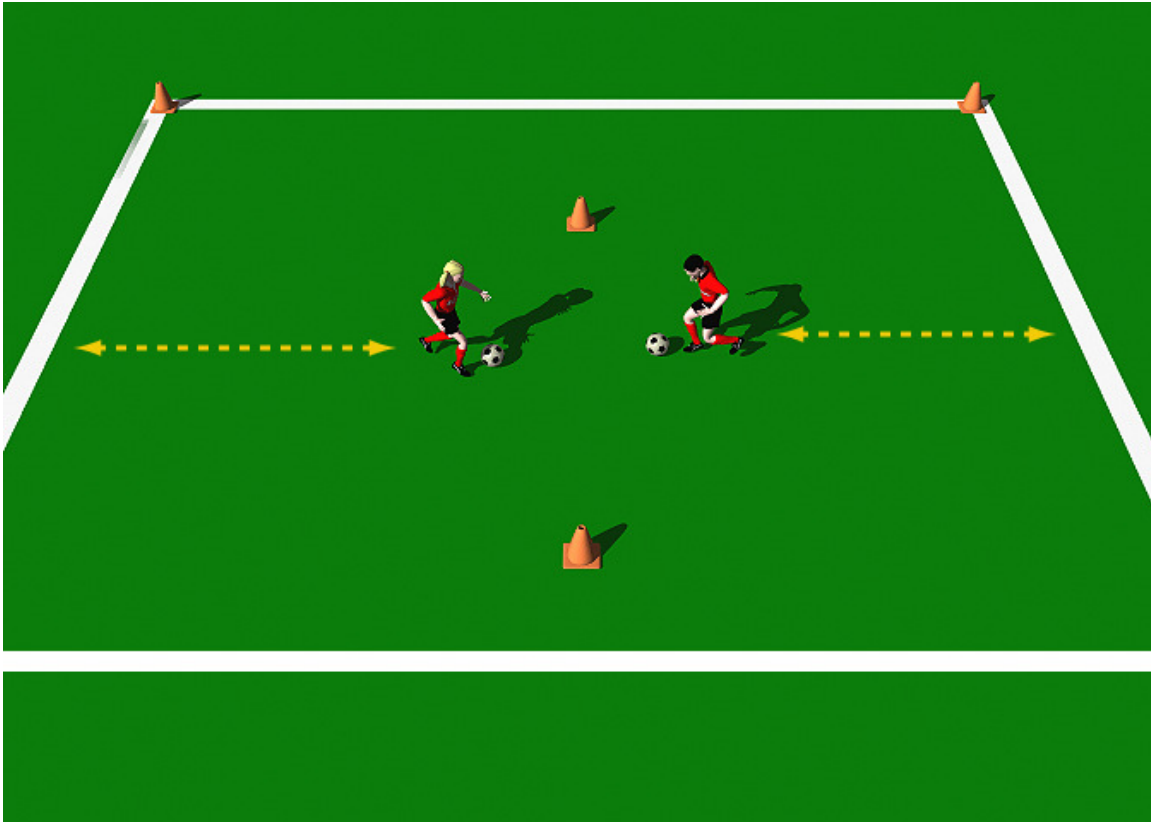
Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

#### **The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

## **Week Twelve – Drill Three**

### ***Dribble, Turn and Escape***



#### **Exercise Objectives:**

This practice is designed to develop close control while running and turning with the ball.

#### **Field Preparation**

2 Players, Area 10 x 10 yards, Cones, 2 Balls.

#### **Coaching Pointers:**

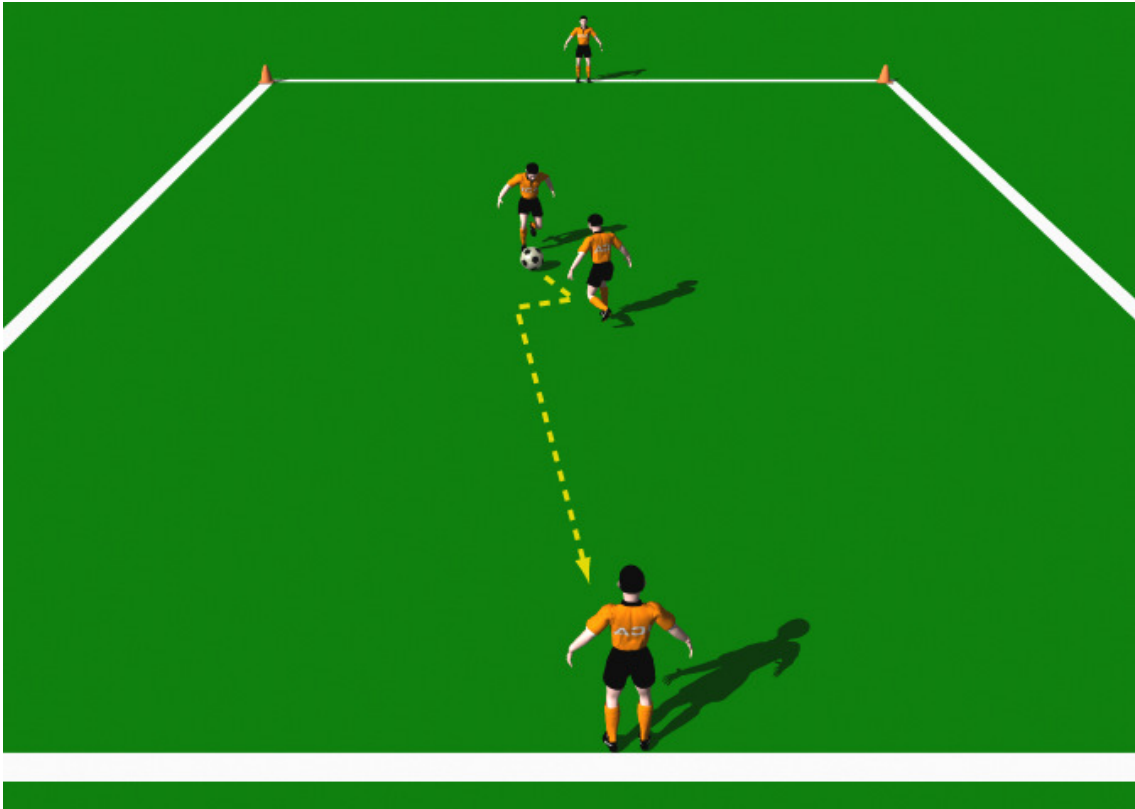
Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

#### **The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.

## **Week Twelve – Drill Four**

### ***Dribbling 1 v 1***



#### **Exercise Objectives:**

This practice is designed to improve each player's "one on one" dribbling skills.

#### **Field Preparation**

4 Players, Area 10 x 20 yards, 1 Ball, Cones.

#### **Coaching Pointers:**

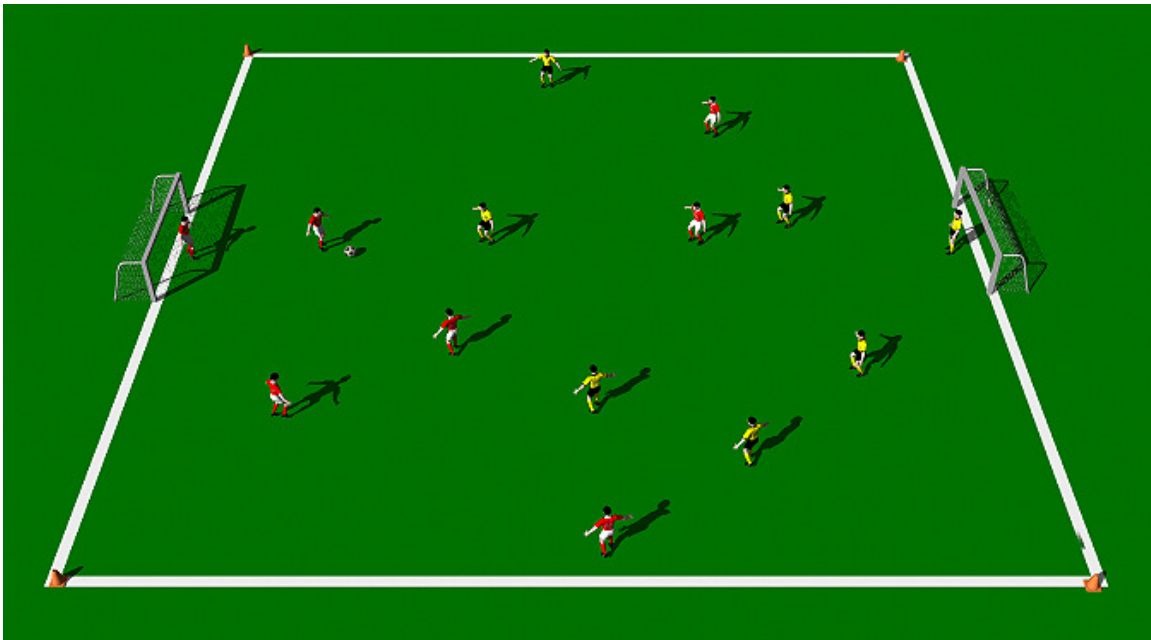
Two players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid. After passing the ball, the player immediately must defend the player receiving the ball. Using a variety of dribbling techniques the player in possession must reach the opposite end line to score a point. The next two players then repeat the practice from the opposite side. The speed of the practice should be increased gradually.

#### **The coach should emphasize the following coaching points:**

- Control the ball quickly.
- Attacker the defender with speed. Don't delay the attack.
- Commit the defender by running at him.

## **Week Twelve – Small Sided Game**

### ***Small-Sided Game (with goalkeepers)***



#### **Exercise Objectives:**

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

#### **Field Preparation**

- Entire Group (split into two equal teams)
- Area 40 x 60 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

#### **Coaching Pointers:**

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

#### **Record Score:**

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.