

17-Adult Players

Twelve-Week Training Program



Coaching Players Ages 17 to Adult

This section provides you with a twelve-week training program for players ages 17 through Adult. Each practice features four fun and progressive drills and culminates with a small-sided game.



This is the final stage of the ICA training program. Emphasis is placed on the development of advanced skills and careful consideration has been given to prioritize the most relevant techniques applicable to age level.

Passing and Possession are the main theme of the training program with additional practices for Crossing and Shooting, Heading and Vision training. There is a greater emphasis on Possession and the Speed of Play by using small group concepts and pressurized games and drills.

The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team tactics and laws of the game.

Weekly Practice Schedule:

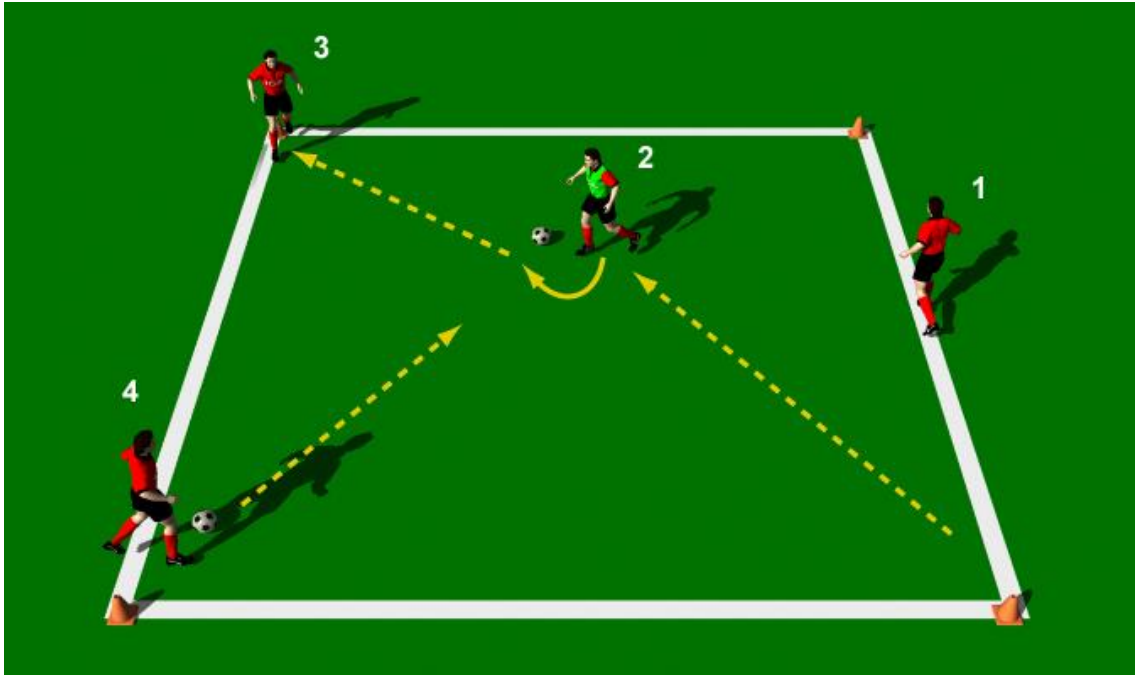
Week	Technique	Practice Theme/Key Words
Week One	Passing	Quick Decision Making/Pace/Accuracy/Disguise
Week Two	Passing	Short Range Passing Techniques.
Week Three	Passing	Disciplined in Passing and Movement
Week Four	Passing	Passing/Good Movement and First Touch
Week Five	Attacking	Crossing/ Finishing
Week Six	Shooting	Quality Crossing and Finishing
Week Seven	Heading	Heading Accuracy and Power
Week Eight	Defending	Defensive Stance/Shape/Balance
Week Nine	Vision	Game Vision and Quick Decision Making
Week Ten	Vision	Game Vision and Spatial Awareness
Week Eleven	Possession	Movement/Communication/Defense Building Tactics
Week Twelve	Passing	Short Range Passing Techniques.

Warm Up:

A thorough warm up should be performed before each practice session. Refer to the “**Warm Up**” section of the website for a variety of fun warm up activities for your team. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the practice session.

Week One – Drill One

Manchester United Passing Drill



Objective of the Practice:

This exercise is designed to work on each players' quick decision making and passing skills.

Field Preparation:

4 Players, Area 10 x 10 Yards, Supply of Balls and Cones

Coaching Points:

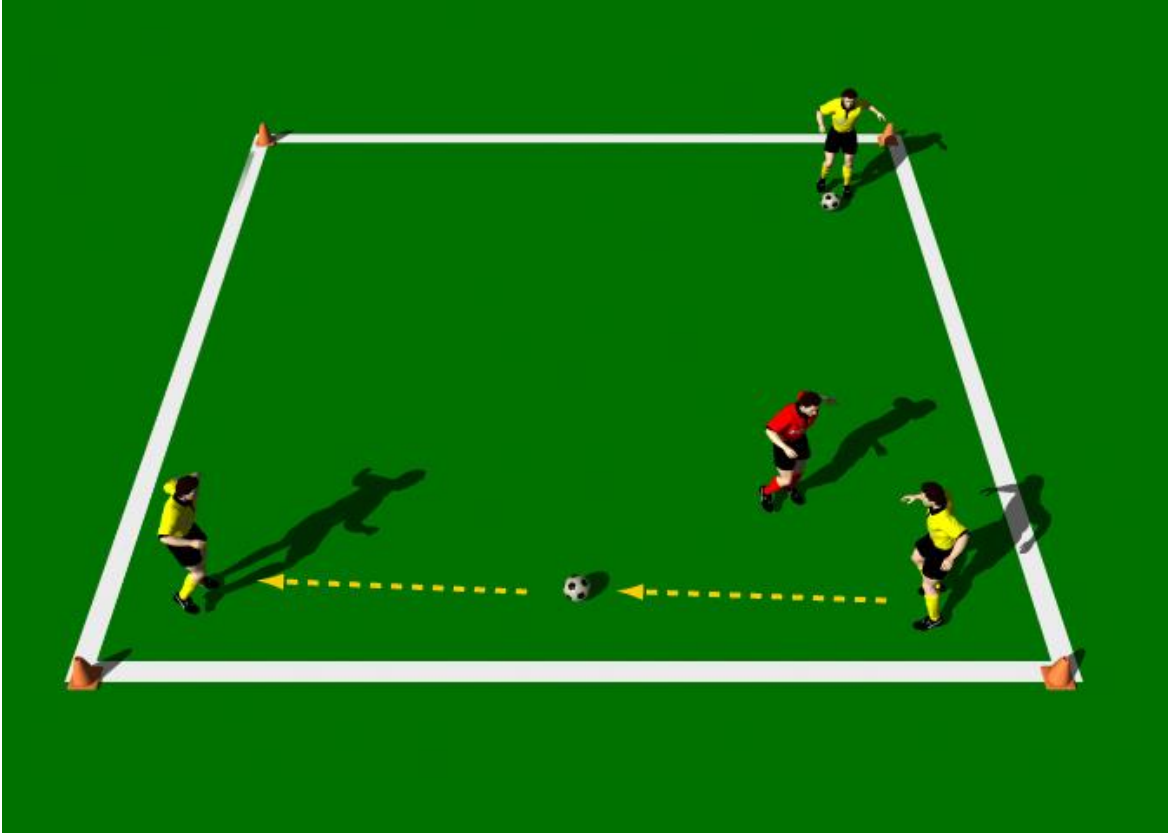
There are four players inside the square with 2 balls. Three players work on the sides of the square and one player works on the inside. The practice starts when player "1" passes to player "2" (center player). After passing the ball player "1" must quickly run to the open cone. Upon receiving the ball, player "2" has to quickly identify the free player and pass the ball to him. After releasing the ball, player "2" receives a pass from player "4". The practice then is continued in this manner. The center player is always looking to receive the ball and pass to the open player. The outside player is always looking to pass and move to the open cone.

Focus On:

- ☐ Quality "first touch".
- ☐ Accuracy and Pace of the pass.
- ☐ Disguising the pass.
- ☐ Explosive movement with the ball.

Week One – Drill Two

Improving Quick Decisions when Passing



Objective of the Practice:

To improve the speed of each players decision making when passing the ball.

Field Preparation:

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

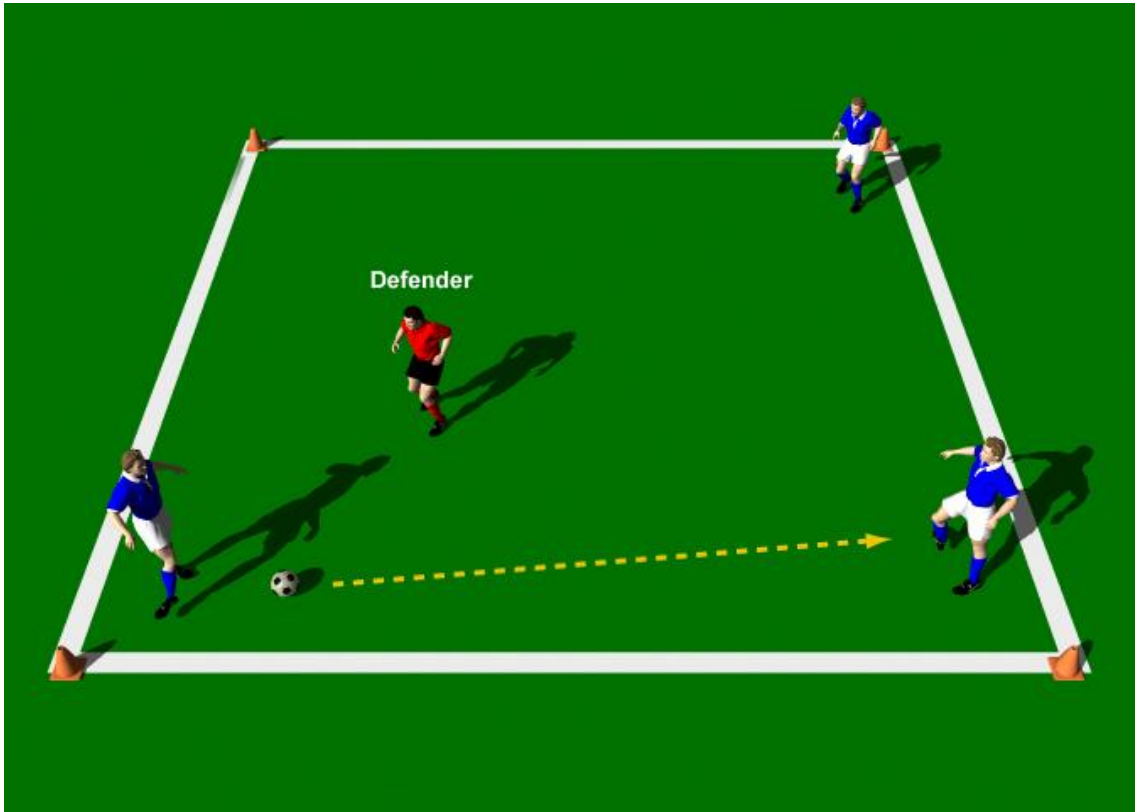
Coaching Points:

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defenders goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make.

The supporting player without a ball must always work to offer the deepest and widest possible angles for the players in possession.

Week One – Drill Three

3 v 1 Passing Under Pressure



Objective of the Practice:

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

Field Preparation:

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

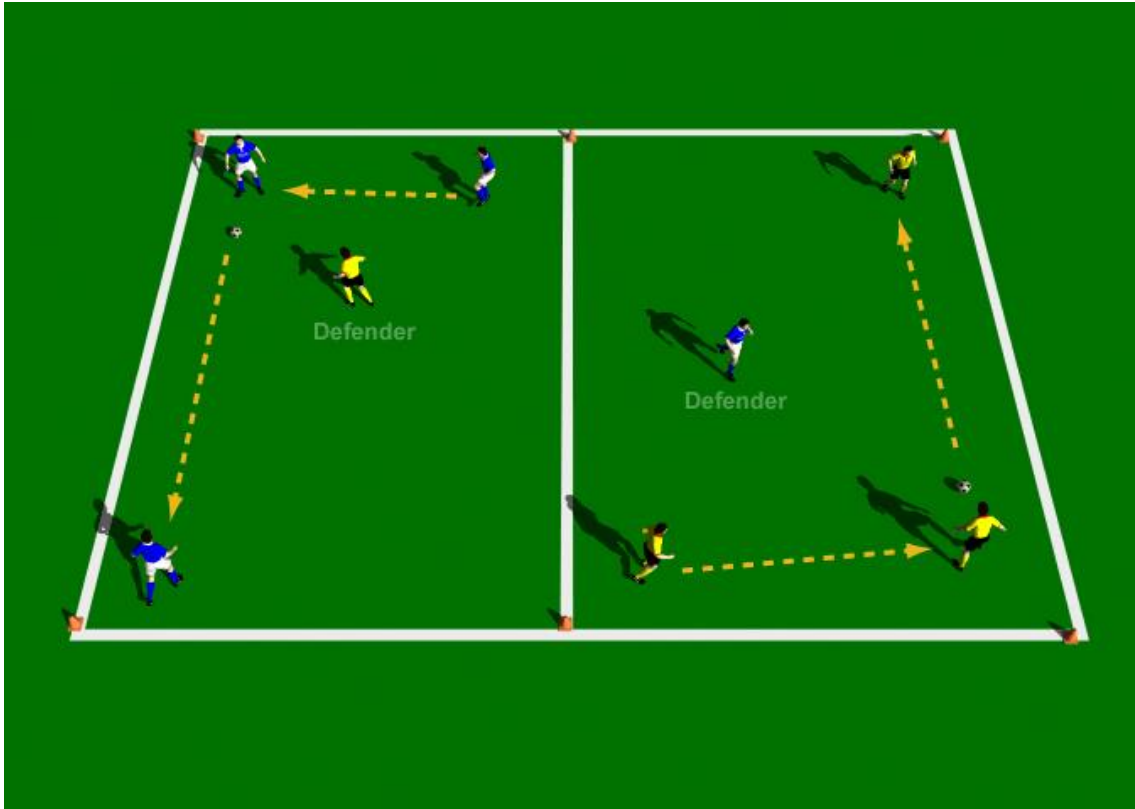
Coaching Points:

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to dispose the players in possession.

The two supporting players must always work to offer the deepest and widest possible angles for the player in possession. The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player. Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

Week One – Drill Four

3 v 1 Swap Over



Objective of the Practice:

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

Field Preparation:

Area 40 x 40 yards. Large group of players. Balls. Cones. Colored bibs.

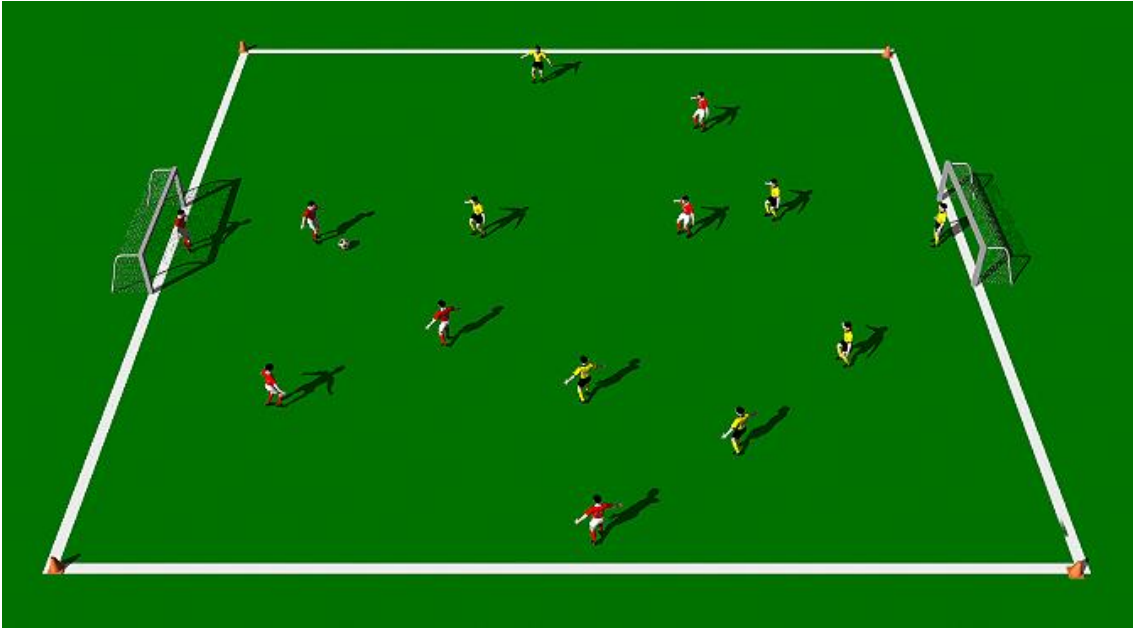
Coaching Points:

An area is marked out approximately 20 yards by 20 yards. The grid is divided into two grids of 10 yards by 10 yards. Four players are positioned in each grid. Teams wear different colored vests. Players are numbered one through four on each team.

The practice starts with both groups of four players keeping possession playing one and two touch passes. The coach calls out a number one through four. When the players number is called, that player immediately runs to the opposite grid creating a 3 v1 situation and tries to win the ball. The first team to win the ball is awarded a goal. The defenders then return to their own grid and the practice is repeated with a different player defending.

Week One – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

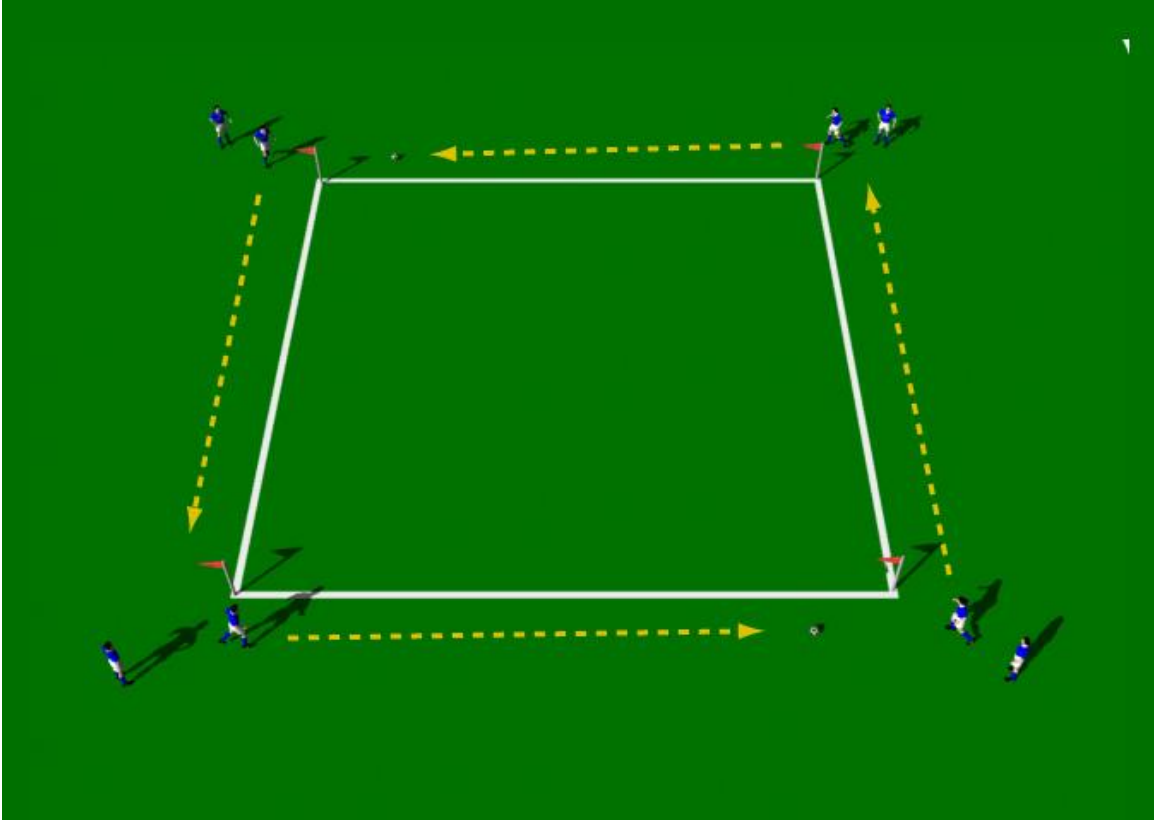
Team 1 _____ v Team 2 _____

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

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Week Two – Drill One

Passing Square Two Touch



Objective of the Practice:

This is a great group practice to develop short range passing techniques.

Field Preparation:

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

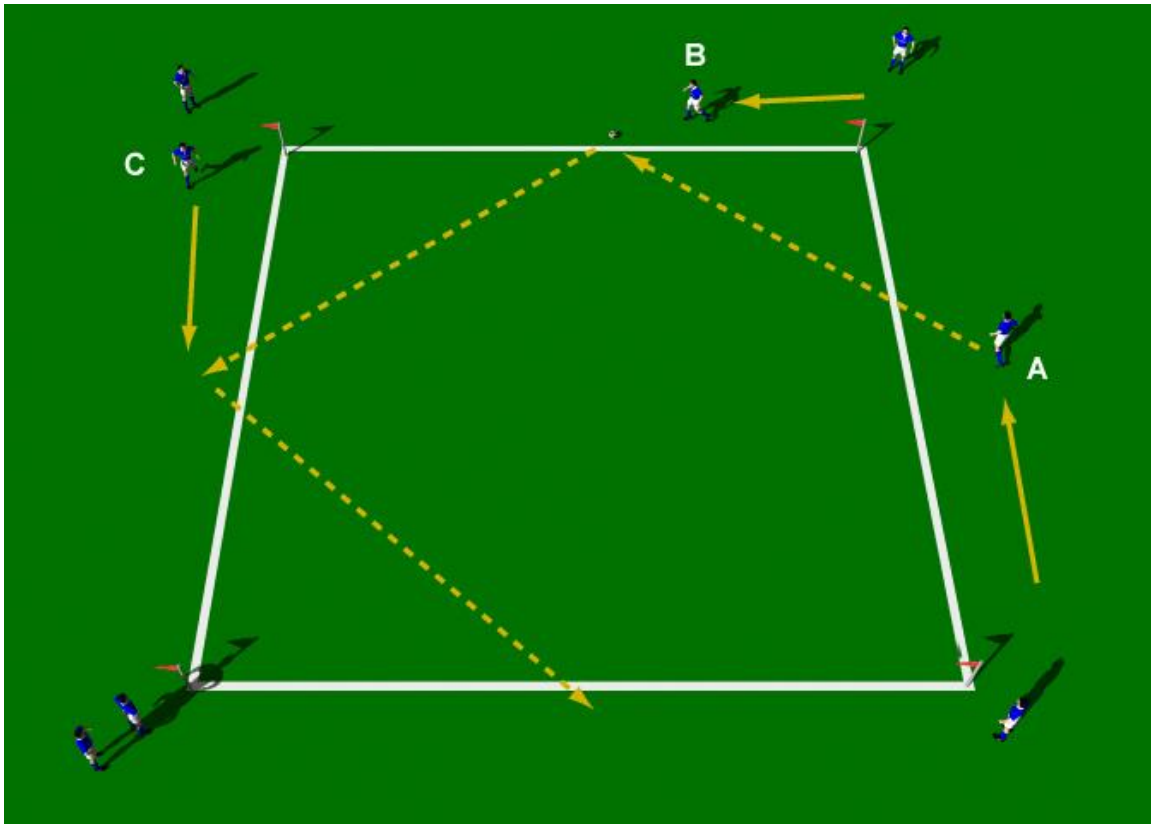
Coaching Points:

Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise.

The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo. Change direction of the drill and work on opposite foot. Progression: Now after passing the ball the plays must follow their pass and make an explosive run to the flag pole.

Week Two – Drill Two

Passing Square One Touch



Objective of the Practice:

This practice is a progression from the Passing Square - Short and Long Drill. It is a great group practice to develop short range passing techniques.

Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

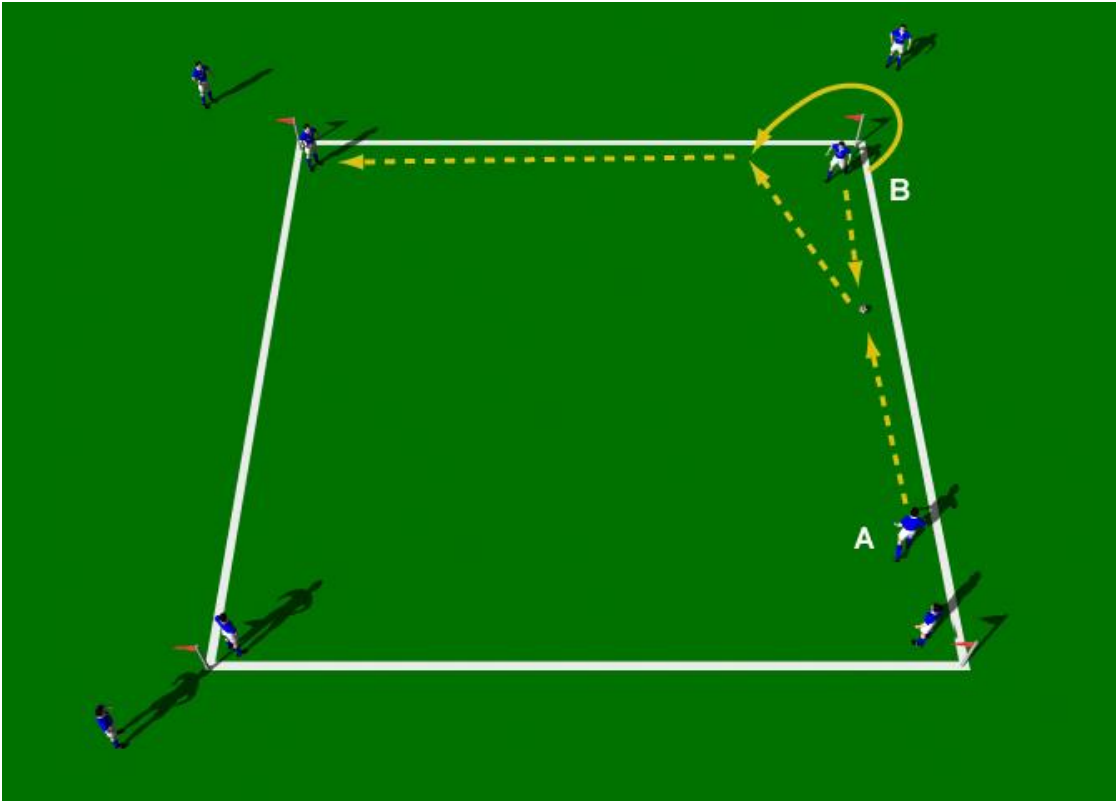
Progression:

A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot. Coach should develop a high tempo rhythm as quickly as possible. Players must constantly be moving and communicating with each other. Passes should be quality followed with explosive runs into space.

Week Two – Drill Three

Passing Square "Give and Go"



Objective of the Practice:

This practice is a progression from the Passing Square - Two Touch Drill. It is a great group practice to develop short range passing techniques.

Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" then repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

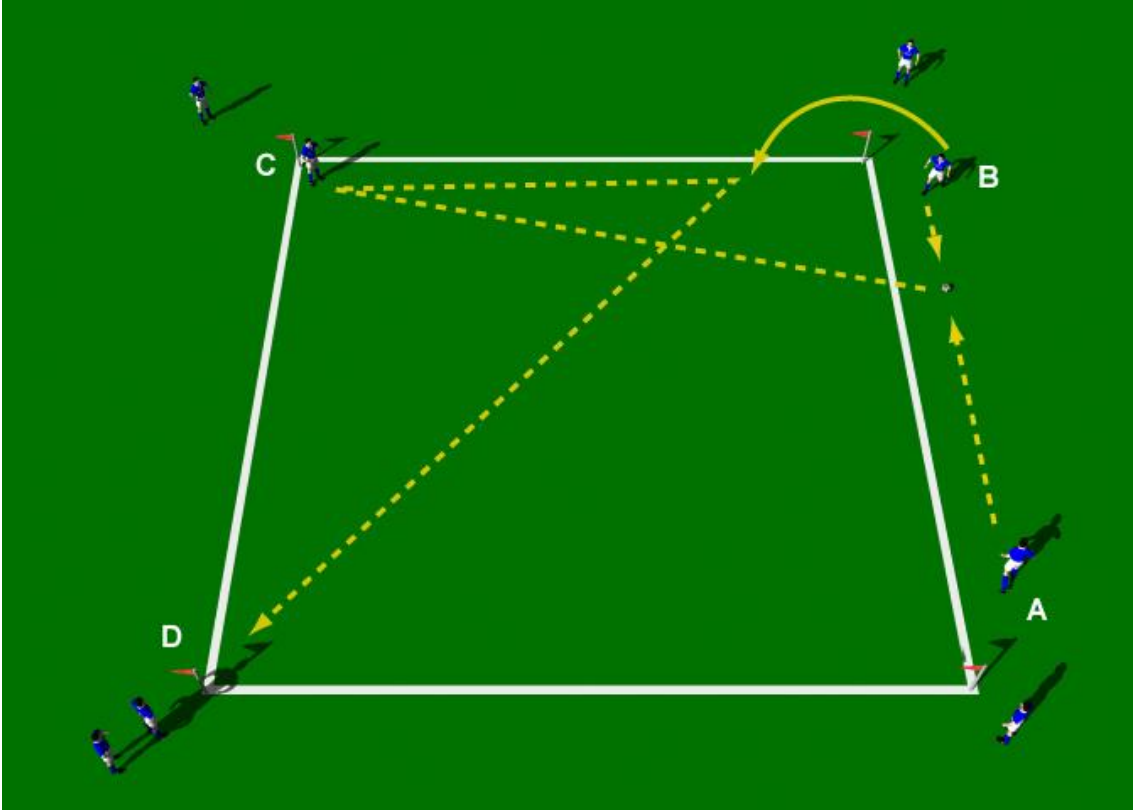
Progression:

A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Week Two – Drill Four

Passing Square "Short and Long"



Objective of the Practice:

This practice is a progression from the Passing Square - Give and Go Drill. It is a great group practice to develop short range passing techniques.

Field Preparation:

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points:

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole. Player "A" passes a diagonal ball to player "C", who lays the ball on for player "B" to pass long to player "D". The routine is repeated around the square in this manner starting from player "D". Players should time their runs. Don't get ahead of the ball!

Progression:

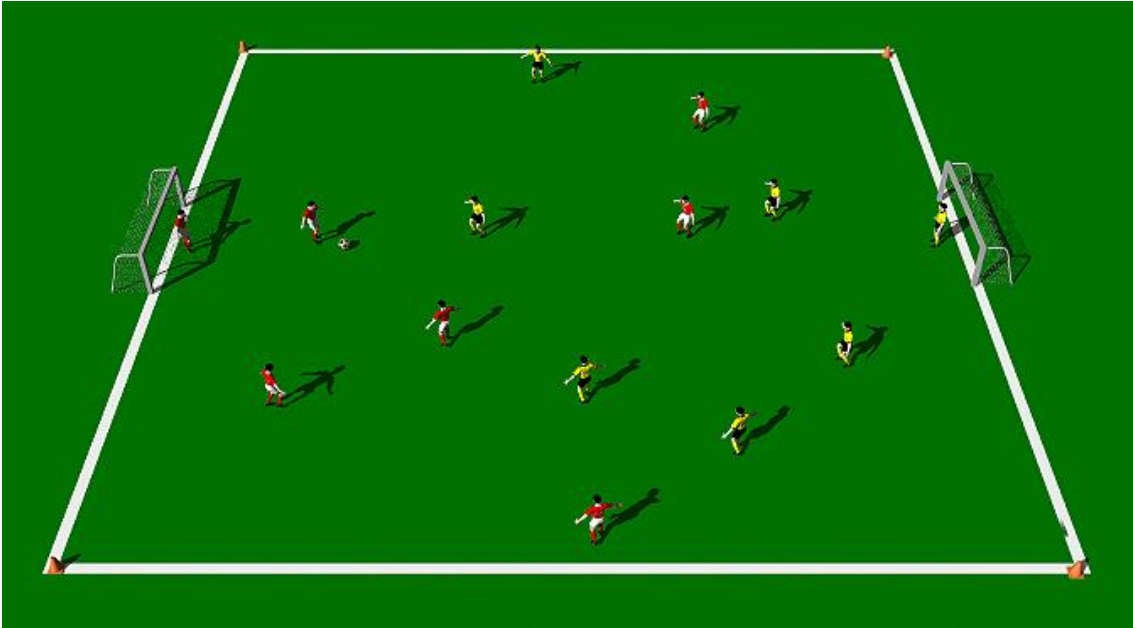
A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

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Week Two – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

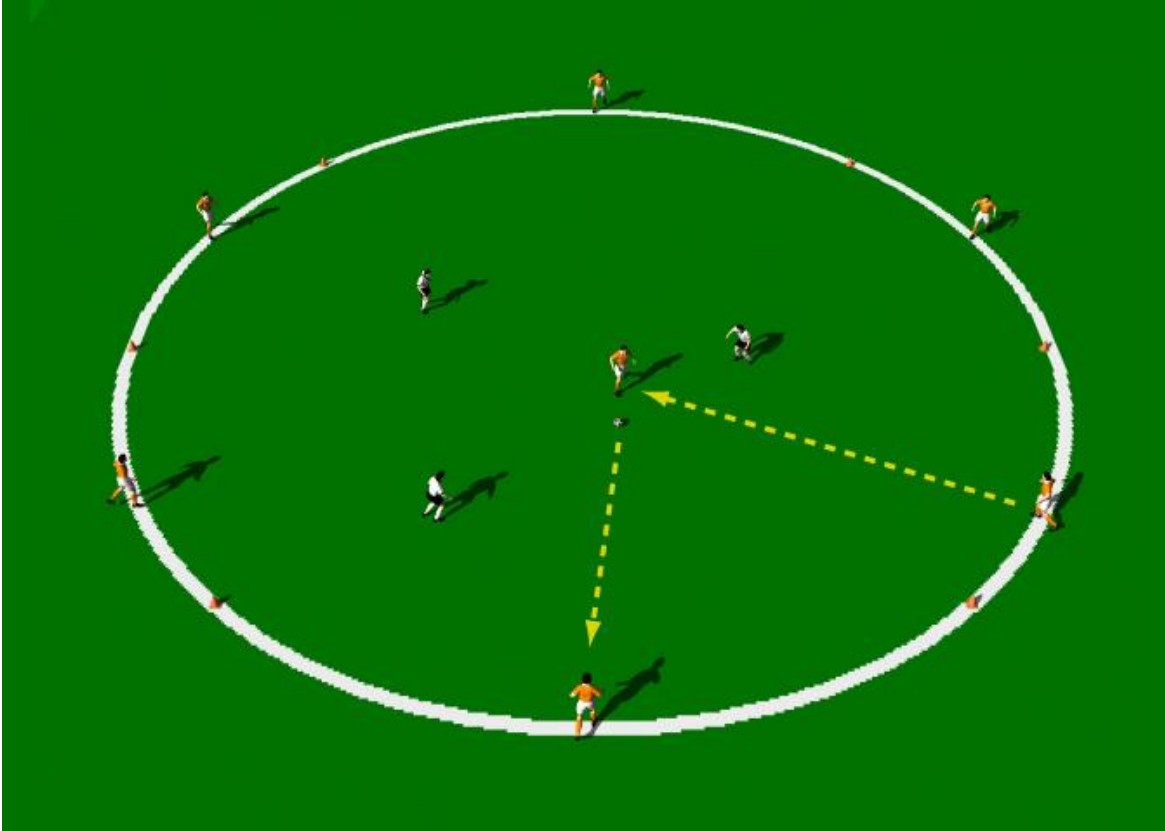
Team 1 _____ v Team 2 _____

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

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Week Three – Drill One

Everton Circle Passing Game 7 v 3



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation:

10 Players (7 v 3), Circle approximately 20 yards in diameter, Supply of Balls and Cones, Colored Bibs, Four Full Size Goals plus 4 Goalkeepers

Coaching Points

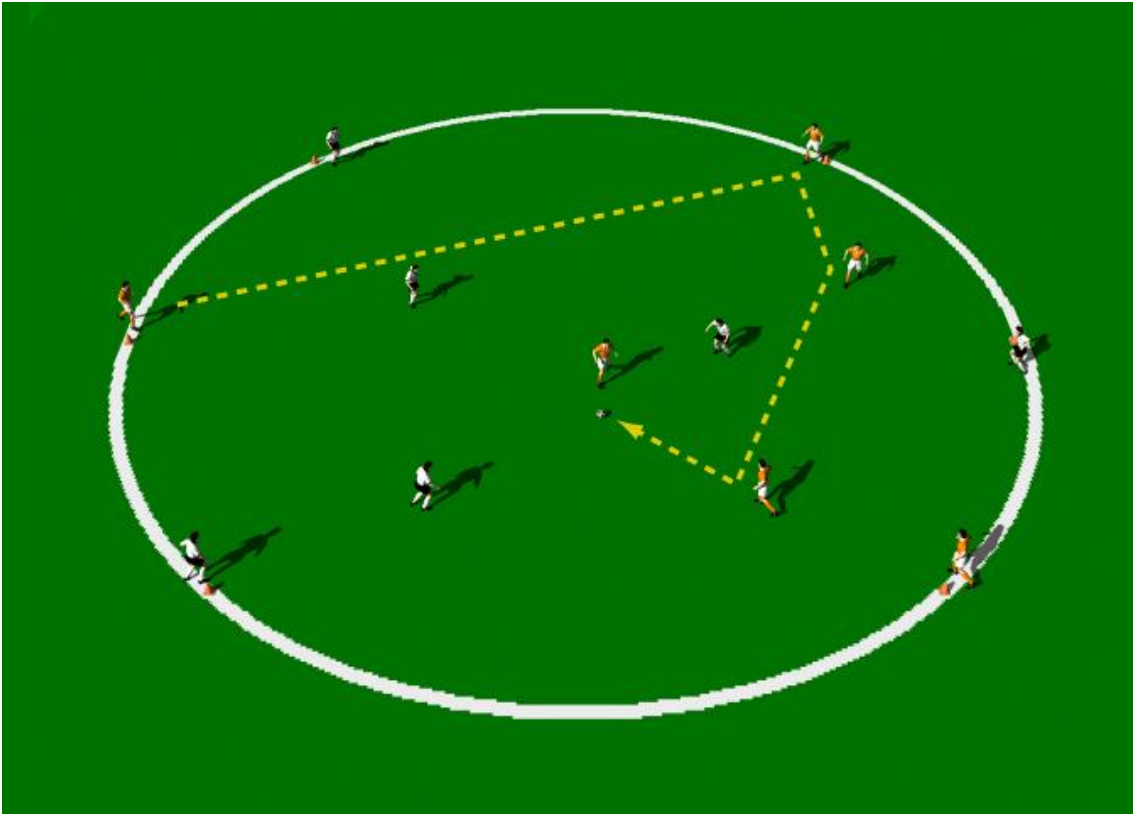
Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between their cones. Position one receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. If the defenders win the ball the must try and keep the ball away from the center player. If they get 8 passes they score a point.

Focus On:

Quick exchange of the ball, quality passing, High pressure defending and Communication.

Week Three – Drill Two

Everton Circle Passing Game 3 v 3



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation:

12 Players (6 outside, 6 inside), Circle approximately 20 yards in diameter, Supply of Balls and Cones, Colored Bibs, Four Full Size Goals plus 4 Goalkeepers

Coaching Points:

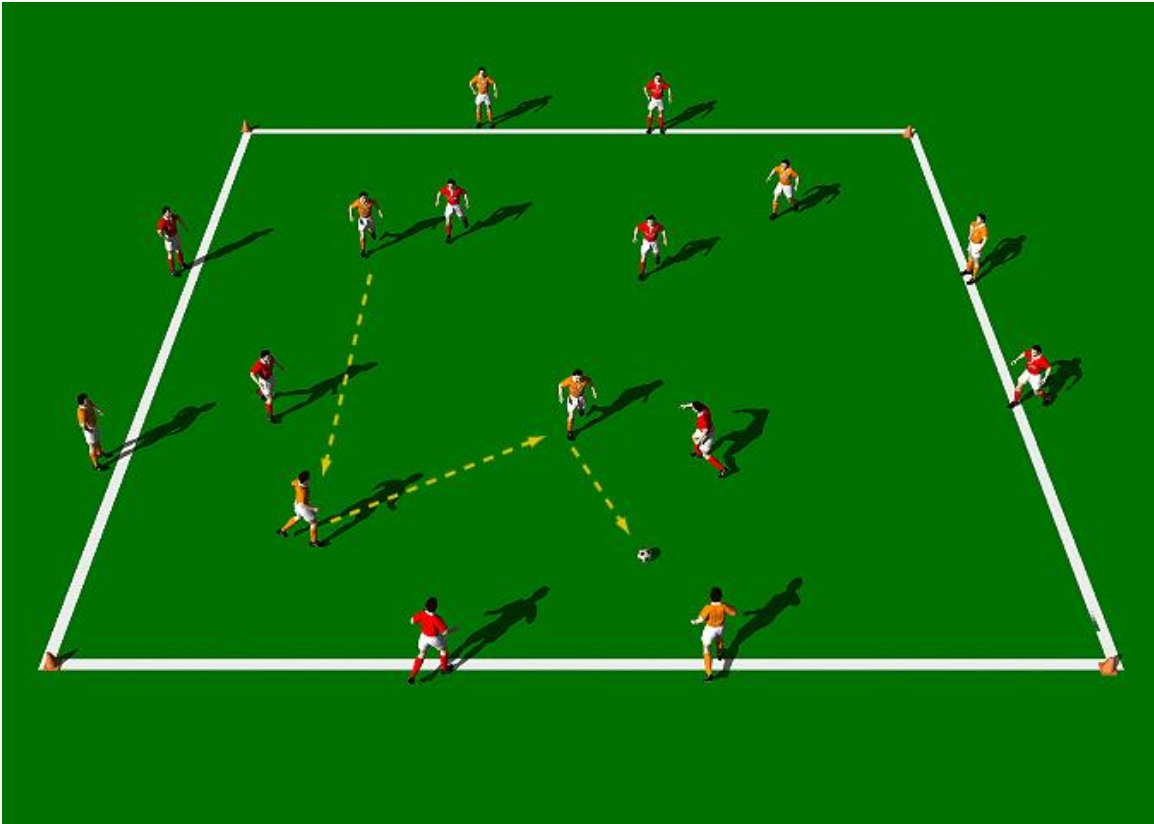
Place six cones equally distance around the circle perimeter. Place one player between each cone, three from each team. These players must stay at the cone. Play 3 v 3 inside the circle. The object is for the three players to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. Change center players every 5 minutes. Progress to perimeter player moving in between their cones.

Focus On:

- ☐ Quick exchange of the ball, quality passing.
- ☐ High pressure defending.
- ☐ Communication.

Week Three – Drill Three

Burnley FC Possession Game



Objective of the Practice:

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

Field Preparation:

16 Players (two groups of eight), Area 20 yards x 20 Yards, Supply of Balls and Cones, Colored Bibs

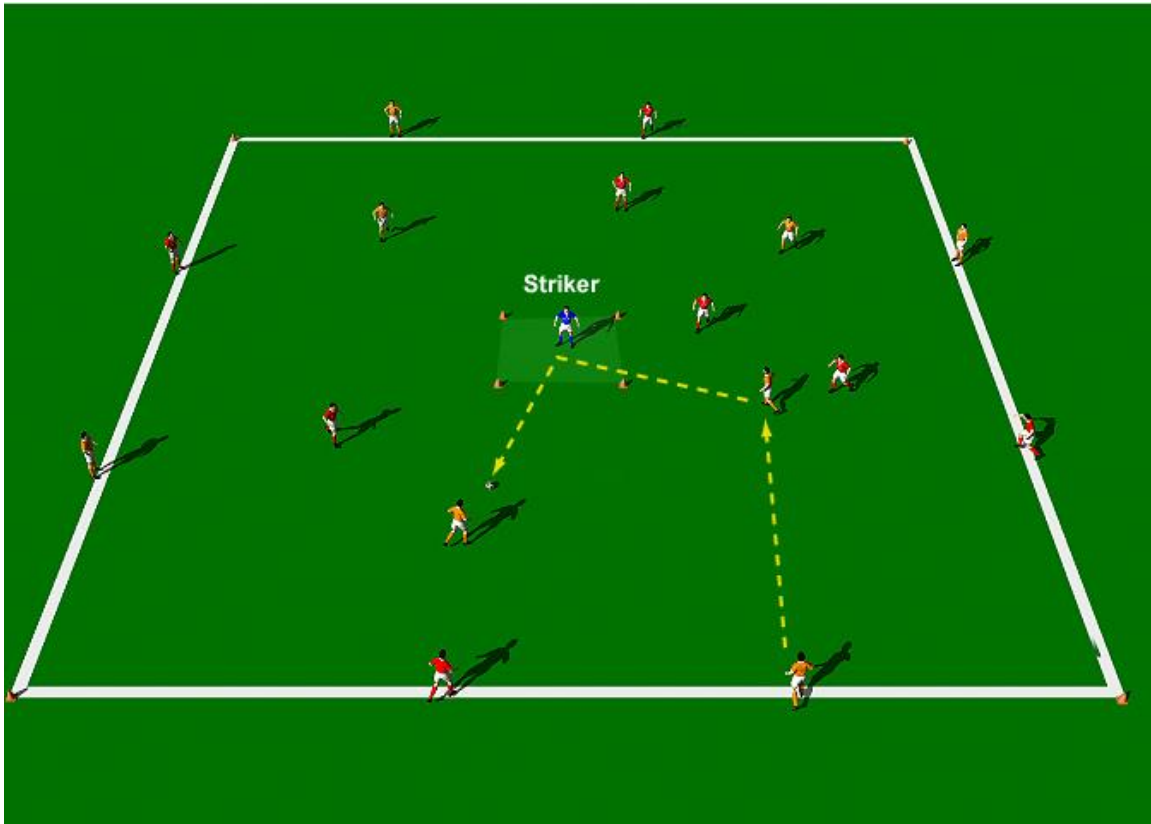
Coaching Points:

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded.

- ☐ Progress this exercise by playing "two touch" then "one touch"
- ☐ Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

Week Three – Drill Four

Burnley FC Possession Game with Striker



Objective of the Practice:

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

Field Preparation:

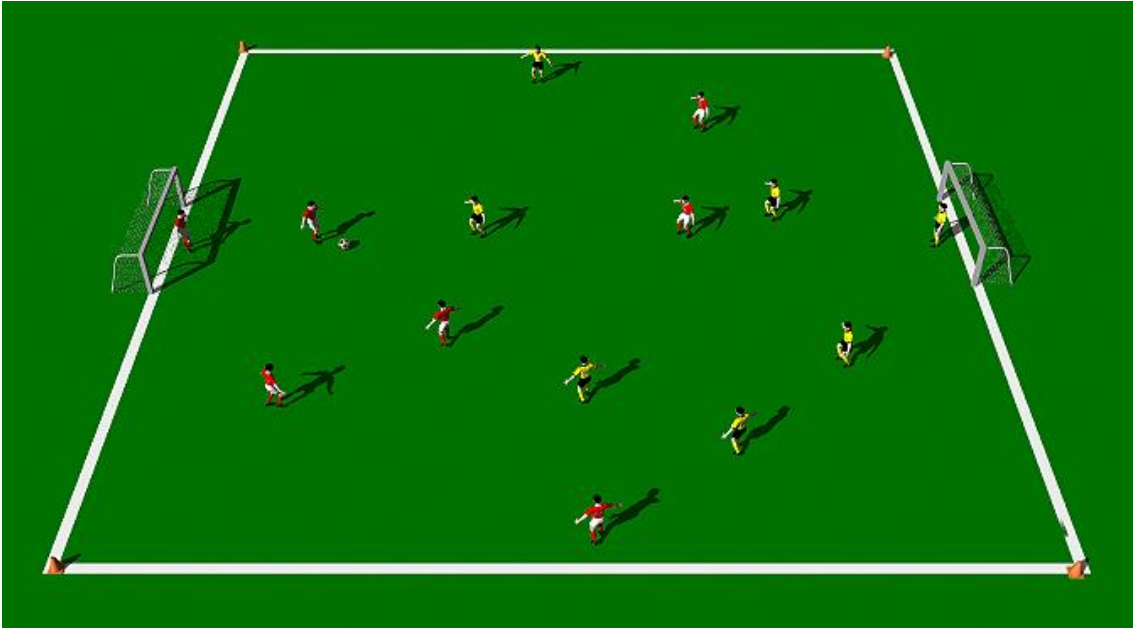
16 Players (two groups of eight) Plus one striker (target man), Area 30 yards x 30 Yards, Supply of Balls and Cones, Colored Bibs

Coaching Points:

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Place a striker or target man inside a 5 yard square in the middle of the grid. Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded. Every time a team can play a pass to the striker in the box a goal is awarded. Defenders cannot enter the strikers box. Progress this exercise by playing 'two touch' then 'one touch'. Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

Week Three – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

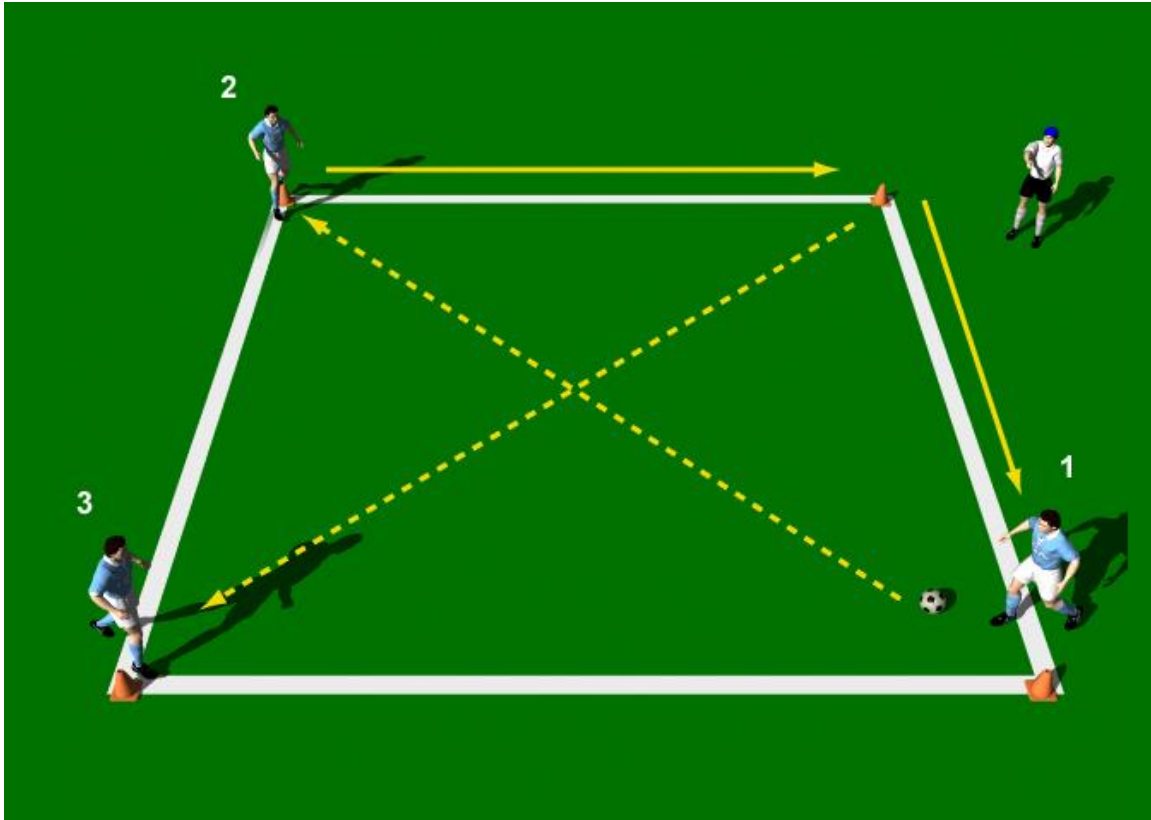
Team 1 _____ v Team 2 _____

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

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Week Four – Drill One

Juventus Reverse Passing Drill



Objective of the Practice:

This exercise is designed to work on each players' passing skills, with an emphasis on the "reverse pass".

Field Preparation:

3 Players, Area 10 x 10 Yards, Supply of Balls and Cones.

Coaching Points:

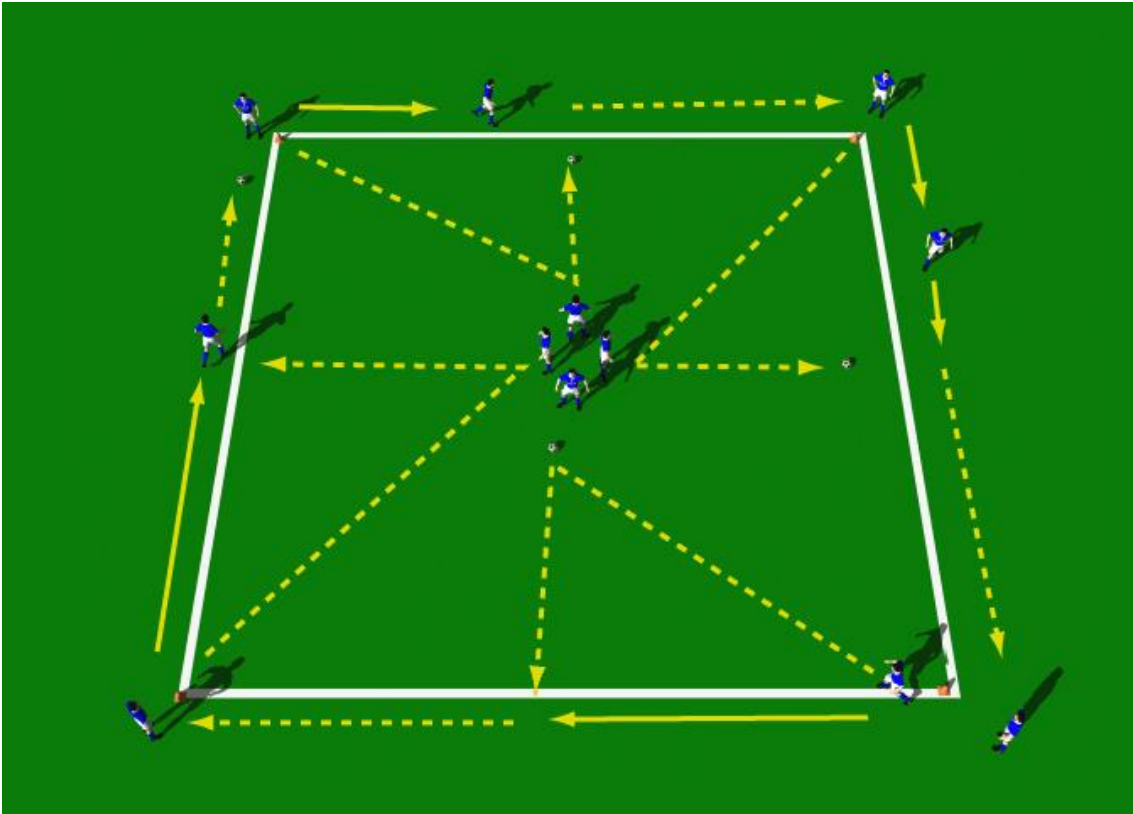
There are three players inside the square. The practice starts with player "1" making a run with the ball to the vacant cone. Upon reaching the cone player "1" plays a "reverse" pass to player "2". Player "2" makes a run with the ball to the vacant cone. Upon reaching the cone player "2" and plays a "reverse" pass to player "3". Player "3" makes a run with the ball to the vacant cone. Upon reaching the cone player "3" and plays a "reverse" pass to player "1". The drill is continued in this sequence. Perform drill in opposite direction to work on both feet.

Focus On:

- ☐ Quality "first touch".
- ☐ Accuracy and Pace of the pass.
- ☐ Disguising the pass.
- ☐ Explosive movement with the ball.

Week Four – Drill Two

Newcastle United Box Passing Drill



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation

12 Players (8 outside, 4 inside), Area 10 yards x 10 Yards, Supply of Balls and Cones, Colored Bibs

Coaching Points

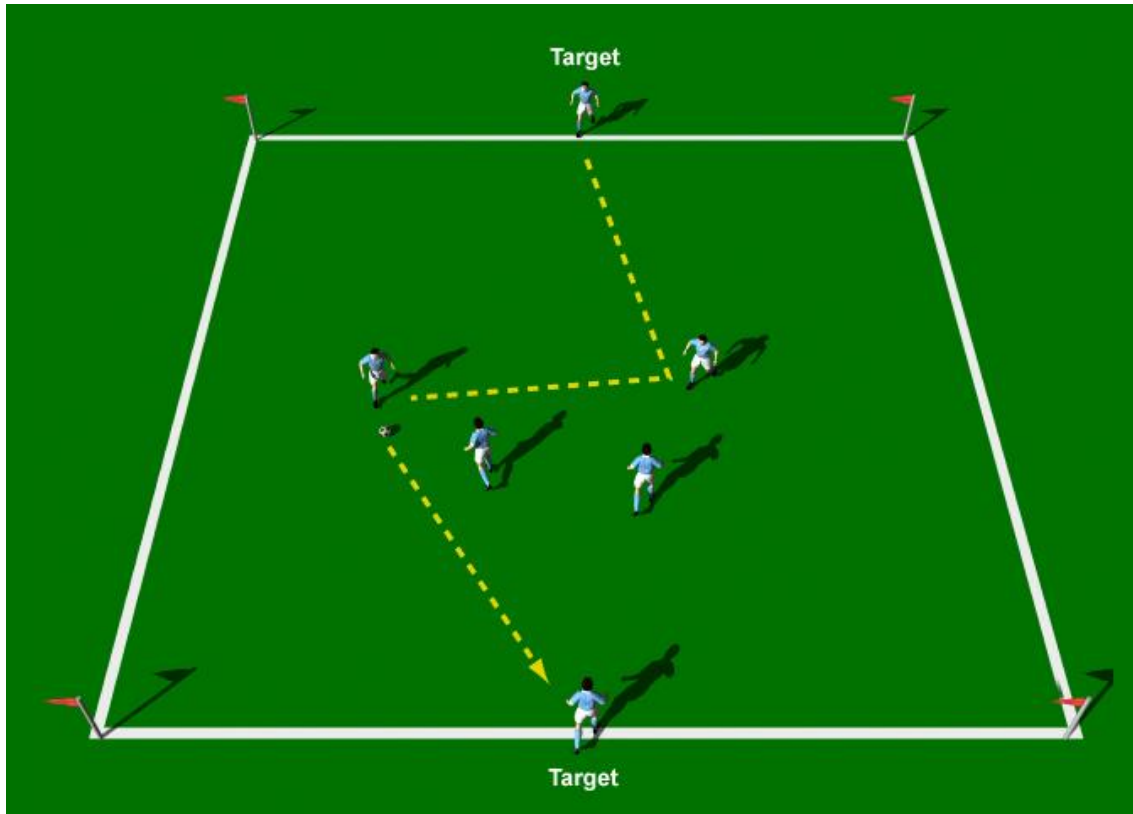
Place four players in the center of the square and two players in each corner, as in the diagram above. The player in the corner with the ball plays a ground pass to the player in the center of the square. He then moves and receives a “one touch” pass and then passes it to the player in line at the next cone. This sequence is repeated around the square. Change direction to work on opposite foot. Change center players regularly.

Focus On:

- ☐ Quick exchange of the ball, quality passing.
- ☐ Explosive running off the ball.
- ☐ Communication.

Week Four – Drill Three

Mexico 2 v 2 Passing Game



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation:

6 Players (2 outside, 2 v 2 inside), Area 10 yards x 20 Yards, Supply of Balls and Cones.

Coaching Points:

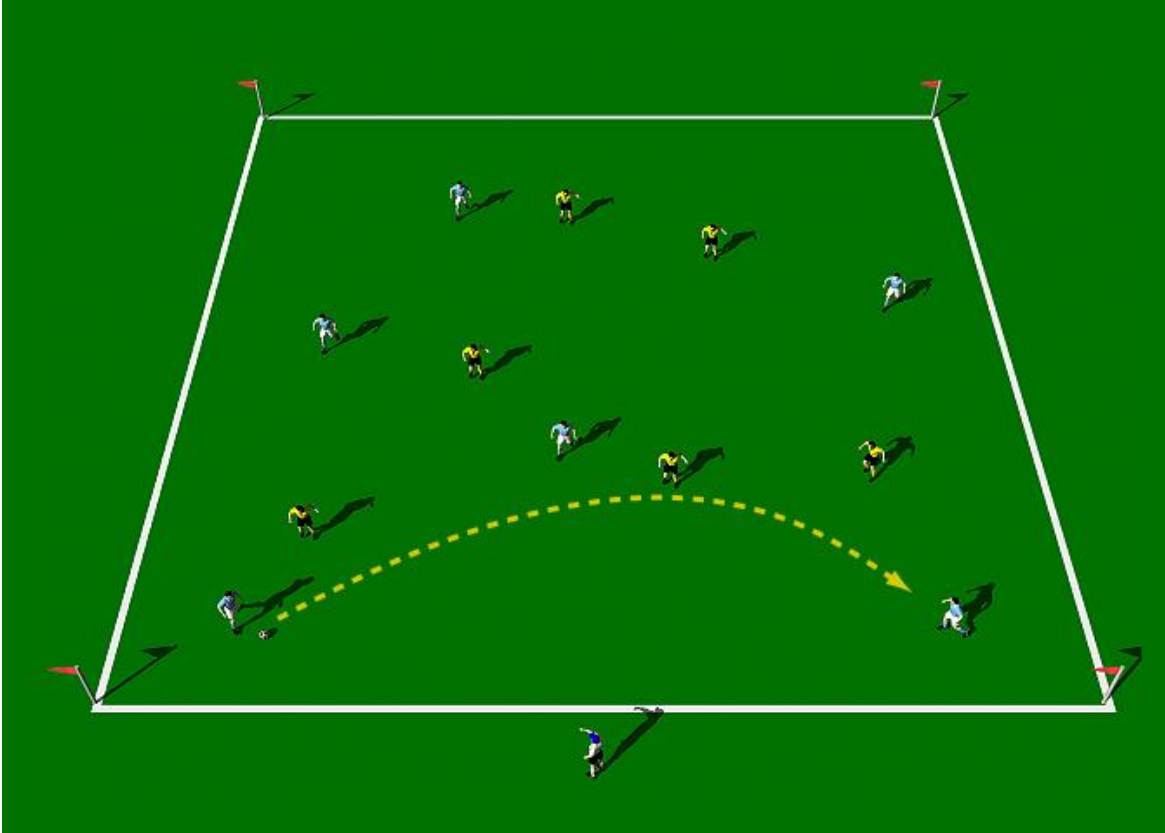
Place four players (2 v 2) in the center of the square and two players at opposite ends of the square. The object of the game is for the two players in possession to find the target man with a pass. If they find the target man's feet they score a goal. The player who passes the ball switches with the target man and the pair now attacks the opposite side of the square. In this manner the target man is frequently changing with the flow of the game.

Focus On:

- ☐ Quick exchange of the ball, quality passing.
- ☐ Penetration.
- ☐ Explosive running off the ball.

Week Four – Drill Four

Juventus 6 v 6 Chip to Score Game



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation:

12 Players (6 v 6), Area 30 yards x 30 Yards, Supply of Balls and Cones.

Coaching Points:

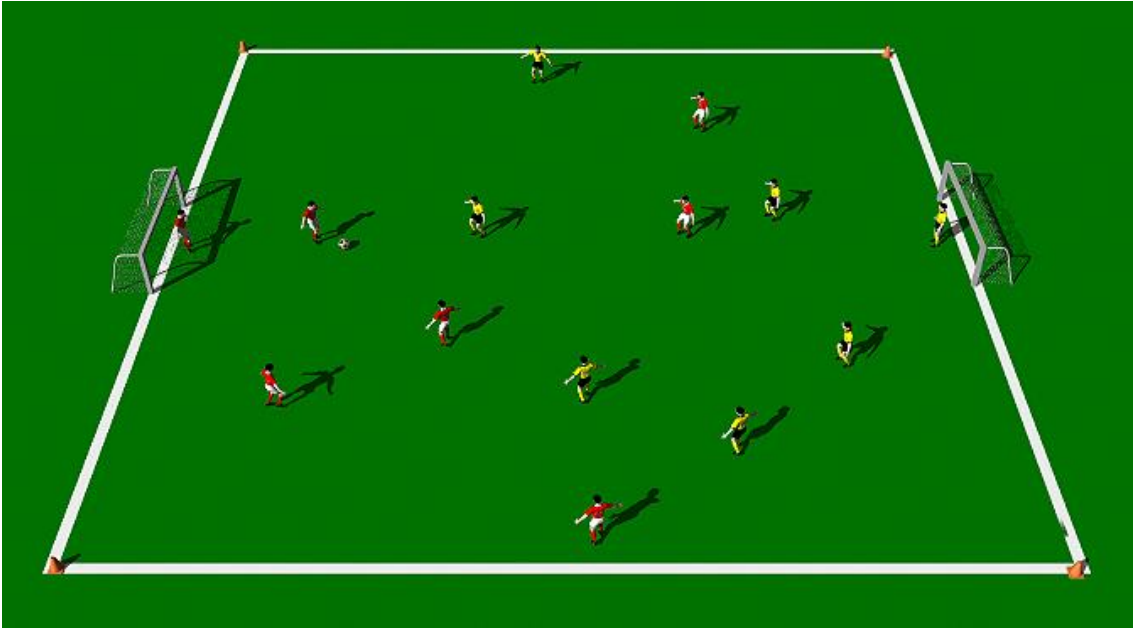
Play two teams of 6 v6 inside the square. Identify teams using colored bibs. The object of the game is for a team to get 8 consecutive passes but the 8th pass must be chip pass and caught by the receiving player.

Variations:

- ☐ 8th pass must be chip pass and headed by the receiving player to a team mate.
- ☐ 8th pass must be chip pass and controlled by the receiving player and juggled twice.

Week Four – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

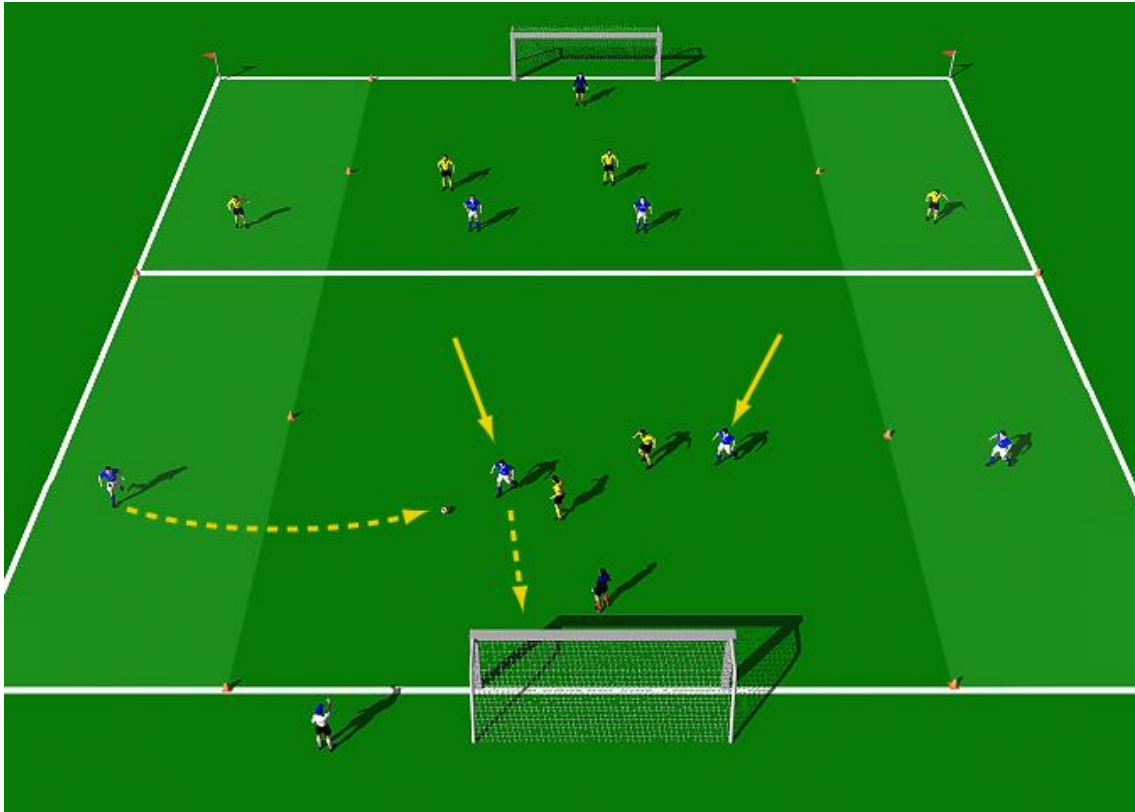
Record Score:

Team 1 _____ v Team 2 _____

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

Week Five – Drill One

Chelsea Attacking Game



Exercise Objectives:

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

Field Preparation

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

Coaching Pointers:

Players are divided into two teams of six. Two wide zones are marked out as in the diagram above. The center zone is split into halves. In the teams attacking zone, place 2 wide players in the central zones play 2 v 2. All players are restricted to their zones. Wide men cannot chase or tackle each other. They must stay in their half.

The goalkeeper starts the practice by distributing the ball to one of his wide attackers in the attacking half. The winger controls the ball as quickly as possible and delivers a cross for his two attacking players. Progress to allowing the opposite wide player to get into the box on the back post to make it a 3 v 2 attacking situation.

Week Five – Drill Two

Argentina Crossing and Shooting Drill



Exercise Objectives:

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

Field Preparation

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

Coaching Pointers:

Servers alternate delivering crosses into the penalty area for the 2 attacking strikers. Servers should aim for the "second 6 yard box". The 2 strikers start at the two cones on top of the "second 6 yard box" once they enter the box they must cross over, attacking front and back post. After the attack has ended they must leave the "second 6 yard box" and re enter for the second cross delivered from the opposite wing. After strikers have 2 attacks they join the group outside the box. An attacker runs forward and takes a shot. Two more attackers now move up to the "second 6 yard box" and the drill is repeated.

Focus On:

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

Week Five – Drill Three

Holland Crossing and Finishing Drill



Exercise Objectives:

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

Field Preparation

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

Coaching Pointers:

Players are divided into four groups. Position players as in the diagram above. The practice starts when player "1" passes to player "2" and times a run to attack the penalty area. Player "2" passes to player "3" and turns to attack the penalty area. Player "3" passes out wide to player "4" (third man running) and follows to attack the penalty area. Player "4" attacks the flank and delivers the ball for players 1, 2 and 3. After the attack the players jog back and the practice is repeated by the next 4 players.

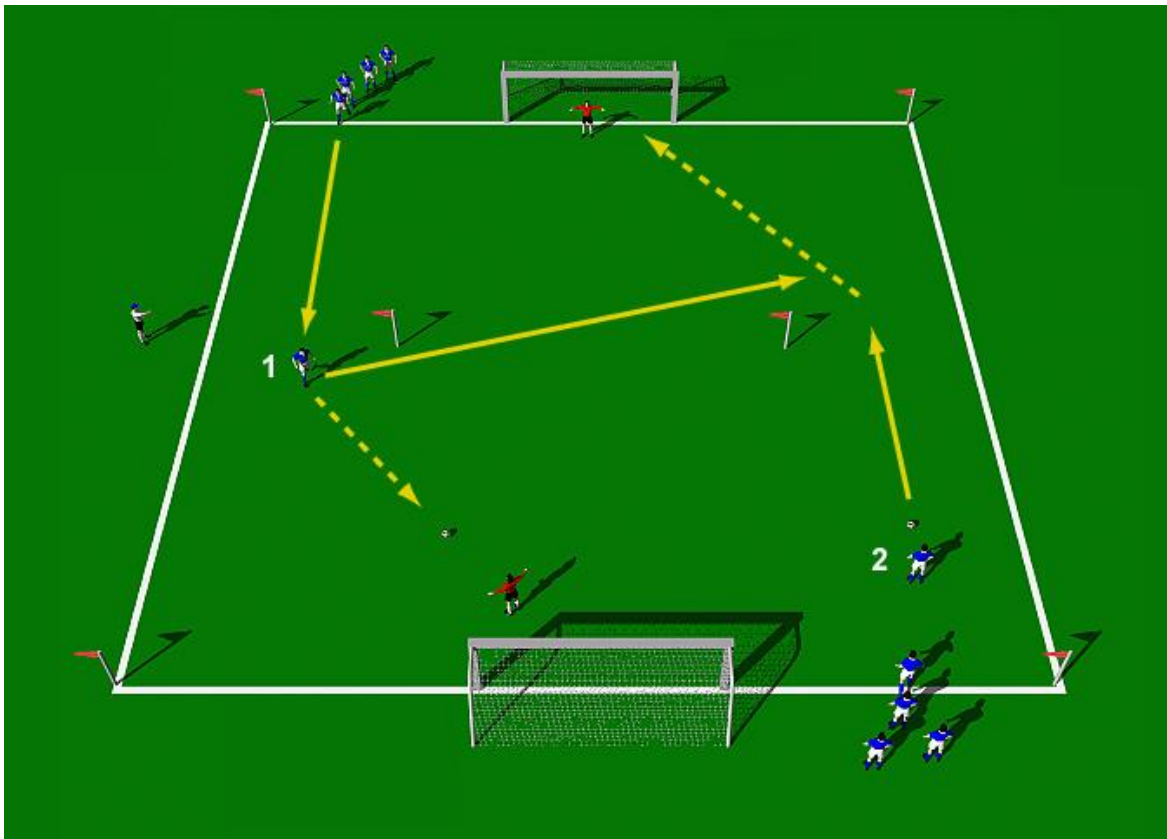
Focus On:

- ☐ Quality out swinging crosses.
- ☐ Attacking front and back post.
- ☐ Depth in the attacking shape.
- ☐ Decisive ground and aerial finishing.

□ Goalkeepers on crosses and shot stopping.

Week Five – Drill Four

Chelsea Shoot and Defend Game



Exercise Objectives:

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

Field Preparation

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

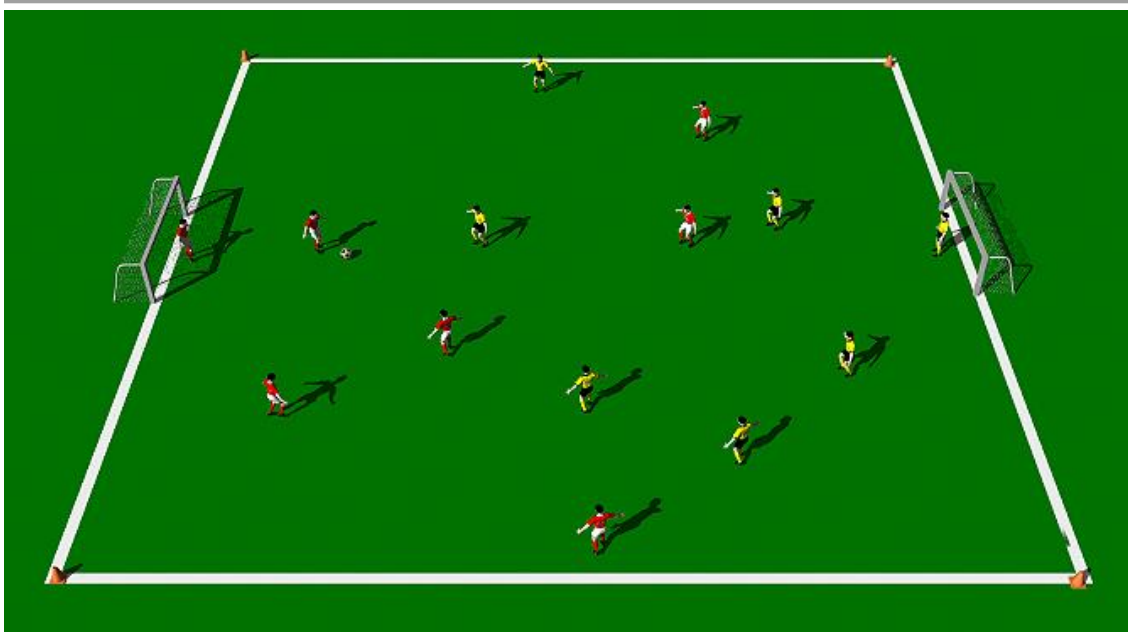
Coaching Pointers:

Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball.

The practice starts when player “1” attacks the flag pole, performs a body feint and shoots at goal. After shooting he must transition quickly from attack mode to defense and sprint across the square to defend player “2”. Player “2” is attacking the opposite goal. After he shoots he then must defend. After defending players return to their own groups.

Week Five – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

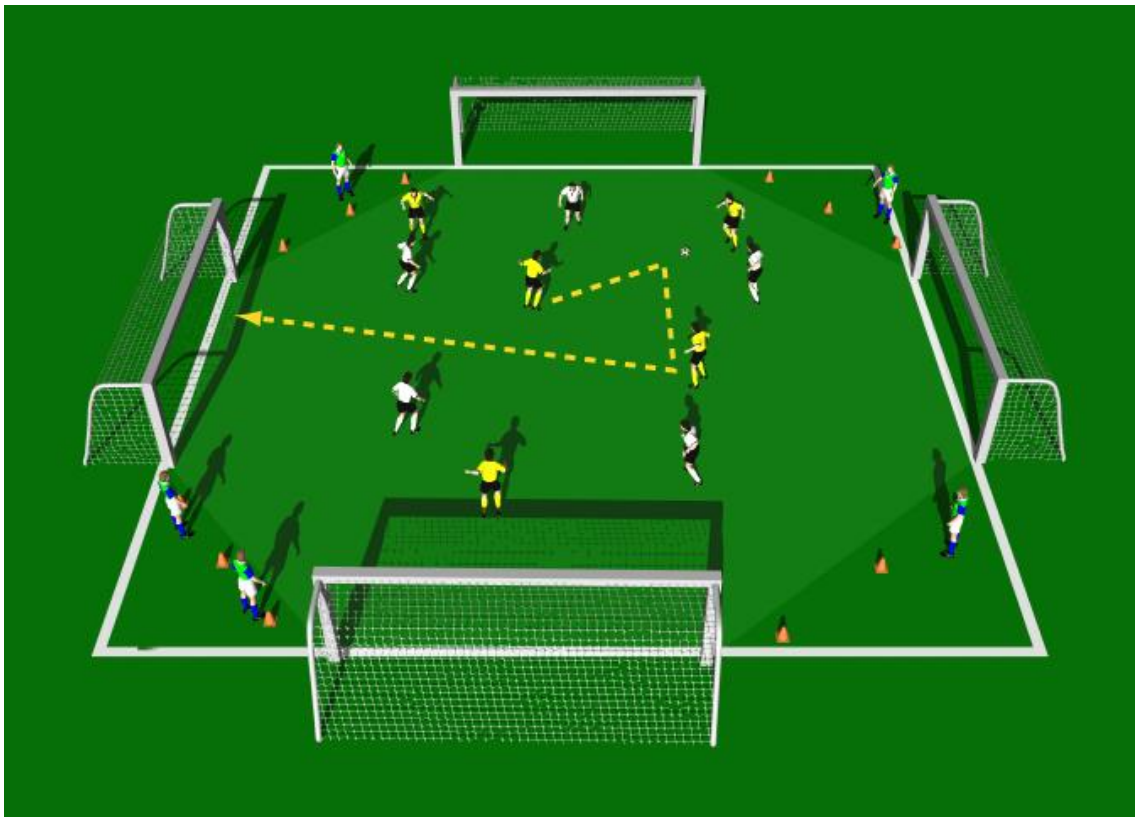
Record Score:

Team 1 _____ v Team 2 _____

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

Week Six – Drill One

Four Goal Shooting Drill - One Touch Finish



Exercise Objectives:

The Four Goal "One Touch" Shooting drill is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

Field Preparation:

2 even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones, Supply of balls.

Coaching Pointers:

Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time" and must be all net (ball may not cross goal line on the ground). When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

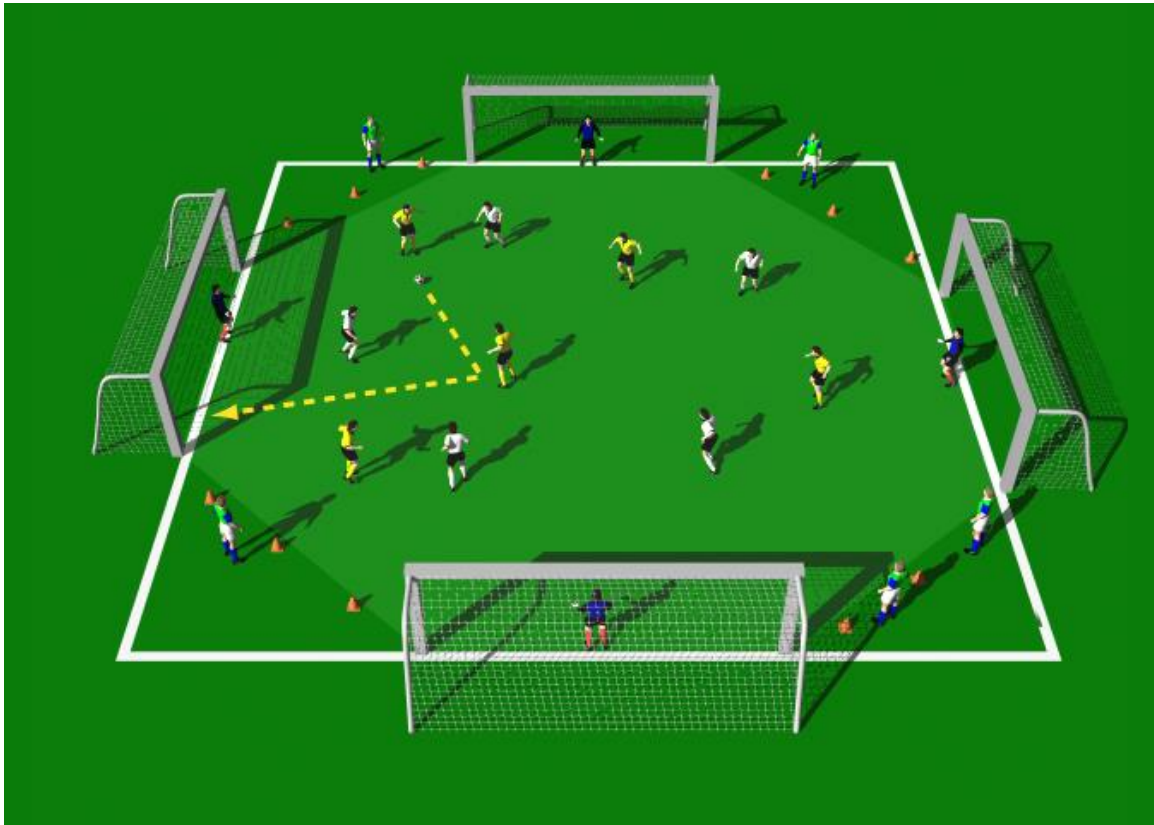
Variations:

- Two Touch Play

□ Use Two Balls

Week Six – Drill Two

Four Goal Shooting Drill - with Goalkeepers



Exercise Objectives:

This is a progression from the "One Touch Shooting Drill". It is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

Field Preparation

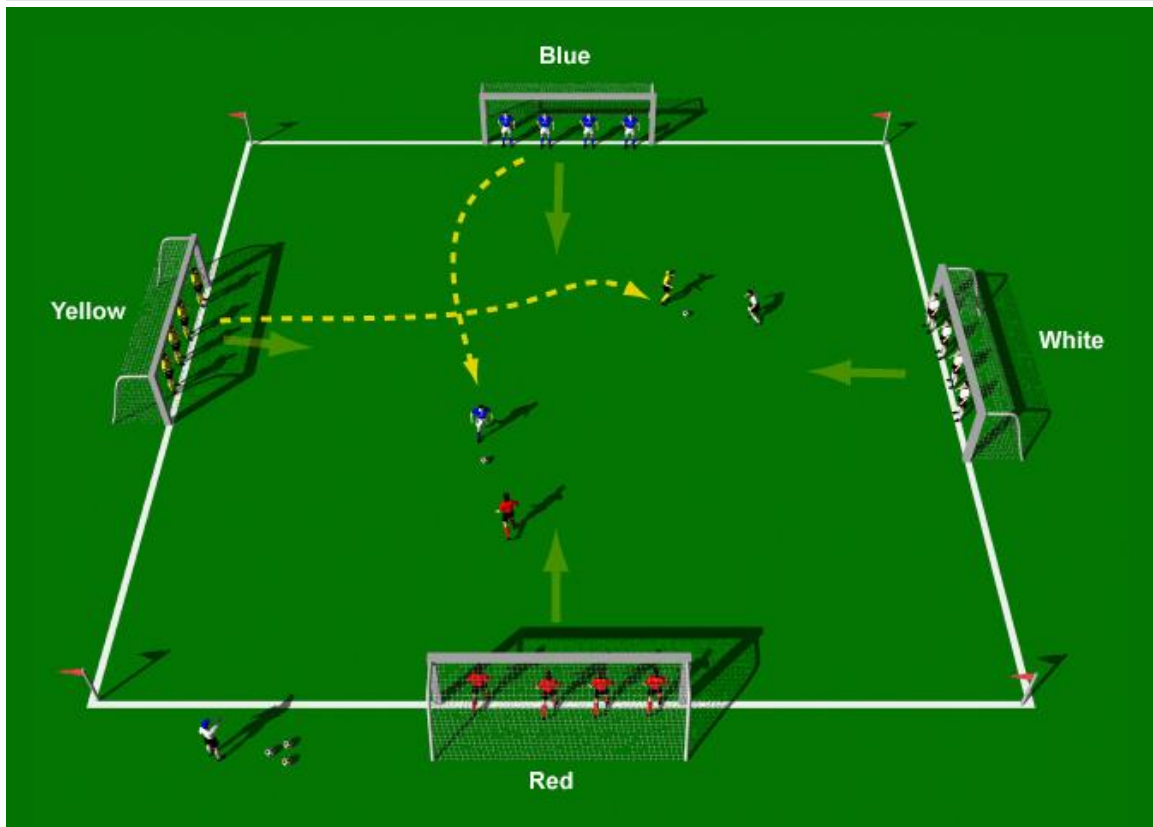
4 Goalkeepers, 2 Even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones and a Supply of balls.

Coaching Pointers:

This is a progression from the "One Touch Shooting Drill". Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Position a goalkeeper in each goal. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time". If the goalkeeper makes a save they must throw the ball out to the opposite team. When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

Week Six – Drill Three

Four Teams - Four Goals



Exercise Objectives:

This is a great practice to develop finishing, crossing and goalkeeping. If you don't have four goals use corner flags as goals.

Field Preparation

Entire Group with Four Goalkeeper, Four Full Size Goals, Area 30 yards x 30 Yards, Supply of Balls and Cones, Four Sets of Colored Bibs.

Coaching Pointers:

Place 4 goals in an area 30 by 30 yards. Divide group into four teams of 4-6 players. Identify each team by using colored bibs. Place a team on each goal line. Yellow play White and Red play Blue. Two games are being played simultaneously in the square. The object of the game is to score in the opponents' goal. Players on the line act as goalkeepers, but may not use their hands. Players must stay on the goal line. If a player leaves the goal line a penalty is awarded. Start playing 1 v 1 then progress to 2 v 2, 3 v 3.

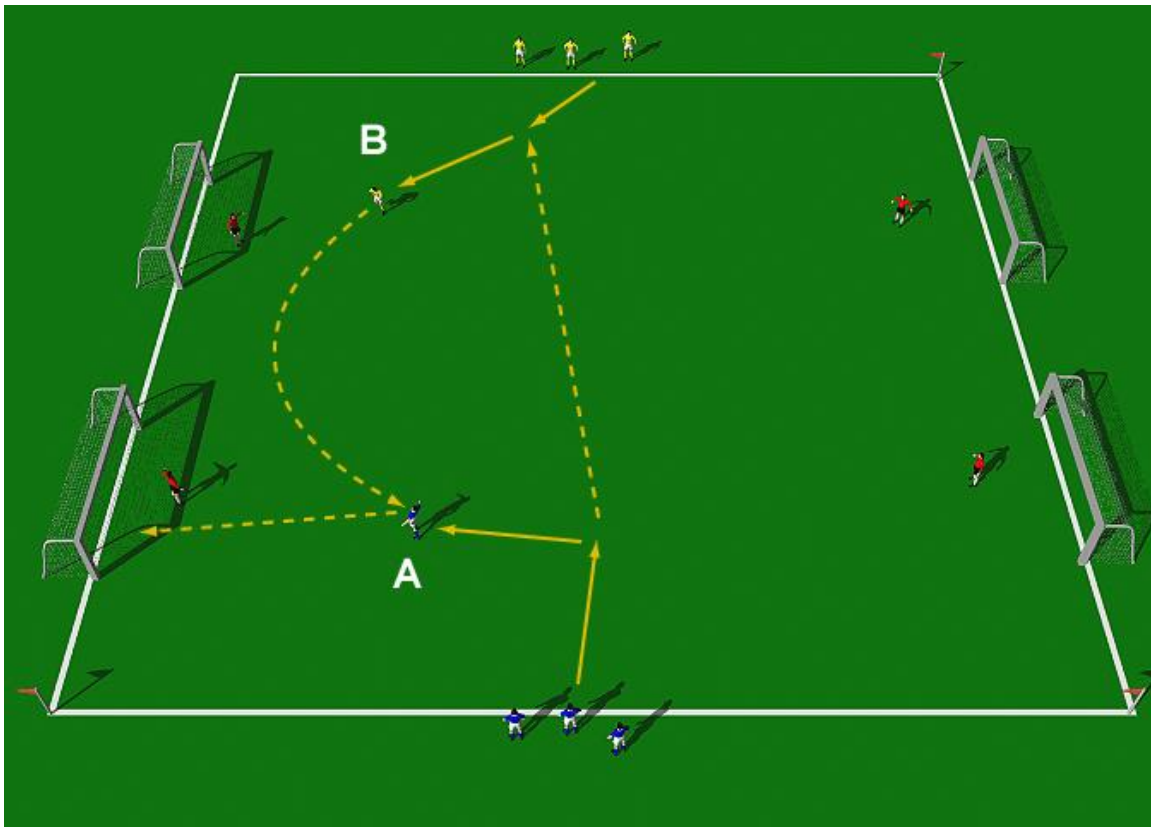
Focus On:

- ☐ Attack the defender with pace.
- ☐ Quality defending technique.

- Small group attacking and defending tactics.

Week Six – Drill Four

Shooting at Four Goals



Exercise Objectives:

This is a great practice to develop finishing, crossing and goalkeeping. If you don't have four goals use corner flags as goals.

Field Preparation

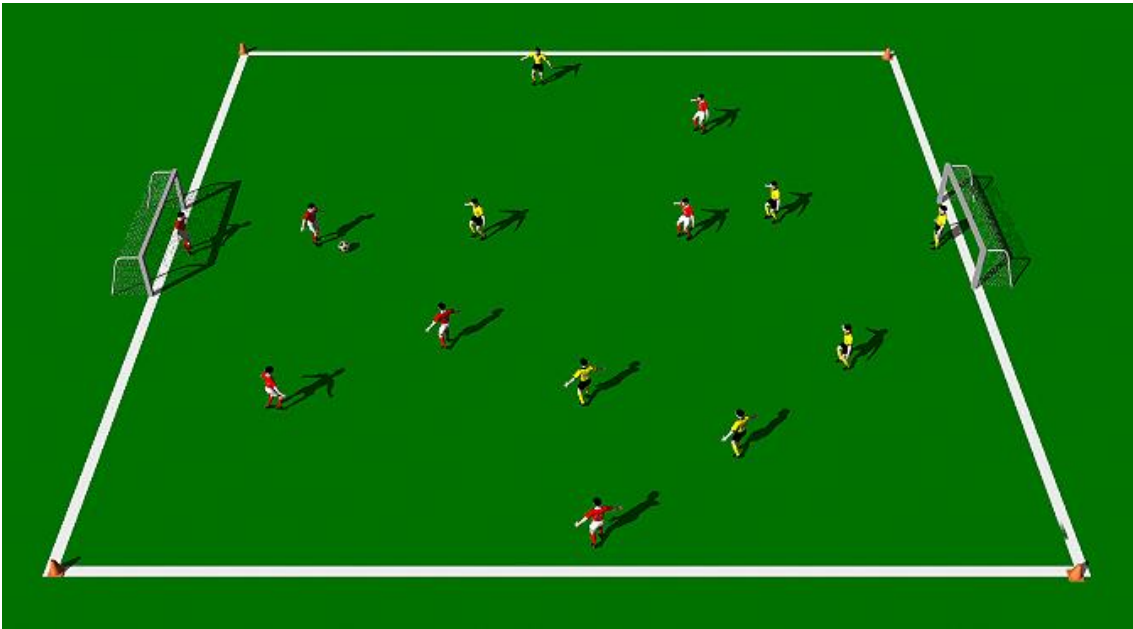
4 Goalkeepers, 2 Even groups of 4, 5 or 6 players, Area 40 yards x 40 yards, Cones and a Supply of balls.

Coaching Pointers:

In an area approximately 40 yards by 40 yards place four goals as in the diagram above. Divide your team into two groups. Player 'A' makes a driven pass to player 'B'. Player 'B' controls the ball and delivers a cross for player 'A'. Player 'A' can finish to the goal on his right or left. The drill is then repeated from the opposite side.

Week Six – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

Team 1 _____ v Team 2 _____

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

Week Seven – Drill One

Throw, Head, Catch



Exercise Objectives:

This practice will improve attacking and defensive "heading" techniques. This can also be used as a fun warm up activity with your team.

Field Preparation

Entire Group with Goalkeeper, Area 20 x 30 yards, Full Size Goals and Goalkeepers, Cones or Flag poles, Supply of Balls and Colored Bibs

Coaching Pointers:

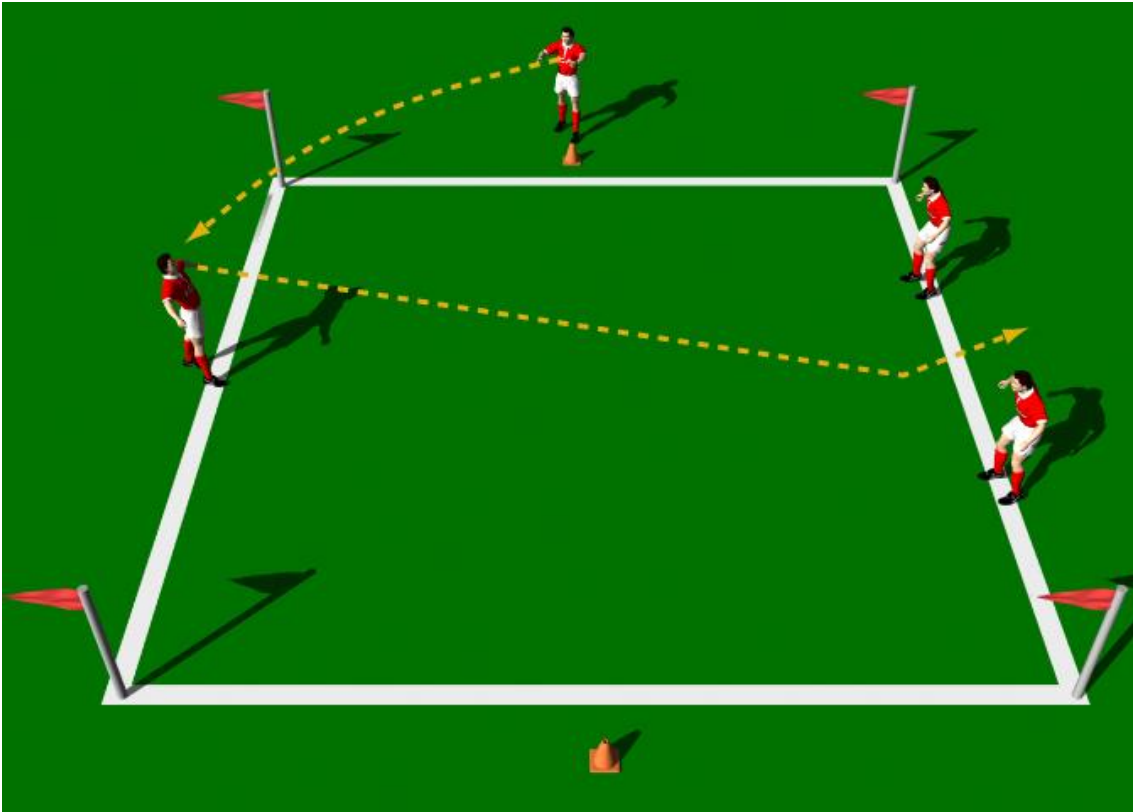
Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team in possession can only advance up the field in using this sequence "***Throw, Head and then Catch***". Players cannot run with the ball. Opposing team can only intercept a throw with a header and a header with a catch.

Progression:

- ☐ Head ball from hands and catch.
- ☐ Volley ball from hands and catch
- ☐ Diving headers worth 3 goals.
- ☐ Double headers worth 5 goals.

Week Seven – Drill Two

Attacking Heading 2 v 2



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

Field Preparation

4 players, Area 10 x 10 yards, Cones or Flag poles and a Supply of Balls

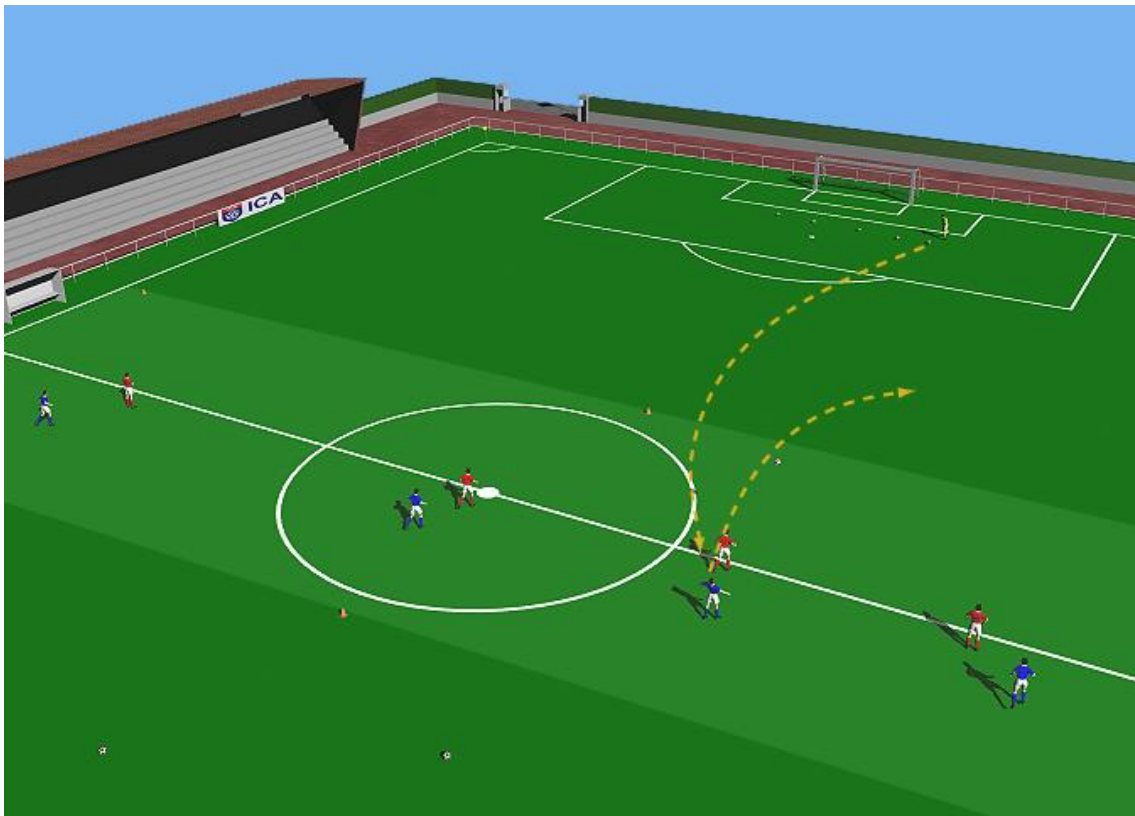
Coaching Pointers:

Four players are positioned in a grid 8 yards x 7 yards, using one ball. The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players. The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal. The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal. The players must always keep the correct sequence; no player may have two headers in succession. If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on. After the server throws the ball to his partner he must quickly return to his goal line to defend the goal. Encourage the players to

attempt "Diving Headers" at goal when the opportunity presents itself.

Week Seven – Drill Three

Heading in Midfield



Exercise Objectives:

This practice is designed to improve defensive and offensive heading techniques in the midfield third.

Field Preparation

Large group of players, Half Field, Cones or Flag poles, Supply of Balls and Colored Bibs.

Coaching Pointers:

Two groups of four players are positioned in the middle third of the field. Mark the middle third with cones. One group acts as defenders, the second as attackers. Two servers are placed in the six-yard box. The servers alternate playing long lofted passes into the middle third of the field. The object of the practice is for both groups to challenge and win the header. The defensive team must head the ball back towards the servers and past the cones to win a point. The offensive team must try to "flick" the ball over the defenders and past the end cones to win a point.

Change roles of groups so each group practices defensive and offensive heading.

Week Seven – Drill Four

World Cup Heading Game



Exercise Objectives:

This practice is designed to improve the player's technical ability in "Heading".

Field Preparation

Large group of players, Penalty Area, Full Size Goal and Goalkeeper, Cones or Flag poles, Supply of Balls.

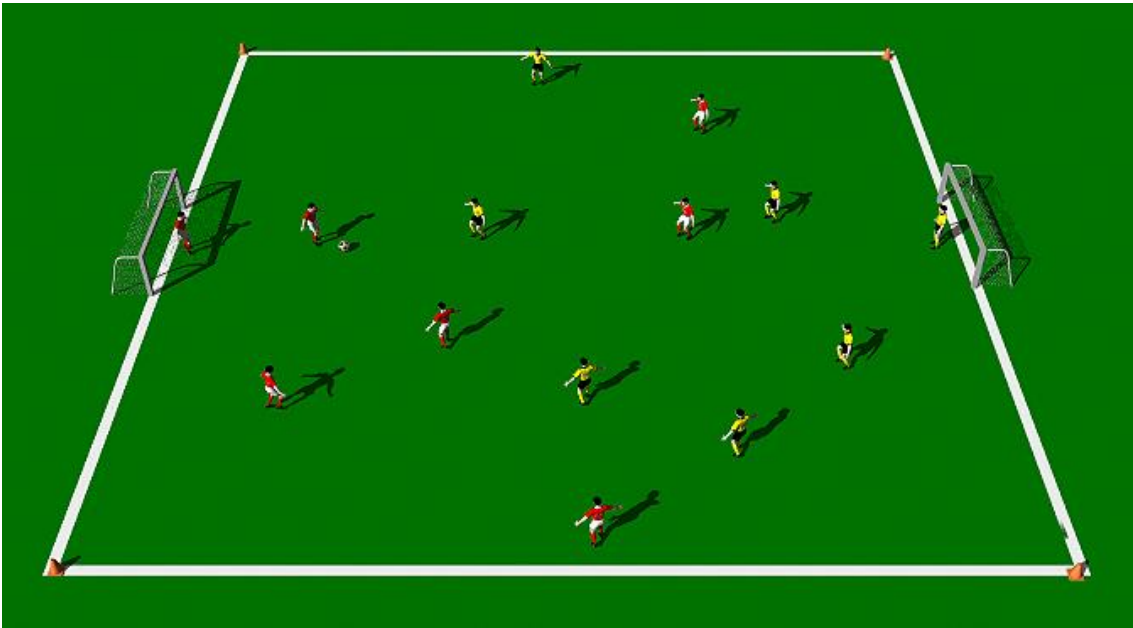
Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers.

Players heading must receive a throw from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in a three-minute period. After the three-minute period, all goals are totaled and groups alternate.

Week Seven – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

Team 1 _____ v Team 2 _____

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

Week Eight – Drill One

Defensive Footwork Warm Up



Exercise Objectives:

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

Field Preparation

Area 20 x 20 yards, Cones or Flag poles.

Coaching Pointers:

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

When the coach shouts;

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

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

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

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

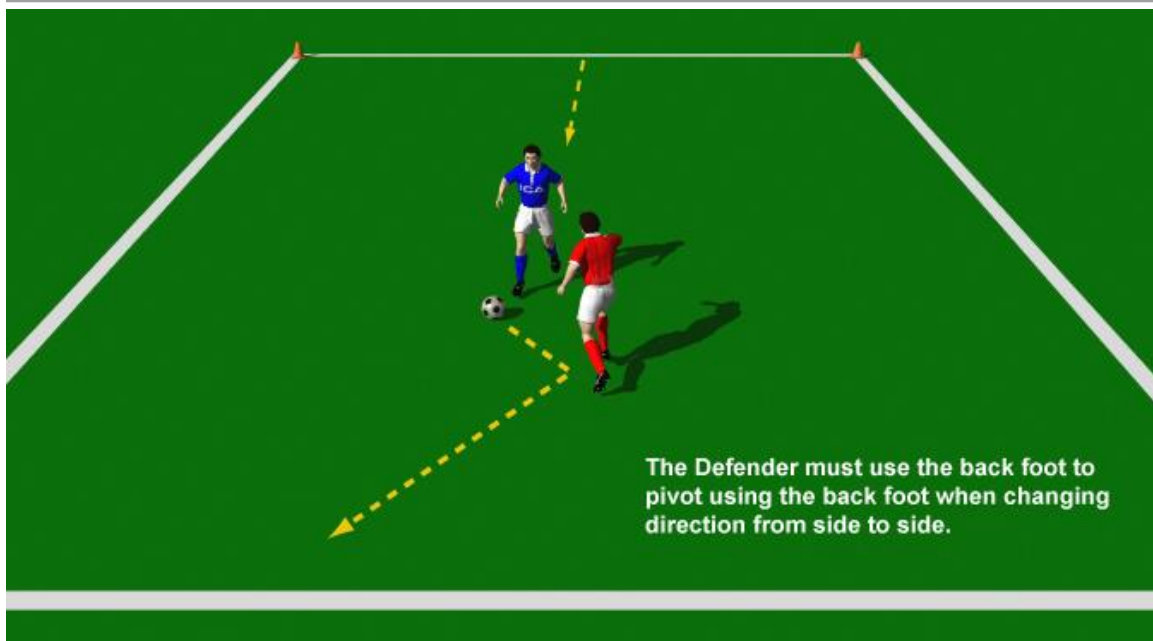
The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Bend the knees and keep the body low. (don't stand tall, stand small). This position enables the legs to be "spring loaded" to change direction quickly.
- Leg position should be with one leg behind the other.
- Pivot using the back foot when changing direction from side to side.
- Keep the upper torso forward, this is crucial for changing direction from a backwards to forwards position quickly.

Week Eight – Drill Two

Defending 1 v 1



Exercise Objectives:

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

Field Preparation

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

Coaching Pointers:

Two players are positioned in a grid 10 yards x 20 yards. Both players start the practice from the end line and work their way up and down the grid. Alternating roles when they reach each end line. One player is an attacker the other a defender. There is no tackling involved in this practice; emphasis is strictly on footwork and body stance.

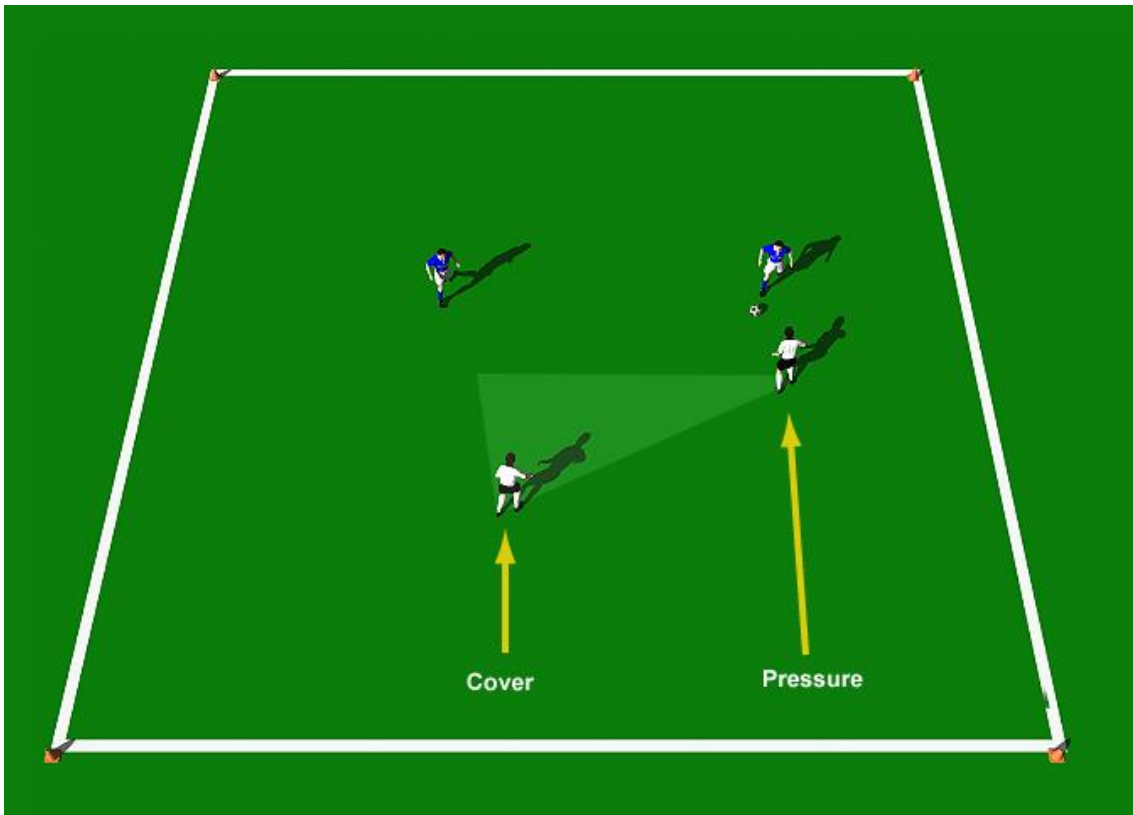
The attacker starts the practice by slowly running with the ball towards the defender. The defender must retreat and keep a distance of approximately 1-2 yards from the attacker. As the attacker travels down the grid they must move the ball from left to right, right to left so the defender must change their body position.

When both players reach the opposite end line they reverse roles and work their way back up the grid.

The speed of the practice should be increased gradually.

Week Eight – Drill Three

Defensive Positioning 2 v 2



Exercise Objectives:

This practice is designed to improve each player's defensive positioning in a 2 v 2 situation.

Field Preparation

Area 20 x 20 yards, 4 Players, 1 Ball, Cones or Flag poles.

Coaching Pointers:

Four players are positioned in a grid 20 yards x 20 yards. Players start the practice from the end line and work their up and down the grid. Alternating roles when they reach each end line. Two players are the attackers the other two defenders. There is no tackling involved in this practice; emphasis is strictly on defensive positioning.

The attackers start the practice by slowing running with the ball towards the two defenders. The defenders must retreat and keep their correct defensive positions as the ball exchanged between the attackers. As the attackers travel down the grid they must pass the ball so the defenders must change their defensive roles.

The Pressurizing Defender (1st defender):

The nearest player to the ball is the pressurizing defender. They must keep a distance of approximately 1-2 yards from the attacker.

The Supporting Defender (2nd defender):

The supporting defender role is to add cover and balance to the defensive shape. **Cover** is important so they are in a position to add depth for the pressurizing player. For example in a game if the pressurizing defender is beaten then the covering player would be in a position to put pressure on the attacker or clean up any mistakes. **Balance** is important to prevent any through balls in behind the defense. By dropping off at an angle the defender encourages the player with the ball to make a pass in front of the defender and not behind.

The supporting player should be in a position to cover the pressurizing defender and mark their own player.

When both players reach the opposite end line they reverse roles and work their way back up the grid.

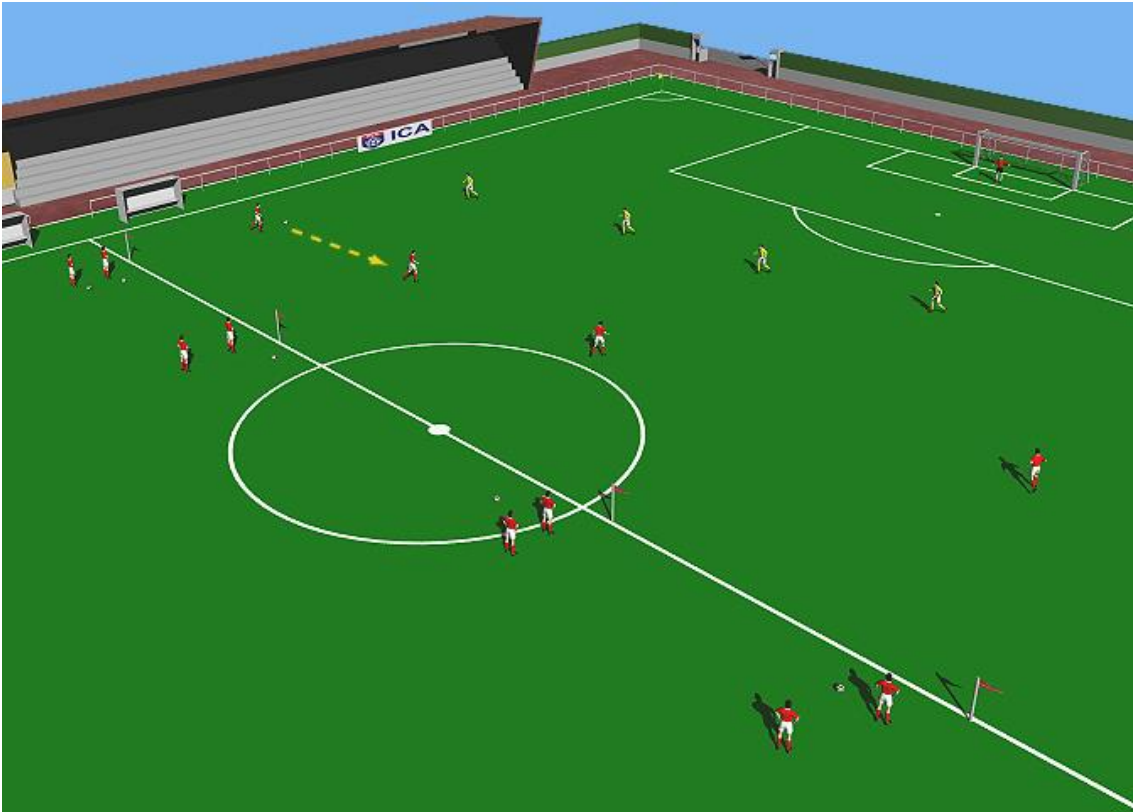
The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Players should adjust their defensive positioning quickly as the ball is exchanged between the attackers.
- Players should adjust their position as the ball is traveling and be in a good balanced position when the attacker has the ball at their feet.
- Communication is vital, especially from the covering defender as they can see the entire situation.
- Bend the knees and keep the body low. (don't stand tall, stand small). This position enables the legs to be "spring loaded" to change direction quickly.
- Leg position should be with one leg behind the other.
- Pivot using the back foot when changing direction from side to side.
- Keep the upper torso forward, this is crucial for changing direction from a backwards to forwards position quickly.

Week Eight – Drill Four

Defense Building



Exercise Objectives:

This practice is designed to improve the distance and balance of the back four defenders.

Field Preparation

Half Field, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

This practice is designed to improve the performance level of the back four defenders and goalkeeper while under pressure from the opponents attackers. Specifically, the practice is designed to improve each players passing and decision making under pressure when building from the back. Place a goalkeeper in goal. Position four defenders across the width of the field at the edge of the penalty area. Place four groups of players at the half way line as in the diagram above. The practice starts with one of the attackers on the left side passing the ball to the right back. After passing the ball, two attackers from the left side pressurize and attempt to win the ball. The object is for the defenders to keep quality possession of the ball when under pressure and try to pass the ball to one of the four players on the half way line.

The defenders must achieve four passes before they are allowed to play forward to the target players on the half way line. The defenders can use the goalkeeper whenever necessary. Once the player play is completed, the practice is then repeated from the right side and the ball is played into the left back.

A point is awarded each time the defenders successfully pass the ball to one of the four target players.

The coach should emphasize the following coaching points:

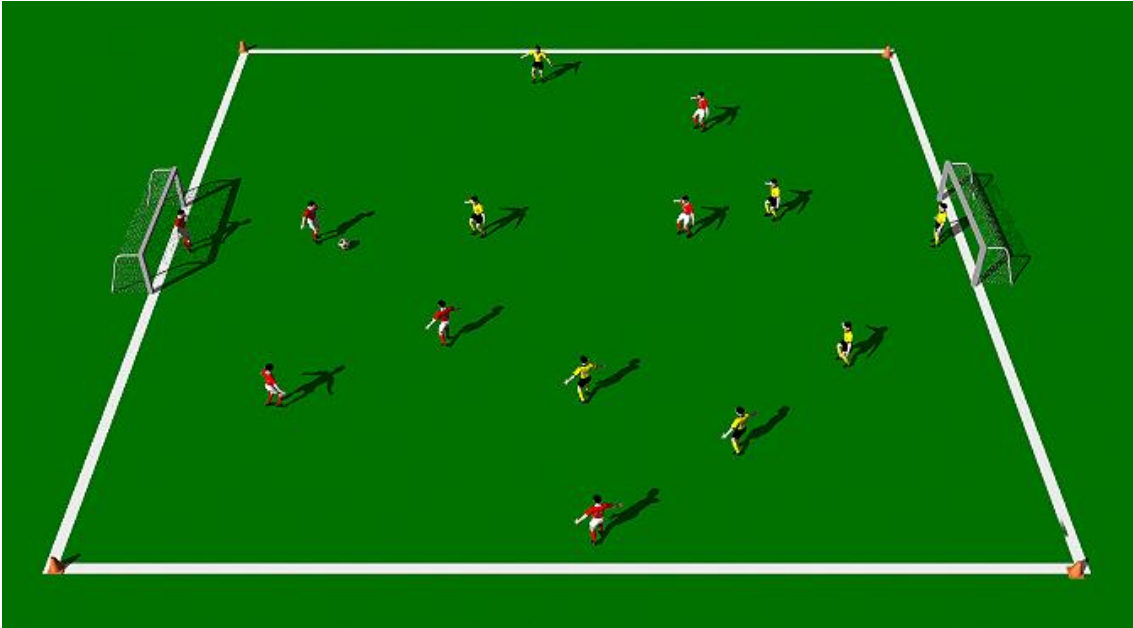
- Play firm accurate passes to the players feet.
- Drive the ball with pace across the field when switching over long distance.
- Move quickly after you have made the pass.
- When controlling the ball, use your first touch to redirect the ball in the direction you want to pass.
- One of the central defenders should look to receive the ball in advance of the two pressuring attackers.
- Use the goalkeeper as a "release valve" when under pressure.
- Play with width and stretch the two attackers apart.
- Make them cover as much ground as possible to pressure the ball.
- Switch the point of attack to the opposite side of the field as quickly as possible.

Progression:

- Use 3 pressurizing attackers.
- Restrict defenders to 2 touch.

Week Eight – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

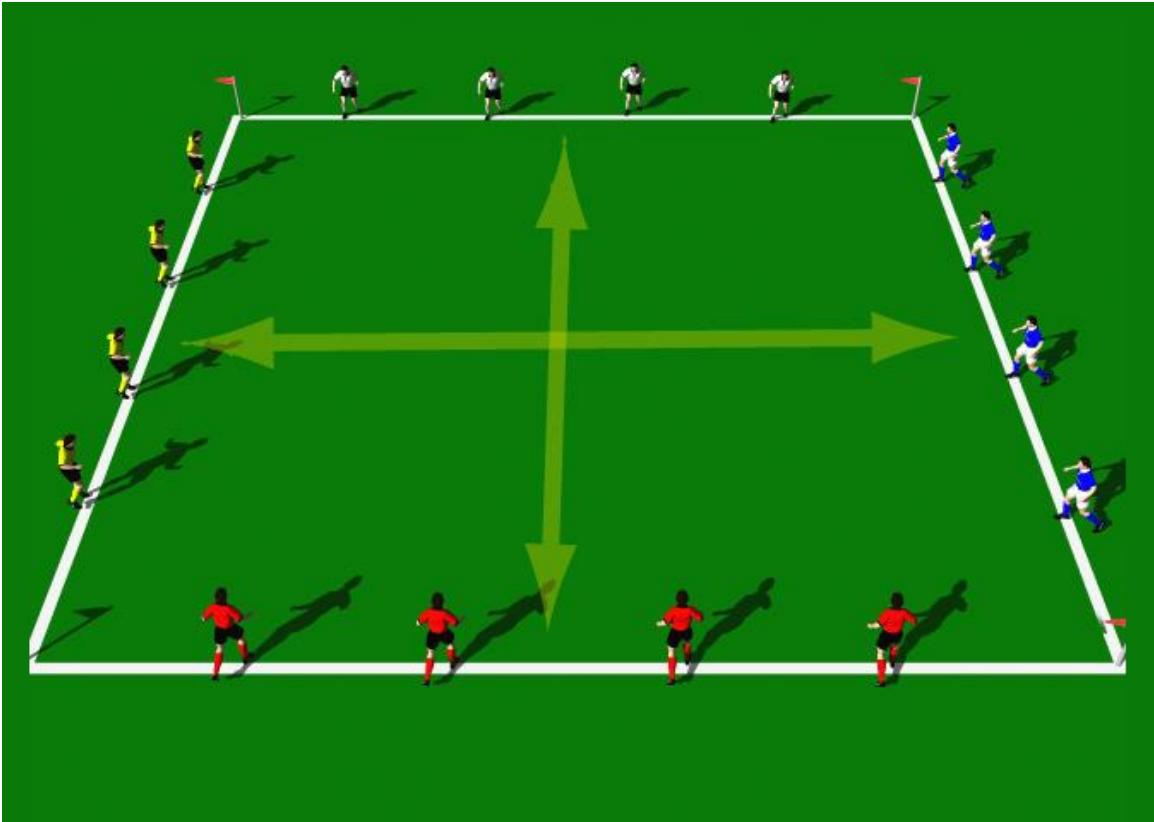
Record Score:

Team 1 _____ v Team 2 _____

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

Week Nine – Drill One

Looking for Space



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation:

Entire group, Area 20 yards x 20 Yards

Coaching Pointers:

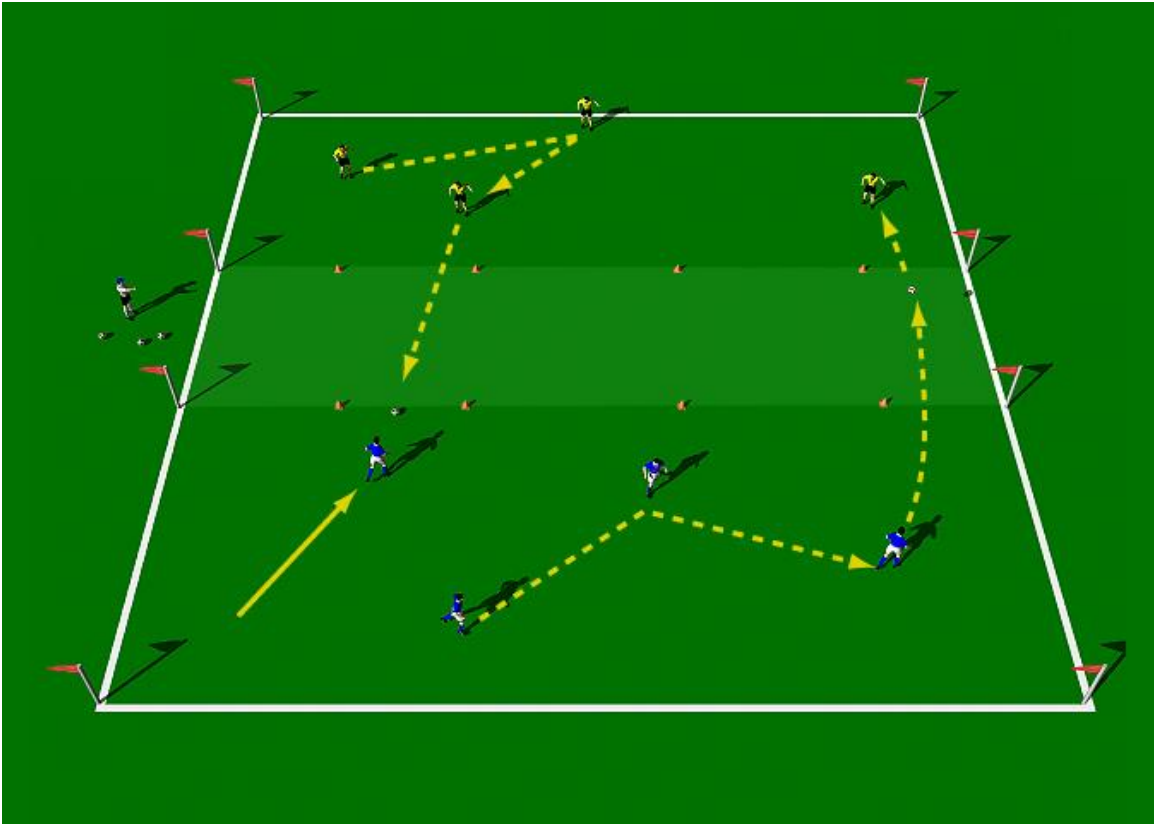
Divide the team into four equal groups. Identify each group using colored bibs. Each team is positioned at one side of the square as in the diagram above. On the coach's command the players all sprint across the square and back again 5 times. The first team to get all their players back wins. Players must go "flat out" and be visually alert so they don't crash into other players.

Focus on:

- ☐ Visually scan to find space to run into.
- ☐ Change of pace and direction.

Week Nine – Drill Two

Scan the Field



Exercise Objectives:

The object of this exercise is to develop each player's game vision and spatial awareness.

Field Preparation:

2 even groups of players, Area 20 yards x 30 yards, Cones, Supply of balls, Colored bibs.

Coaching Pointers:

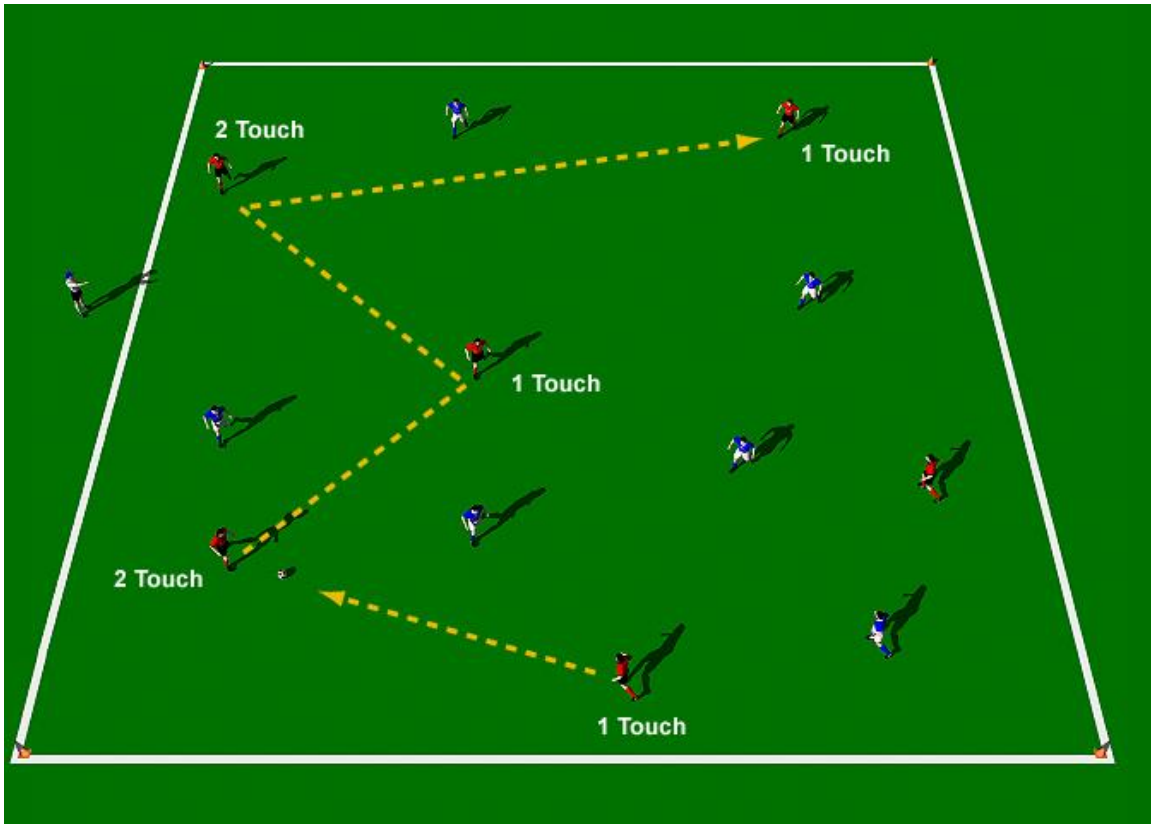
Players are divided into two groups of 4 to 6 players. Identify each group with colored bibs. Players pass the ball around their own grid. After several passes, the player in possession of the ball looks up, finds a player on the opposite grid, establishes 'eye contact' then plays a pass to the player. Players must always be alert and scanning the field.

Variations:

- ☐ Player can now check into the middle zone and play a quick one touch pass back.
- ☐ Players can perform take over's.
- ☐ Player can now run with the ball to the opposition grid. When this happens one player from that grid must run to the opposite grid and balance the group

Week Nine – Drill Three

One Touch, Two Touch



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation:

Group of 12 - 16 players, Area 30 yards x 30 yards, Cones, Supply of balls, Colored bibs.

Coaching Pointers:

Divide the team into two groups. Identify each group with colored bibs. As a warm up, start the practice with both teams passing a ball inside the square. Play is unrestricted. Then, remove one of the balls. First team to make 10 consecutive passes wins. Still unlimited touches.

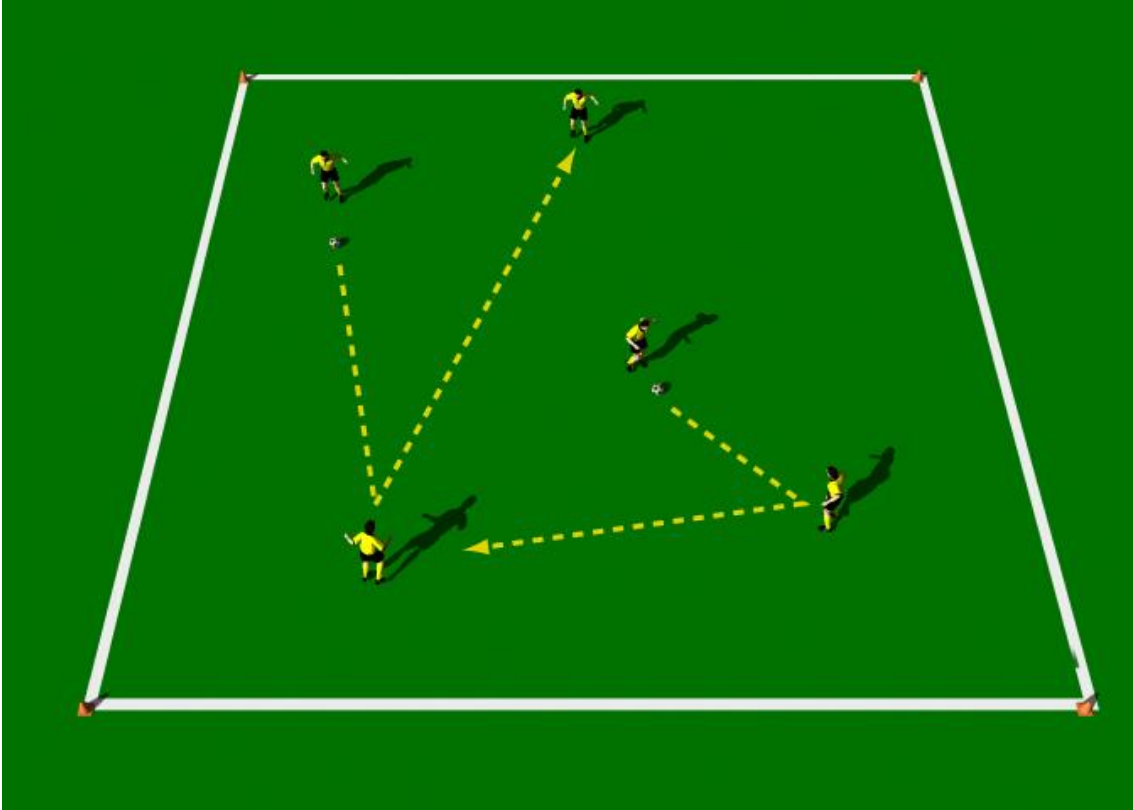
The play is now progresses so that the team in possession must follow a set sequence. The team must play "One Touch, then "Two Touch" then "One Touch, then "Two Touch" in this sequence. If they fail. The ball is turned over to the other team.

Focus on:

- ☐ Quality passing techniques. Good disguise, pace and accuracy.
- ☐ Support with deep and wide angles.
- ☐ Players should be constantly scanning the field to see their support.

Week Nine – Drill Four

Arsenal Two Ball Passing Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation:

5-8 Players, Area 20 yards x 20 Yards, Cones, Supply of balls, Colored bibs.

Coaching Pointers:

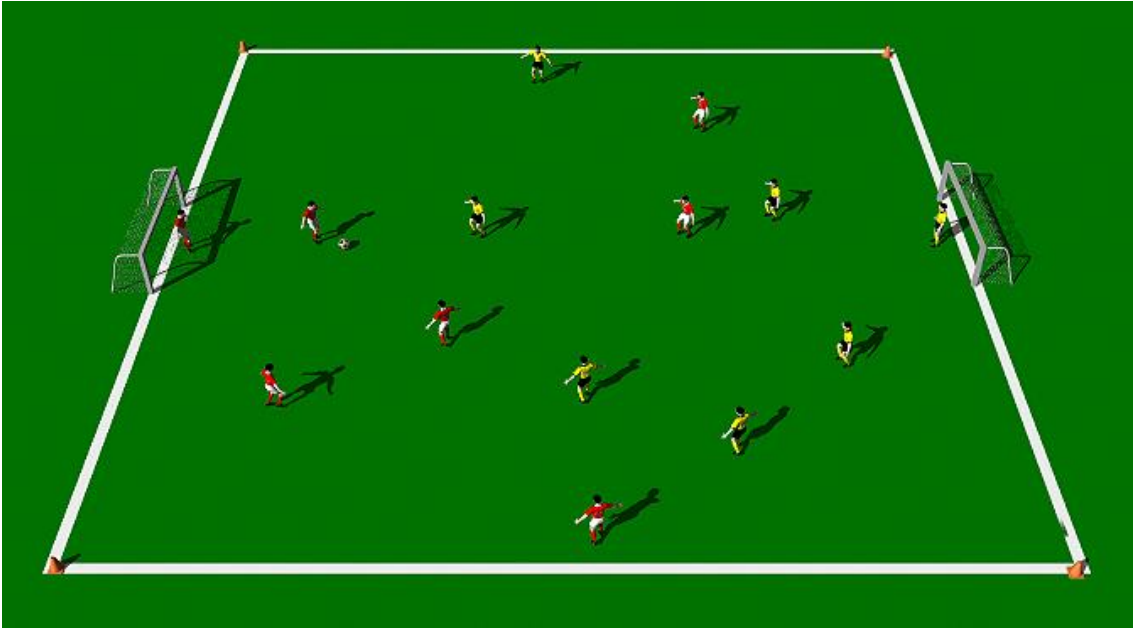
Place 5-8 players inside the square. Players exchange to balls inside the square. First start with unrestricted touches the quickly progress to “two touch” then “one touch”.

Focus on:

- ☐ Vision and communication.
- ☐ Quick movement off the ball.
- ☐ Players should be constantly scanning the field to see the runner.

Week Nine – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

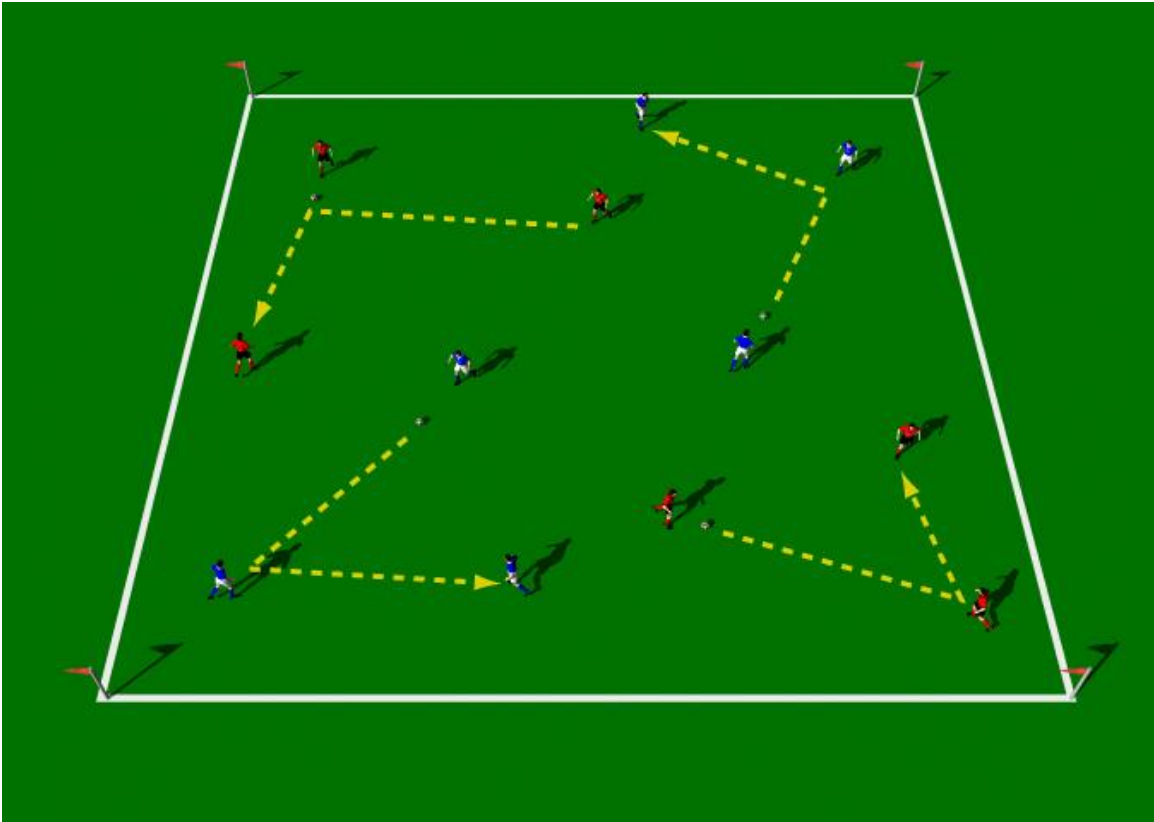
Team 1 _____ v Team 2 _____

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

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Week Ten – Drill One

Two Ball Game



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation:

12 Players (two teams of six), Area 30 yards x 30 yards, Cones, Supply of balls, Colored bibs.

Coaching Pointers:

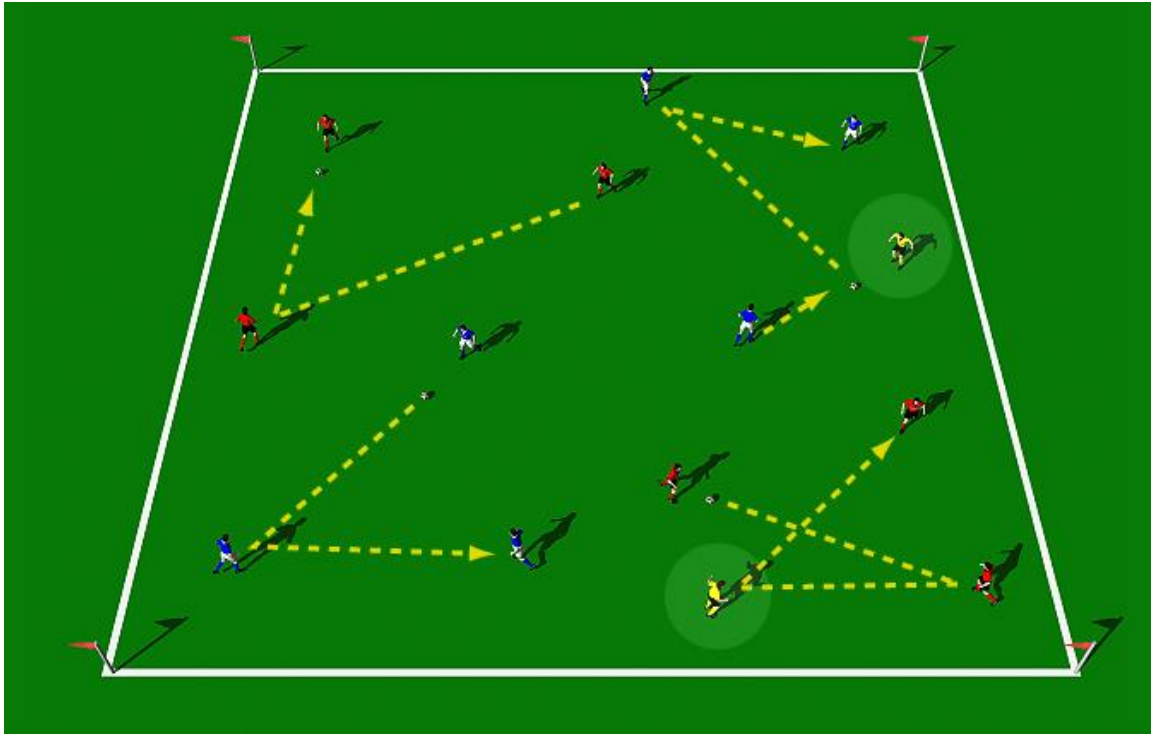
Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play.

Focus on:

- ☐ Vision and communication.
- ☐ Quick movement of the ball.
- ☐ Players should be constantly scanning the field to see their support.

Week Ten – Drill Two

Two Ball Game - Plus Two



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation:

12 Players (two teams of six), Area 30 yards x 30 yards. Cones, Supply of balls, Colored bibs.

Coaching Pointers:

Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play, then "one touch" play.

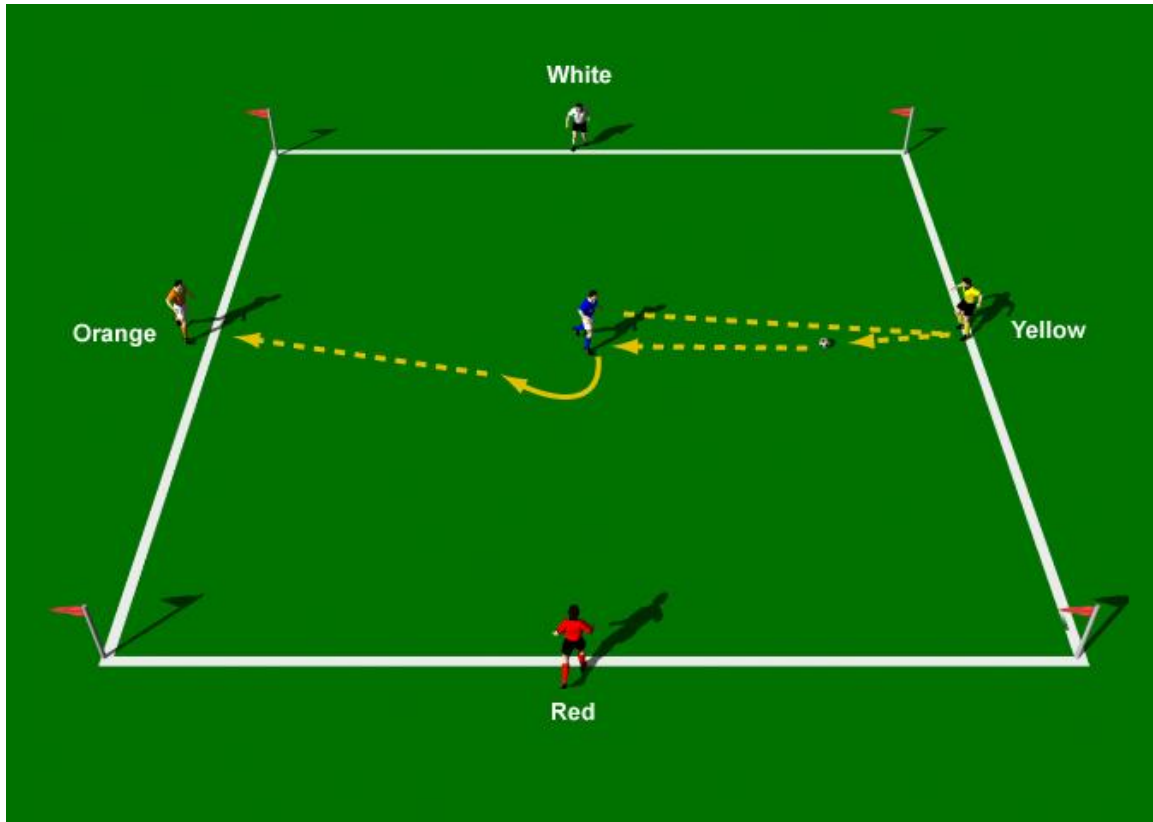
Two additional players are added. Both teams can use these two players to make eight.

Focus on:

- ☐ Vision and communication.
- ☐ Quick movement of the ball.
- ☐ Players should be constantly scanning the field to see their support.

Week Ten – Drill Three

Four Color Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation:

5 Players, Area 20 yards x 20 Yards, Supply of Balls and Cones, Five Colored Bibs.

Coaching Pointers:

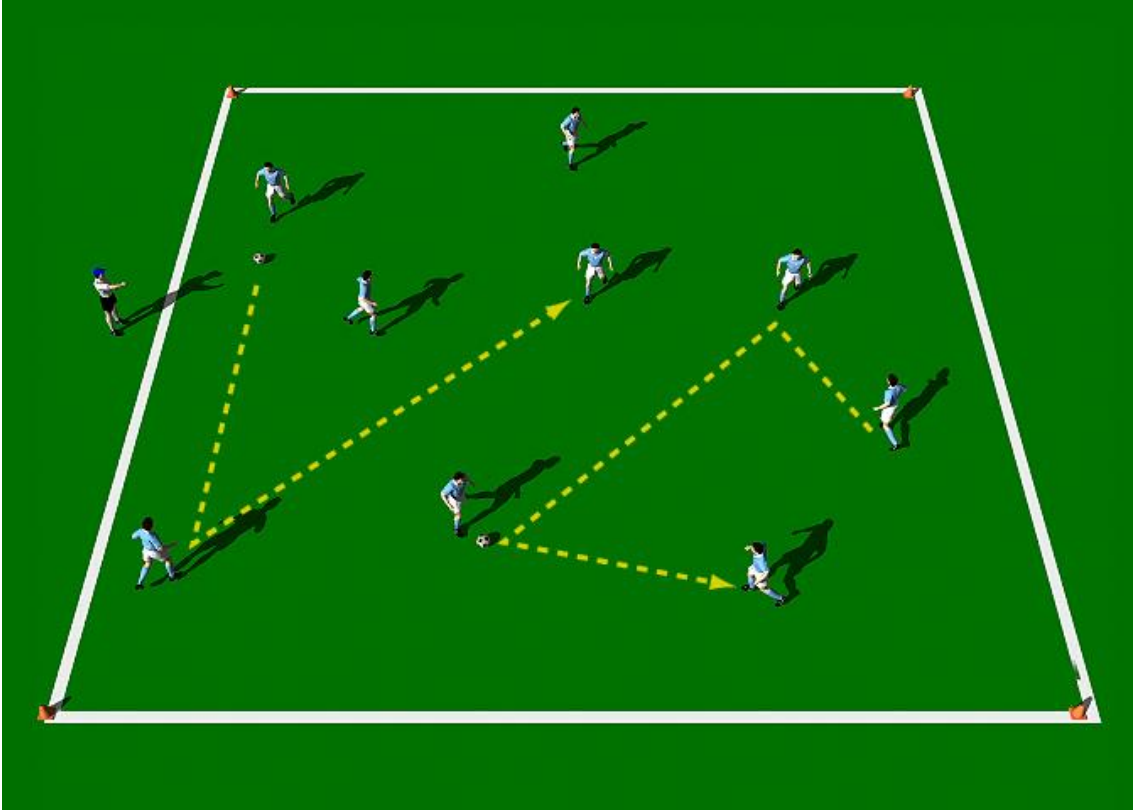
Place 4 players on the outside of the square and a player in the center as in the diagram above. Each player must wear a different color bib. The player in the center starts by passing a ball to a player on the outside of the square. The player who receives the pass plays the ball back first time. As he does he must shout out another color. The receiving player turns and passes to that color and the practice is repeated in that manner. Have player work for 3 minutes and change center player.

Focus on:

- ☐ Good Communication.
- ☐ Variety of turning techniques, spin tight, let ball roll, drag behind foot.
- ☐ Quick exchange of passes.

Week Ten – Drill Four

Pre Scanning the Field



Exercise Objectives:

The object of this exercise is to develop each players game vision and spatial awareness.

Field Preparation

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

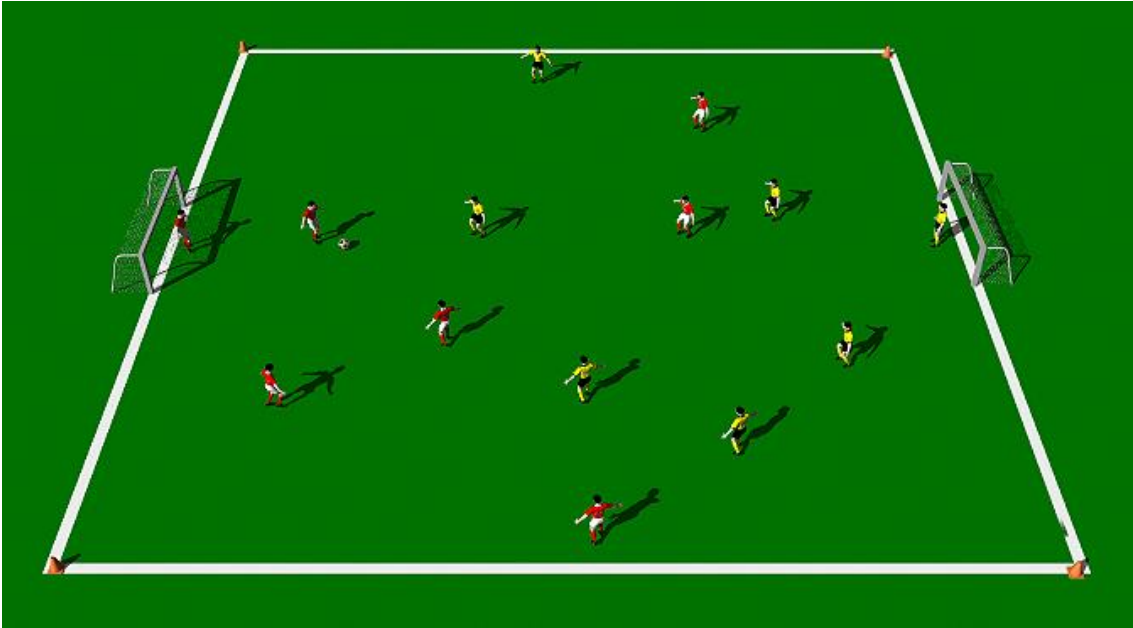
Coaching Pointers:

Entire group are placed in the square with 2 balls. Players pass the 2 balls inside the square, exchanging the ball quickly. During the exercise the players must perform the following:

- ☐ Must call out the players name as they pass the ball.
- ☐ Must call out the name of the player closest to them as they receive the ball.
- ☐ Call out the name of the player you are going to pass to before you receive the ball.
- ☐ Tell the player you are passing too; Play “One Touch”, Play “Two Touch” or Dribble!

Week Ten – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

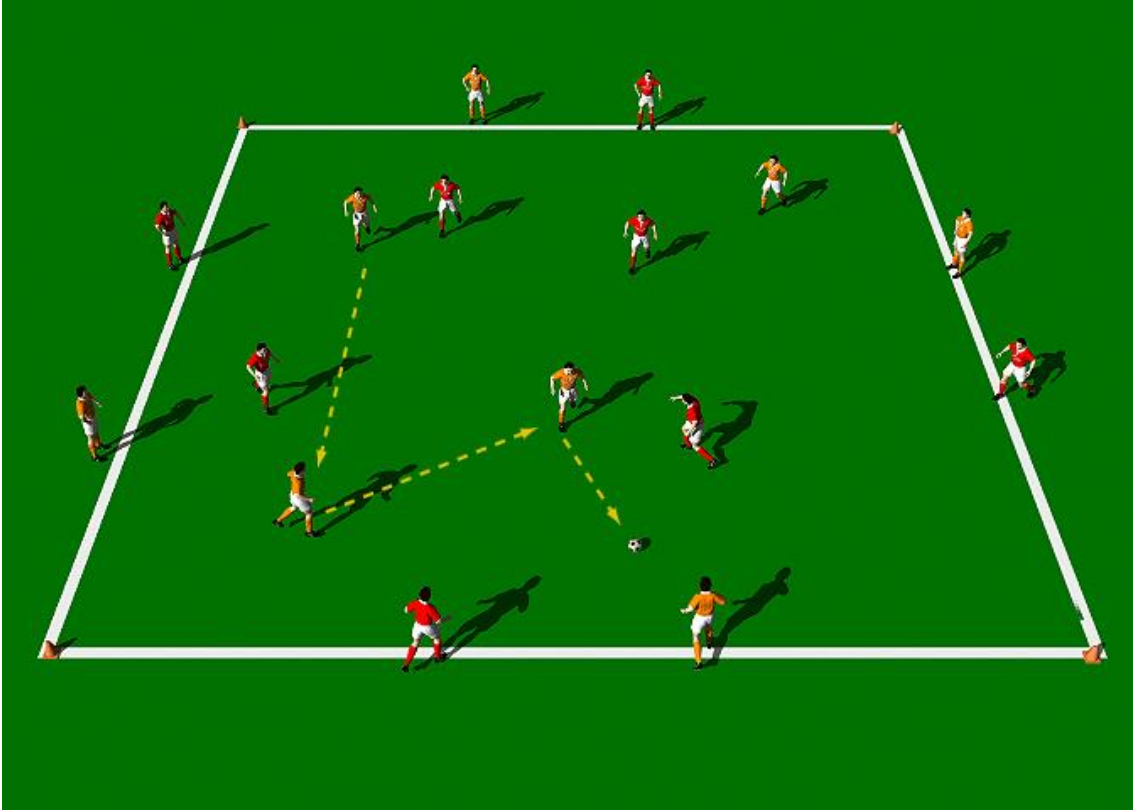
Record Score:

Team 1 _____ v Team 2 _____

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

Week Eleven – Drill One

Burnley FC Possession Game



Objective of the Practice:

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

Field Preparation:

16 Players (two groups of eight), Area 20 yards x 20 Yards, Supply of Balls and Cones, Colored Bibs.

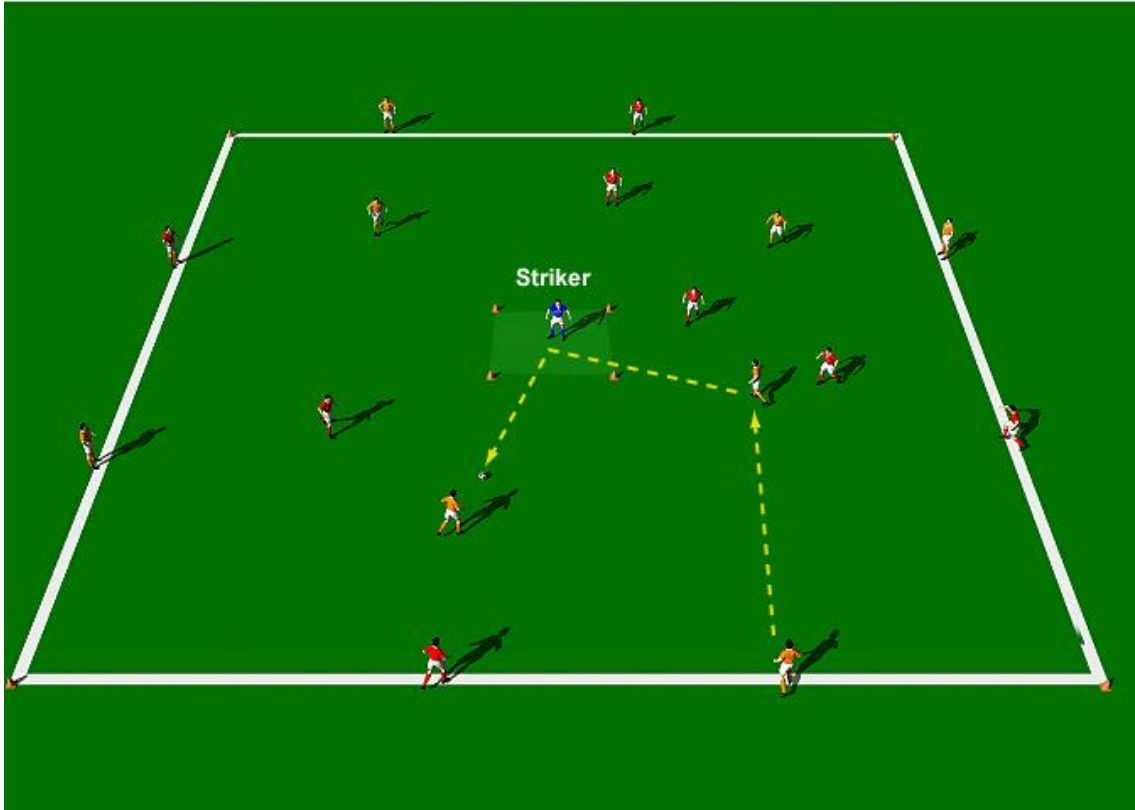
Coaching Points:

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded.

- ❑ Progress this exercise by playing "two touch" then "one touch"
- ❑ Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

Week Eleven – Drill Two

Burnley FC Possession Game with Striker



Objective of the Practice:

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

Field Preparation:

16 Players (two groups of eight) Plus one striker (target man), Area 30 yards x 30 Yards, Supply of Balls and Cones, Colored Bibs.

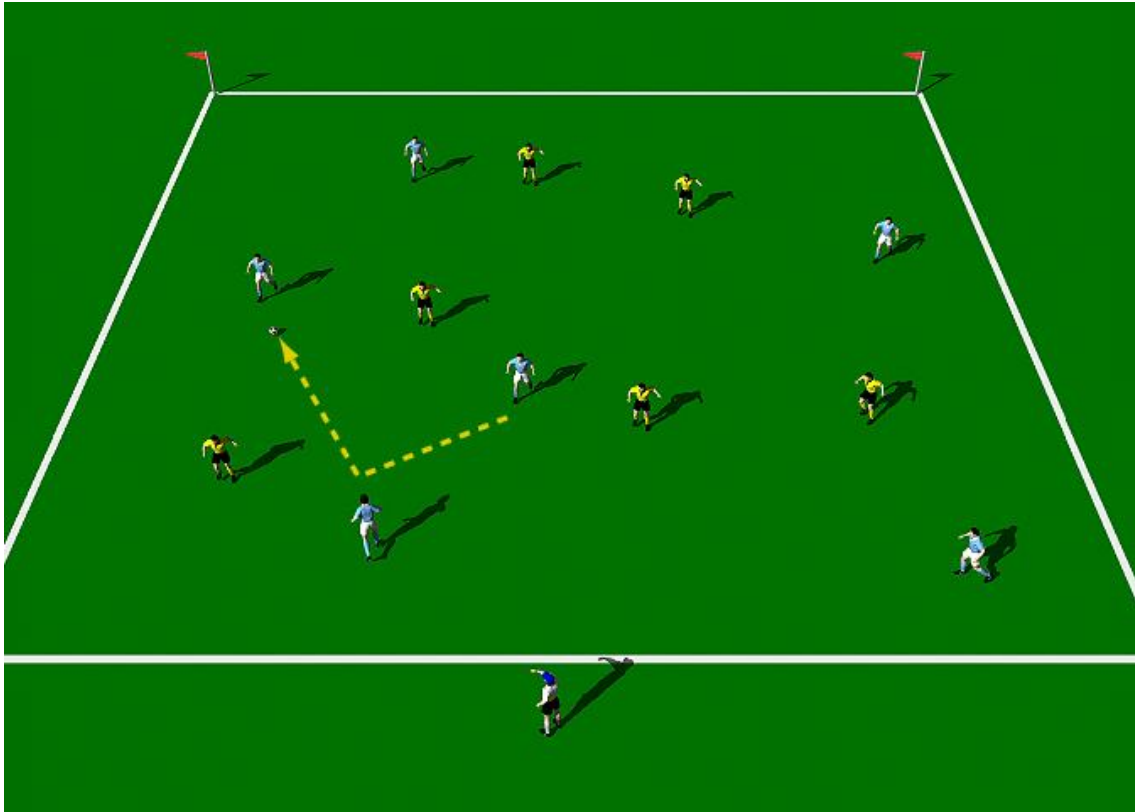
Coaching Points:

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Place a striker or target man inside a 5 yard square in the middle of the grid. Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded. Every time a team can play a pass to the striker in the box a goal is awarded. Defenders cannot enter the strikers box.

□ Progress this exercise by playing 'two touch' then 'one touch' also by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

Week Eleven – Drill Three

Man City 6 v 6 Thinking Game



Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation:

12 Players (6 v 6), Area 30 yards x 30 Yards, Supply of Balls and Cones.

Coaching Points:

This practice is designed to encourage player to think and react quickly. Quick decision making is vital in this exercise. Play 6 v 6 in the square. Identify each team by using different colored bibs. Perform the following exercises in this sequence during the game.

- ☐ Both teams have a ball each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.
- ☐ Both teams have 2 balls each; pass the ball free play.
- ☐ Both teams have 2 balls each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.

- 1 ball between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.
- 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.
- 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. This time using only “two touches”. The passer must remind the receiver what color they must pass to next.
- Free play 6 v 6 no restrictions. Score a goal for 8 consecutive passes.

Week Eleven – Drill Four

Building from the Defensive Third

This session will provide you with alternative passing options when playing from the defensive third of the field. Follow the links below to see a variety of options for wide and central defenders.

Passing Option (1) for the Wide Defender



Positional Pointers:

As the right full back receives the ball from the goalkeeper, the other defenders move across the field to maintain balance and defensive support. The wide midfielder (# 7) moves away from the ball and checks back to receive the ball wide. (# 2) right fullback, passes the ball to feet then supports (# 7).

Passing Option (2) for the Wide Defender



Positional Pointers:

If (# 7) wide midfielder is facing (# 2) right fullback, then (# 2) provides support in a deep position behind the ball. If the wide midfielder (# 7) is able to turn with the ball and move inside, (# 2) provides support by means of an overlapping run.

A good indicator to gauge where to support is by watching the midfielders head. If the wide midfielder have their head down or facing the fullback, the fullback should hold in a deep supporting position behind the ball. If the wide midfielder has turned and has their head up scanning the field, then the fullback should look for the overlapping run and support in advance of the ball.

Passing Option (3) for the Wide Defender



Positional Pointers:

The nearest central midfielder (#8) moves away from the ball and checks back to take the pass, preparing to hold or turn with the ball.

Passing Option (4) for the Wide Defender



Positional Pointers:

Near side forward (# 9) moves across the field and then attacks the available space. The wide defender (#2) plays an in-swinging passing down the flank to meet the forwards run.

Passing Option (5) for the Wide Defender



Positional Pointers:

If the near-sided forward (# 9) is marked the forward can still make the same run across the field and then back towards (# 2) to receive the pass into feet.

Passing Option (6) for the Wide Defender



Positional Pointers:

If the near-sided forward (# 9) makes an angle run towards full back #2 and creates space behind him. #2 plays a give and go with #9 and plays a through ball for striker #10 to run onto.

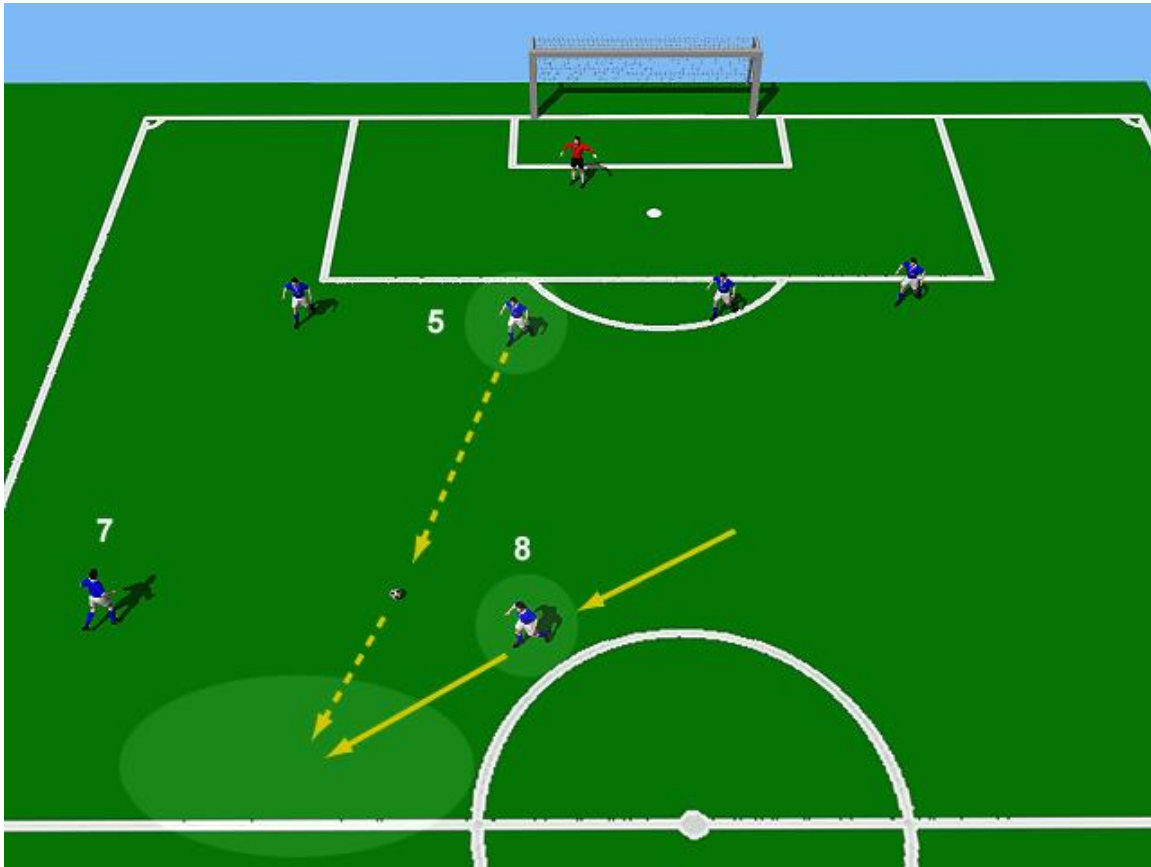
Passing Options (1) for the Central Defender



Positional Pointers:

Based on the central defender receiving possession of the ball, the options will be the same for the other central defender. The wide midfielder (# 7) takes the marker away from the ball and checks back to receive the pass to feet from (#5) central defender, enabling the (# 2) right full back to support or overlap.

Passing Options (2) for the Central Defender



Positional Pointers:

The wide midfielder (# 7) makes a decoy run for a pass to feet. The central defender (#5) makes a long pass into the space created behind the right midfielder (# 7) for an inside to outside diagonal run by the central midfielder (# 8).

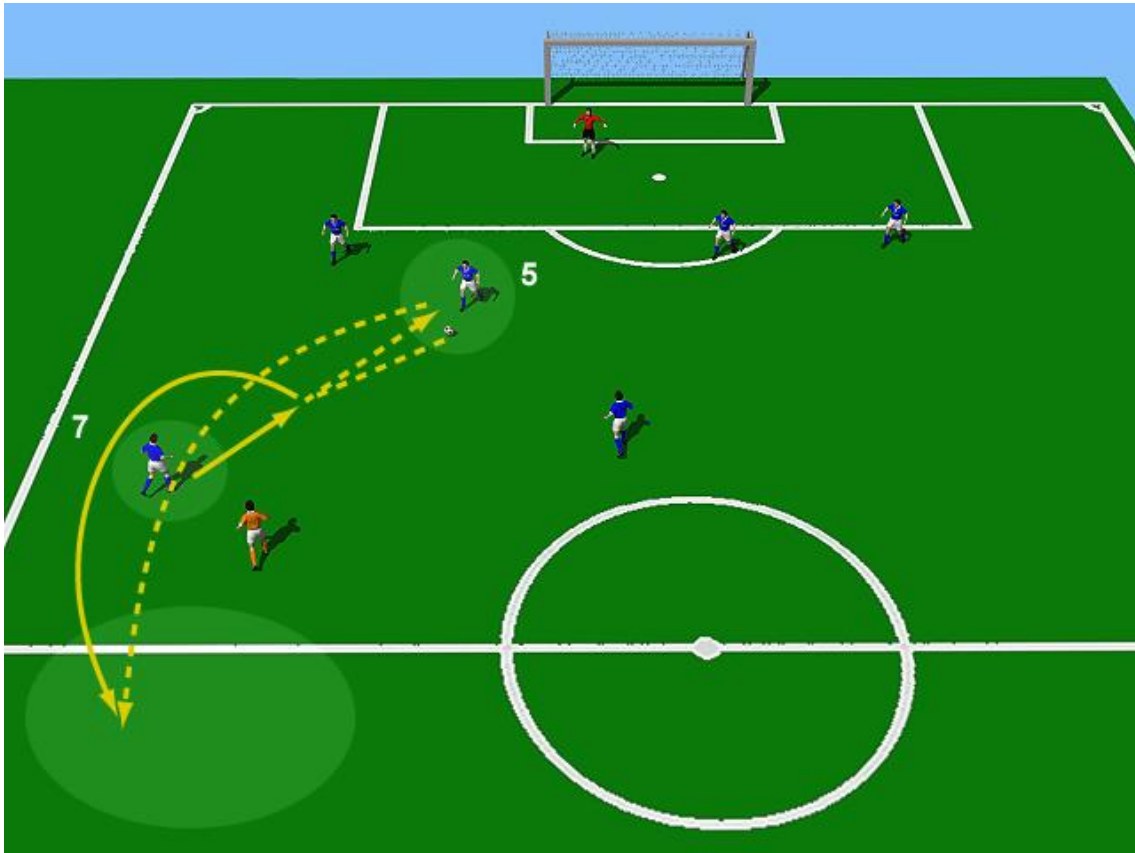
Passing Options (3) for the Central Defender



Positional Pointers:

The central midfielder (# 8) takes the defender away from the ball and then checks back to receive a pass to feet, then either holds or turns with the ball.

Passing Options (4) for the Central Defender



Positional Pointers:

If the wide midfielder (# 7) is marked tight, the player may be able to come short for the ball then turn and exploit the space created by the initial run to the ball. The central defender plays the second pass over the top and into space.

Passing Options (5) for the Central Defender



Positional Pointers:

Near forward (# 9) takes the defender away from the ball and checks back to take the pass into feet.

Passing Options (6) for the Central Defender

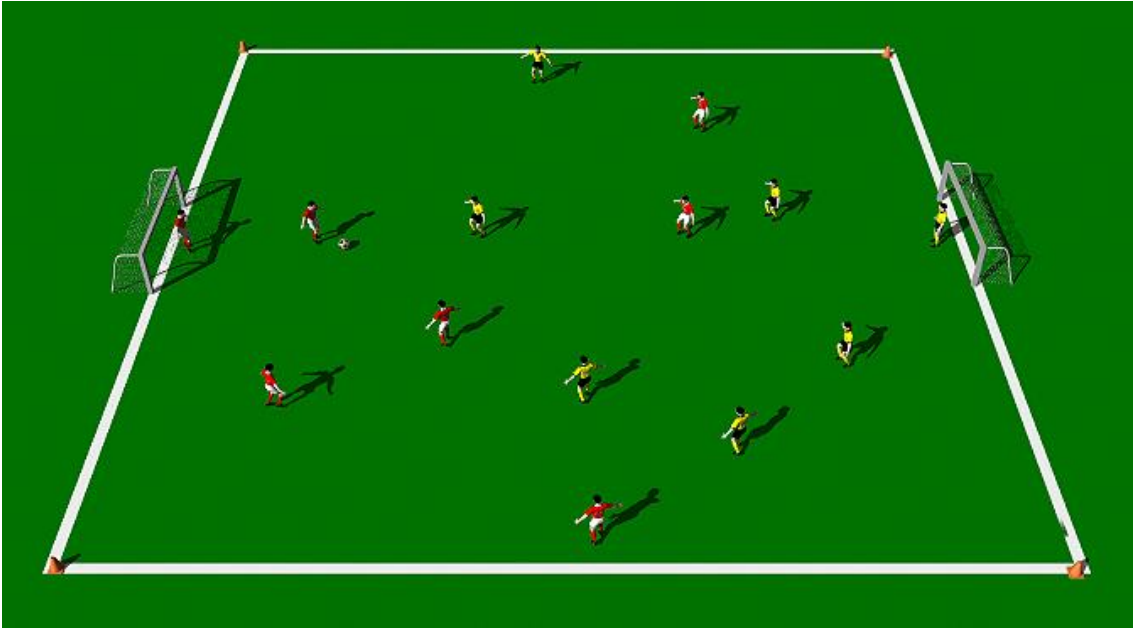


Positional Pointers:

Near forward (# 9) takes the defender away from the ball and checks back to take the pass into feet.

Week Eleven – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

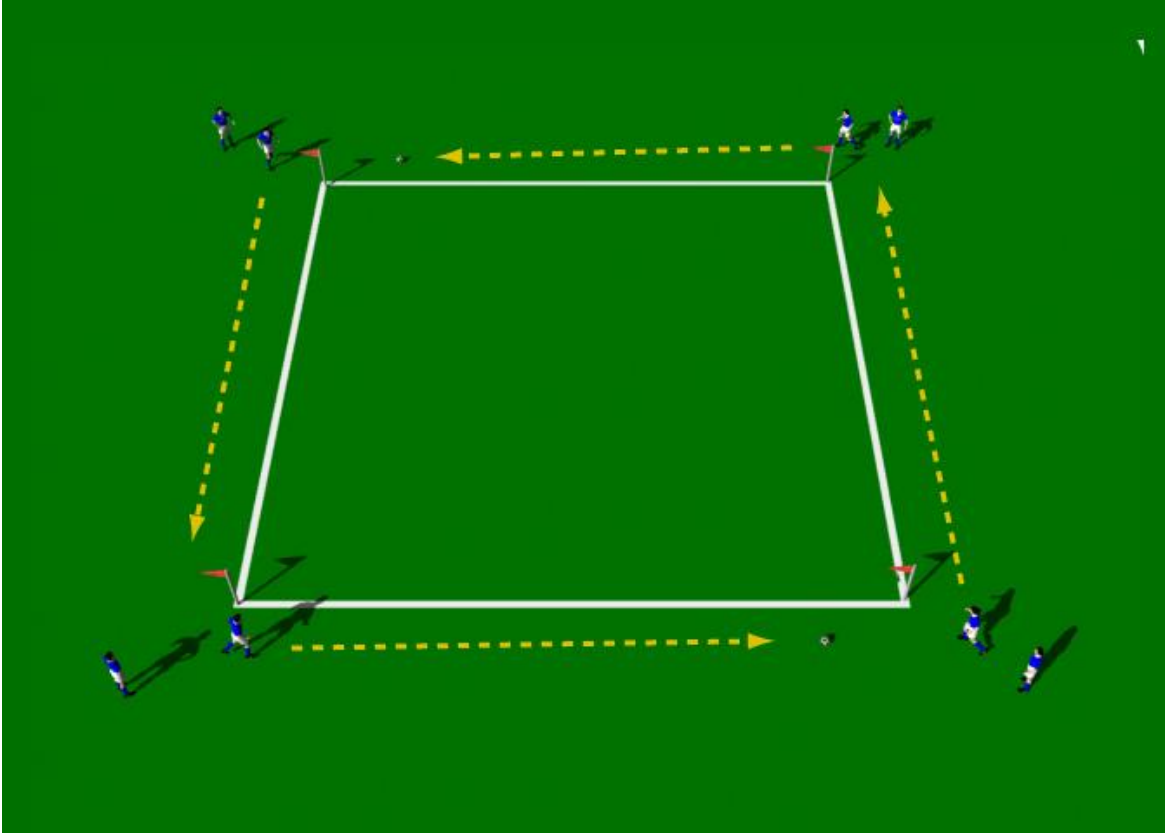
Team 1 _____ v Team 2 _____

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

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Week Twelve – Drill One

Passing Square Two Touch



Objective of the Practice:

This is a great group practice to develop short range passing techniques.

Field Preparation:

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

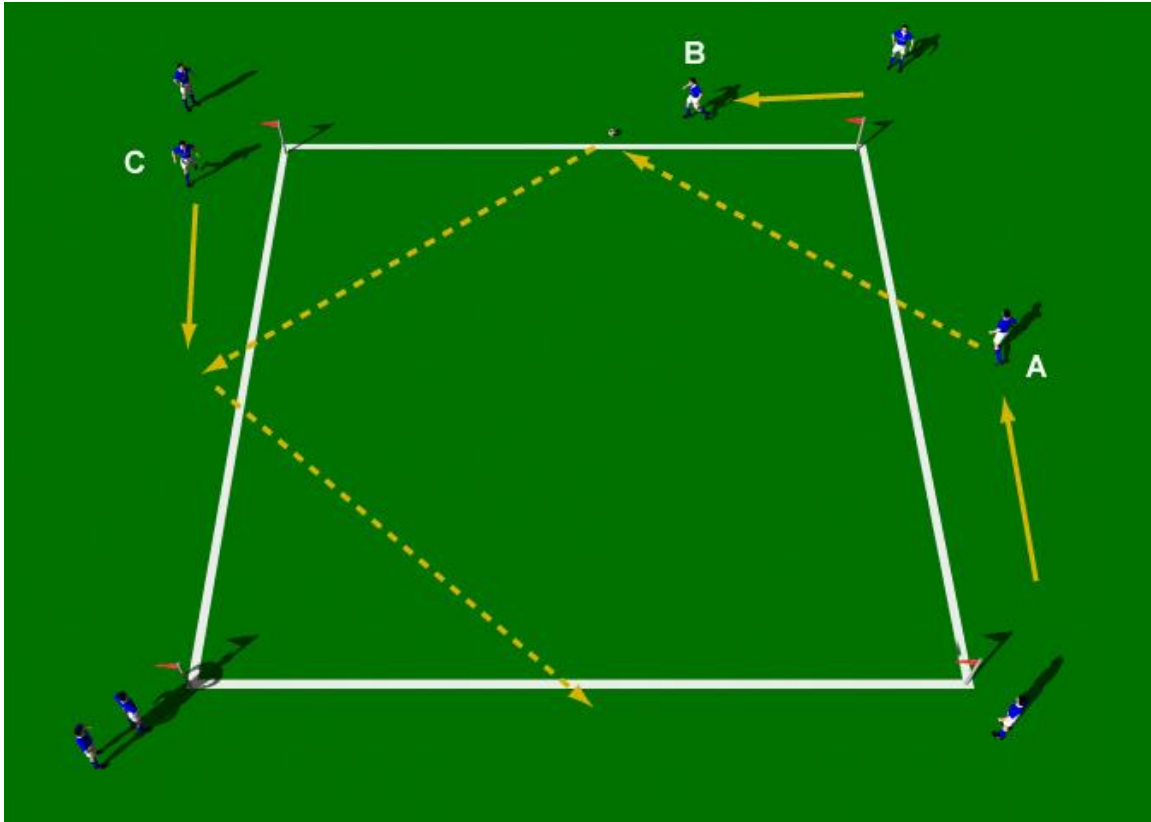
Coaching Points:

Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise.

The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo. **Change direction of the drill and work on opposite foot. Progression:** Now after passing the ball the players must follow their pass and make an explosive run to the flag pole.

Week Twelve – Drill Two

Passing Square One Touch



Objective of the Practice:

This practice is a progression from the Passing Square - Short and Long Drill. It is a great group practice to develop short range passing techniques.

Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner.

Players should time their runs. Don't get ahead of the ball!

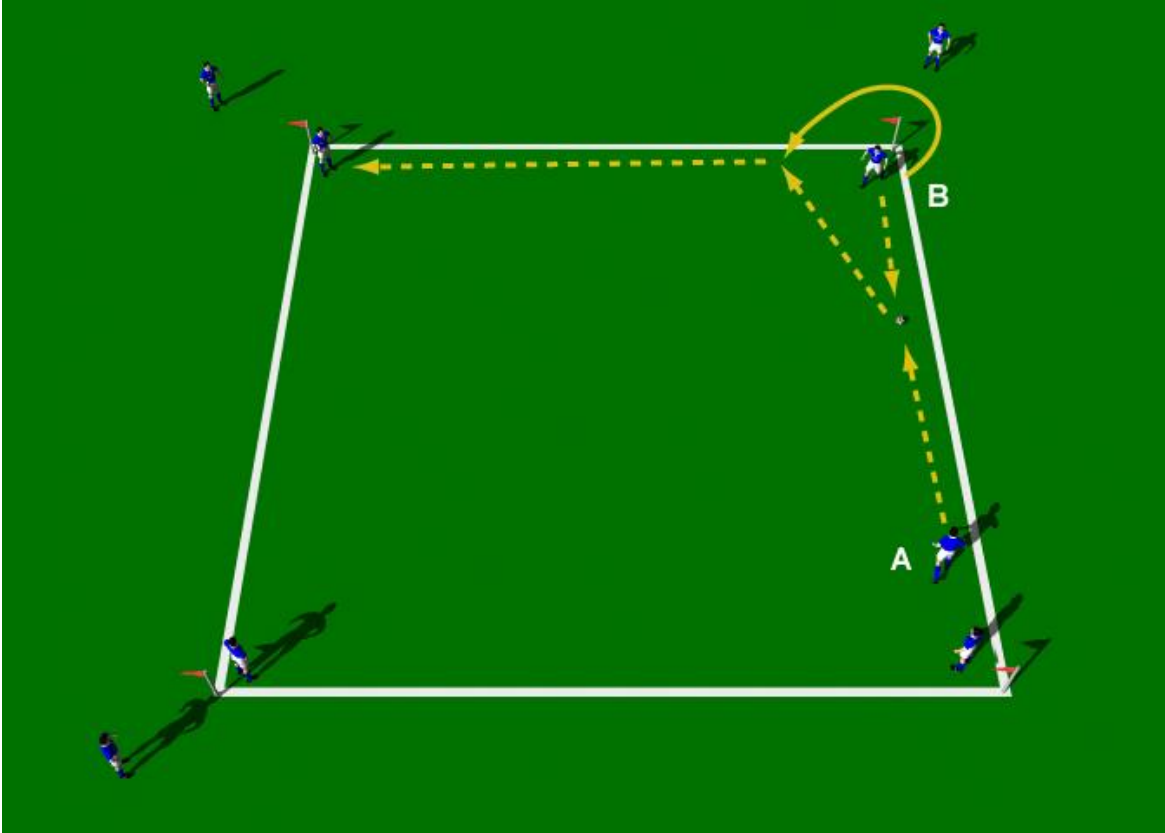
Progression:

A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Week Twelve – Drill Three

Passing Square "Give and Go"



Objective of the Practice:

This practice is a progression from the Passing Square - Two Touch Drill. It is a great group practice to develop short range passing techniques.

Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A".

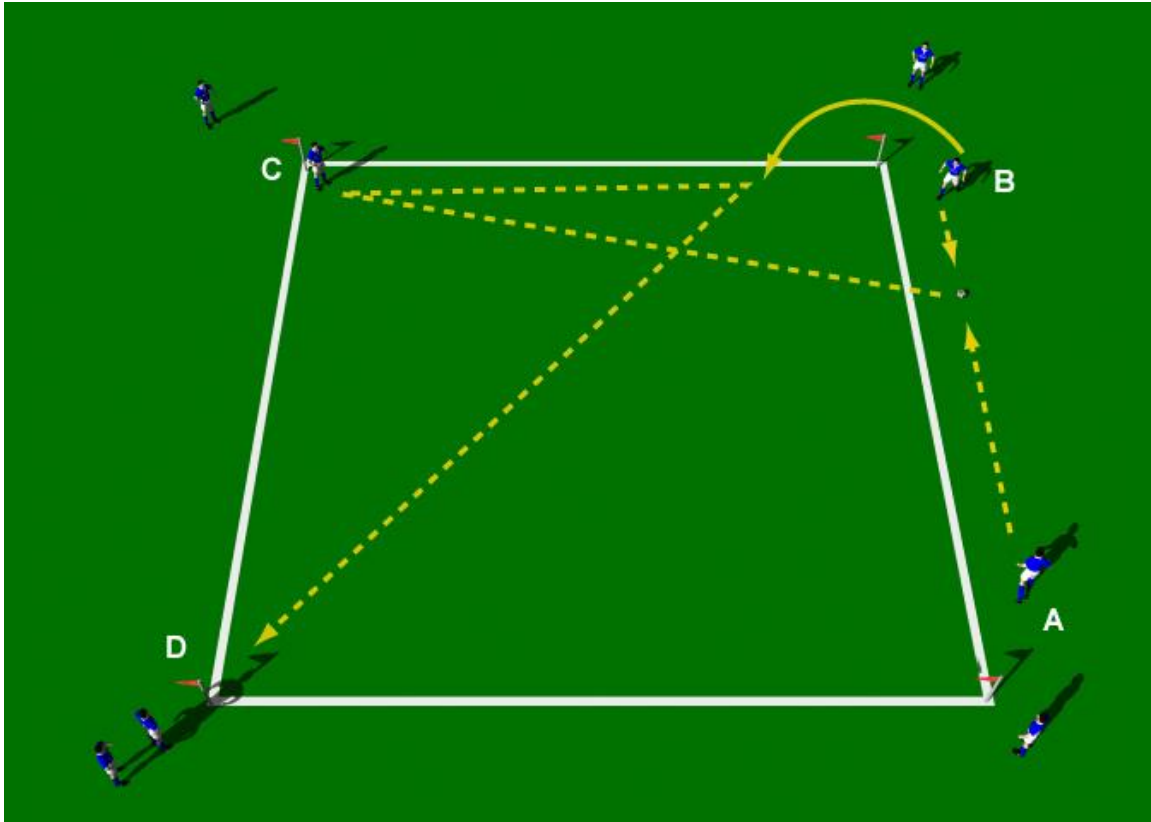
Player "B" then repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

Progression:

A second ball should be added as soon as the players have established a good tempo.

Week Twelve – Drill Four

Passing Square "Short and Long"



Objective of the Practice:

This practice is a progression from the Passing Square - Give and Go Drill. It is a great group practice to develop short range passing techniques.

Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole. Player "A" passes a diagonal ball to player "C", who lays the ball on for player "B" to pass long to player "D". The routine is repeated around the square in this manner starting from player "D". Players should time their runs. Don't get ahead of the ball!

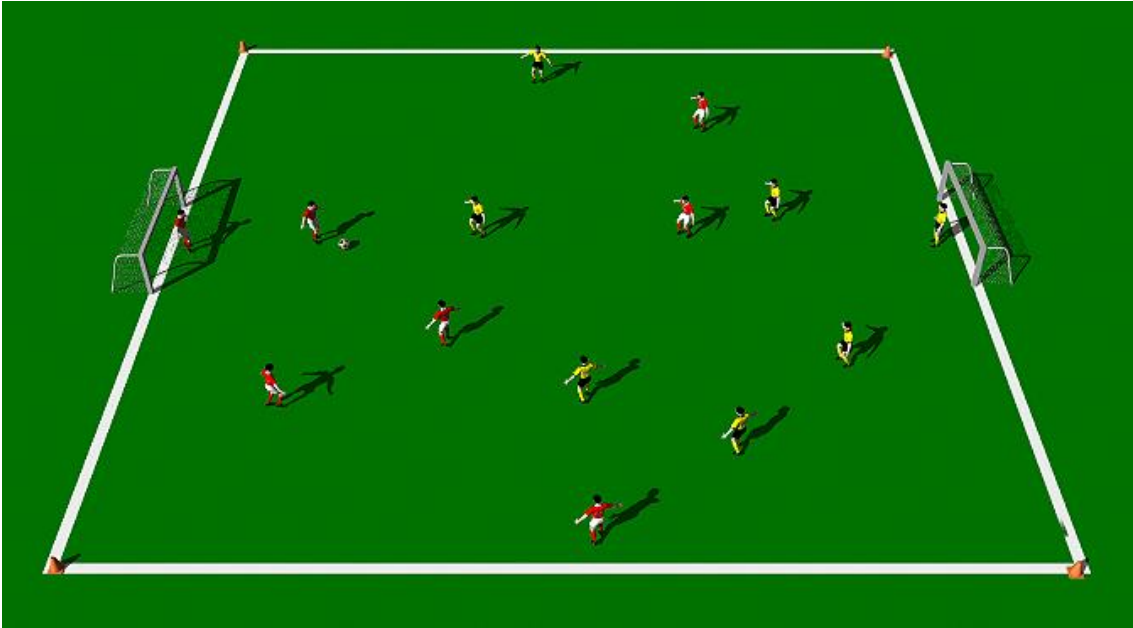
Progression:

A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Week Twelve – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

Entire Group (split into two equal teams), Area 40 x 60 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

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Record Score:

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