



CANADA SOCCER

FUNDAMENTALS



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

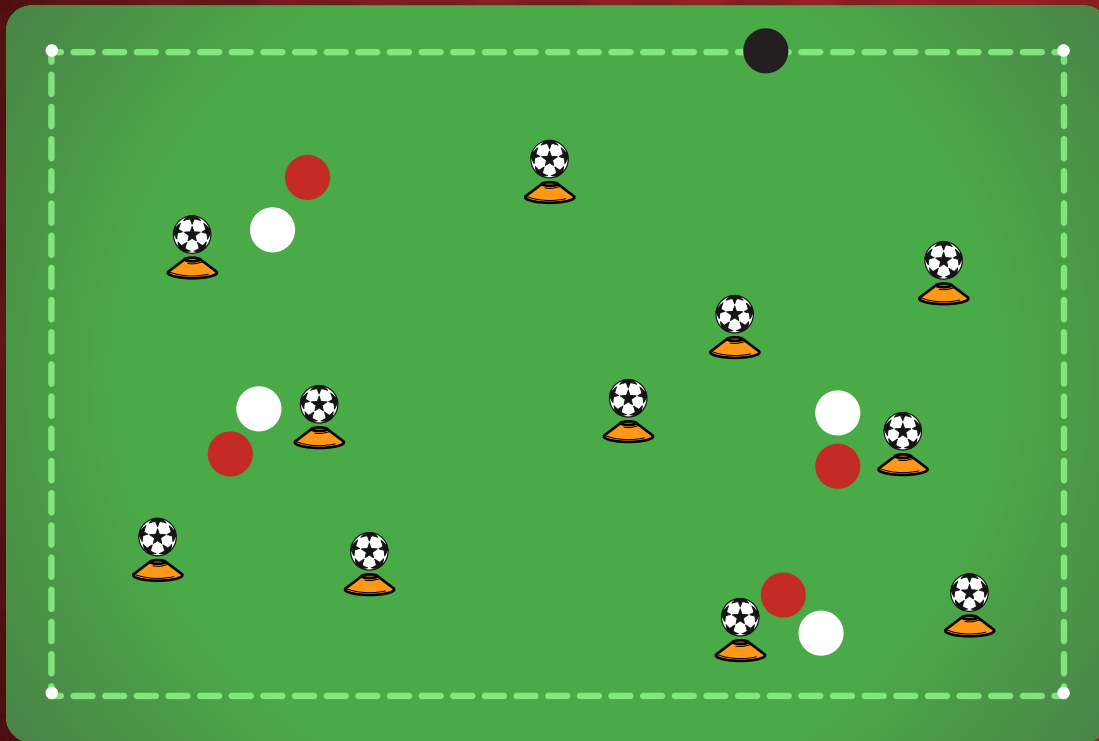
Mark areas on pitch where players must perform behaviors to increase intentionality.



PHYSICAL LITERACY GAMES



BALL PROTECTION



HOW TO ORGANIZE

1. Cone out a 20m x 20m area.
2. Place twelve cones, spread out, with balls on top.
3. Split the players into two teams (red and white) and pair players off to play against each other.

HOW TO PLAY

1. The attackers (red) can only use their hands to knock the balls off the cones.
2. The defenders (white) can block the attackers path by moving their body to block the target.
3. The reds aim to score as many points as they can in two minutes.
4. Once the time is up, swap roles and the whites become the attackers.
5. The team that knocks off the most balls by the end of the round(s) wins.

How to Modify:

- 2v2 Handball: Pair players in to twos. One start as the attacking team, defending team can intercept and become attacking team. Players cannot run with the ball. Only the player with the ball; can score by knocking the balls off the cones.

HOW TO COACH

Challenges:

- Can you knock off two balls in one turn?

Questions:

- How can you find a cone that no one is guarding?
- Is it easier to block a runner if you stand tall or get low?



TRAVEL AND SCORE



HOW TO ORGANIZE

1. Four mini goals are placed on each side of the area facing inwards.
2. Four zones (ideally of different colours) are placed in the four corners of the playing area. Balls are scattered around the playing area.
3. The red players (attackers) are placed in four corners, no more than 2 players per zone.

HOW TO PLAY

Attackers (red) start in a zone and have 1 minute to score as many goals as possible.

Defenders (white) are positioned to tag the attackers.

1. Red players must leave their zone, retrieve a ball, and score on a goal.
2. White players try to tag red players while they are moving.
3. If a player is tagged, they must return to their zone immediately.
4. If a player scores a goal, they must go to the zone with the fewest players.
5. Players aim to score as many goals as possible without being tagged.

How to Modify:

- A tagged player becomes the defender and the game is continuous.
- Add more defenders.

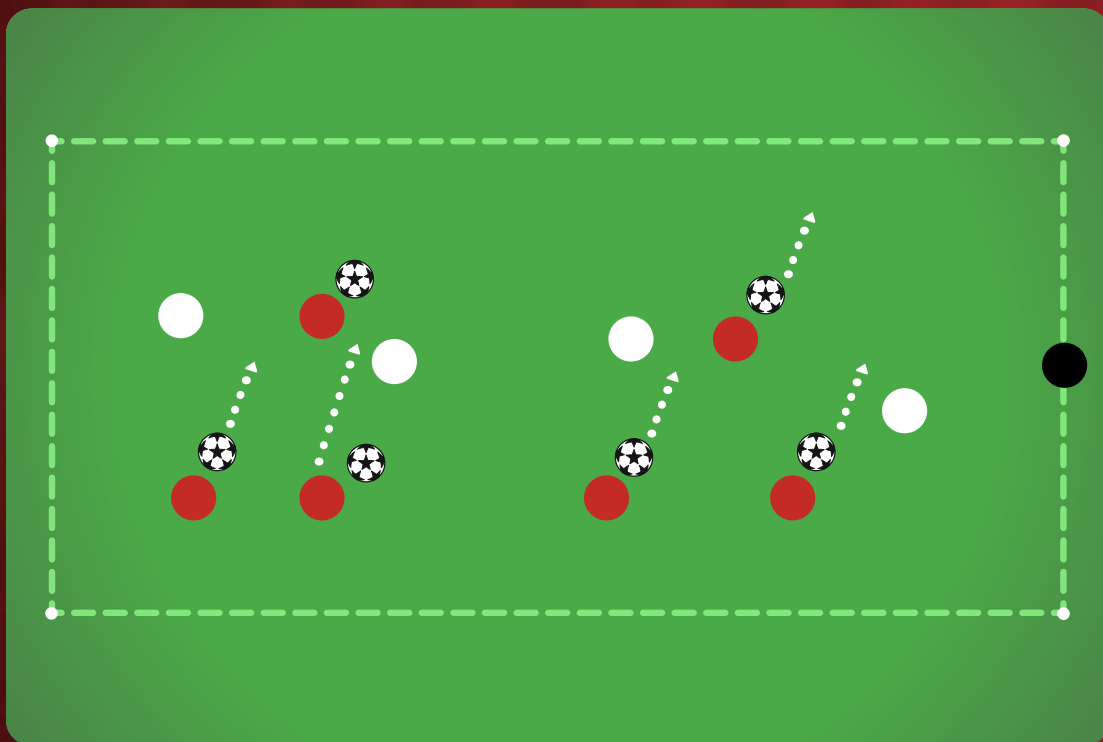
HOW TO COACH

Challenges:

- Try to score as early as you can if you see an open target.
- Try to change direction to trick the tagger.
- Try to dribble fast to goal, so you cannot be tagged.



EVASDE WITH SPEED!



HOW TO ORGANIZE

1. Set up a rectangle area 15m x 20m.
2. Allocate three or four players (white) as taggers. Spread around the area.
3. Line up the red players on the end line with a ball.
4. Change area size based on success or numbers of players.

HOW TO PLAY

1. Red players get to the opposite side without being tagged or tackled by a white defender.
2. Taggers: Tag or tackle as many runners as possible as they cross.
3. Any red player who gets tagged or tackled becomes a tagger with the whites.
4. Winner is the last player standing.

How to Modify:

- Change area size based on success or the number of players.
- Rotate the movement style every few rounds:
 - Dribbling.
 - Skipping.
 - Side-stepping.
 - Running backwards.

HOW TO COACH

Challenges:

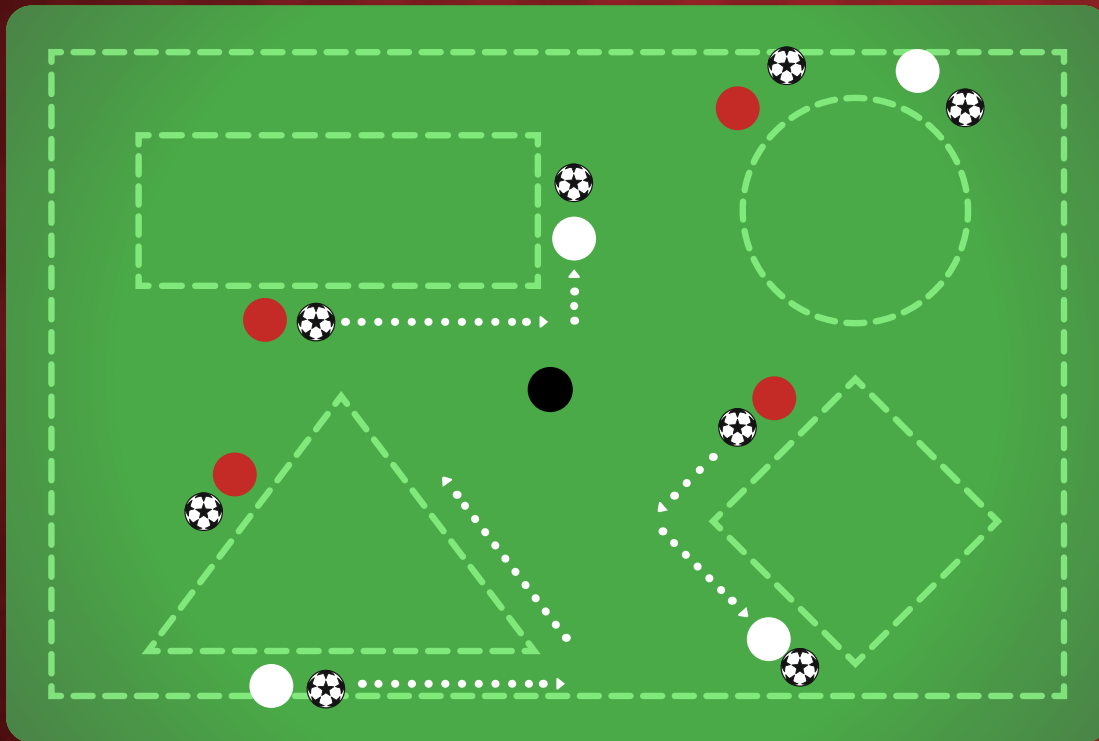
- Try to use changes of speed and direction to get across fast.

Questions:

- Is it easier to sneak past a tagger by running fast or changing direction?
- How can you keep the ball 'glued' to your feet?



CHANGING DIRECTION



HOW TO ORGANIZE

1. Set up the various size shapes with cones as shown on the diagram.
2. Split players in to pairs.
3. The players choose a shape to play in.
4. Give each player a ball each.

HOW TO PLAY

1. One player is a tagger and must try dribble with their ball to tag their partner.
2. The other player must try to dribble their ball and keep it under control as they try to escape the tagger.
3. The tagger has 20 seconds to try and tag the player dribbling as many times as possible
4. Swap roles if they have not tagged each other yet and keep playing for 20 second rounds.
5. Swap partner and find a new shape to play on.

How to modify

- Players create their own shape and size by moving the cones themselves.

HOW TO COACH

Challenges:

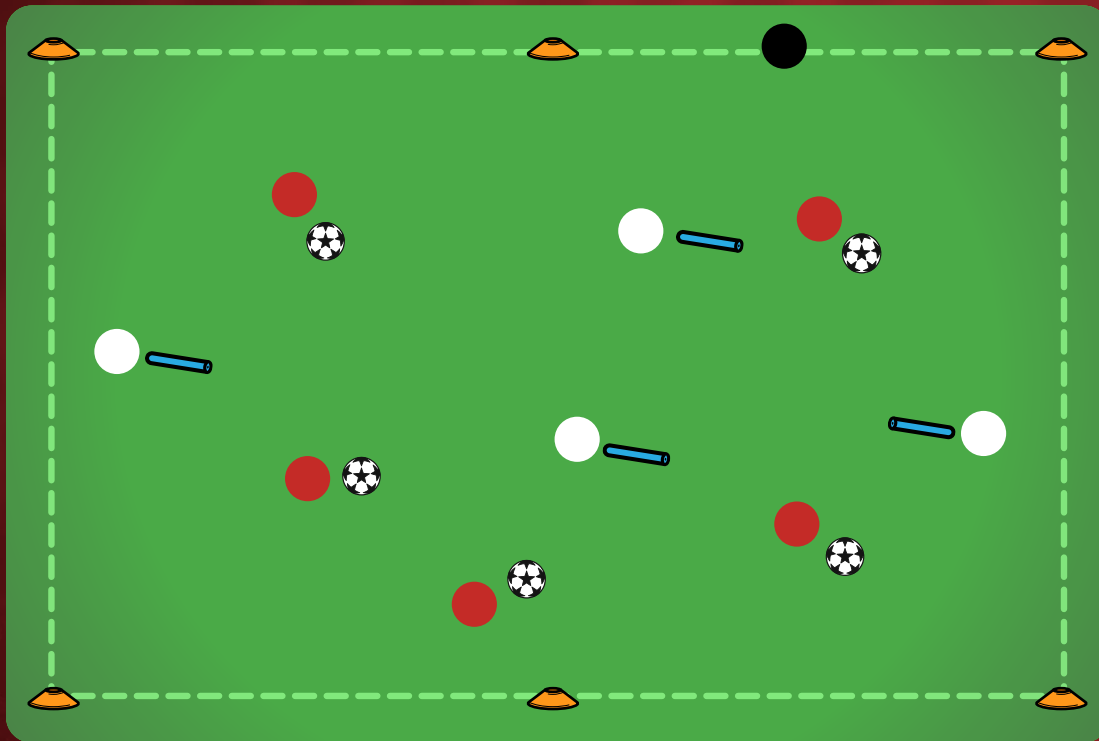
- Try to use various turns with the ball to change direction.
- Try to use slow and fast movements to evade the tagger.

Questions:

- How did you know when to slow down?
- What made it difficult to change direction quickly?



NOODLE TAG



HOW TO ORGANIZE

1. Set up a 15m x 15m area.
2. One ball per player (red)
3. Pool noodles for taggers (white)

HOW TO PLAY

1. Taggers use their pool noodles to try to tag players with the ball.
2. A point is awarded to each tagger for the number of tags they get.
3. Play for one minute.
4. At the end of the time, see which tagger has the most points and which ball player has the fewest tags.
5. Celebrate the winners and play again with new taggers.

How to Modify:

- Try to tap the ball with the pool noodle as many times as possible in the allocated time.

HOW TO COACH

Challenges:

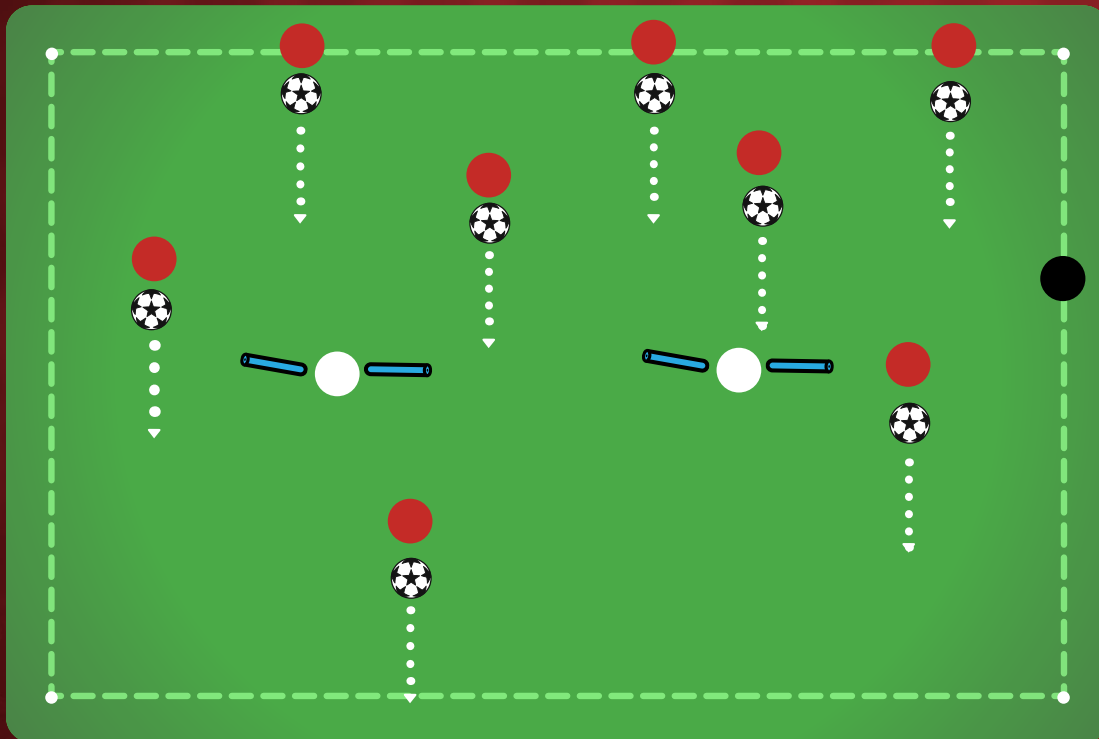
- Can you use your body to block the noodle from touching your ball?
- Can you tap three balls in 30 seconds?

Questions:

- How do you hide your ball so the tagger cannot see it?
- When is the best time to sprint away?



OCTOPUS



HOW TO ORGANIZE

1. Cone out a playing area 20m long x 25m wide.
2. Two or three players start in the middle, holding pool noodles.
3. The remaining players start on one side of the playing area with a ball each.

HOW TO PLAY

1. Reds start on one end line with a ball.
2. The players in the middle are the octopus trying to tag the reds with their octopus legs (pool noodle).
3. On the coach's signal, dribblers attempt to cross to the opposite end line.
4. Players earn one point per successful crossing.
5. Players with the most points after 6-8 crossings win. They also have a winning octopus.
6. Swap roles and play again.

How to Modify:

- Players become an octopus if they get tagged.

HOW TO COACH

Challenges:

- Try to cross the area three times without being touched once.
- Try to get across with limited touches.

Questions:

- Where were the gaps as you played? How did you see where the gaps were?
- How can you trick the tagger to move the wrong way?



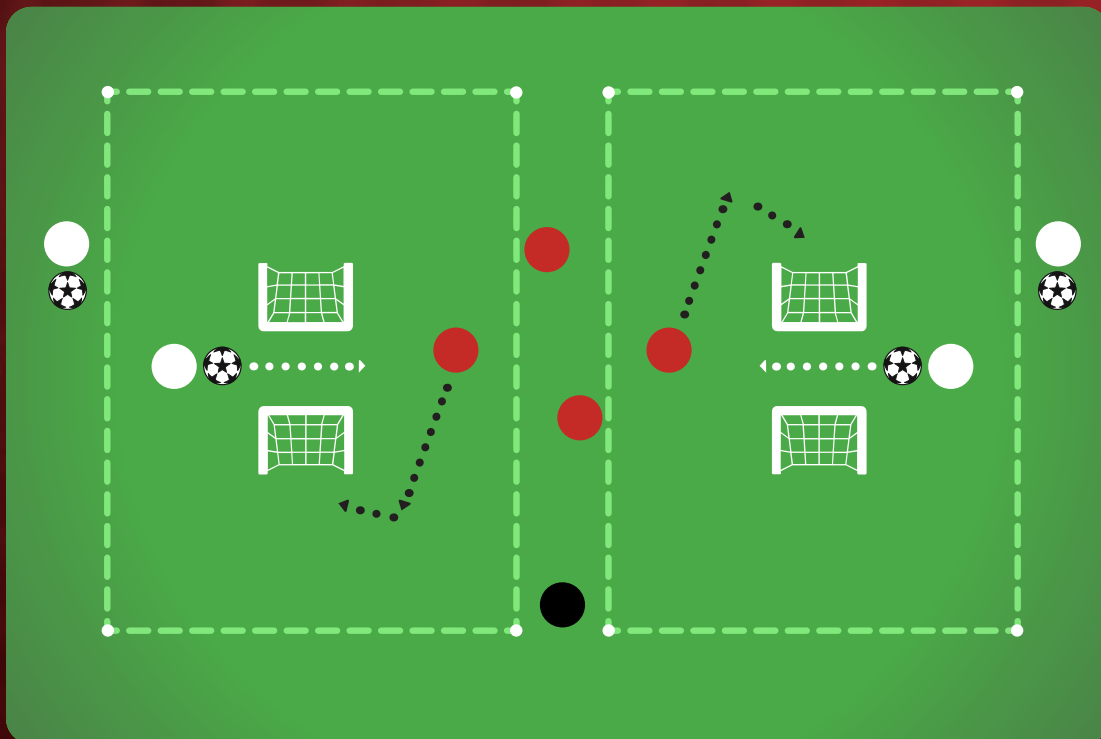
SKILL GAMES



BACK-TO-BACK GOALS

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 for additional players.
2. Set up a 15m x 30m area. In each area, place two goals 10m apart, back to back.
3. Divide players into two teams of 2–3.
4. Give all white team players a ball. One white player starts in the middle; other(s) wait at the side.
5. One red team player starts in the area; other(s) wait at the side. All red players place balls next to the white team.

HOW TO PLAY

1. The defending player passes the ball across the ground to the attacker and then immediately presses the attacker.
2. Attacker (red) receives the ball and aims to score in one of the two goals. If defender wins it, they become the attacker and can score on either goal.

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.
- Try to protect the ball and use your body as a shield.

Questions:

- What helped you decide which goal to attack?
- What was the hardest part of protecting the ball?
- Why is unpredictability important?

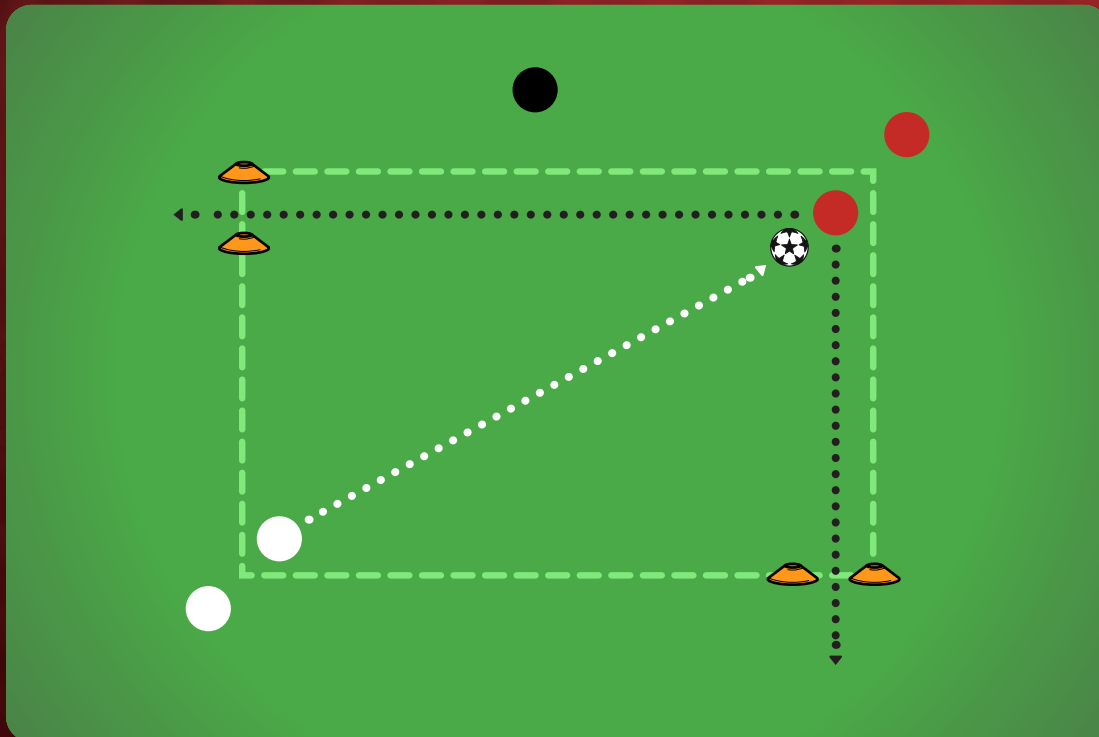


1V1: THIS WAY OR THAT WAY?

ATTACKING ORGANIZATION

SKILL SETS

1V1 DUELS / FORWARD THINKING / PROTECT THE BALL



HOW TO ORGANIZE

1. Set up a 15m x 15m area.
2. Set up for 4–6 players. Repeat for additional players.
3. Two teams of 2–3 players.
4. White team starts with the ball in one corner.
5. Red team (attacking) in the opposite corner, without a ball.

HOW TO PLAY

1. White player passes the ball across the square, then pressures the attacking player.
2. Red player (attacker) receives the ball and aims to travel with it through a gate to score a point. If the defender wins it, they can also score by travelling through the gate with the ball.
3. Play for 3 minutes, then switch roles.

How to Modify:

- Make gates closer together. Place players closer together.

HOW TO COACH

Challenges:

- Try to take a touch towards one of the goals.
- Try to use quick changes of direction.
- Try to protect the ball and use your body as a shield.

Questions:

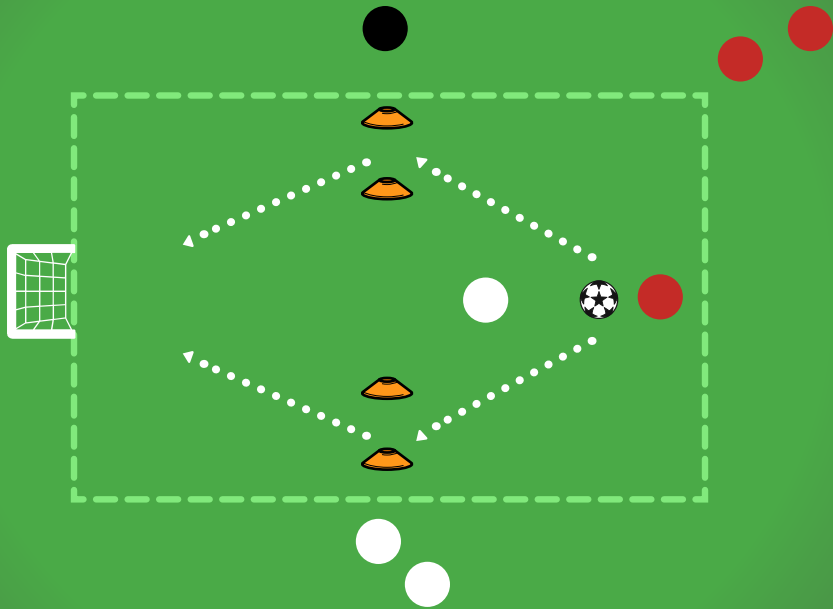
- When is the right moment to change direction?
- When should you shield instead of turning?
- Why is unpredictability important?



IV1: DUEL TO GOAL

ATTACKING
ORGANIZATION

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



HOW TO ORGANIZE

1. Set up a 15m x 30m area with one goal as showed and two 4m wide gates; 8m apart.
2. Set up activity for 4-6 players, each with a ball.
3. Repeat set up for additional players.
4. The red team starts with the balls. First player starts on the endline.
5. The white player starts just in front of the two gates ready to win the ball.

HOW TO PLAY

1. The red player is looking to score by dribbling the ball through the gate and then scoring on the mini goal.
2. The white defender is looking to win the ball before the player gets through the gate and dribble over the end line that the red player started on.
3. Play for 3 minutes and switch roles.

How to Modify:

- Change size of the gates.
- Allow defender to recover.

HOW TO COACH

Challenges:

- Try to use changes of speed.
- Try to use changes of direction to trick the defender.

Questions:

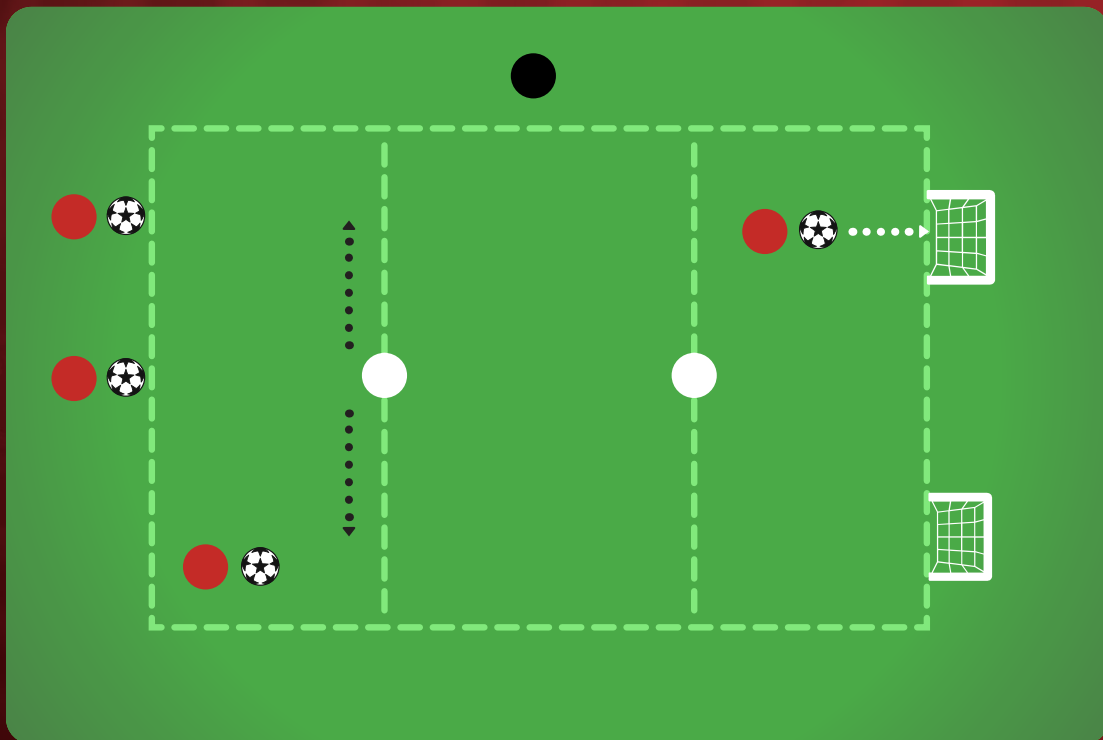
- What happens to the defender when you suddenly speed up?
- When you see space, what should your speed be?



1V1 DUELS: THE GAUNTLET

ATTACKING
ORGANIZATION

SKILL SETS 1V1 DUELS / PROTECT THE BALL



HOW TO ORGANIZE

1. Set up a 15m x 20m with two lines every 5m as shown on the diagram.
2. Two to three small goals at the end of the playing area.
3. Play for 3 minutes, then switch roles.

HOW TO PLAY

1. Two red players enter the zone with a ball at their feet.
2. The red player must try to enter the next zones and eventually score in the goal to get one point.
3. The white player (defender) can stop them by winning the ball and dribbling it out of bounds - but they can only move laterally across the line.
4. Every goal scored is 1 point.

HOW TO COACH

Challenges:

- Try to use changes of speed.
- Try to use changes of direction to trick the defender.

Questions:

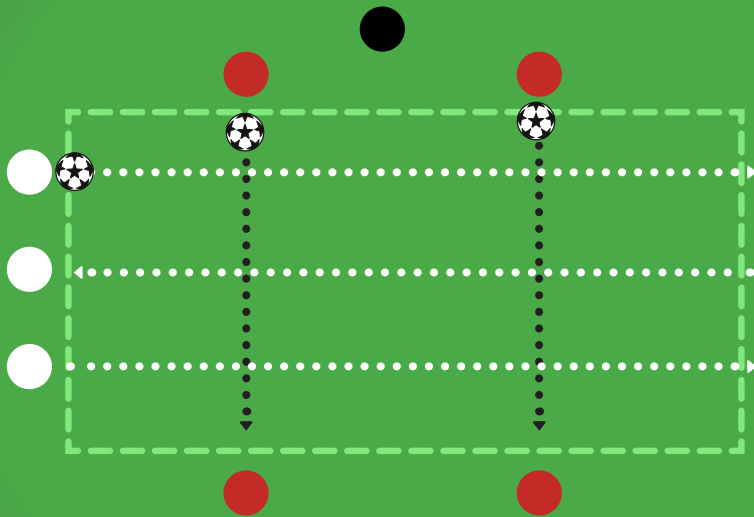
- Did changing your speed help you create space?
- When should you go slow, and when should you go fast?



PLAYING THROUGH THE SPACES

ATTACKING ORGANIZATION

SKILL SETS PASSING ACCURACY / SPACE RECOGNITION



HOW TO ORGANIZE

1. Cone out a 20m x 30m rectangle.
2. Split players into two teams.
3. Position players as shown in the diagram.
4. White players have a ball each and red players have a ball between two.

HOW TO PLAY

1. The white players set off by travelling with their ball from one side to the other and do this twice.
2. Red players must play the ball through the traffic, on the ground safely to find their partner.
3. They get a point every time they play through between two white players.

How to Modify:

- Have one of the red players receive the ball in the middle of the playing area.

HOW TO COACH

Challenges:

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

Questions:

- What do you need to check before you accelerate?
- What makes a good first touch?
- How do limited touches make it harder for defenders?

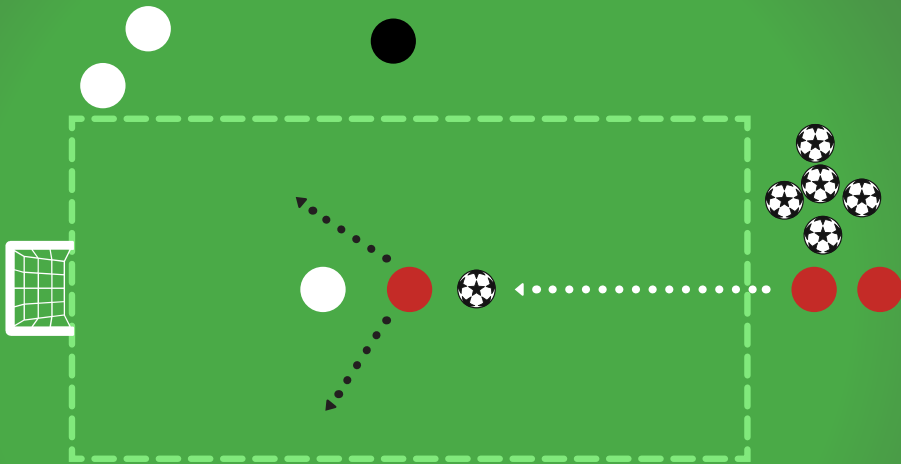


RECEIVING UNDER PRESSURE

ATTACKING ORGANIZATION

SKILL SETS

PROTECTING AND ESCAPING / RECEIVING UNDER PRESSURE / CONFIDENCE IVI



HOW TO ORGANIZE

1. Cone out one 20m x 30m rectangle for every group of 4-6 players.
2. Split the players into two teams of three.
3. Position mini goal and players as shown in the diagram.
4. Have a supply of balls next to the red team.

HOW TO PLAY

1. The red player (server) plays the ball in to their team mate (attacker).
2. The red player looks to receive the ball and score on the mini goal.
3. The white defender starts on the goal side (as shown in the diagram) and looks to win the ball and travel across the endline where the remaining red players are.

How to Modify:

- Start as shown and allow one red and white to join in to create a 2v2 scenario.
- Make the area smaller.

HOW TO COACH

Challenges:

- Try to protect the ball and find ways to escape.
- Try to use limited touches to turn and score.
- Try to move the ball to create space outside of the defender.

Questions:

- What tells you it's time to escape?
- How does your body shape help you turn quickly?
- Which surface of the foot helps you turn fastest?

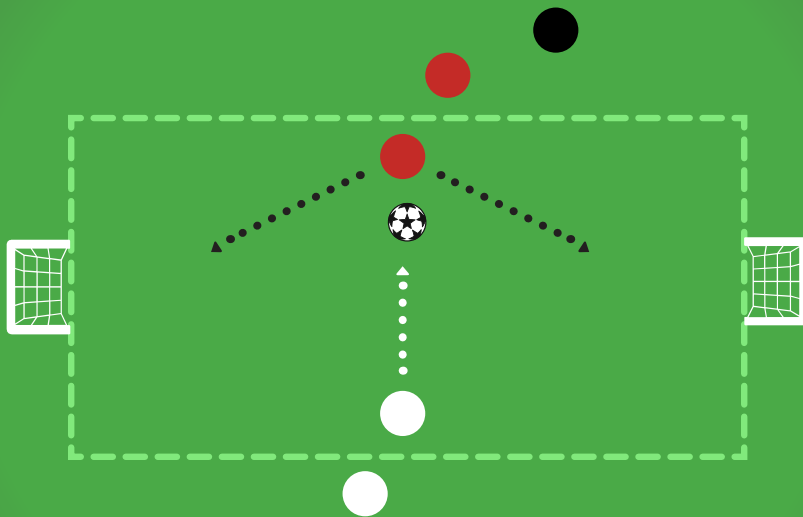


1V1 DUELS: DISGUISE TO SCORE

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION OF
SPACE AND PROTECTING THE BALL



HOW TO ORGANIZE

1. Cone out one 10m x 15m rectangle for every group of 4-6 players.
2. Place goals as shown.
3. Split the players into two teams of three.
4. Position the mini goals and players as shown in the diagram.
5. Have a supply of balls next to the white team.

HOW TO PLAY

1. Defender plays the ball across and then puts pressure on the attacking player and defends the goals.
2. Attacking player receives the ball and tries to score in one of the goals. If the defender wins the ball they can score.

How to Modify:

- Add scoring zone a player must enter before a goal can be scored.
- Reduce the distance between players.

HOW TO COACH

Challenges:

- Try to score quickly using changes of direction.
- Try to protect the ball, keeping it close to your feet.
- Try to change speed to unbalance the defender.

Questions:

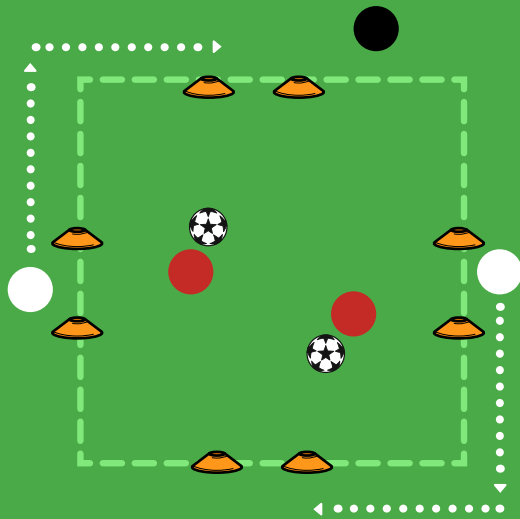
- Why is changing direction more effective than running straight?
- When does the defender feel unsure?
- How can you disguise your intentions?



ESCAPE AND EVADE!

ATTACKING
ORGANIZATION

SKILL SETS FORWARD THINKING / RECOGNITION OF SPACE



HOW TO ORGANIZE

1. Cone out one 10m x 10m square for every group of 4 players.
2. Place gates as shown.
3. Split players into two teams.
4. Red players in the middle start with the ball.
5. White players start outside.

HOW TO PLAY

1. Red players try to escape out through a gate by dribbling the ball through.
2. The white defenders move around the outside, trying to block gates (they are not allowed inside area).

How to Modify:

- Make area smaller.
- Add another defender.

HOW TO COACH

Challenges:

- Try to dribble out quickly using changes of direction.
- Try to change speed and direction quickly to trick the defender.

Questions:

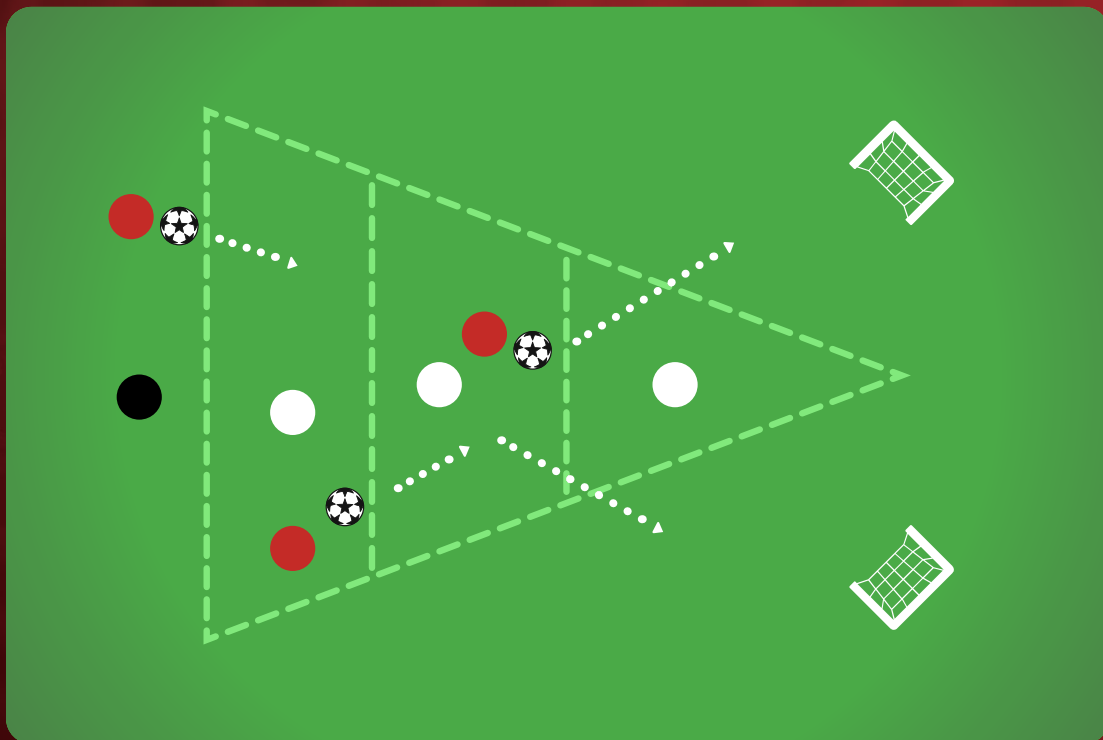
- Why is changing direction more effective than running straight?
- When does the defender feel unsure?



CLIMB THE MOUNTAIN!

ATTACKING
ORGANIZATION

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



HOW TO ORGANIZE

1. Cone out a 20m line to create the base of the triangle.
2. Place a cone 25m away for the tip of the triangle.
3. Create zones approximately 8m in length.
4. Place two mini goals facing inwards about 10m away from the triangle.
5. Six players split into two teams of three.
6. Three defenders (white) placed in each zone.
7. Red players all have a ball and start at the base of the triangle / mountain.

HOW TO PLAY

1. Attacking players start at the bottom of the mountain and try to dribble the ball through the area before scoring a goal.
2. Defending players aim to steal the ball and dribble it back to the start.
3. The team that scores the most times wins the round.

HOW TO COACH

Challenges:

- Try to assess where the defender is located before you speed up.
- Try to keep the ball close and use changes of direction in small spaces.

Questions:

- If the defender is too close, should you slow down first?
- What's your plan if you get trapped – can you shield or dribble?

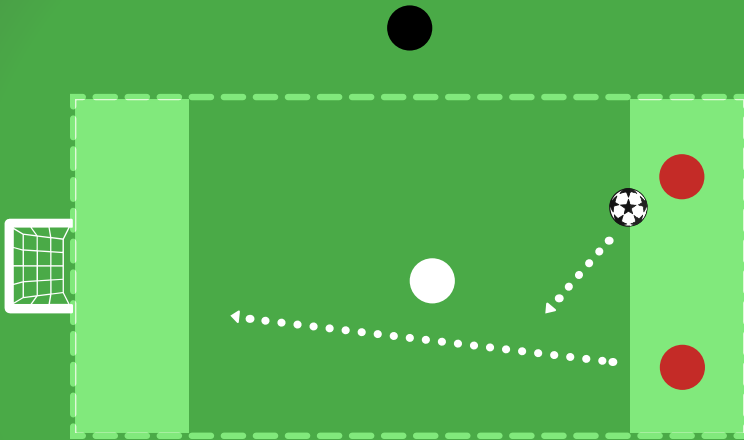


SPACE RECOGNITION

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION
OF SPACE AND RECEIVING SKILLS



HOW TO ORGANIZE

1. Cone an area of 10m x 15m for every 4-6 players.
2. Create two small end zones. 2m in front of the goal and 1m where the reds are shown in the diagram.
3. Two reds start in their zone with a ball and one white player starts without a ball in the middle.
4. One team attacking of two (red)
5. One team defending of one (white)

HOW TO PLAY

1. The game begins as a 2v1 with the Red team attacking.
2. Attacking players try to pass or dribble the ball into the opposite end zone. Once in the zone, they can shoot at goal.
3. If the defender (white) wins the ball, they try to travel into the end zone to score.

HOW TO COACH

Challenges:

- Try to play a pass to your teammate so they can move forward with the ball.
- Try to travel with the ball as far as you can before passing.

Questions:

- Did carrying the ball attract a defender and create space for a teammate?
- When is the right moment to release the pass?



SMALL SIDED GAMES

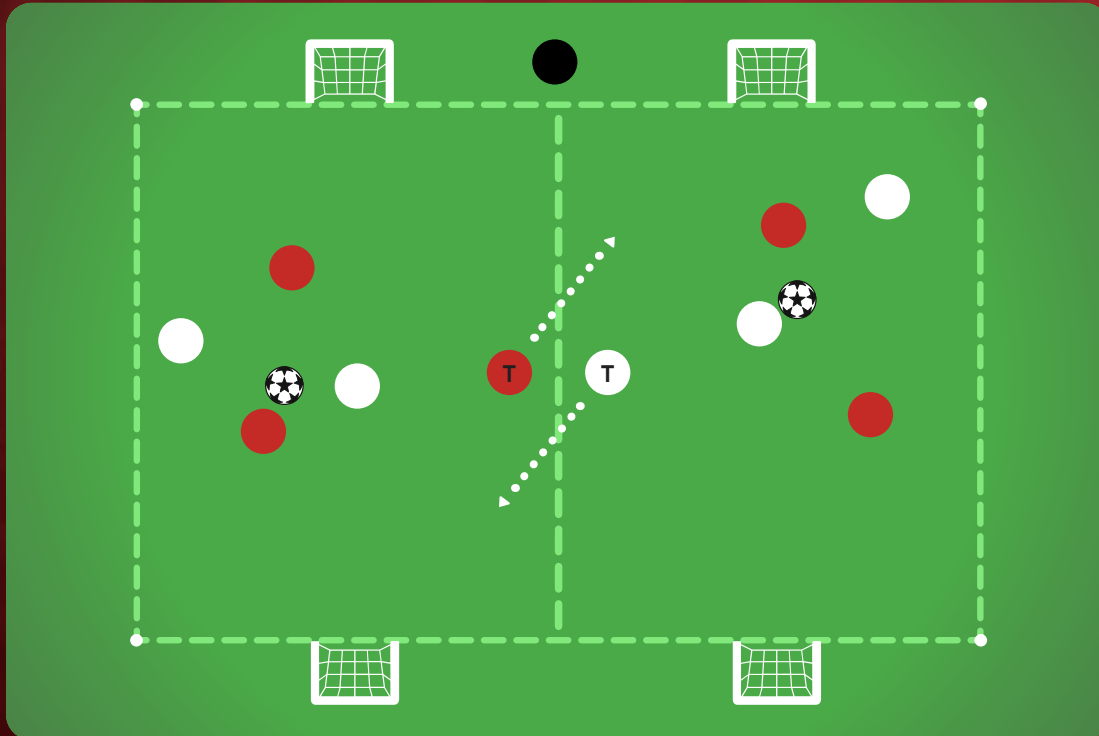


TRAVELLING TEAMMATES

ATTACKING IN OVERLOAD/UNDERLOAD SITUATIONS

ATTACKING ORGANIZATION

SKILL SETS 1V1 DUELS / PROTECT THE BALL



HOW TO ORGANIZE

1. Create two 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

One player per colour are allocated as the “travelling teammate” who can go to either field at any time to help their team score.

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 three minutes.
4. Add up the score and switch the travelling teammate.

How to Modify:

- Start the games uneven.
- Change the pitch size.
- (smaller = higher demands)

HOW TO COACH

Challenges:

- Try to travel as far forward as you can with the ball.
- Try to change directions to get past opponents.
- Try to stay on the ball for as long as you can before releasing it.

Questions:

- Can you notice when you have an extra teammate to help you play forwards?
- How might you use that extra player?
- When would you pass vs. when would you dribble?

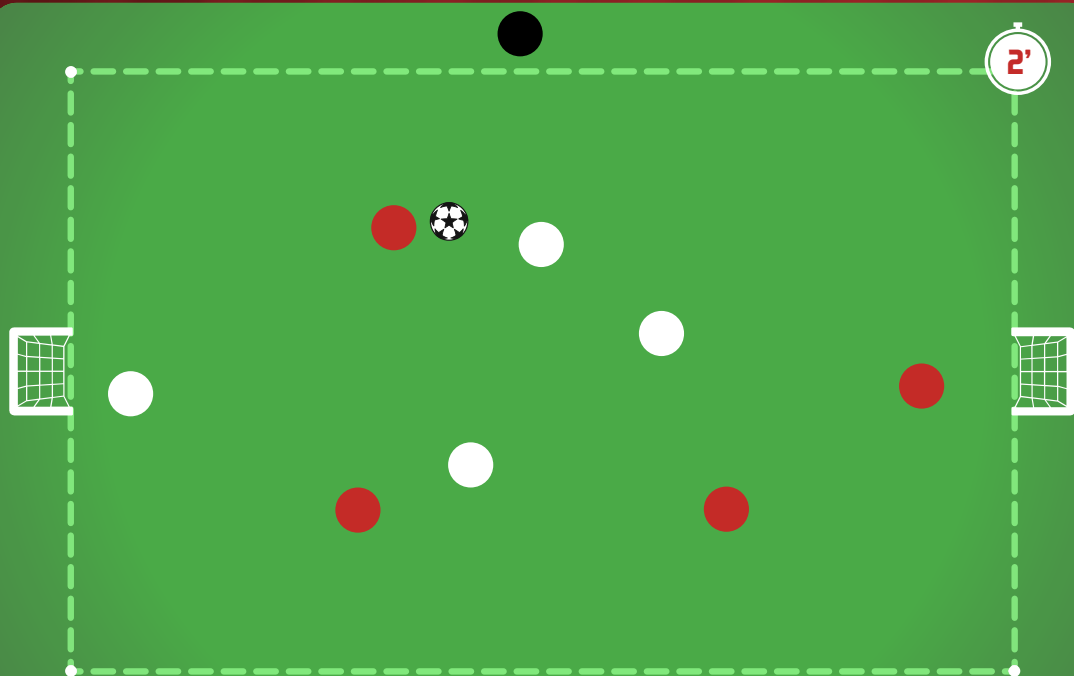


SCORE AGAINST THE CLOCK!

ATTACKING ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / FORWARD THINKING / RECEIVING UNDER PRESSURE



HOW TO ORGANIZE

1. Create a field Length: 30m-36m in length and 25m-30m in width.
2. Place the goals as shown on the diagram.
3. Place a timer on the side of the field at half.
4. Play 4v4.

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 coach to "start the clock"
2. The team that conceded the goal now has two 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 first.
- Try to play forwards quickly.
- Try to travel with the ball as far forward as you can.

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?

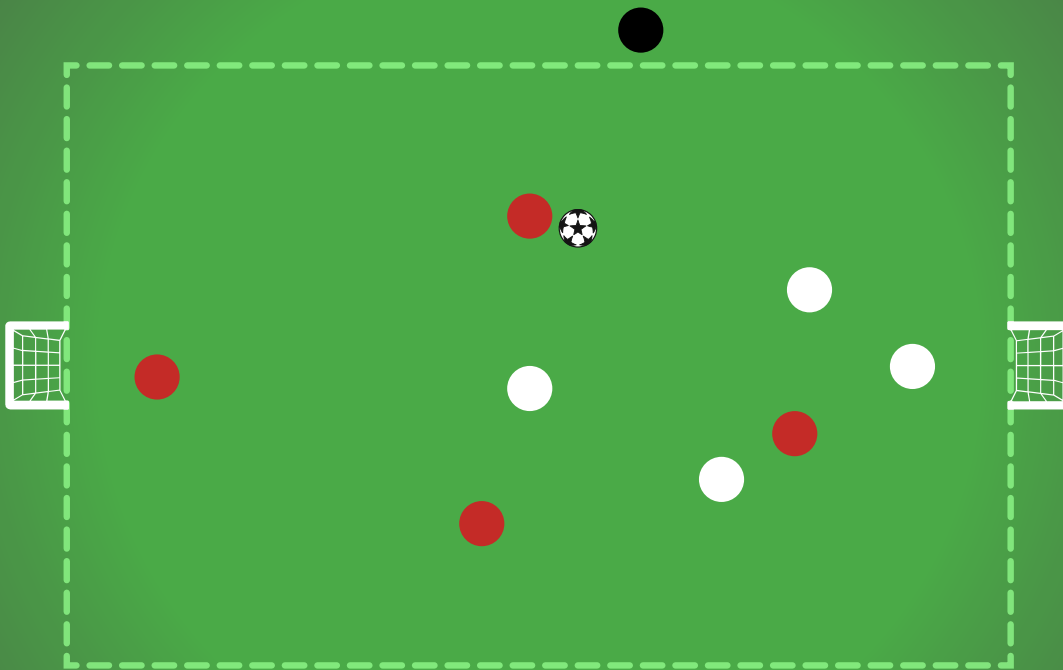


ROLL THE DICE!

ATTACKING
ORGANIZATION

SKILL SETS

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



HOW TO ORGANIZE

1. Game can be played in various game formats.
2. 5v5 - Width: 25m-30m Length: 30m-36m.

HOW TO PLAY

1. Each team rolls the dice - 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 Modify:

- Change the pitch size.
- Add a time constraint or reduce pitch size.

HOW TO COACH

Challenges:

- Try to change directions to get around defenders.
- Try to move into a position to score quickly.
- Try to create a goal-scoring opportunity alone or with teammates.

Questions:

- How might you use your body and the ball to get around defenders?



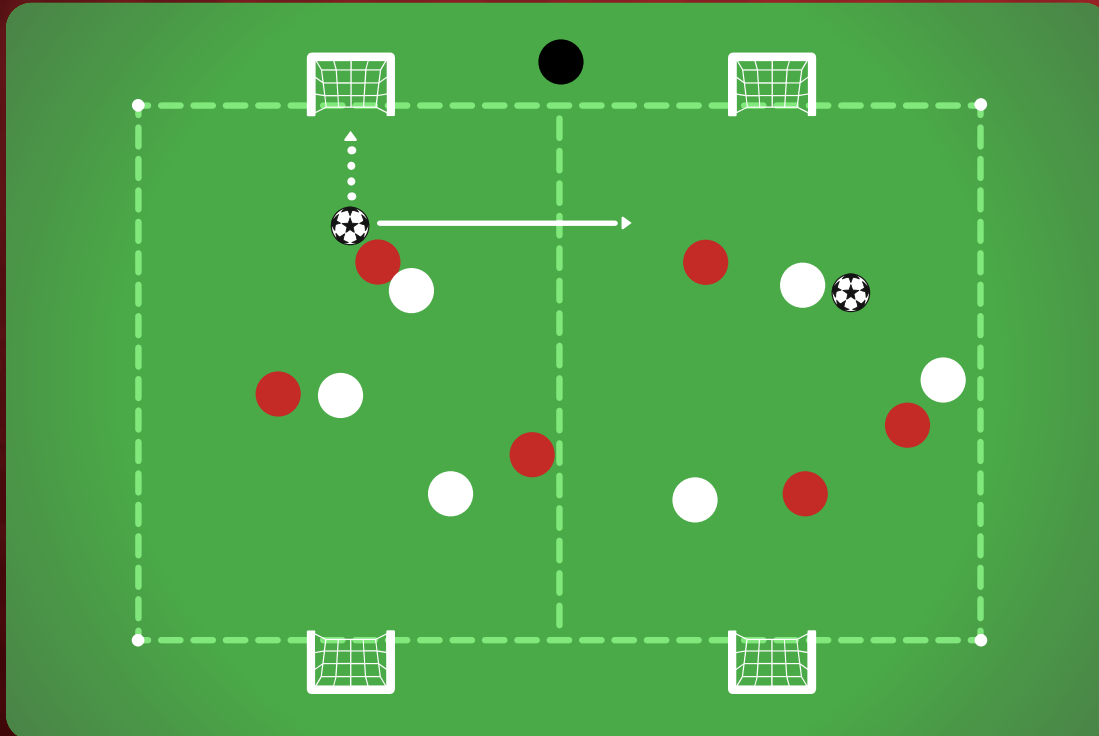
SCORE + SWITCH!

GOAL SCORING (OVERLOAD / UNDERLOAD / EVEN)

ATTACKING
ORGANIZATION

SKILL SETS

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



HOW TO ORGANIZE

1. Create two fields 18m-22m wide and 25m-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.
3. Play continues on both fields simultaneously.

How to Modify:

- Change the pitch sizes (field A vs field B)
- 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:

- Can you be in a position to receive a pass and play forwards?
- How do you deal with having more or fewer players than the other team?

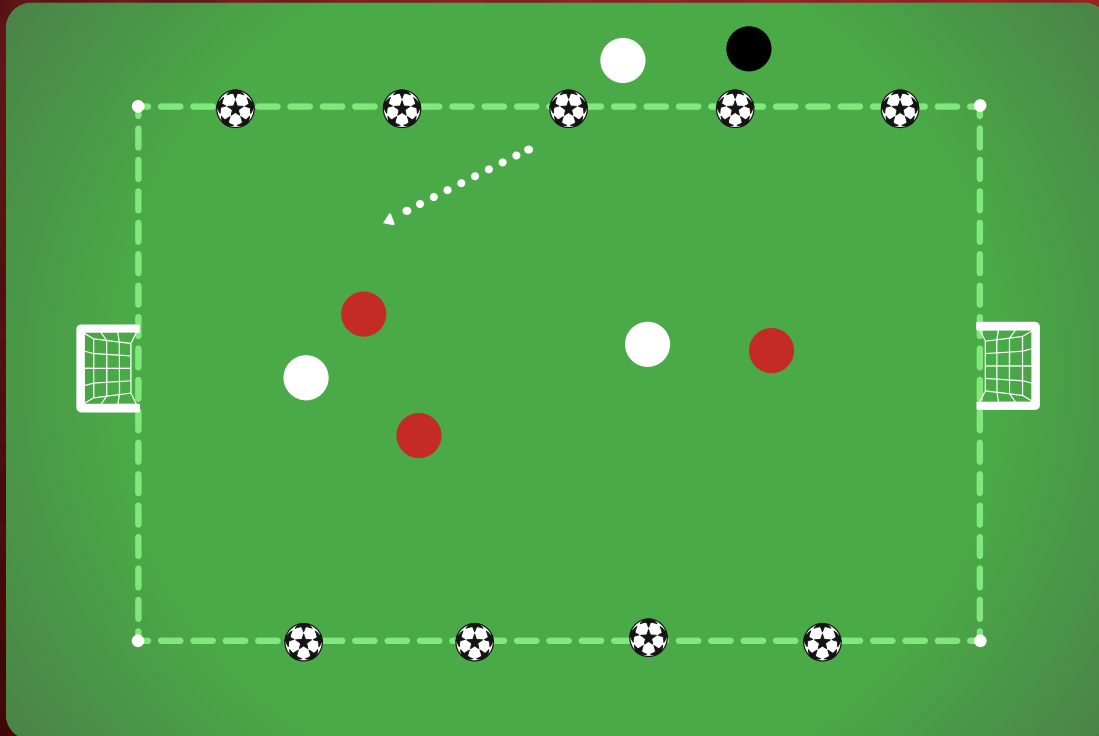


QUICK RESTARTS

ATTACKING
ORGANIZATION

SKILL SETS

FORWARD THINKING / FAST REACTIONS /
RECOGNITION OF SPACE



HOW TO ORGANIZE

1. Create a field 25m-30m wide and 30m-36m in length.
2. Place goals as shown in the diagram.
3. Place balls on the sidelines as shown.
4. Create two teams of three players.

HOW TO PLAY

1. Any time the ball goes out, restart from any ball on the sideline.
2. Score from open play = 1 point.
3. Score from a restart within the time frame = 3 points.

How to Modify:

- Change the pitch size or shape.
- Time limit on restarts.

HOW TO COACH

Challenges:

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

Questions:

- Can you restart faster than the opposition recovers?
- Can you recognise open space before you start dribbling?



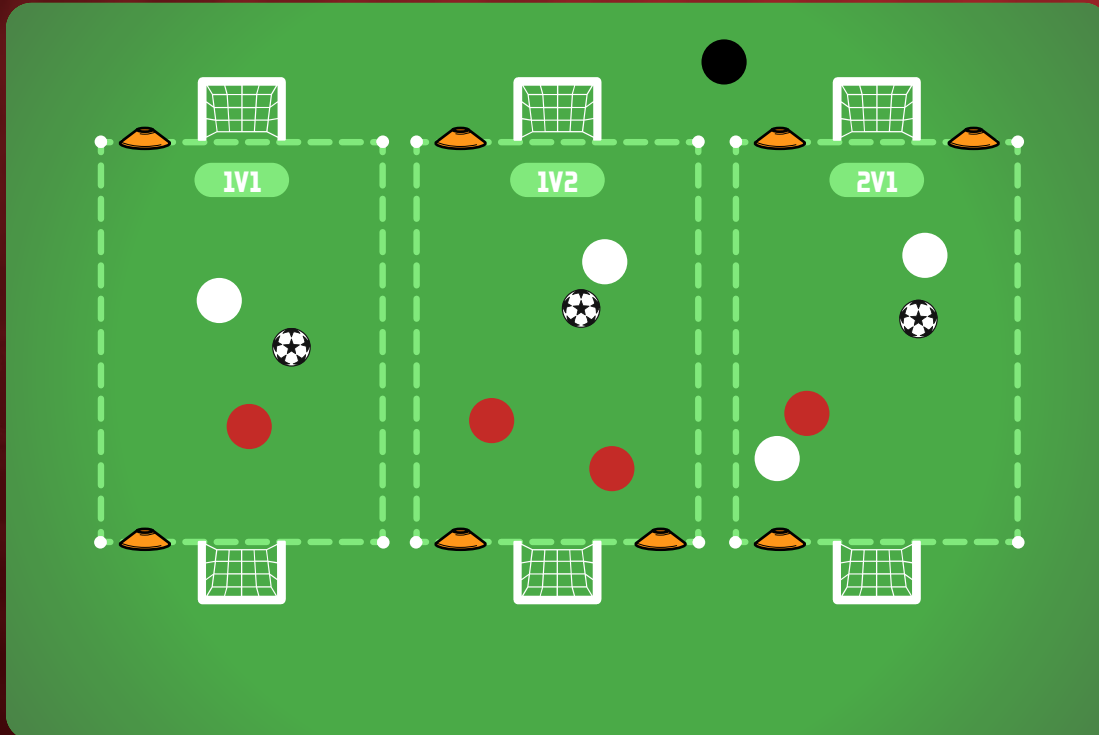
PLAYING UNDER PRESSURE

VARIATION OF SCENARIOS / SPACES / LEVEL OF PRESSURE TO ESCAPE

ATTACKING ORGANIZATION

SKILL SETS

1V1 CONFIDENCE, PROTECTING / ESCAPING PRESSURE



HOW TO ORGANIZE

1. Add start cones to represent each field format (1v1, 2v1, 1v2)
 - 1v1: ~8m-12m.
 - 2v1: ~10m-5m.
 - 1v2: ~10m-15m.

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:

- Add in a 'magic player' that can travel to any field at any time, underload goals count as double.
- Option to create even 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.
- Try to change directions and speed to beat your opponent.
- Try to keep the ball close and under control.

Questions:

- Can you move the ball into space away from the defender?
- How can you influence opponents with your movements with or without the ball?



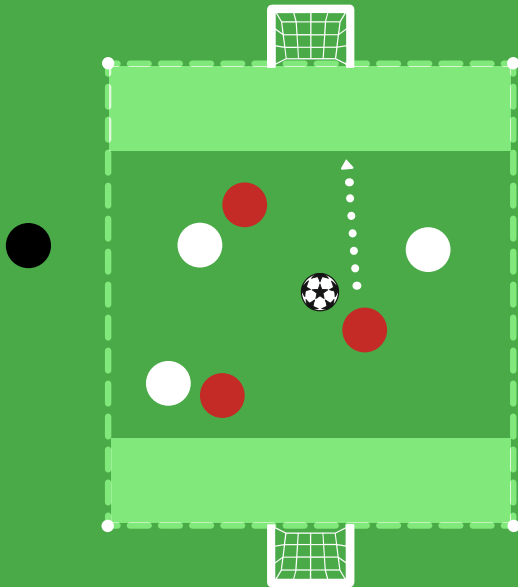
SCORING ZONE GAME (DRIBBLING)

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 two fields 18m-22m wide and 25m-30m in length.
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 by entering the endzone; no defenders allowed inside the 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 endzone. Allow a recovering defender to enter the scoring zone.

HOW TO COACH

Challenges:

- Try to look for space and go with pace.
- Try to change directions and speed to beat your opponent.
- Try to take your first touch forward to beat an opponent or into space.
- If there's space, go with pace.
- Think forward / look forward / play forward.

Questions:

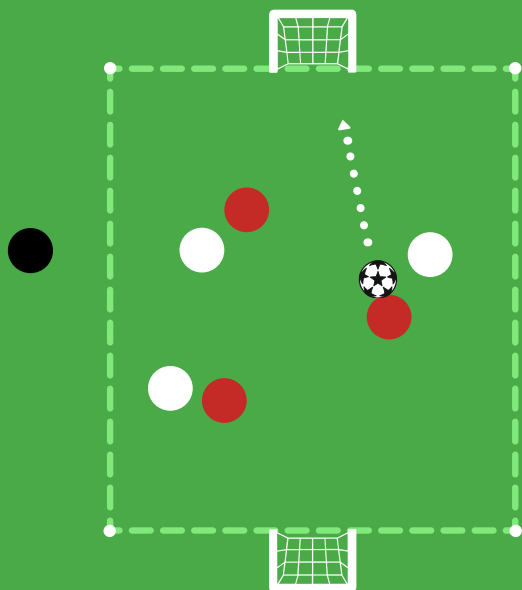
- How might you move the ball and your body if a defender is blocking your way forward?
- What might stop you from playing forward into space?



CLIMBING THE SCORE

ATTACKING
ORGANIZATION

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



HOW TO ORGANIZE

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

HOW TO PLAY

1. Play a 3v3 game.
2. Goals increase in value as the game progresses:
 - First goal = 1 point.
 - Second goal = 2 points.
 - Third goal = 3 points.
3. Play either first to 6 points, or 3-minute games.

How to Modify:

- Option to play 2v2-5v5, adjusting field size as needed.

HOW TO COACH

Challenges:

- Can you move the ball into space and away from the defender?
- Try to score straight at the goal if you can.
- Try to change directions and speed to beat your opponent.

Questions:

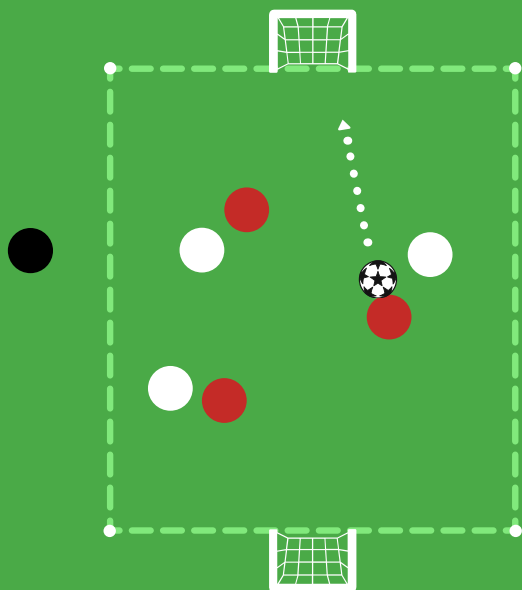
- How might you move the ball and your body if a defender is blocking your way forward?
- What do you need to do in order to score with a first-time finish?



SCORE FIRST AND LAST!

ATTACKING
ORGANIZATION

SKILL SETS GOAL SCORING MINDSET / FORWARD
THINKING / SPACE RECOGNITION



HOW TO ORGANIZE

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

HOW TO PLAY

1. Play a 3v3 game.
2. Goals have the following values:
 - First goal of the game = 3 points.
 - Last goal of the game = 3 points.
 - Any other goal = 1 point.
3. Play 4-minute games.

How to Modify:

- Option to play 2v2-5v5, adjusting field size as needed.

HOW TO COACH

Challenges:

- Try to look for space and go with pace.
- Try to change directions and speed to beat your opponent.
- Try to keep the ball close and under control.

Questions:

- How can you and your teammates get to goal quickly?
- What might stop you from playing forward into space?

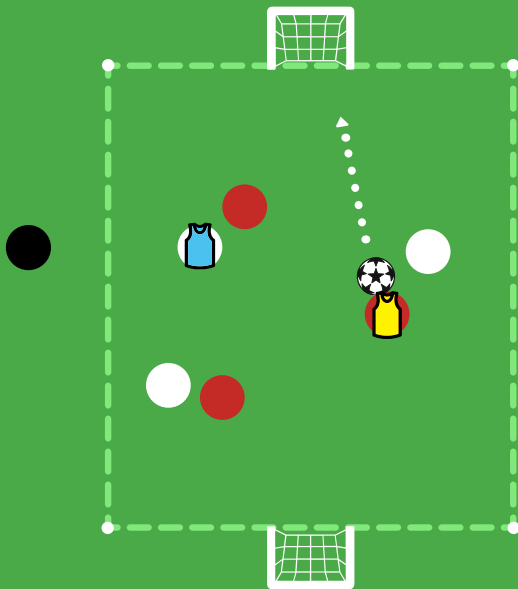


BALL PROTECTION

ATTACKING
ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / FORWARD
THINKING / SPACE RECOGNITION



HOW TO ORGANIZE

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

HOW TO PLAY

1. Each team is allocated 1 yellow pinny (can adapt as needed). The pinny can be transferred to any teammate at any point during the game.
2. Any goal scored by the player wearing the golden pinny counts as 3 points.
 - Golden Pinny Goals = 3 pts.

How to Modify:

Option to play 2v2-5v5, adjusting field size as needed.

HOW TO COACH

Challenges:

- Try to travel the ball to goal as quickly as possible.
- Try to get the ball to the golden pinny player.

Questions:

- Where can the golden pinny player position themselves to score?
- How can you move the ball to create a goal-scoring opportunity?
- What do you do if a defender is blocking your way to goal?

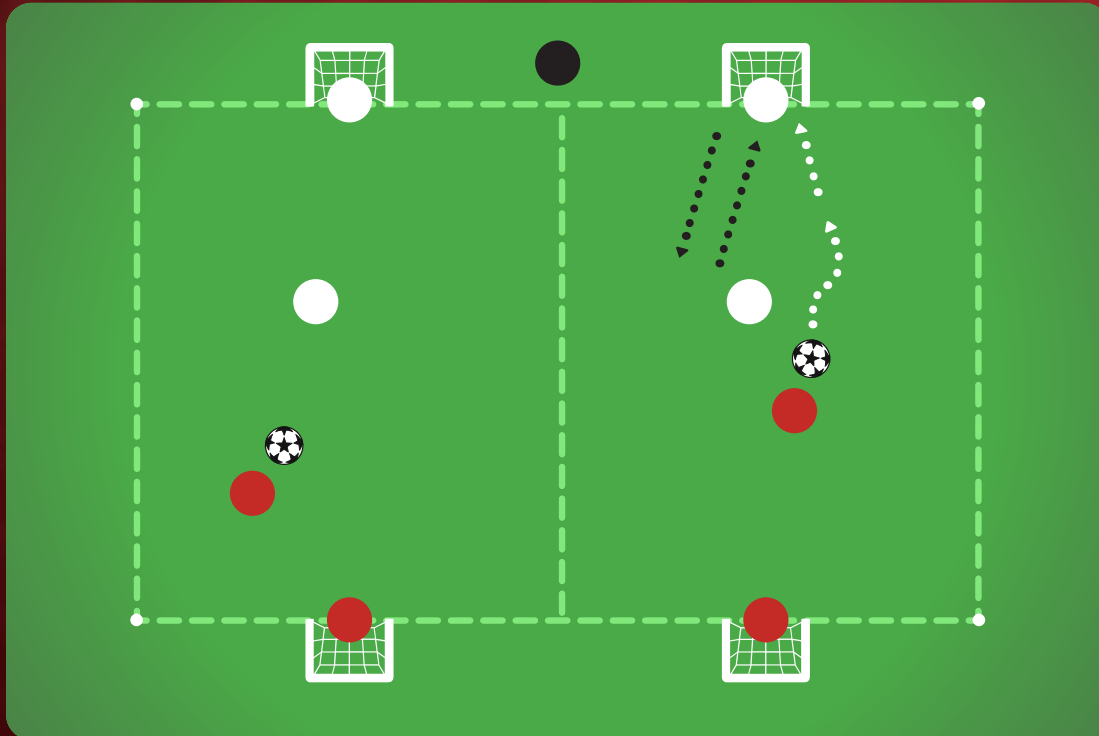


SWITCH GAME (1V1 TO SWEEPER KEEPER)

ATTACKING
ORGANIZATION

SKILL SETS

RECEIVE UNDER PRESSURE / 1V1 DUELS /
GOAL SCORING



HOW TO ORGANIZE

1. Create two fields 8m wide and 15m in length.
2. Place goals as shown in the diagram.
3. Create four teams: two teams in red and two teams in white.
4. Pair players up as either a Goalkeeper (or sweeper) or a Goalscorer.

HOW TO PLAY

1. Players start 1v1 in their own areas with a sweeper keeper.
2. Play for a set time or until a specific action happens (e.g., ball goes out over the end line)
3. After that, players switch roles.
(attacker ↔ defender)

HOW TO COACH

Challenges:

- Try to take the defender on 1v1 to create goal-scoring opportunities.
- Try to combine with the sweeper keeper to create goal-scoring opportunities.

Questions:

- How could you set yourself up to score a goal?
- What movement could you make as a sweeper keeper to create an overload / 2v1 situation?