



CANADA SOCCER

LEARN TO TRAIN



LEGEND



RED PLAYERS = ATTACKING PLAYERS



WHITE PLAYERS = DEFENDING PLAYERS



BLACK ICON = COACH



GREY ICON = PARENT / GUARDIAN



DRIBBLE THE BALL



PASS OR SHOOT THE BALL



STOPWATCH



FOOTBALL



CONES



GOAL



POOL NOODLE



PINNIE



BALLS



LADDER

MANAGE THE ENVIRONMENT

If activities are illustrated as using fewer players than the total attendance, consider these solutions to keep everyone playing:

- Multiple small games (set up 2-3 games)
- Third team (Managing rest time)
- Add target players

MANAGE THE ENVIRONMENT

Avoid coaching a lot and telling players what to do! Players do not want to listen to their coach constantly and want to feel they can try and make decisions. Let them play frequently and praise good actions or behaviours.

Ask questions and set challenges as this helps them reflect and solve problems.

MANAGE THE ENVIRONMENT

You can use constraints or scoring systems to reward skill sets and positive play to invite players to solve problems.

Example: If you want players to dribble, you can reward the opposition with points if they intercept a pass. This approach does not limit the player's choice, but it creates a risk-and-reward scenario for them to explore.

1. Attacking Organization (We Have the Ball)

Our team has the ball. We try to keep it, move forward, create chances, and score.

2. Defensive Transition (We Just Lost the Ball)

We just lost the ball. We must react quickly—try to win it back or get back into our defensive positions.

3. Defending Organization (They Have the Ball)

The other team has the ball. We stay organized, protect space, and try to stop them from scoring.

4. Attacking Transition (We Just Won the Ball)

We just won the ball back. This is a good moment to attack quickly before the other team gets organized.



INDIVIDUAL PLAYER SUPPORT STRATEGIES



ON FIELD STRATEGY

01. INDIVIDUAL CONSTRAINTS

Use rewards/restrictions to influence individual behaviors.

02. PLAYER PAIRS TO INCREASE OPPORTUNITY AND CHALLENGE

Pair players intentionally to increase repetition. E.g., small with small, fast with fast, etc...

03. ISOLATED ME AND BALL PRACTICE

Increased repetition of an action allowing the coach to work more forensically.

04. QUESTION PLAYERS ON GOALS DURING SESSIONS

Use questions to gain attention & set challenges "when would you...?"

05. INDIVIDUAL ANALYSIS

Ask the player to evaluate performance and things they seek to improve on.

06. PEER-TO-PEER ROLE MODELING

Use older or more experienced players to demonstrate key behaviors.

07. TARGETED CHALLENGE

Use targeted challenges that act as a guide for learning "Try to score within 6 secs"

08. REPETITION WITHOUT REPETITION

Rehearse behaviors repeatedly with varied angles, timing and distances.

09. VERBAL CUES

Coach and players verbalize intended behaviors (eg, "Can you show me how to...")

10. RELATIONSHIP WORK

Ask players in pairs to discuss questions based on session skill sets.

11. ZONES

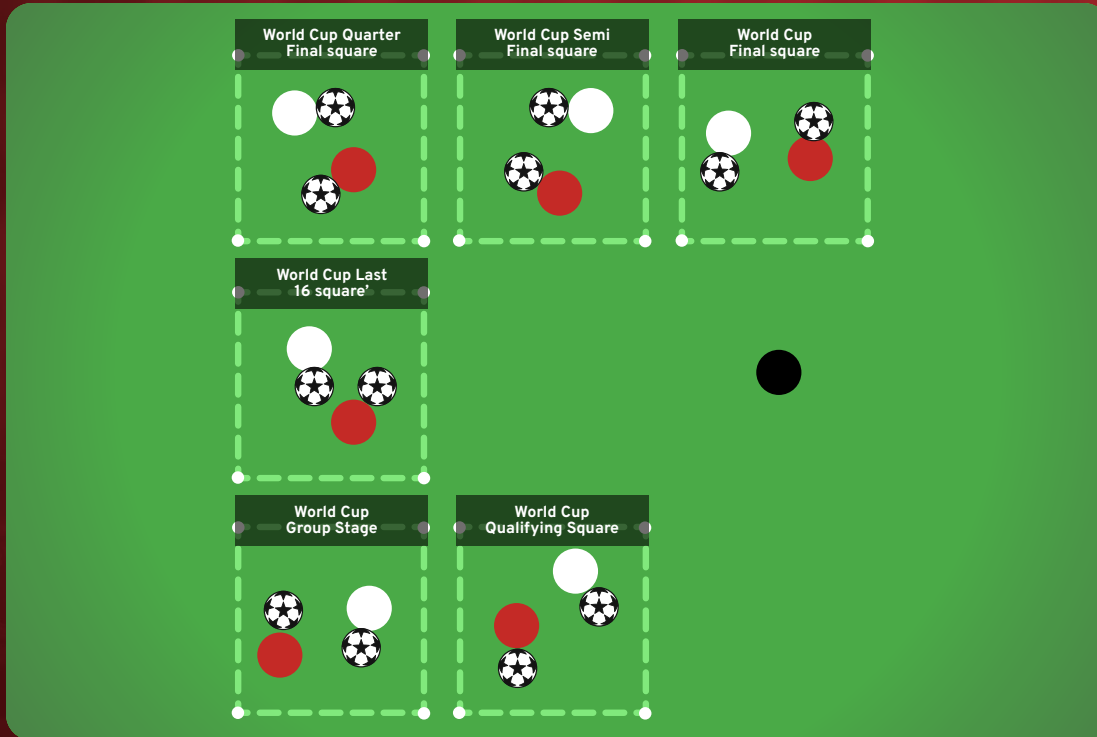
Mark areas on pitch where players must perform behaviors to increase intentionality.



PHYSICAL LITERACY GAMES



DUAL WORLD CUP



HOW TO ORGANIZE

1. Create 6 boxes approx 8m × 8m.
2. Players are divided into pairs.
3. Each player has a ball.
4. Designate a 'World Cup Final Square'.

HOW TO PLAY

1. Players try to touch the opponent's ball with their feet while maintaining close control of their own ball.
2. Scoring: 1 point for every touch made on the opponent's ball and 1 point if opponent goes out of the square with their ball.
3. Play for 30 seconds.
4. Outcome: The winner moves up the 'ladder' to play a new opponent.
5. Losing player stays where they are except for the world cup final square, where the losing player goes to qualifying and the winning player gets awarded 1 world cup.
6. Rock, paper, scissors to settle any ties.

How to Modify:

- One ball between two players. 40 second games. One player has to stay on the ball for 20 seconds. One point for the defender each time they touch it. Switch roles and count the final score.
- Ball starts in a 50-50 block tackle, the winner is the player in possession of the ball at the end of the 30 second time limit. Rule: if the ball goes out the possession switches and start back in the middle.

HOW TO COACH

Challenges:

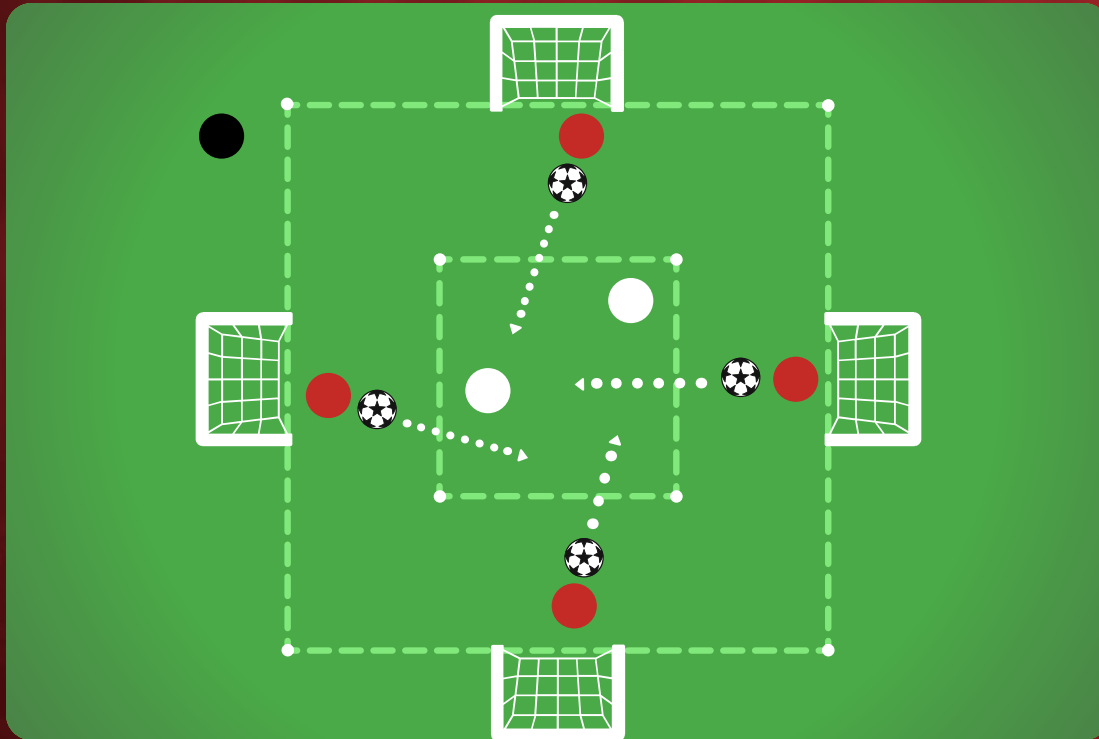
- Try to "explode" out of the corner into open space.
- Try to hide the ball on your 'safe side'.

Questions:

- How did you use the different parts of your body to protect the ball?
- Were you looking down at your ball when your opponent was pressuring you or into space?



TRAVELLING WITH THE BALL



HOW TO ORGANIZE

1. A 20m × 20m area is set up with goals on each side as shown.
2. 8m × 8m square is set up in the middle of the area.
3. 2 players start in the middle of the square (tagging players)

HOW TO PLAY

1. Level 1 (No Ball): Attackers (red) try to cross the area without being tagged by the defender (white). If tagged, roles swap.
2. The 'No Standing' Rule: Two players cannot stay on the same side. If a second person arrives, the player who was there longest must immediately run across.
3. Level 2 (Add Ball): Players must now dribble across the area without being tackled.
4. If they cross successfully, they score a goal.
5. If a defender wins the ball, they immediately become the attacker and must sprint to the nearest goal to score. The original attacker must try to win it back straight away.

HOW TO COACH

Challenges:

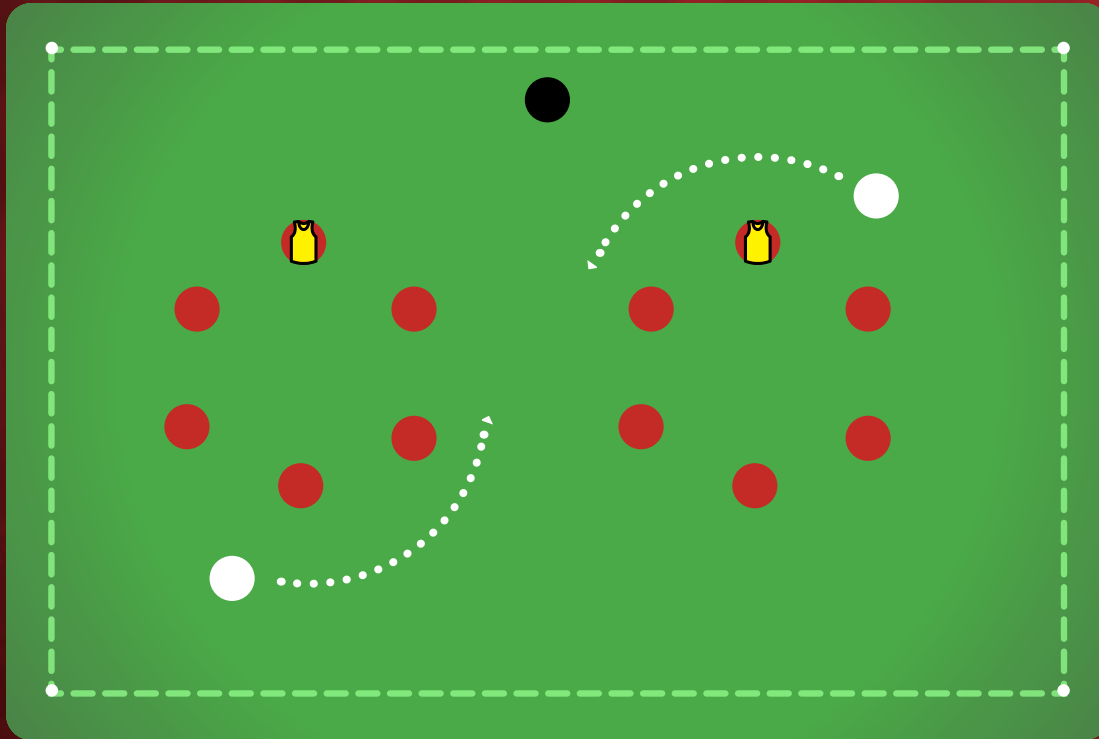
- Try to accelerate into space when you see the opportunity.
- Try to take big touches in front of you to go fast and small touches close to you when the defenders are close.

Questions:

- When you cross the middle square into open space, can you reach the goal in three touches or fewer?
- When you were inside the middle square with defenders, how close did you keep the ball?
- How did that change once you broke past them into the bigger area?



CATCH THE CAPTAIN!



HOW TO ORGANIZE

1. Create a 20m × 20m area.
2. Divide players up into 2 teams of 6 players per team.
3. Allocate one player per team to wear a pinny. They will be the captain.

HOW TO PLAY

1. A group holds hands in a circle to protect a 'Captain' (wearing a pinny) who is also part of the chain.
2. An outside 'Tagger' tries to touch the Captain. The circle must move clockwise or anti-clockwise to block them.
3. Swap taggers every 20 seconds.

How to Modify:

- Level 2: Taggers can chase Captains from other circles.
- Level 3: Taggers must dribble a ball while chasing.
- Level 4: The circle must also manage and pass a ball to each other while moving.

HOW TO COACH

Challenges:

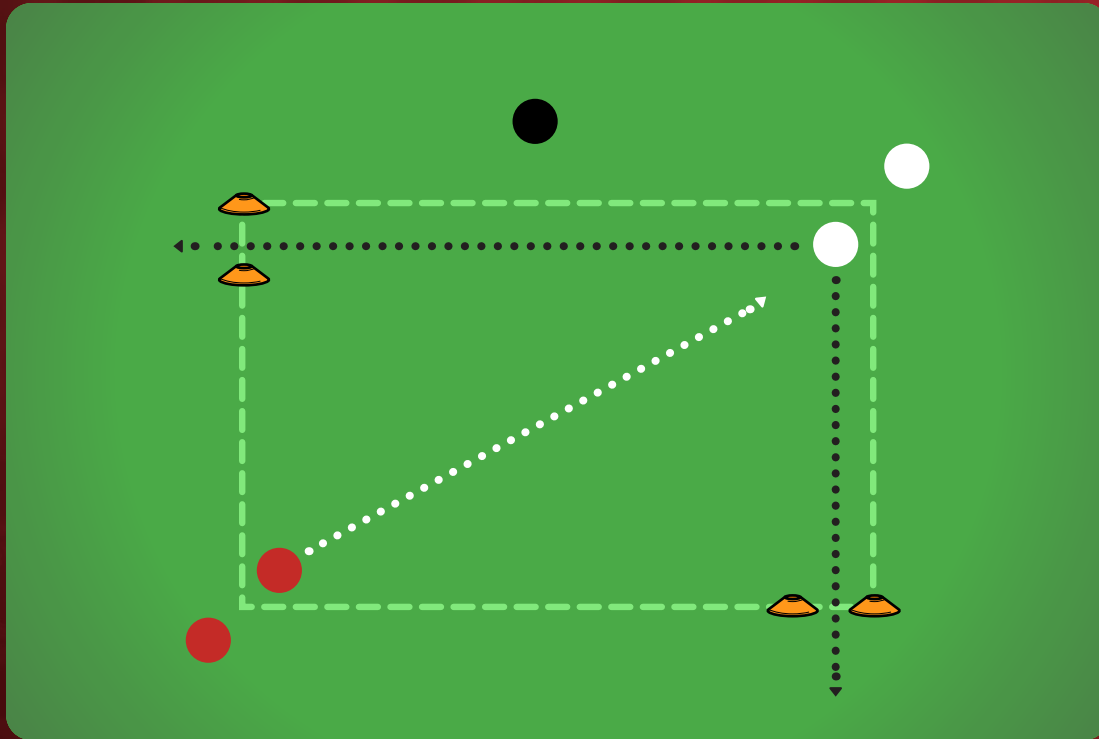
- Try to move together as a circle to block the tagger.

Questions:

- Can the circle change direction instantly without breaking its grip?



DODGE



HOW TO ORGANIZE

1. Set up one 10m × 10m area for every 6 players.
2. Create two 'exit gates' at the north west and south.
3. 3 players per team are placed in each area on opposite corners of the square.

HOW TO PLAY

1. A simple game of tag.
2. The runner (white) tries to dodge the tagger (red) and run through specific 'gates' to score.
3. Switch roles once the runner is tagged or crosses the gates.

HOW TO COACH

Challenges:

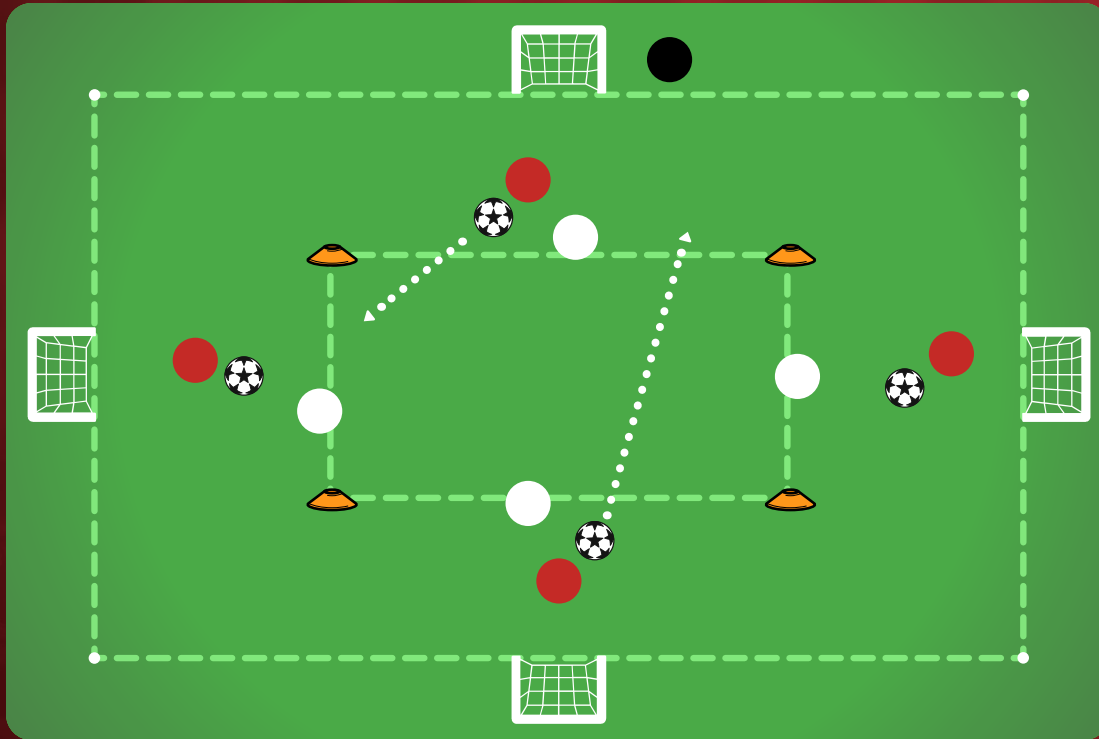
- Try to change your speed suddenly as you approach the gate.

Questions:

- How many different movements can you do to beat a defender?



ESCAPE TO VICTORY!



HOW TO ORGANIZE

1. Create a 25m × 25m playing area, with a 10m × 10m square in the middle and place 4 goals facing inwards as shown on the diagram.
2. Have 4 taggers / defenders in white on each side of the small square.
3. Place 4 red players on the outside of the square near a mini goal with a ball at their feet.

HOW TO PLAY

1. Red players have to run through the gate - past the first defender and past the second on the opposite side of the square without being tagged.
2. The defenders (white) can only move laterally along the lines.
3. Scoring system: 1 point for running to the closest side and 2 points for running all the way through.
4. Play for two minutes and swap roles. The winning player is the one with the most points.

How to Modify:

- Use a ball and play with feet to dribble and score. The attacker gets 3 points for crossing and scoring in a mini-goal, while the defender gets 1 point for stealing the ball and scoring on a goal.

HOW TO COACH

Challenges:

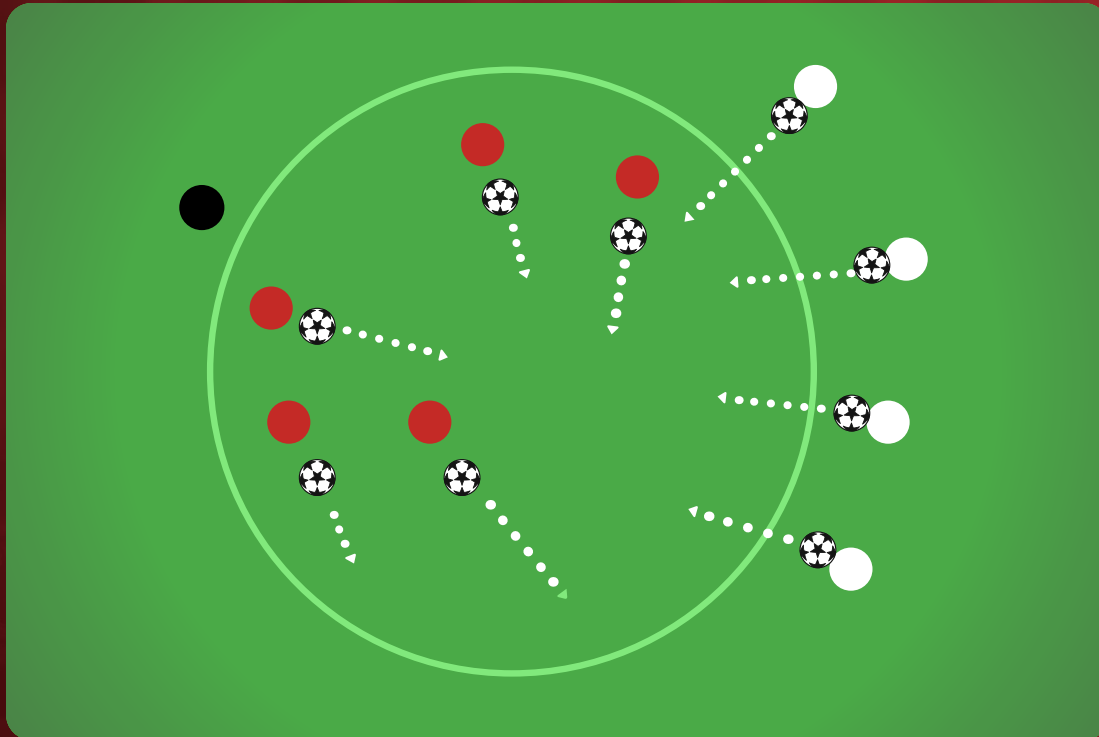
- Try to use a “Slow-Fast-Slow” rhythm. Approach slowly to lure the tagger in, then explode through with a sudden change of speed.
- Try to use different surfaces of the feet to move the ball and combine them to keep the defender guessing.

Questions:

- What is the signal that tells you it's the right moment to 'explode' away from the defender?
- What did you do with your body to hide your intentions from the defender?



TREASURE ISLAND



HOW TO ORGANIZE

1. Create a 15m diameter circle.
2. 3 or 4 white players need ball in their hand on the outside of the circle.
3. Players inside the circle (red) each have a ball and will dribble with their feet, staying in the circle.

HOW TO PLAY

1. 3 or 4 taggers (white) start outside a circle holding a ball in their hands.
2. Taggers run in and try to tap the top of the dribblers' (red) balls with their own ball.
3. Dribblers must manoeuvre to avoid being tapped for 30 seconds.

HOW TO COACH

Challenges:

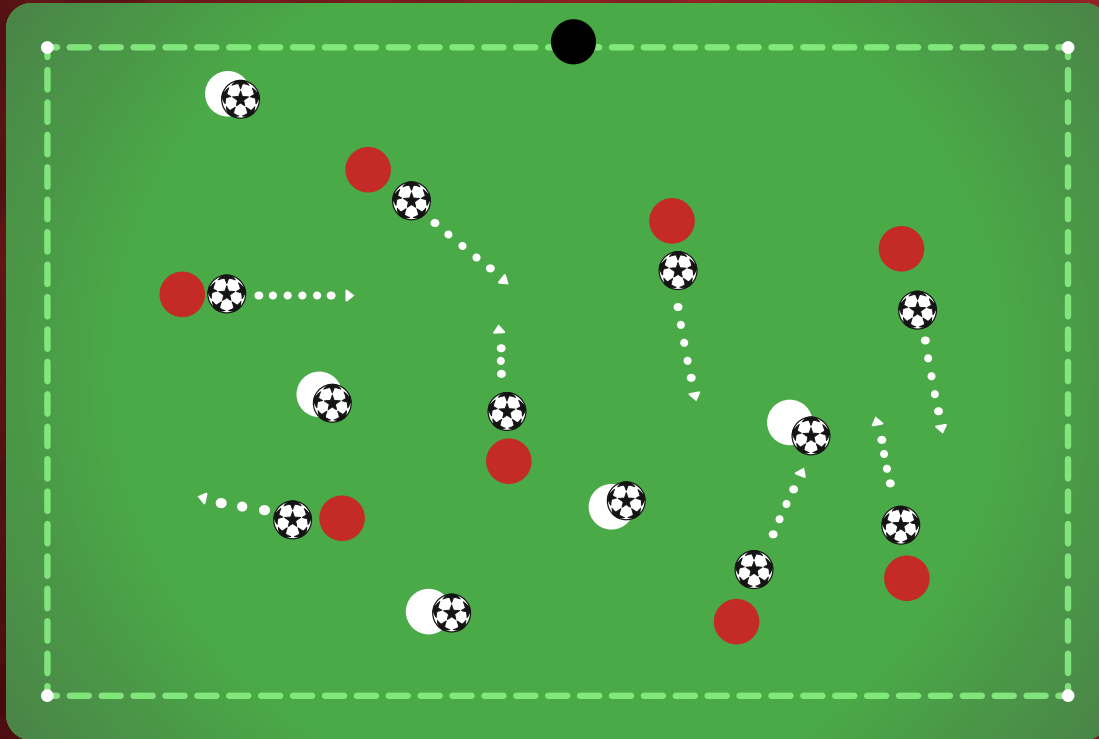
- Try to keep your shoulder and hip between the tagger and the ball.

Questions:

- Which helped you stay safe longer: looking at the ball or open space?



MEG TAG



HOW TO ORGANIZE

1. Cone out a 20m x 20m area.
2. Assign 5-6 players as taggers (white) to hold a ball in their hands.
3. All other players (red) start with a ball at their feet.

HOW TO PLAY

1. 3 or 4 taggers with balls in their hands try to tap the top of the dribblers' balls for 30 seconds.
2. Frozen Tag: If a dribbler is tagged by a player holding a ball, they must stand with their ball above their head and legs open.
3. The Unfreeze: A teammate must pass a ball through their legs to get them back in the game.

HOW TO COACH

Challenges:

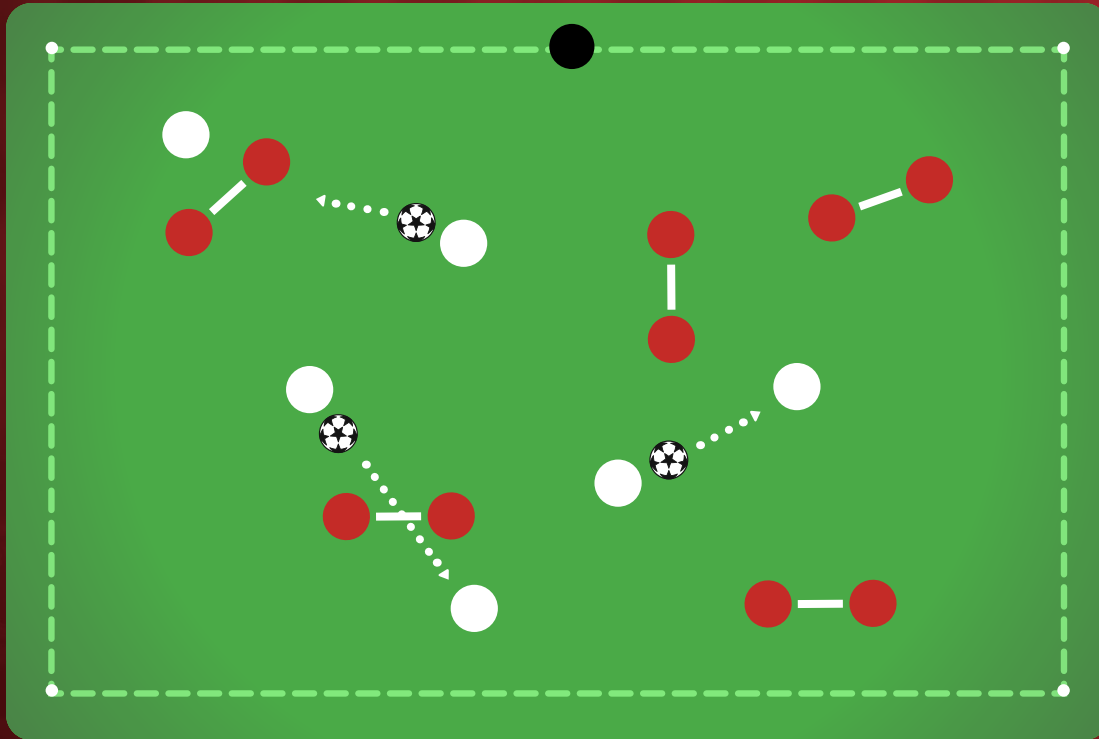
- Try to rescue a teammate by passing through their legs from 3m away.

Questions:

- If you pass too hard, what happens to your ability to get the ball back?



MOVING THE GOALPOSTS!



HOW TO ORGANIZE

1. Mark a 25m x 25m rectangle.
2. Split players into pairs.
3. Half the pairs (white) hold an object (like a pinny, a pool noodle) at arm's length.
4. Remaining pairs (red) share one ball.

HOW TO PLAY

Red Players: The “Moving Goals.” They move around the area.

White Players: The “Scorers.” They work in pairs with one ball.

1. White pairs score by passing the ball between two Red players to their partner.
2. Red players should keep moving to make it challenging.
3. **Switch Roles:** Swap the Reds and Whites every 1 minute.

How to Modify:

- White players can change the width of their goal and make it wider or narrower.

HOW TO COACH

Challenges:

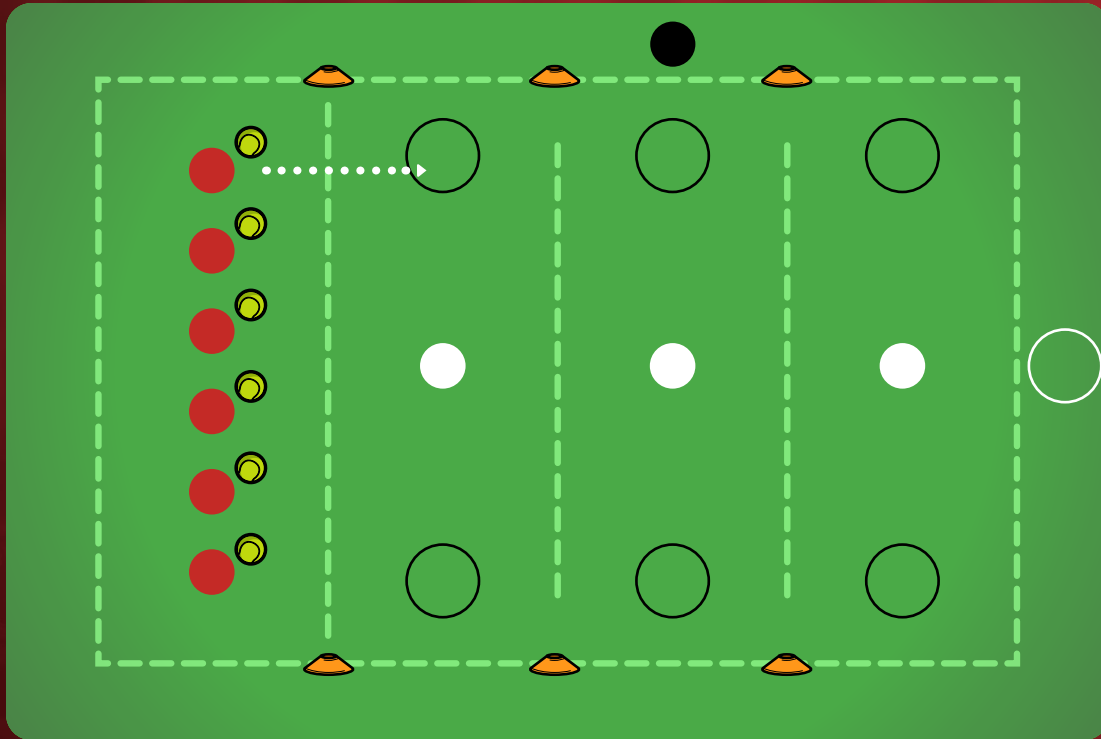
- Try to work with your partner to find the moving goal.

Questions:

- Can you score through a moving goal using only one touch each?



GLADIATORS! POWERBALL



HOW TO ORGANIZE

1. Mark a 20m x 20m rectangle.
2. Divide it into 5m zones.
3. Place buckets in designated areas as shown on the diagram.
4. Split players into runners and guards.
5. Assign one guard per zone, guarding two buckets.
6. Give runners (red) balls at the start.

HOW TO PLAY

1. Reds grab one ball at a time and try to place it in a bucket without being tagged by a white defender.
2. Whites must stay inside their zones.

Scoring & Rules

Point Values:

- The middle bucket at the very end is worth 20 points.
- All others are worth 2 points.
- If Tagged, the player must return to the start and try again.

HOW TO COACH

Challenges:

- Try to explode in the opposite direction once the guard moves.

Questions:

- Guards, which is harder to defend: full speed or changing speed?



SKILL GAMES

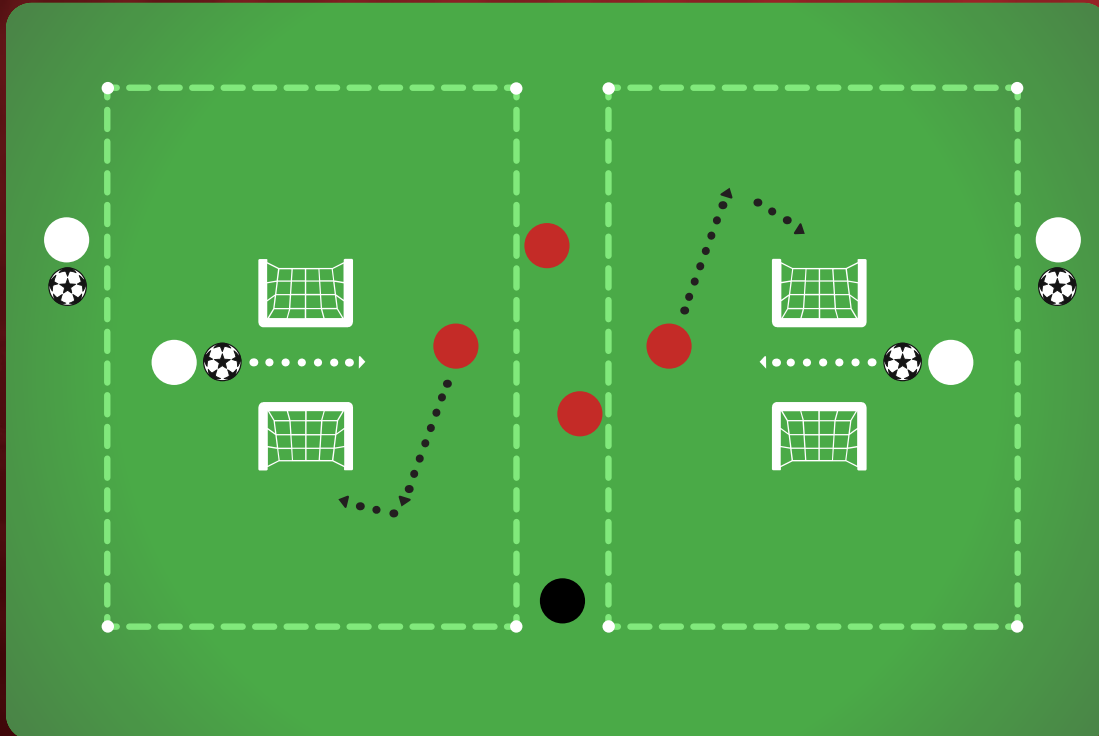


1V1 TRAVELLING WITH THE BALL

ATTACKING ORGANIZATION

SKILL SETS

1V1 DUELS / FORWARD THINKING /
PROTECT THE BALL



HOW TO ORGANIZE

1. Set up activity for 4-6 players, each with a ball. Repeat set up for additional players.
2. Set up a 15x30 area. In each 15x30 area, place two goals 10m apart, back to back.
3. Divide players into two teams of 2-3 players.
4. Give all the white team players a ball. One white team player will start in the middle of the area, the other(s) will wait at the side with their balls.
5. One red team player will start in the area, the other(s) will wait at the side. All red team players will place their balls next to the white team.

HOW TO PLAY

1. Defender (white) passes the ball between the two goals and then presses the attacking (red) player.
2. Red receives the ball and aims to score in one of the two goals. If the defender wins it, they can score.

How to Modify:

- Make the goals wider apart.
- Place the players closer together.

HOW TO COACH

Challenges:

- Try to take a touch towards one of the goals.
- Try to use quick changes of direction.

Questions:

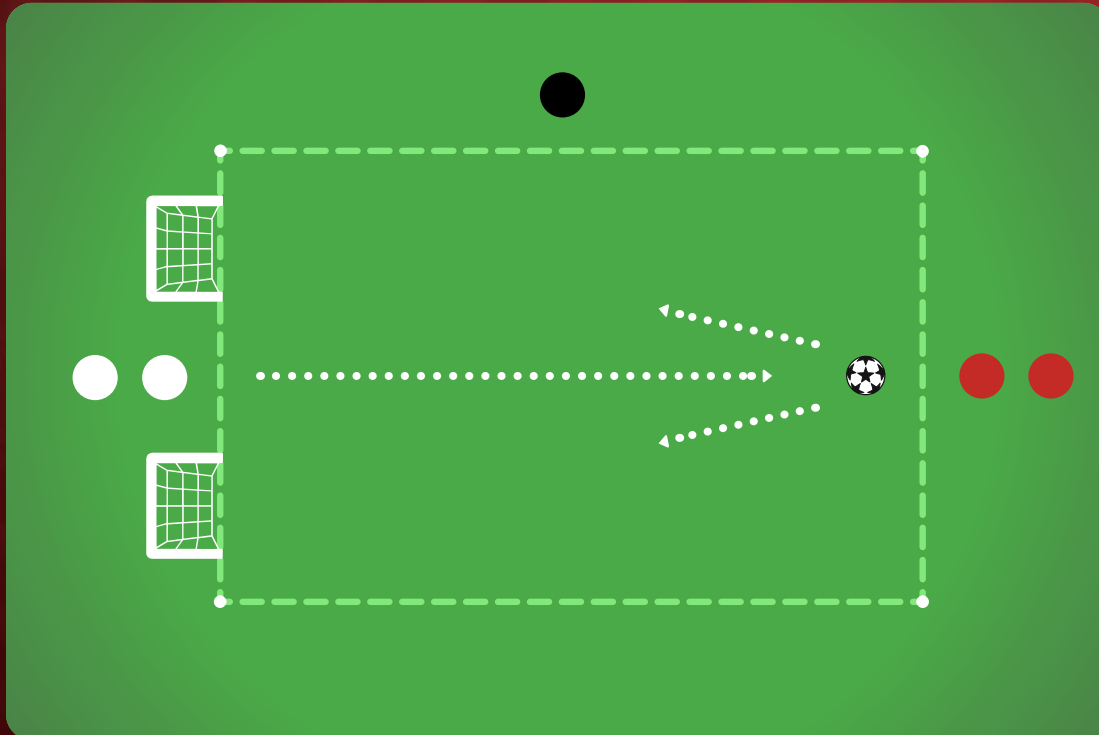
- What was the hardest part of protecting the ball?



1V1 – DUELS

ATTACKING
ORGANIZATION

SKILL SETS 1V1 DUELS / FORWARD THINKING /
PROTECT THE BALL



HOW TO ORGANIZE

1. Set up activity for 4-6 players, each with a ball. Repeat set up for additional players.
2. Set up a 15m x 30m area with one goal as shown and two 4m wide gates 8m apart.
3. White player starts just in front of the two gates ready to win the ball.

HOW TO PLAY

1. Defender (white) passes the ball to attacker (red) then presses the attacking player.
2. Red receives the ball and aims to travel with the ball to score. If defender wins it, they dribble across the end line for a goal.

How to Modify:

- Add a scoring zone that players must dribble into before scoring.

HOW TO COACH

Challenges:

- Try to take a touch towards one of the goals.
- Try to cut and change direction at speed.
- Try to attack the open goal within 3 touches.

Questions:

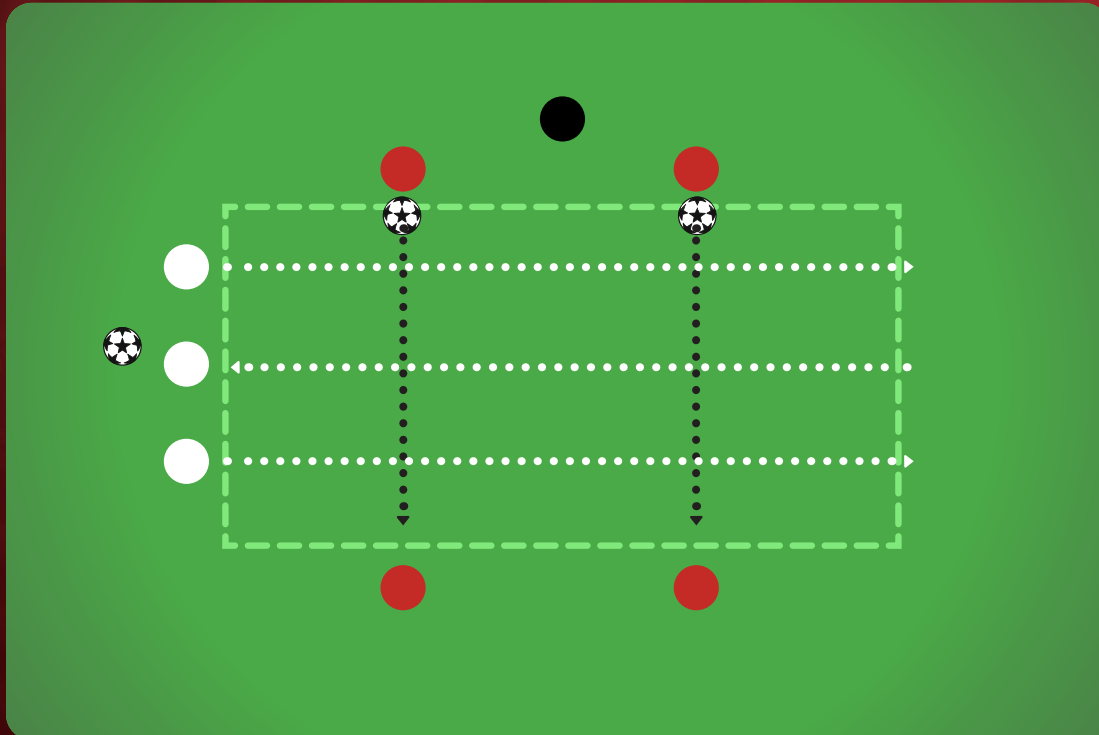
- How far should your first touch go?
- When is the best moment to change direction?
- How can you set up your cut with your previous touch?



PLAYING THROUGH THE SPACES

ATTACKING ORGANIZATION

SKILL SETS PASSING ACCURACY / SPACE RECOGNITION



HOW TO ORGANIZE

1. Create a 20m x 30m rectangle area.
2. White team at the end line of the area with a ball between them.
3. Red team on the outside in pairs with a ball between two.
4. Play for 3 mins then switch roles.
5. Keep score.

HOW TO PLAY

1. White players travel with the ball to the end line.
2. They turn and dribble back through the area.
3. White players complete this route twice.
4. Red players pass the ball across the area as many times as possible.

How to Modify:

- Have one of the red players receive the ball in the middle of the playing area.
- Play one to two touch only when appropriate to do so.

HOW TO COACH

Challenges:

- Try to travel with the ball as quick as possible.
- Try to play passes between players.
- Try to play limited touches when receiving and passing the ball.

Questions:

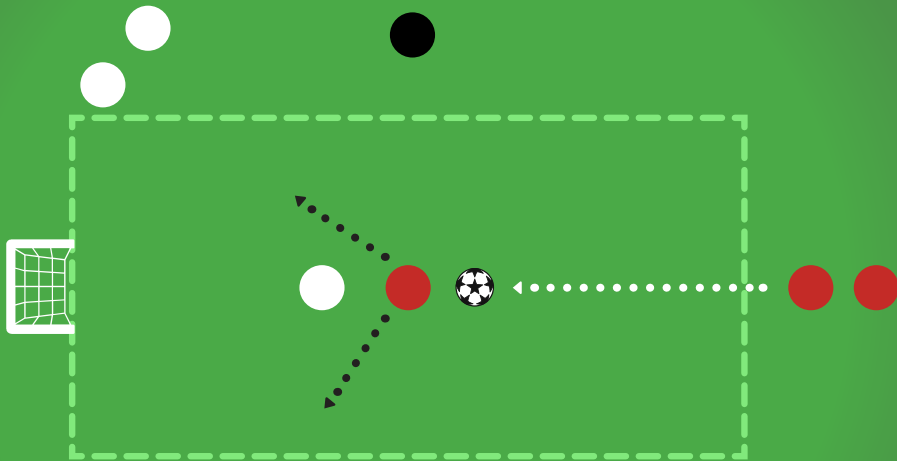
- When is the best time to play the pass across?
- If a dribbling player is in your way, what could you try?



RECEIVING UNDER PRESSURE

ATTACKING ORGANIZATION

SKILL SETS PROTECTING AND ESCAPING / RECEIVING UNDER PRESSURE / CONFIDENCE IV1



HOW TO ORGANIZE

1. Cone a rectangle area - 20m x 30m.
2. The red team lines up as shown with a supply of balls.
3. The white players line up as shown on the diagram.
4. One red and white player starts in the middle with the white player defending on the 'goal side' of the red player.
5. Play for 3 mins then switch roles. Keep the score.

HOW TO PLAY

1. Feeder (red) plays the ball to the attacker (red).
2. Attacker receives and turns to shoot at goal.

How to Modify:

- Make the game 2v2.
- Change the pitch size.

HOW TO COACH

Challenges:

- Try to move the ball to create space outside the defender.

Questions:

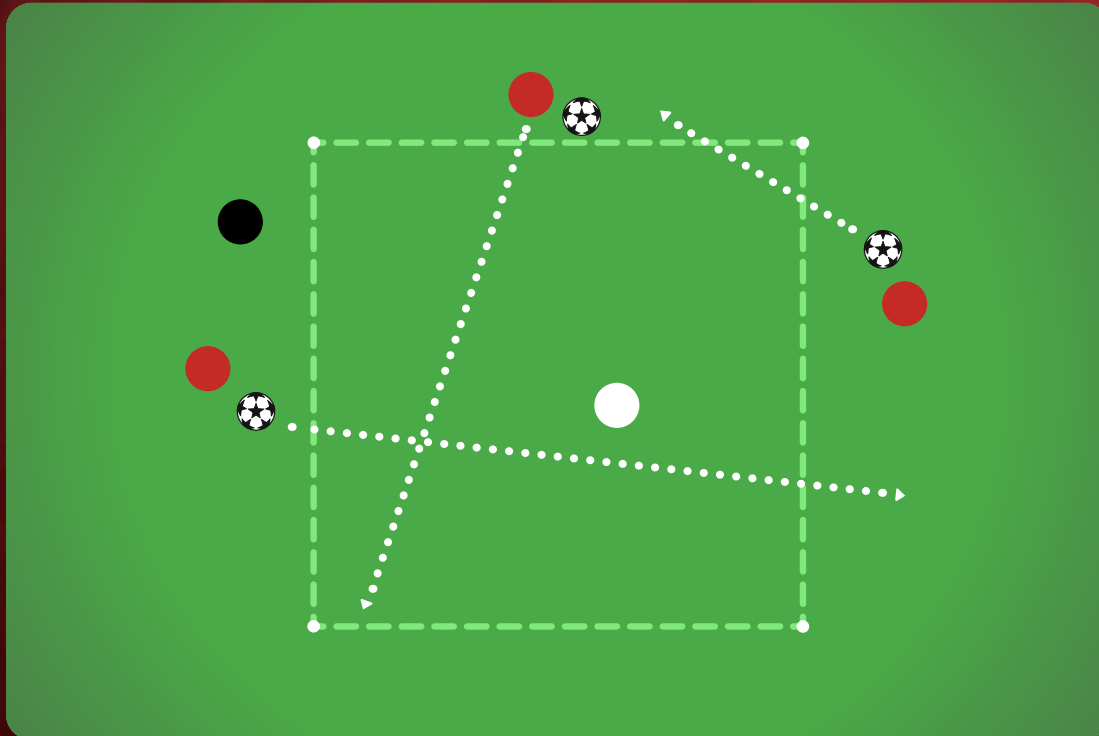
- Which surface of the foot helps you turn fastest?



RECOGNITION OF SPACE

ATTACKING ORGANIZATION

SKILL SETS FORWARD THINKING / RECOGNITION OF SPACE



HOW TO ORGANIZE

1. Cone a 10m × 10m square area.
2. Place three red players on the outside of the square.
3. One white defender in the middle.
4. Play for 1 min then switch roles.
5. Keep score and points.

HOW TO PLAY

1. Red with the ball travels across the square but cannot be on the same side. Each successful crossing gets one point.
2. If the white defending player tags the red attacking players, they also get a point.

How to Modify:

- Make the area smaller for less space to move into. Set a time for players to move and travel across.

HOW TO COACH

Challenges:

- Try faking a direction to unbalance the defender before you move.
- Try using different foot surfaces to move the ball and accelerate quickly into open space.
- Try to scan to find the open side before moving.

Questions:

- How quickly can you switch direction when the space closes?

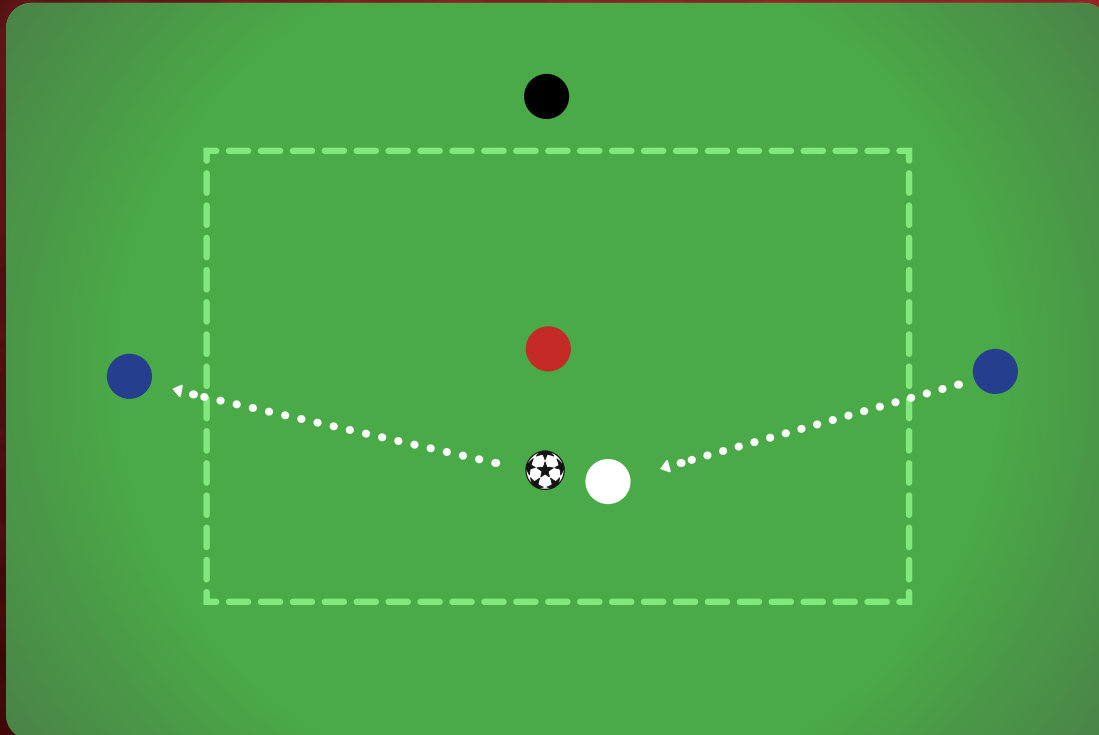


PASSING ACCURACY: 1V1 TARGET PLAYER

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION
OF SPACE / RECEIVING SKILLS



HOW TO ORGANIZE

1. Cone a rectangle area of 15m x 10m.
2. Have two players at each end of the area in blue. Give one a ball so they can start the game.
3. Have two players on the inside as shown in the red and white.

HOW TO PLAY

1. The red player (attacker) tries to receive the ball from one blue target player and pass to the other blue target player to score a point.
2. If the red player cannot pass to the other blue player, they can pass the ball back to the blue player who served them the ball.
3. The defender (white) looks to win the ball - if they win the ball, they are the attacker and look to score a point in the same way and the red player becomes the defender - the game is continuous.
4. The target players (blue) have a maximum of three touches.

How to Modify:

- Make area narrow.
- Target players have two touches.

HOW TO COACH

Challenges:

- Try to receive the ball facing the opposite target player.
- Try to play forward with as few touches as possible.

Questions:

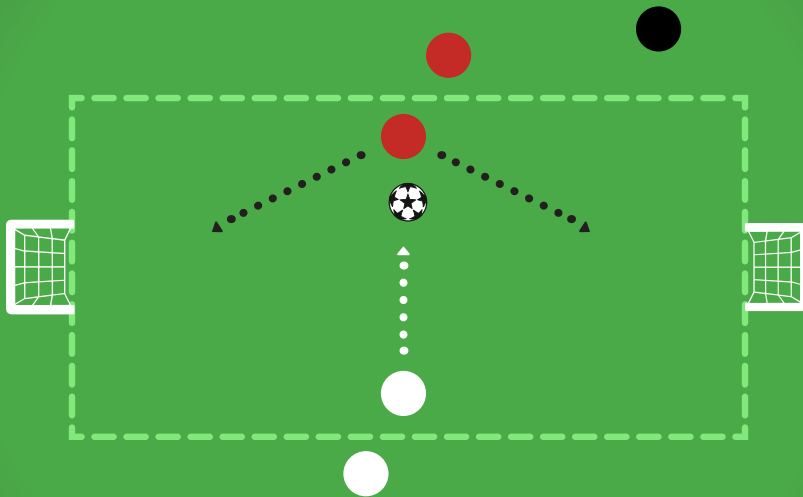
- Why do limited touches make it harder for defenders?
- What helped you escape pressure most effectively?
- When is it okay to take an extra touch?



1V1 GOAL

ATTACKING
ORGANIZATION

SKILL SETS FORWARD THINKING / RECOGNITION
OF SPACE / PROTECTING THE BALL



HOW TO ORGANIZE

1. Cone a rectangle area of 15m x 10m.
2. Place a mini goal at each end of the area as shown.
3. White players have a ball each and line up on the opposite side facing the reds.

HOW TO PLAY

1. The White defender plays the ball across to the Red attacker.
2. As soon as the ball is played, the White defender rushes out to put pressure on the Red player and win the ball to stop the red player from scoring.
3. The Attack: The Red player receives the ball and tries to score in either of the two goals.
4. If the defender wins the ball, they immediately become the attacker and can try to score themselves.

How to Modify:

- Add a scoring zone before a goal can be scored.
- Close the distance between players.

HOW TO COACH

Challenges:

- Try to score quickly using changes of direction.
- Try to protect the ball keeping it close in your feet.
- Try use changes of speeds to slow the defender down.

Questions:

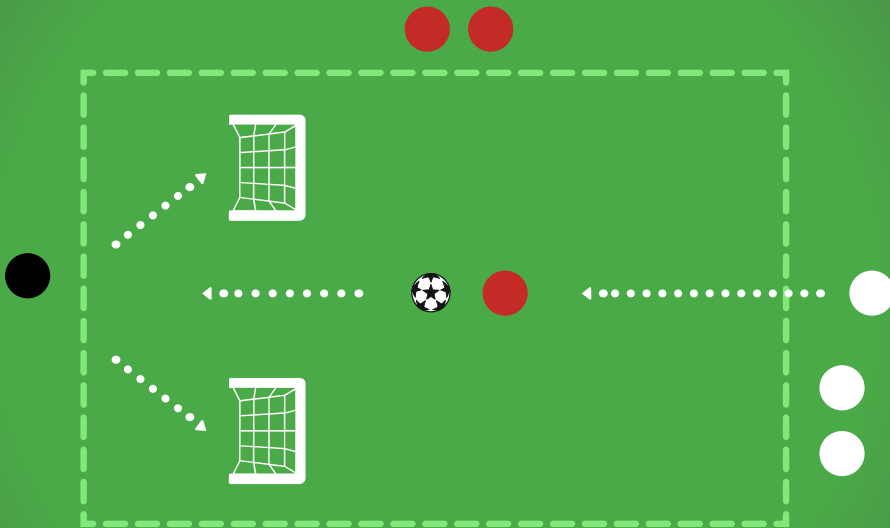
- Why is changing direction more effective than running straight?
- When does the defender feel unsure of when to pressure you?



CONFIDENCE IN 1V1 DUELS

ATTACKING ORGANIZATION

SKILL SETS FORWARD THINKING / RECOGNITION OF SPACE / RECEIVING SKILLS



HOW TO ORGANIZE

1. Cone out a 15m x 10m playing area.
2. Place two goals facing away, as shown in the diagram.
3. The red player starts in the middle with a ball and the white player starts on the outside as shown.
4. Two other red players wait with a ball and the two other white players wait for their turn.

HOW TO PLAY

1. The Attacker (red) decides when to go, dribbling at high speed toward the goals and trying to turn and score.
2. The Defender (white) chases the attacker from behind to tackle them.
3. The attacker tries to score on the goal and the defender looks to prevent this.
4. If the defender wins the ball, they become the attacker and look to score on the goal.

HOW TO COACH

Challenges:

- Try to travel with the ball keeping it safe side from the defender.
- Try to find the right moment to turn and score.

Questions:

- When is it better to dribble forward vs. across the defender?
- If you can't turn, what's your next best option?



SMALL SIDED GAMES

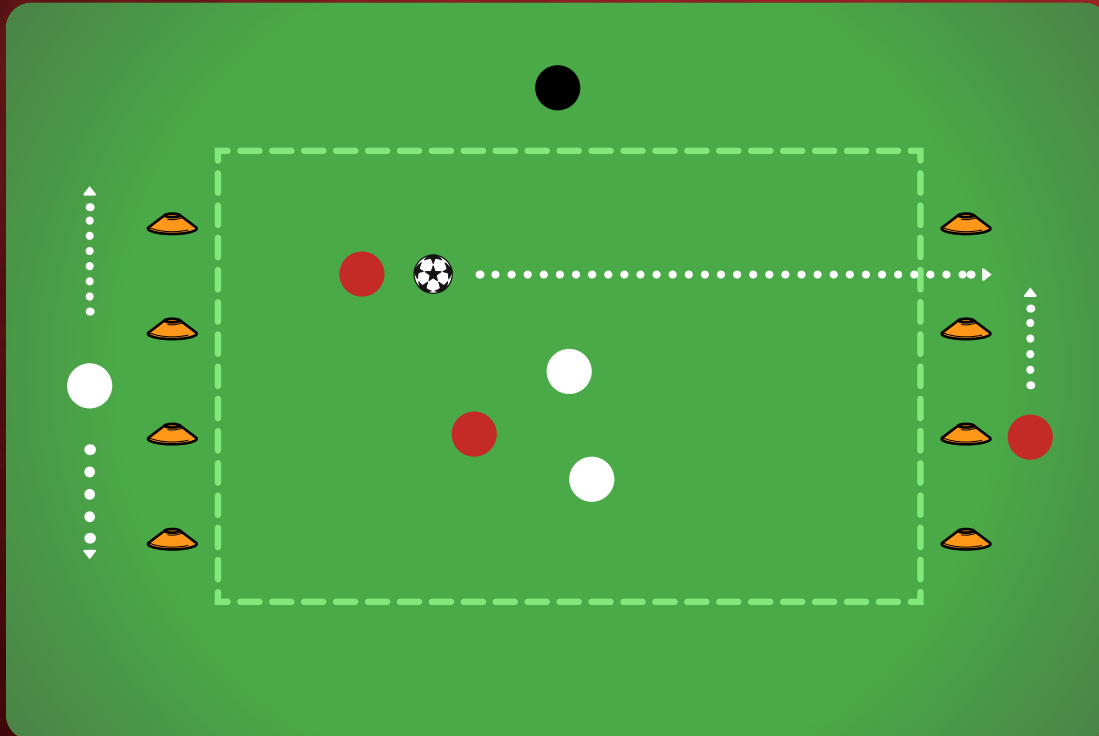


THROUGH THE GAP

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION
OF SPACE / RECEIVING SKILLS



HOW TO ORGANIZE

1. Cone a 30m × 20m rectangle.
2. Place two gates down for players to score in.
3. Play 3v3 or 2v2 in the middle with one player on the outside as a target player.

HOW TO PLAY

1. 2v2 or 3v3 with the objective of playing a pass through the gates to a receiving player. (located behind the cones) for one point.
2. If a player passes through a gate to their teammate, they score one point for their team.
3. Bring target players in and swap roles after 3 minutes.

How to Modify:

- Make the area smaller.
- Set a time for players to move and travel across.

HOW TO COACH

Challenges:

- Try to play forward quickly when you receive the ball.
- Try to receive the ball facing your target player.
- Try to play forward with as few touches as possible.

Questions:

- What was your first thought when you received the ball – forward or safe? Why?
- What stopped you from playing forward immediately?



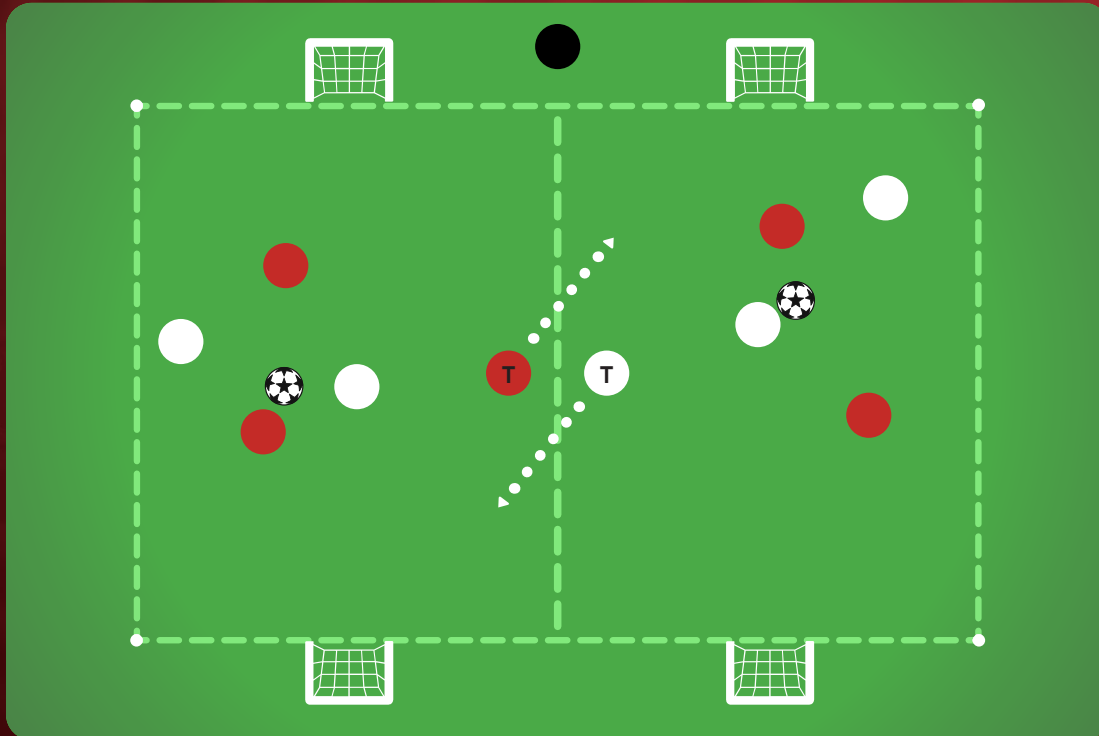
TRAVELLING TEAMMATES

ATTACKING IN OVERLOAD / UNDERLOAD SITUATIONS

ATTACKING ORGANIZATION

SKILL SETS

FORWARD THINKING / PASSING ACCURACY
/ RECOGNITION OF SPACE



HOW TO ORGANIZE

1. Create 2 fields 18-22m wide and 25-30m in length.
2. Place goals as shown in the diagram.
3. Create four teams. Two teams in red and two teams in white.

HOW TO PLAY

1. Play 2v2 on each field.
2. The travelling teammate can move to either field at any time.
3. Teams aim to score as many goals as possible in 3 minutes.
4. Add up the score and switch the player who is allocated as the travelling teammate.

HOW TO COACH

Challenges:

- Try to be in a position to play forwards firsts.
- Try to play a pass that allows your teammate to play forward.
- Try to move to support.

Questions:

- Can you be in a position to receive a pass from your teammate?
- What kind of pass helps your teammate play forward?
- What do you need to see before you receive?



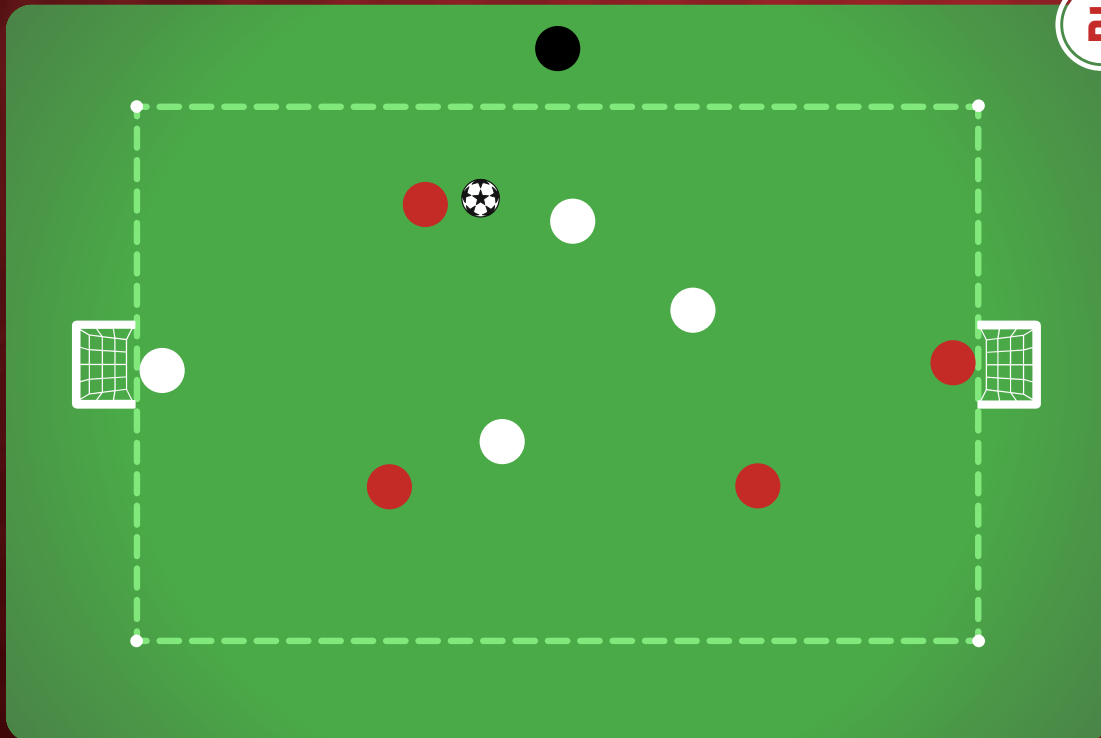
SCORE AGAINST THE CLOCK

MANAGING THE GAME MOMENTS

ATTACKING ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / FORWARD THINKING / RECEIVING UNDER PRESSURE



HOW TO ORGANIZE

1. The game can be played in various game formats.
2. 4v4 (3v3+GK) Width: 25-30m Length: 30-36m.
3. A stop clock or timer needed.

HOW TO PLAY

1. Once a goal is scored - the player who scored sets the timer for 2 minutes. This can be done with a manual timer or asking the coach to "start the clock"
2. The team that was scored on has 2 minutes to score!
3. If successful, that goal counts for 2 and wins the round. If the team that scored first scores again before the 2 minutes is up, they win the round.

How to Modify:

- Change the pitch size.
- Change the time constraint.

HOW TO COACH

Challenges:

- Try to be in a position to play forwards firsts.
- Try to arrive in goal scoring areas.
- Try to play forwards quickly.

Questions:

- Can you spot the quickest way forward?
- Can you face the space instead of the pressure?
- Can you be or see the first forward option?



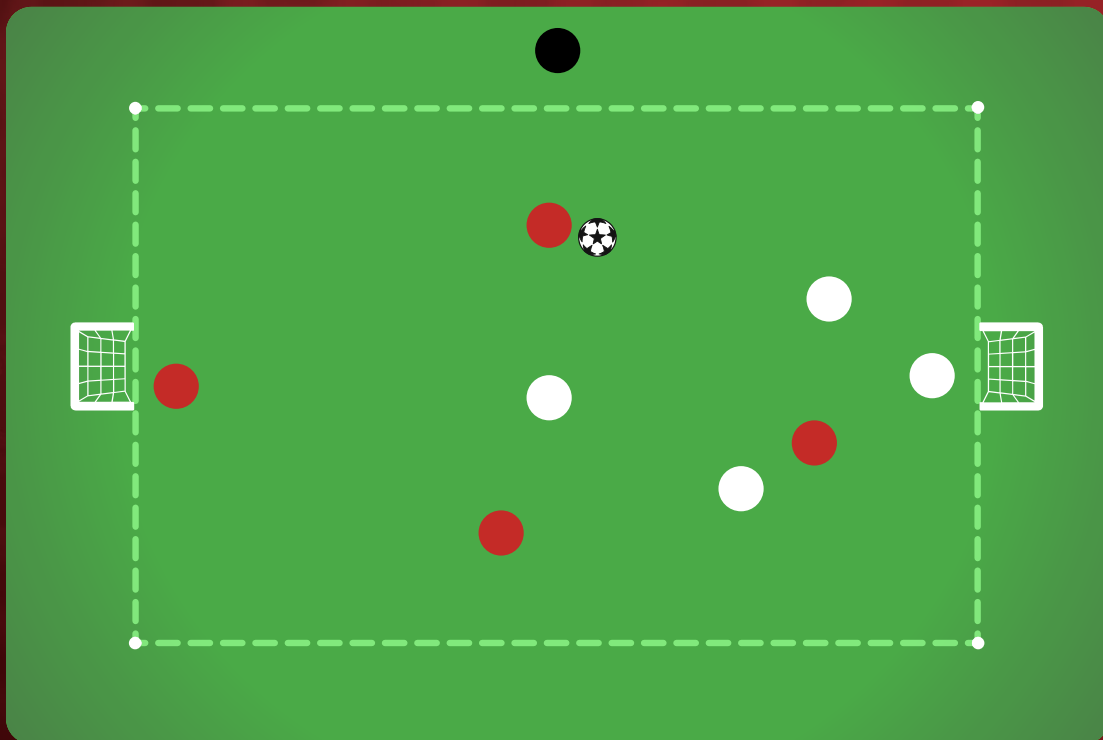
ROLL THE DICE

GOAL SCORING

ATTACKING
ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / FORWARD
THINKING / CONFIDENCE IN 1V1 DUELS



HOW TO ORGANIZE

1. For a 5v5, cone out a field that is 30m-36m long and 25m-30m wide.
2. Put a die at the centre line.

HOW TO PLAY

1. Each team rolls the die - whatever number is rolled is the number the team must score to win the game! (e.g.: Blue rolls 4, Yellow rolls 2 - Blue must score 4 to win, Yellow must score 2 to win)
2. Reset and roll after someone wins.

HOW TO COACH

Challenges:

- Try to move the ball forward in one or two touches.
- Try to move into a position to score quickly.
- Try to create a goal-scoring opportunity alone or with teammates.

Questions:

- Can you be in a position to receive a pass from a teammate?
- Can you play forwards quickly?
- How might you use your body and the ball to get around defenders?



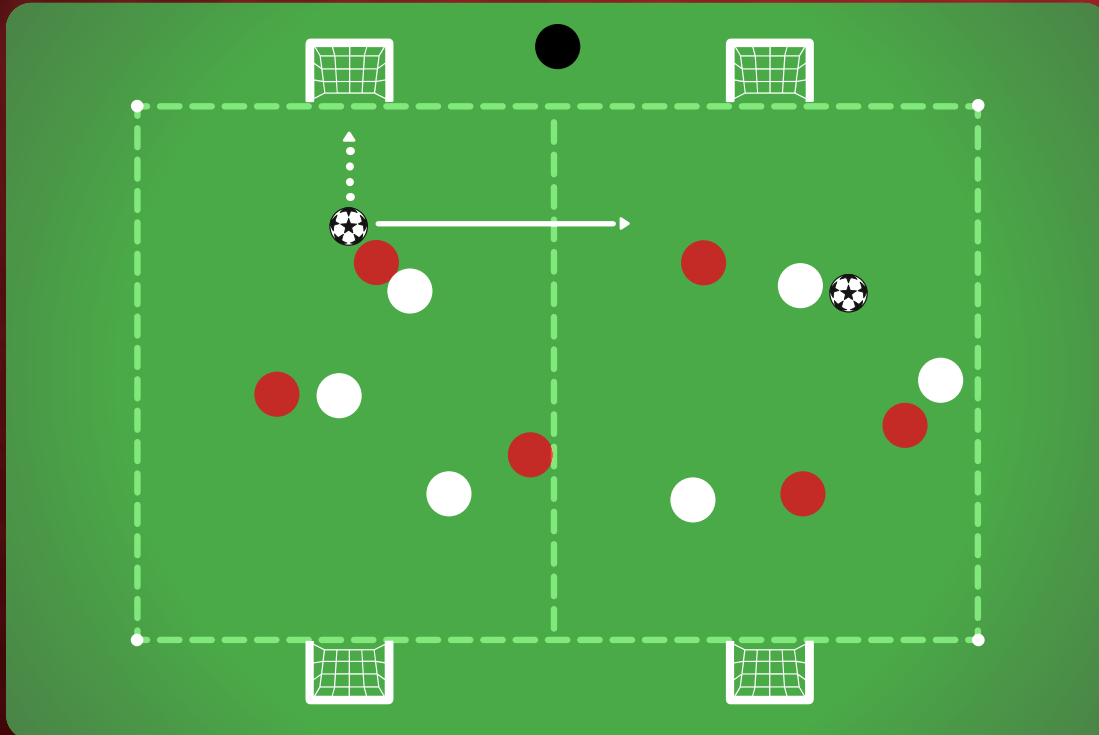
SCORE + SWITCH

GOAL SCORING (OVERLOAD, UNDERLOAD, EVEN)

ATTACKING
ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / FORWARD
THINKING / CONFIDENCE IN 1V1 DUELS



HOW TO ORGANIZE

1. Create 2 fields 18-22m wide and 25-30m in length.
2. Place goals as shown in the diagram.
3. Create four teams. Two teams in red and two teams in white.

HOW TO PLAY

1. Play 3v3 on each field.
2. When a player scores, they immediately move to the other field to play for their colour on the next field.
3. Play continues on both fields simultaneously.

How to Modify:

- Change the pitch sizes (field A vs field B)
- The player that gets the assist moves.

HOW TO COACH

Challenges:

- Try to create a goal-scoring opportunity alone or with teammates.
- Try to move into a position to score.
- Try to score in minimal touches.

Questions:

- How do you deal with playing with numbers up or down?

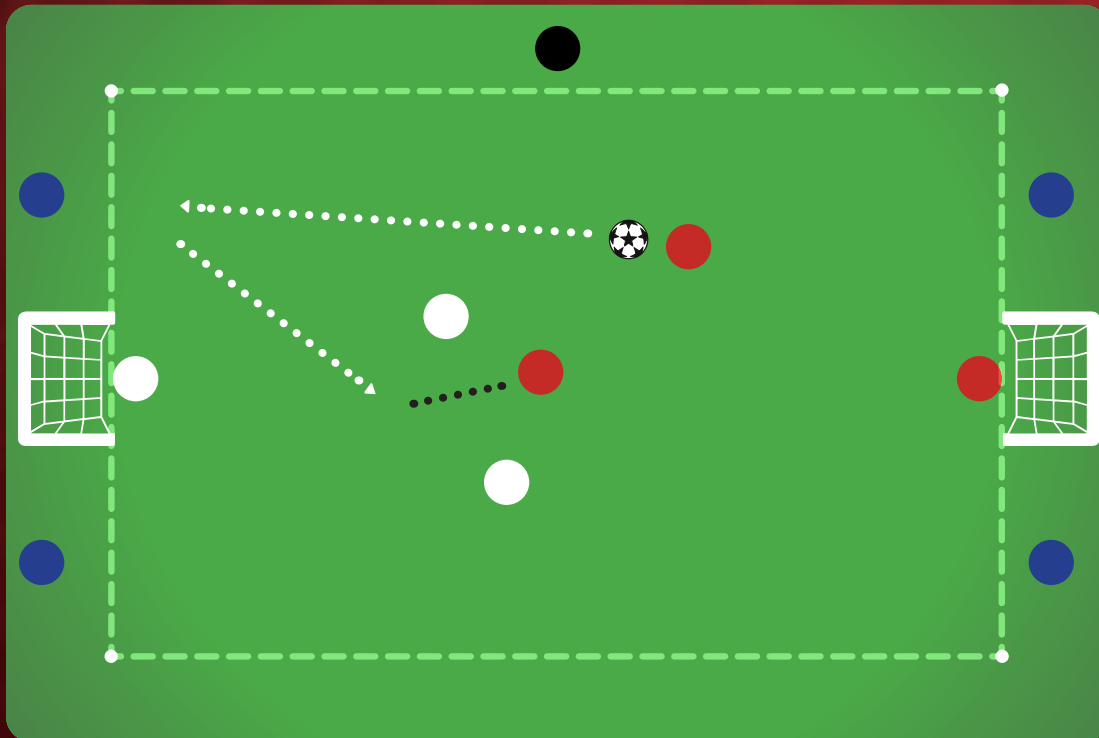


COMBINE TO SCORE

ATTACKING
ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / PASSING
ACCURACY / FORWARD THINKING



HOW TO ORGANIZE

1. Cone a 35m x 25m field and place the goals as shown.
2. Place four blue players next to each goal.
3. Place the red and white players as shown.

HOW TO PLAY

1. Teams play a normal game by scoring in the opposition goal. One point awarded for every goal.
2. If a team combines with a bumper player (blue), they get three points.
3. Play for 3 minutes and swap roles.

How to Modify:

- Encourage 1 touch finishes from targets.
- Reduce the pitch size.

HOW TO COACH

Challenges:

- Try to play forward then make a forward run to receive.
- Try to play the target a pass to encourage a first time pass back.

Questions:

- Can you play the first forward pass?
- Can you spot the quickest way forward?
- Can you race to the space?

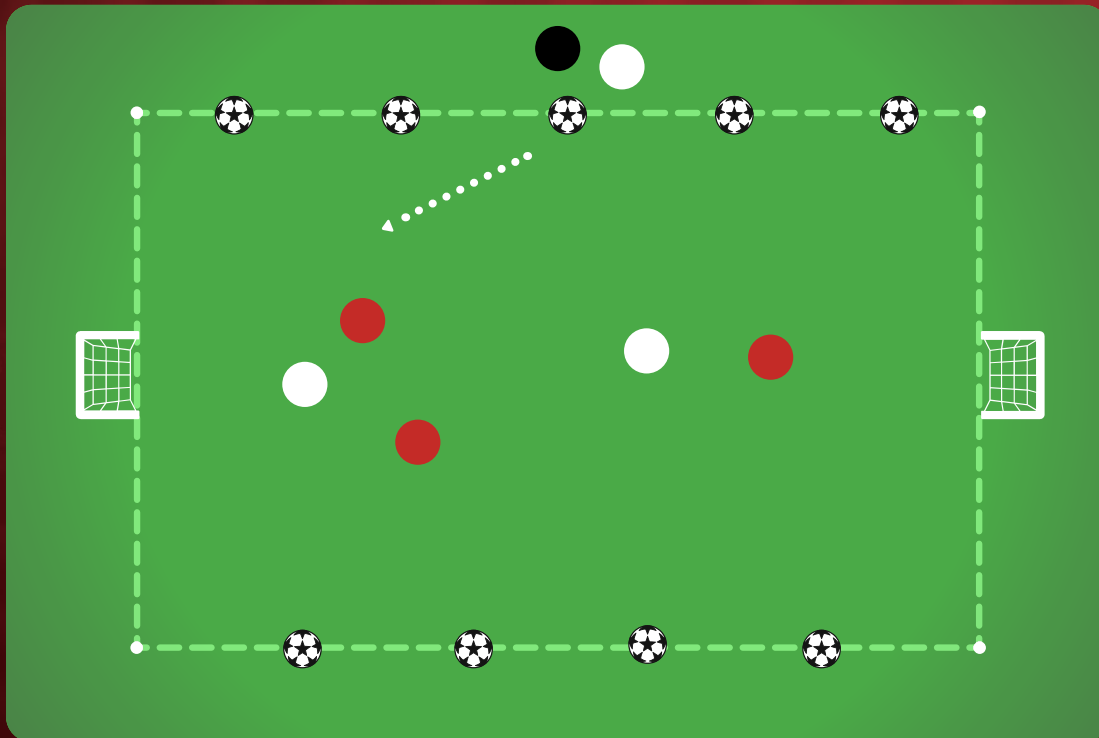


QUICK RESTARTS

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / FAST REACTIONS /
RECOGNITION OF SPACE



HOW TO ORGANIZE

1. 4v4 Game + Extra Balls on the sidelines for quick restarts.
2. Width: 25-30m Length: 30-36m.

HOW TO PLAY

1. Anytime the ball goes out, restart from any ball on the sideline.
2. Score from open play = 1 point.
3. Score from a restart within 10 seconds = 3 points.

How to Modify:

- Change the pitch size or the time limit on restarts to increase or decrease the level of challenge.

HOW TO COACH

Challenges:

- Try to spot the space to restart with the easiest path to goal.
- Try to attack the space quickly in minimal touches.
- Try to get to the goal as quickly as possible.

Questions:

- Can you restart faster than the opposition recovers?



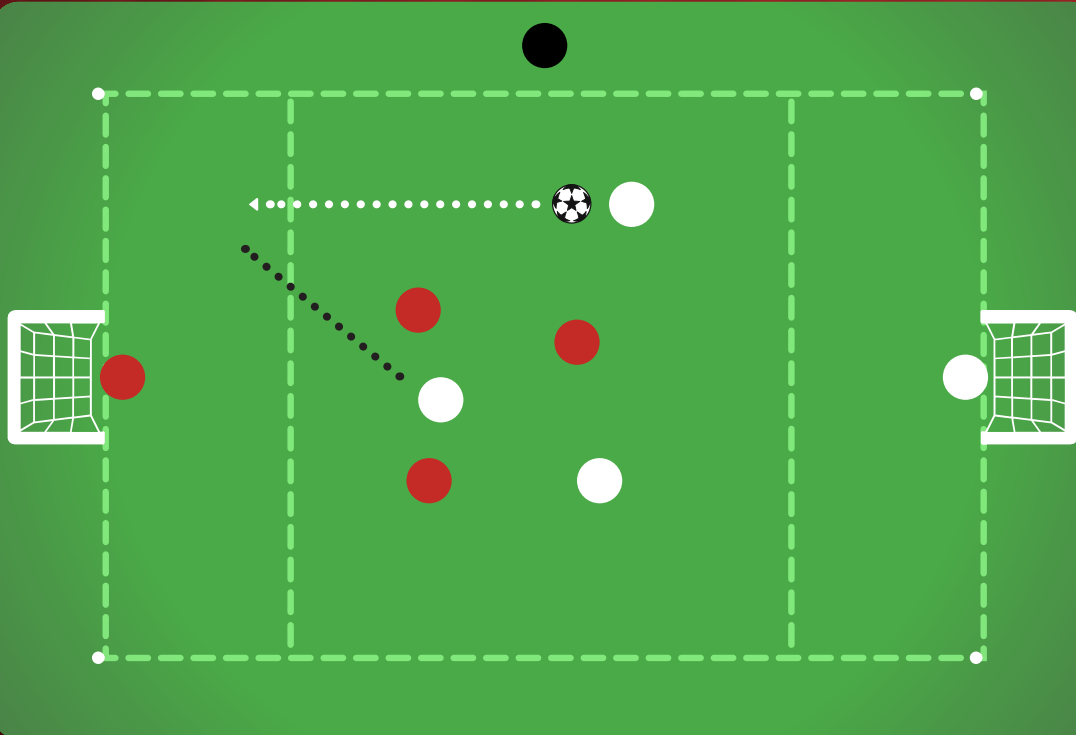
UNLOCK THE GOAL

PENETRATE TO SCORE (FINAL PASS)

ATTACKING
ORGANIZATION

SKILL SETS

PASSING ACCURACY / EXECUTION /
GOAL SCORING MINDSET



HOW TO ORGANIZE

1. Create a 30m-36m x 25m-30m sized field.
2. Create two zones both 8m in length.
3. All outfield players are in the middle zone and goalkeepers are in the goal.

HOW TO PLAY

1. Players play a regular game and score in the opposition goal for one point.
2. If team passes the ball to a teammate who receives the ball into the end zone - and they manage to score past the opposition goalkeeper, they are awarded five points.
3. Players cannot go in the end zone until the ball is passed (as per the offside rule).
4. Defenders cannot chase a player once they have received the ball in the end zone.

How to Modify:

- Players can score by dribbling into the zone.
- A defender can enter the scoring zone to apply pressure.
- Add a time constraint to score or a player must score in 1-2 touches.

HOW TO COACH

Challenges:

- Try to score in the least amount of touches.
- Try to make your pass lead directly to a shot on goal.
- Try to disguise your pass so the defenders can't read the pass.

Questions:

- How will you know when to pass behind the defenders?



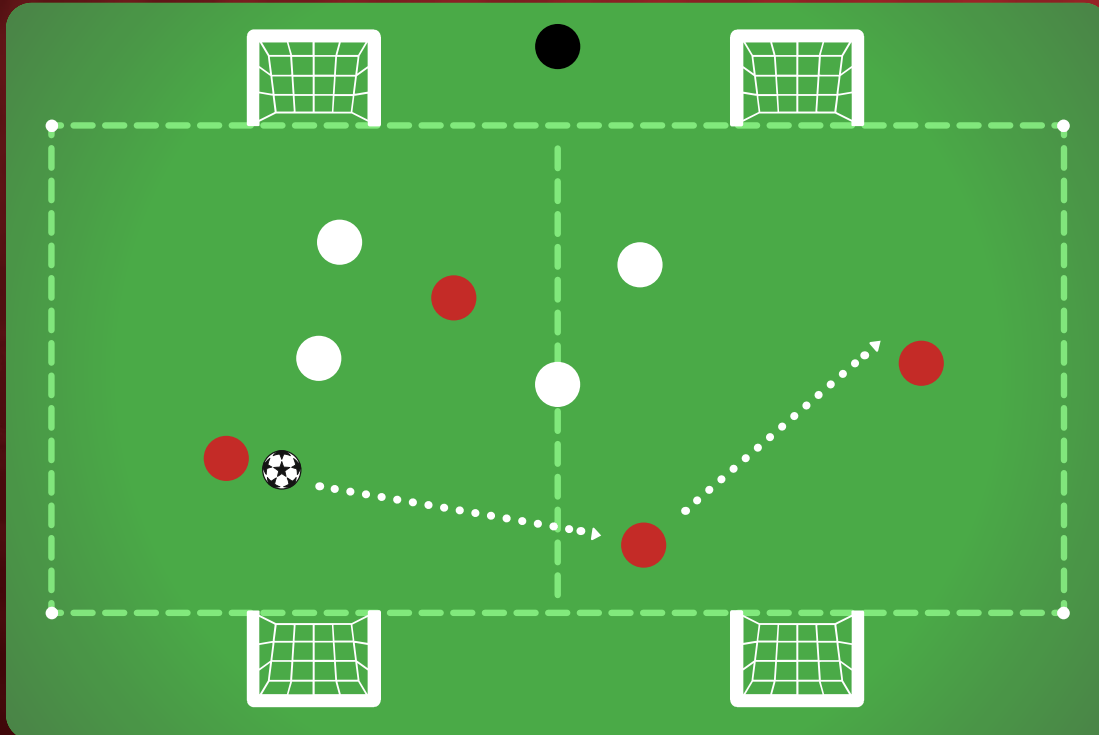
4 GOAL GAME

SWITCHING THE POINT OF ATTACK

ATTACKING
ORGANIZATION

SKILL SETS

RECOGNITION OF SPACE AND OPPONENTS /
PASSING ACCURACY / EXECUTION



HOW TO ORGANIZE

1. Create a field that is 35m long x 30m wide.
2. Cone a line down the middle for a visual reference for the players and coach.
3. Place the 4 goals as shown on the diagram.
3. Players are positioned as shown on the diagram.

HOW TO PLAY

1. Red team vs white team. Teams can score on either of opponents' goals.
2. Scoring on an opponents' goal is one point.
3. Moving the ball onto the other half of the field and scoring on the opponents' other goal is worth three points.

How to Modify:

- Encourage one player from the team in possession to stay on the other half when their team has the ball.

HOW TO COACH

Challenges:

- Try to pass the ball quickly from one side to the other, before the other team has the chance to reorganize.
- Try to keep your body shape open to play to either side.

Questions:

- When might you need to switch the point of attack?
- Can you support on an angle to be able to switch from one side to the other?

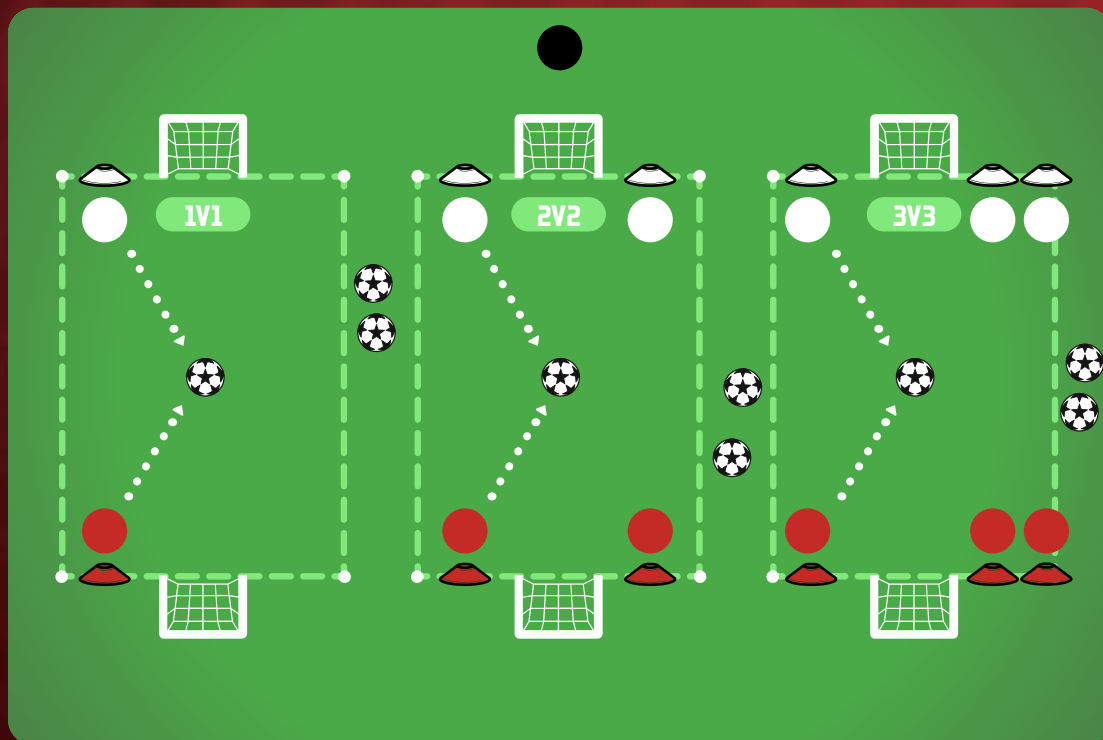


PLAYING UNDER PRESSURE

VARIATION OF SCENARIOS, SPACES, AND LEVEL OF PRESSURE TO ESCAPE

ATTACKING ORGANIZATION

SKILL SETS 1V1 CONFIDENCE / PROTECTING / ESCAPING PRESSURE



HOW TO ORGANIZE

1. Set up 3 fields; 1v1 field (10m x 8m), 2v2 field (15m x 10m), and a 3v3 field (20m x 15m)
2. Place goals and balls as shown on the diagram.
3. Add starting cones to represent each field format as per the diagram (1v1, 2v2, 3v3)
4. Have each player stand next to their starting cone.
5. Place spare balls in the spaces between each field for quick re-starts if a ball goes out of bounds.

HOW TO PLAY

1. Play for 2 Minutes: Score as many goals as possible before the time limit.
2. Slide Down One Cone: Move to the next station immediately after each game.
3. Restart: Begin a new round with fresh teammates and opponents.

How to Modify:

- Option to create overload games or add a 'magic player' that can travel to any field at any time.

HOW TO COACH

Challenges:

- Try to position your body between the ball and the defender, when the defender is close by.
- Try to change directions and speed to beat your opponent.
- Try to keep the ball close and under control.

Questions:

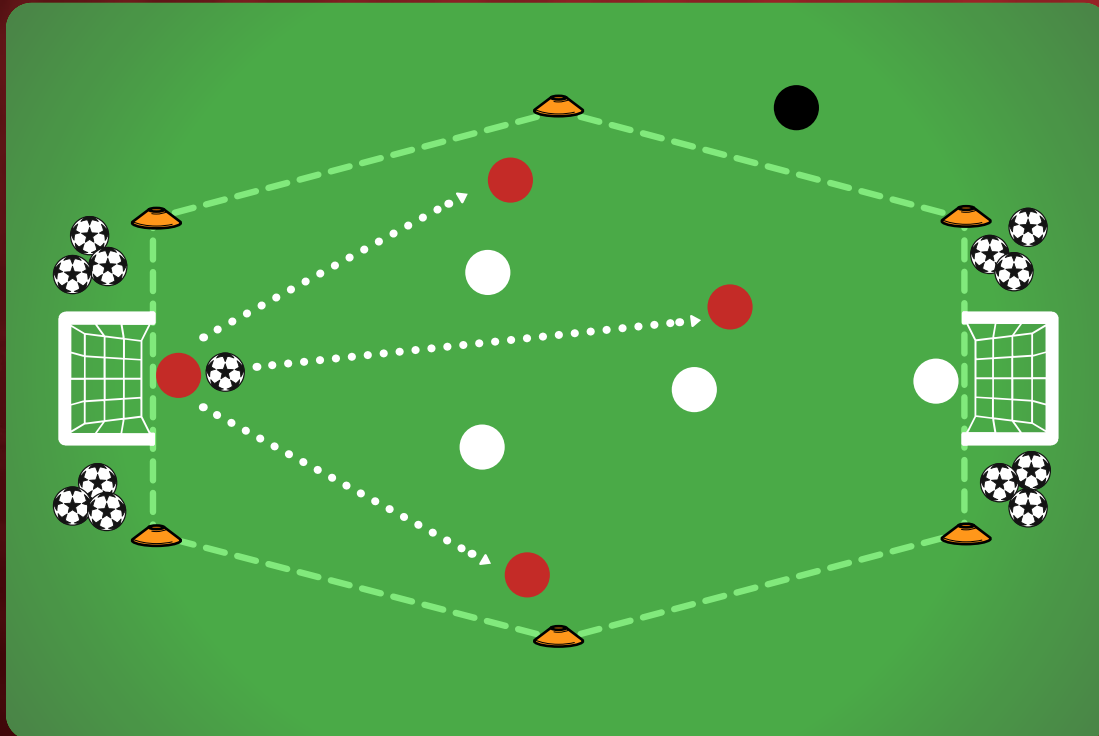
- How can you influence the opponents with your movements?
- Can you move the ball into space away from the defender?



DIAMOND GAME

ATTACKING
ORGANIZATION

SKILL SETS PASSING ACCURACY / GOAL SCORING MINDSET



HOW TO ORGANIZE

1. Cone a diamond-shape field. Length: 30-36m and width: 30m (at widest part).
2. Place goals, balls and players as shown in the diagram.
3. Players are encouraged to score centrally through the constraint of the field shape.

HOW TO PLAY

1. The ball starts with a goalkeeper.
2. Both teams are trying to score as they normally would.
3. If the ball goes out, play from a goalkeeper.
4. Play for 3-minute games and whoever gets the most goals wins the game. Best of 5 games wins.

HOW TO COACH

Challenges:

- Try to use your first touch to prepare to shoot.
- Try to play between defenders.
- Try to position yourself to score quickly.

Questions:

- How can you combine with a teammate to create a scoring opportunity?



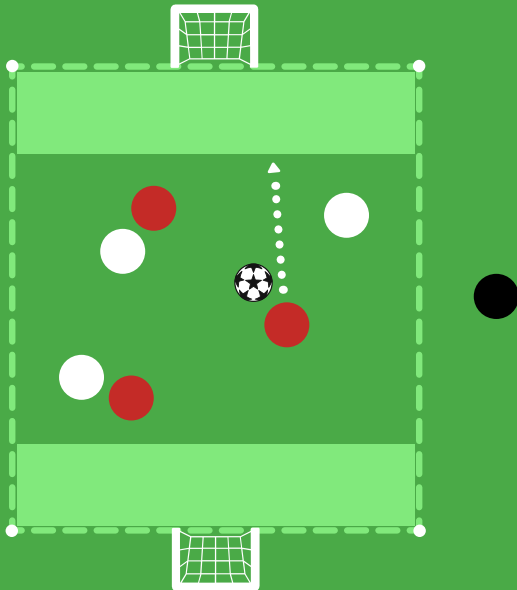
ENDZONE GAME (DRIBBLING)

ENCOURAGE PLAYERS TO PLAY FORWARDS AND ATTACK SPACE

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / CONFIDENCE
IN 1V1 DUELS / SPACE RECOGNITION



HOW TO ORGANIZE

1. Create a field Width: 18-22m Length: 25-30m.
2. Create a 5m end zone at each end of the field.
3. Place goals as shown in the diagram.
4. Two teams of three players.

HOW TO PLAY

1. Dribble to Score: Teams score 1 point by entering the end zone; no defenders are allowed inside this zone.
2. 3-Point Goal: Dribble the ball directly into the scoring zone.
3. 1-Point Goal: Score from a shot taken outside the scoring zone.

How to Modify:

- Add a goalkeeper to defend the end zone. Allow a recovering defender to enter the scoring zone.

HOW TO COACH

Challenges:

- Try to take your first touch forward to beat an opponent or into space to run onto.
- Try to look for space and go with pace.

Questions:

- How might you move the ball and your body if a defender is blocking your way forward?
- What might stop you from playing forwards into space?



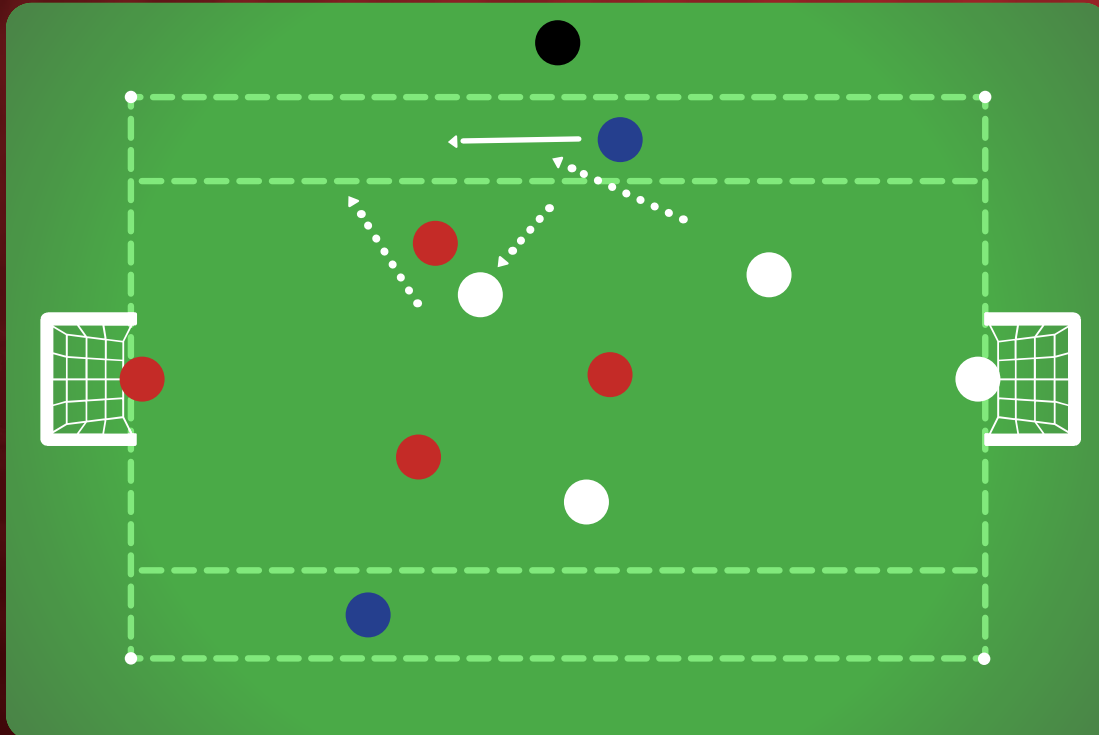
EXPLORE WIDE PLAY

COMBINATIONS USING WIDTH TO CREATE ATTACKS

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / CONFIDENCE
IN 1V1 DUELS / SPACE RECOGNITION



HOW TO ORGANIZE

1. Create a field that is 30m long x 25m wide.
2. Cone a 5m wide zone as shown.
3. Place goals and players as shown on the diagram.

Note: Ensure players have enough width and depth to play within the zones. Field size will change according to age/stage.

HOW TO PLAY

1. Teams attempt to score in their opponents' goal.
2. Red and white players must stay in the central zone.
3. Blue neutral players stay in their wide zone and are encouraged to move up and down that area and play for whichever team has the ball.
4. One point for scoring past the goalkeeper and 3 points for a goal if the ball has come from a blue neutral wide player.
5. Play for four minutes and then switch roles.

How to Modify:

- One defender and one attacker can join the wide zone to create a 2v1.
- Have the wide players wear a red or white, they still play neutral but if a player on their colour passes to them, they can switch places as the play is happening and dribble into the central zone if they wish.

HOW TO COACH

Challenges:

- Try to combine with the wide player (give + go, run forwards beyond them or support behind)
- Try to score from a one touch finish if the ball comes from the wide area.
- Try to move the ball quickly by running as fast as you can if you are the wide player.

Questions:

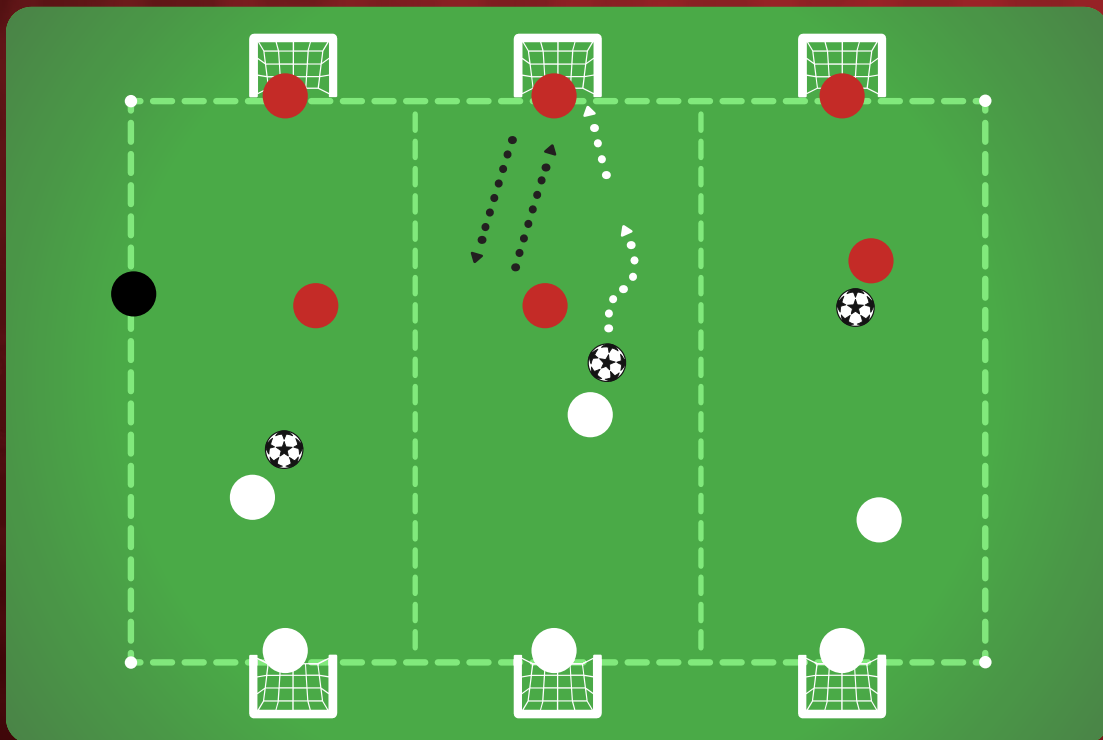
- What type of movement can you make to open up passing lanes?
- When should we look to play wide vs playing down the middle?
- What cues are we looking to read from the winger to know how to support them?



SWITCH GAME

ATTACKING
ORGANIZATION

SKILL SETS RECEIVE UNDER PRESSURE /
1V1 DUELS / GOAL SCORING



HOW TO ORGANIZE

1. Set up three 15m x 10m fields.
2. Arrange the red and white players as shown in the diagram.
3. Place the goals and balls as per the diagram.
4. Place spare balls in the spaces between each field for quick re-starts if a ball goes out of bounds.

HOW TO PLAY

1. 2v2 in the middle, with 2 additional sweeper goalkeepers per team.
2. Try to score in an open goal. Sweeper keepers will look to block the goals.
3. Start by playing the ball to any player. Encourage restarts via kick-ins, throw-ins, or dribble-ins to keep tempo high.

How to Modify:

- Remove two of the goals and add two neutral players, to provide the attacking team with more opportunities to score.
- Make the goals bigger, remove the neutral players.

HOW TO COACH

Challenges:

- Try to switch the point of attack to find the open goal to score on.
- Try to combine to create goal scoring opportunities.
- Try to support the ball carrier based on pressure vs no pressure.

Questions:

- How could you set yourself up to score a goal?
- How can we recognize the empty goals?
- Where could you go if one goal is blocked?

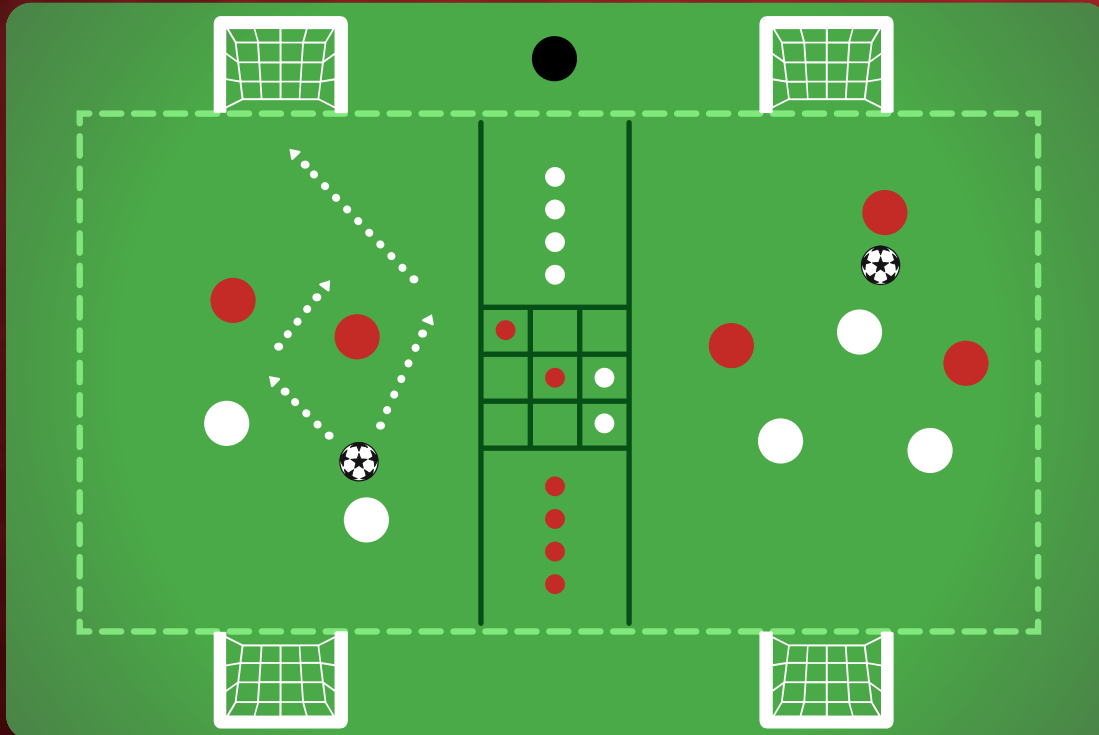


TIC-TAC-TOE

ATTACKING
ORGANIZATION

SKILL SETS

RECEIVE UNDER PRESSURE / 1V1 DUELS /
GOAL SCORING



HOW TO ORGANIZE

1. Create two fields of 25m to 30m x 18m to 22m.
2. Arrange the players and balls as shown in the diagram.
3. Create a tic-tac-toe space in the middle of the two fields. You can do this by using cones and matching pinnies to the teams. You can have a whiteboard and pen or simply have a pen and paper.

HOW TO PLAY

1. Players try to score in their opponents' goal.
2. When a player scores a goal, they must run to the tic tac toe board and add a piece for their team's colour to the board.
3. The first team to get three pieces in a row wins the game.

How to Modify:

- Change teams up after each round.
- Move the markers to a different area of the field so players have to find them (this creates an overload and underload whilst the players are searching to add a piece)
- Move the number of players so one team has one extra and another plays with one less.

HOW TO COACH

Challenges:

- Try to take players on when isolated 1v1.
- Try to quickly combine to create goal scoring opportunities.
- Try to make intelligent movement to unbalance the opposition.

Questions:

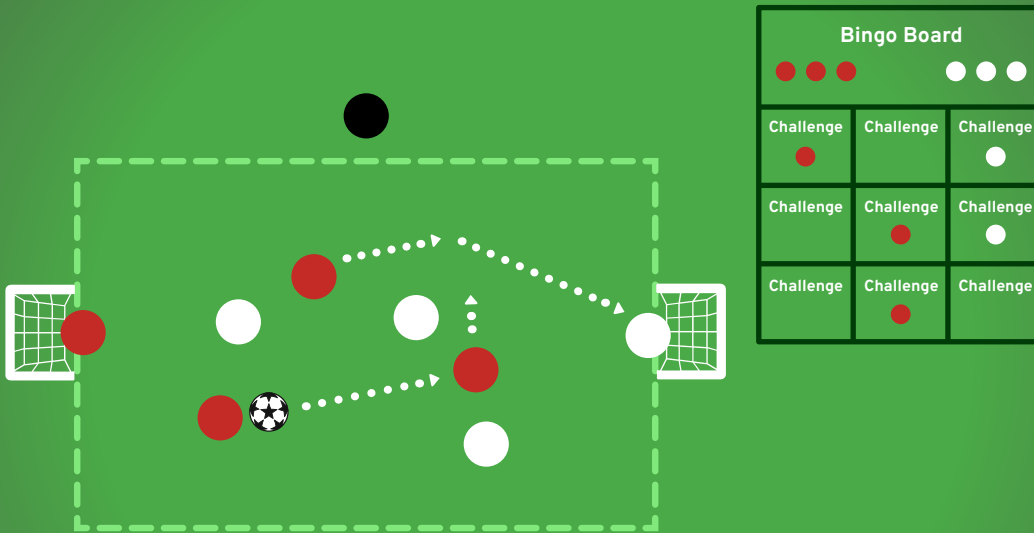
- When is it better to pass quickly instead of dribbling?
- Do you have to go around the defender to beat them?



SOCCER BINGO

ATTACKING ORGANIZATION

SKILL SETS FORWARD THINKING / PASSING / GOAL SCORING



HOW TO ORGANIZE

1. Create a field that is 30m long x 25m wide.
2. Place the players, goals and balls as shown in the diagram.
3. The game can be played with or without goalkeepers.
4. Have a "Bingo Board" ready to go, using a tactics board, whiteboard or piece of paper.

Note: Game can be played in various game formats 4v4/3v3 game. Adjust the field size accordingly.

HOW TO PLAY

1. Teams try to score in the opposition goal and they get a point as per normal rules of soccer.
2. If a player completes a challenge marked on the board, then they must go to the board and mark it off.
3. The first team to complete a line wins the first game. The first team to complete a 'house' i.e. complete all the challenges wins the overall game - regardless of which team has scored more goals.
4. Examples of challenges you can put on the bingo board are:
 - Play a forward pass.
 - Combine with a teammate to score a goal.
 - Shoot on target.
 - Score with a one-touch finish.
 - Score from outside the area.

How to Modify:

- If one team completes a challenge, then they get that space and the other team loses the option to complete that challenge.
- Let the players choose their own challenges.
- Make the space smaller.
- Add two goals.
- Create an overload/underload situation based on numbers available.

HOW TO COACH

Challenges:

- Try to get back to your team quickly in transition moments.
- Try to score quickly when you have more players on the field.

Questions:

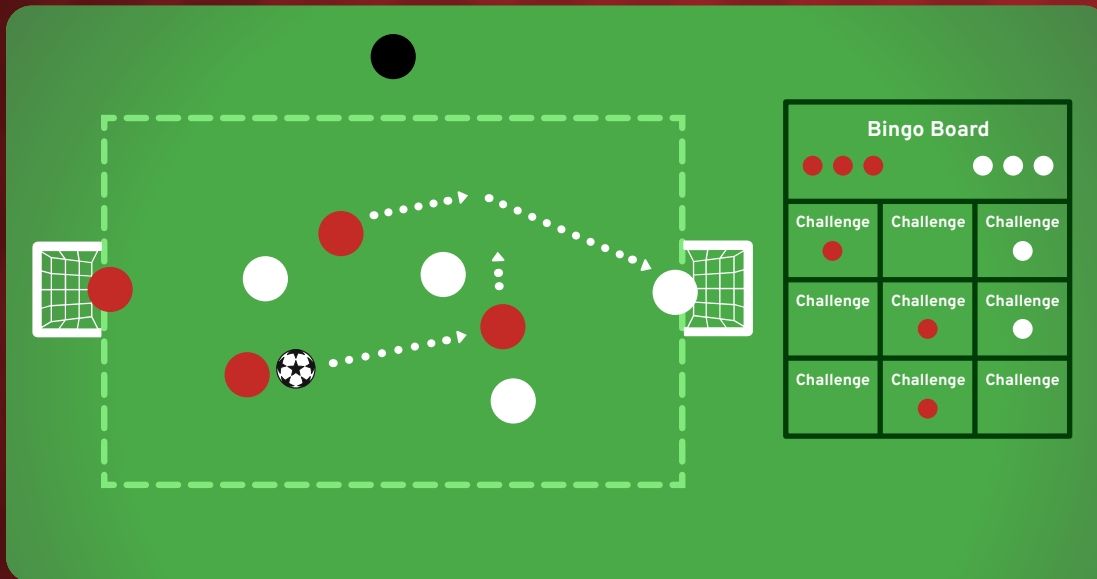
- When the other team has scored, how can you take advantage of an overload situation as the other team marks the board?
- How can you work together as a team to determine what challenges need to be completed?



SOCCER BINGO ALT

ATTACKING ORGANIZATION

SKILL SETS FORWARD THINKING / PASSING / GOAL SCORING



HOW TO COACH

Challenges:

- Try to get back to your team quickly in transition moments.
- Try to score quickly when you have more players on the field.

Questions:

- When the other team has scored, how can you take advantage of an overload situation as the other team marks the board?
- How can you work together as a team to determine what challenges need to be completed?

HOW TO ORGANIZE

1. Create a field that is 30m long x 25m wide.
2. Place the players, goals and balls as shown in the diagram.
3. The game can be played with or without goalkeepers.
4. Have a “Bingo Board” ready to go, using a tactics board, whiteboard or piece of paper.

Note: Game can be played in various game formats 4v4/3v3 game. Adjust the field size accordingly.

HOW TO PLAY

1. Teams try to score in the opposition goal and they get a point as per normal rules of soccer.
2. If a player completes a challenge marked on the board, then they must go to the board and mark it off.
3. The first team to complete a line wins the first game. The first team to complete a ‘house’ i.e. complete all the challenges wins the overall game - regardless of which team has scored more goals.
4. Examples of challenges you can put on the bingo board are:
 - Play a forward pass.
 - Combine with a teammate to score a goal.
 - Shoot on target.
 - Score with a one-touch finish.
 - Score from outside the area.

How to Modify:

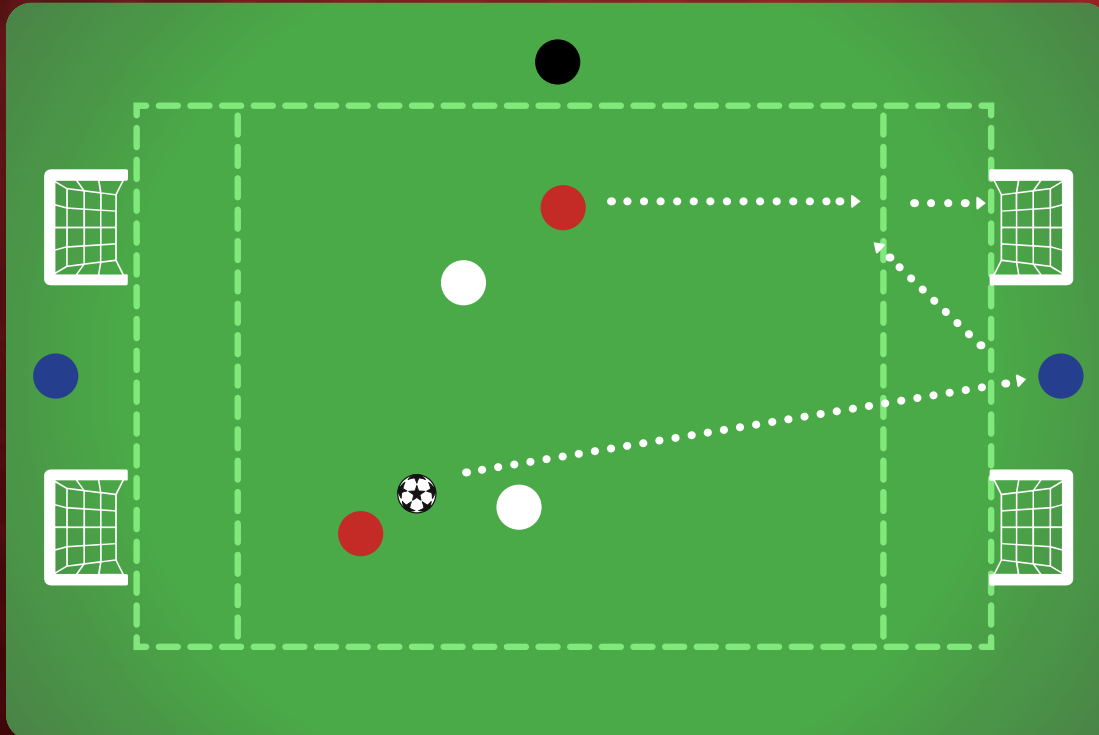
- If one team completes a challenge, then they get that space and the other team loses the option to complete that challenge.
- Let the players choose their own challenges.
- Make the space smaller.
- Add two goals.
- Create an overload/underload situation based on numbers available.



4 GOAL GAME: PLAY FORWARD

ATTACKING ORGANIZATION

SKILL SETS FORWARD THINKING / PASSING / RECOGNIZE SPACE



HOW TO ORGANIZE

1. Create a field that is 25m long x 18m wide.
2. Place the goals 10m apart from each other and 2m off the end line. This is so that the players cannot stand in front of the goals to block scoring.
3. Cone a 5m 'scoring zone' at each end of the field so it is ready for a progression.
4. Place two teams of red and white players in the middle zone and two blue players on the end line as shown in the diagram.

HOW TO PLAY

1. To score a goal, players must play the ball to the target player and get the ball back off them to score in one of the two mini goals.
2. Play for three minutes and switch roles.

How to Modify:

- Players can score on the goals OR look to combine with the target player (for a bonus point)
- Use the end zone / scoring zone - Players finish on one touch after combining with the target player (inside or outside the scoring zone for bonus points)

HOW TO COACH

Challenges:

- Try to play forward as quickly as possible to the target.

Questions:

- When you win the ball, what should you look for first?

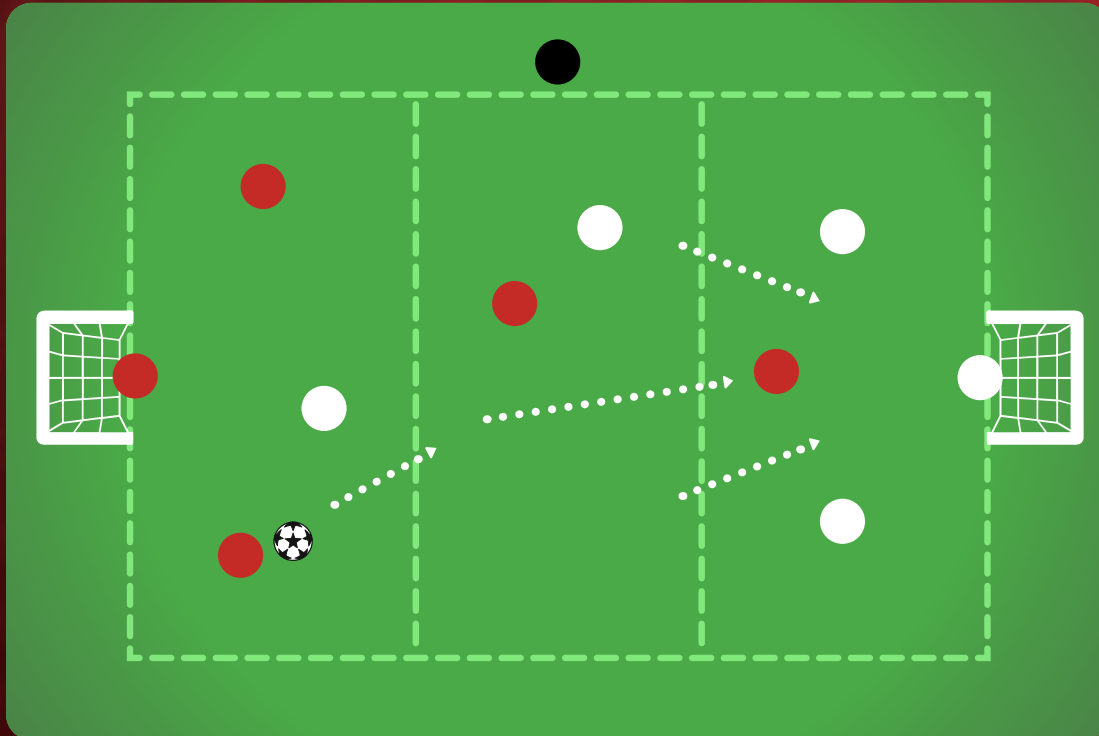


PROGRESSIVE OVERLOAD GAME

ATTACKING ORGANIZATION

SKILL SETS

FORWARD THINKING / PASSING /
RECOGNIZE SPACE



HOW TO ORGANIZE

1. Cone a field 30m-36m in length x 25m-30m in width.
2. Cone out field into thirds every 10m-12m to create three equal horizontal zones. (Defensive zone, Midfield zone, Attacking zone)
3. Create two teams using the same starting formation / system: 1-2-1-1:
 - 1 Goalkeeper, 2 Defenders (Defensive Zone), 2 Midfielders (Middle Zone), and 1 Forward (Attacking Zone)

HOW TO PLAY

1. Play a normal game to start - ask players not to pay attention to the zones right away.
2. Players score by scoring in the opposition goal. Restarts with pass-ins, throw-ins, or dribble-ins.
3. Once the players are used to the space, introduce the zones.
4. Players look to progress the ball by dribbling over the third lines: From the Defensive Third (2v1) to Middle Third (becomes 2v1) and from the Middle Third to Attacking Third + one other player joins (becomes 3v2) Award a point for every zone progression and give points if they go all the way from defensive zone to the final zone and score.

How to Modify:

- Players can dribble or pass or focus specifically on passing to progress. Move players into different roles.
- Only use the third lines to get players in a set starting shape. Players can move freely once the ball is live, with a focus on creating overloads in certain moments / areas scoring zone for bonus points)

HOW TO COACH

Challenges:

- Try to change your angle to creatively combine with a teammate.

Questions:

- Where should your first touch be when receiving a pass from a different zone?

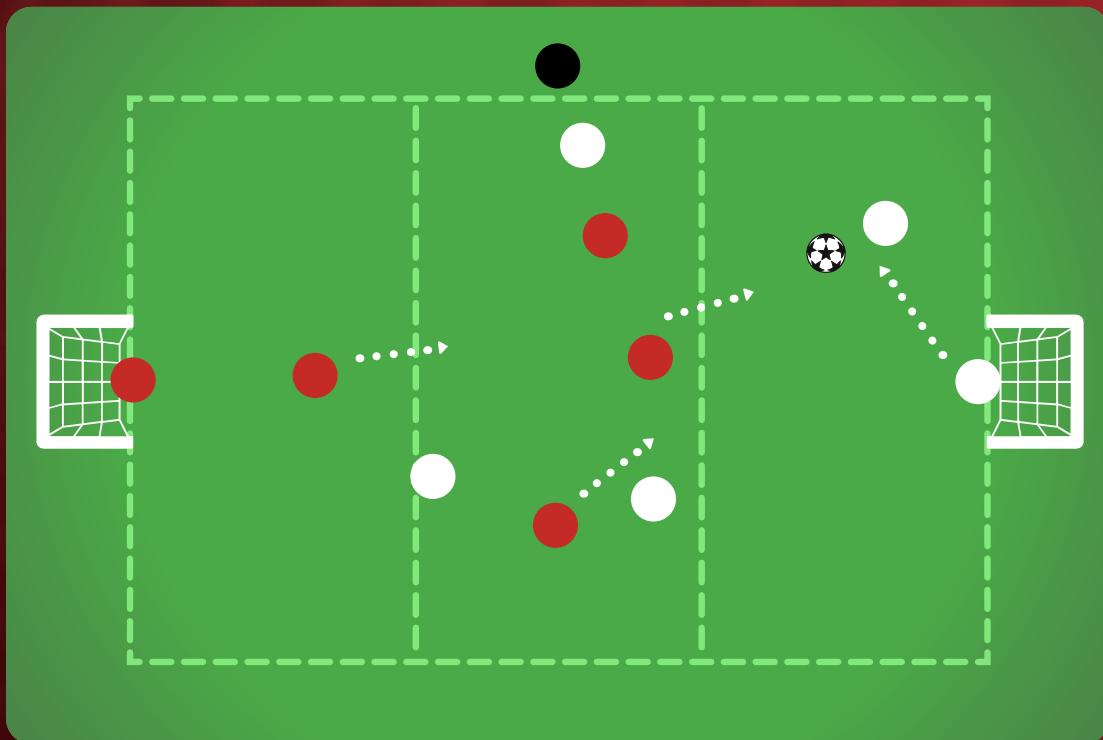


DEFENDING TOGETHER

DEFEND 2/3 AREAS TOGETHER

DEFENSIVE ORGANIZATION

SKILL SETS FAST PRESSURE / REDUCE SPACES



HOW TO ORGANIZE

1. Cone a field 30m-36m in length x 25m-30m in width.
2. Cone out field into thirds every 10m-12m to create three equal horizontal zones. (Defensive zone, Midfield zone, Attacking zone).
3. Arrange two teams in your preferred 5v5 formation / system.

HOW TO PLAY

1. Teams score one point by scoring in their opponents' goal. Pass-ins, dribbles or throw-ins for restarts.
2. 5 points if a team wins the ball back in the attacking zone (the zone closest to opponents' goal) and scores in their opponents' goal.
3 points - Win the ball back in the middle zone and score.
3. Play for 5 minutes and switch roles.

How to Modify:

- Goalkeeper has to defend the defensive zone when their teammates are in the other two zones.
- Remove zones and use two halves (add a halfway line)

HOW TO COACH

Challenges:

- Try to win the ball back as quickly as possible.

Questions:

- How can you close down space to deny the opposition's ability to play forward?



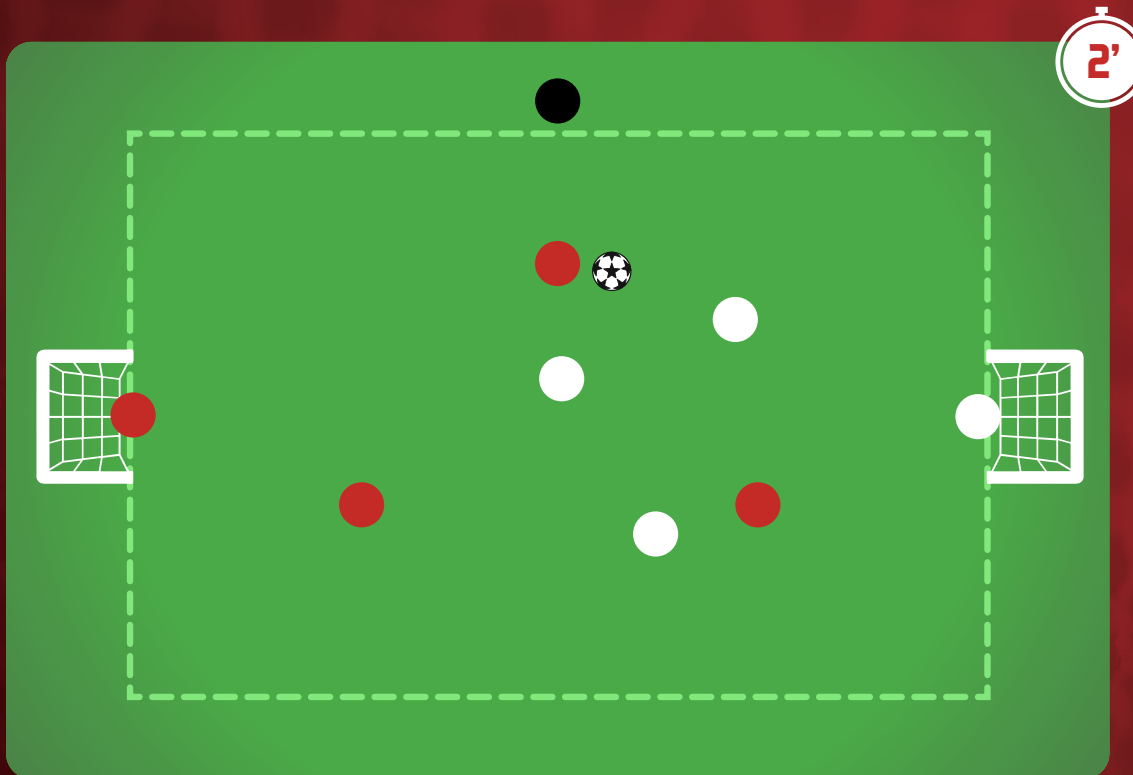
DEFEND AGAINST THE CLOCK

MANAGING THE GAME MOMENTS DEFEND THE GOAL

DEFENSIVE ORGANIZATION

SKILL SETS

FAST INDIVIDUAL PRESSURE / REDUCE SPACE AND TIME ON THE BALL FOR THE OPPONENT



HOW TO ORGANIZE

1. Cone out a field 30m-36m long x 25m-30m wide.
2. Place goals and balls as shown in the diagram.
3. Arrange into two teams of 4v4 as per the diagram.

HOW TO PLAY

1. Play a normal game with teams having to score in their opponents' goal.
2. Once a team scores a goal - the player who scored leaves the field and sets the timer for 2 minutes.

Note: this can be done with a manual timer or asking the coach to "start the clock"

3. The team that scored must now defend their goal for 2 minutes.
4. If they defend their goal successfully, they win the game.
5. If the opposition scores in that time, then they have to defend their goal successfully for two minutes to win the game.

How to Modify:

- Change the pitch size.
- Change the time limit.
- Change the pitch shape to a diamond.

HOW TO COACH

Challenges:

- Try to block the attacker's path to goal.
- Try to disrupt the attack and steal the ball.

Questions:

- Can you arrive at the player with the ball quickly and be patient?
- Can you get between the attacker and the goal?