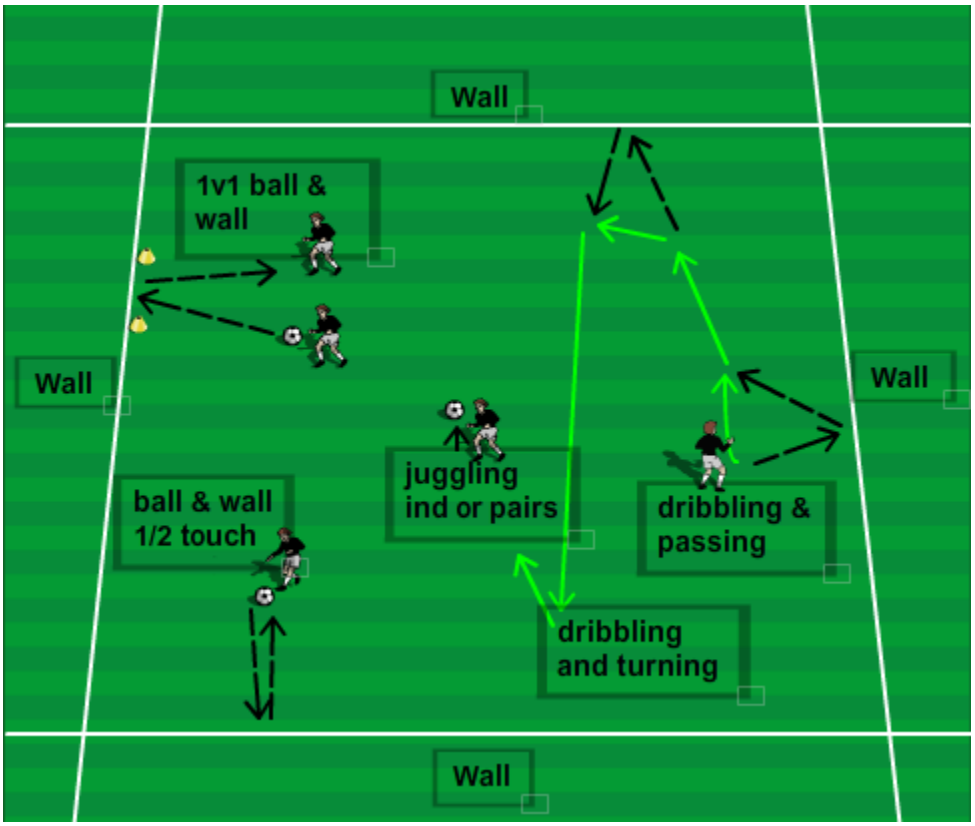
SESSION CATALOG

U13-17 INDOOR

(Designed for gym/turf sessions)

ARRIVAL



- Players are given one or multiple options from the tasks in the diagram
- Some require a ball each, others 1 ball between 2
- Keeps the players active while everyone arrives, and gives additional time for the coach to get organised
- In 5 minutes a player should get 300 to 600 ball touches or possibly more!

WARM UP

Choose the warm up to match your theme

Theme 1 – PASSING – choose a PASSING Warm Up

Theme 2 - BALL MASTERY – choose a CONTROL Warm Up

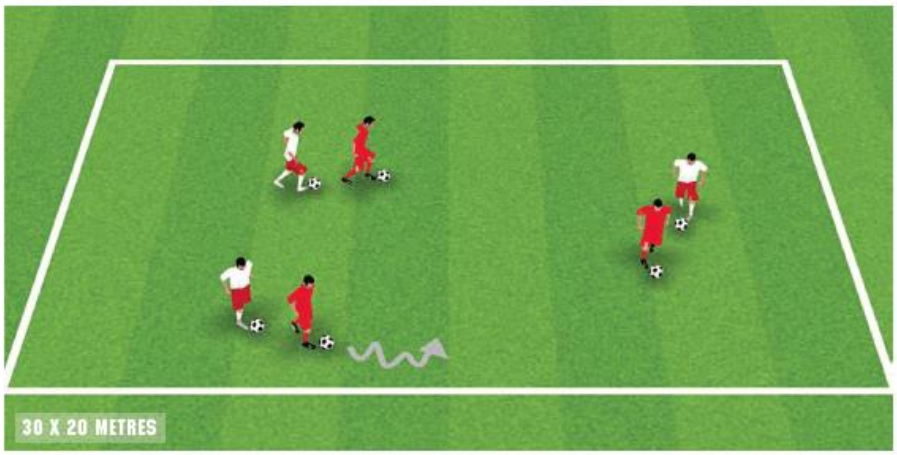
Theme 3 – PROGRESSING WITH THE BALL – choose a DRIBBLING Warm Up

Theme 4 – SHOOTING – choose a DRIBBLING or CONTROL Warm Up

Theme 5 –FINISHING – choose a DRIBBLING Warm Up

GENERAL MOVEMENT & DRIBBLING

ACTIVITY 1: "TRUCK & TRAILER"



SET UP:

- Up to 12 players, each with a ball, working in pairs inside a "parking lot."
- One player is the "truck" and the other is the "trailer."

INSTRUCTIONS:

- "Go!" – as the Truck, use your feet to move the ball around the parking lot. As the Trailer, follow your truck as closely as possible. Trucks and trailers: keep your heads up and don't hit any other vehicles!
- "Switch!" – Trucks and trailers switch roles.

OPTIONS:

- "Speed up!" – trucks start moving faster.
- "Turn!" – trucks change direction.
- "Park!" – use the bottom of your foot to stop the ball.

DRIBBLING

ACTIVITY 1: "SURVIVOR"

IMAGINE YOU'RE ON AN ISLAND, SURROUNDED BY WATER.

SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- "Go!" – use your feet to move the ball around the island, but don't let the ball go in the water!
- "Stop!" – use the bottom of your foot to stop the ball.

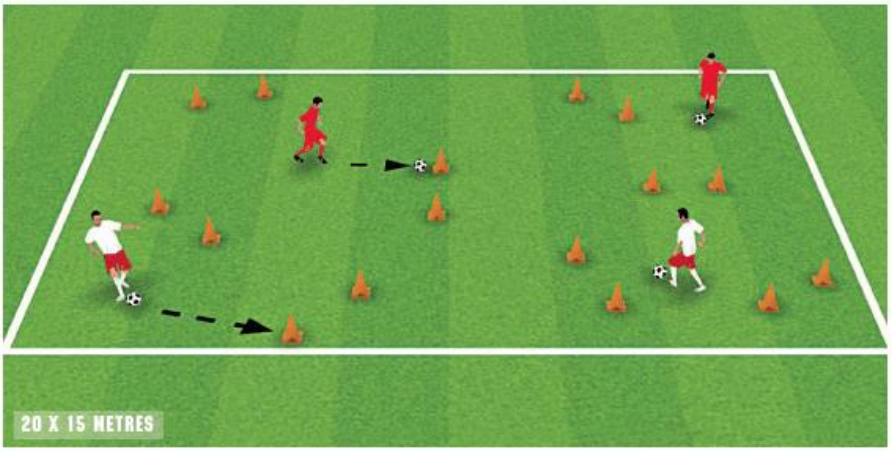
OPTIONS:

- Dribble around as many palm trees (cones) as you can (in 30 seconds).
- Knock over as many palm trees as you can with the ball (in 30 seconds).
- "Trade!" – trade balls with another player.
- "Turn!" – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction.
- "Dive!" – pick up your ball and jump in the water.

PASSING & CONTROL (2 Player version)

ACTIVITY 1: "SHARK ISLAND"

IMAGINE YOU'RE ON AN ISLAND SURROUNDED BY SHARK-INFESTED WATERS.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

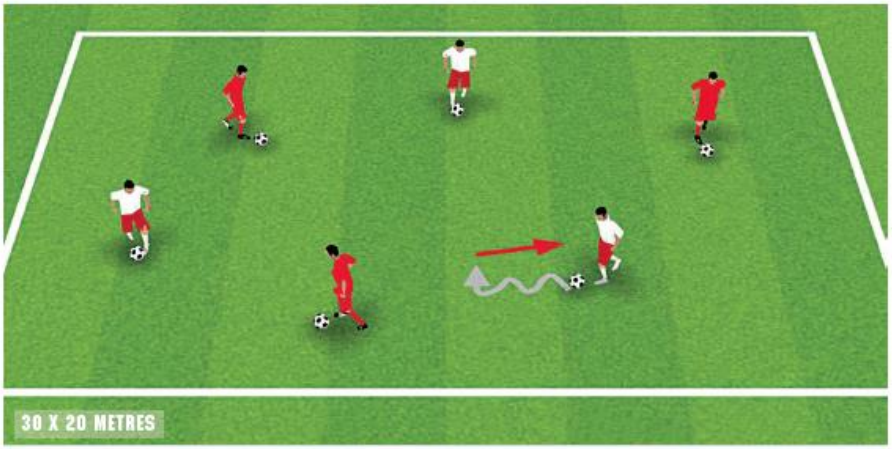
- "Go!" – use your feet to move the ball around the island, trying not to touch a cone or fall off into the water.
- "Pass!" – Use your foot to pass the ball and try to knock over the cones. Try to knock them all down (in 30 seconds).

OPTIONS:

- In pairs, with one ball between them. "Pass!" – use your foot to pass the ball to your partner on another part of the island, without knocking over any cones.
- Pass back and forth with your partner as many times as you can (in 30 seconds) without knocking over any cones or falling off the island.

GENERAL MOVEMENT & DRIBBLING

ACTIVITY 2: "THINK FAST!"



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

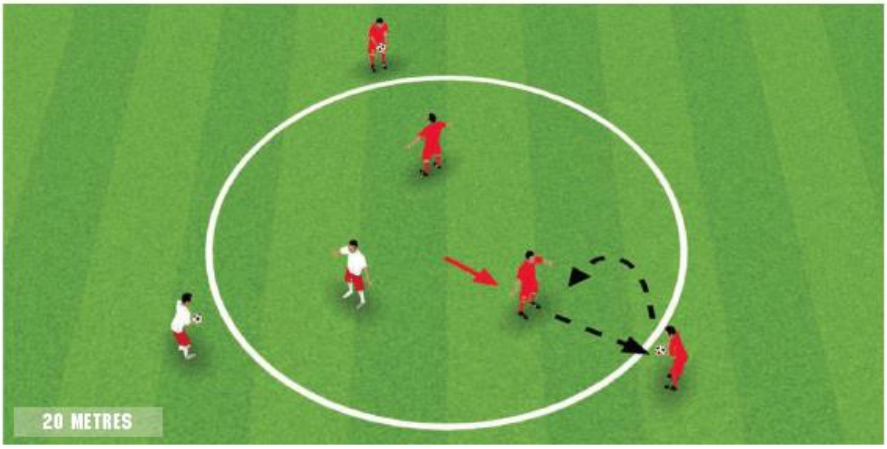
- "Go!" – use your feet to move the ball around the field.
- "React as fast as you can!" **1.** "Stop!" – use the bottom of your foot to stop the ball. **2.** "Turn!" – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction. Keep your head up and avoid bumping into anyone.

OPTIONS:

- "Step over!" – step over the ball and move it another direction.
- "Fake!" – pretend to pass or shoot, then continue dribbling.
- "Explode!" – change speed quickly and move the ball into an open area.

CONTROL

ACTIVITY 1: "INSIDE OUT"



SET UP:

- Up to 12 players, working in pairs; 1 ball per pair.

INSTRUCTIONS:

- Player 1 has the ball and starts outside the circle, Player 2 starts inside.
- "Go!" – Player 2 runs toward Player 1, who throws the ball to the ground inside the circle. Player 2 controls it with his/her feet before passing it back to Player 1.
- "Switch!" – after 1 minute, inside players move to the outside, and work with a different partner.

OPTIONS:

- Throw to partner's waist area for thigh control.
- Throw to partner's chest area for chest control, and volley back using the inside of the foot after controlling with the chest, or let the ball hit the ground and pass back (depending on skill level).

COORDINATION—DRIBBLING

ACTIVITY 2: "REACT—FAST!"

SET UP:

- Up to 12 players in a circle; no ball to start.

INSTRUCTIONS:

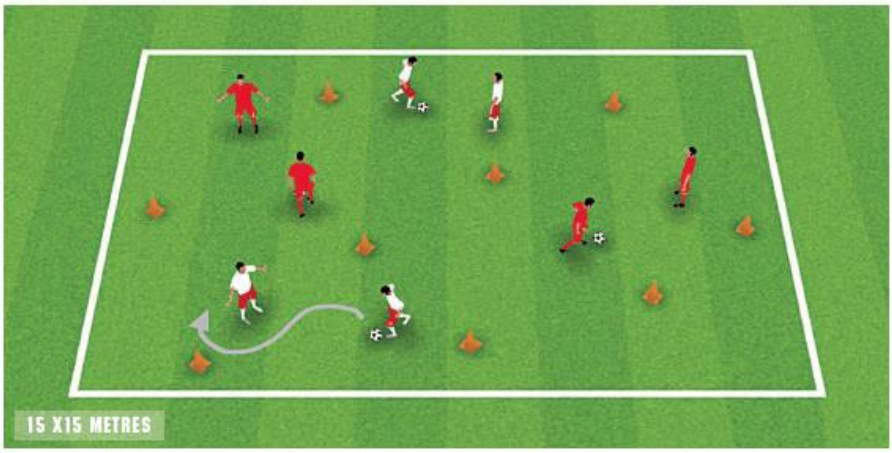
- "Go!" – players run freely around the circle.
- "Listen!"– change the way you're moving on the coach's command: **1.** Run backwards. **2.** Shuffle to the side. **3.** Jump in place. **4.** Sit down and get up fast; keep running. **5.** Knees up. **6.** Kick your heels back. **7.** Touch the inside of your foot, etc.

OPTIONS:

- Each player starts by dribbling a ball around the field.
- "Listen!" – **1.** Turn and dribble in the other direction. **2.** Dribble to the side. **3.** Jump in place with the ball between your knees. **4.** Throw the ball up and catch it. **5.** Drop the ball, volley it with your thigh, then catch it, etc. Continue dribbling.

COORDINATION—CONTROL & DRIBBLING & PASSING

ACTIVITY 1: "THE WEAVE"



SET UP:

- Up to 12 players, working in pairs; 1 ball per pair.
- Distribute cones randomly around the field. One partner starts with the ball, the other stands with fellow "resting" players on the field amongst the cones.

INSTRUCTIONS:

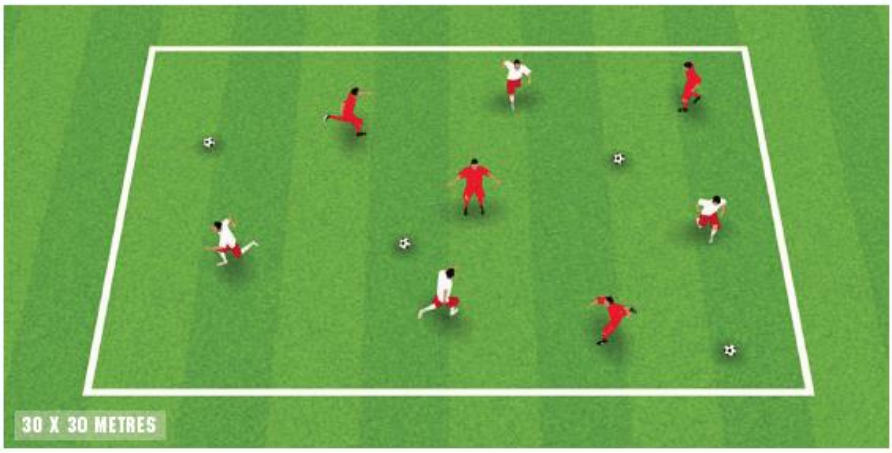
- "Go!" – players with the ball begin dribbling freely around the field.
- "Listen!" – follow the coach's instructions: **1.** "Weave!" – dribble around the resting players, weaving in and out. **2.** "Circle!" – weave around a resting player then fully circle one cone. **3.** "Change!" – leave your ball where it is, run to a teammate's ball and continue dribbling. **4.** "Legs!" – pass the ball through your partner's legs from wherever you are, then crawl through his/her legs to continue.
- "Switch!" – partners swap roles after 2 minutes.

OPTIONS:

- Players start by throwing the ball in the air and controlling with their chest, thigh or foot before dribbling.
- "Pass!" – players pass to their partner from wherever they are. The "resting" partner picks up the ball and throws it back. The receiving player controls the ball with the chest, thigh or foot before dribbling.

COORDINATION—CONTROL

ACTIVITY 3: "GET TO WORK!"



SET UP:

- Up to 12 players; enough balls for half the players, distributed randomly around the field.

INSTRUCTIONS:

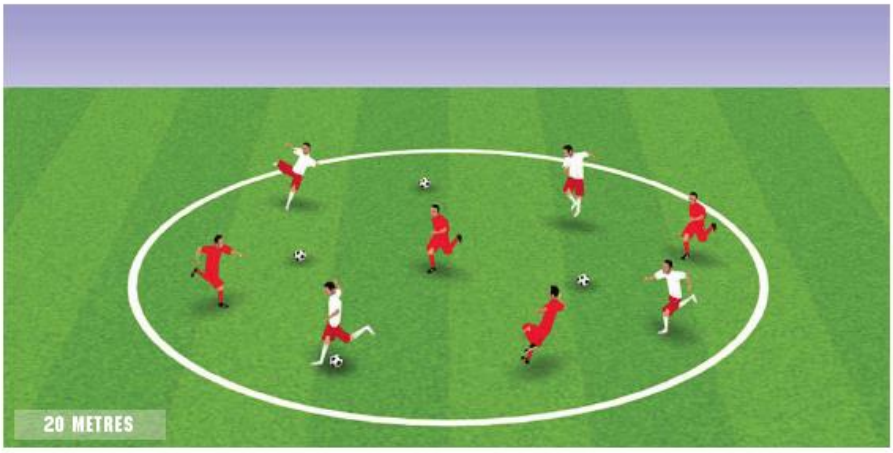
- "Go!" – run around the field without touching any balls. Keep your head up to avoid running into anyone!
- "Listen!" – follow the coach's instructions so you know what to do: **1.** Knees up. **2.** Kick your heels back. **3.** Bunny hop. **4.** Drop for 5 push-ups.
- When the coach shouts, "Ball!" race to a ball as fast as you can and pick it up. If you get one, you're a "server." Those without a ball become "workers." Each worker has to visit 3 different servers, who will "serve" the ball for them to volley back 3 times on each foot.
- "Switch!" – servers and workers swap roles so that everyone gets a turn to volley before the next race to the ball.

OPTIONS:

- Have workers volley with the outside of their foot or their laces, or control with the chest, thigh or foot before passing back. Remember to control across your body (i.e. left side of chest to right thigh, etc.)

COORDINATION—DRIBBLING

ACTIVITY 3: "IN THE ROUND"



SET UP:

- Up to 12 players in a circle; enough balls for half the players randomly spaced around the playing area.

INSTRUCTIONS:

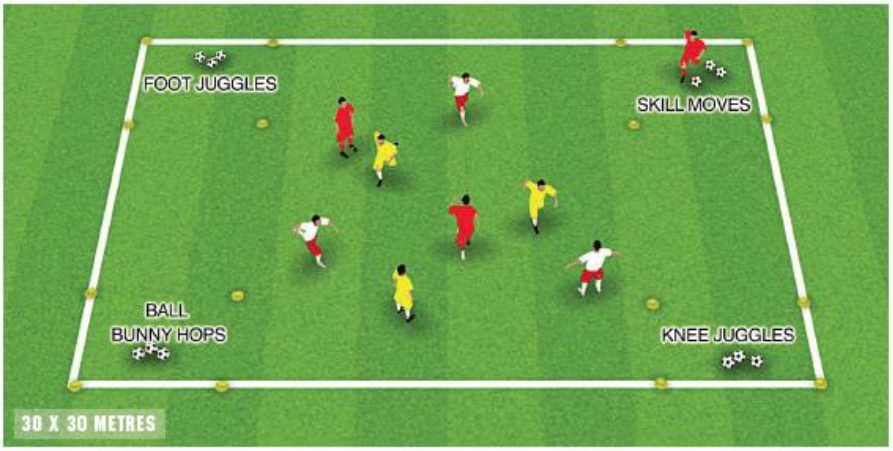
- "Go!" – players start running around the circle and perform tasks at the coach's command: **1.** Jump in the air and touch your feet with your hands. **2.** Knees up and jog on the spot. **3.** Hop around and over the balls without touching them. **4.** Weave in and out of the balls without touching them.

OPTIONS:

- "Pass!" – run to a ball, find any partner and pass the ball back and forth 3 times. Leave the ball and keep running.
- "Volley!" – run to a ball, find any partner and throw the ball so he/she volleys it back with the foot or thigh. Drop the ball and keep running.
- Each player has a ball: dribble around the circle and perform different skills at the coach's command: **1.** Juggle with your foot or thigh. **2.** Head it from your hands and catch it. **3.** Jog in place while making alternate touches on the ball with the soles of your feet, etc.

COORDINATION—PASSING

ACTIVITY 2: "TASK TAG"



SET UP:

- Up to 12 players, in 3 teams.
- Number teams 1-3.

INSTRUCTIONS:

- Team 1 is the "tagging" team.
- "Go!" – all 3 teams start running around the field, with Teams 2 and 3 trying to avoid getting tagged by Team 1. If Team 2 and 3 players get tagged, they go to the closest task corner and perform that task.
- "Switch!" – another team becomes the tagging team. Continue until all 3 teams have had a turn.

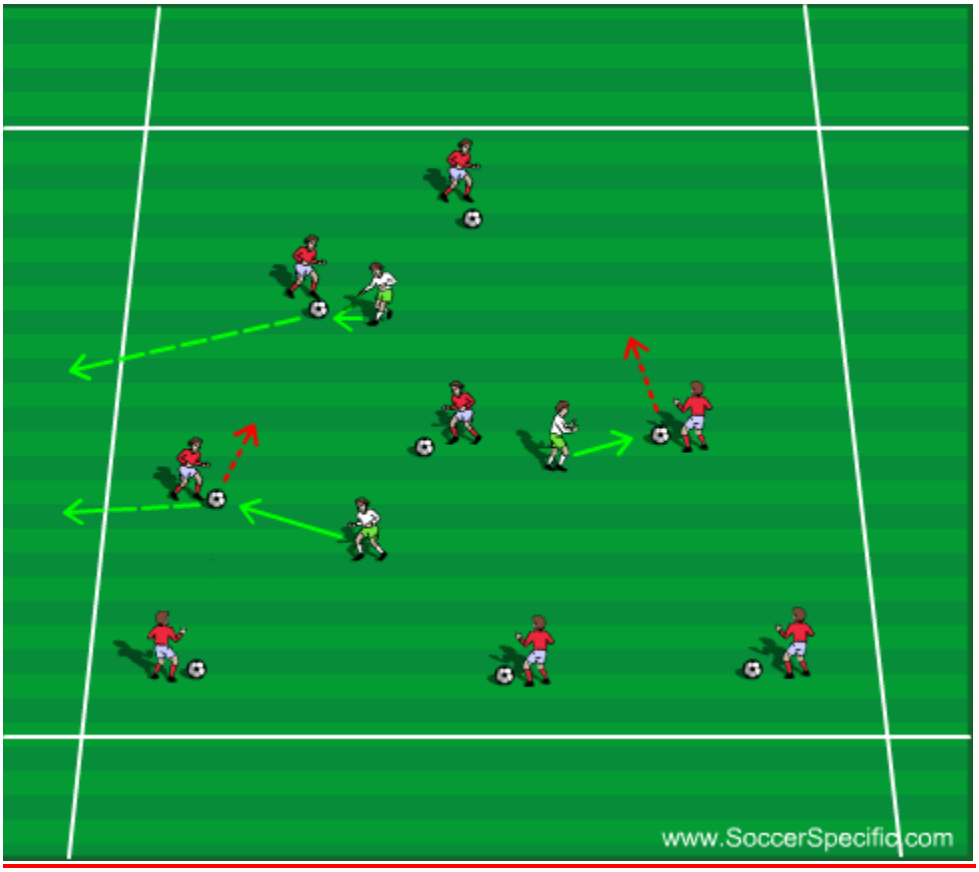
OPTIONS:

- Players on the tagging team each have a ball, and have to dribble while they try to tag players on the other teams.
- Instead of tagging with their hand, players on the tagging team have to pass to hit players below the knee in order to send them to a task corner.
- Non-tagging teams have one ball each, and have to dribble and pass with their teammates while avoiding the taggers.

BALL-HUNT

Fun activities can be tacked on into the warm up for older age groups to finish the warm up with a bit of fun

This is a great game for multiple teams where each team takes a turn to split up and and go into another teams box and be the hunters (example if you have 4 teams of 9 then three teams get to have a ball each and the fourth team send 3 players without balls into each of the other groups to be the hunters!)



SET UP:

- 8 reds have a ball each. Bring 4 players from another group into the box to hunt. The hunters must try to kick balls out of the playing area.

INSTRUCTIONS:

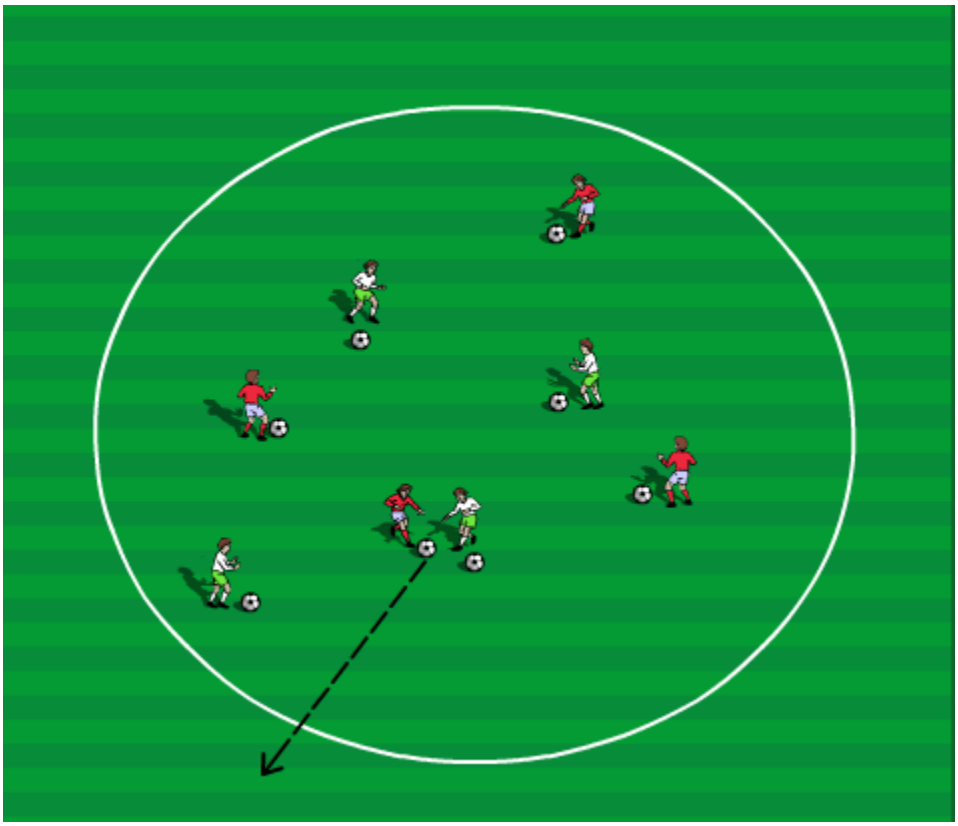
- "Get away" – dribblers must move away to protect their ball from the hunters!
- If your ball goes outside the box (even if you just kick it out yourself) you have to go and get it BUT before you can join in again you have to do a skill challenge (eg pick the ball up and do 5 knee/Thigh touches)

VARIATIONS

- If your ball goes out before you can go get it and join in again one of your team mates must pass their ball through your legs or play a wall pass with you.

KING OF THE RING

This is a great game for turning/shielding skills. It can be played as an individual game or a team variation.



Set Up

- Game can be played in a circle or square (tight space eg for 10 players 10 x 10 yard grid)
- Each player must have a Ball Each

Instructions

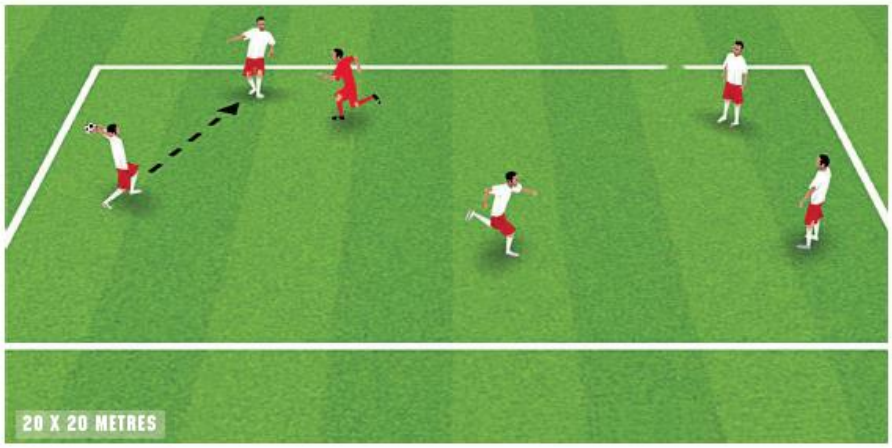
- Each player must dribble with their ball which they must protect from going out of the ring
- In order to get back into the ring they must do a skill challenge (eg 10 headers)
- "Dribble" – Look for space
- "Turn" – Keep your ball safe, protect the ball with your body when you turn

Variations

- Vary the skill challenge
- Team Variation – multiple teams can play. When multiple teams are in the ring you try to knock out players from other teams, when time is up which ever team has the most players outside the ring loses!

COORDINATION—PASSING

ACTIVITY 3: "FREEZE TAG"



SET UP:

- Up to 12 players; one ball.
- One player is "it"; another player starts with the ball.

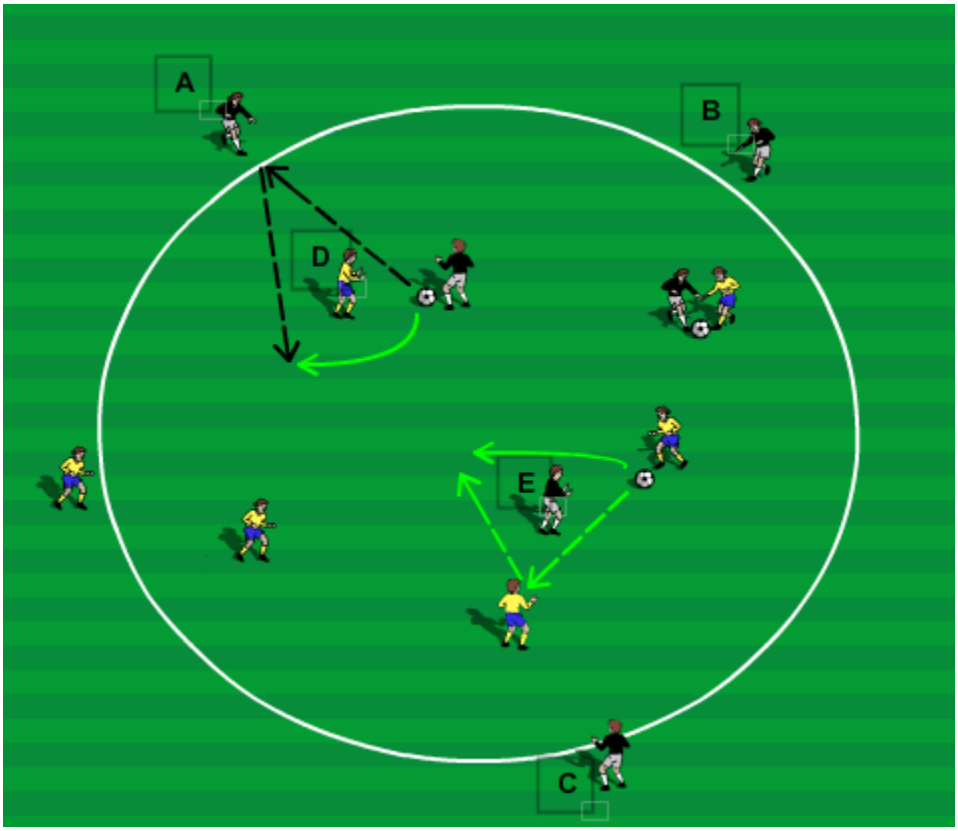
INSTRUCTIONS:

- "Go!" – if you're "it", try to tag the other players by touching them with your hand. If you have the ball, you cannot be tagged. Save a teammate by throwing the ball to them before they get tagged. If you get tagged, you're frozen. You're back in the game when a teammate crawls through your legs.
- "Switch!" – the player holding the ball becomes "it."

OPTIONS:

- More than one player has a ball and can "save" their teammates.
- Instead of passing with your hands, use your feet.
- "Dodge ball:" the player who is "it" has the ball. To freeze other players, throw the ball to hit them below the knees.

WALL PASS GAME



SET UP

- Unlimited number of players. Two teams all players start inside the circle.
- # of balls = # of players divided by 3 or 4
- Can use a circle or a square

INSTRUCTIONS

- Try to play a wall pass around an opponent to eliminate them from inside the circle. In the diagram player E is eliminated and must now play from outside the circle. Once eliminated players are still active and can be the wall player. If they help make a successful wall pass then they can re join the players inside the circle (player A in the diagram can go back inside. At the end of the game the team with the most players in the middle wins!
- The wall player has to play 1 touch for it to count

OPTIONS

- Allow the wall player to play 2 touch if needed

OPPOSED TECHNICAL PRACTICES

THEME 1 PASSING

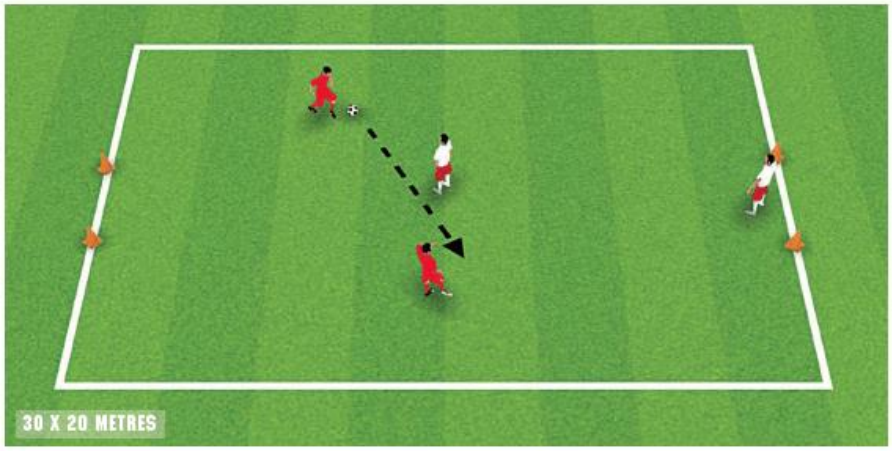
&

THEME 2

BALL MASTERY

SMALL-SIDED GAMES—PASSING

ACTIVITY 3: "2 AGAINST 1" & 2 v 2



SET UP:

- Four players total (2 per team) with a goal at each end.
- Give animal names to the teams (i.e., "Cats" and "Dogs") for added fun.

OPTIONS:

- "No hands!" – when you're the goalkeeper, you can only use your feet.
- Same game with three players per team.

INSTRUCTIONS:

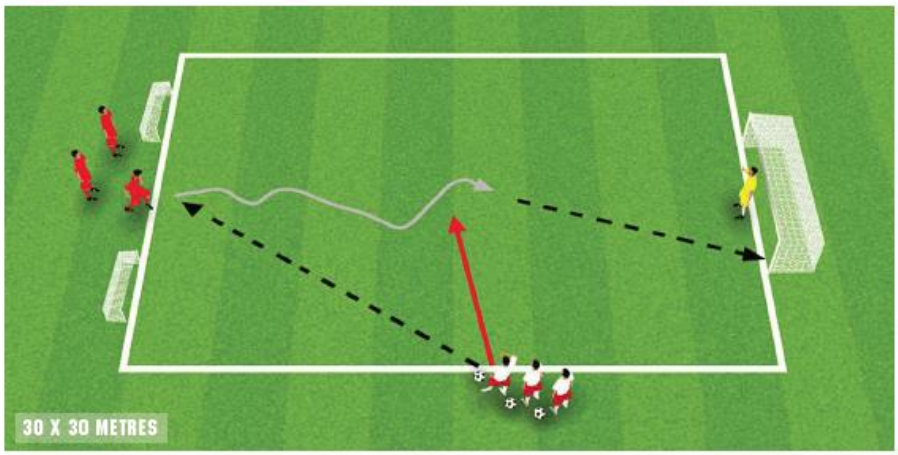
- The Cats have the ball and try to score on the Dogs' net. One of the Dogs becomes the goalkeeper. The Cats must make at least one pass before shooting. If the Dogs get the ball, it's their turn to try to score.
- Remember to use the side of your foot when passing!

2v2 PROGRESSION:

- If defender wins the ball and passes back to GK or GK saves then the GK can join to create 2v2
- Or Simply allow the 2 players from the defending team into the box to play 2v2 from the start. Make goals smaller or place balls on cones and to score players must pass the ball to knock them off.

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES

ACTIVITY 1: "ONE ON ONE" & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

INSTRUCTIONS:

- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- "Go!" – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- "Switch!" – players swap roles. Continue until all players have had a turn as both attacker and defender.

OPTIONS:

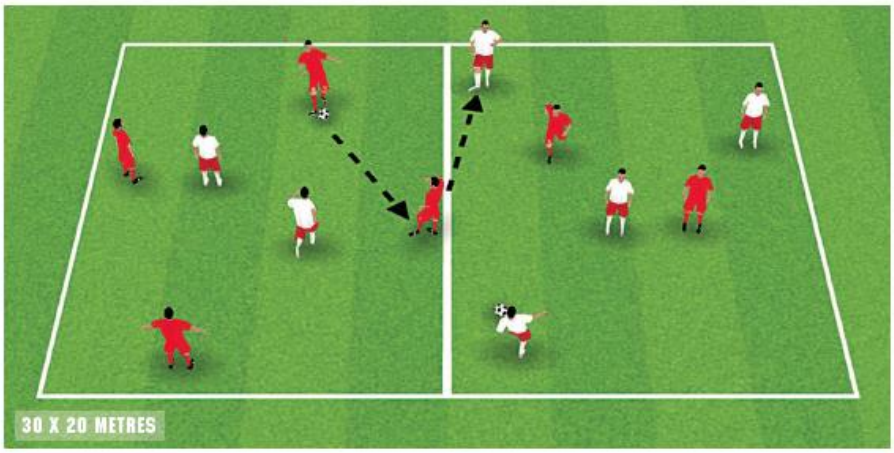
- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

ADAPTATION:

- For the themes of Passing and mastery rather than empty goals for the defenders to play into have them play to knock balls of cones. Place 4 cones along the end line to replace the goals in the diagram.

COORDINATION—CONTROL & PASSING/MASTERY

ACTIVITY 4: "RONDO SWITCH"



SET UP:

- Up to 12 players, in 2 groups; 1 ball per group.
- Each group has 4 attackers and 2 defenders, and play in adjacent squares.

INSTRUCTIONS:

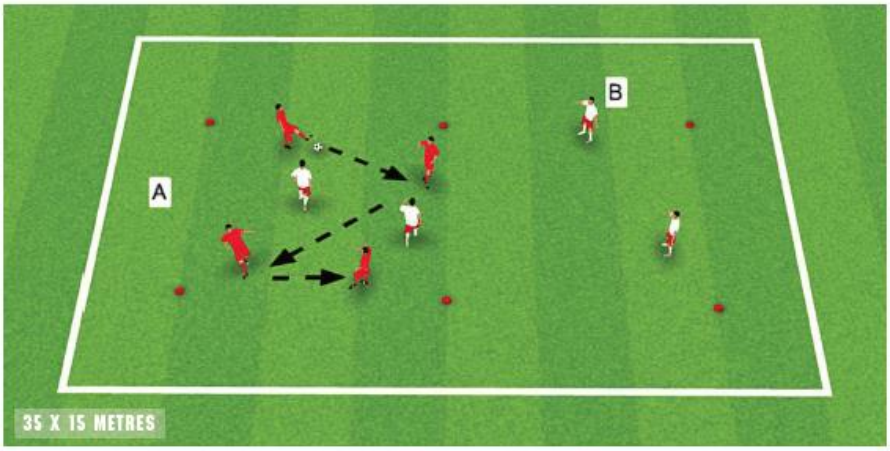
- "Go!" – attackers try to complete 5 passes in a row. Defenders must win the ball 3 times before swapping roles with the attackers.
- "Transfer!" – any player, at any time, can pass the ball to someone in the next square—a trigger for players in the receiving square to immediately pass their ball to an attacker on the other side.

OPTIONS:

- Give each defender a ball so they have to dribble while trying to intercept the attackers' passes.
- Use additional defenders to create a 4 v 3 or 4 v 4 situation.

PASSING

ACTIVITY 4: "TRANSFER PASS"



SET UP:

- Up to 8 players, in 2 teams of 4 players each.
- Use cones to mark out 2 adjacent squares on the field, as shown.
- Name the teams: A (red) & B (white).
- Set up a 4 v 2 in one square, with 4 Team A players (attackers) and 2 Team B players (defenders); the other Team B players start in the adjacent square.

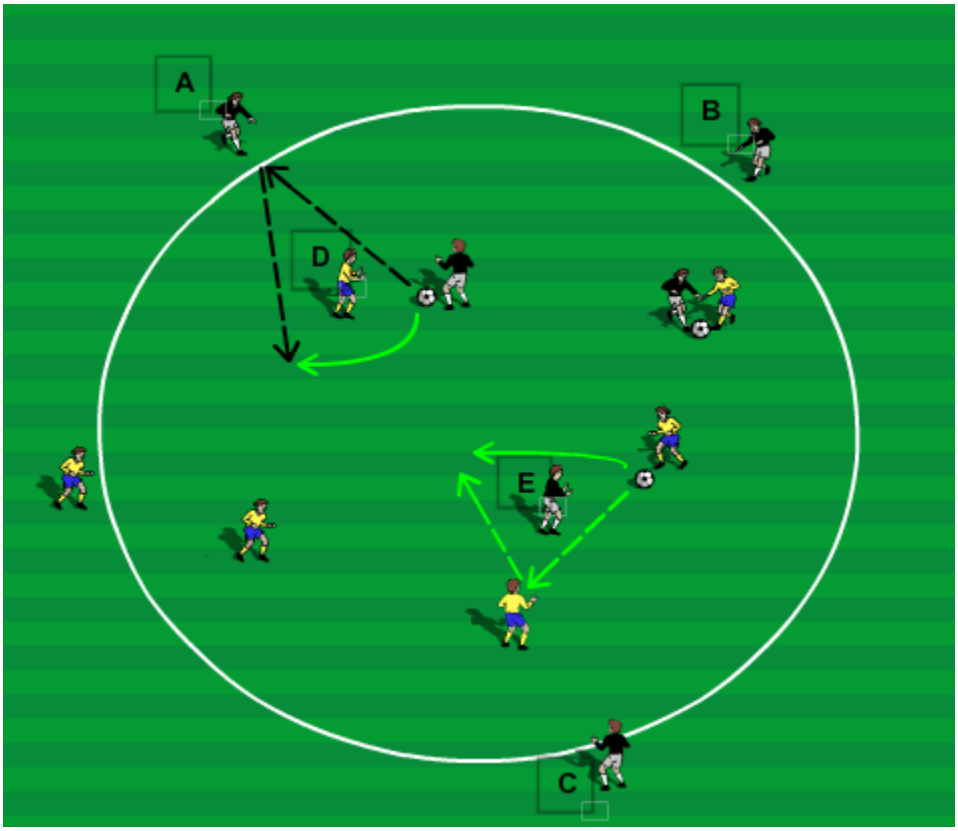
INSTRUCTIONS:

- "Go!" – Team A starts with the ball and tries to pass 5 times without Team B intercepting it. If Team B (defending) wins the ball, they pass to their teammates in the other square. Team B then becomes the attacking team and Team A must send in 2 players to try to win the ball back.

OPTIONS:

- Increase the number of passes to score a point.
- Every player on the attacking team must touch the ball at least once.
- Allow 1 additional defender to challenge for the ball, creating a 4 v 3 situation.

WALL PASS GAME



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INSTRUCTIONS

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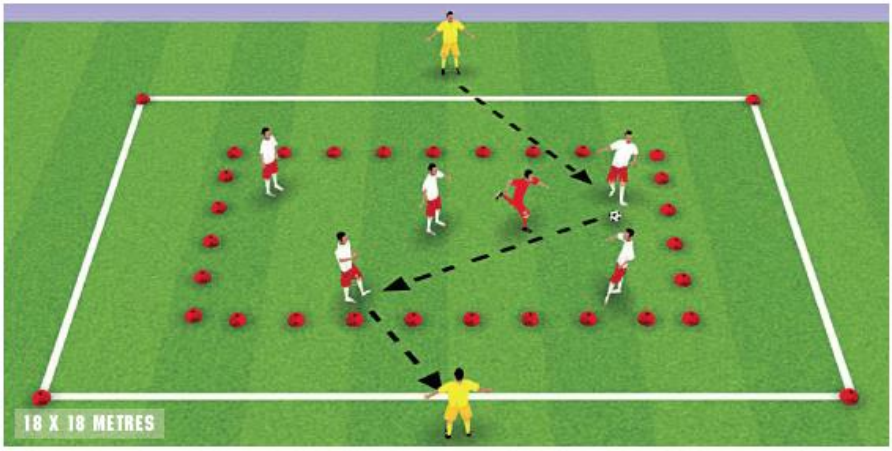
- The wall player has to play 1 touch for it to count

OPTIONS

- Allow the wall player to play 2 touch if needed

PASSING

ACTIVITY 4: "DANGER ZONE"



SET UP:

- Eight players (2 target players, 5 passers, 1 defender); 1 ball.
- One central square (the "danger zone") inside a larger square (the "neutral zone"), marked out with cones.

INSTRUCTIONS:

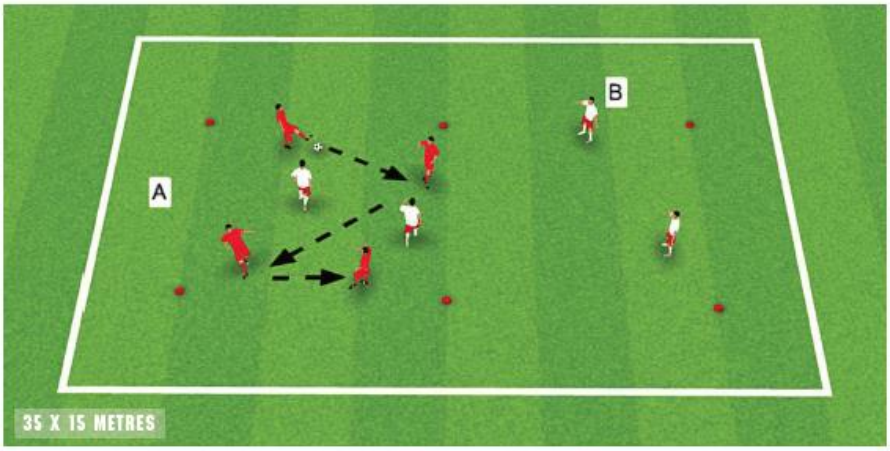
- Two Target players stand on opposite sides of the neutral zone; passers and defenders start inside the danger zone.
- "Go!" – 1 target player passes the ball into the danger zone. The passers keep the ball away from the defender and pass to the other target player.
- If under pressure, passers should dribble the ball out to the neutral zone, where the defender can't challenge. This will allow the passers to regroup before executing the next pass through the danger zone.
- "Switch!" – players swap roles after 5 minutes.

OPTIONS:

- Add a second defender.
- When a target player receives the ball, the player who passed it swaps roles.

PASSING

ACTIVITY 4: "TRANSFER PASS"



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- Set up a 4 v 2 in one square, with 4 Team A players (attackers) and 2 Team B players (defenders); the other Team B players start in the adjacent square.

INSTRUCTIONS:

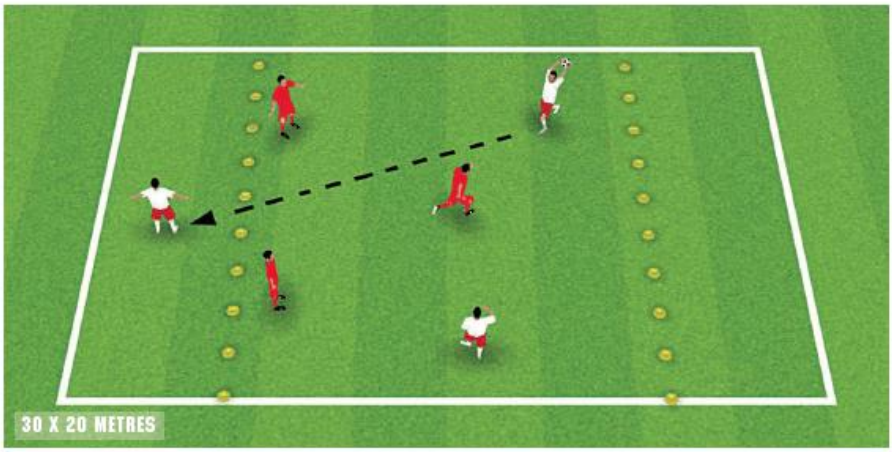
- "Go!" – Team A starts with the ball and tries to pass 5 times without Team B intercepting it. If Team B (defending) wins the ball, they pass to their teammates in the other square. Team B then becomes the attacking team and Team A must send in 2 players to try to win the ball back.

OPTIONS:

- Increase the number of passes to score a point.
- Every player on the attacking team must touch the ball at least once.
- Allow 1 additional defender to challenge for the ball, creating a 4 v 3 situation.

SMALL-SIDED GAMES—PASSING

ACTIVITY 1: " TOUCHDOWN!"



SET UP:

- Two teams of 3 players each; one ball.

INSTRUCTIONS:

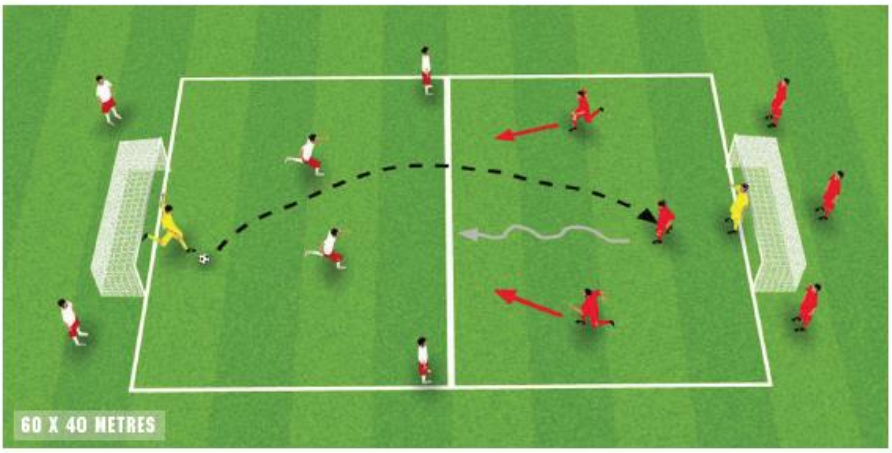
- "Go!" – use your hands to throw the ball to your teammates. If a player on the other team tags you when you have the ball, it's their ball.
- Try to score by throwing the ball to a teammate in the opposing team's end zone. If your teammate catches the ball, it's a goal!

OPTIONS:

- "No hands!" – use your feet to pass, and instead of tagging the other team, use your feet to take the ball away. Remember to use the side of your foot when passing!

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 4: "3 V 2 TO 4 V 3"



SET UP:

- Up to 12 players, in 2 teams; 1 goalkeeper per team.
- Team 1 starts as the attackers, with 3 players on the field. Team 2 starts as the defenders, with 2 players at the top of the penalty area, and 2 support players positioned wide at the halfway mark. Relief players wait behind their team's goal.

INSTRUCTIONS:

- "Go!" – the Team 2 goalkeeper serves the ball to the Team 1 attackers, who dribble and pass the ball up the field and try to score.
- If Team 2 defenders win the ball, the 2 wide support players can join them as they try to score on Team 1's goal, creating a 4 v 3 situation.
- "Switch!" – rotate players frequently, and restart the game with new attackers and defenders.

OPTIONS:

- Introduce a time restriction, so that attackers must shoot on goal within 10 seconds of gaining possession of the ball.

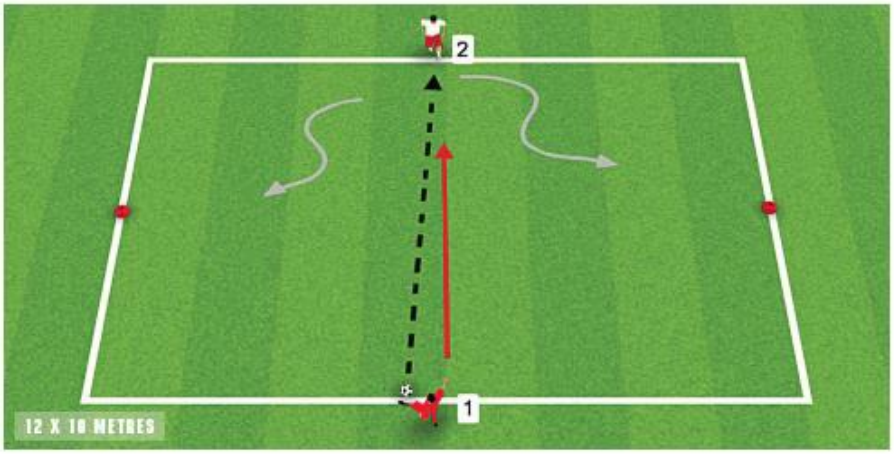
OPPOSED TECHNICAL PRACTICES

THEME 3 PROGRESSING WITH THE BALL

Includes running with the ball, dribbling, turning.

DRIBBLING

ACTIVITY 1: "SOCCER 1 V 1"



SET UP:

- Up to 6 players, working in pairs; 1 ball per pair.

INSTRUCTIONS:

- "Go!" – Player 1 passes the ball to Player 2 who uses dribbling skills (e.g., turning, accelerating, faking, and shielding*) to move the ball to either target cone. Player 1 tries to take the ball away. Player 2 scores 1 point by dribbling the ball over a target cone by shielding and evading the pressure from Player 1. Player 2 scores 3 points by moving right away to accelerate past Player 1 and dribble over a target cone.
- "Switch!" – after 3 turns, Player 2 starts with the ball.

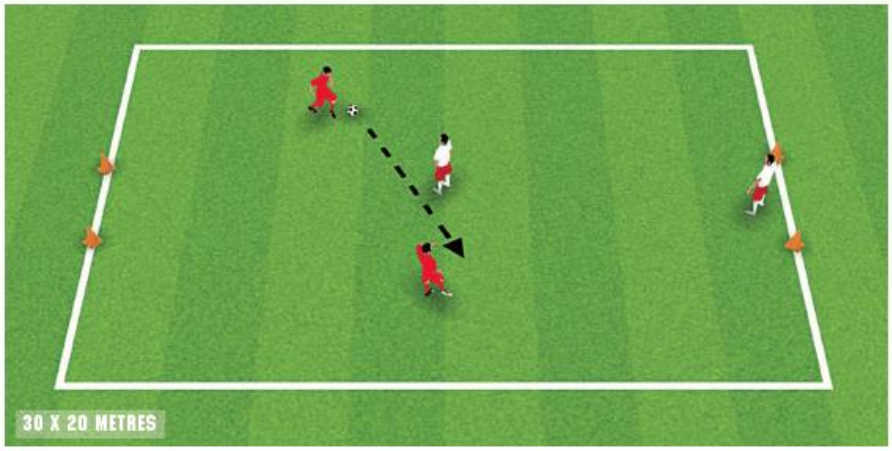
OPTIONS:

- "Shield!" – the receiving player practices shielding the ball before making a move to try and beat the defender.
- "Straight through!" – rather than shielding, the receiving player must move right away to dribble the ball past the defender.

* *See illustration, p. 10*

SMALL-SIDED GAMES—PASSING & ALL THEMES

ACTIVITY 3: "2 AGAINST 1" & 2 v 2



SET UP:

- Four players total (2 per team) with a goal at each end.
- Give animal names to the teams (i.e., "Cats" and "Dogs") for added fun.

OPTIONS:

- "No hands!" – when you're the goalkeeper, you can only use your feet.
- Same game with three players per team.

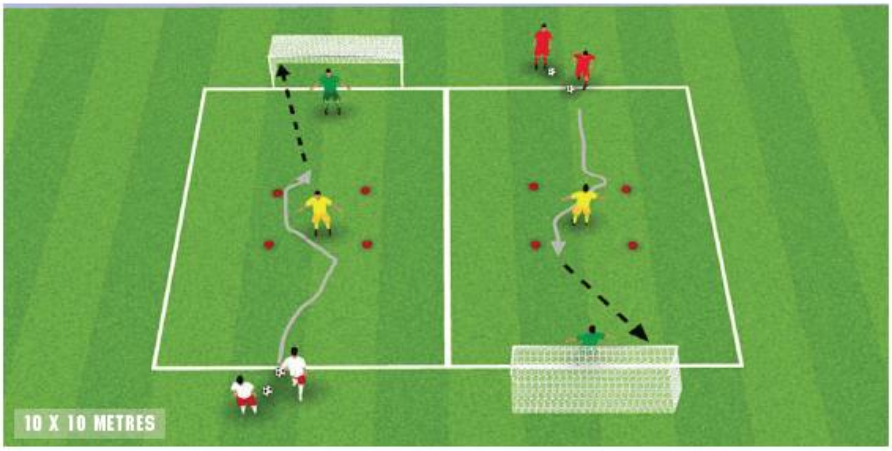
INSTRUCTIONS:

- The Cats have the ball and try to score on the Dogs' net. One of the Dogs becomes the goalkeeper. The Cats must make at least one pass before shooting. If the Dogs get the ball, it's their turn to try to score.
- Remember to use the side of your foot when passing!

2v2 PROGRESSION:

- If defender wins the ball and passes back to GK or GK saves then the GK can join to create 2v2
- Or Simply allow the 2 players from the defending team into the box to play 2v2 from the start. Make goals smaller or place balls on cones and to score players must pass the ball to knock them off.

DRIBBLING
ACTIVITY 3: "ON THE ATTACK"



SET UP:

- Up to 12 players, split into two equal teams; all but two players with a ball.
- Players without a ball (the defenders) move inside the centre square; the other players (attackers) line up opposite the goal.

INSTRUCTIONS:

- "Go!" – attackers dribble the ball towards the defender, and use their dribbling skills (e.g., faking, turning, shielding, and accelerating) to beat the defender before shooting on goal. The attacker then moves to the back of the line at the opposite end.
- "Switch!" – rotate defenders after each attacker has had 3 turns.
- Have players use different moves to try to beat their opponents (e.g. stepover, scissors*).

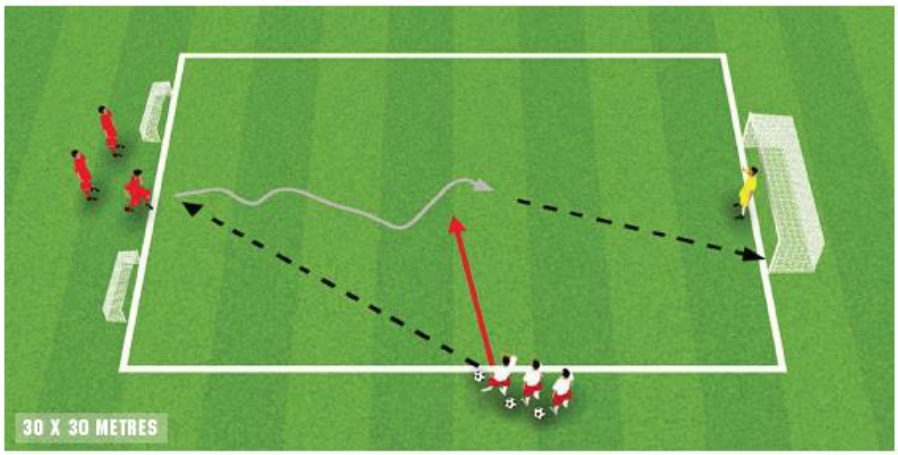
OPTIONS:

- Instead of tagging players, the defender tries to take the ball away. If successful, the other player becomes the defender.

* *See illustration, p. 12*

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES

ACTIVITY 1: "ONE ON ONE" & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

INSTRUCTIONS:

- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- "Go!" – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- "Switch!" – players swap roles. Continue until all players have had a turn as both attacker and defender.

OPTIONS:

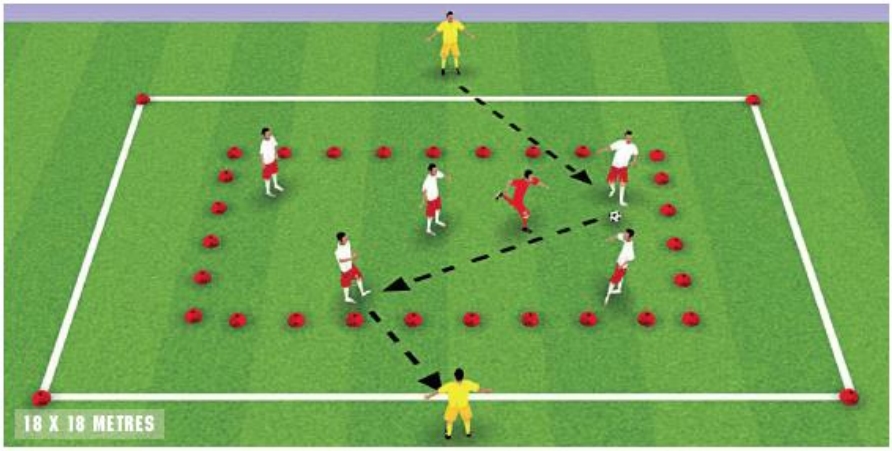
- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

ADAPTATION:

- Note: For this age group defenders should be allowed to stand and in order to switch defender must play the dribblers ball against the wall. If the attacker can tackle the ball back before the defender passes it against the wall then they can stay alive.

PASSING

ACTIVITY 4: "DANGER ZONE"



SET UP:

- Eight players (2 target players, 5 passers, 1 defender); 1 ball.
- One central square (the "danger zone") inside a larger square (the "neutral zone"), marked out with cones.

INSTRUCTIONS:

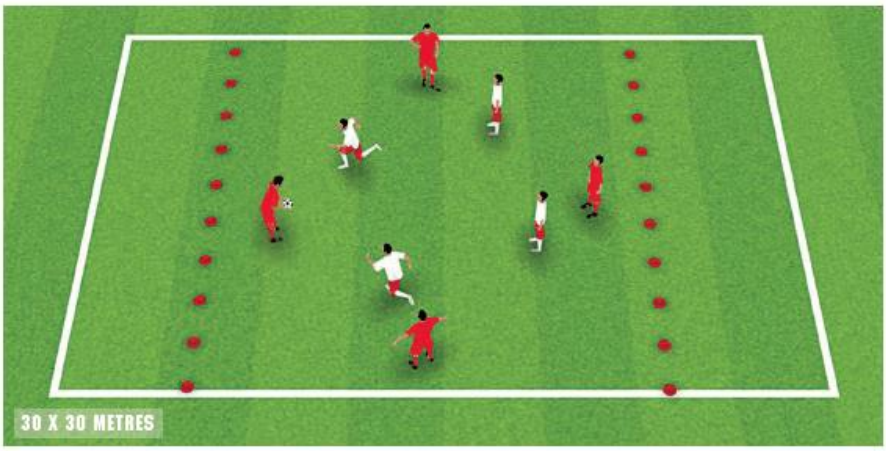
- Two Target players stand on opposite sides of the neutral zone; passers and defenders start inside the danger zone.
- "Go!" – 1 target player passes the ball into the danger zone. The passers keep the ball away from the defender and pass to the other target player.
- If under pressure, passers should dribble the ball out to the neutral zone, where the defender can't challenge. This will allow the passers to regroup before executing the next pass through the danger zone.
- "Switch!" – players swap roles after 5 minutes.

OPTIONS:

- Add a second defender.
- When a target player receives the ball, the player who passed it swaps roles.

COORDINATION—PASSING

ACTIVITY 4: "INTO THE END ZONE"



SET UP:

- Up to 12 players, in 2 teams.

INSTRUCTIONS:

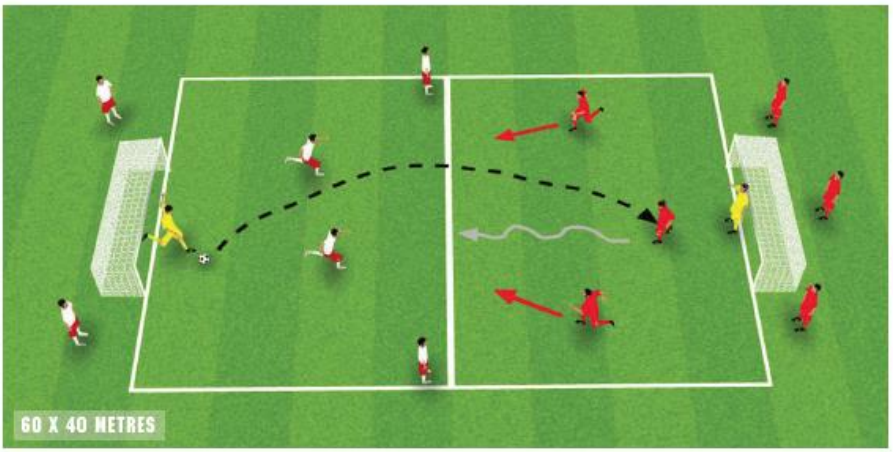
- One team starts with the ball in their hands.
- "Go!" – score a point by moving the ball up the field by throwing it back and forth with your teammates, finishing with a pass into the other team's end zone. If you have the ball, stand still until you pass it.
- Introduce the offside rule: Remember, you can't wait in the end zone to receive a pass, but you can run across the opposing team's line to receive it after the ball is thrown.

OPTIONS:

- Put a neutral player in each end zone, so teams have to pass the ball from one end zone to the other to score a point.
- "No hands!" – use your feet to move the ball up the field. Teams must pass at least 3 times before making a pass into the end zone.

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 4: "3 V 2 TO 4 V 3"



SET UP:

- Up to 12 players, in 2 teams; 1 goalkeeper per team.
- Team 1 starts as the attackers, with 3 players on the field. Team 2 starts as the defenders, with 2 players at the top of the penalty area, and 2 support players positioned wide at the halfway mark. Relief players wait behind their team's goal.

INSTRUCTIONS:

- "Go!" – the Team 2 goalkeeper serves the ball to the Team 1 attackers, who dribble and pass the ball up the field and try to score.
- If Team 2 defenders win the ball, the 2 wide support players can join them as they try to score on Team 1's goal, creating a 4 v 3 situation.
- "Switch!" – rotate players frequently, and restart the game with new attackers and defenders.

OPTIONS:

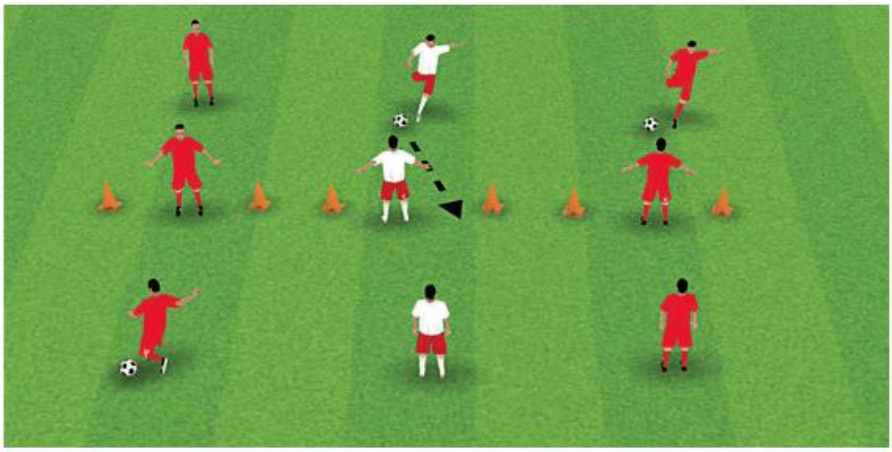
- Introduce a time restriction, so that attackers must shoot on goal within 10 seconds of gaining possession of the ball.

OPPOSED TECHNICAL PRACTICES

THEME 4 FINISHING

SHOOTING

ACTIVITY 4: "MONKEY IN THE MIDDLE"



SET UP:

- Work in groups of 3 with a parent or teammate in the middle as goalkeeper.
- One ball per group.

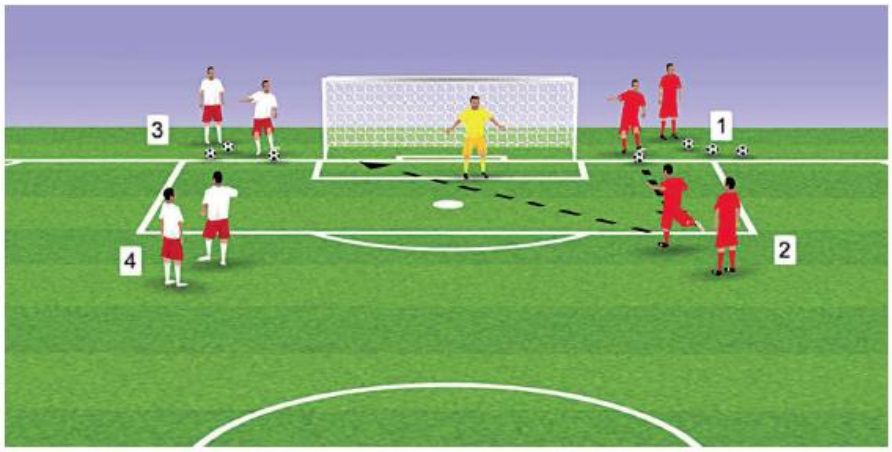
INSTRUCTIONS:

- "Shoot!" – use the top of your foot (laces) to shoot the ball past the goalkeeper.
- If the goalkeeper saves the ball, he/she turns around and rolls it to the player at the opposite end.
- The first player to score 3 times switches places with the goalkeeper.

OPTIONS:

- Shoot with your other foot.
- The goalkeeper bounces the ball to the player who tries to keep the ball low (below waist height) to score.

SHOOTING
ACTIVITY 2: "PARALLEL PLAY"



SET UP:

- Up to 12 players, working in 4 small groups; 1 goalkeeper.
- Number the groups 1-4.

INSTRUCTIONS:

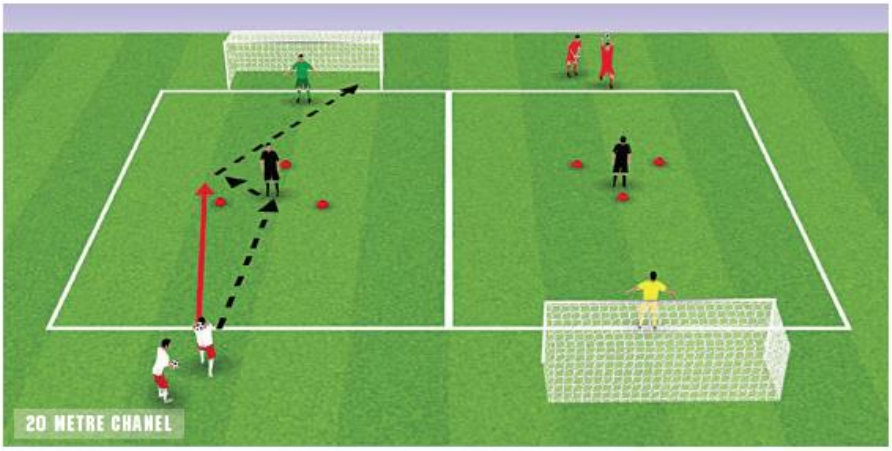
- "Go!" – the first player in Group 1 passes to the first player in Group 2, who receives the ball and shoots on goal. Repeat with Groups 3 and 4. Remember to control the ball and shoot in just 2 touches.

OPTIONS:

- "On the diagonal!" – Group 1 passes to Group 4. Group 3 passes to Group 2.
- "From the side!" – Groups 1 and 3 pass from the sides of the penalty area.
- "Challenge!" – After passing the ball, Group 1 and Group 3 players come out to challenge the shooter.

SHOOTING

ACTIVITY 3: "BERMUDA TRIANGLE"



SET UP:

- Up to 10 players, each with a ball, working in 2 teams; 1 goalkeeper.
- Coach/parent stands inside a triangle marked out with cones.

INSTRUCTIONS:

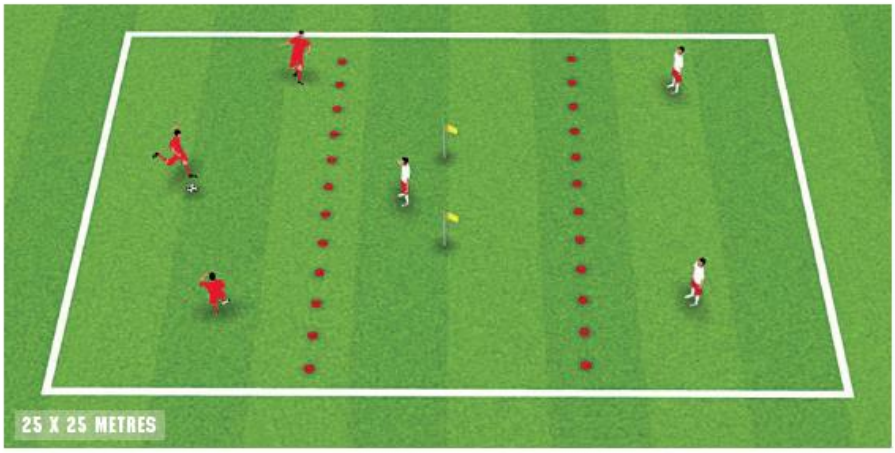
- "Go!" – the first player in line throws the ball to the coach/parent. The coach/parent catches the ball and rolls it to their left or right. The player chases the ball and shoots on goal, then runs to the back of the line.
- "Ground pass!" – instead of throwing the ball, the player passes to the coach/parent. The coach/parent passes it back just beyond the triangle. Players try to get the ball past the coach/parent in just one touch (with the inside or outside of the foot) before shooting.

OPTIONS:

- "Challenge!" – Put a player in the triangle rather than a coach/parent, and have them come out to challenge for the ball after passing it to the shooter. After one turn, the shooter moves to the triangle, and the player in the middle moves to the back of the line.

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 1: "SHOOT ON SIGHT"



SET UP:

- Two teams of 3 players each.
- Use cones to divide the field into 3 equal zones. In the middle zone, use 2 flags or cones to mark out a goal. Team 1 players are the attackers and start with the ball. Team 2 players start as the defenders.

INSTRUCTIONS:

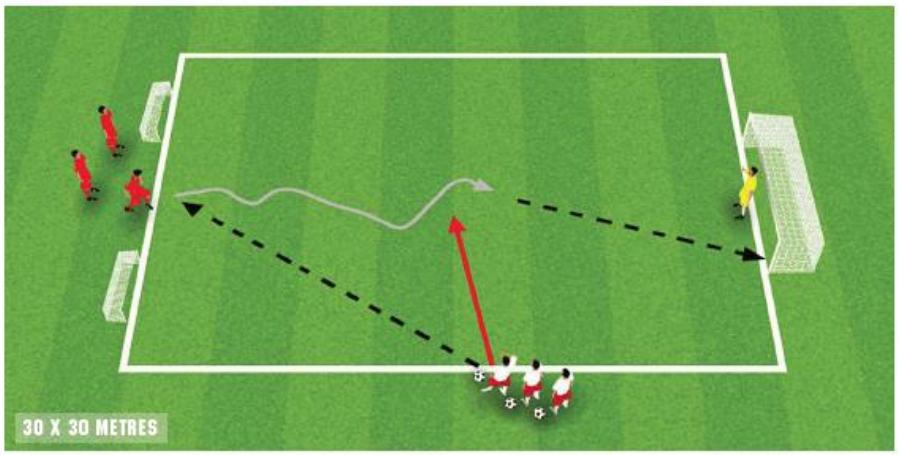
- "Go!" – one player from Team 2 goes into the middle zone as the goalkeeper. Team 1 tries to score. After each shot on goal (unless the shot rebounds back into the attacking team's zone), the teams switch roles.
- Players must shoot from inside their zone.

OPTIONS:

- Teams get an extra point if they score a one-touch goal (i.e. pass to a teammate who shoots with his first touch).
- Add a defender to support the goalkeeper and create a 3 v 1 game.

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES

ACTIVITY 1: "ONE ON ONE" & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

INSTRUCTIONS:

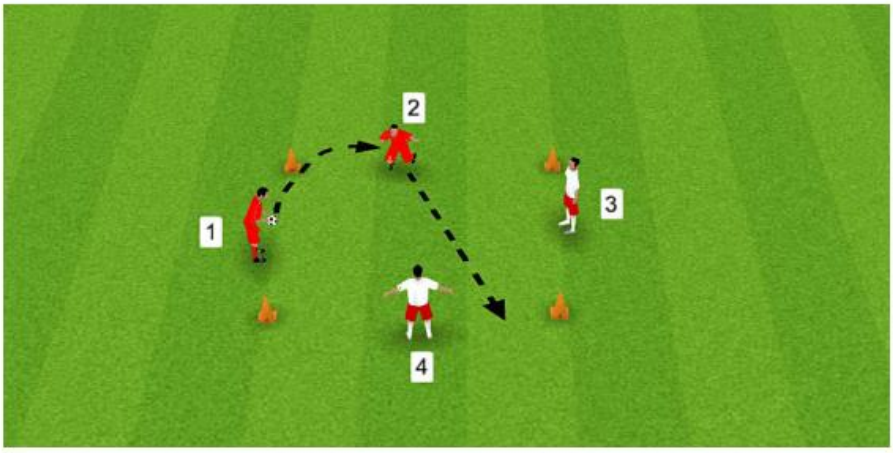
- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- "Go!" – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- "Switch!" – players swap roles. Continue until all players have had a turn as both attacker and defender.

OPTIONS:

- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

HEADING

ACTIVITY 3: "USE YOUR HEAD!"



SET UP:

- Four players, working in 2 teams; 1 ball.
- Number players (1-4); Players 1 & 2 are on one team, Players 3 & 4 on the other.

INSTRUCTIONS:

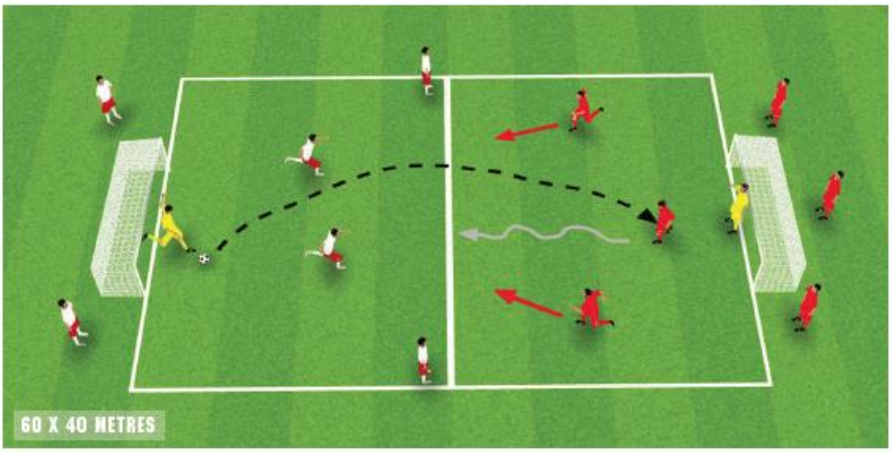
- "Go!" – Player 1 holds the ball and serves it to Player 2, who tries to head it past Player 4 on the opposite side of the square. Then Player 4 serves the ball to Player 3, who tries to head it past Player 1. Continue until Players 2 & 3 have each headed the ball 3 times, then switch roles so that they become the servers and Players 1 & 4 head the ball.
- Rotate players frequently.

OPTIONS:

- Allow players to head the ball past either opponent so they have to choose which goal to aim for.
- "No hands!" – goalkeepers cannot use their hands to save the ball; instead, they try to head their opponent's shot back into the opponent's goal.

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 4: "3 V 2 TO 4 V 3"



SET UP:

- Up to 12 players, in 2 teams; 1 goalkeeper per team.
- Team 1 starts as the attackers, with 3 players on the field. Team 2 starts as the defenders, with 2 players at the top of the penalty area, and 2 support players positioned wide at the halfway mark. Relief players wait behind their team's goal.

INSTRUCTIONS:

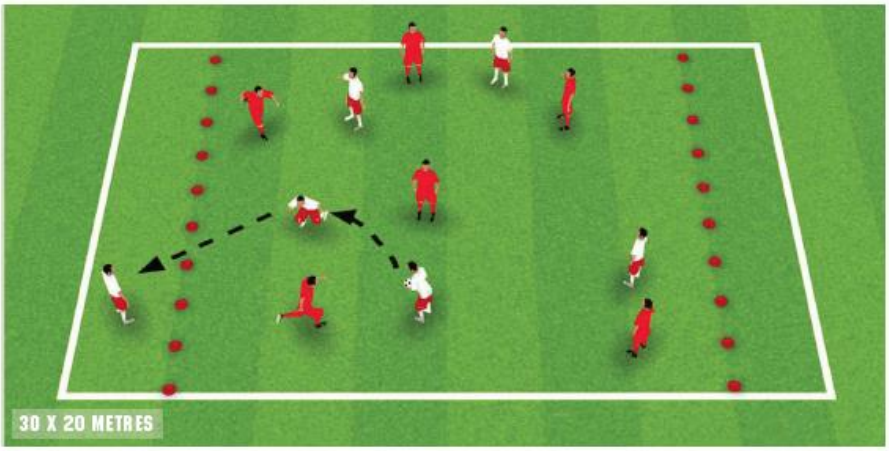
- "Go!" – the Team 2 goalkeeper serves the ball to the Team 1 attackers, who dribble and pass the ball up the field and try to score.
- If Team 2 defenders win the ball, the 2 wide support players can join them as they try to score on Team 1's goal, creating a 4 v 3 situation.
- "Switch!" – rotate players frequently, and restart the game with new attackers and defenders.

OPTIONS:

- Introduce a time restriction, so that attackers must shoot on goal within 10 seconds of gaining possession of the ball.

HEADING

ACTIVITY 5: "THROW, HEAD, CATCH"



SET UP:

- Up to 12 players, working in 2 teams; 1 ball.
- Use cones to mark out 2 end zones.

INSTRUCTIONS:

- "Go!" – the object of the game is to get the ball into the other team's end zone. Players move the ball up the field by throwing it to a teammate, who heads the ball to another teammate to catch. Then that player throws the ball to another teammate to head, etc. Continue the sequence of throw, head, catch. Players have to stand still when they're in possession of the ball. If the other team intercepts the ball, it's their turn to try and score a point.
- Introduce the offside rule: players can't stand in the end zone to wait for a pass, but can only run to receive when the ball is thrown or headed into the end zone.

OPTIONS:

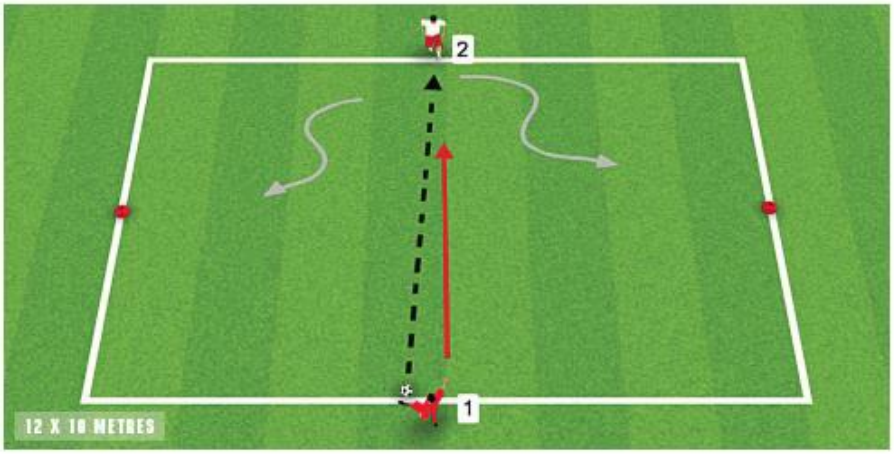
- Add goals and goalkeepers. Continue the sequence of throw, head, catch, but now the players try to head the ball into the other team's net.

OPPOSED TECHNICAL PRACTICES

THEME 5 DEFENDING

DRIBBLING

ACTIVITY 1: "SOCCER 1 V 1"



SET UP:

- Up to 6 players, working in pairs; 1 ball per pair.

INSTRUCTIONS:

- "Go!" – Player 1 passes the ball to Player 2 who uses dribbling skills (e.g., turning, accelerating, faking, and shielding*) to move the ball to either target cone. Player 1 tries to take the ball away. Player 2 scores 1 point by dribbling the ball over a target cone by shielding and evading the pressure from Player 1. Player 2 scores 3 points by moving right away to accelerate past Player 1 and dribble over a target cone.
- "Switch!" – after 3 turns, Player 2 starts with the ball.

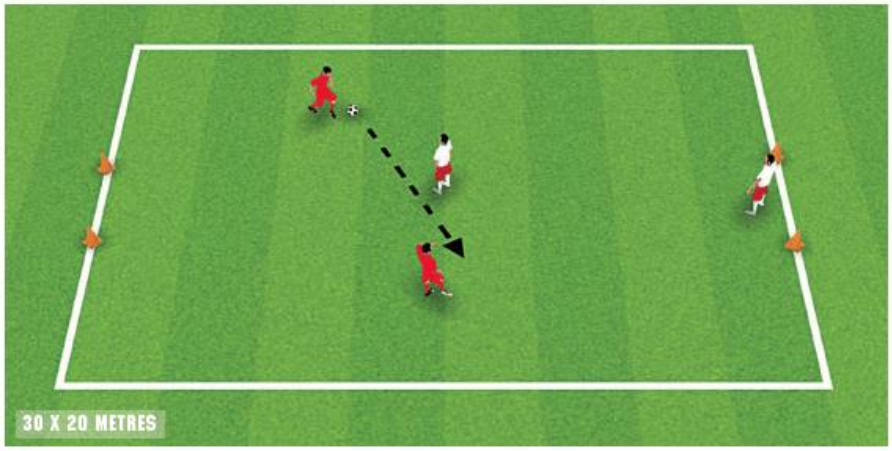
OPTIONS:

- "Shield!" – the receiving player practices shielding the ball before making a move to try and beat the defender.
- "Straight through!" – rather than shielding, the receiving player must move right away to dribble the ball past the defender.

* *See illustration, p. 10*

SMALL-SIDED GAMES—PASSING & ALL THEMES

ACTIVITY 3: "2 AGAINST 1" & 2 v 2



SET UP:

- Four players total (2 per team) with a goal at each end.
- Give animal names to the teams (i.e., "Cats" and "Dogs") for added fun.

OPTIONS:

- "No hands!" – when you're the goalkeeper, you can only use your feet.
- Same game with three players per team.

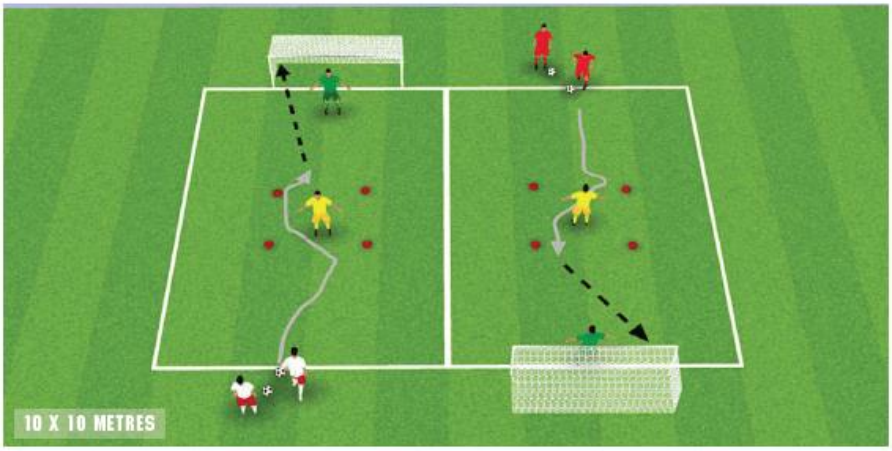
INSTRUCTIONS:

- The Cats have the ball and try to score on the Dogs' net. One of the Dogs becomes the goalkeeper. The Cats must make at least one pass before shooting. If the Dogs get the ball, it's their turn to try to score.
- Remember to use the side of your foot when passing!

2v2 PROGRESSION:

- If defender wins the ball and passes back to GK or GK saves then the GK can join to create 2v2
- Or Simply allow the 2 players from the defending team into the box to play 2v2 from the start. Make goals smaller or place balls on cones and to score players must pass the ball to knock them off.

DRIBBLING
ACTIVITY 3: "ON THE ATTACK"



SET UP:

- Up to 12 players, split into two equal teams; all but two players with a ball.
- Players without a ball (the defenders) move inside the centre square; the other players (attackers) line up opposite the goal.

INSTRUCTIONS:

- "Go!" – attackers dribble the ball towards the defender, and use their dribbling skills (e.g., faking, turning, shielding, and accelerating) to beat the defender before shooting on goal. The attacker then moves to the back of the line at the opposite end.
- "Switch!" – rotate defenders after each attacker has had 3 turns.
- Have players use different moves to try to beat their opponents (e.g. stepover, scissors*).

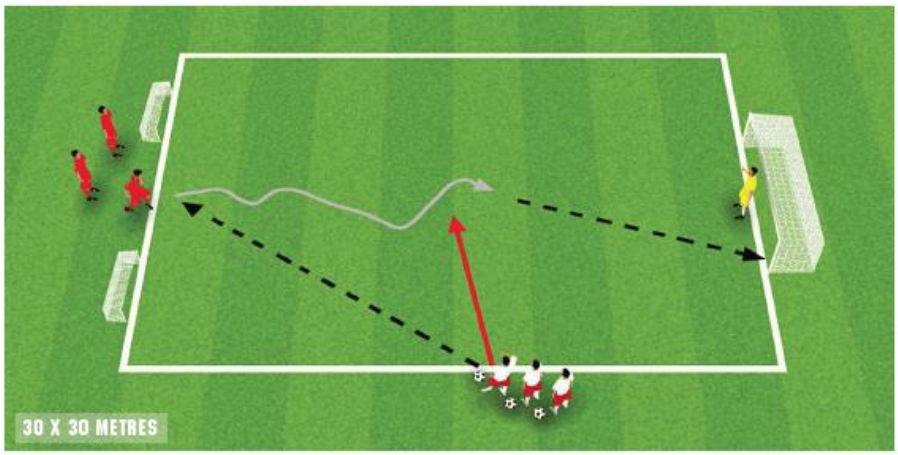
OPTIONS:

- Instead of tagging players, the defender tries to take the ball away. If successful, the other player becomes the defender.

* *See illustration, p. 12*

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES

ACTIVITY 1: "ONE ON ONE" & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

INSTRUCTIONS:

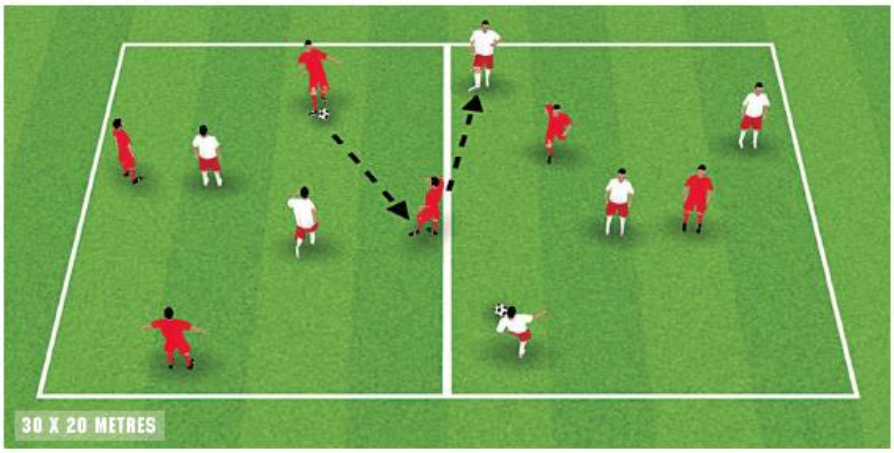
- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- "Go!" – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- "Switch!" – players swap roles. Continue until all players have had a turn as both attacker and defender.

OPTIONS:

- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

COORDINATION—CONTROL & DEFENDING

ACTIVITY 4: "RONDO SWITCH"



SET UP:

- Up to 12 players, in 2 groups; 1 ball per group.
- Each group has 4 attackers and 2 defenders, and play in adjacent squares.

INSTRUCTIONS:

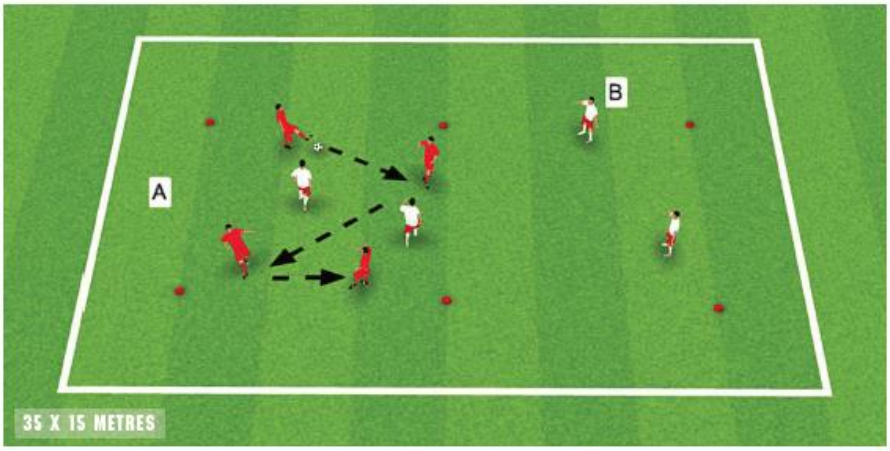
- "Go!" – attackers try to complete 5 passes in a row. Defenders must win the ball 3 times before swapping roles with the attackers.
- "Transfer!" – any player, at any time, can pass the ball to someone in the next square—a trigger for players in the receiving square to immediately pass their ball to an attacker on the other side.

OPTIONS:

- Give each defender a ball so they have to dribble while trying to intercept the attackers' passes.
- Use additional defenders to create a 4 v 3 or 4 v 4 situation.

PASSING & DEFENDING

ACTIVITY 4: "TRANSFER PASS"



SET UP:

- Up to 8 players, in 2 teams of 4 players each.
- Use cones to mark out 2 adjacent squares on the field, as shown.
- Name the teams: A (red) & B (white).
- Set up a 4 v 2 in one square, with 4 Team A players (attackers) and 2 Team B players (defenders); the other Team B players start in the adjacent square.

INSTRUCTIONS:

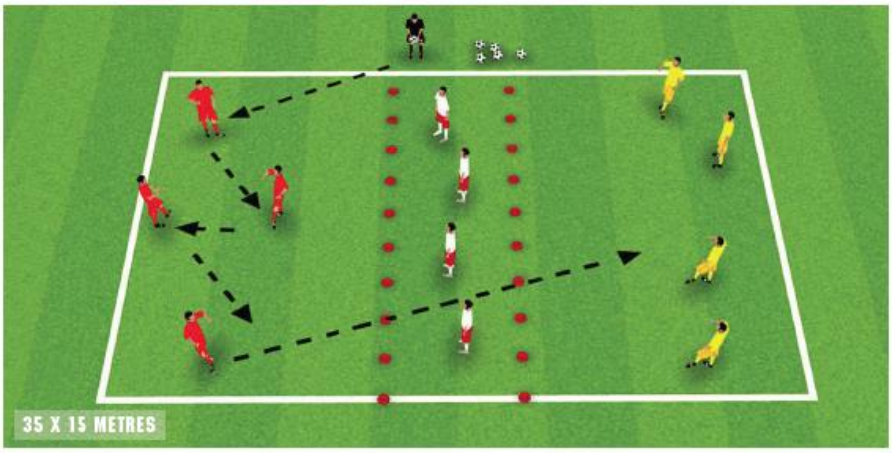
- "Go!" – Team A starts with the ball and tries to pass 5 times without Team B intercepting it. If Team B (defending) wins the ball, they pass to their teammates in the other square. Team B then becomes the attacking team and Team A must send in 2 players to try to win the ball back.

OPTIONS:

- Increase the number of passes to score a point.
- Every player on the attacking team must touch the ball at least once.
- Allow 1 additional defender to challenge for the ball, creating a 4 v 3 situation.

CONTROL

ACTIVITY 2: "MONKEYS IN THE MIDDLE"



SET UP:

- Up to 12 players, working in teams of 4.
- Defending team lines up in the middle of the field, with attacking teams lined up on either side of the field.

INSTRUCTIONS:

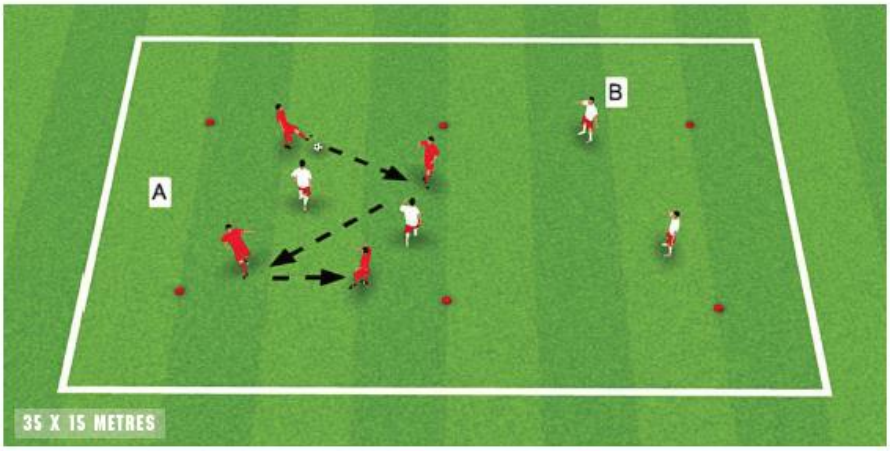
- "Go!" – the coach rolls the ball to one of the attacking teams. To score a point, they must complete 3 passes and then send the ball to the other attacking team. The defending team must stay in the middle to intercept the pass. If they do, they score a point. The coach then rolls the ball to the other attacking team and the defenders spin around to face them and try to block the pass across.
- "Switch!" – teams swap roles after each attacking team has had the ball 3 times.

OPTIONS:

- "Challenge!" – the defending team sends 2 players into the attacking team's zone to challenge for the ball.
- Each attacking team must pass 5 times before transferring the ball into the other team's zone.
- The coach throws the ball to start so players must control with their foot, thigh or chest before passing.

PASSING

ACTIVITY 4: "TRANSFER PASS"



SET UP:

- Up to 8 players, in 2 teams of 4 players each.
- Use cones to mark out 2 adjacent squares on the field, as shown.
- Name the teams: A (red) & B (white).
- Set up a 4 v 2 in one square, with 4 Team A players (attackers) and 2 Team B players (defenders); the other Team B players start in the adjacent square.

INSTRUCTIONS:

- "Go!" – Team A starts with the ball and tries to pass 5 times without Team B intercepting it. If Team B (defending) wins the ball, they pass to their teammates in the other square. Team B then becomes the attacking team and Team A must send in 2 players to try to win the ball back.

OPTIONS:

- Increase the number of passes to score a point.
- Every player on the attacking team must touch the ball at least once.
- Allow 1 additional defender to challenge for the ball, creating a 4 v 3 situation.

SHOOTING

ACTIVITY 1: "CLOSE QUARTERS"

SET UP:

- Up to 12 players, in 2 equal teams; 1 goalkeeper.
- 2 defenders and 4 strikers start in the penalty area; 2 support players for the attacking team are on opposite sides of the penalty area.

INSTRUCTIONS:

- "Go!" – the coach serves the ball from the top of the penalty area to one of the strikers, who tries to score immediately or pass to a teammate so they can score. A goal is worth one point. The attacking team can also pass to either of the two outside support players, who have 3 touches to pass the ball back into the strikers. If the defenders win the ball and dribble it under control out of the penalty area, they get a point.
- "Switch!" – defenders will get tired, so rotate them frequently. Swap roles after 5 minutes.

OPTIONS:

- Add 1 or 2 defenders to create a 4 v 3 or 4 v 4 situation in the penalty area.
- Attacking team must pass at least 3 times before shooting.

OPPOSED TECHNICAL DRILLS & GAMES

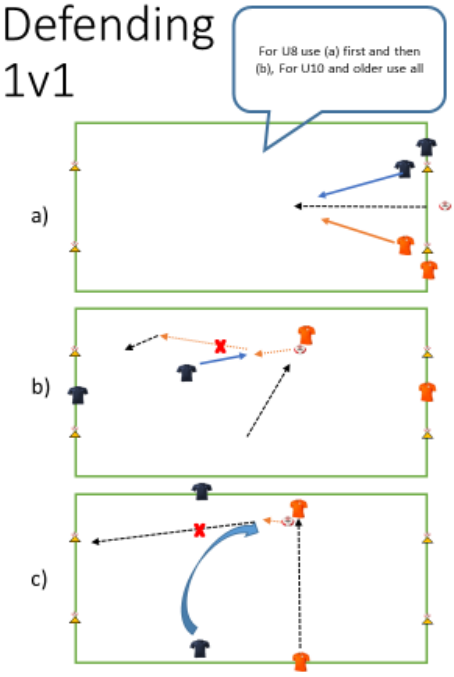
Paradise Soccer Club Signature Drills

Recommended For use as part 2 or part 3a of your session

For U8 use one in every four practices

For U10 can use in up to two out of four practices

Defending 1v1



Set Up:

Minimum 5 yds x 10 yds, up to 10x15yds with two small goals at each end. 1 passive player is not involved and is resting. Ball can start with a pass from the coach or the attackers partner.

a) Try different start positions, (sitting, lying etc) once coach passes the ball they can go. For younger can allow both players to score at the far end. Alternately Player getting first touch continues and goes for goals ahead of them, defender must steal it and turn to attack the goals at the end they started from.
b) Ensure players are at opposite ends before playing into feet of the attacker. Defender can pressure as soon as the coach passes.
c) Attackers partner can serve as shown to feet. Again Defender can pressure as soon as the pass is made.

Instructions:

a) "Use your body" "First to the Ball" "Stay with 'em" or "Keep going"
b) "Pressure" to encourage the defender to get to the ball as quickly as possible. "Challenge" to encourage the defender to be actively trying to win the ball.
c) "Stop the pass" to ensure the defender recovers between the ball and goal before pressuring

Options:

Have the resting player play as the GK and perhaps allow them to join in if they save it.

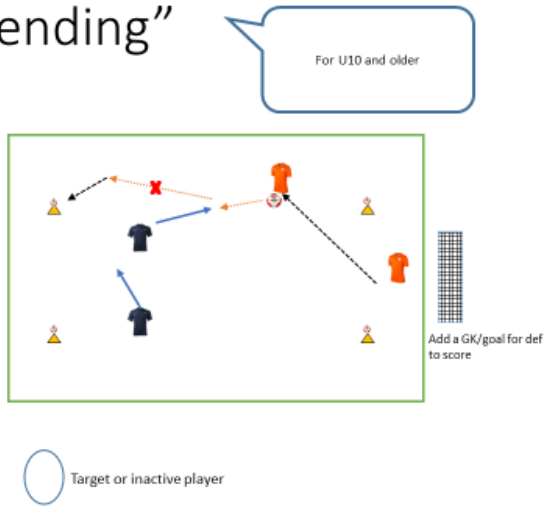
1v1 Challenging – "Topple"

Set Up:
Place a ball on a cone. Both players start within touching distance of each other and playing distance of the ball.

Instructions:
"FACE THE BALL" "STAY ON YOU FEET" both players must remain standing – no lunges or slide tackles "PROTECT" the ball "USE YOUR BODY". "NO PUSHING WITH THE HANDS"

Options:
Team version half of the balls are defended by blues and the other half are defended by oranges. 1v1 at each ball. The team with the last ball standing wins the round.
Condition – once the ball is toppled off the cone orange can attempt to get their foot on top of the ball for a bonus point.

1v2 Defending – "Pairs Defending"

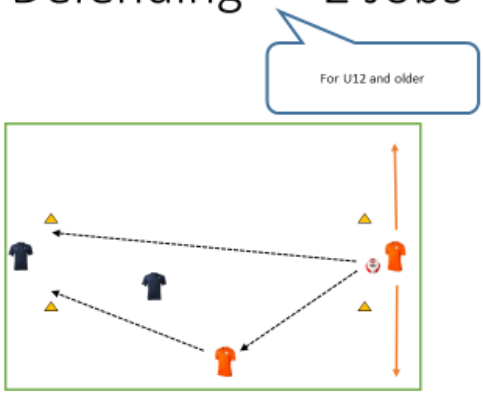


Set Up:
Minimum 15 yds x 12 yds, with two small goals at each end. 1 passive attacker is not involved initially and must stand touching the line or wall so that 1 attacker plays against two defenders, Ball can start with a pass from the coach on the half way or from the passive player.

Instructions:
"PRESSURE" as the ball travels nearest defender must pressure
"COVER" 2nd defender must be ready to block pass/shots and to challenge if the 1st defender is beaten.
"SCORE"is also the objective for the Defenders

Options:
Once the defenders touch the ball the second orange attacker can join the play
Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points).

2v1 Defending – "2 Jobs"

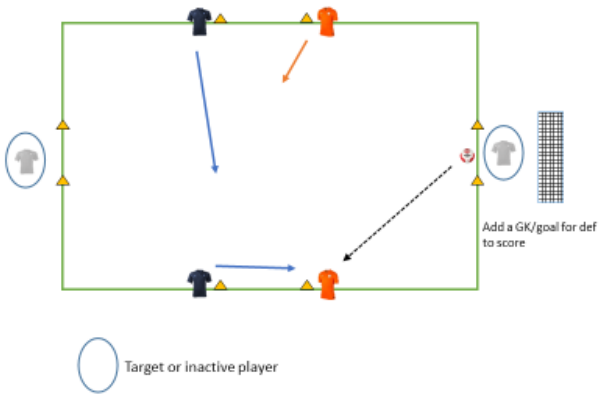


Set Up:
15 yds x 12 yds, with two small goals at each end.

Instructions:
"STOP THE PASS" Orange support player can score directly, or
"STOP THE TURN" Orange support can pass in to the orange attacker to turn and score.
Orange attacker can pass back to support player who must remain behind the goal.

Options:
Allow the support player to move up and down the entire width or restrict them to stay between the goal.
Condition the support player is not allowed to play 1 touch
Condition the support player can only score on 1 touch

2v2 Pairs Defending

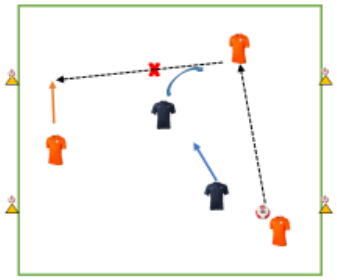


Set Up:
Min 12 x 15 yds, with two small goals at each end. Can use GK at one end.

Instructions:
"STOP THE TURN" support player can pass in to either orange attacker to turn and score.
"PRESSURE" nearest defender should pressure as the ball travels.
"COVER" 2nd defender must slide across to be ready to challenge if 1st defender is beaten and to block passes forward.
"DROP" when the attacker passes square to their partner the 1st defender must quickly drop off and in to cover partner.

Options:
Orange attacker can pass back to support player who must remain behind the goal.
Condition is the the support player allowed to score? Yes or No.
Condition the support player can only score on 1 touch

3v2 Defending – "Pairs Defending – 1 min challenge"

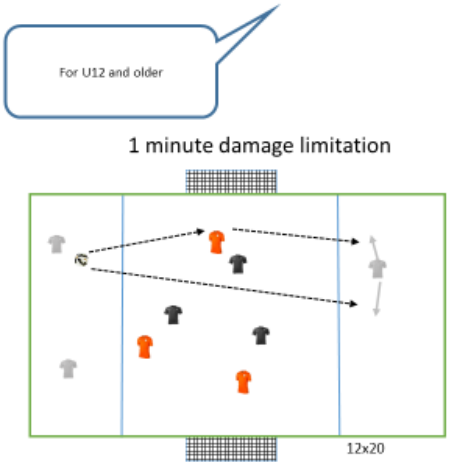


Set Up:
Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute defending challenge, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After1 minute switch roles.

Instructions:
"PRESSURE" as the ball travels nearest defender must pressure, trying to deny the exit pass to the third attacker
"DROP" 2nd defender must retreat immediately when ball is passed to block the split pass.

Options:
Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.
Condition – if attackers can split defenders then they can reduce the score by one point for every split.

3v3 GROUP Defending challenge

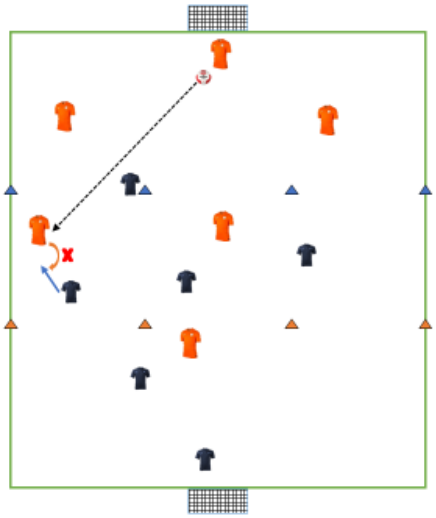


Set Up:
Minimum 12 x 25 yds. with 3 whites play only in scoring zones and work with reds trying to play the ball from 1 end to the other without blacks gaining possession. Blacks defend for 1 minute to limit the number of goals the 6 attackers can score. If blacks win it they can score on goal to reduce the attackers score or keep possession to kill the clock.

Instructions:
"STOP THE PASS" the whites can play direct end to end (below waist height)
"No Turn" defender must pressure their mark as ball travels in to arrive with the ball to intercept or stop the turn.
"Cover" as ball travels in other defenders must recover behind the ball into a solid defensive shape to stop the scoring pass

Options:
Rather than using goals can have defenders keep possession to kill the clock.
Condition – Can allow balls over the top (endzones should be made shallower)
Condition – restrict so that attackers not allowed to play back to support players

SSG – “Zero Tolerance Zone”

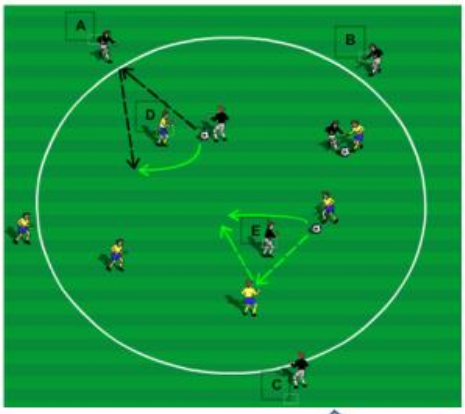


Set Up:
SSG pitch, with two lines roughly around the thirds of the field.

Instructions:
“STOP THE TURN” Normal game rules apply but the coach will award goals anytime a player is able to receive a forward pass in the middle zone and turn successfully (ie they are able then to make another pass, or are able to dribble forwards).

Options:
Condition – Goals only count if all of your players are pushed up out of your defensive zone.
Condition – Goals can be awarded for turns ahead of the line too (high pressure defending)

“WALL PASS GAME”



SET UP

- Unlimited number of players. Two teams all players start inside the circle.
- # of balls = # of players divided by 3 or 4
- Can use a circle or a square

INSTRUCTIONS

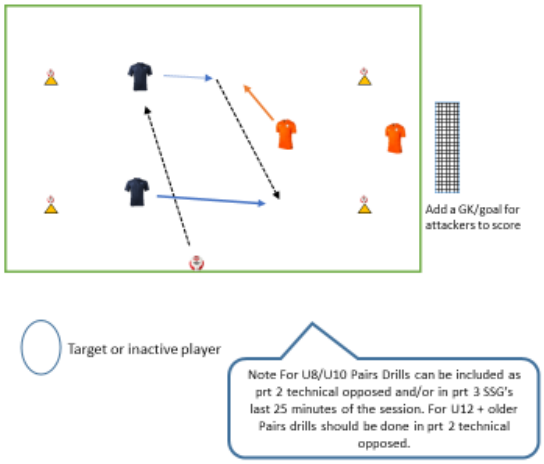
- Try to play a wall pass around an opponent to eliminate them from inside the circle. In the diagram player E is eliminated and must now play from outside the circle. Once eliminated players are still active and can be the wall player. If they help make a successful wall pass then they can re join the players inside the circle (player A in the diagram can go back inside. At the end of the game the team with the most players in the middle wins!
- The wall player has to play 1 touch for it to count

OPTIONS

- Allow the wall player to play 2 touch if needed

Do Not use for U8/U10
Use this drill in Part 1 or 2 for U12 and part 1 for U13 and older

2v1 Pairs Attacking – “Matador”

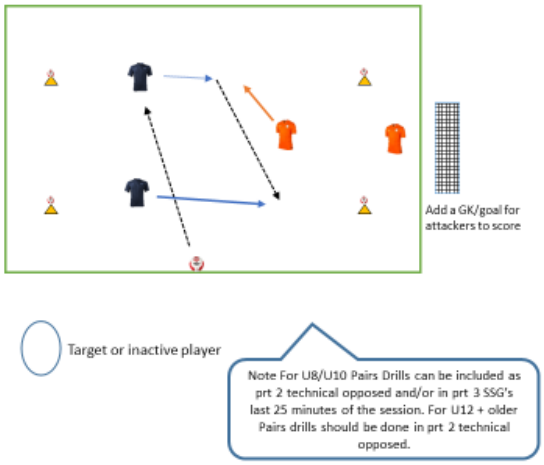


Set Up:
Minimum 15 yds x 12 yds, with two small goals at each end. 1 inactive defender is not involved initially and must stand touching the line or wall so that 2 attackers play against 1 defender, Ball can start with a pass from the coach on the half way or from the inactive player.

Instructions:
Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to
“TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD””GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:
Once the orange defender touches the ball the second orange defender can join the play
Ensure that there is separation at the start so that the receiver is able to take 1st touch forward (can use cones as reference start points).

2v1 Pairs Attacking – “Matador”

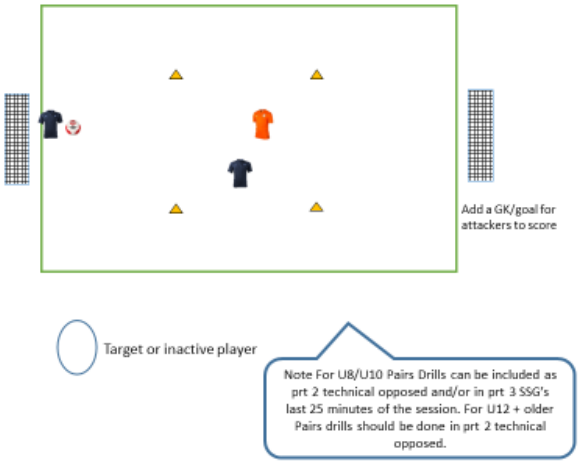


Set Up:
Minimum 15 yds x 12 yds, with two small goals at each end. 1 inactive defender is not involved initially and must stand touching the line or wall so that 2 attackers play against 1 defender, Ball can start with a pass from the coach on the half way or from the inactive player.

Instructions:
Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to
“TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD””GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:
Once the orange defender touches the ball the second orange defender can join the play
Ensure that there is separation at the start so that the receiver is able to take 1st touch forward (can use cones as reference start points).

2v1 Pairs Attacking – “Combining”

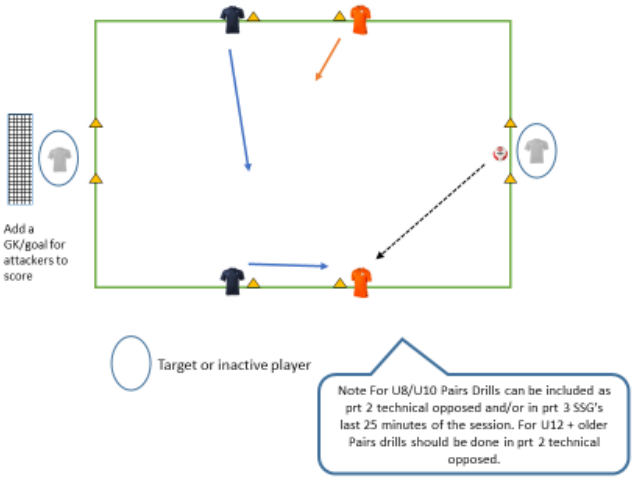


Set Up:
Minimum 20 yds x 15 yds, with 10 by 10 box in the middle. Ball can start with the player on outside who must work with their partner to play the ball through both gates, dribble or pass before finishing with a shot or pass. Orange defender tries to score in opposite goal.

Instructions:
“HEAD UP” “WATCH THE DEFENDER” to enable you to
“TIME THE PASS” or “COMMIT THE DEFENDER”
“SUPPORT?”

Options:
Limit the touches of the attacker that starts inside the box.
Add wall players on the sides.
Condition attackers free to dribble instead of pass or do they have to pass?

2v2 Pairs Attacking – Alongside Support



Set Up:
Min 12 x 15 yds, with two small goals at each end. Can use GK at one end.

Instructions:
“SUPPORT ALONGSIDE” “HE NEEDS YOU” but support player can also make forward runs when his partner is in a good situation.
“HEAD UP” to “TIME THE PASS”.
“PASS & MOVE” to “COMBINE”

Options:
Orange attacker can pass back to support player who must remain behind the goal or remove that option

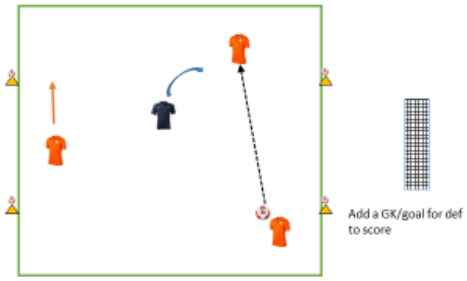
3v2 Attacking – “Overloads”

Set Up:
Minimum 15 yds x 12 yds, with two small goals at each end. 1 orange passive defender is not involved initially and must stand touching the line or wall so that 3 attackers play against 2 defender, Ball can start with a pass from the coach on the half way or from the passive player. Ensure players start in line with red cones. Once the defenders touch the ball the second orange player can join the play. Whoever kicks the ball out has to defend the next rounf

Instructions:
Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “CAN YOU PLAY FORWARD”….“TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD””GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:
Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points) or allow Attackers freedom to start anywhere

3v1 Attacking – “Rondo”



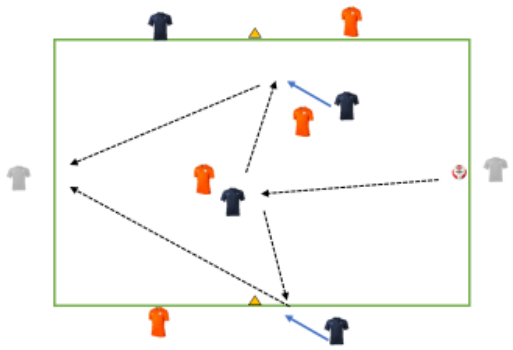
Set Up:
Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute challeng, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After1 minute switch roles.

Instructions:
“SUPPORT” as the ball travels ”….“TIME THE PASS” or “COMMIT THE DEFENDER” . “USE A FAKE” to trick the defender

Options:
Progress to 3v2 game.
Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.

Use this drill in Part 2 or 3 for U8/U10/U12.
Use only in part 2 for U13 and older

HOTBOX POSSESSION



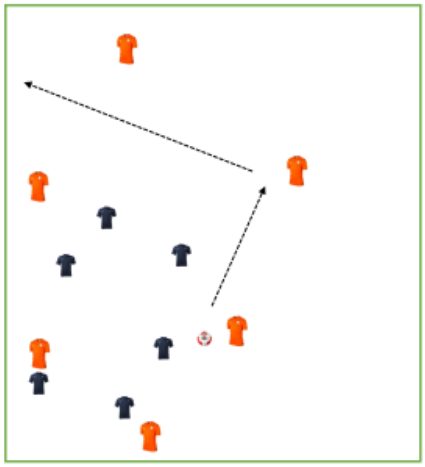
Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13 and older

Set Up:
Min 12 x 15 yds, with minimum 2v2 in the middle – can also have 3v3. Neutral players at each end can be Gk's. Can add additional players on outside also as long as they are alternating in colour. Objective to keep the ball. Outside players can bypass the central players if they wish.

Instructions:
"SUPPORT AS THE BALL TRAVELS""SUPPORT ALONGSIDE" "HE NEEDS YOU" but support player can also make forward runs when his partner is in a good situation.
"PASS & MOVE" to "COMBINE"

Options:
Can keep score by challenging players to get ball from GK to GK.
Condition the central players to play with limited touches.
Condition outside players to play on limited touches.

SSG – "WALL BALL"



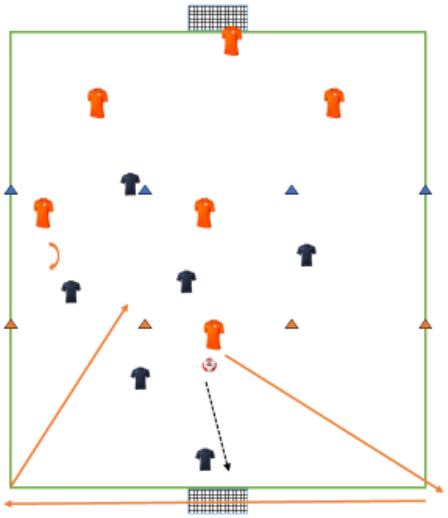
Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13 and older

Set Up:
Play sideways across the field so its wider than longer. To score players must play a 1 touch pass against the wall.

Instructions:
"SUPPORT UNDERNEATH" "SUPPORT ALONGSIDE" to "SWITCH IT". "SET THE 1 TOUCH PLAY" with a softer pass backwards/sideways to set it up.
"SUPPORT THE FORWARD PASS"

Options:
Progress to condition that in order for a goal to count then an attacker must be the first one to touch it when it bounces back off the wall.

SSG – "GOAL TRANSITION GAME"

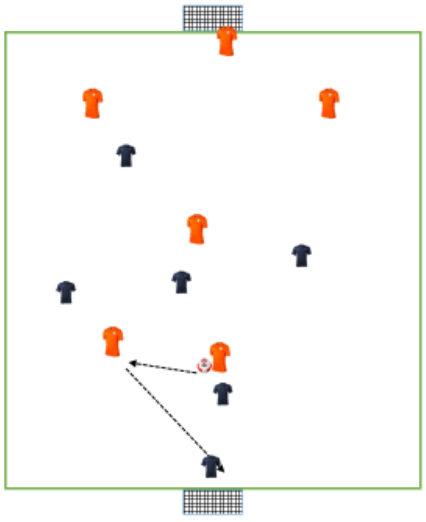


Set Up:
Normal SSG – can be reduced or Full format .
"AFTER A GOAL SCORER MUST TOUCH BOTH CORNERS"
Instructions:
"PLAY QUICKLY" to use the overload before the defender recovers to help
Options:
Have them touch just one corner.

Can also have balls on cones round perimeter of field so if a ball roles out then the atacking team can use the nearest cone ball to restart, while they do that the team that kicked it out must send a player to replace the ball that was taken off the cone

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13 and older

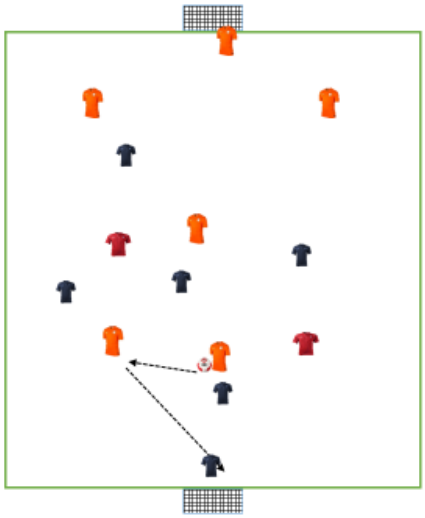
SSG – "1 Touch Finish"



Set Up:
Normal SSG – can be reduced or Full format .
"You CAN ONLY SCORE IF YOU SHOOT WITH YOUR FIRST TOUCH"
Instructions:
"SUPPORT" the player on the ball. "WHO CAN SCORE" – "SET UP THE SHOT" by playing sideways or back with a weighted pass that they can hit first time
Options:
Play with or without a GK
Add a condition that for a goal to count every player must be over the half way line

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13 and older

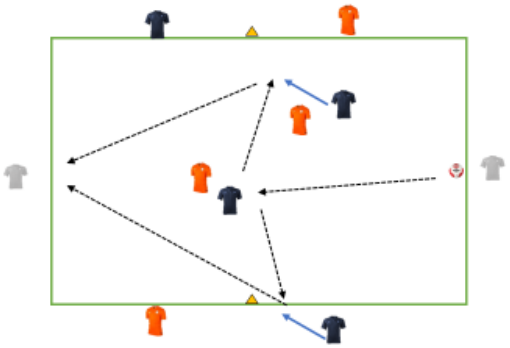
SSG – “Jokers”



Set Up:
Normal SSG – can be reduced or Full format .
“JOKERS PLAY AS NEUTRALS ALWAYS HELPING THE TEAM IN POSSESSION”
Instructions:
“TIME THE PASS”.
“PASS & MOVE” to “COMBINE”
Options:
Play with 1, 2 or 3 neutrals
Add a condition that neutrals play with limited touches (1 or two touch)

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13 and older

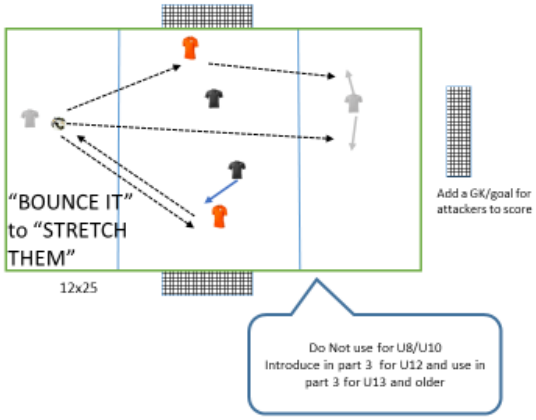
HOTBOX POSSESSION



Set Up:
Min 12 x 15 yds, with minimum 2v2 in the middle – can also have 3v3. Neutral players at each end can be Gk’s. Can add additional players on outside also as long as they are alternating in colour. Objective to keep the ball. Outside players can bypass the central players if they wish.
Instructions:
“SUPPORT AS THE BALL TRAVELS”“SUPPORT ALONGSIDE” “HE NEEDS YOU” but support player can also make forward runs when his partner is in a good situation.
“PASS & MOVE” to “COMBINE”
Options:
Can keep score by challenging players to get ball from GK to GK.
Condition the central players to play with limited touches.
Condition outside players to play on limited touches.

Do Not use for U8/U10
Introduce in part 2 for U12 and use in part 2 or 3 for U13 and older

Simple Diamond Drill

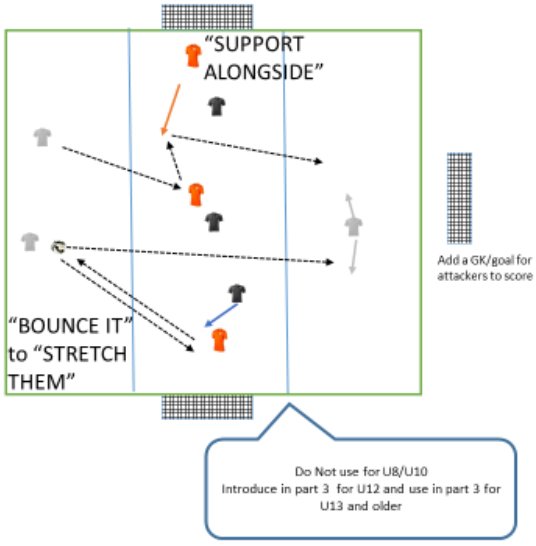


Set Up:
Minimum 12 x 25 yds. 2 Oranges play with 2 whites trying to play the ball from 1 end to the other without blacks gaining possession. Each time oranges receive from one white and play to the other they get a point. If blacks win it they can play to whites to become attackers or if playing with same defenders for a set time defenders score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:
"WIDTH" to "STRETCH THEM"
"WHITE CAN YOU BREAK THE LINE WITH A PASS" " the whites can play direct end to end (below waist height)
If not "BOUNCE IT" to "CHANGE THE PICTURE" or "STRETCH THEM"
"SUPPORT ALONGSIDE" from oranges partner to show alongside. "SUPPORT UNDERNEATH" with white adjusting their distance and angle to set up the split pass

Options:
To Goal - Restarts always from left side and work the ball to right to finish with a shot for oranges.
Progression – restrict so that attackers not allowed to play back to support players so pairs must support alongside

Complex Diamond Drill

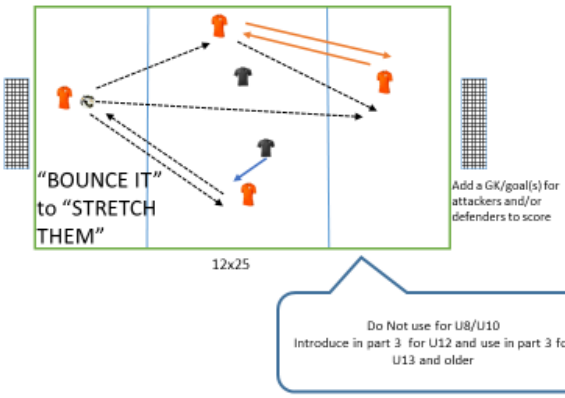


Set Up:
Minimum 25 x 25 yds. Oranges play with whites trying to play the ball from 1 end to the other without blacks gaining possession. Each time oranges receive from one white and play to the other they get a point. If blacks win it they can play to whites to become attackers or if playing with same defenders for a set time defenders score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:
"WIDTH" to "STRETCH THEM"
"WHITE CAN YOU BREAK THE LINE WITH A PASS" " the whites can play direct end to end (below waist height)
If not "BOUNCE IT" to "CHANGE THE PICTURE" or "STRETCH THEM"
"SUPPORT ALONGSIDE" from oranges partner to show alongside. "SUPPORT UNDERNEATH" with white adjusting their distance and angle to set up the split pass

Options:
To Goal - Restarts always from left side and work the ball to right right to finish with a shot for oranges.
Condition – restrict so that attackers not allowed to play back to support players

Dynamic Diamond Drill



Set Up:
Minimum 12 x 25 yds. 4v2 with 1 orange conditioned to support underneath bu the other 3 players frrr to move around and switch places. Objective is to play from 1 end to the other end zone without blacks gaining possession. This cn then repeat in the reverse direction. If blacks win it they can score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:
"WIDTH" to "STRETCH THEM"
"WHITE CAN YOU BREAK THE LINE WITH A PASS" " the whites can play direct end to end (below waist height)
If not "BOUNCE IT" to "CHANGE THE PICTURE" or "STRETCH THEM"
"SUPPORT ALONGSIDE" from oranges partner to show alongside. "SUPPORT UNDERNEATH" with white adjusting their distance and angle to set up the split pass

Options: Work the ball to Goal - finish with a shot for oranges.

SMALL SIDED GAMES

3v3,4v4 or 5v5

Options

- Add Gk's
- Option to add a neutral or even two neutrals

Choose the SSG to match your theme;

Theme 1/2 – PASSING & BALL MASTERY – choose a PASSING SSG

- Limit touches on the ball

Theme 3 – PROGRESSING WITH THE BALL – choose a DRIBBLING SSG

- Use gates or endzones to dribble into as the scoring objective

Theme 4 - FINISHING – choose a SHOOTING SSG

- Use neutrals to favour attacking and create more shots
- Use actual goals (and good to add a GK)

Theme 5 –DEFENDING – choose any the SSG indicated in the TITLE

Coaching the SSG

- Simply look to praise positive examples of player strying to execute the theme. During timeouts or water breaks have the players get together to discuss how they can do better at the theme

ORGANISATION

- No Offsides
- No positions – players should just be free to play with no orgranisation or predetermined positions.
- No retreat line
- Where possible Walls count as in play
- Restarts – 5 Second Rule! If a team does not get the ball back in within 5 seconds then possession goes to the other team
    - After a goal the coach can restart by throwing the ball up or you can do a goal kick but this can be time consuming.
    - Where using a gym with a central field divider then coach should use discretion whether this should be classed as out of play.
    - If throw ins are required a throw in or a kick in is acceptable but there should be a 3 second limit
- Goalkeepers – they are not always required but sometimes they will be used for example when doing shooting - if you do have a GK then be sure to rotate the players thru the position.
- Give positive praise when you see players passing! But remember that at these ages we also want to see them dribbling!

SCORING OPTIONS

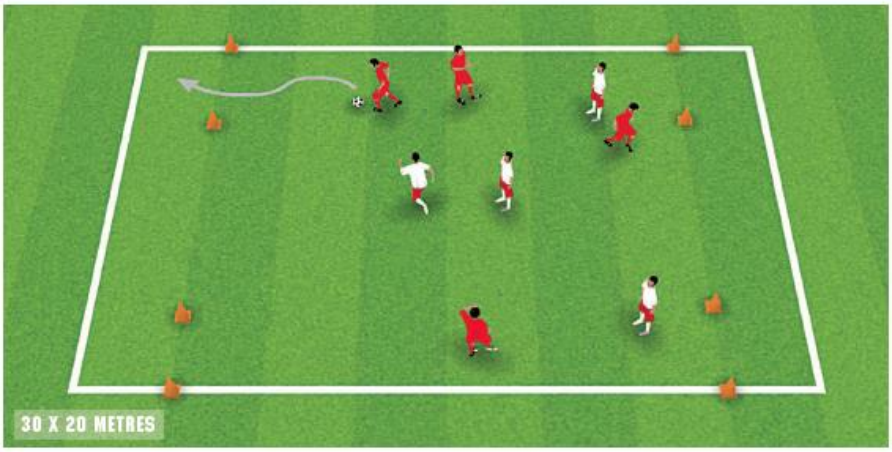
- 5v5 goals – with GK
- Hockey sized small goals – no GK
- Use cones to set up a goal the proper size for the age group
- Pass a ball to hit the end wall or a bench
    - Progressions must pass 1 touch to hit the wall/bench
    - & or must pass a ball off the wall to another teammate prior to opposition touching it.
- Knock off balls balanced on cones
- Dribble or pass through gates or into end zones
- Multiple goals (2 or 3 goals at each end)
- 1 touch finish only to score (great option when there are no gk's)
    - Or Award Multiple points for 1 time finishes

CONDITIONS

- Limit touches to 3 touch
- Head or waste height rule – free kick to opposing team if you kick it over height
- Every player must be past the ½ way line when a goal is scored for it to count (do not apply this rule when splitting gym in two and playing cross ways)

SMALL-SIDED GAMES—DRIBBLING & DEFENDING

ACTIVITY 1: "THROUGH THE GATES" OR "INTO THE ENDZONE"



SET UP:

- Up to 8 players, in 2 teams; 1 ball.
- Use cones to mark out 4 corner gates.

INSTRUCTIONS:

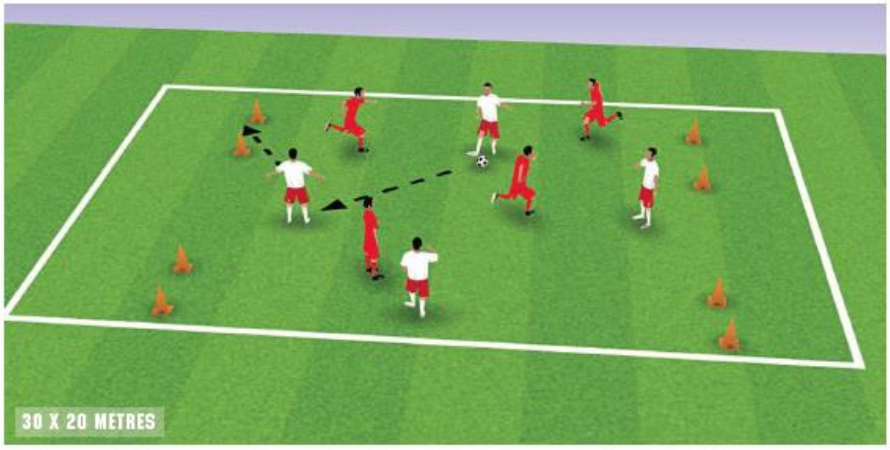
- "Go!" – your team scores a point by dribbling the ball through one of the other team's gates. Work with your teammates in an attacking "triangle," where the two players on the outside support the dribbling player by getting into space and providing options for passes.

OPTIONS:

- Allow players to pass to a teammate through a gate to score.
- Add a third gate in the middle of the field that either team can use to score.

SMALL-SIDED GAMES—PASSING & MASTERY

ACTIVITY 1: "GATE PASS"



SET UP:

- Eight players, in 2 equal teams.
- Four corner gates marked out with cones.

INSTRUCTIONS:

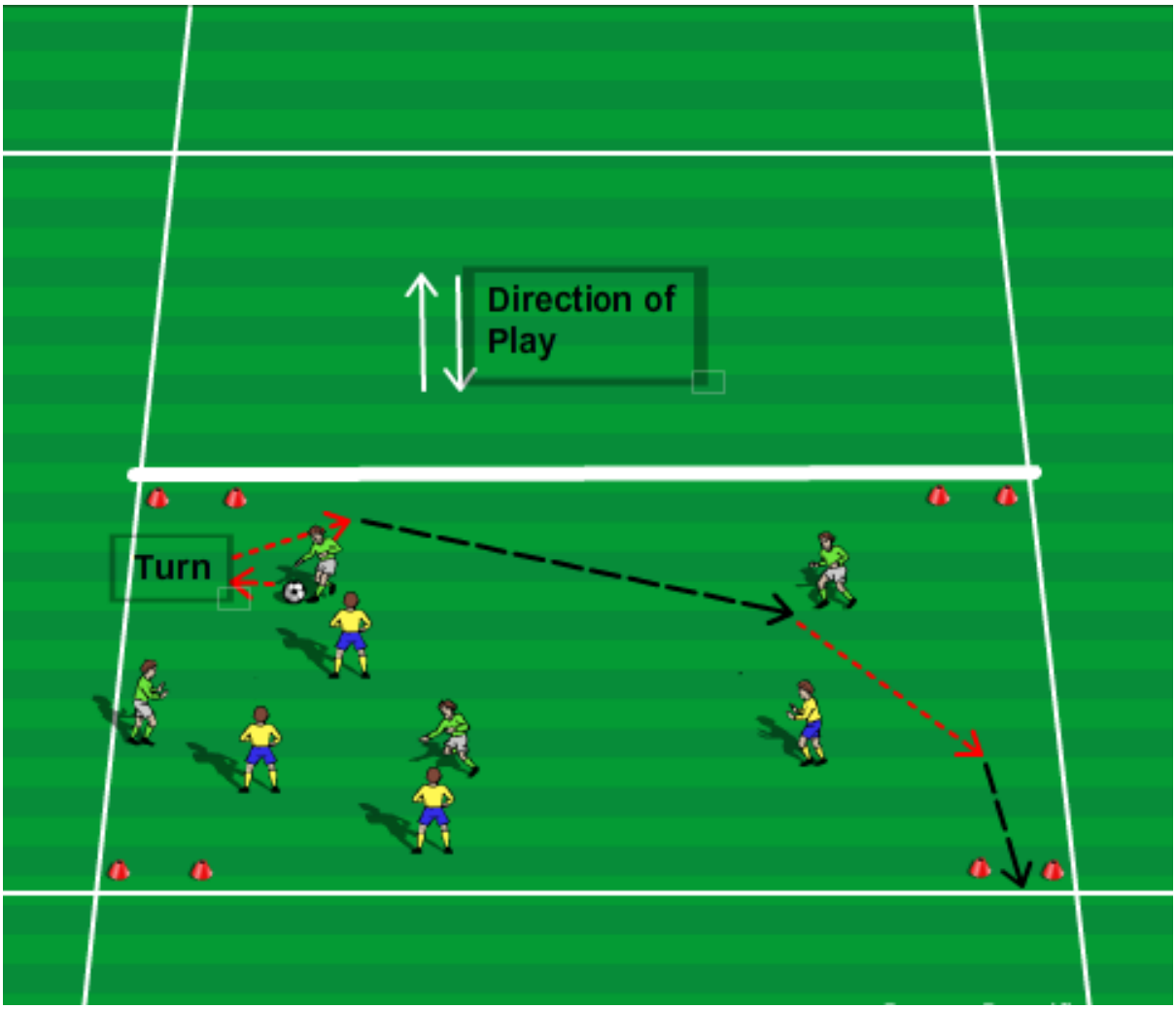
- "Go!" – score a point by passing the ball through one of the other team's gates. When your team has the ball, work with your teammates in a triangle, with the two side players getting into space for a pass to support the teammate with the ball.

OPTIONS:

- Players must pass through the gate to a teammate (who receives it under control) to score a point.
- Add a 3rd gate in the middle of the field where either team can score.

SMALL SIDED GAMES - PROGRESSING WITH THE BALL

ACTIVITY: "SIDEWAYS GAMES"



SET UP:

- Usually a field is longer than it is wide! For these games we flip that so it's wider than long. This will promote Progressing with the ball (turning & dribbling in particular).
- Divide gym in half and Play 3v3 or 4v4.

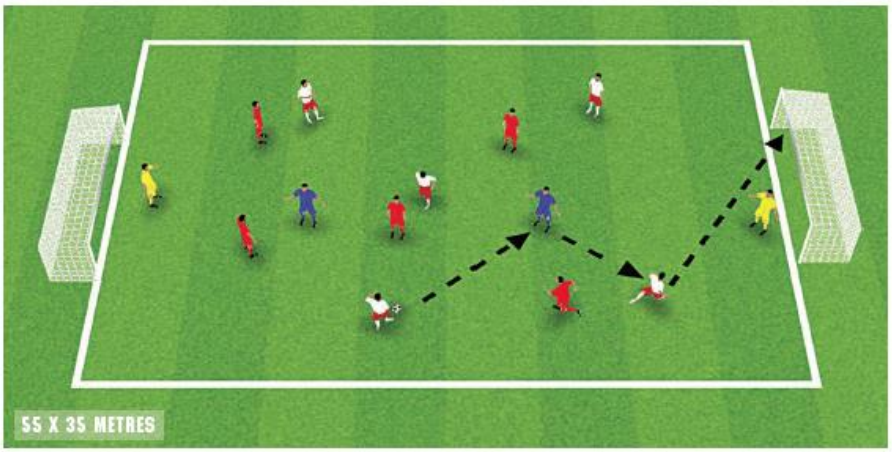
INSTRUCTIONS:

- Te score you must either pass through a gate, or knock balls of cones.

OPTIONS:

- Designate and end zone line that players must get over before they can shoot or pass to score

ACTIVITY 4: "DOUBLE NEUTRAL"



SET UP:

- Up to 12 players, in 2 teams; 1 goalkeeper per team.
- Play up to 5 v 5, with 2 additional neutral players (in different coloured pinnies or t-shirts).

INSTRUCTIONS:

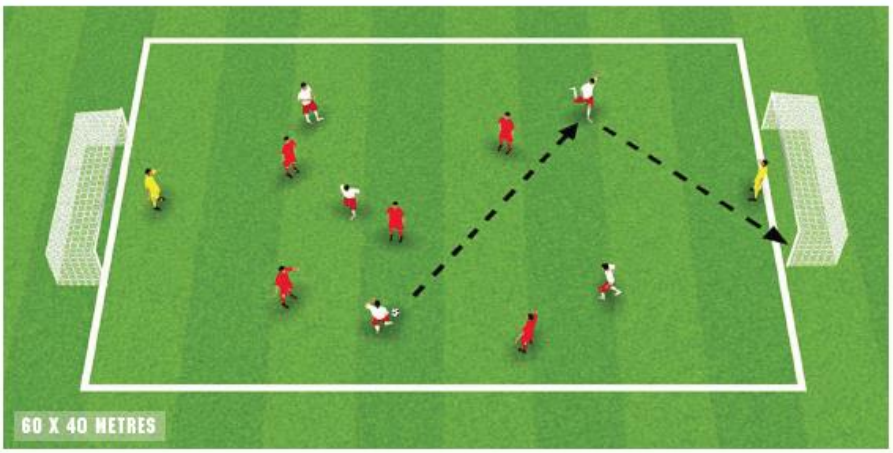
- "Go!" – proceed with a normal soccer game, with neutral players supporting whichever team has the ball.
- When the ball goes out of bounds, use kick-ins rather than throw-ins to reinforce proper passing technique.
- Teams must make at least 3 consecutive passes before shooting on goal.
- Try to pass quickly in just 2 touches (one to control the ball, the other to pass).

OPTIONS:

- Rotate goalkeepers.
- Remove the neutral players and play 6 v 6.
- Teams must make at least 5 consecutive passes before shooting on goal.

SMALL-SIDED GAMES—PASSING & MASTERY

ACTIVITY 1: "PASSING FOR POINTS"



SET UP:

- Up to 12 players, in 2 equal teams; plus 2 goalkeepers.

INSTRUCTIONS:

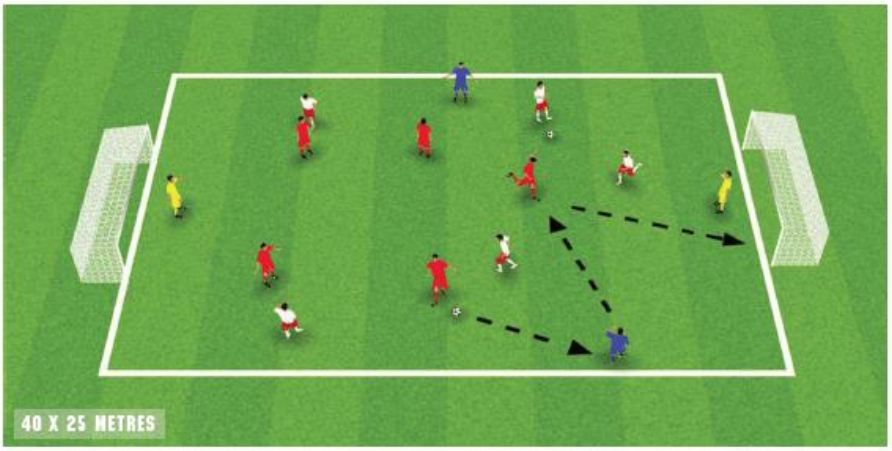
- "Go!" – proceed with a normal game, but players are limited to only three touches before they have to pass to a teammate. More than three touches means the other team gets the ball.
- Use kick-ins rather than throw-ins if the ball goes out of bounds.

OPTIONS:

- Team scores an extra point if at least 3 players touch the ball before a shot on goal.
- The number of passes leading up to a goal adds to team's total points (i.e. 3 passes before a goal equals 4 points).

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 3: "SHOOT IN 4"



SET UP:

- Up to 12 players, in 2 equal teams; plus 2 goalkeepers.

INSTRUCTIONS:

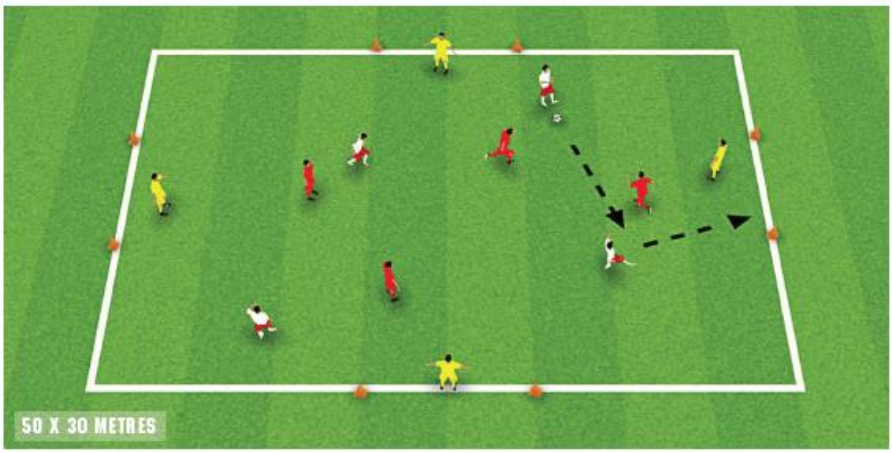
- "Go!" – proceed with a normal game, but players have a maximum of four touches on the ball before shooting.
- Players get an extra point if they complete a one-touch goal (i.e. without controlling the ball first).

OPTIONS:

- Add neutral players (in different coloured pinnies or t-shirts) positioned wide on opposite sides of the field to support whichever team has the ball.
- Players who complete a one-touch goal on a cross-pass from one of the neutral players get 3 points.

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 4: "4 GOAL GAME"



SET UP:

- Eight players, in 2 equal teams; plus 4 goalkeepers.
- Place a goal (or mark out a goal with cones) on all 4 sides of the field.

INSTRUCTIONS:

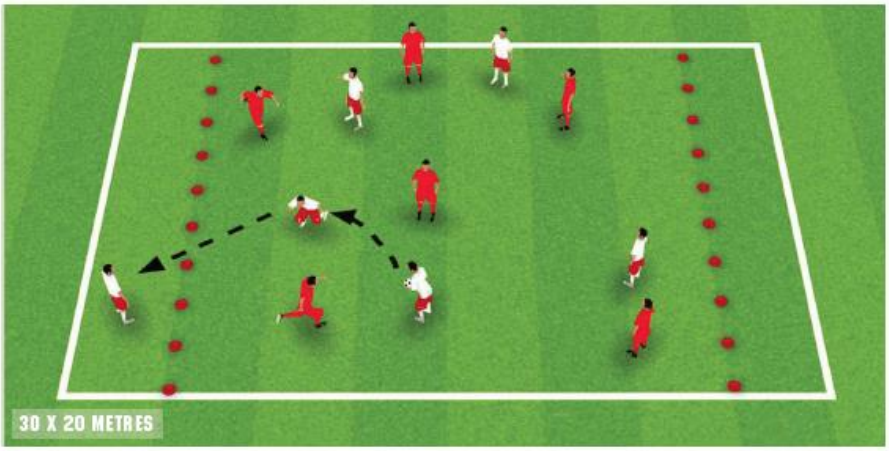
- "Go!" – one team tries to score on the 2 goals on the end lines, while the other team tries to score on the 2 goals on the sidelines.
- The first team to score 2 goals wins! Players from the losing team switch places with the goalkeepers.

OPTIONS:

- Allow both teams to score on any one of the 4 goals.
- Players get an extra point if they complete a one-touch goal (i.e. without controlling the ball first).

HEADING

ACTIVITY 5: "THROW, HEAD, CATCH"



SET UP:

- Up to 12 players, working in 2 teams; 1 ball.
- Use cones to mark out 2 end zones.

INSTRUCTIONS:

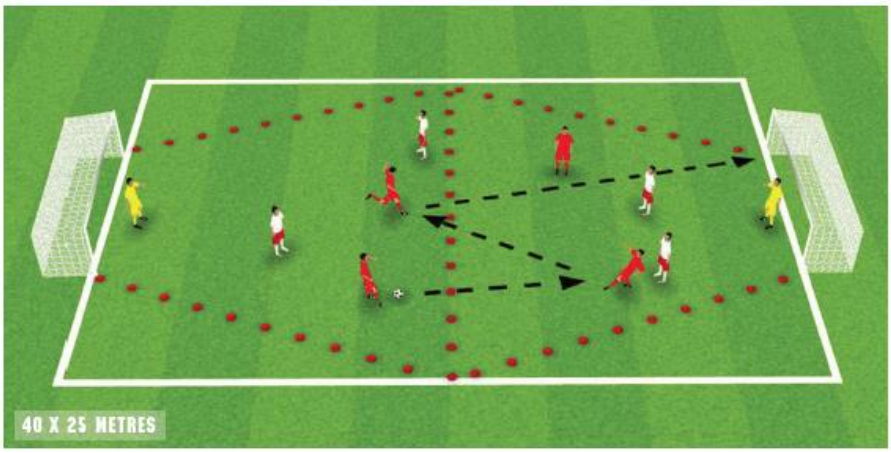
- "Go!" – the object of the game is to get the ball into the other team's end zone. Players move the ball up the field by throwing it to a teammate, who heads the ball to another teammate to catch. Then that player throws the ball to another teammate to head, etc. Continue the sequence of throw, head, catch. Players have to stand still when they're in possession of the ball. If the other team intercepts the ball, it's their turn to try and score a point.
- Introduce the offside rule: players can't stand in the end zone to wait for a pass, but can only run to receive when the ball is thrown or headed into the end zone.

OPTIONS:

- Add goals and goalkeepers. Continue the sequence of throw, head, catch, but now the players try to head the ball into the other team's net.

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 1: "A SCORING COMBINATION"



SET UP:

- Eight players, in 2 teams; plus 2 goalkeepers.
- Use cones in diagonal lines on both sides of the field to narrow the playing area from the halfway mark to the goal posts, and to mark out the halfway line.
- Two players from each team must stay in their designated half of the field.

INSTRUCTIONS:

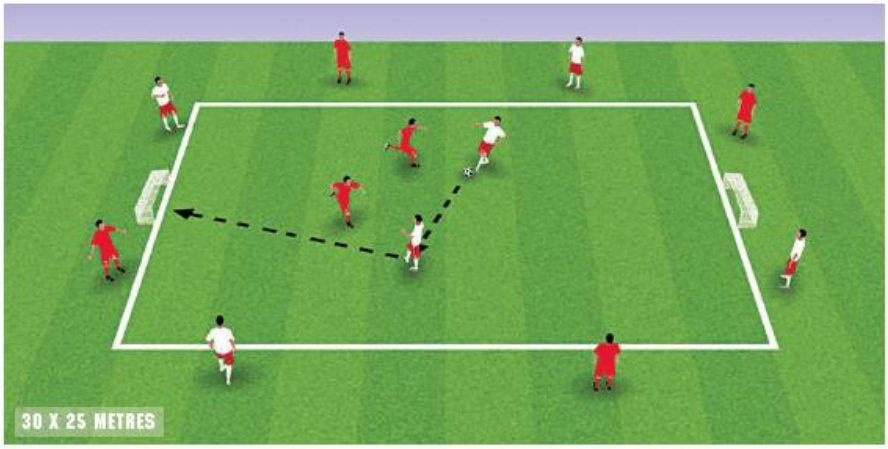
- "Go!" – players try to score on the opposing team's goal. Only players in their own team's half of the field can shoot (i.e. the defenders). Their teammates in the other half can pass back to create shooting opportunities.

OPTIONS:

- Only players in the opposing team's half of the field can shoot on goal (i.e. the attackers).
- Players get an extra point if they complete a one-touch goal (i.e. without controlling the ball first).
- Allow players to move from one half to the other and allow any player to shoot from anywhere in the playing area.

SMALL-SIDED GAMES—PASSING

ACTIVITY 2: "EDGE WORK"



SET UP:

- Up to 12 players, in 2 equal teams.
- Number each player 1-6.
- Players start around the edge of the field (no players from the same team can stand next to each other).

INSTRUCTIONS:

- "Go!" – the coach shouts out 2 numbers and the corresponding players run onto the field to play 2 v 2 and try to score on the other team's goal. Players must make 3 consecutive passes before shooting on goal. The team with the most goals wins!
- "Switch!" – when the ball goes out of play or a goal is scored, call the next 2 numbers and continue until all players have had at least one turn.

OPTIONS:

- Award an extra point if a team makes 5 consecutive passes.
- Allow players on the field to pass to teammates around the edge, and award a goal if all the players on one team get a touch without the opponent winning the ball.
- Add a goalkeeper at each end.