



13 to 14 Year Olds



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The International Coaches Association

Coaching Ages 13 to 14 Years

This section provides you with a twelve-week training program for children ages 13 through 14 years. Each practice features four fun and progressive drills and culminates with a small-sided game.



This is the fifth 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.

Main topics include skills in passing and ball control with additional training for shooting, defending and heading. There is a greater emphasis on small group concepts and the introduction of opponents to simulate game situations.

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:

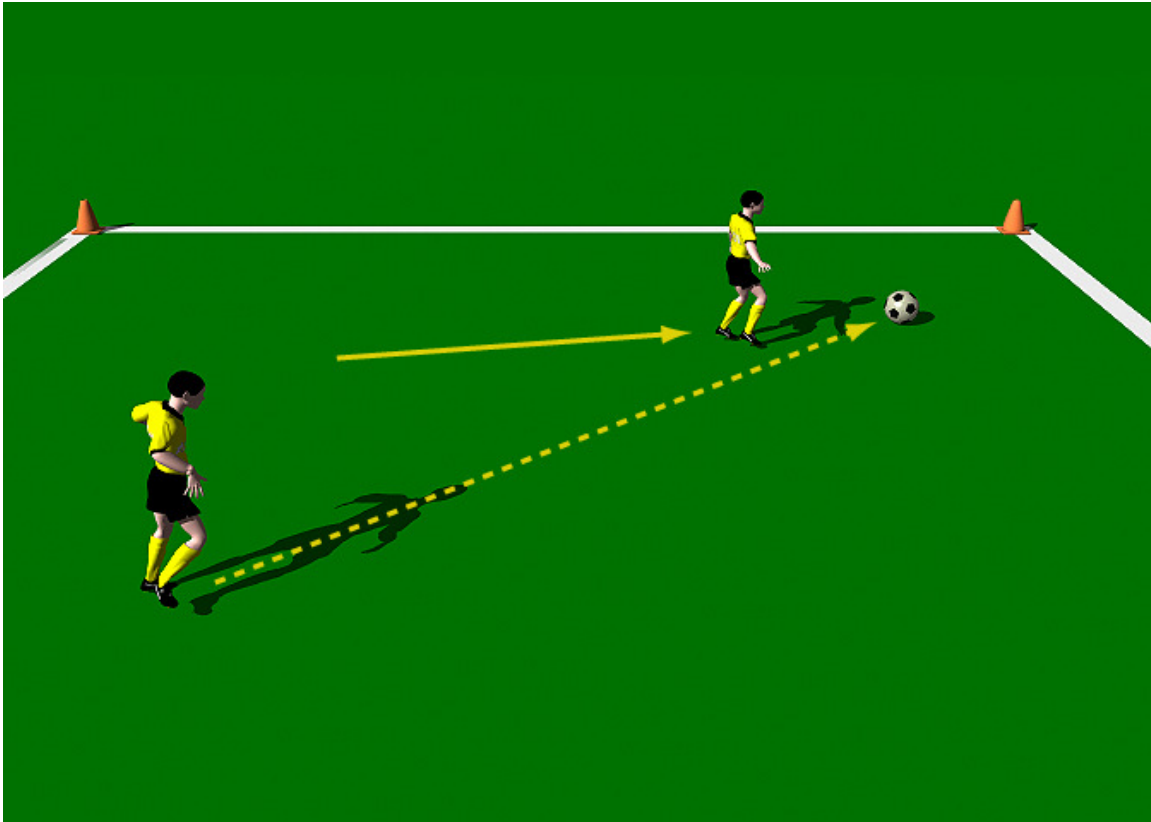
Week	Technique	Practice Theme/Key Words
Week One	Passing	Disguise/Pace/Accuracy and Timing
Week Two	Shooting	Long and Close Range Shooting Techniques
Week Three	Ball Control	Communication/All Surfaces
Week Four	Shooting	Variety of Close Range Shooting Techniques
Week Five	Heading	Reaction Time/Accuracy/Power
Week Six	Shooting	Shooting Techniques while under Pressure
Week Seven	Defending	Defensive Footwork and Body Stance
Week Eight	Shooting	Long and Close Range Shooting/1 v 1 Attacking
Week Nine	Shooting	Variety of Shooting Techniques/Crossing
Week Ten	Shooting	Accuracy and Power/Attacking 1 v 1
Week Eleven	Passing	Possession/Penetration
Week Twelve	Passing	Pace/Accuracy and Timing

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

Follow the Pass



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass.”

Field Preparation:

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

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server.

The coach should emphasize the following coaching points:

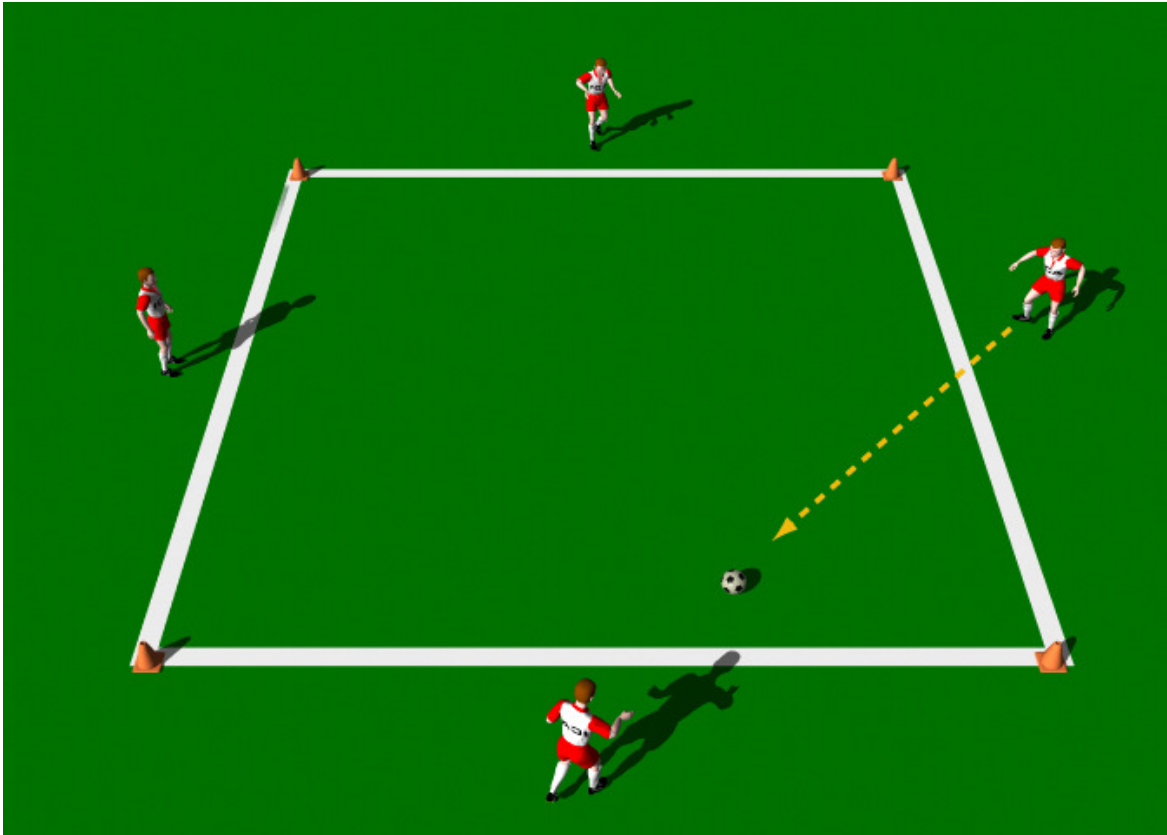
- Work at a high intensity.
- Turn as economically as possible when controlling the ball.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.

- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Alternate player's roles every 60 seconds.

Week One – Drill Two

Passing and Support



Objective of the Practice:

This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

Field Preparation:

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

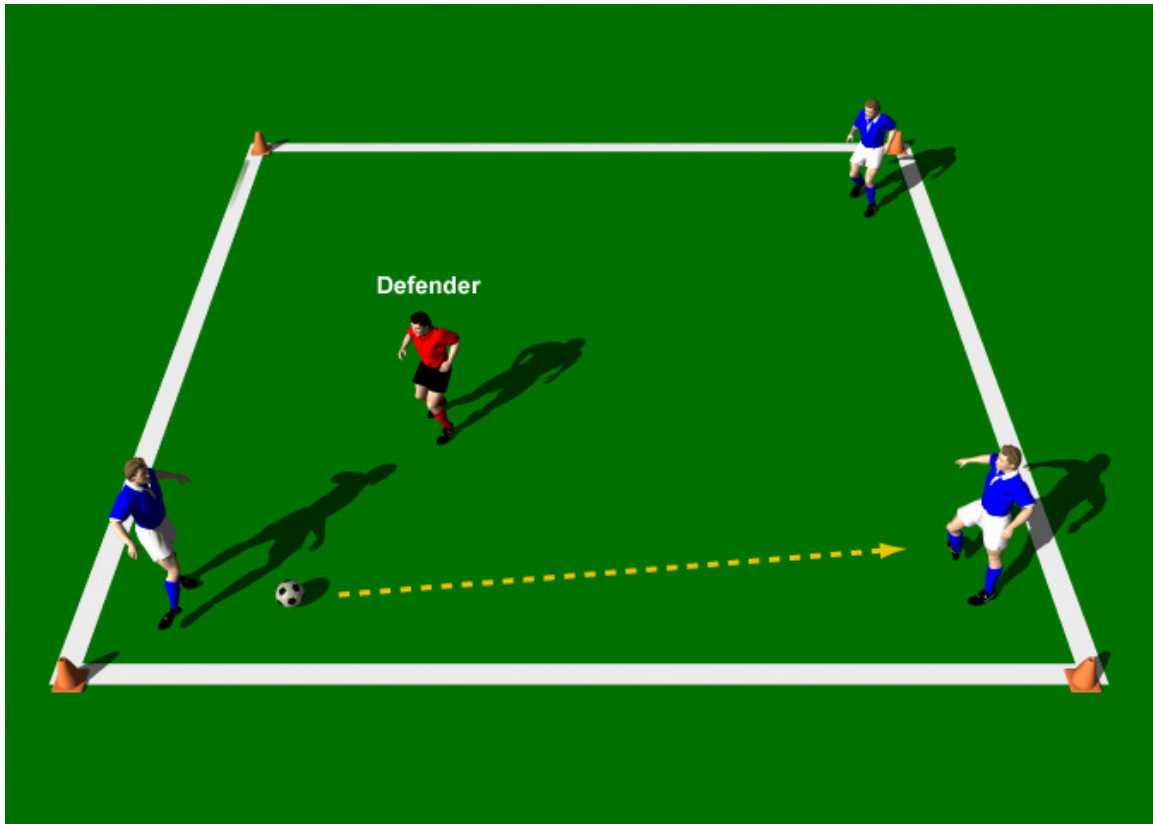
Coaching Points:

Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle. Players should be constantly moving their feet and asking for the ball.

Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.

Week One – 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:

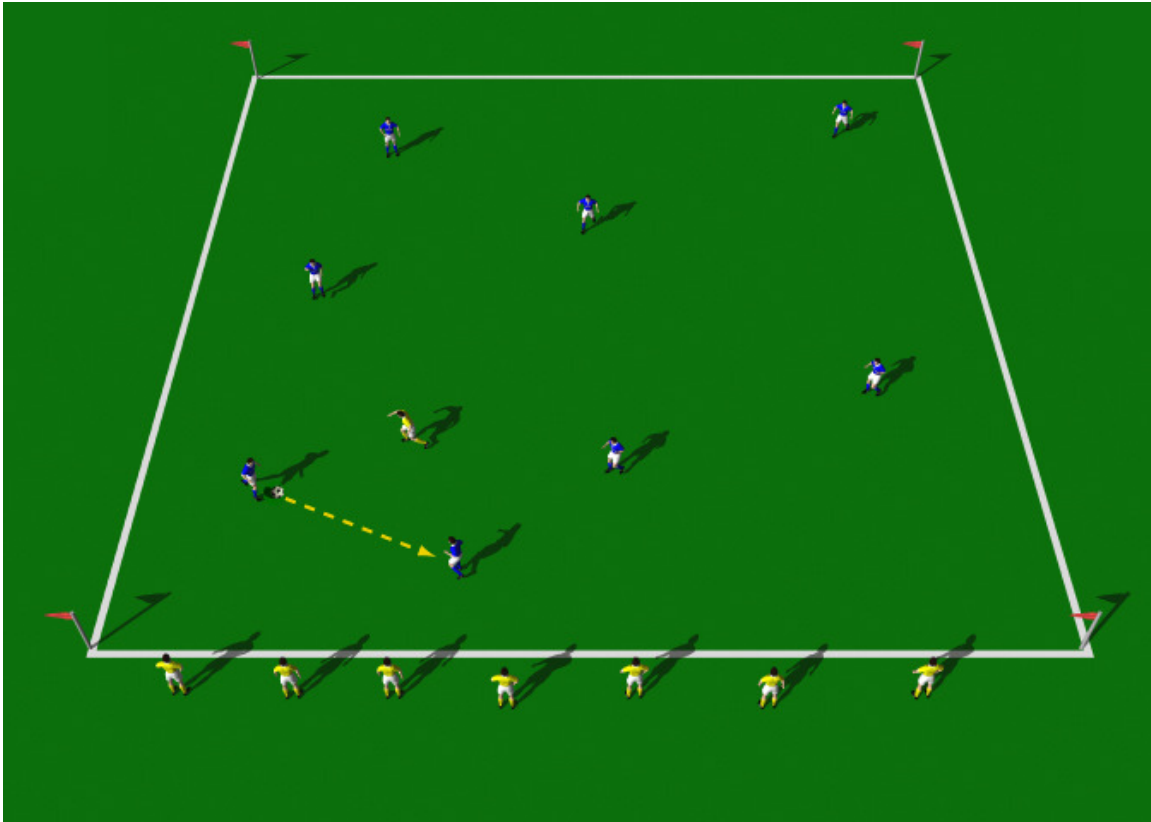
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

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 One – Drill Four

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:

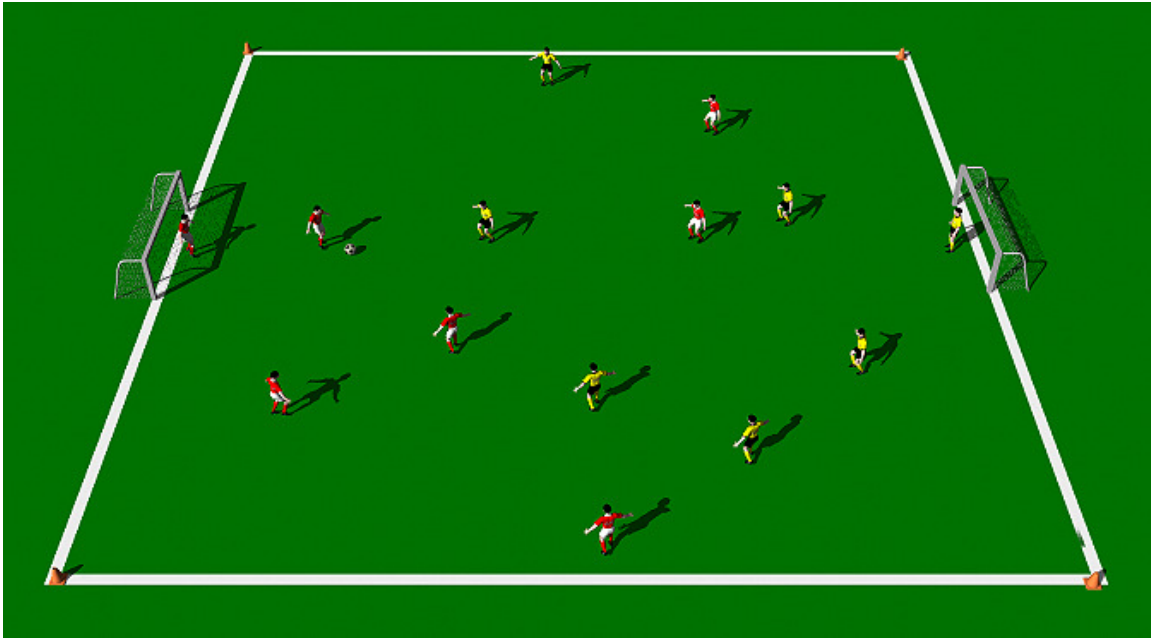
Start the practice with one entire group within a grid 30 yards by 30 yards. The second group stand at the side of the grid and has one of their players in the grid as a defender. Assign number to each player on the defending group. Play the entire group versus one defender within the grid. Players inside 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 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 30 x 40 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 30 yards x 40 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.

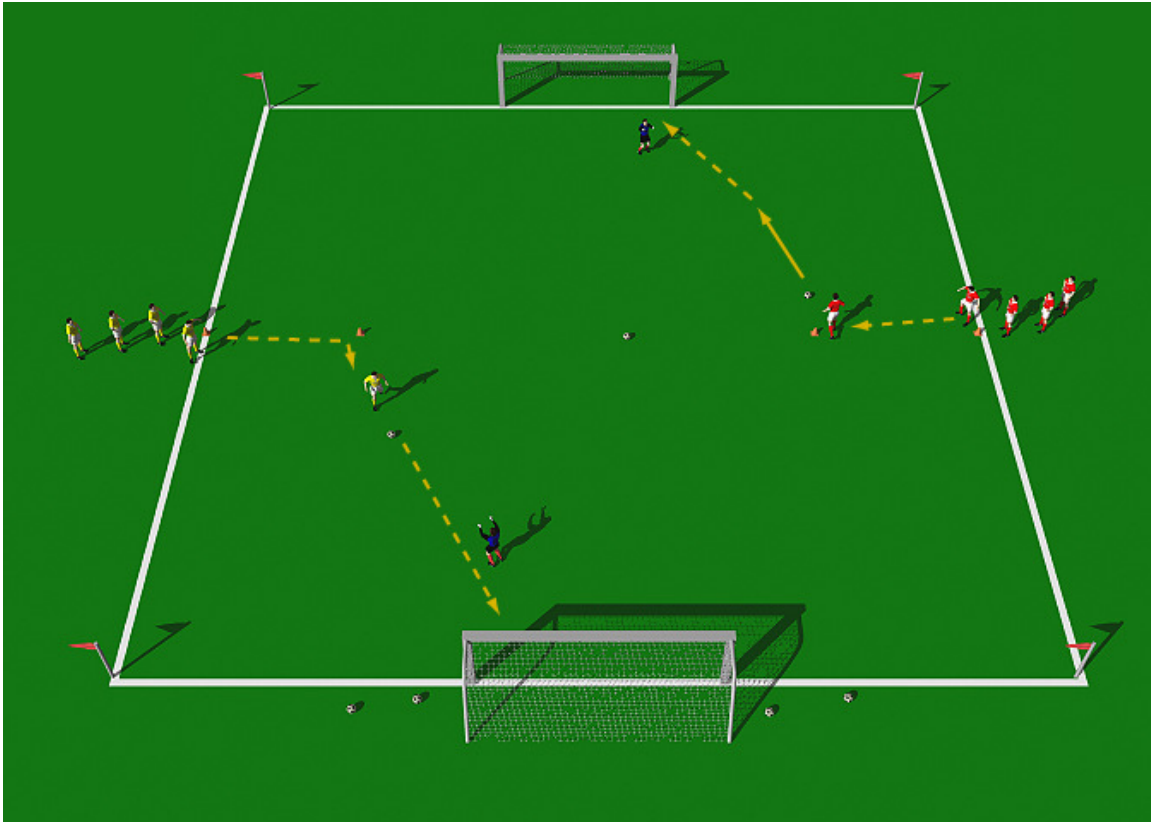
Record Score:

Team 1 _____ v Team 2 _____

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

Week Two – Drill One

Turn and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques.

Field Preparation

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

Divide players into two small groups. Groups are positioned on each side of the penalty area and attack opposite goals. A receiver is positioned at a cone placed 5 yards from the second cone. The remaining players are placed at a cone with a ball each.

First player in line passes the ball to the receiver. The receiver must turn as efficiently as possible, quickly attack the penalty area and finish with a shot on goal. The second player moves to the cone and becomes the next receiver. After shot is taken the player must collect their ball, jog back to their group and join the end of the line. Coach should keep track of goals scored and make a competition amongst players or groups.

The coach should emphasize the following coaching points:

- Attack the goal with commitment.
- Use a variety of techniques to turn, outside of the foot, inside, let the ball role etc.
- First touch when turning should direct the ball in the direction of the goal and out of the feet.
- The emphasis should be placed on "accuracy" and not power when shooting.

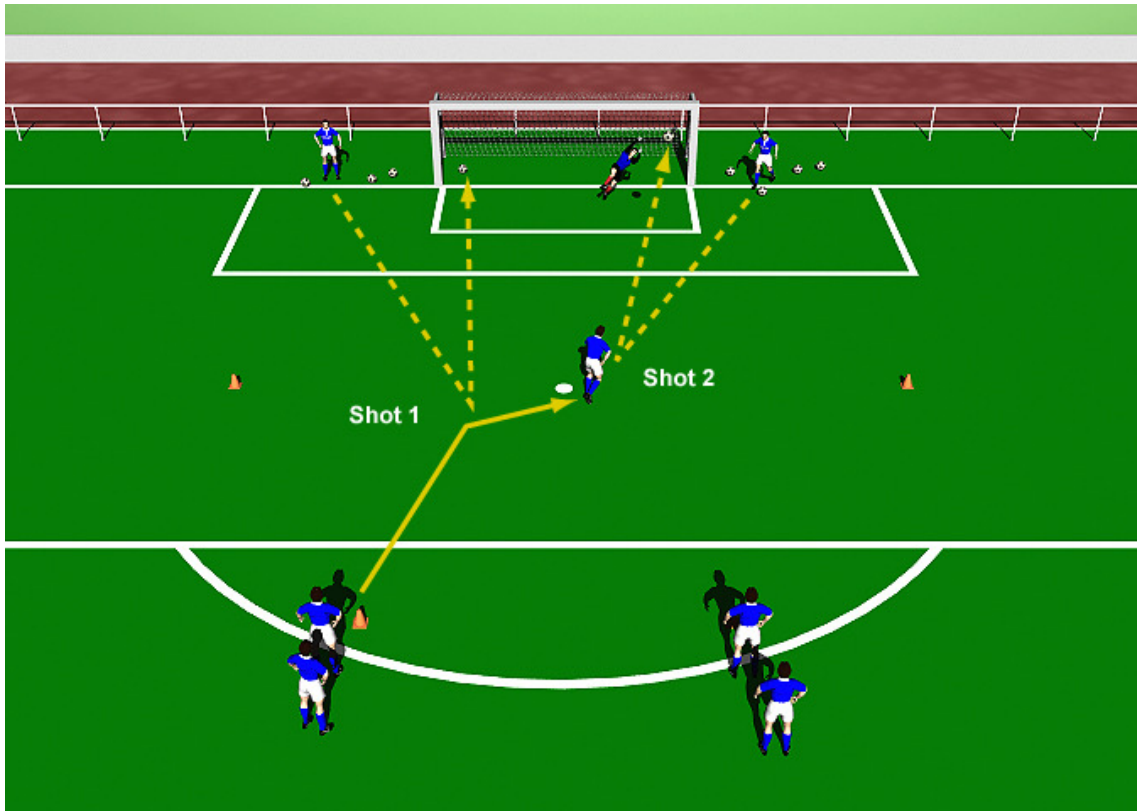
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

Can introduce a defender in each penalty area. Can insert a target man inside the box to play a "Give and Go" off.

Week Two – Drill Two

Two Shot Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass for the shooter to strike at goal. After taking both shots, the shooter returns to their starting position and joins the end of the line.

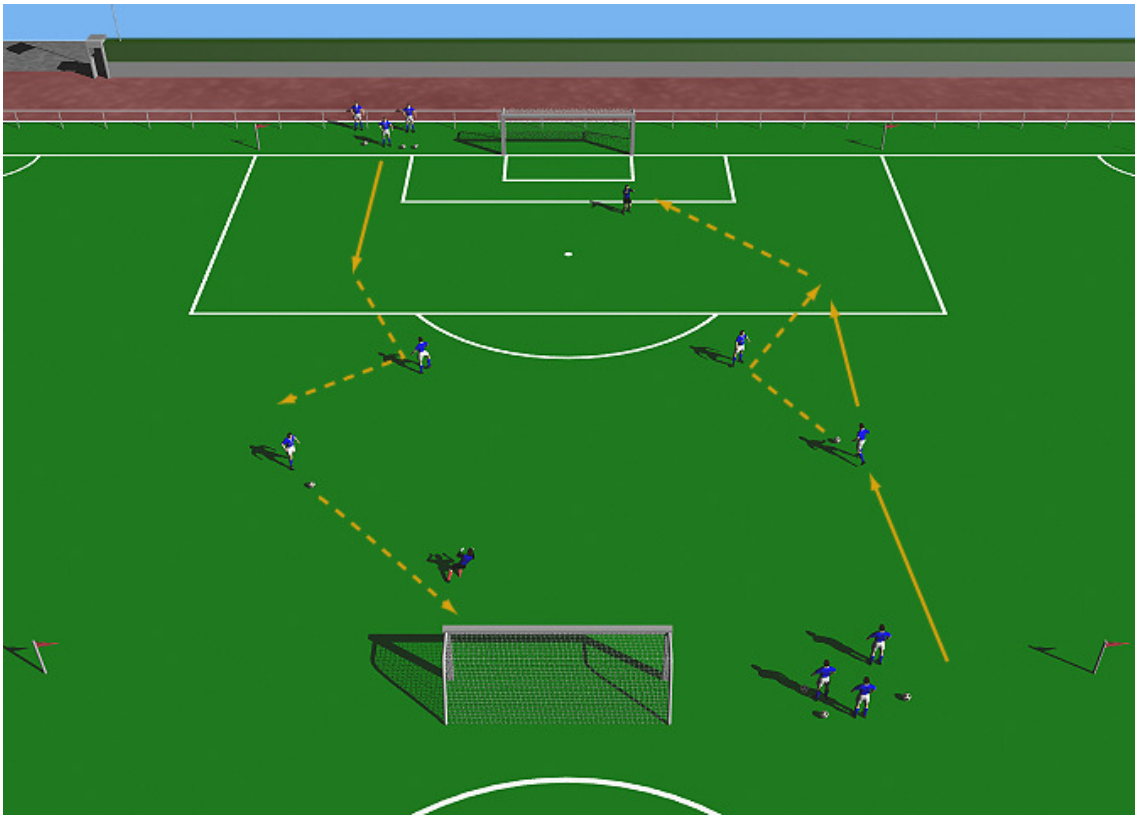
Coach should keep track of goals scored and make a competition amongst the shooters.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Week Two – Drill Three

Give, Go and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety shooting techniques with an emphasis on the "Give and Go".

Field Preparation

Large group of players, Half Field, 2 Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

A small group of players are placed at the side of each goal. Two target players are positioned in the middle of the area. The first player in line passes the ball to the target player for a return pass. The target player returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the opposite side and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

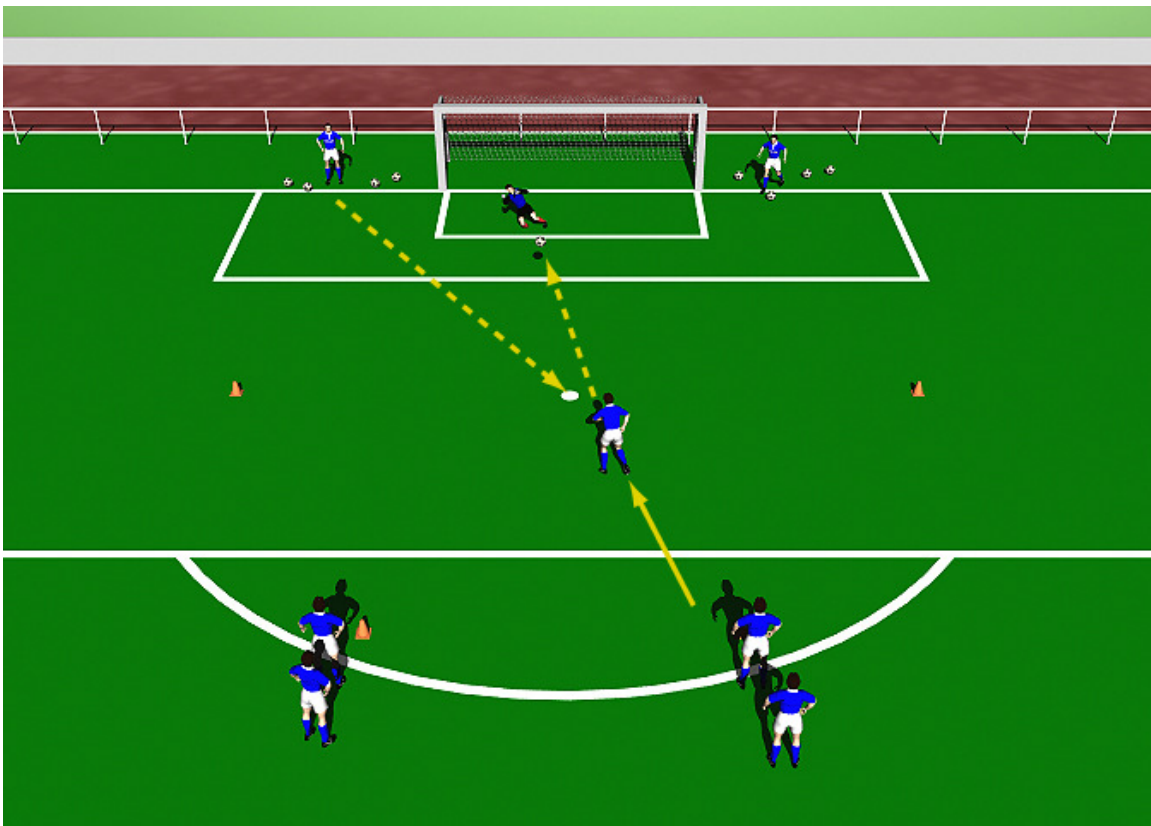
The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power.
- Change pace after receiving the return pass from the target player.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Week Two – Drill Four

World Cup Shooting Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs.

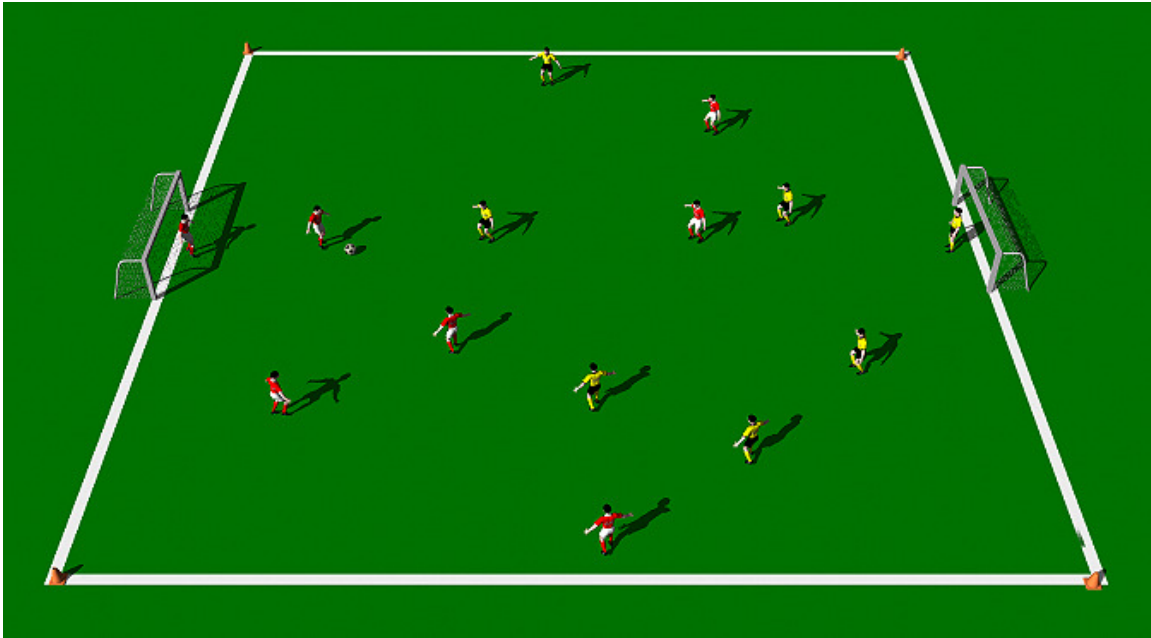
Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. 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 on the ground and between the two flag poles 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 shooting must receive a pass 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 three minutes. After the three minutes, all goals are totaled and the groups alternate.

The emphasis should be placed on "accuracy" and not power.

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 30 x 40 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 30 yards x 40 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.

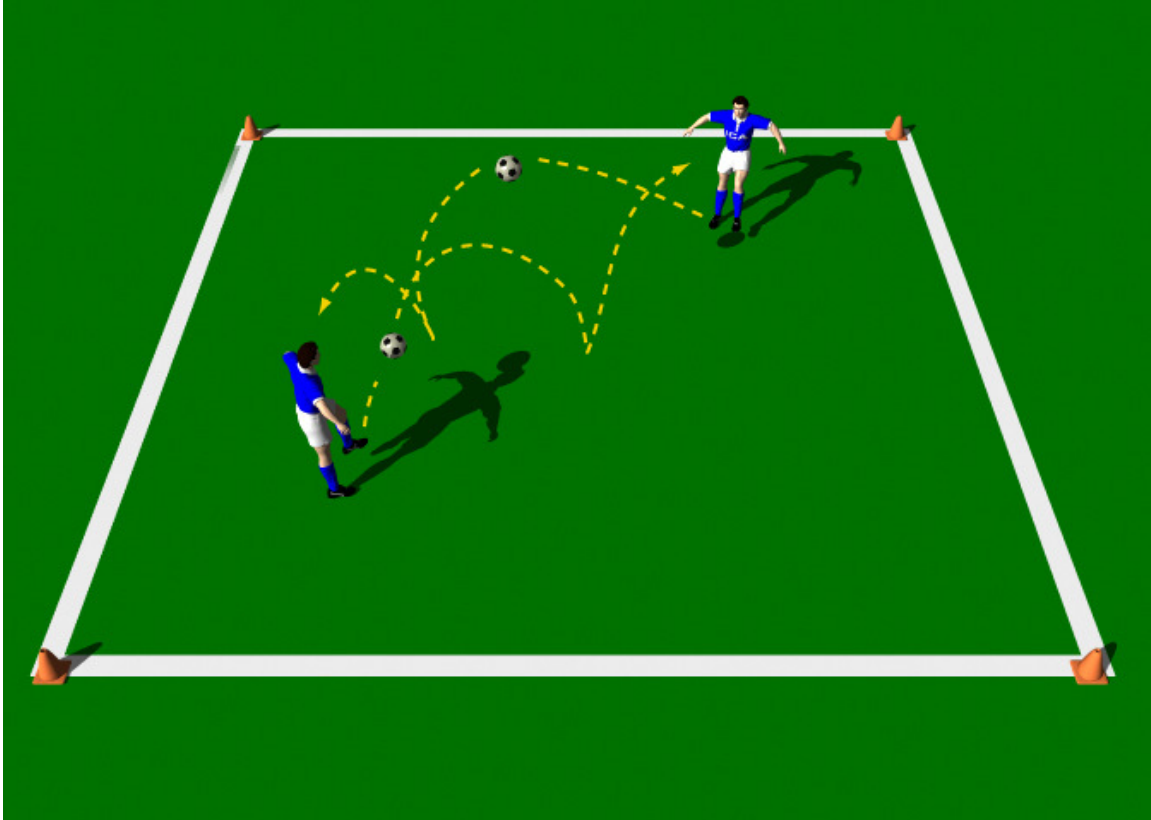
Record Score:

Team 1 _____ v Team 2 _____

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

Week Three – Drill One

Ball Exchange Juggle One Bounce



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

Field Preparation

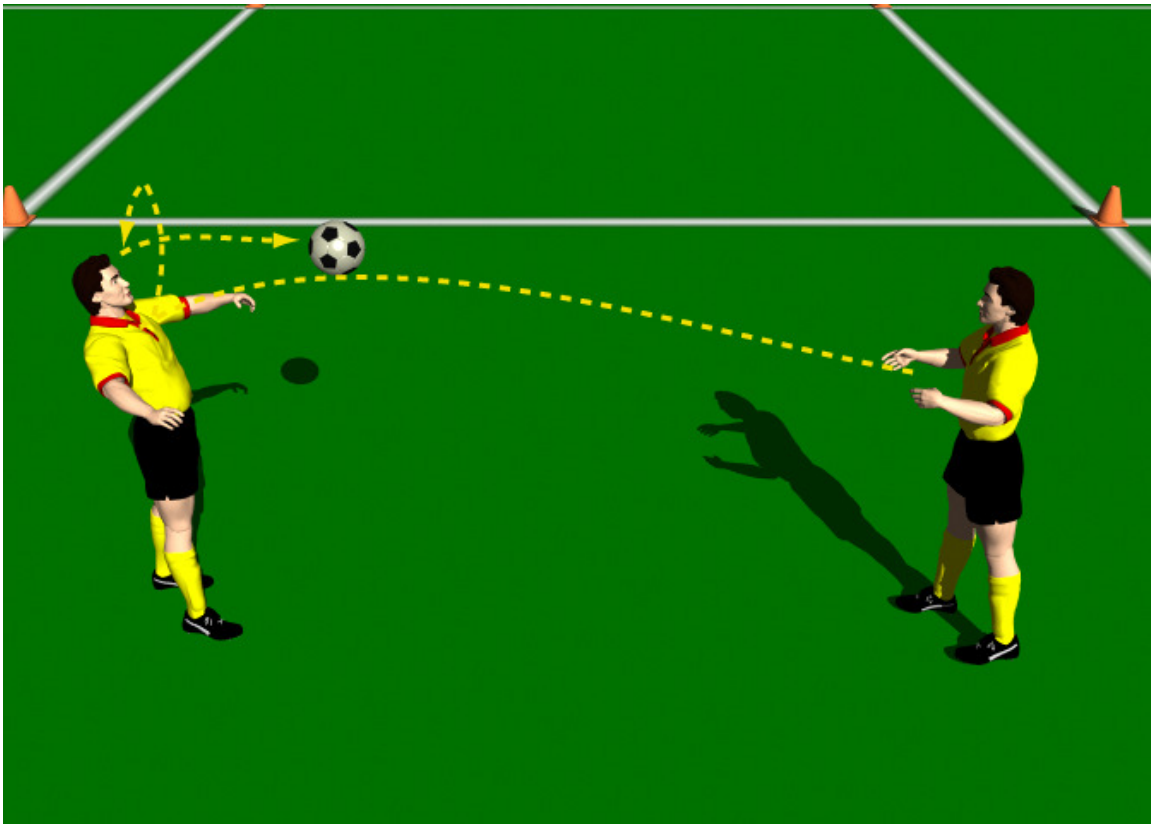
Divide players into pairs, Area 10 x 10 yards, 2 Balls

Coaching Pointers:

Players juggle the ball and in a synchronize fashion exchange balls while moving around the grid. Players should take 3 to 4 touches before releasing the ball. The ball is played up into the air and is allowed to "bounce once" before the partner controls the ball. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes. Player should try and maintain eye contact and communicate with each other.

Week Three – Drill Two

Head - Chest - Return



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

Field Preparation

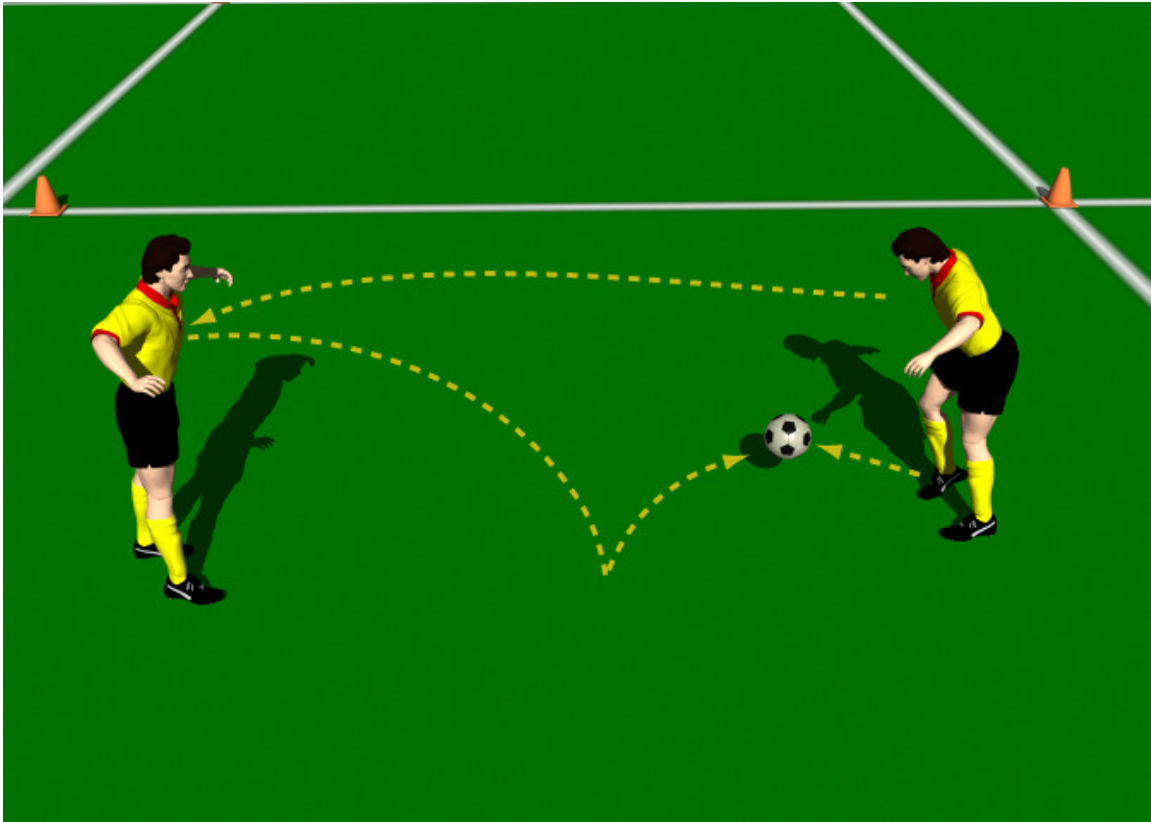
Divide players into pairs, Area 10 x 10 yards, 2 Balls

Coaching Pointers:

Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards. One player throws an underhanded serve to their partners chest. The receiving player must redirect the ball up into the air and head the ball back to their partner. Players should try and maintain eye contact and communicate with each other.

Week Three – Drill Three

Chest Control and Volley



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

Field Preparation

Divide players into pairs, Area 10 x 10 yards, 2 Balls

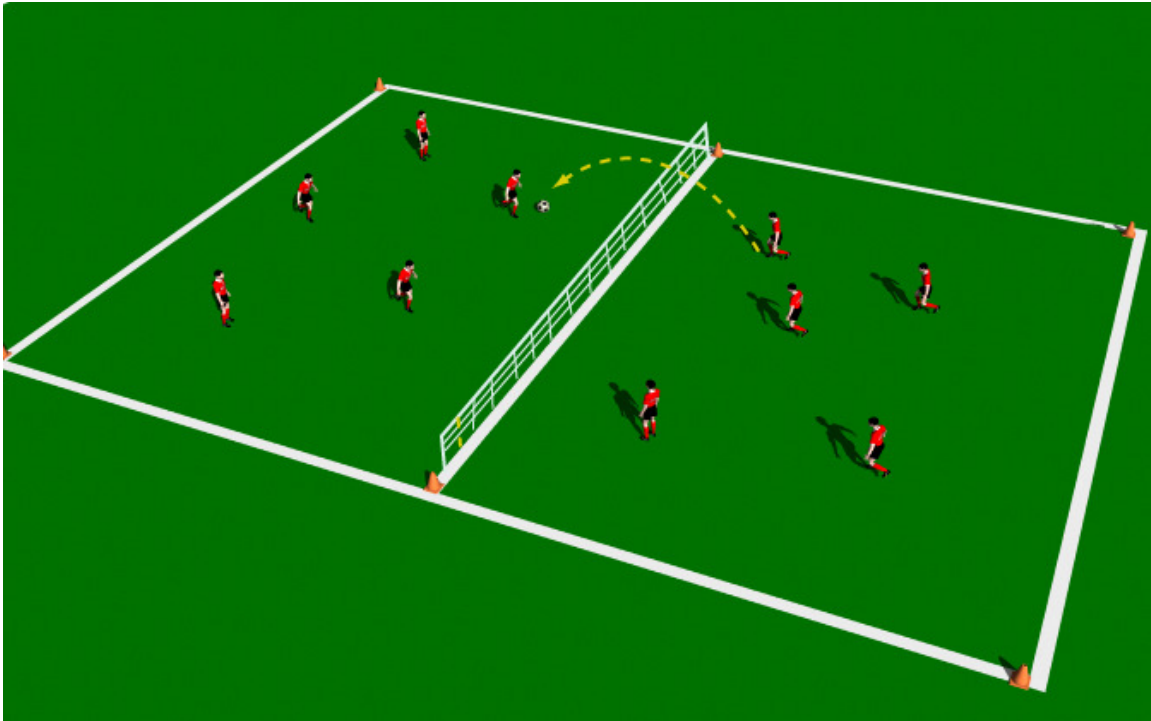
Coaching Pointers:

One player throws an underhanded serve to their partner's chest. The receiving player must redirect the ball off their chest and back to the receiver.

The receiver then volleys a return pass to their partner. Players should be constantly moving around the grid into new positions. The partners switch roles and continue this sequence throughout the exercise. Player should try and maintain eye contact and communicate with each other. Switch roles every 10 attempts.

Week Three – 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

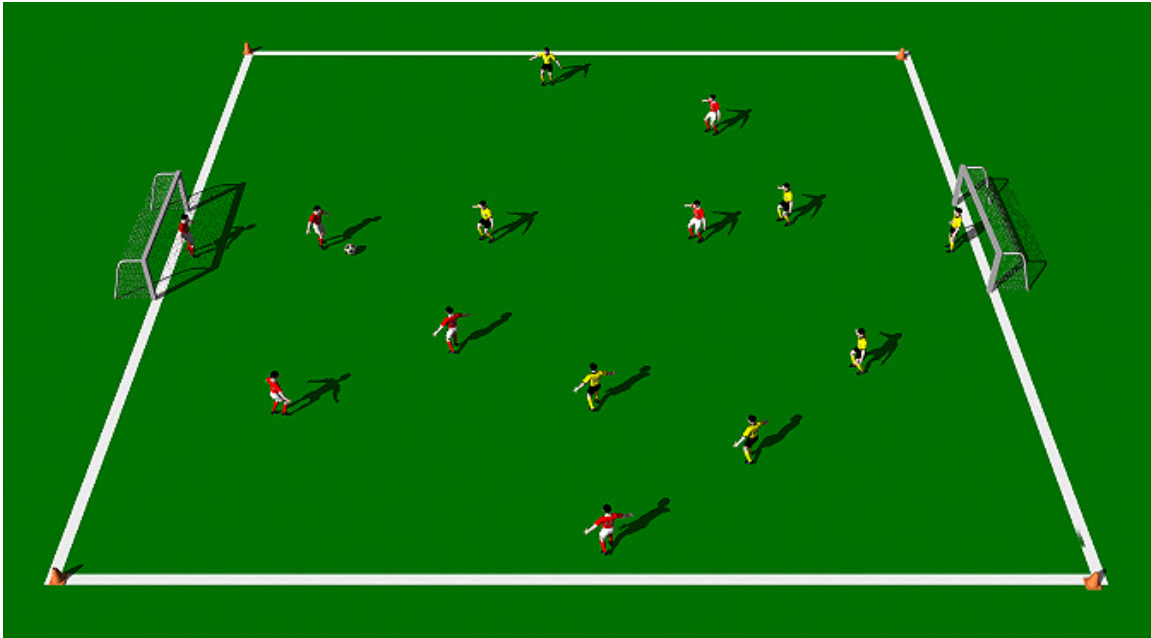
Divide team into two groups, Area 10 x 20 yards, Supply of Balls, Volley Ball or Tennis Net.

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 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 30 x 40 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 30 yards x 40 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.

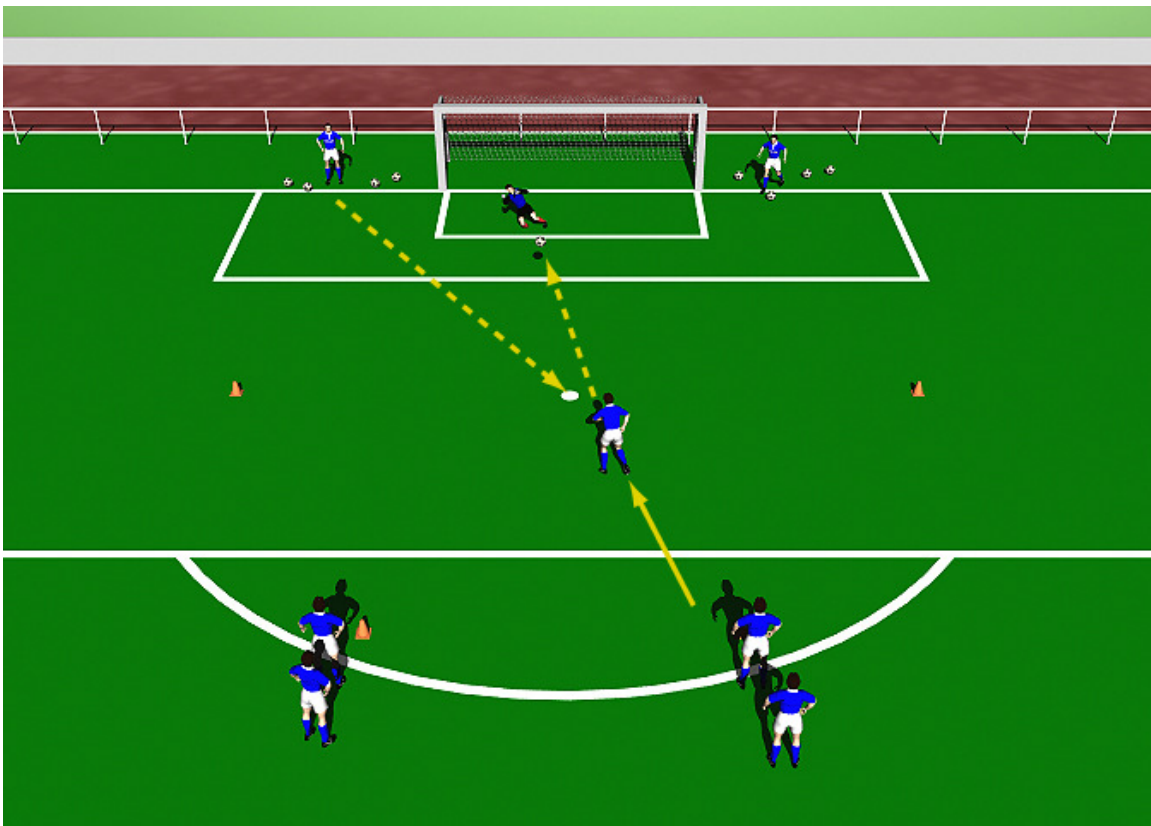
Record Score:

Team 1 _____ v Team 2 _____

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

Week Four – Drill One

World Cup Shooting Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty area, Supply of Balls.

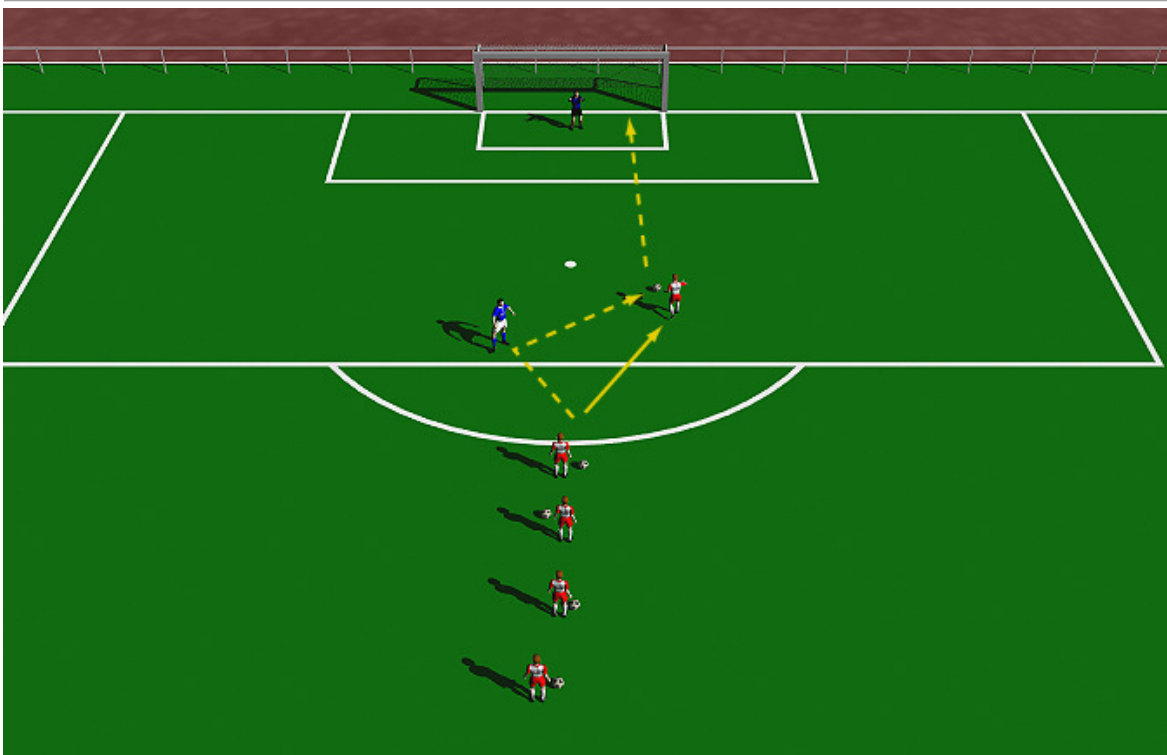
Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. 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 on the ground and between the two flag poles 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 shooting must receive a pass 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 three minutes. After the three minutes, all goals are totaled and the groups alternate.

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

Week Four – Drill Two

Shooting "Give and Go"



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty area, Supply of Balls

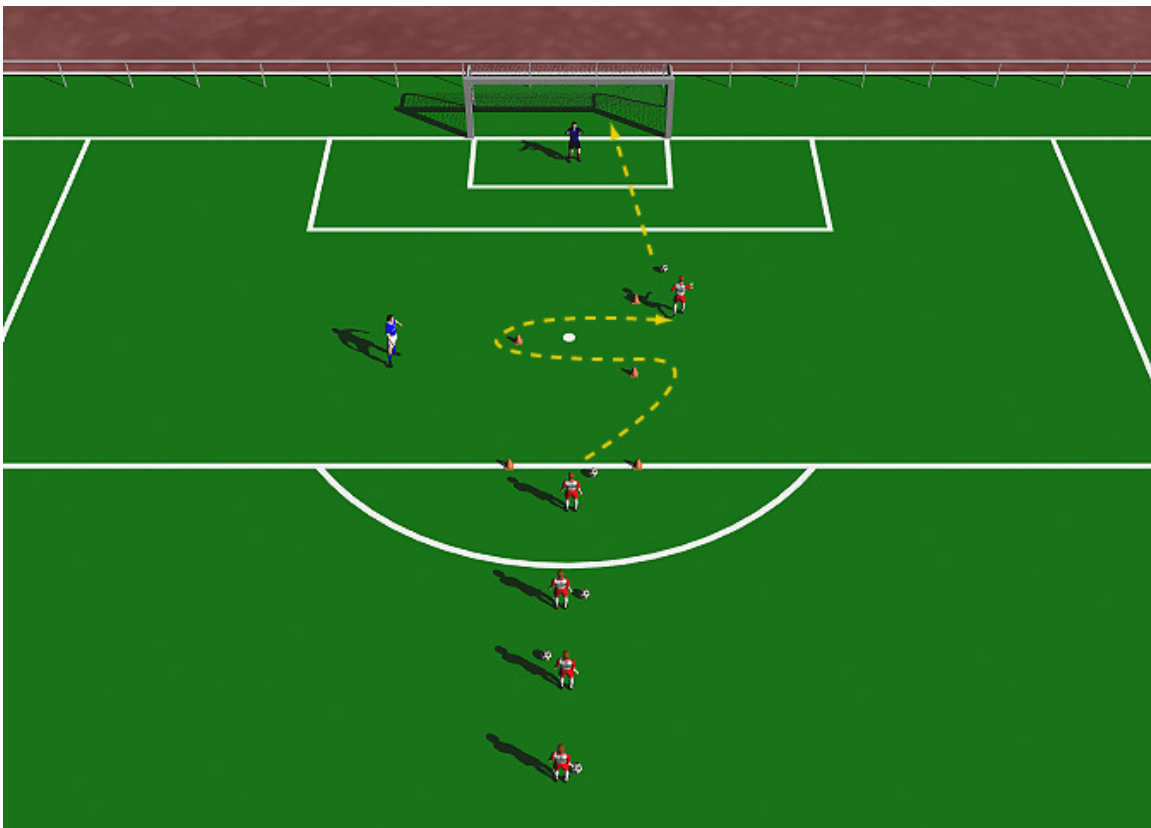
Coaching Pointers:

The first player in line passes the ball to the coach for a return pass. The coach returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

Week Four – Drill Three

Dribble and Shoot



Exercise Objectives:

This practice is designed to improve each players shooting technique with an emphasis on dribbling to create a shot.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty area, Supply of Balls

Coaching Pointers:

A small group of players are placed at the edge of the penalty area. The first player in line dribbles through the cones and takes a shot on goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line. Players should aim their shots between the flag and the post.

Week Four – Drill Four

Control and Shoot



Exercise Objectives:

This practice is designed to improve each players shooting technique with an emphasis on controlling the ball to create a shot.

Field Preparation

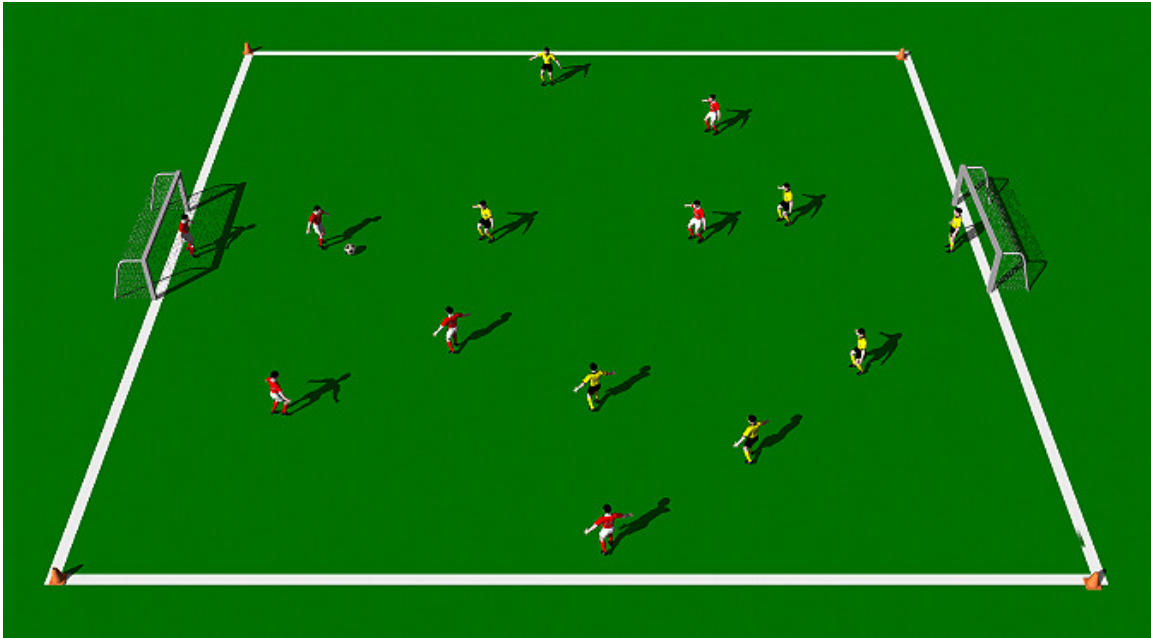
Entire Group, Full Size Goal with Goalkeeper, Penalty area, Supply of Balls

Coaching Pointers:

A small group of players are placed at the edge of the penalty area. The first player in line moves towards the coach. The coach throws up a ball and the player has to control the ball quickly and take a shot at goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

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 30 x 40 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 30 yards x 40 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.

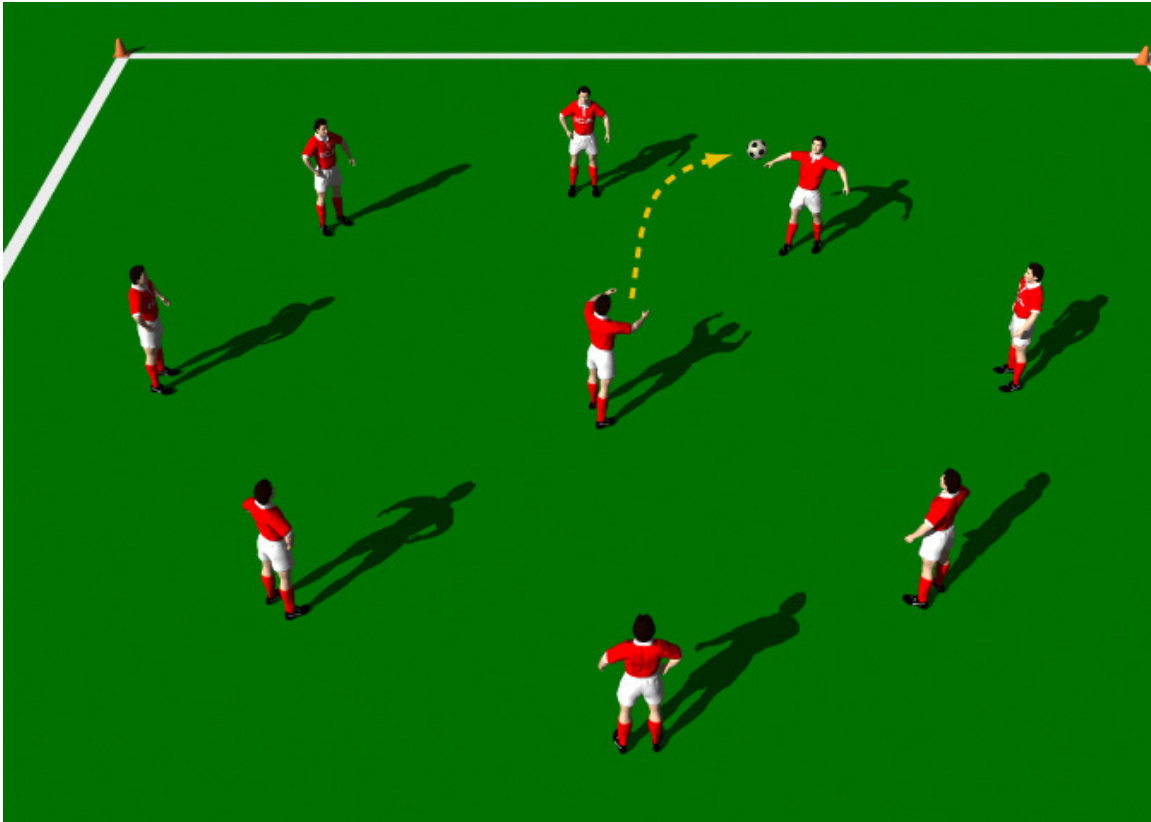
Record Score:

Team 1 _____ v Team 2 _____

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

Week Five – Drill One

Heading Reaction



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

Field Preparation

Entire group of players, Area 20 x 20 yards, Supply of Balls.

Coaching Pointers:

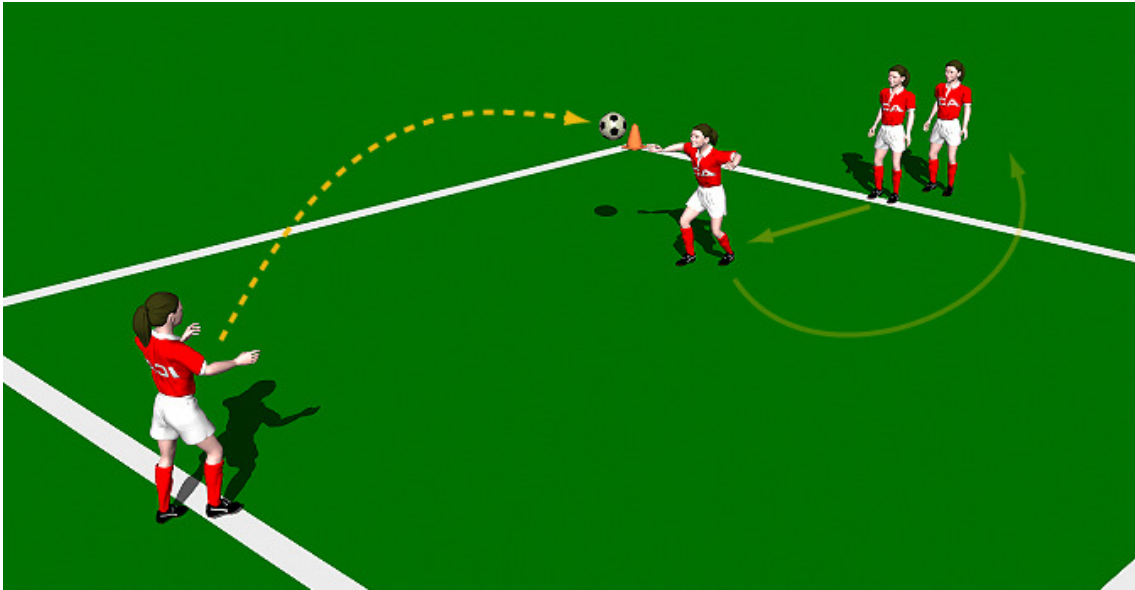
A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

- 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.

Week Five – Drill Two

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:

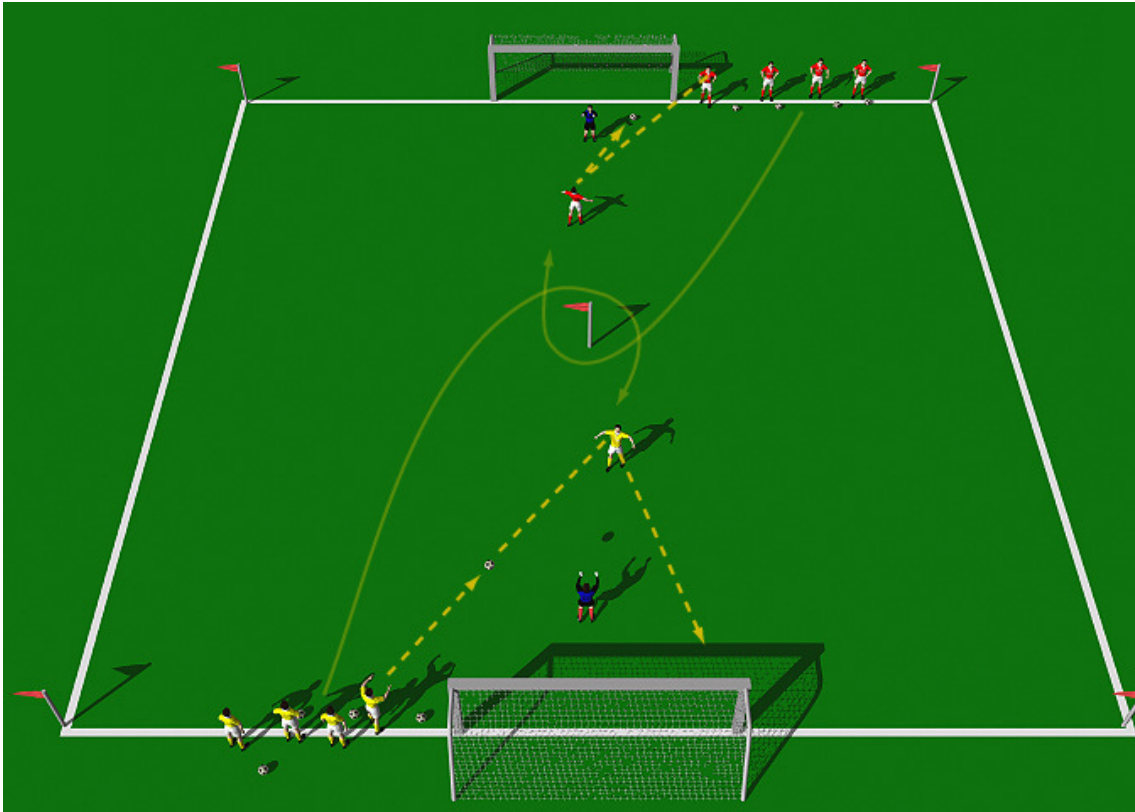
In an area 10 yards x 10 yards, players alternate receiving the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the servers hands. After each header the receiver must turn and join the end of the group.

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 Five – Drill Three

The Heading Race



Exercise Objectives:

This practice is designed to improve the player's technical ability in attacking heading under speed.

Field Preparation

Large group of players, Area 30 x 30 yards, Full Size Goals and Goalkeepers, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

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 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.

The coach should emphasize the following coaching points:

- Be alert to the coach's command.
- Attack the ball quickly.
- Head the ball down towards the goal-line.
- The emphasis should be placed on accuracy and power.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Players can score an extra point if they can score with a "diving header".

Week Five – Drill Four

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

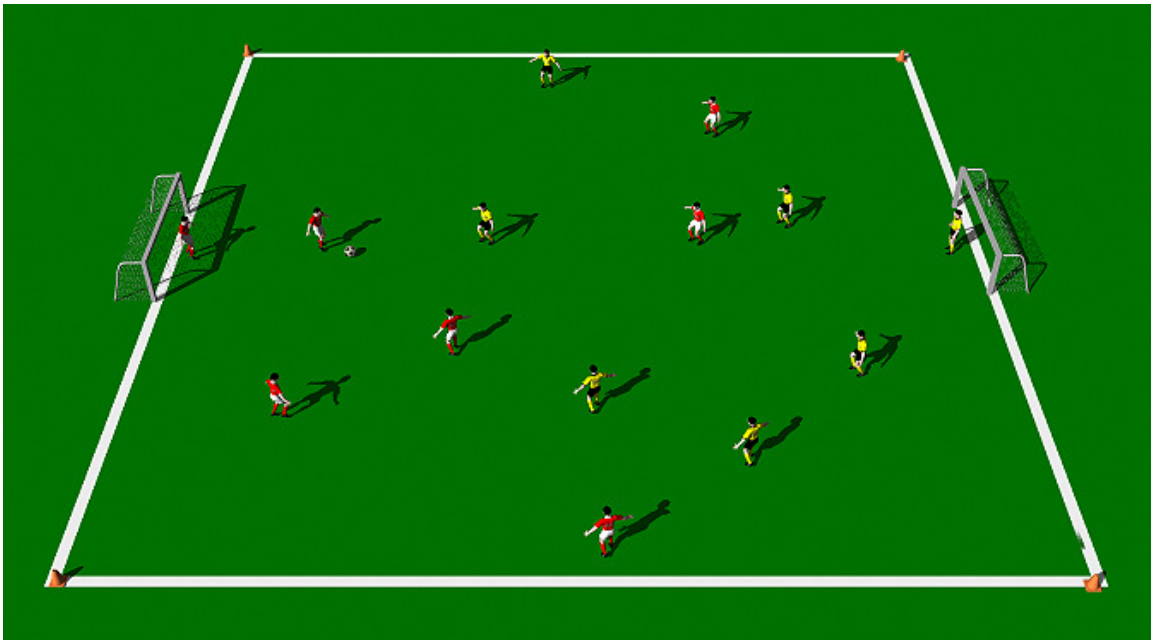
Coaching Pointers:

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 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 30 x 40 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 30 yards x 40 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

Shooting from Central and wide Angles



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass at an angle from the goal, for the shooter to strike. After taking both shots, the shooter returns to his starting position and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

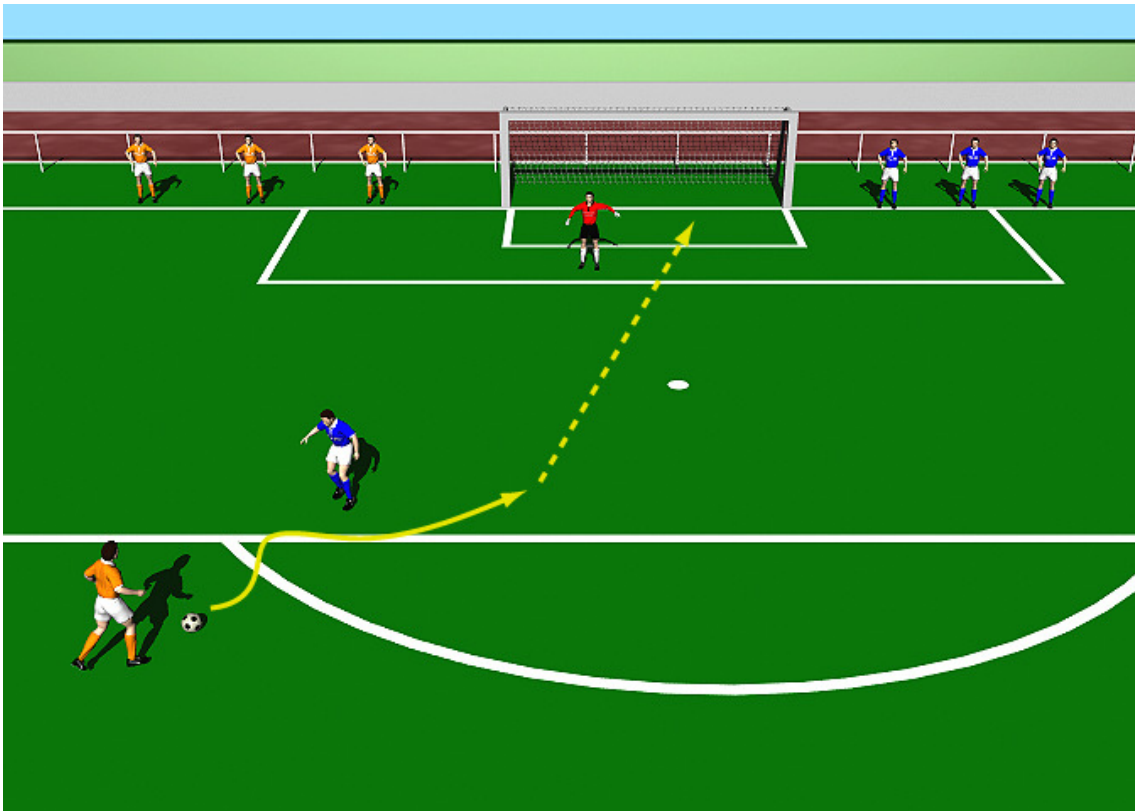
The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Week Six – Drill Two

1 v 1 Knock out Game



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

Players are divided into pairs and placed on the end line at opposite sides of the goal. Each pair is assigned a number. The goalkeeper starts the practice by serving the ball out towards the edge of the penalty area.

On distributing the ball, the goalkeeper calls out a number such as 1, 2, 3, or 4 etc. The pair selected then run out to the ball. First player to get to the ball becomes the attacker, the second acts as the defender. The defender must attempt to win the ball, and the attacker tries to score. The defender becomes the attacker if they can win possession. After a shot is taken, both players return to their starting positions.

Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Keep the tempo high and at match pace.

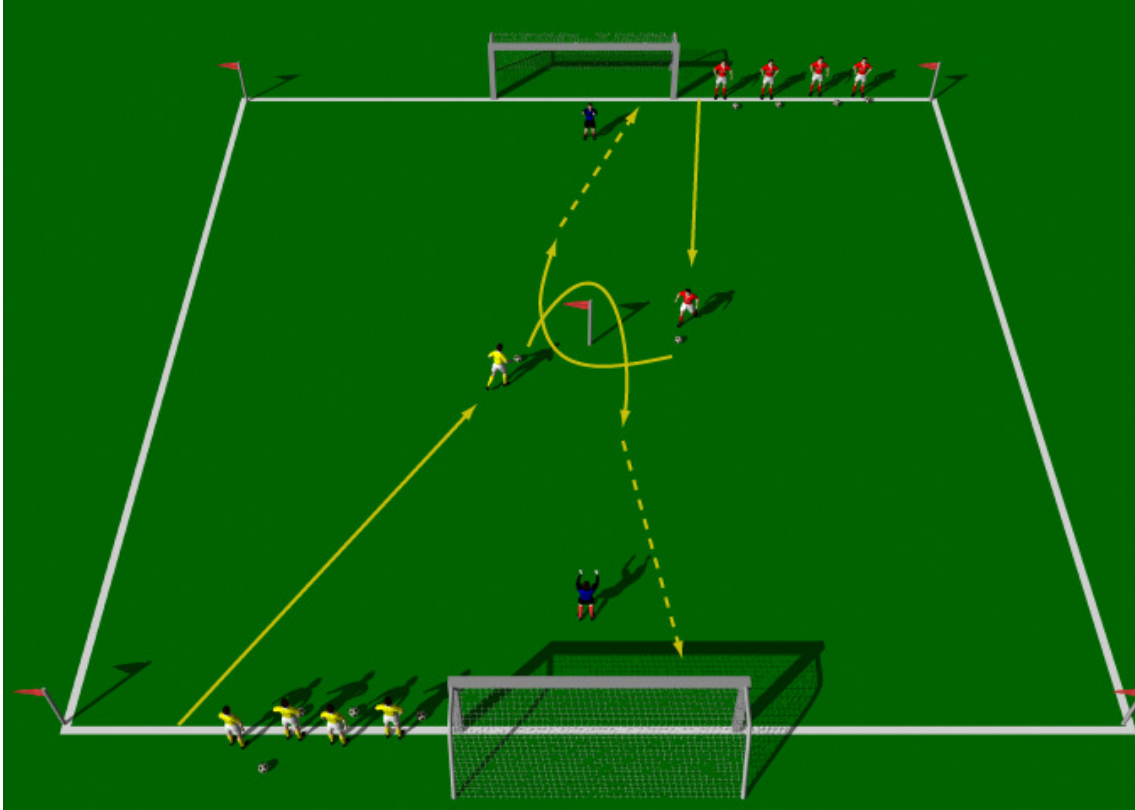
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice can be developed to play, 2 v 2, 3 v 3 etc.

Week Six – Drill Three

The Shooting Race



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques under speed.

Field Preparation

Large group of players, Half Field, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

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 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.

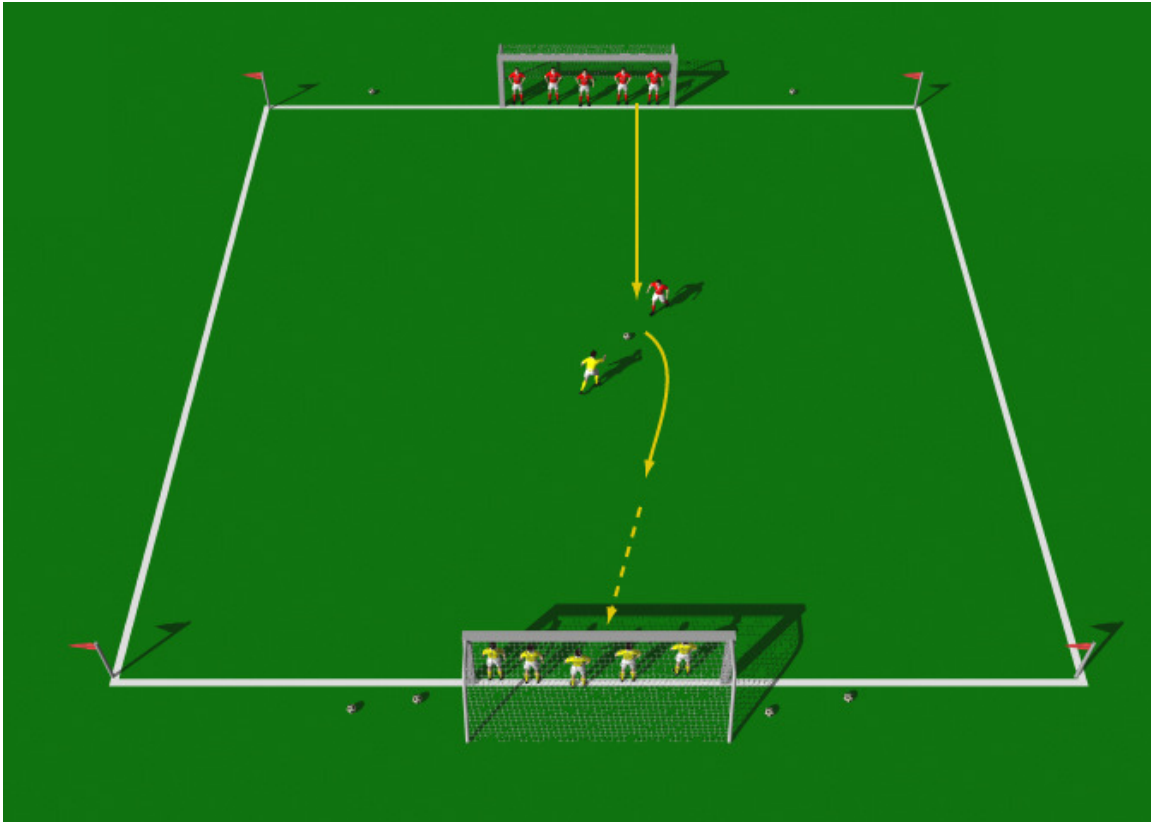
The coach should emphasize the following coaching points:

- Be alert to the coach's command.
- Dribble quickly.
- The emphasis should be placed on accuracy and power.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the chip, lofted, low driven and bent shot.

Week Six – Drill Four

Survivor



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques with an emphasis on 1 v 1, 2 v 2, and 3 v 3 confrontations.

Field Preparation

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls.

Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number. The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed.

When the ball goes out of play or the coach calls a new number both players must sprint back to their original positions. They are not allowed to touch the ball after the numbers are changed.

Coach should keep track of goals scored and make a competition amongst the teams.

The coach should emphasize the following coaching points:

- Attack defender with a commitment. Use a change of direction and speed.
- Demand "realistic" defending, Go after the ball and try to win it.
- The emphasis should be placed on "accuracy" and not power when shooting.

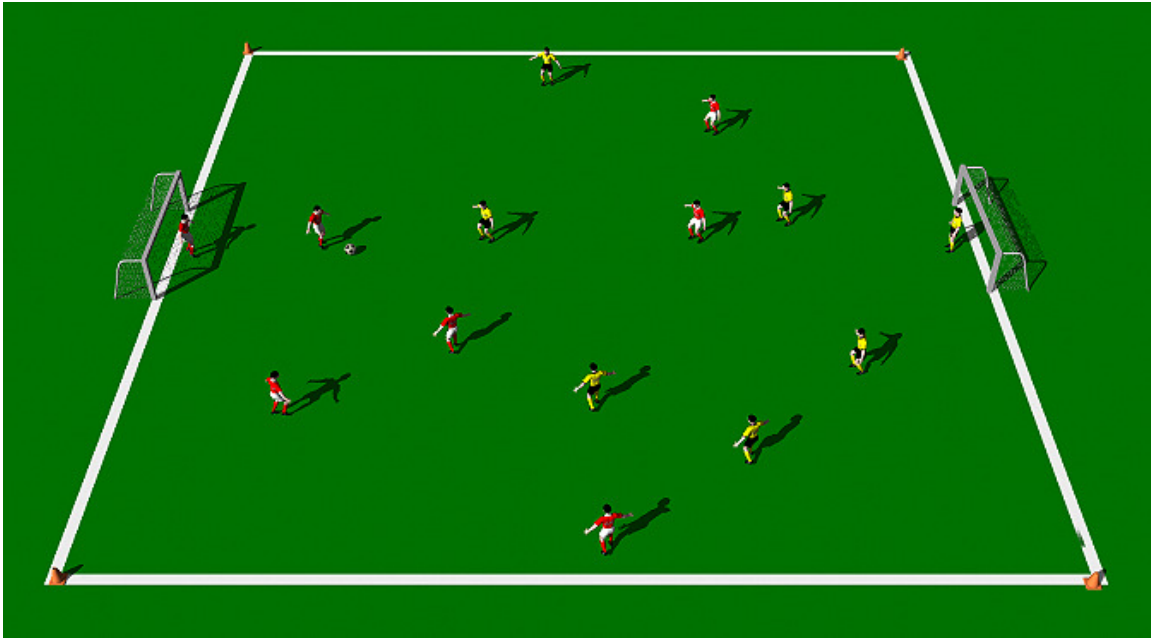
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice is developed by playing 2 v 2, and 3 v 3.

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 30 x 40 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 30 yards x 40 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.

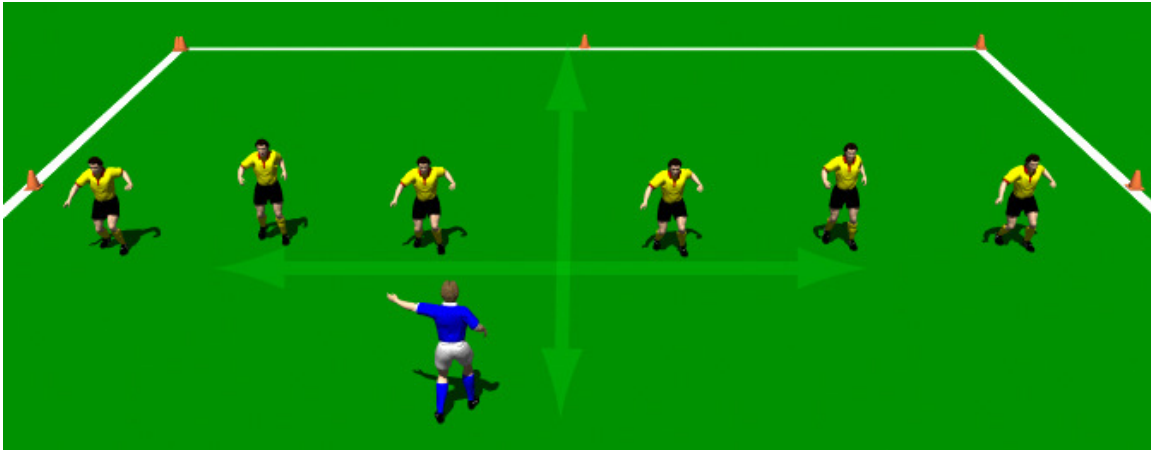
Record Score:

Team 1 _____ v Team 2 _____

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

Week Seven – Drill One

Defensive Footwork



Exercise Objectives:

This drill is a good introduction to a session on defending. It can be incorporated in your warm up. The drill places an emphasis on defensive footwork and body stance.

Field Preparation

Area 20 x 20 yards, Cones or Flag poles.

Coaching Pointers:

The entire group are positioned on the end line of a grid 20 yards x 20 yards. The coach dictates the direction that the players move by shouting out commands.

When the coach shouts;

" **Delay**" all the players must retreat backwards.

" **Pressure**" all the players must move forward.

" **Right**" all the players must move to the right.

" **Left**" all the players must move to the left.

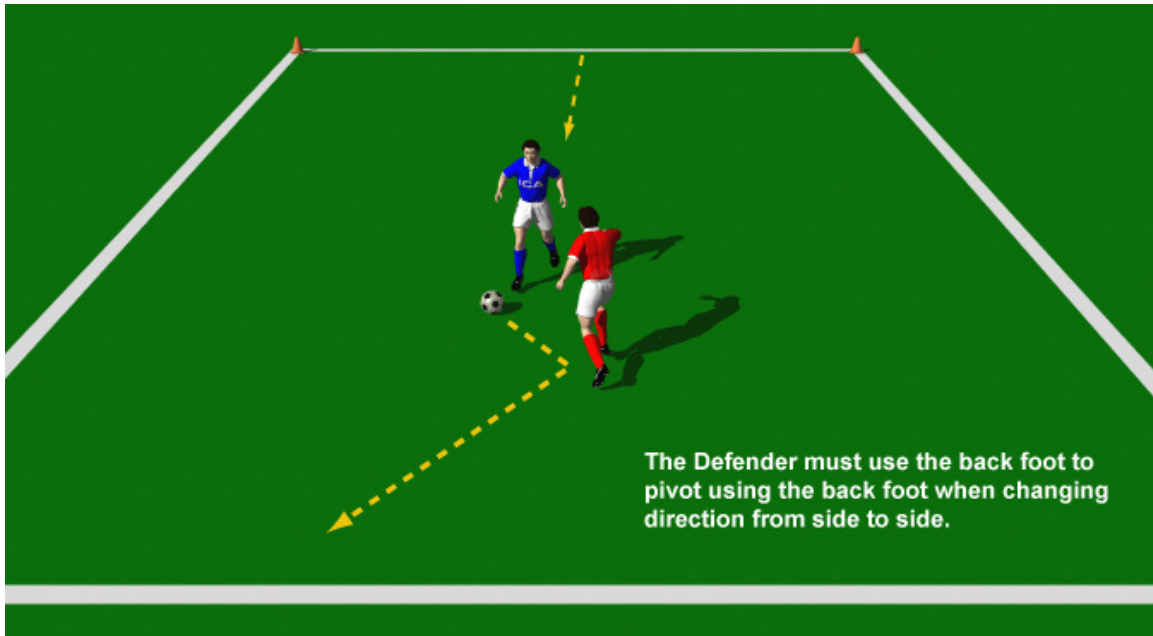
The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- 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 Seven – Drill Two

Defending 1 v 1



Exercise Objectives:

This practice is designed to improve each player's defensive footwork and body stance.

Field Preparation

Area 10 x 20 yards, 2 Players, 1 Ball, Cones or Flag poles.

Coaching Pointers:

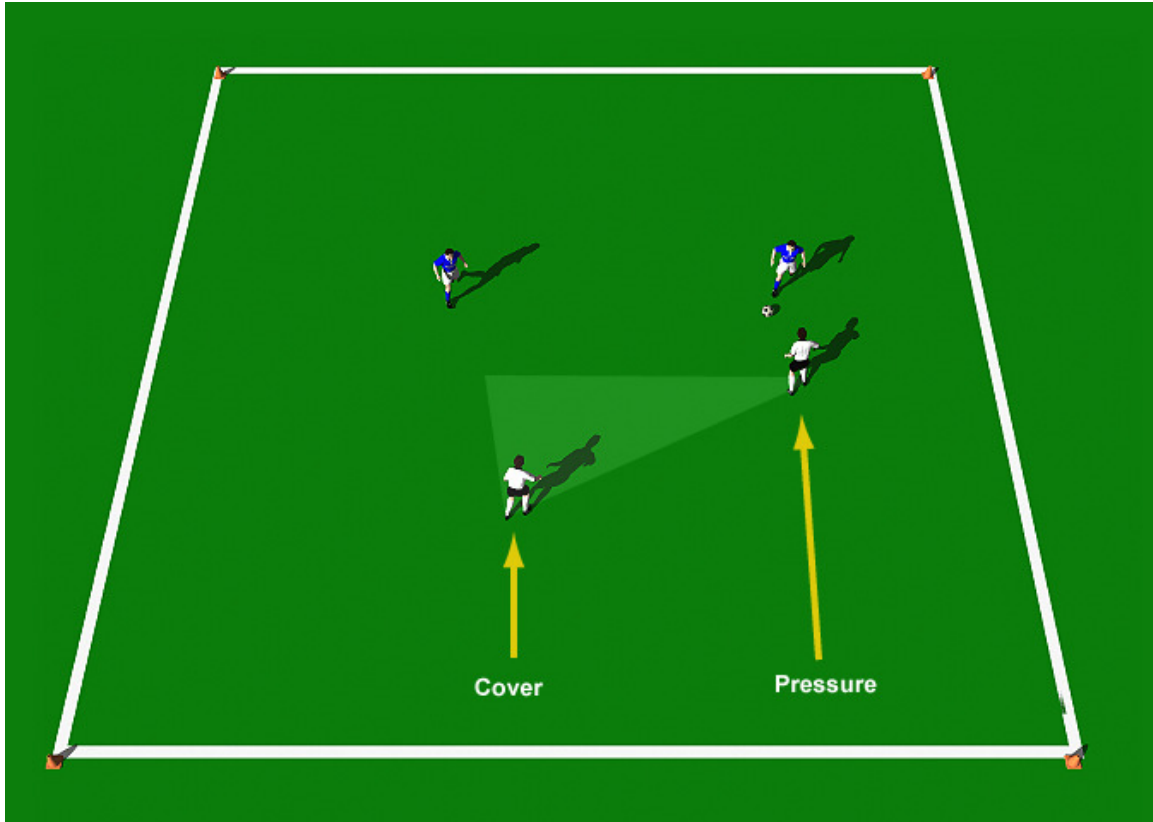
Two players are positioned in a grid 10 yards x 20 yards. Both players start the practice from the end line and work their way up and down the grid. Alternating roles when they reach each end line. One player is an attacker the other a defender. There is no tackling involved in this practice; emphasis is strictly on footwork and body stance. The attacker starts the practice by slowing running with the ball towards the defender. The defender must retreat and keep a distance of approximately 1-2 yards from the attacker. As the attacker travels down the grid they must move the ball from left to right, right to left so the defender must change their body position. 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:

- 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.

Week Seven – Drill Three

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.

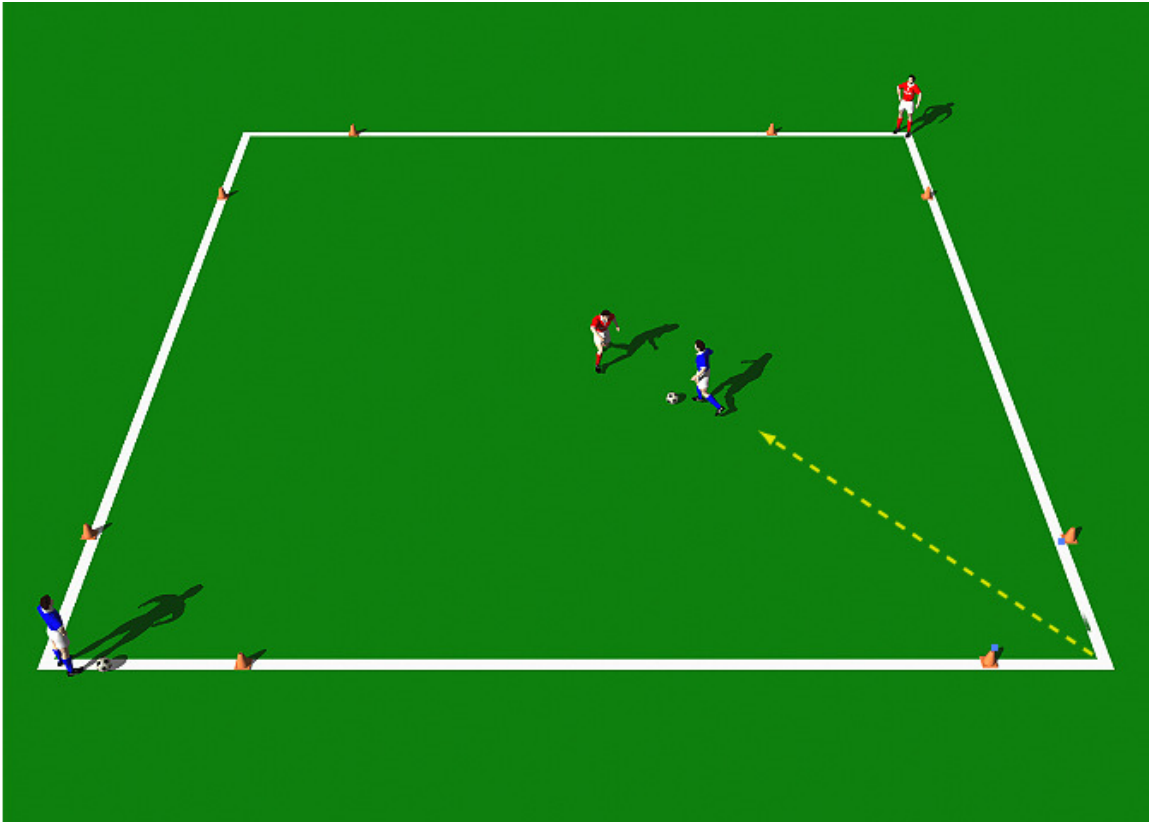
The speed of the practice should be increased gradually.

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 Seven – Drill Four

Defending 1 v 1 across Grid



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:

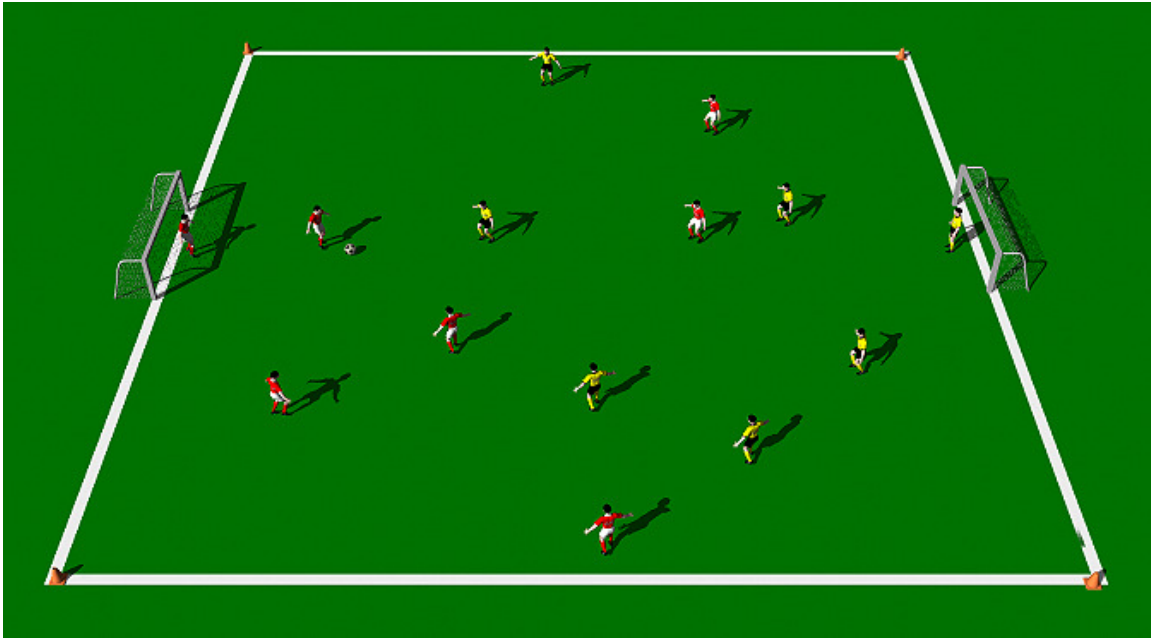
A player is positioned at each corner of a grid 10 yards x 10 yards. Small goals are made using cones which are placed approximately 1 yard apart. The players alternate in pairs playing one versus one across the grid. The practice should be performed with high intensity.

The coach should emphasize the following coaching points:

- Gain as much ground as possible to close down the attacker.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Keep goal side of the ball, in between the player and the goal.
- Make the direction of the play predictable.

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 30 x 40 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 30 yards x 40 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.

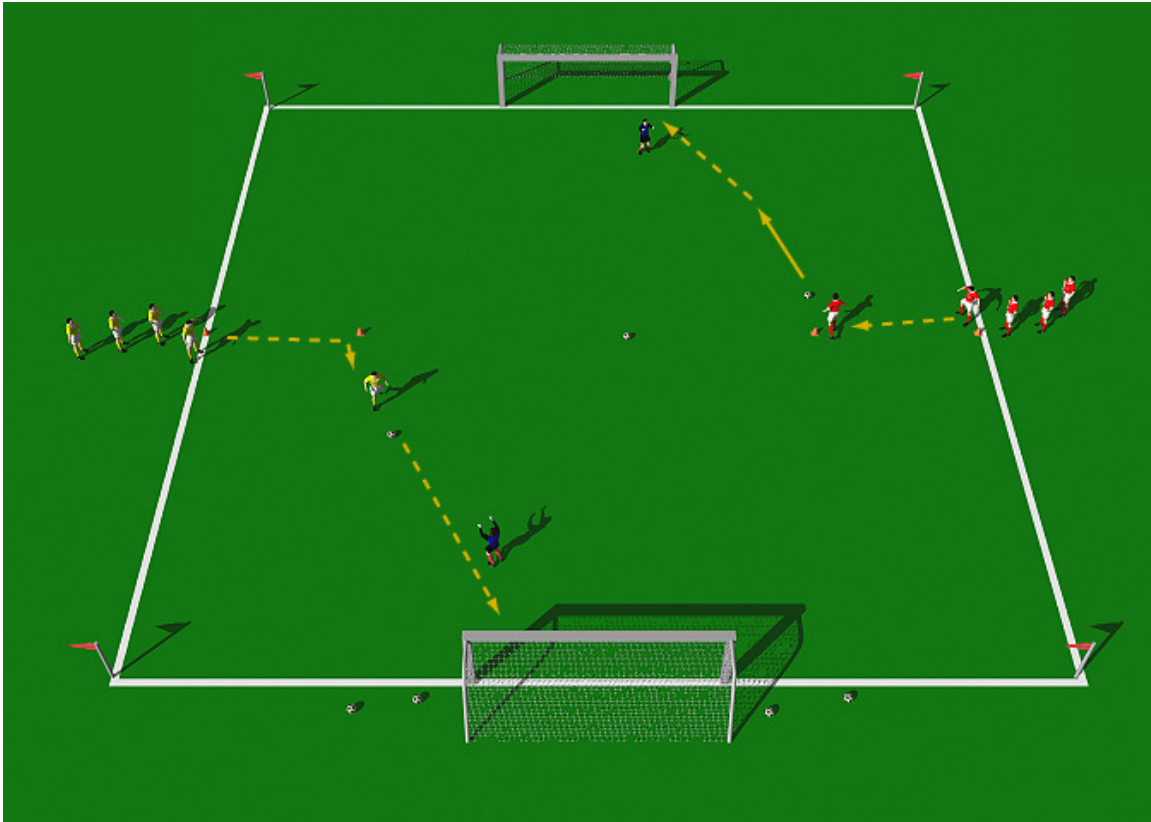
Record Score:

Team 1 _____ v Team 2 _____

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

Week Eight – Drill One

Turn and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques.

Field Preparation

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

Divide players into two small groups. Groups are positioned on each side of the penalty area and attack opposite goals. A receiver is positioned at a cone placed 5 yards from the second cone. The remaining players are placed at a cone with a ball each.

First player in line passes the ball to the receiver. The receiver must turn as efficiently as possible, quickly attack the penalty area and finish with a shot on goal. The second player moves to the cone and becomes the next receiver. After shot is taken the player must collect their ball, jog back to their group and join the end of the line. Coach should keep track of goals scored and make a competition amongst players or groups.

The coach should emphasize the following coaching points:

- Attack the goal with commitment.
- Use a variety of techniques to turn, outside of the foot, inside, let the ball role etc.
- First touch when turning should direct the ball in the direction of the goal and out of the feet.
- The emphasis should be placed on "accuracy" and not power when shooting.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

Can introduce a defender in each penalty area. Can insert a target man inside the box to play a "Give and Go" off.

Week Eight – Drill Two

Chase Me



Exercise Objectives:

This is a great shooting practice that forces the striker to attack the goal with speed.

Field Preparation

Goalkeeper, 2 Even groups of 4, 5 or 6 players, Half field, Cones, Supply of balls.

Coaching Pointers:

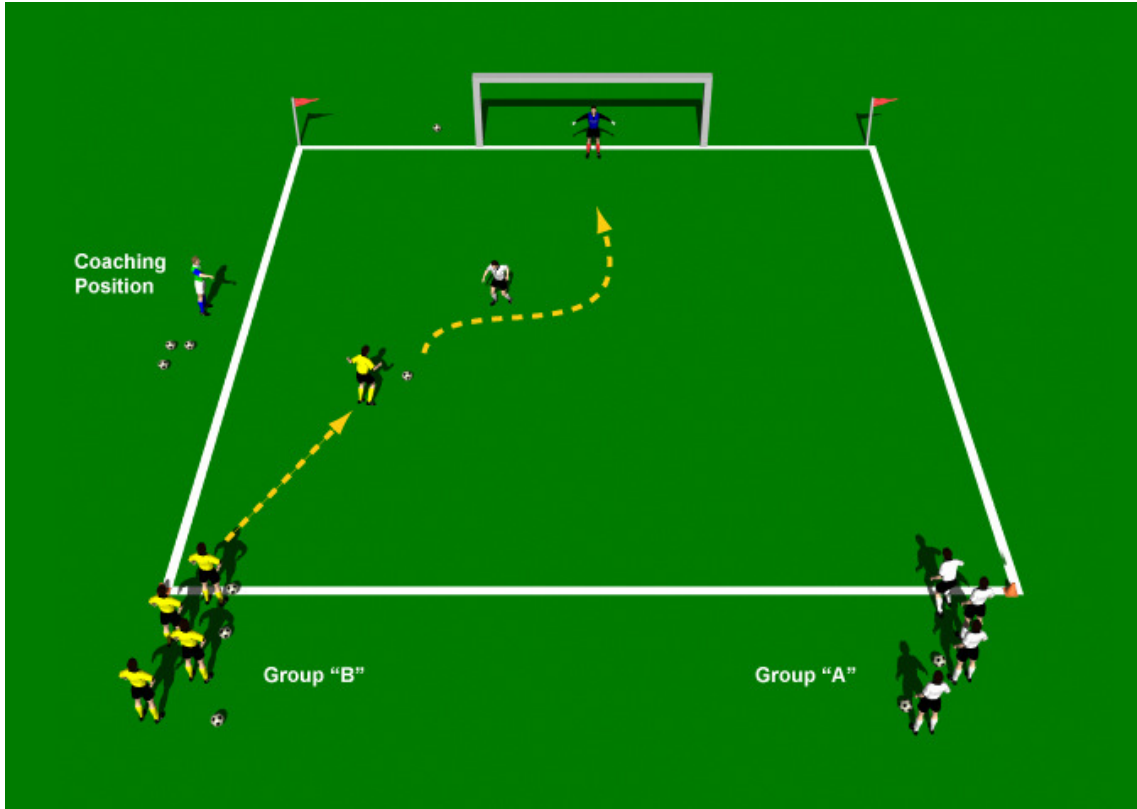
Organisation – Two groups of players. One group positioned at a cone 45 yards from goal – runners with ball. The other group at a cone which is 5 – 8 yards back and to the side – “chasers”. Place a gate 2 yards wide, central to goal and 20 yards from goal. Coach serves the ball from the centre position. Coach plays ball into space for “running player” to run onto ball, “runner” must go through gate and finish. “chasing” player can chase him as soon as coach plays the ball and try and stop him scoring. Rotate runners to chasers after shot.

Objectives – Running quickly with ball in straight line towards goal, cutting across chasing defenders, composure in box, finishing. Defending, goalkeeping

Progressions - 1. “Runners” must turn with ball 2. Runners must set ball and then curve run. 3. Serve bouncing ball in front of “runners” 4. “Runners” start position wider and angle run into goal.

Week Eight – Drill Three

Shoot then Defend



Exercise Objectives:

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.

Field Preparation

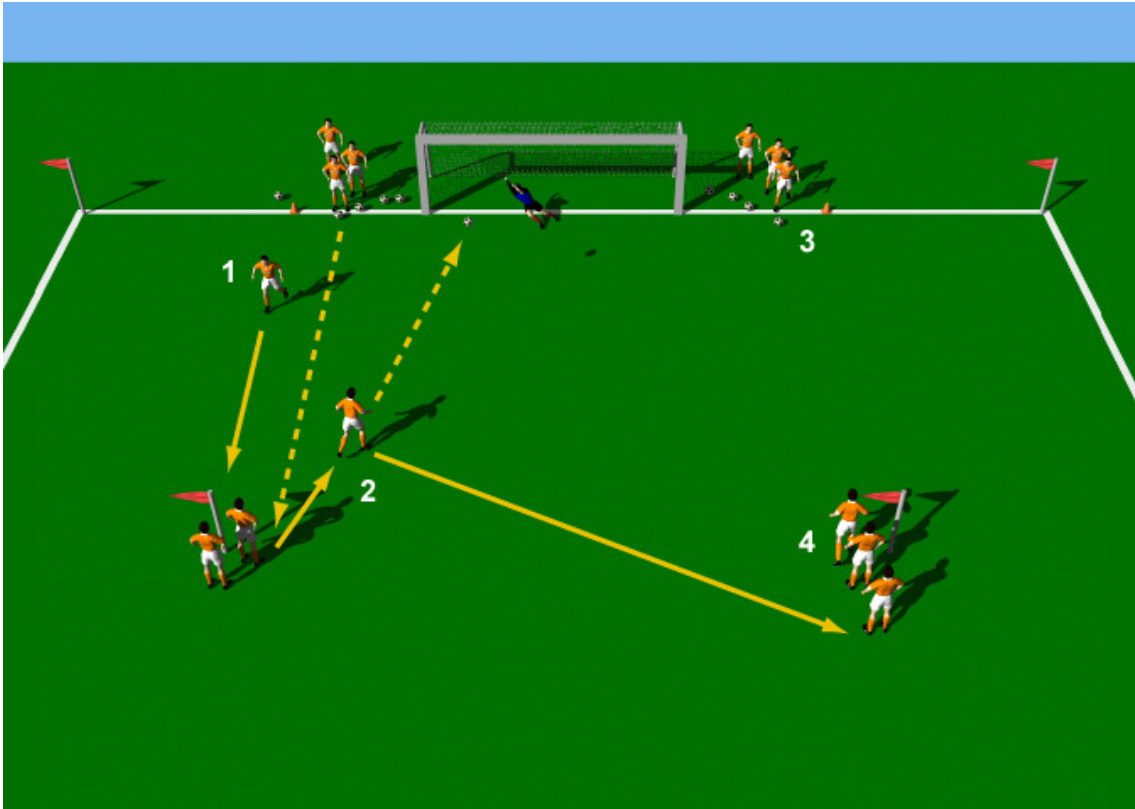
Goalkeeper, 2 Even groups of 4, 5 or 6 players, Area 20 yards x 20 yards, Cones, Supply of balls

Coaching Pointers:

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.

Week Eight – Drill Four

Liverpool Box Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty Area, Cones or Flag poles, Supply of Balls.

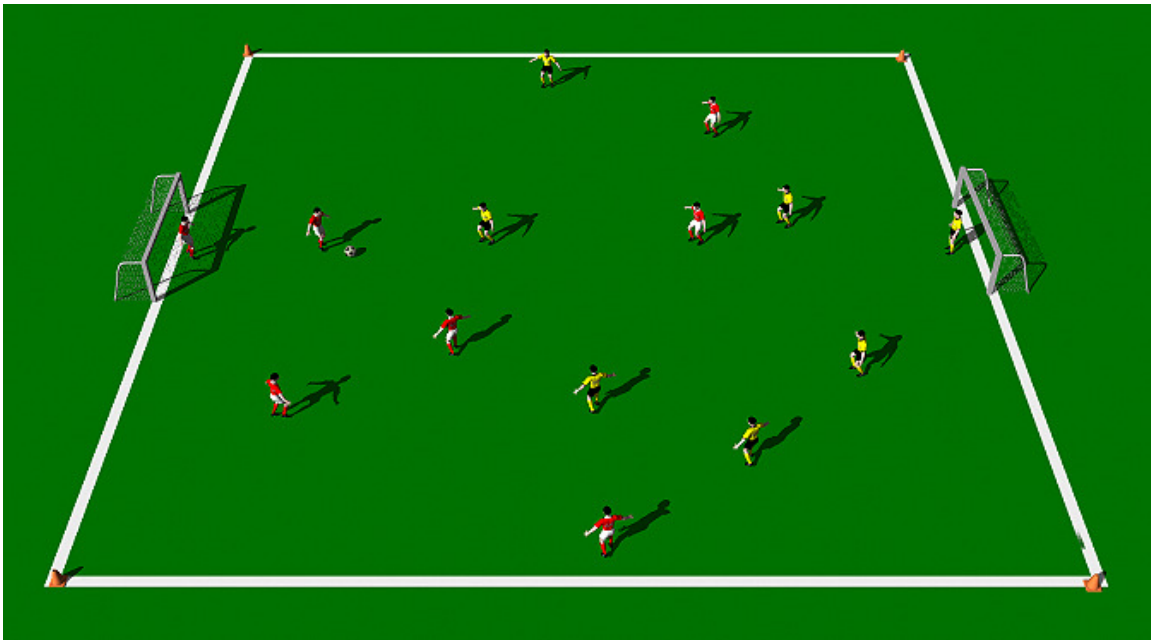
Coaching Pointers:

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 affect, each player serves twice and shoots twice, in that rotation.

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 30 x 40 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 30 yards x 40 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

Through Ball Shooting



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

Goalkeeper, Large group of players, Half field, Cones, Supply of balls.

Coaching Pointers:

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. 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 score a goal. After the attack is ended player "C" joins the end of the line at the center circle.

The practice is then repeated by the opposite team. Coach should keep track of goals scored and make a competition between the two groups. Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Week Nine – Drill Two

Through Ball Shooting with a Defender



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

Goalkeeper, Large group of players, Half field, Cones, Supply of balls

Coaching Pointers:

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.

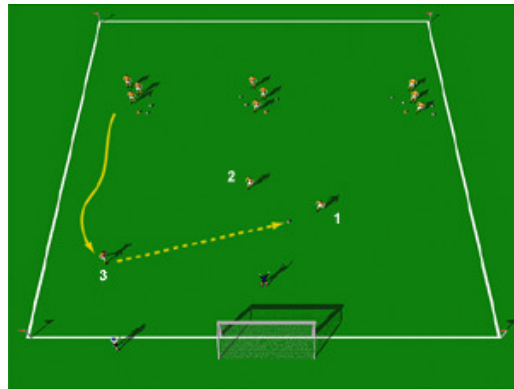
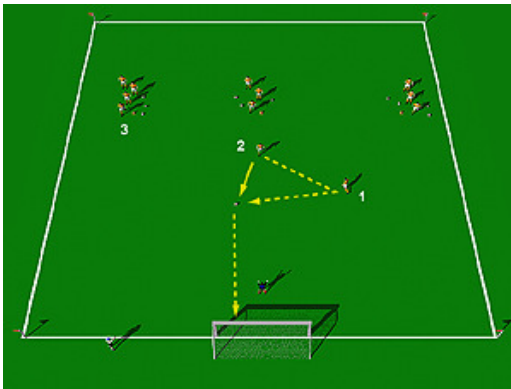
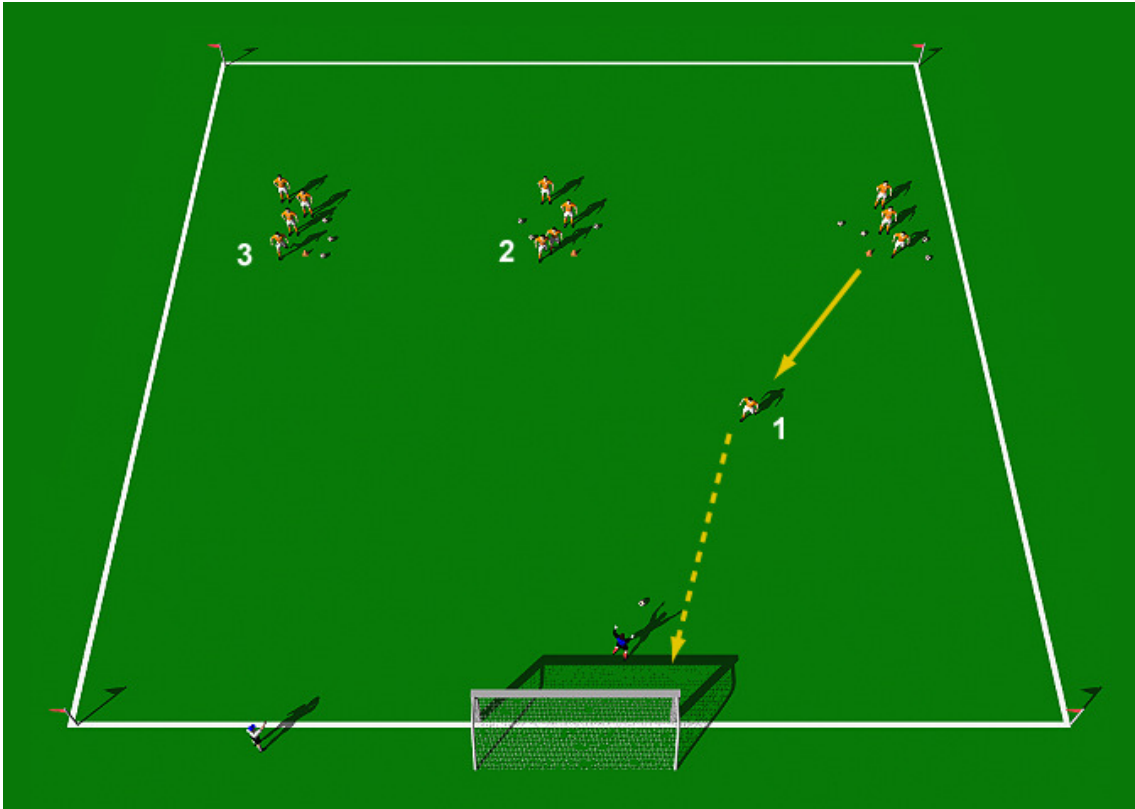
The practice is then repeated by the opposite team.

Coach should keep track of goals scored and make a competition between the two groups.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Week Nine – Drill Three

Norwegian Crossing and Shooting Game



Exercise Objectives:

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

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Area 30 yards x 30 Yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

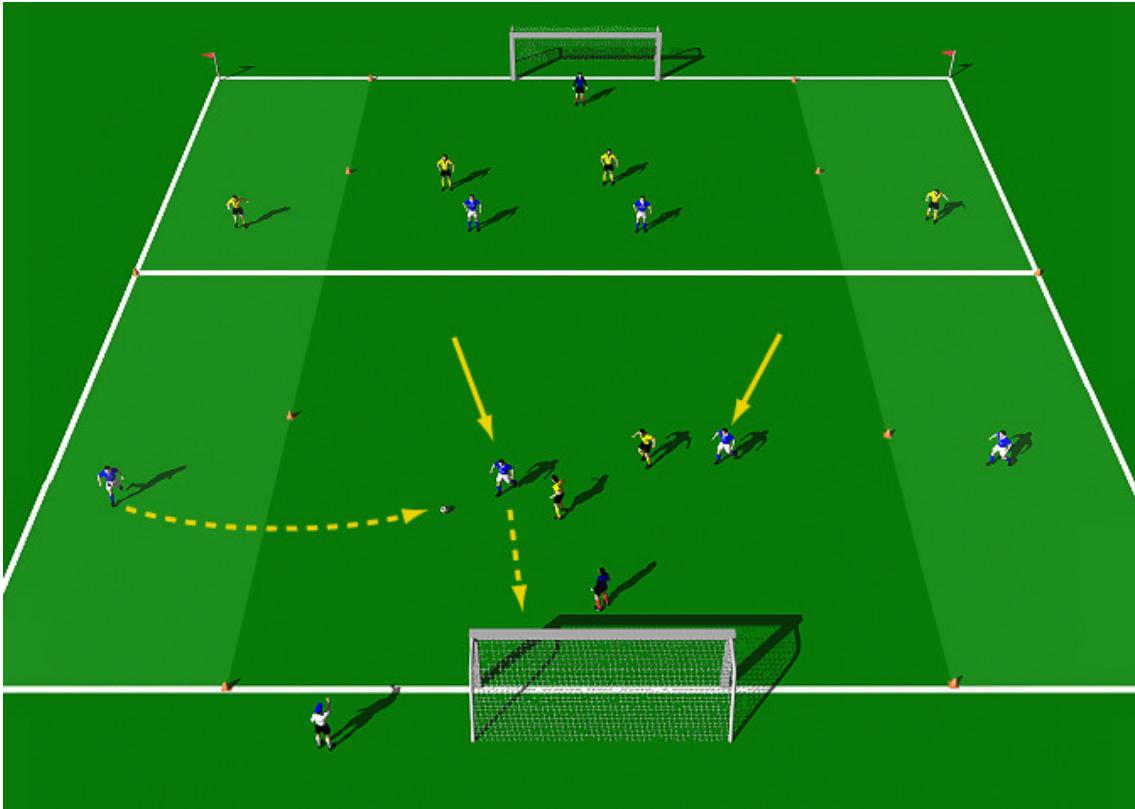
Three group of players are position 30 yards from goal as in the diagram above. The practice starts when player “1” dribbles the ball forward and attacks the goal and shoots. After the shot, player “1” checks to player “2”, receives a pass from player “2” and plays it back “one touch”. Player “2” then 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.

Focus On:

- ☐ Quality out swinging crosses.
- ☐ Decisive ground and aerial finishing
- ☐ Goalkeepers on crosses and shot stopping.

Week Nine – Drill Four

Chelsea Attacking Game



Exercise Objectives:

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

Field Preparation

12 Players (plus 2 Goalkeepers), 2 Full Size Goals with Goalkeepers, 40 x 40 Yards, Cones or Flag poles, Supply of Balls.

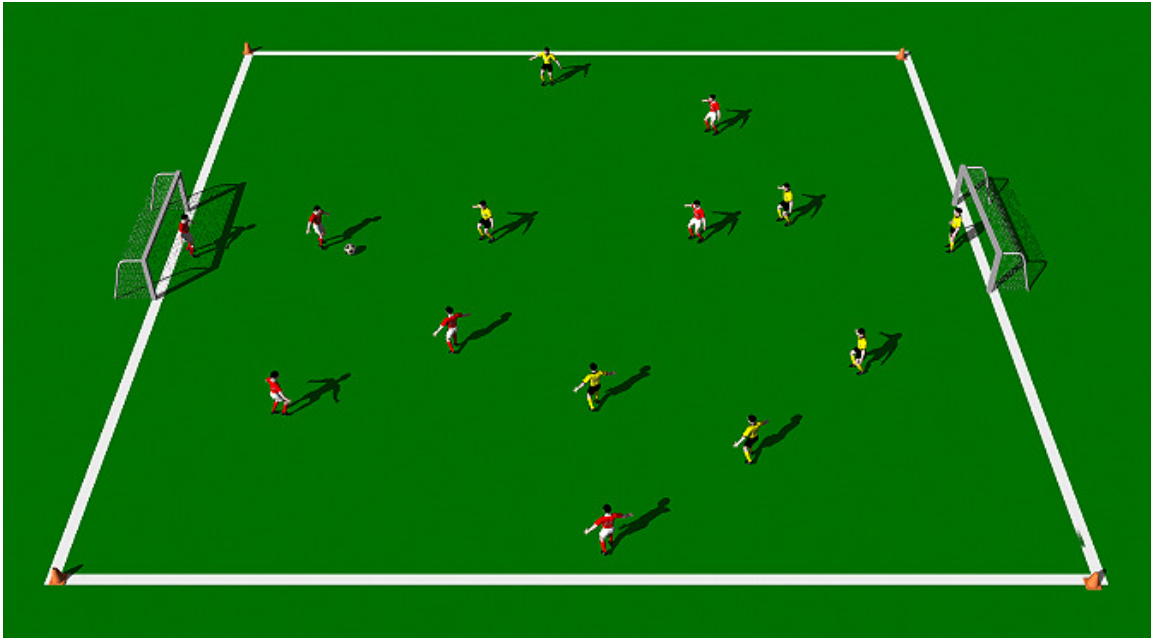
Coaching Pointers:

Players are divided into two team of six. Two wide zones are marked out as in the diagram above. The center zone is slit into half's. 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.

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 30 x 40 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 30 yards x 40 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

Argentina Crossing and Shooting Drill



Exercise Objectives:

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

Field Preparation

Entire Group, 2 Full Size Goals with Goalkeepers, Area 40 yards x 40 Yards, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

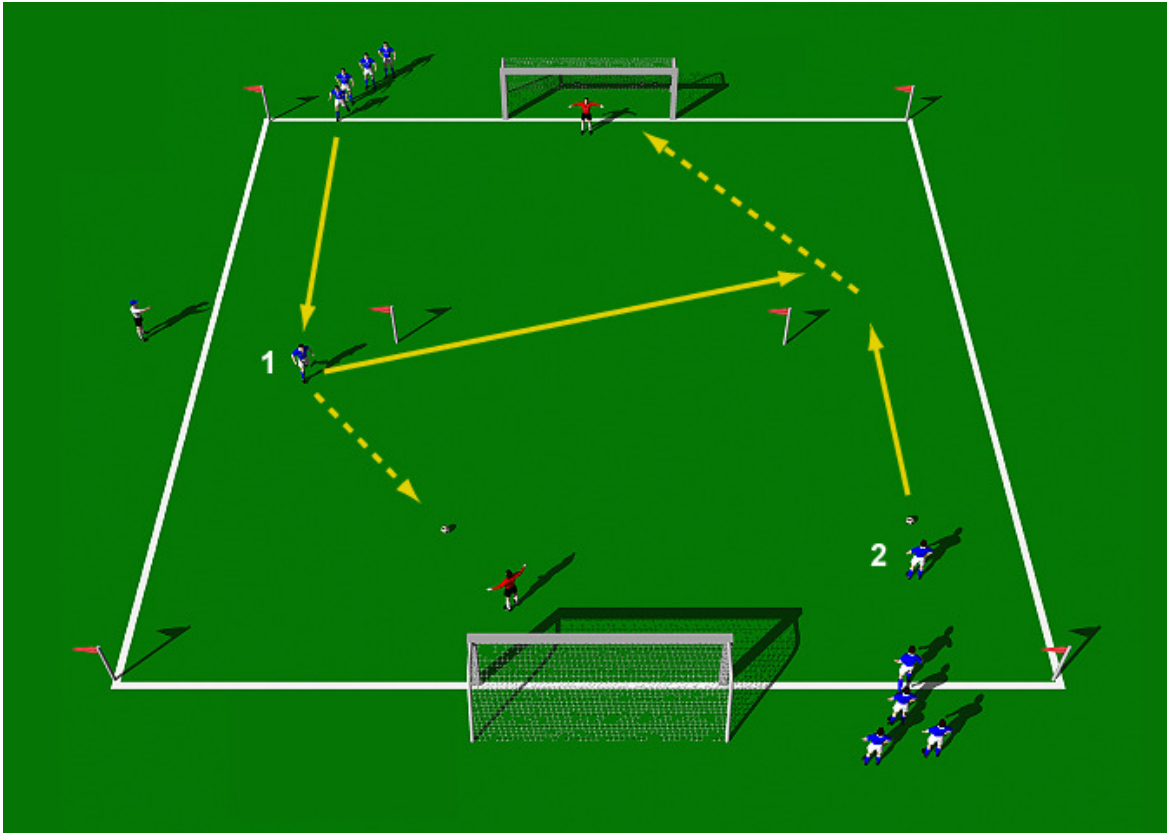
Servers alternate delivering crosses into the penalty area for the 2 attacking strikers. Servers should aim for the "second 6 yard box". The 2 strikers start at the two cones on top of the "second 6 yard box" once they enter the box they must cross over, attacking front and back post. After the attack has ended they must leave the "second 6 yard box" and re enter 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.

Focus On:

- ☐ Quality out swinging crosses.
- ☐ Decisive ground and aerial finishing ☐ Goalkeepers on crosses and shot stopping.

Week Ten – Drill Two

Chelsea Shoot and Defend Game



Exercise Objectives:

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

Field Preparation

Entire Group, 2 Full Size Goals with Goalkeepers, Area 30 x 30 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

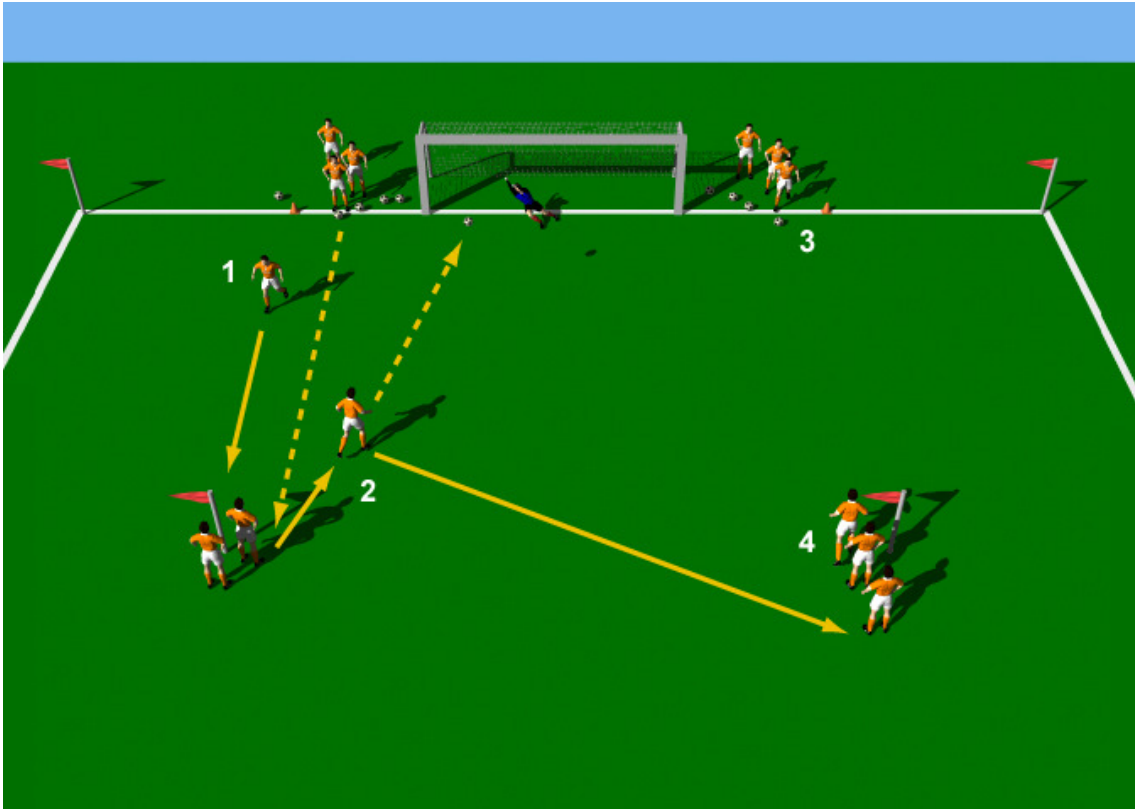
Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball. The practice starts when player "1" attacks the flag pole, performs a body feint 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.

Focus On:

- ☐ Accuracy over Power.
- ☐ Quickness of transition from offense to defense. ☐ Goalkeepers shot stopping.

Week Ten – Drill Three

Liverpool Box Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty Area, Cones or Flag poles, Supply of Balls.

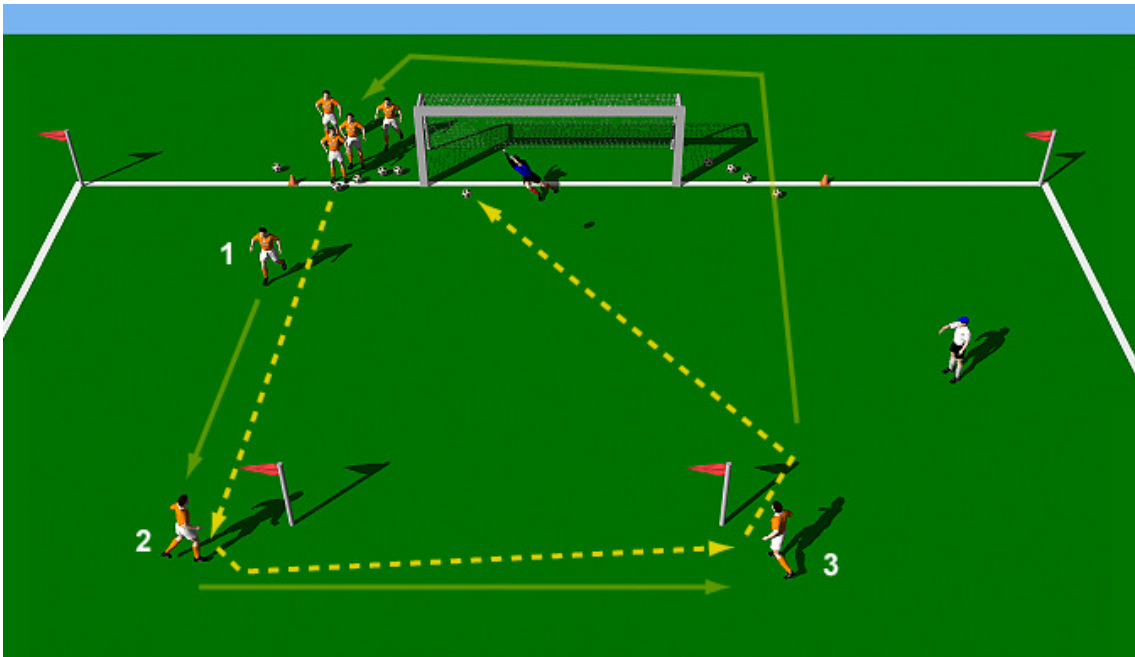
Coaching Pointers:

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 affect, each player serves twice and shoots twice, in that rotation.

Week Ten – Drill Four

Liverpool Two Touch Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty Area, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

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.

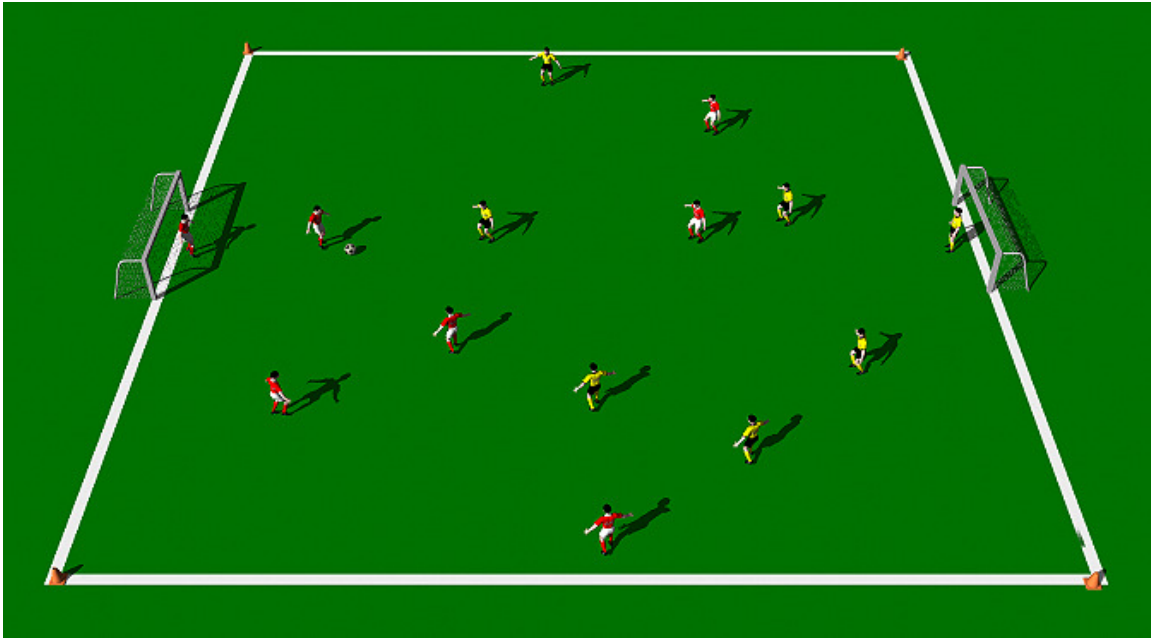
The practice starts when player “1” passes to player “2” and follows his pass. Player “2” has only **“one touch”** to control the ball then passes across to player “3” and follows his pass. Player “3” has only **“one touch”** to control the ball then he must shoot at goal. He then sprints behind the goal and join the group beside the post.

Focus On:

- ☐ Accuracy over Power.
- ☐ Preparation touch using inside of the foot.
- ☐ Goalkeepers shot stopping.

Week Ten – 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 30 x 40 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 30 yards x 40 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.

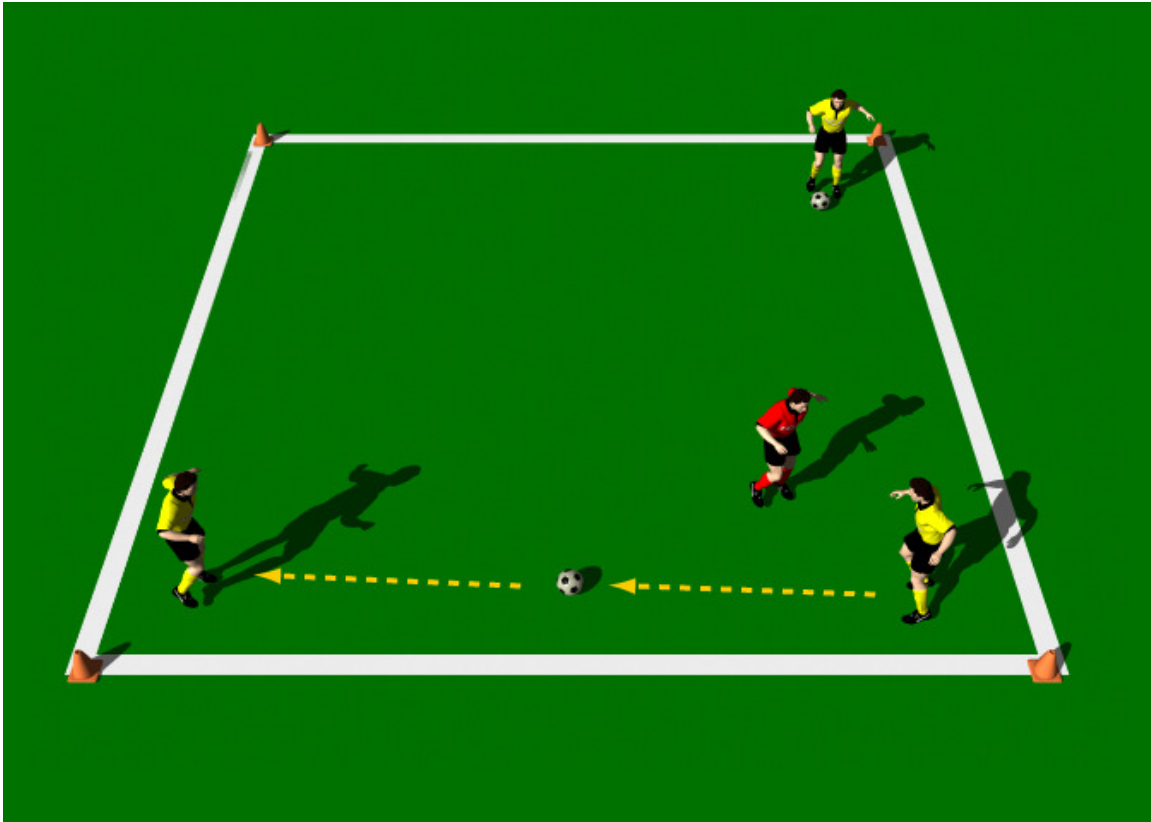
Record Score:

Team 1 _____ v Team 2 _____

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

Week Eleven – Drill One

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.

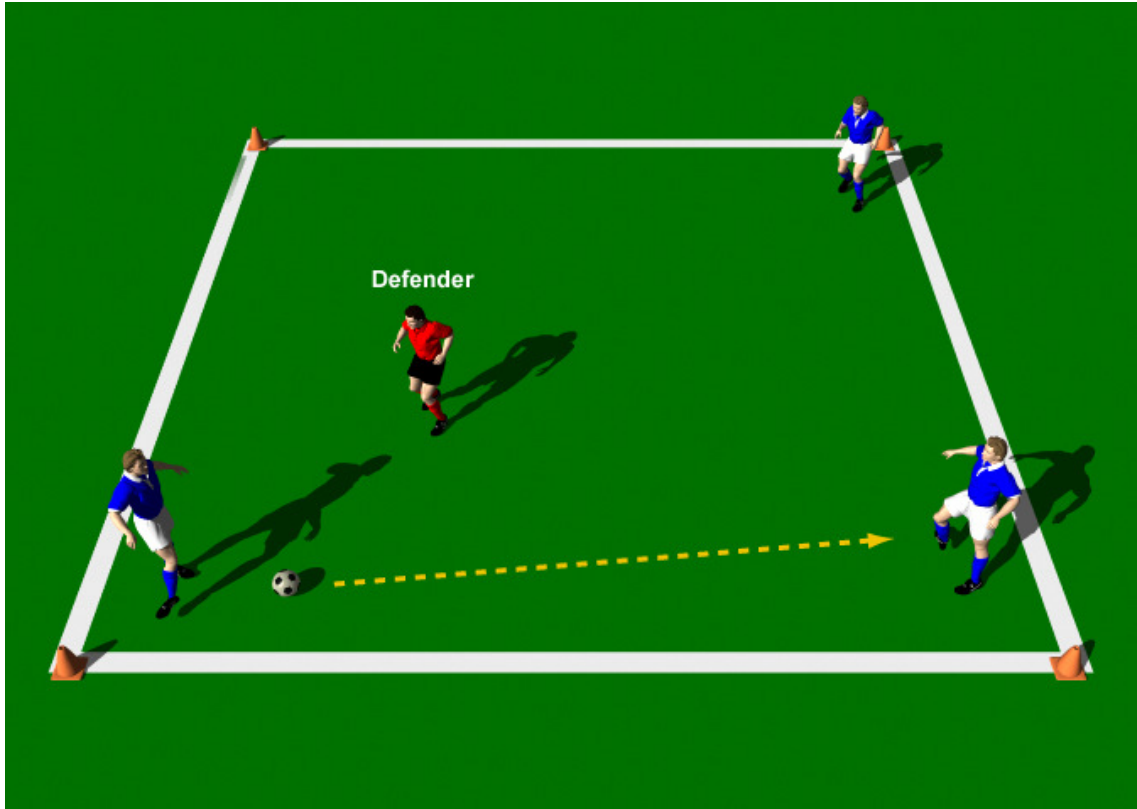
The supporting player should ask themselves two questions when supporting the player in possession:

- 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?

The player in possession must 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.

Week Eleven – Drill Two

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:

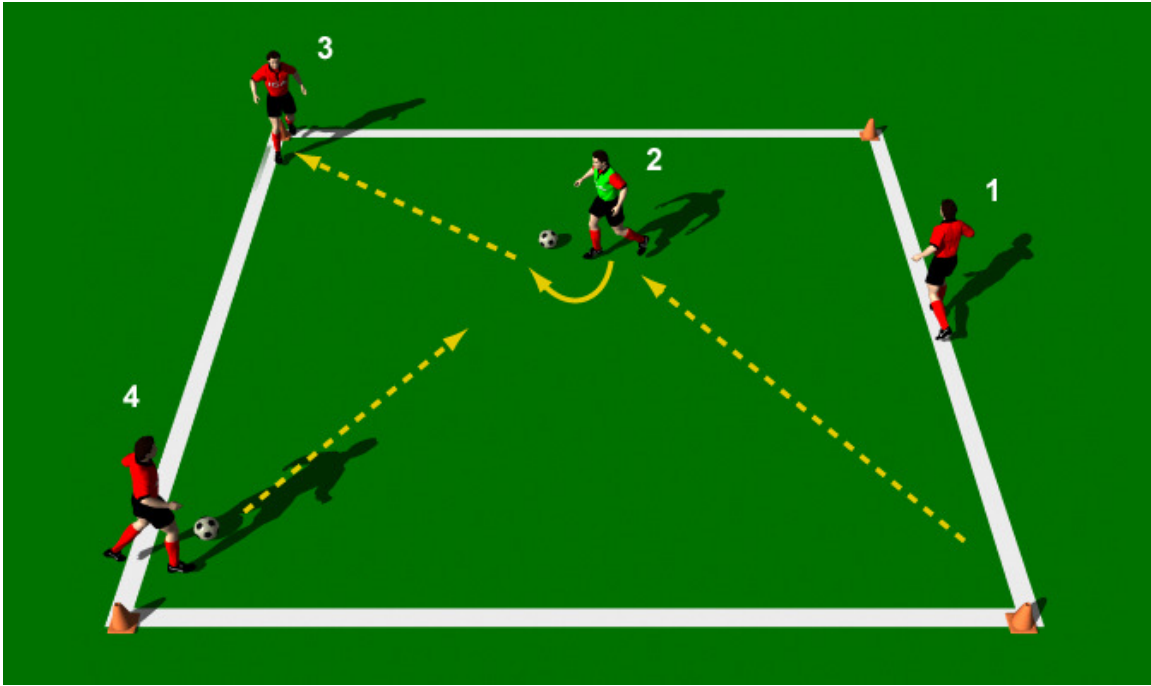
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

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 Eleven – Drill Three

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

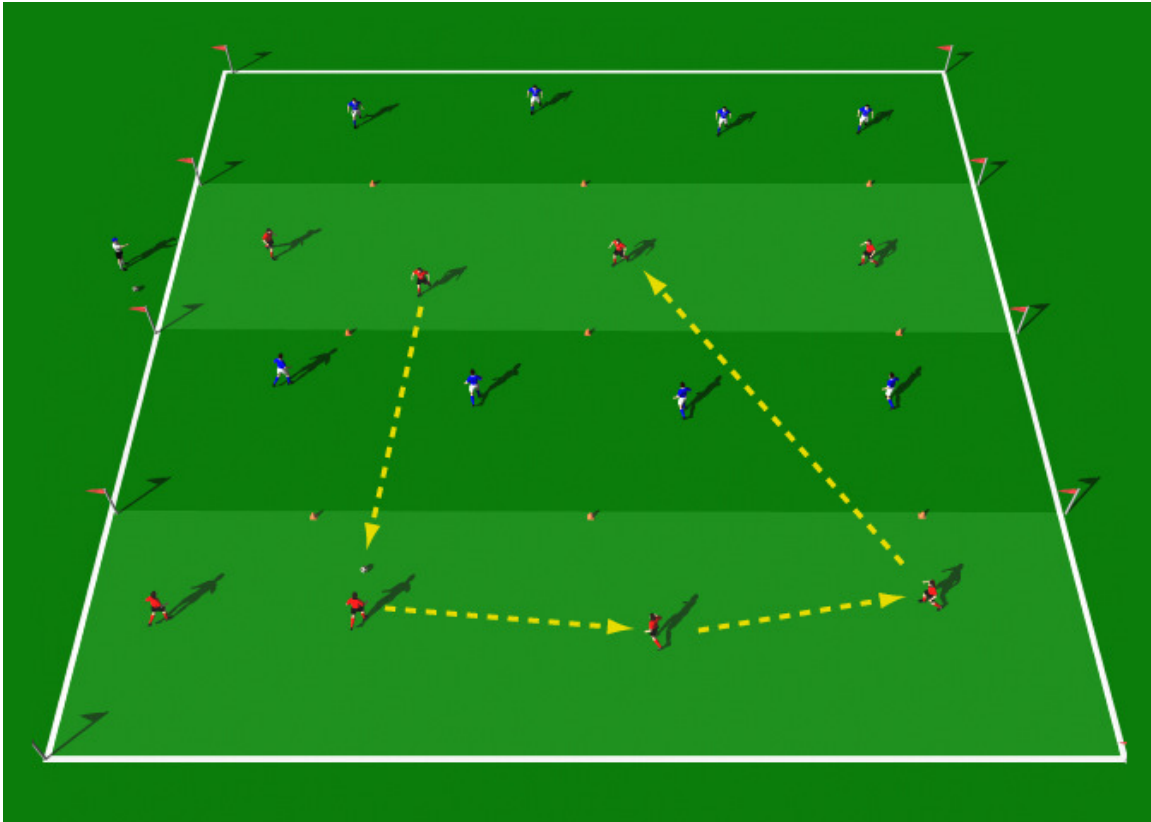
There are four players inside the square with 2 balls. Three players work on the sides of the square and one player works on the inside. The practice starts when player "1" passes to player "2" (center player). After passing the ball player "1" must quickly run to the open cone. Upon receiving the ball, 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 Eleven – Drill Four

Liverpool Passing Game



Objective of the Practice:

This practice is designed to develop quick exchange of the ball when in possession, with an emphasis on penetration.

Field Preparation

16 Players (two groups of eight), Area 30 yards x 40 Yards (4 zones), Supply of Balls and Cones, Colored Bibs.

Coaching Points

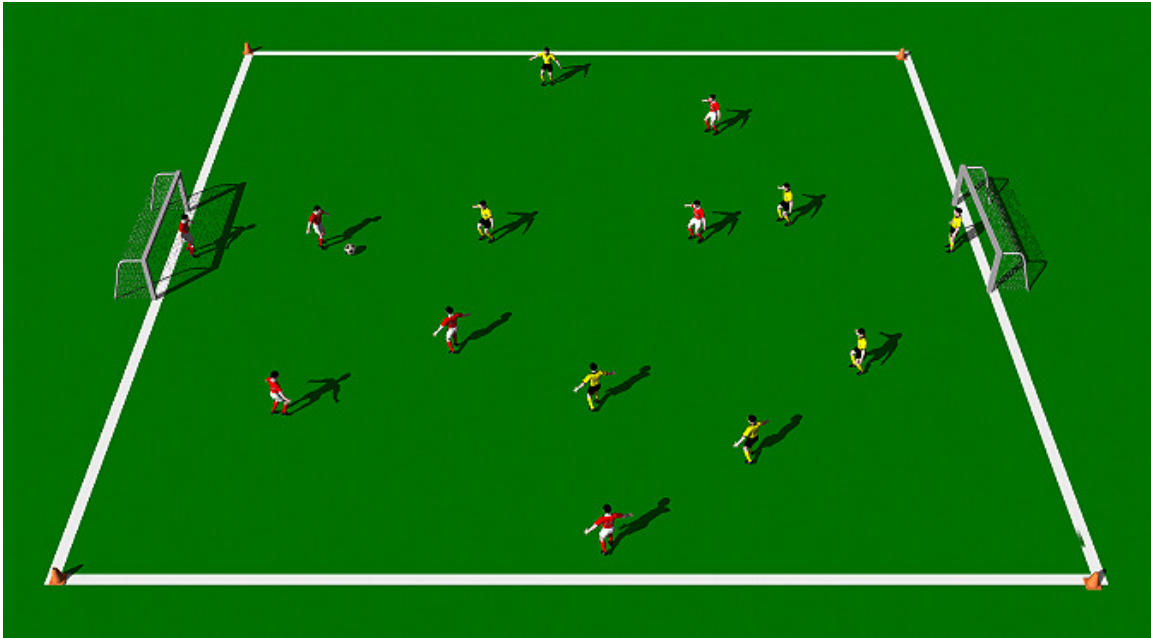
Divide group into two teams of eight. Identify each team with colored bibs. Place four players on each team in different zones as in the diagram above. Use one ball. The object of this game is for the four players with the ball to try and penetrate the opposing four players and find one of their team 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.

Focus On:

- ☐ Quick movement off the ball.
- ☐ Vision and communication.
- ☐ Quality First Touch, especially from target striker in box.

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 30 x 40 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 30 yards x 40 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.

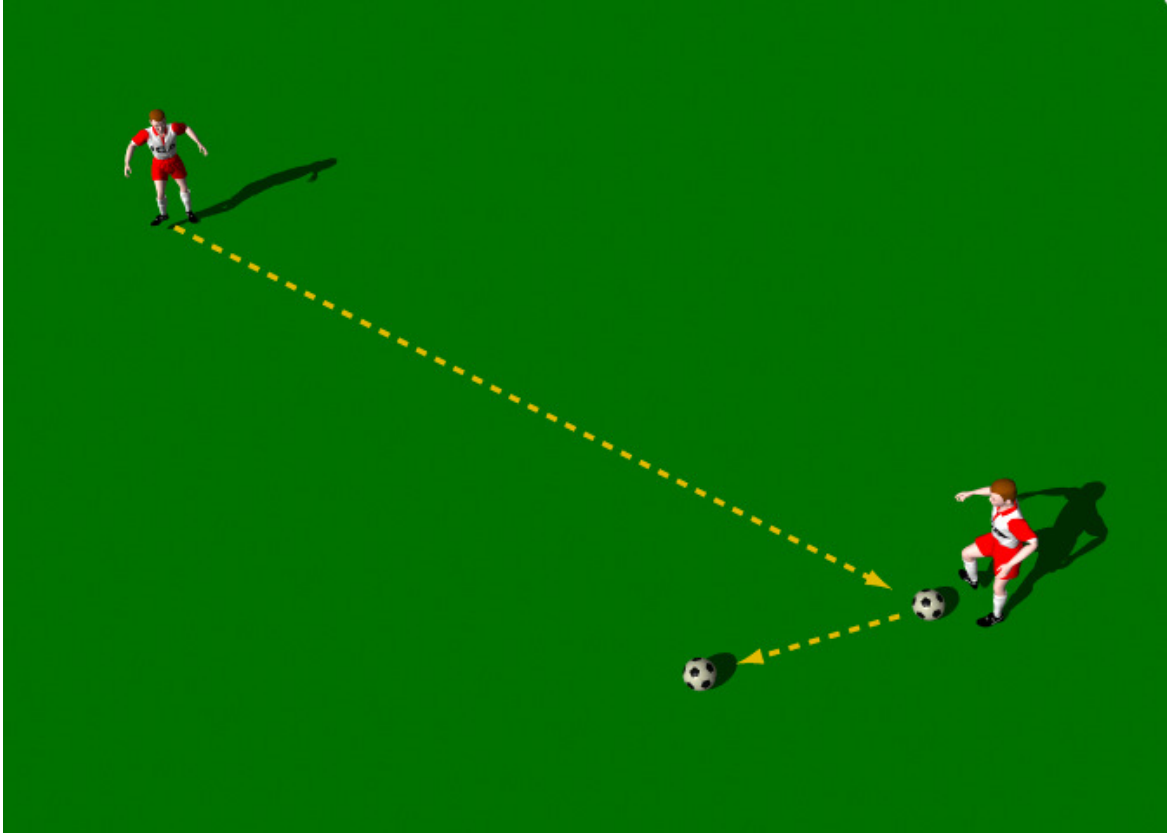
Record Score:

Team 1 _____ v Team 2 _____

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

Week Twelve – Drill One

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:

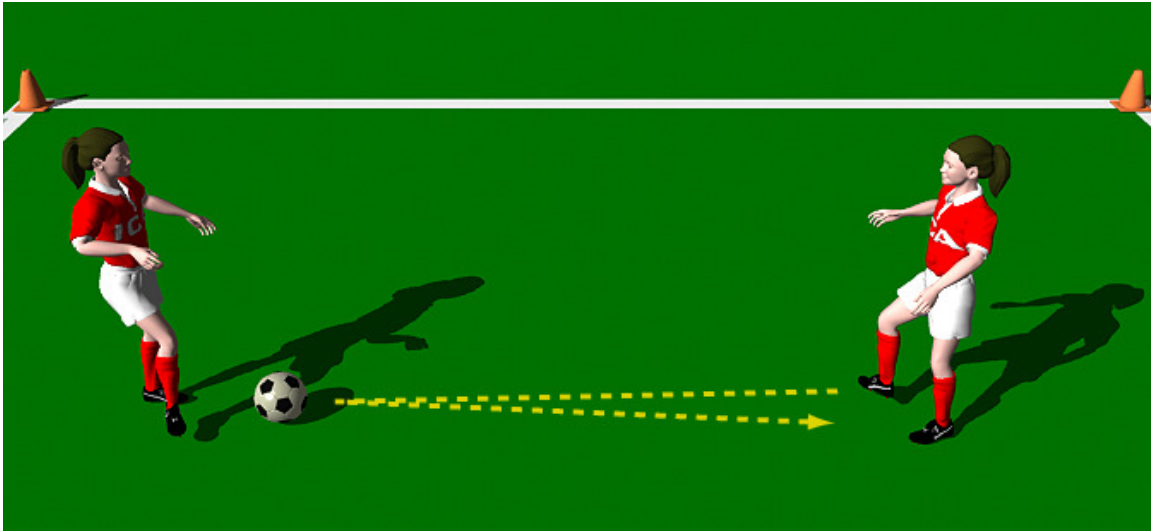
Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the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

Week Twelve – Drill Two

Speed Passing



Objective of the Practice:

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

Field Preparation:

Area 10 x 10 yards. Two players. One ball.

Coaching Points:

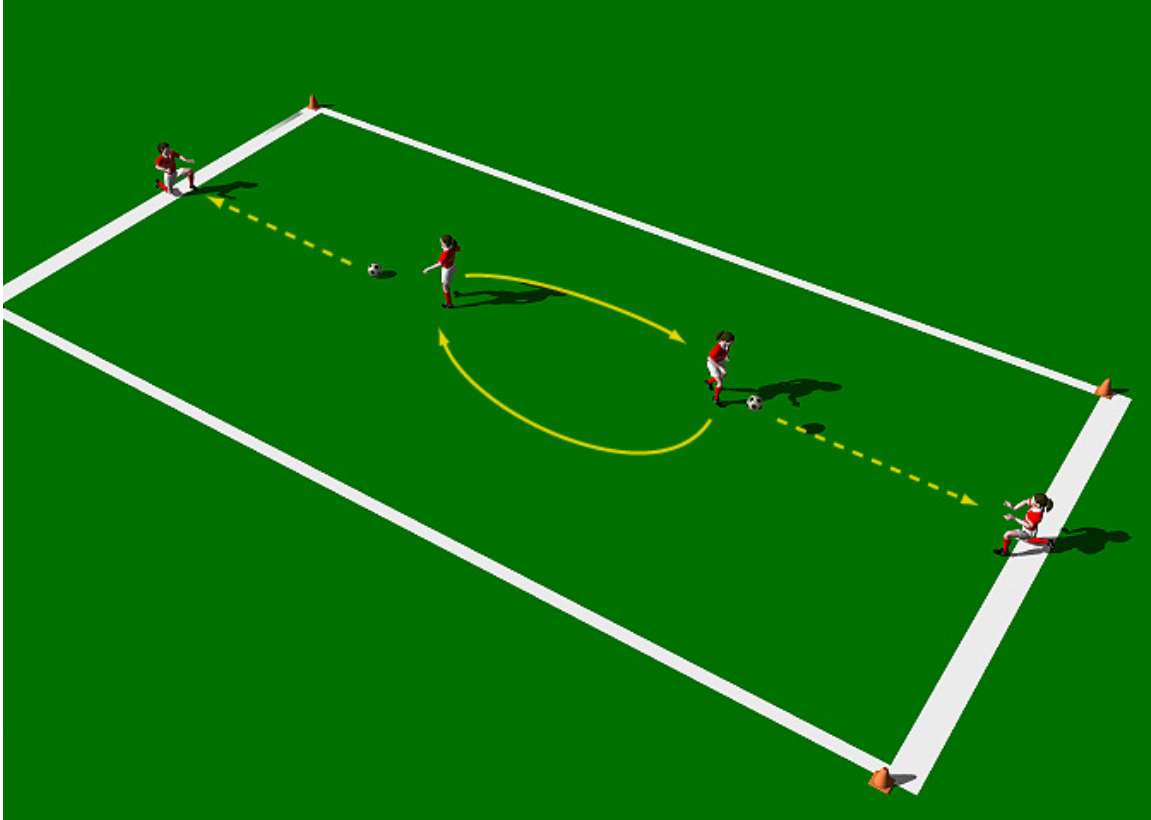
Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

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 cones. 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. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

Week Twelve – 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.

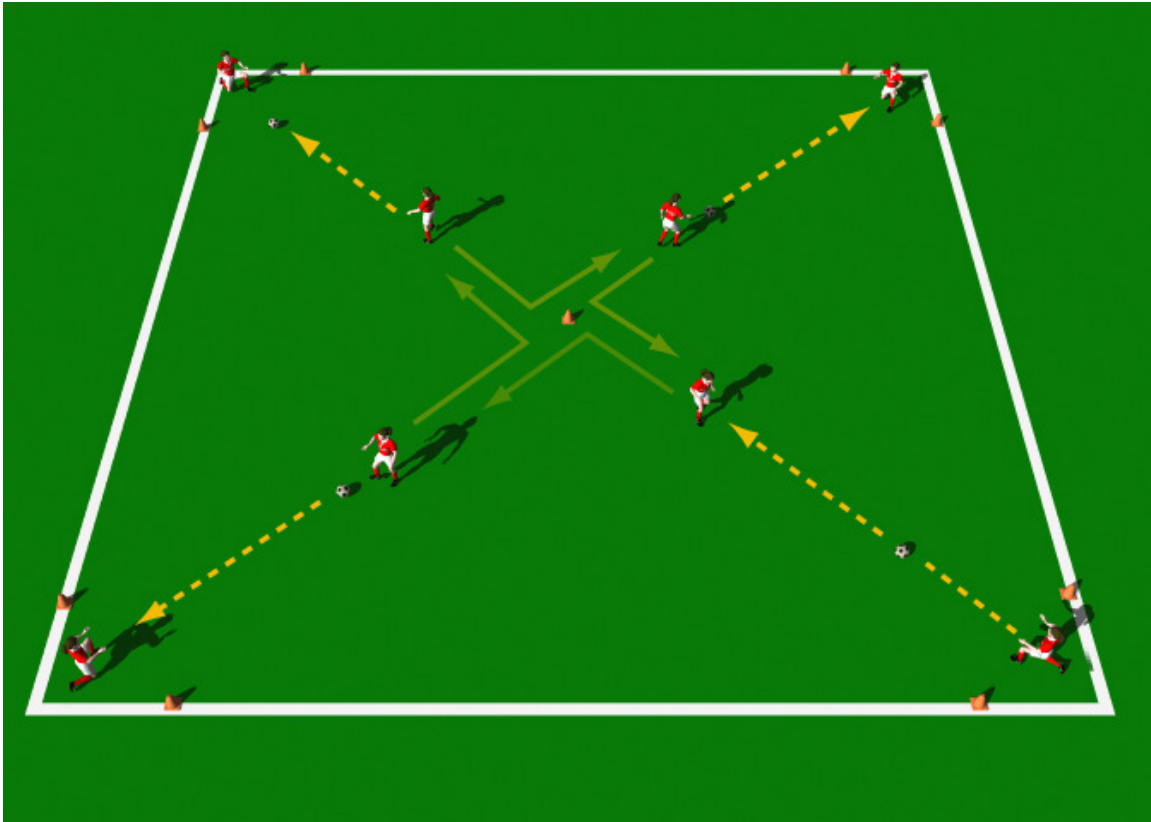
If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

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 Twelve – Drill Four

Passing Rotary Drill



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 20 x 20 yards. 8 players. 4 balls. Cones.

Coaching Points:

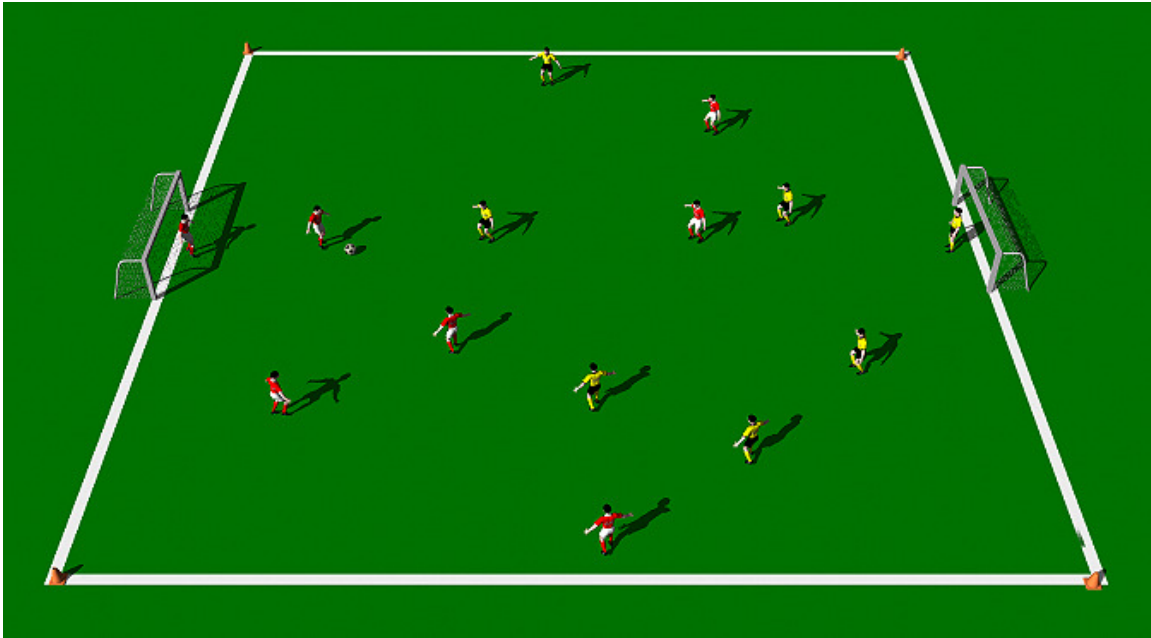
A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball. Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point.

After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server.

Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

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 30 x 40 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 30 yards x 40 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.