

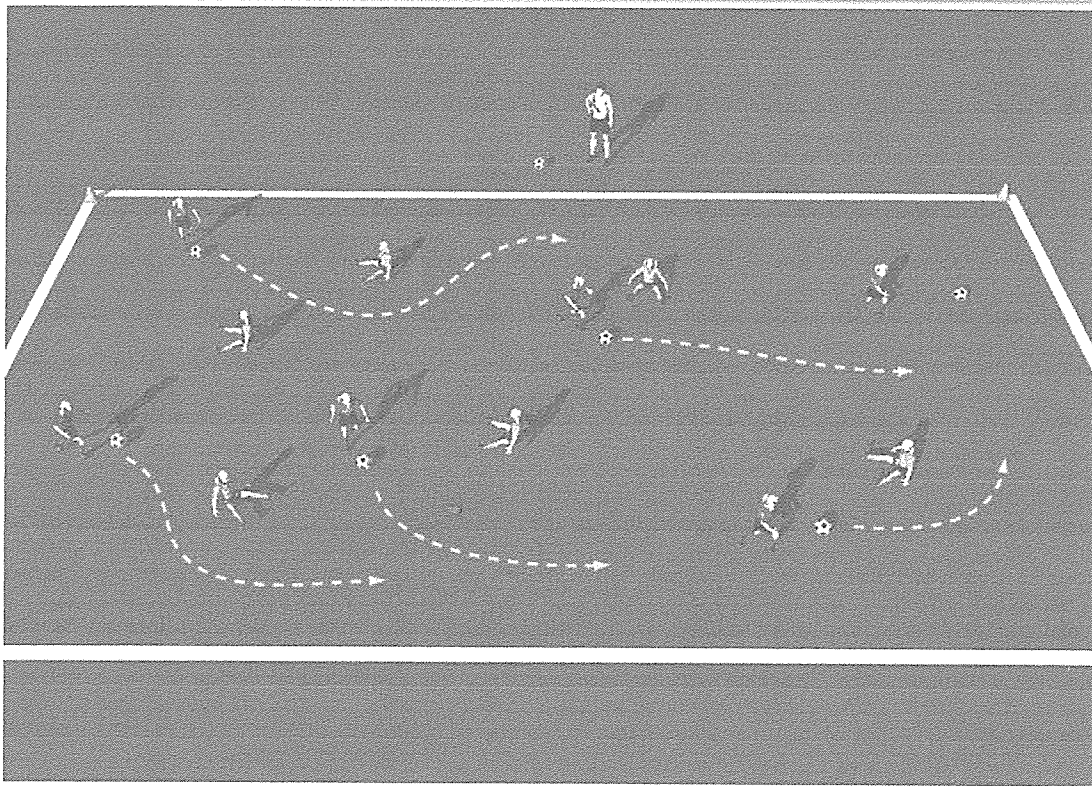
H.D.S.A



Soccer
Drills

Week One – Drill One

Sponge Bob Soccer Pants



Exercise Objectives:

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

Field Preparation

Entire Group, Area 10 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

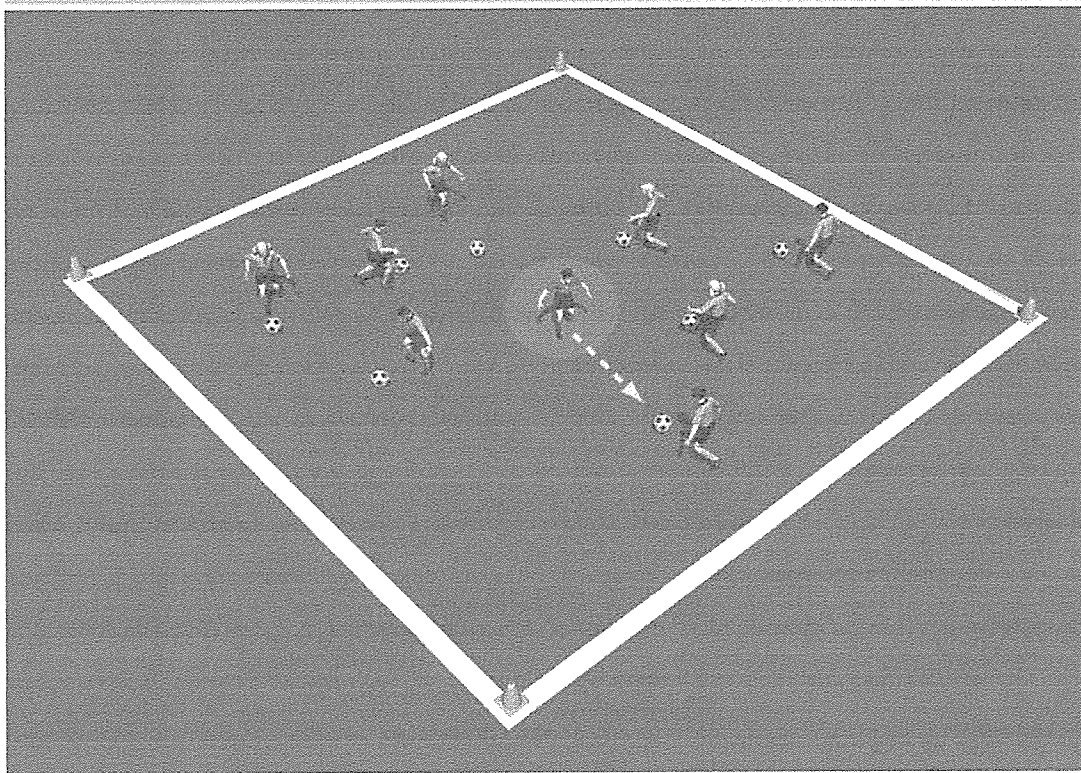
A group of players are positioned in a grid 10 yards x 20 yards, one set of players with one ball each. The group is divided equally into two groups.

One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid as the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid.

The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over.

Week One – Drill Two

Dribbling Knock Out



Exercise Objectives:

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

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

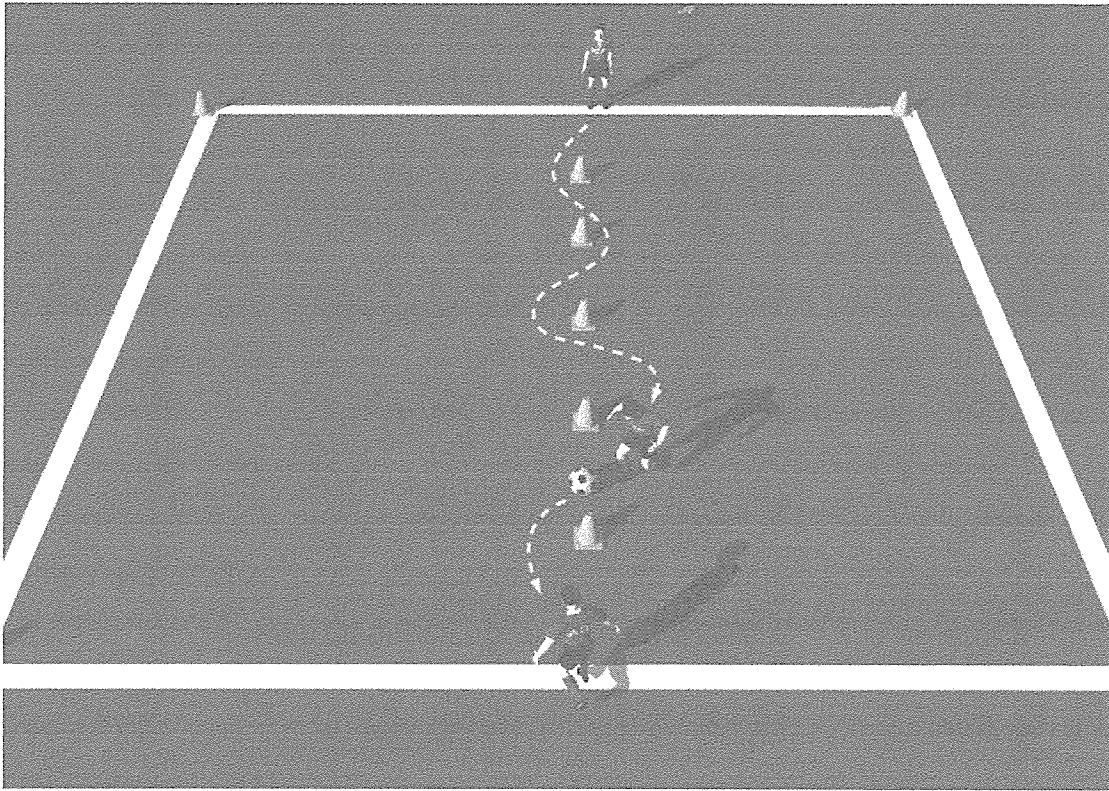
Coaching Pointers:

The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball. The practice is started with one defender placed in the center of the grid (Mad Max). The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he then becomes a member of the Mad Max gang and has to help him kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes Mad Max in the following game. Players should also look to screen the ball whenever needed, using their arms to hold off pressurizing defenders.

Week Two – Drill One

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:

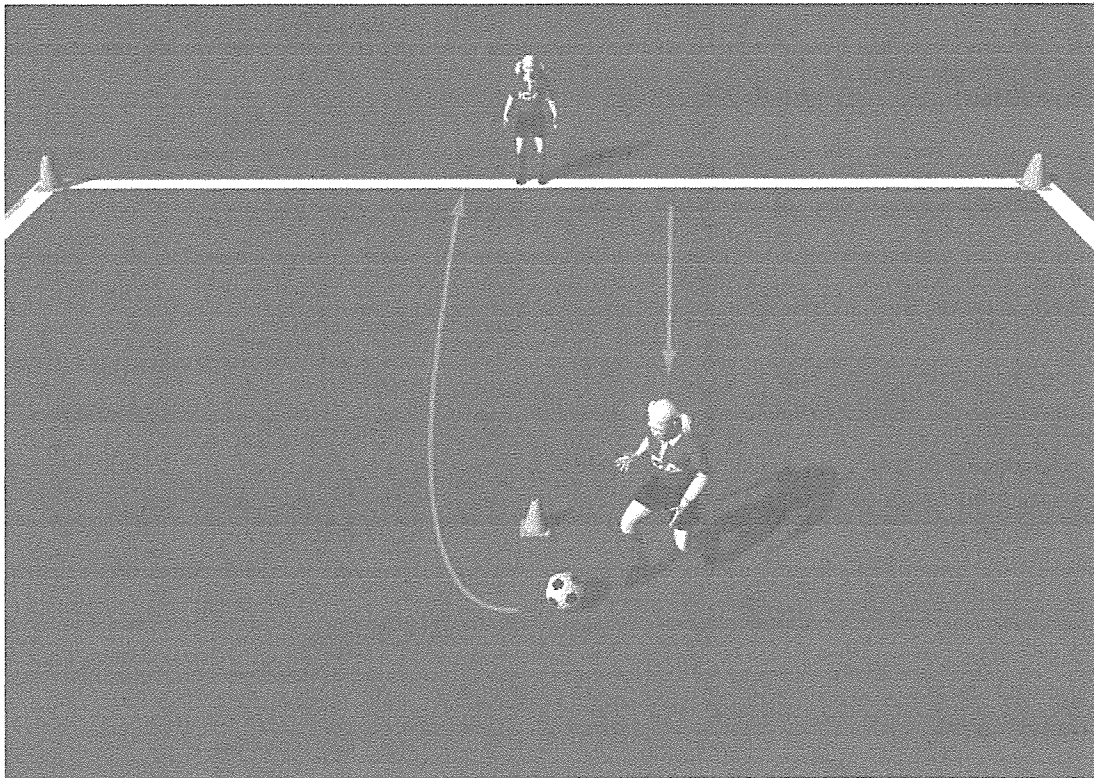
Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

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 Two – Drill Two

Dribble around the Cone



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 or Flag poles, Supply of Balls

Coaching Pointers:

Divide players into pairs, with one ball each. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed approximately 5-7 yards from the starting line.

The coach should emphasize the following coaching points:

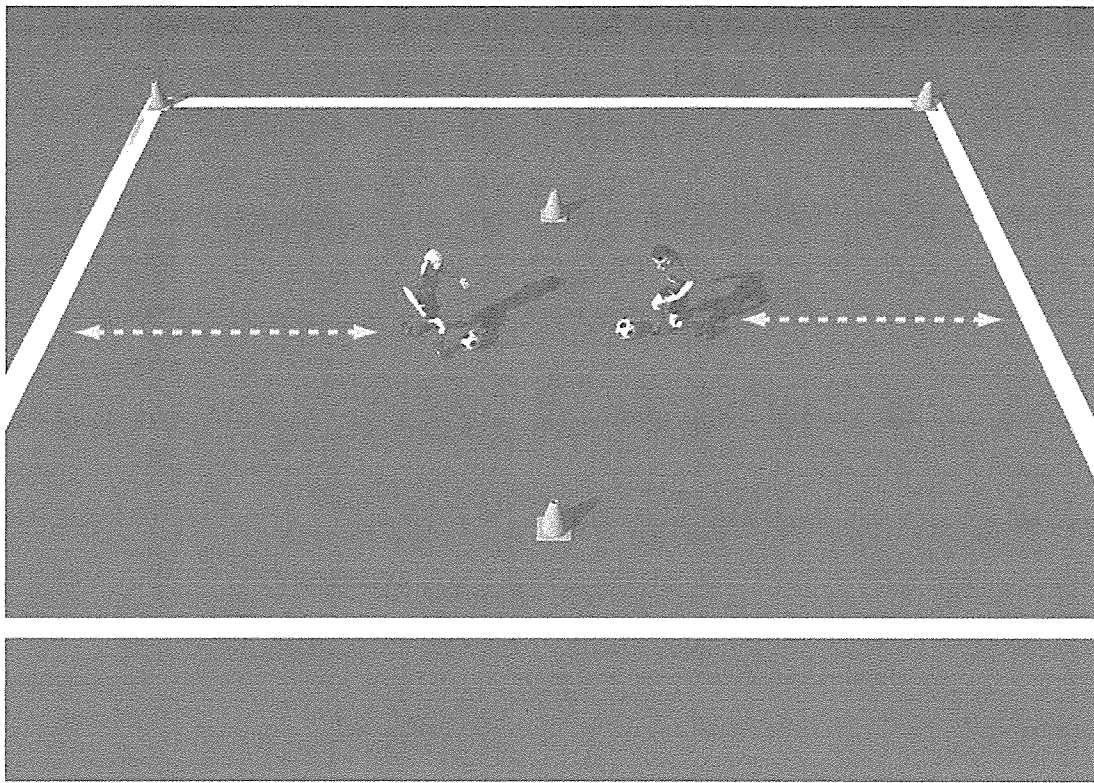
- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over. When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles.

Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.

Week Two – 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.

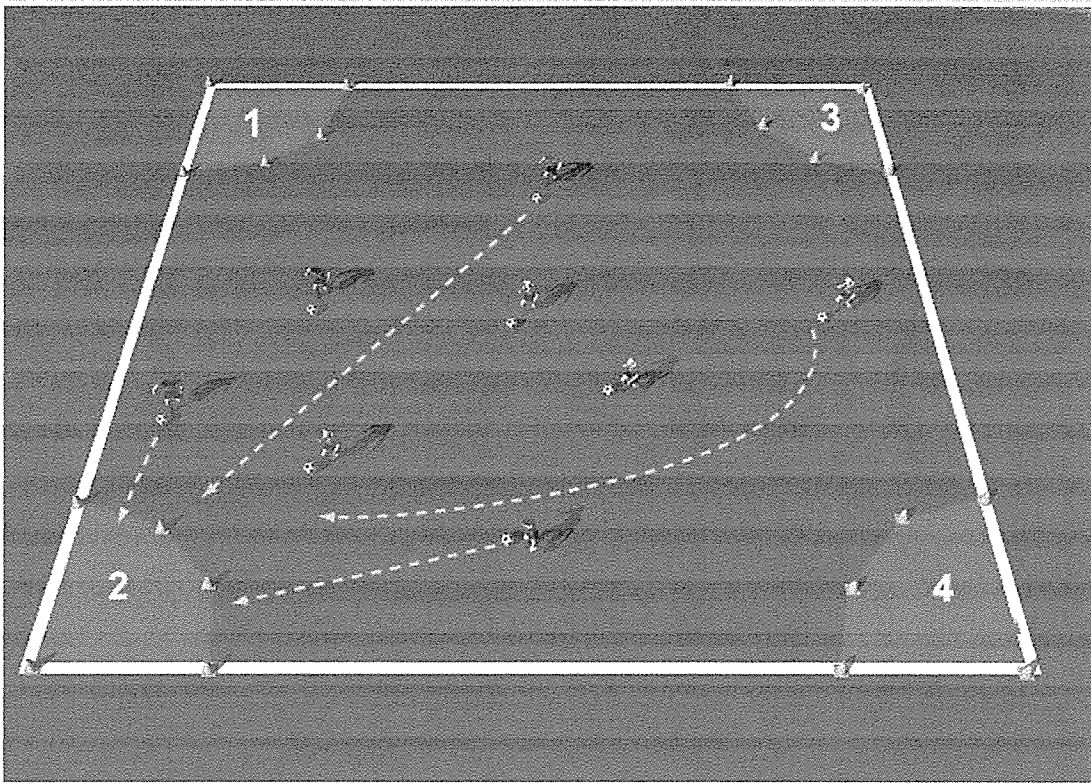
The coach should emphasize the following coaching points:

- 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

Week Three – Drill One

Dribble to Corners



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

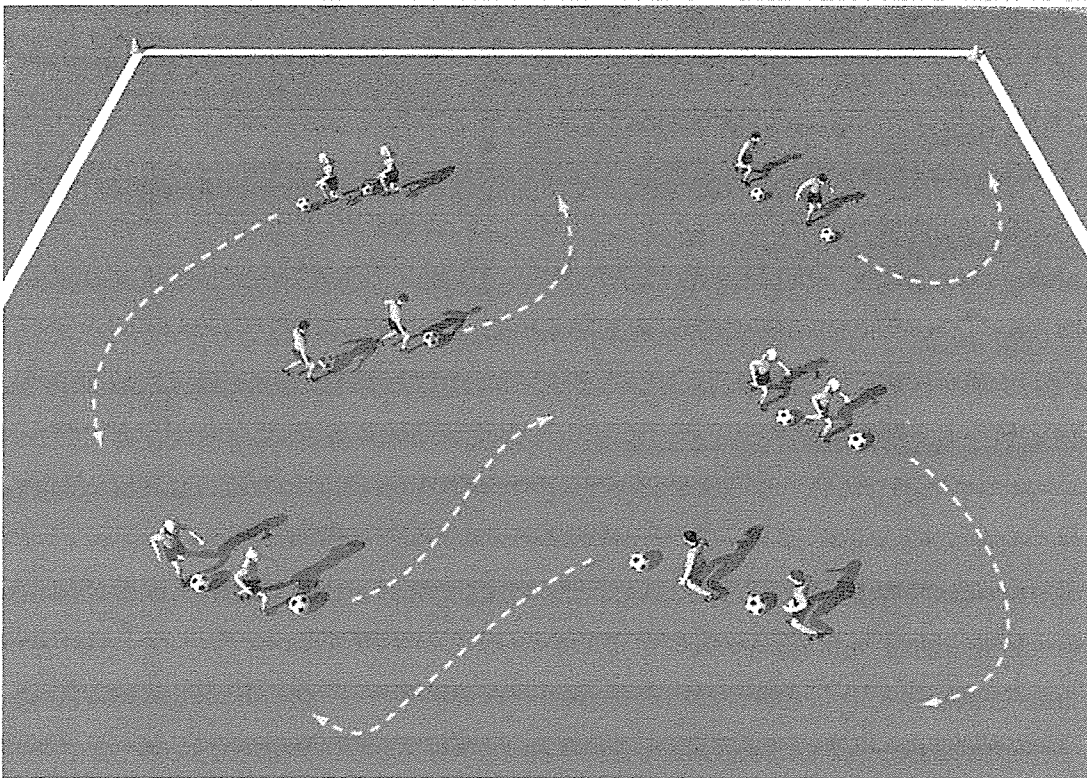
The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Week Three – Drill Two

Truck and Trailer



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

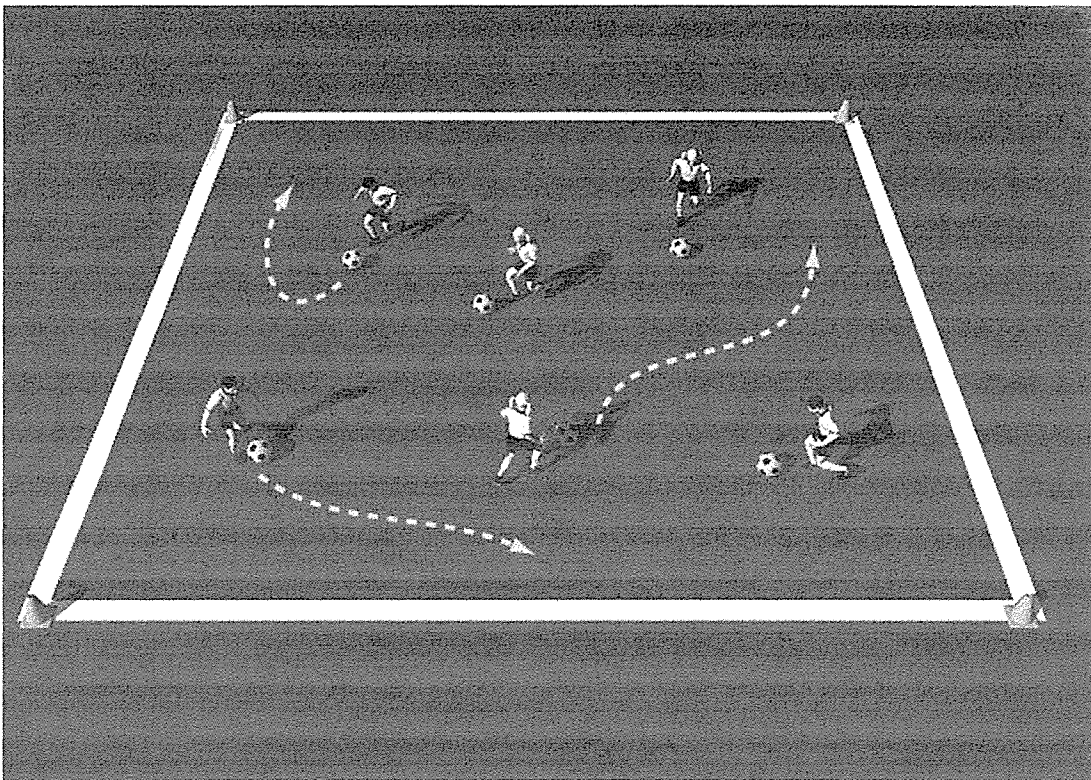
Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Week Three – Drill Three

Show me the Moves



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones.

Coaching Pointers:

The group is positioned in a grid 20 yards x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

Stop – Players must stop the ball using the sole of the foot.

Turn – Players must change direction 180 degrees.

Step Over – Players perform a step over move over the ball.

Fake – Players must fake to pass or cross the ball.

Explode – Players must change speed rapidly into an open area.

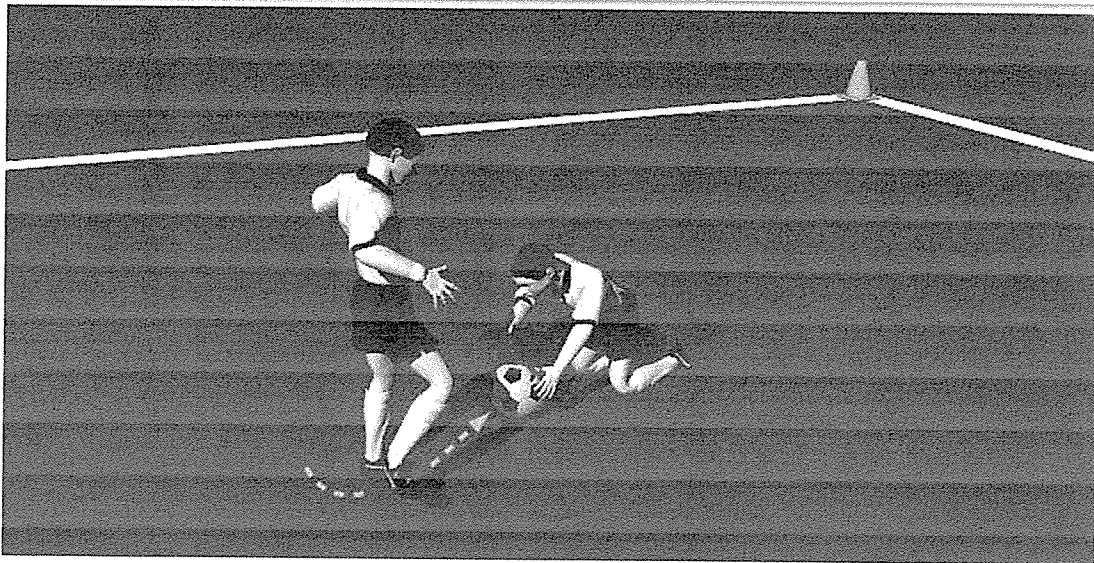
Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.

Week Four – Drill One

Push Pass Mechanics



Objective of the Practice:

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

Field Preparation:

Two players with one ball.

Coaching Points:

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the "Push Pass." The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- 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.

Week Four – Drill Two

Lock the Ankle



Objective of the Practice:

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

Field Preparation:

Two players with one ball.

Coaching Points:

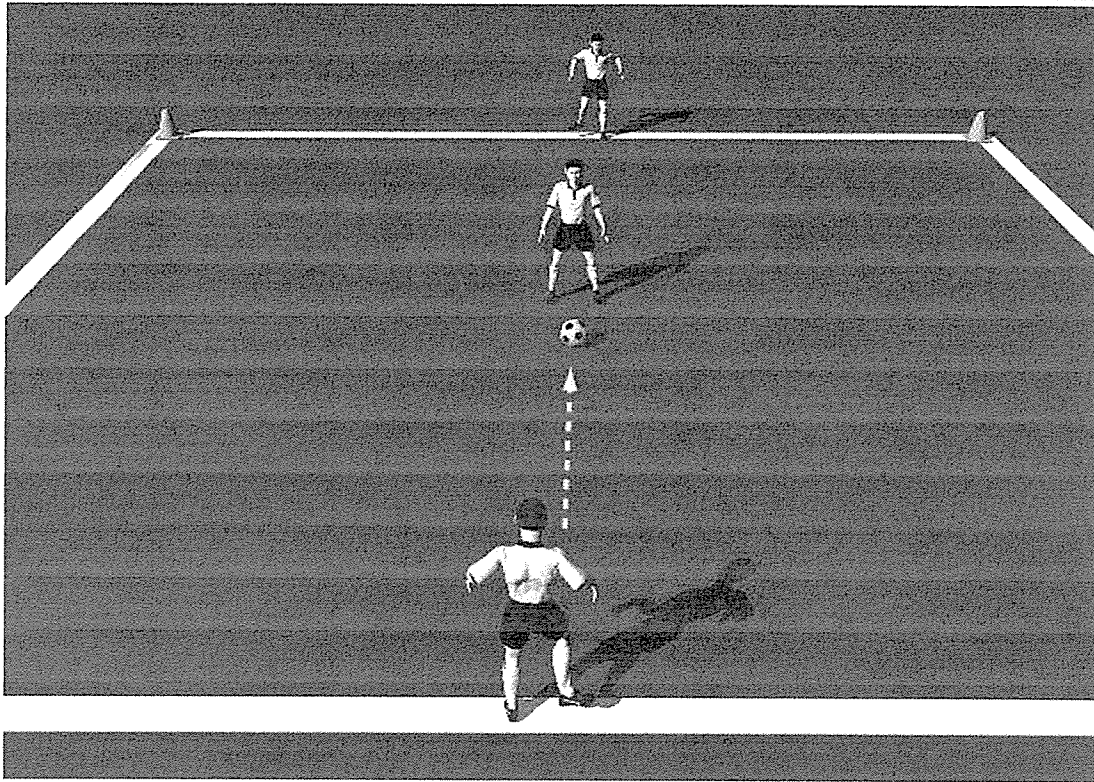
Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs the players step towards the ball and lock the ball between their feet as they perform the “Push Pass”. To ensure the timing coincides, one player should slowly count out loud “one, two, three”. On the three count the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- 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.

Week Four – Drill Three

Under the Bridge



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 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

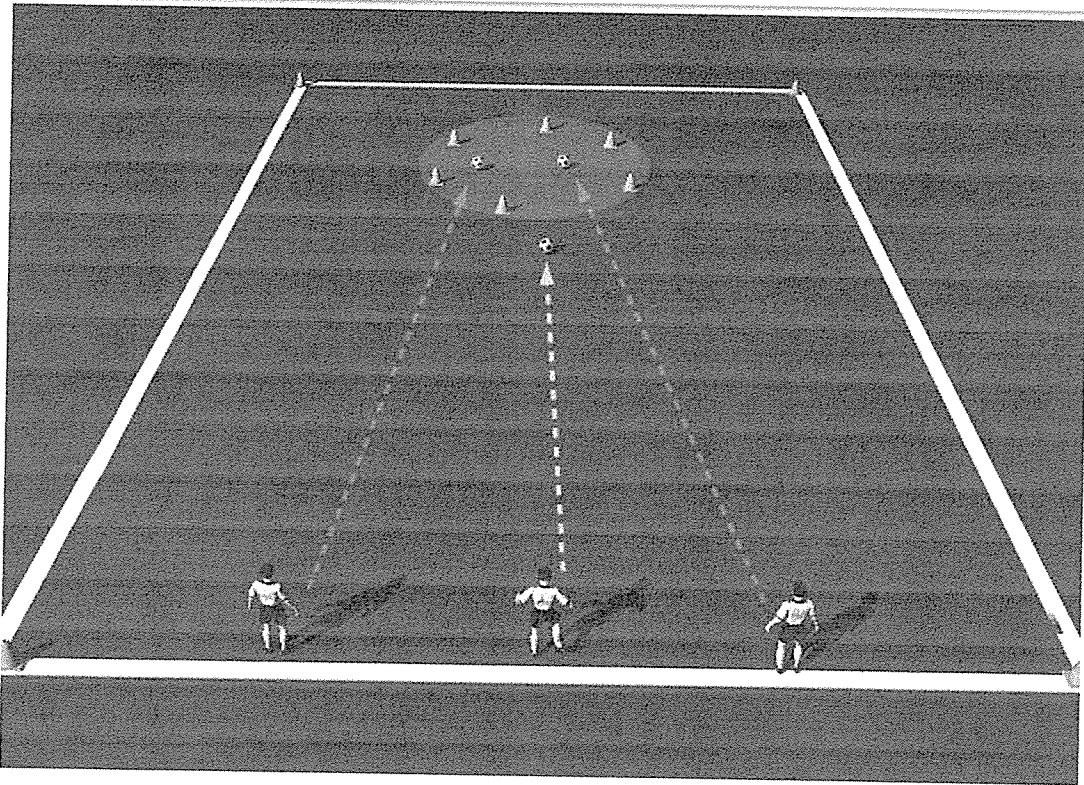
The coach should emphasize the following coaching points:

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other

Week Five – Drill One

Land on the Moon



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 15 yards. Small group of players, balls and cones.

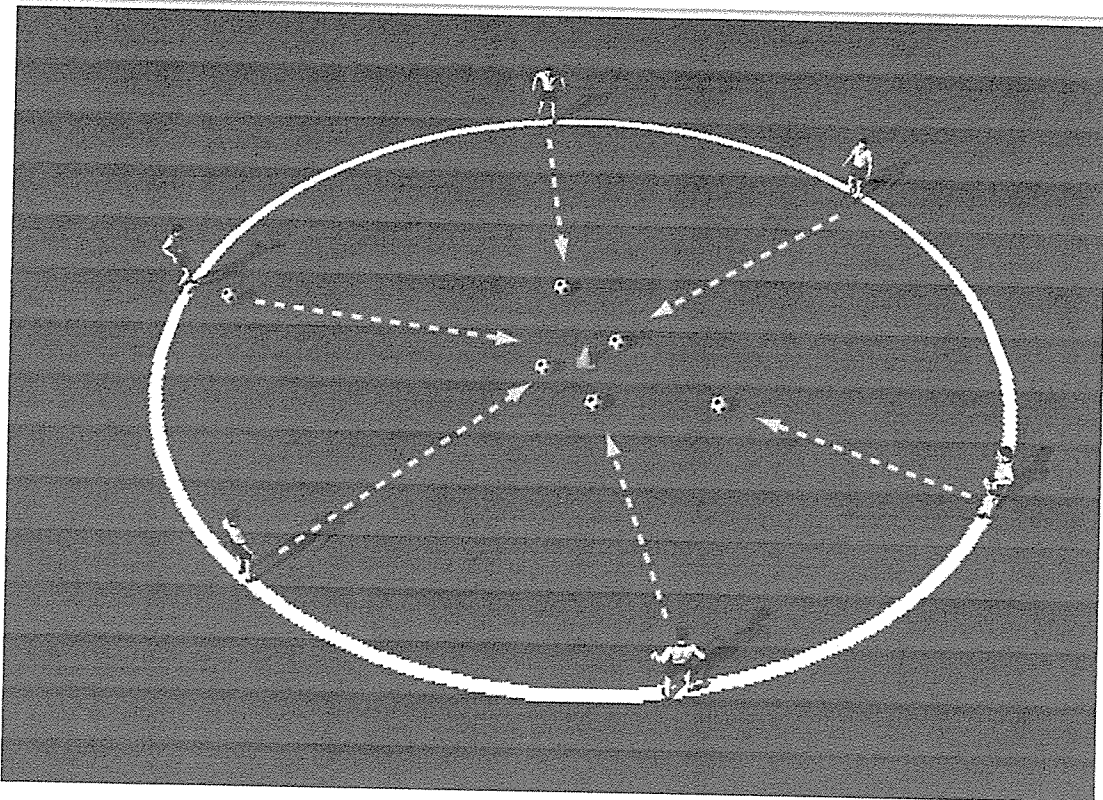
Coaching Points:

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid. In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

Week Five – Drill Two

Soccer Marbles



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:

Center circle. Small group of players, balls.

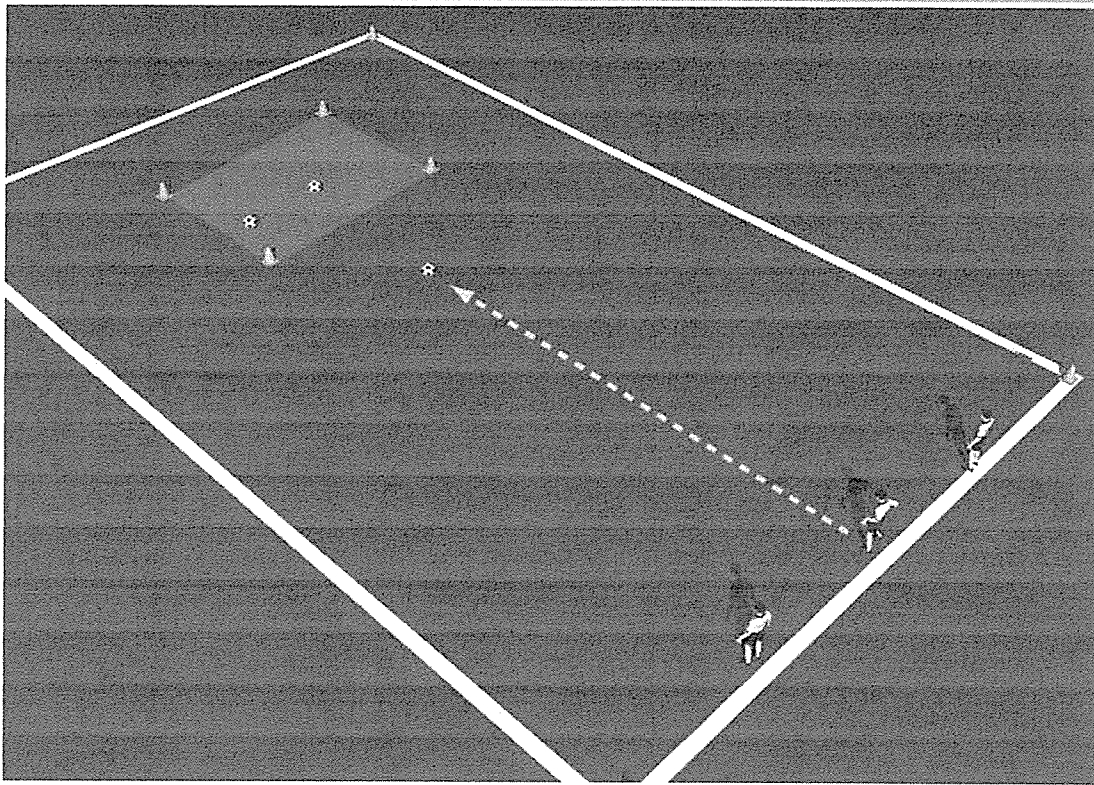
Coaching Points:

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble.

The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Week Five – Drill Three

The incredible Shrinking Box



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 20 yards. Small group of players, balls and cones.

Coaching Points:

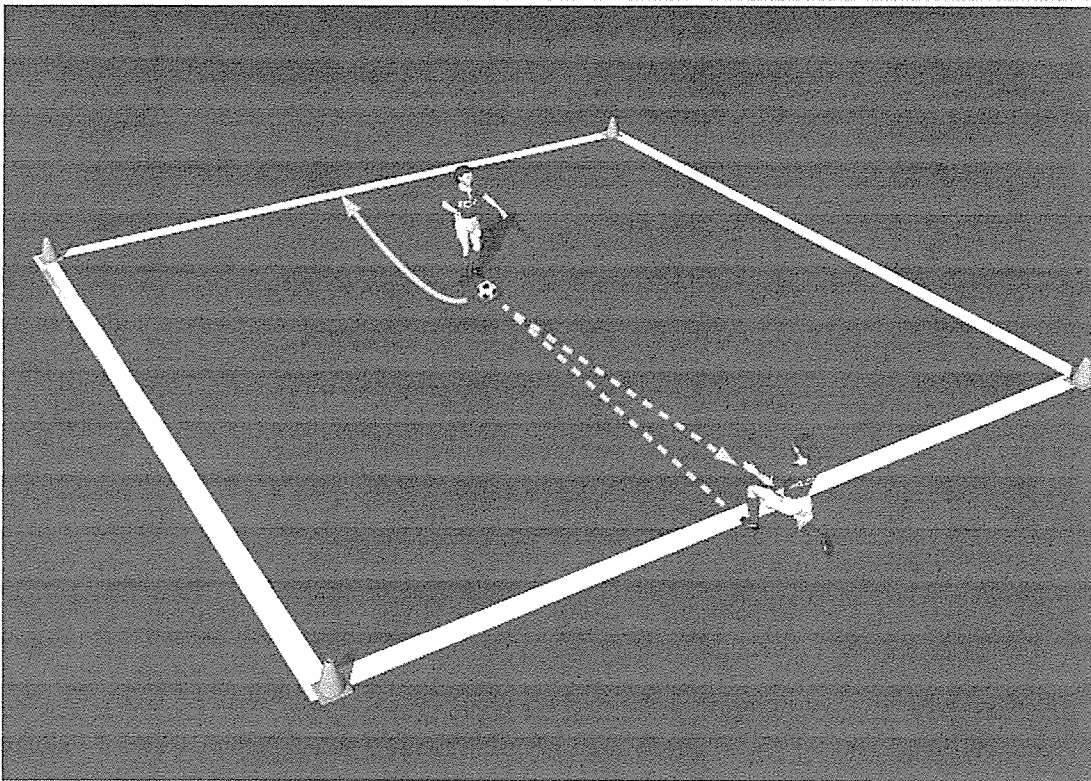
A grid is marked off approximately 10 yards by 20 yards. A line of cones is placed across the middle of the grid, forming a box. A group of players with a ball each is positioned on one end of the grid. In turn, players try to pass their ball into the box. A point is awarded if the ball stays within the box. After all players have taken a turn they retrieve their ball and return to the starting position.

To make the game progressively challenging, the box is now reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn and return to their starting positions on the end line.

The box is once more reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn. Line up all the players and total the points.

Week Six – Drill One

One Player Relay



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 10 yards. Two players. One ball, Four cones.

Coaching Points:

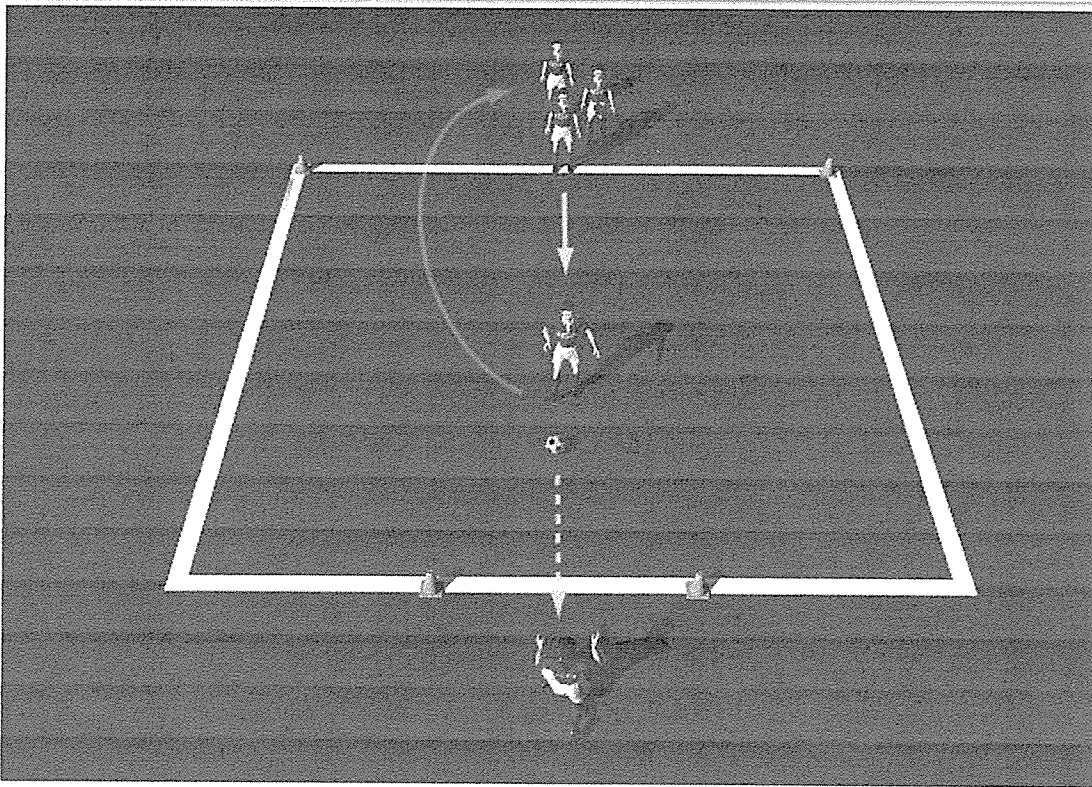
One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

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

Week Six – Drill Two

Target Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

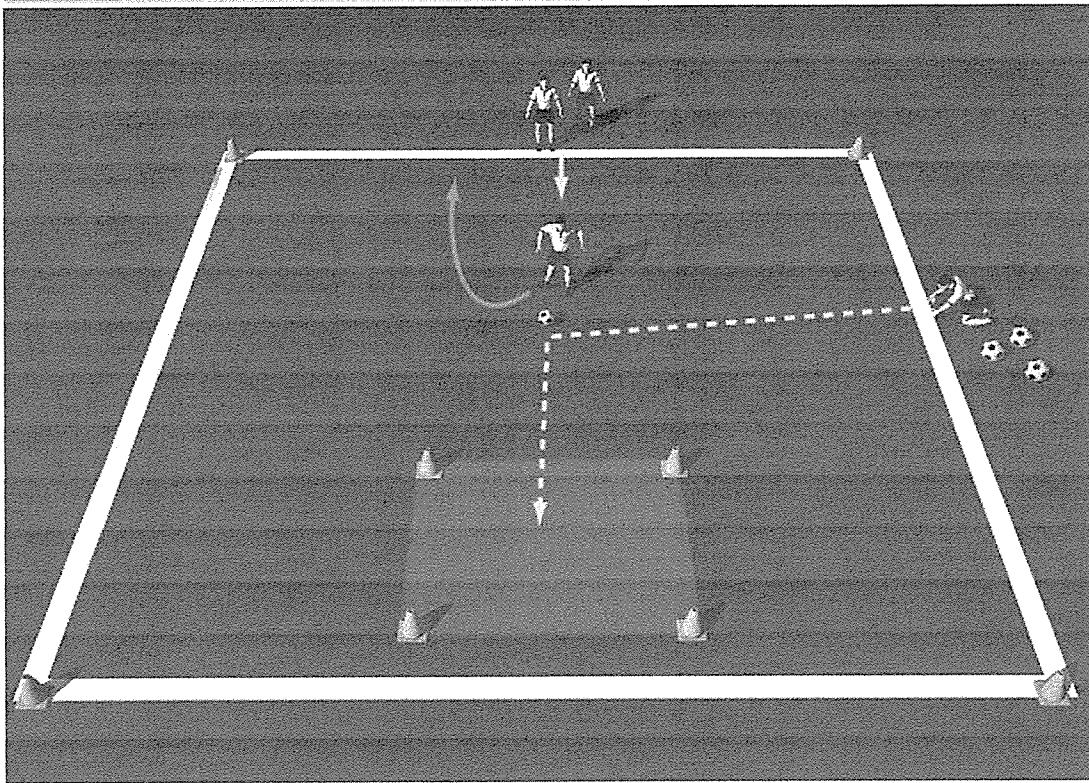
Coaching Points:

A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball "first time" through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.

Week Six – Drill Three

Balls in the Box



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in passing a moving ball. An emphasis is placed on timing and accuracy.

Field Preparation:

A grid is marked off approximately 10 yards by 20 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. A group of players are positioned at the opposite end of the grid and a server placed on the side. The server has a supply of balls within reach.

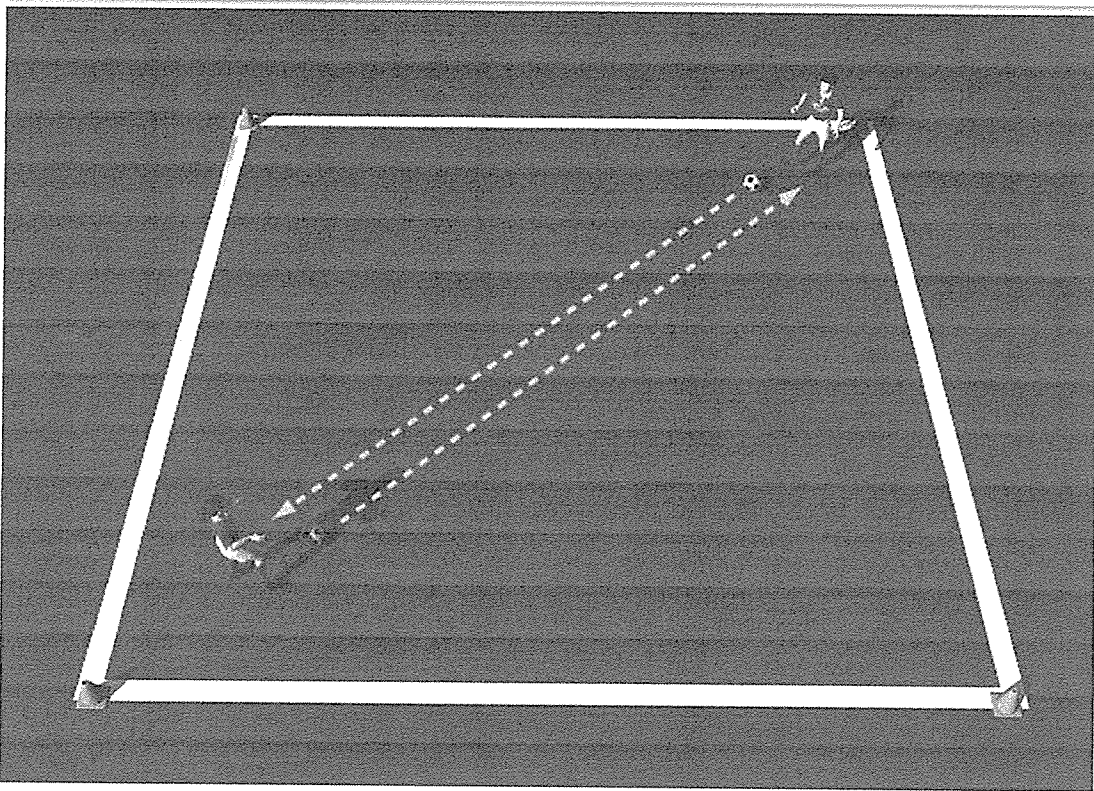
Coaching Points:

The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line.

Have 2 groups side by side competing against each other. First team to get all their balls in the box wins. Try making the box smaller to challenge your players. Rotate servers to ensure everyone practices the activity.

Week Seven – Drill One

Swap the Ball



Objective of the Practice:

This practice is designed to improve the mechanics involved in the "Push Pass". An emphasis is placed on accuracy and movement.

Field Preparation:

Area 10 x 10 yards. Two players. Two balls.

Coaching Points:

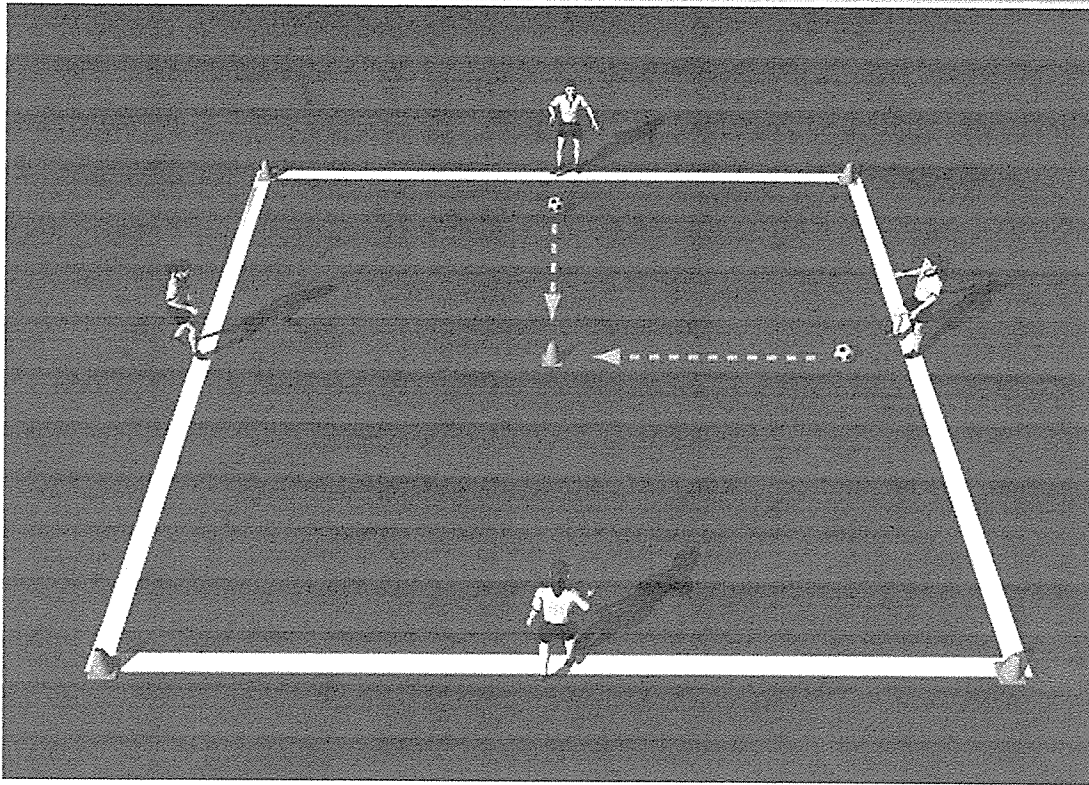
Two players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid.

On the count of three, both players pass the ball across the grid to their partner. Players should be alert on their feet, get behind the flight of the ball quickly and control it. The practice is then repeated.

Players should pass the ball slightly to the side of their partner to avoid the balls from colliding.

Week Seven – Drill Two

Knock Down the Cone



Objective of the Practice:

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

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

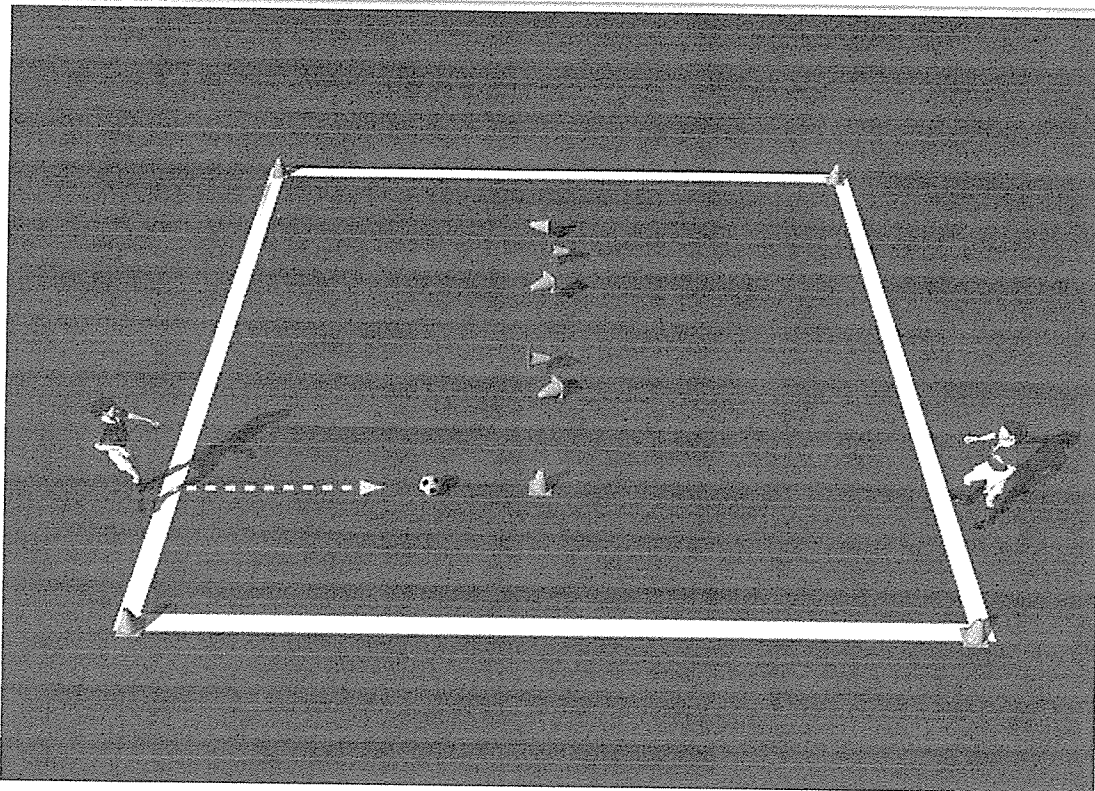
Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins

Week Seven – Drill Three

3, 2, 1 Blast Off



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

Two players are positioned opposite each other in a grid 10 yards by 10 yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone.

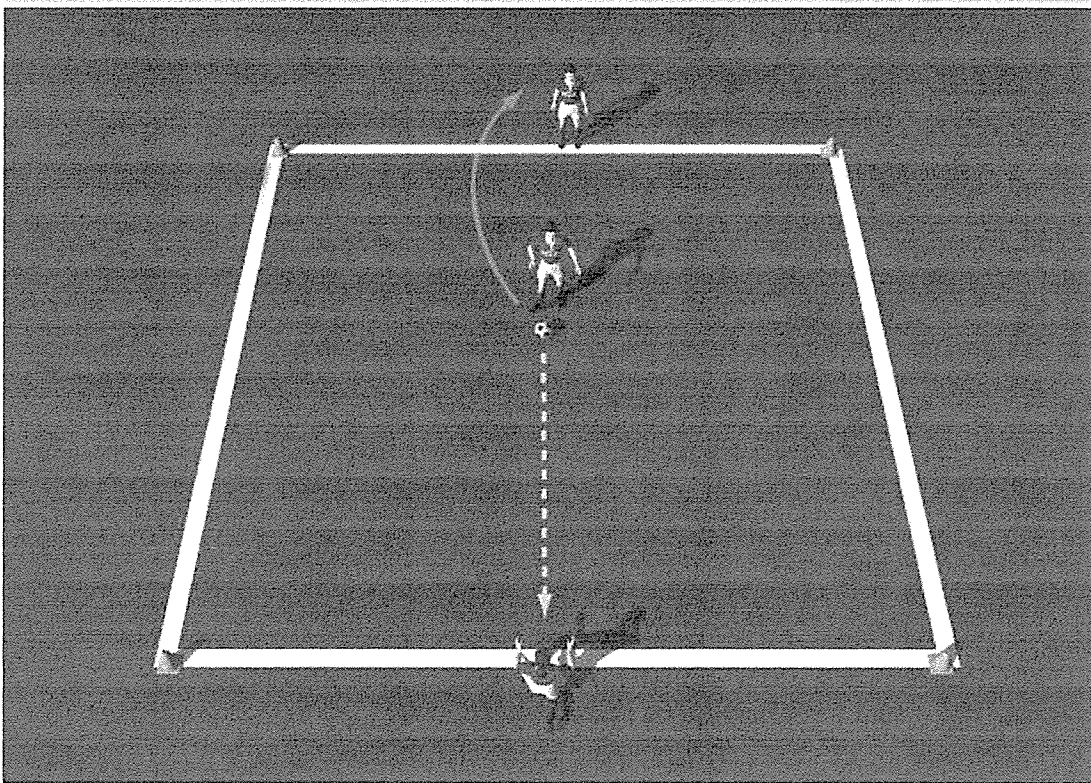
Coaching Points:

Players work as a team to knock down all the standing cones. First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally the competition is completed when the last single cone is knocked down. The targets get more challenging as they reduce in size.

Divide your group into pairs and have them compete against each other. First pair to eliminate all six cones wins. Repeat practice several times.

Week Eight – Drill One

Two Player Relay



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 10 yards. Three players. One ball, Four cones.

Coaching Points:

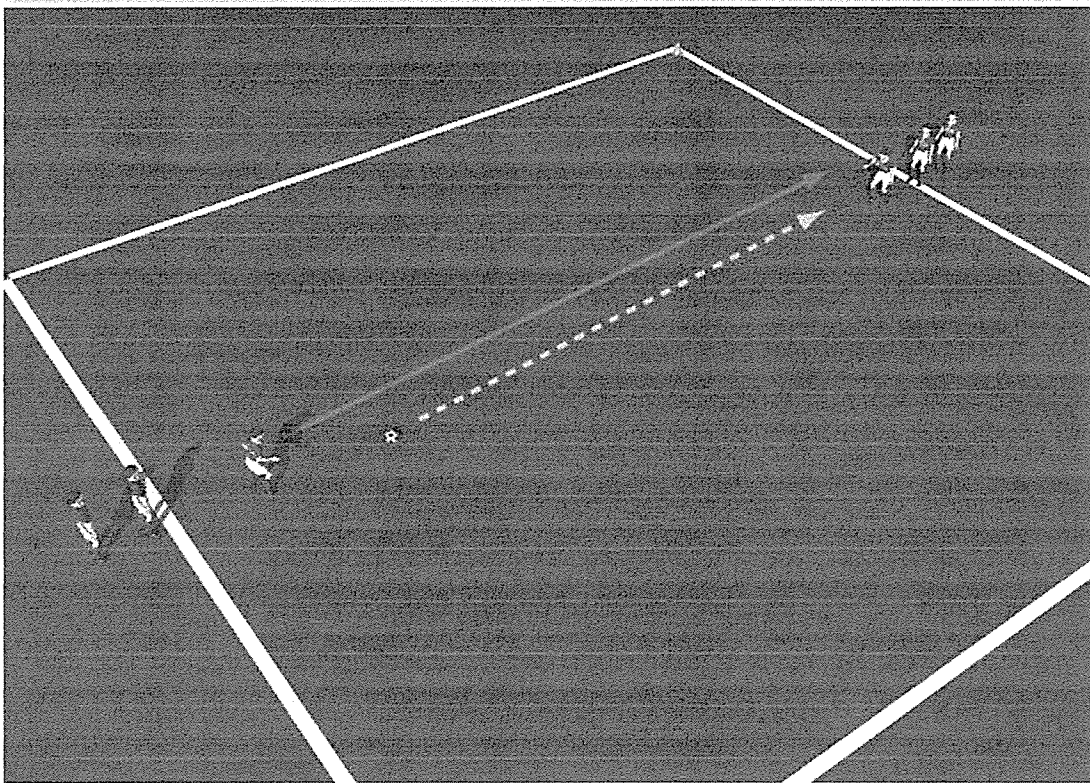
Two players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet 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 groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.

Week Eight – Drill Two

Pass and Run



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. Small group of players. 1 ball. Cones.

Coaching Points:

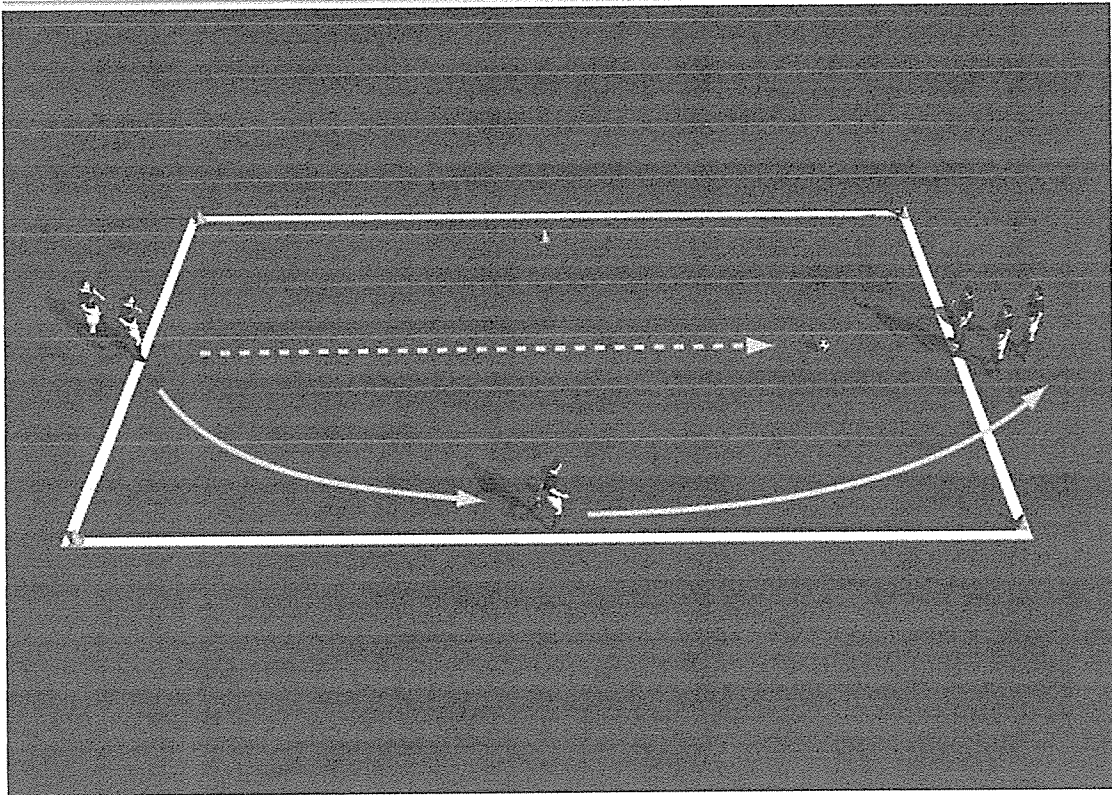
Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball

Week Eight – Drill Three

Pass and Overlap



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on an overlapping run after making a pass.

Field Preparation:

Area 10 x 20 yards. Small group of players. 1 ball. Cones.

Coaching Points:

Two groups are positioned at opposite sides of the grid. The first player passes the ball through the two center cones to the player at the opposite side. After passing the ball, the player makes a fast supporting run around the side cone and joins the opposite group.

- Encourage players to keep the ball on the ground.
- Move quickly after passing the ball.
- Try to play "one touch" passes whenever possible.