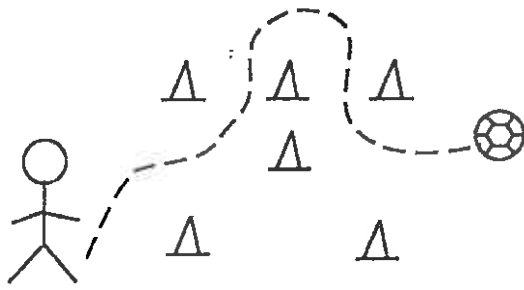


OBSTACLE COURSE

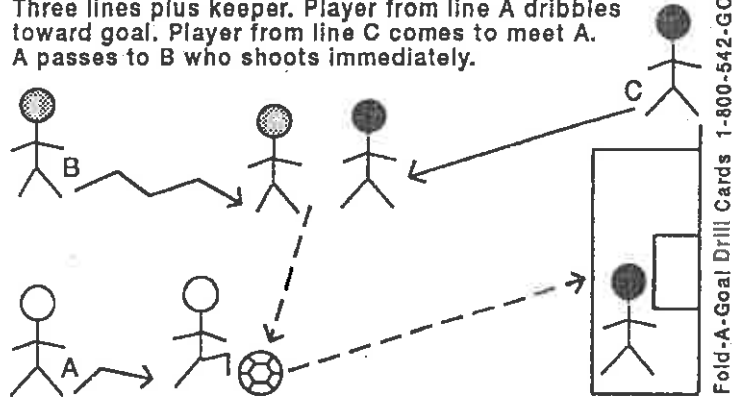
Use fakes to turn.



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DROP PASS AND SHOOT

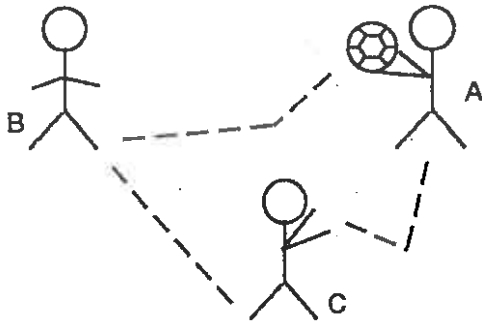
Three lines plus keeper. Player from line A dribbles toward goal. Player from line C comes to meet A. A passes to B who shoots immediately.



Fold-A-Goal Drill Cards 1-800-542-GOAL

THROW IN, TRAP & PASS

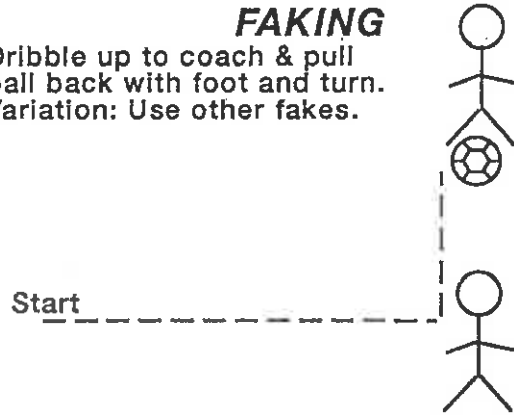
3 players. A throws in to B, who traps ball & passes to C, who picks up ball and throws in to A, who traps & passes to B, etc.



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FAKING

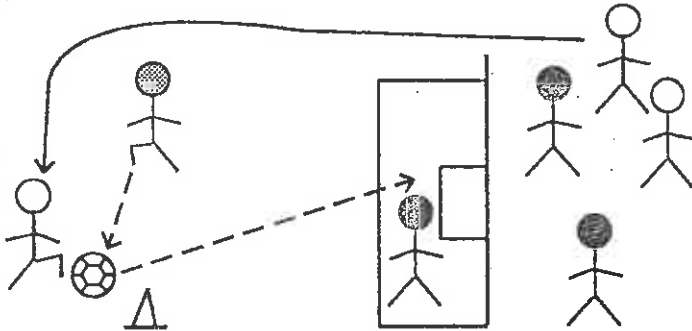
Dribble up to coach & pull ball back with foot and turn. Variation: Use other fakes.



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CIRCLE TO SHOOT

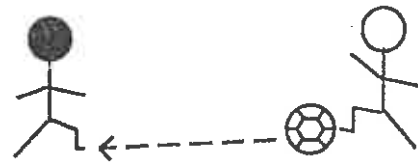
Two groups and keeper, many balls. One group is just a retriever. Attacking group circles from behind goal and receives ball from feeder at cone and shoots.



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BASIC PASSING AND TRAPPING

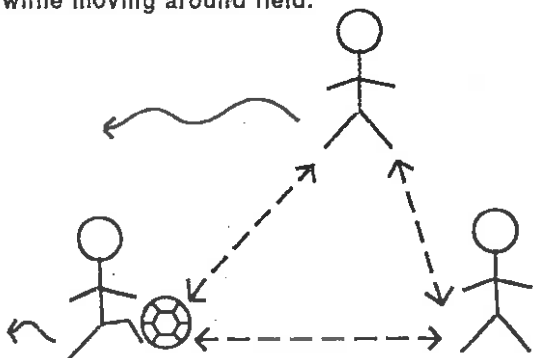
Players in pairs. Players pass to partners with basic instep pass and receive with basic instep trap.



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MOVING TRIANGLE

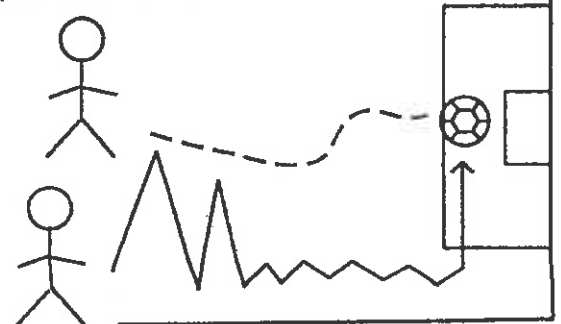
3 players, one ball. Use two touch play to pass while moving around field.



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PAIRS

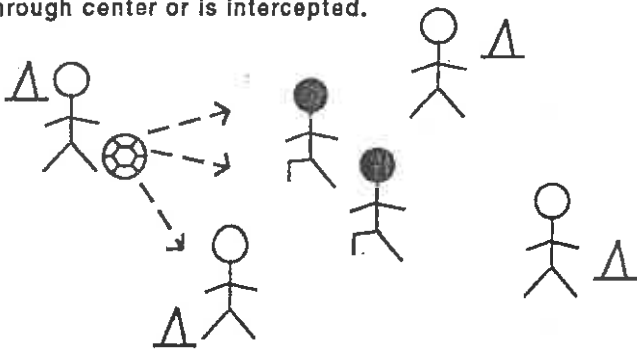
Two players, 1 ball, passing back and forth down either wing. Inside player breaks into penalty area and receives a centering pass and shoots.



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2 ON 4 GAME

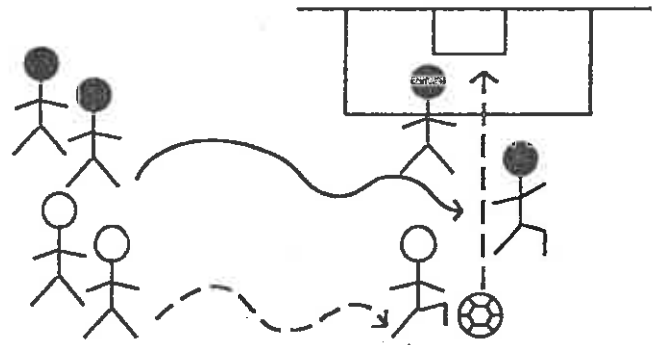
6 players, one ball. 2 defenders in middle, 4 attackers at corners. Score points when pass goes diagonally through center or is intercepted.



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CAT AND MOUSE

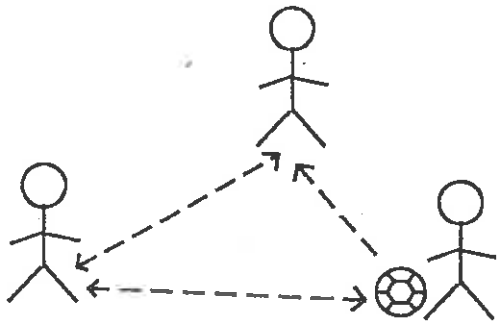
Two lines, one goalie. Attacker crosses goal area and tries to shoot. Defender stays on goal side and prevents shot.



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TRIANGLE PASSING

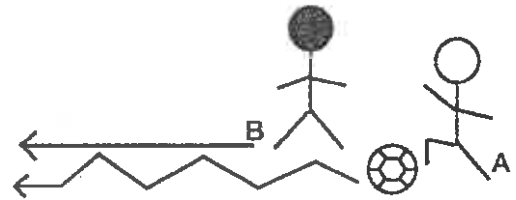
Player passes ball using "two touch" play and calls the name of the player for whom the pass is intended.



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MARKING

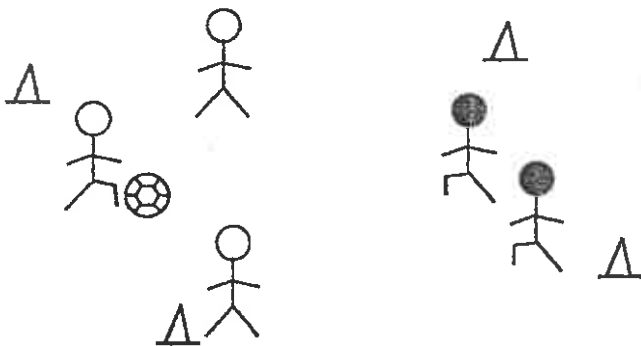
Players in pairs, one ball per pair. A dribbles downfield while B marks. Variation: B marks aggressively.



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SHORT SIDED GAMES.

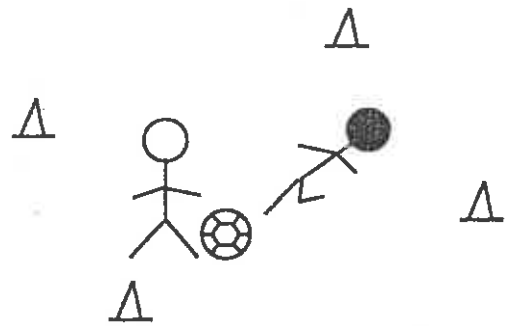
Always play with more offense than defense in a confined area. 3 vs. 2, 5 vs. 2, 2 vs. 1.



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BLOCK TACKLE

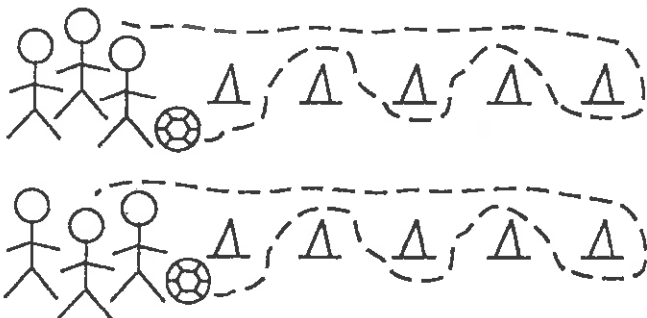
2 players in square. Defender attempts to strip attacker using block tackle. Change positions.



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DRIBBLING CONTEST

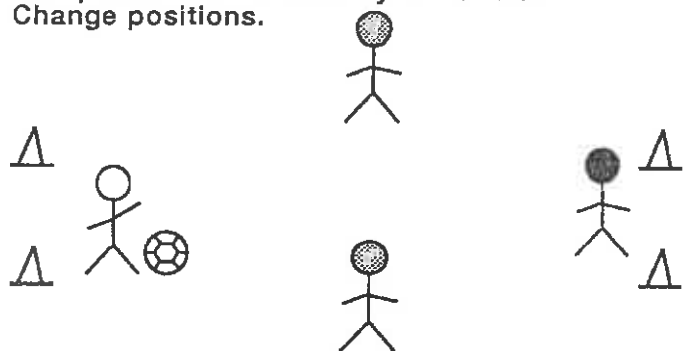
Divide team into 2 or 3 groups. First team with all members dribbling through cones and passing to next player in line wins.



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1 VS 1 GAME

4 players, one ball. Two players are non-moving wall passers to be used by either side. Change positions.



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SELF TRAP

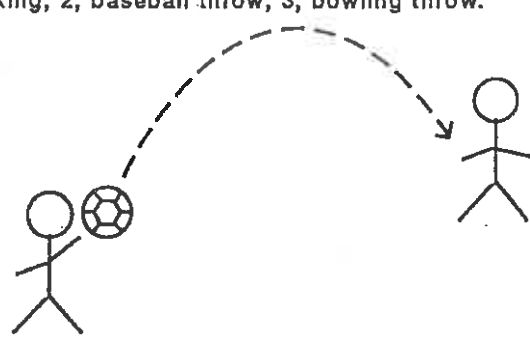
Toss ball into air and control as it comes down with different traps.



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KEEPERS DISTANCE THROW

Two goalkeepers, one ball. Keepers start adequate distance apart for their level. Use three types of throws; 1, kicking; 2, baseball throw; 3, bowling throw.



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SHOULDER ATTACK

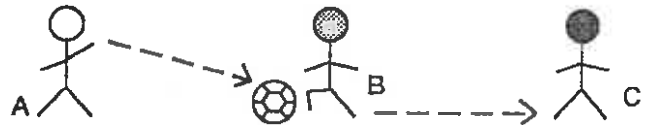
Two players, one ball. While walking down field push with the shoulder to throw the dribbler off balance and get ball. Arm must be kept at side and not moved.



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INLINE PASSING

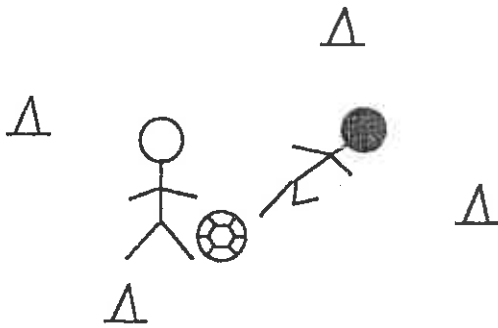
Three players, 1 ball. Players stand in one line at least 5 yards apart. A throws to B, who traps, turns and passes to C. Change positions.



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TACKLING DRILL

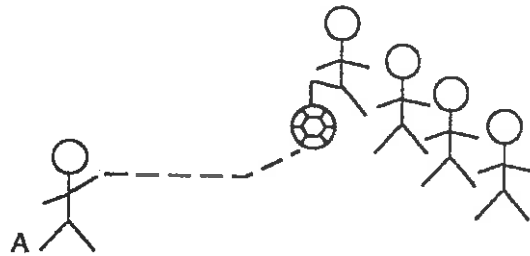
2 players in a 12 ft. square. A dribbles at B, giving B a good opportunity to make a clean tackle.



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TRAP DRILL

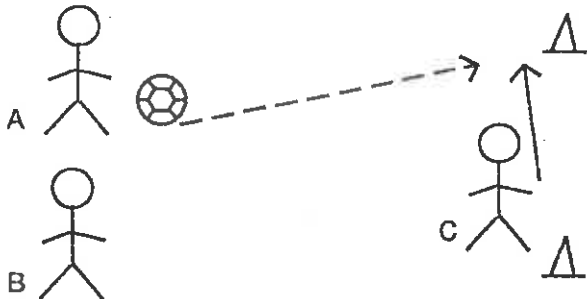
Players in line receive throw-ins from A using various designated traps.



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HUSTLE TO THE BALL

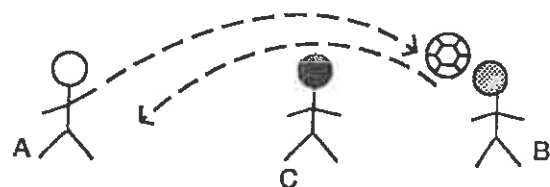
Three players, 2 cones. A passes to C at cone. C returns ball to A, then sprints to other cone to receive ball at cone from B. Returns ball to B, moves to other cone, etc. Change positions.



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HEADING ver. 2

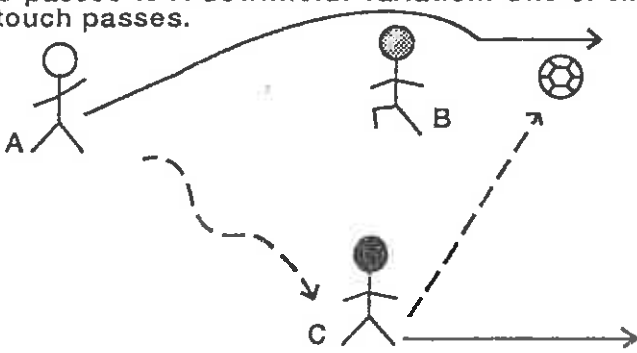
3 players, one ball. A throws ball to B over head of C. C heads ball back to A. Variation: C is aggressive.



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WALL PASS

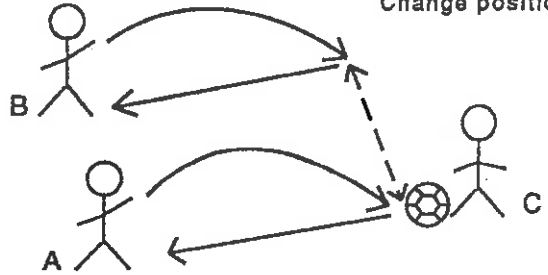
A passes to C, then runs to the outside of B and C passes to A downfield. Variation: One or two touch passes.



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INTERMEDIATE THREES

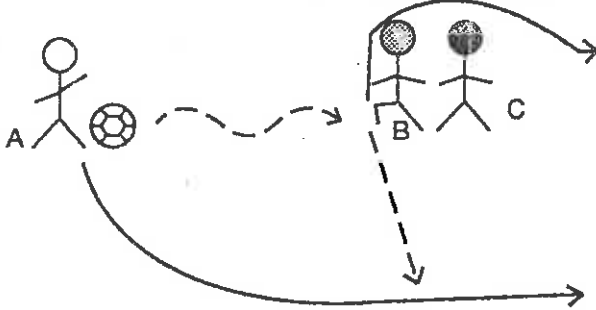
Three players, 2 balls. Server A throws ball to C who traps and returns ball to A and then runs to repeat the sequence with server B. Throws should be high, low, soft, hard, etc. All types of traps should be used followed by 2 touch or 1 touch passes back to server. Change positions.



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GIVE & GO

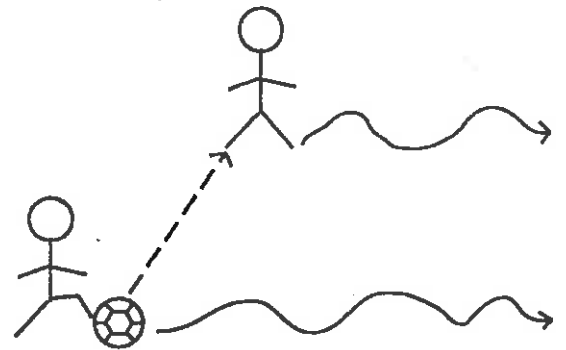
3 players, one ball. A passes to B, who feeds A as A runs past at least 10 yds. outside. B then turns to other side and follows A. C is defender. Change positions.



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PAIRS PASSING

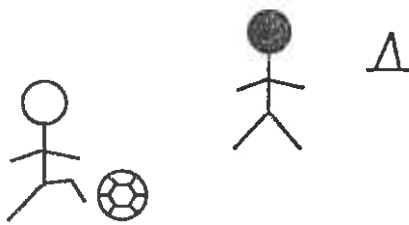
Two players pass the ball while running around the field. Variation: Use three players.



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ONE ON ONE GAME

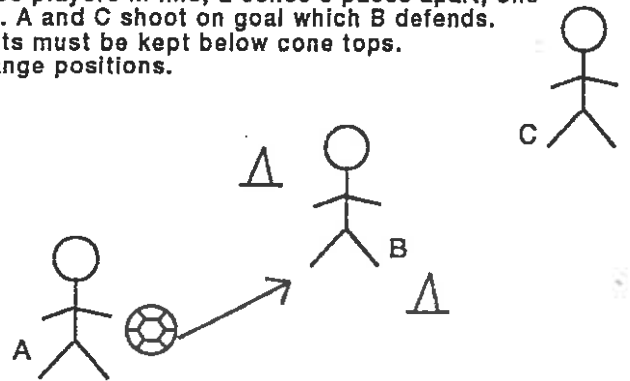
2 players, one cone. One attacks, one defends. Attacker tries to hit cone. Change positions.



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BEGINNING THREES

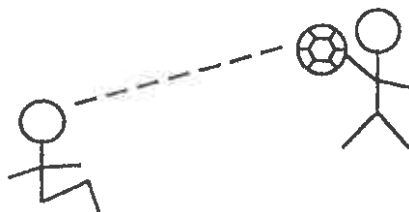
Three players in line, 2 cones 8 paces apart, one ball. A and C shoot on goal which B defends. Shots must be kept below cone tops. Change positions.



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HEADING

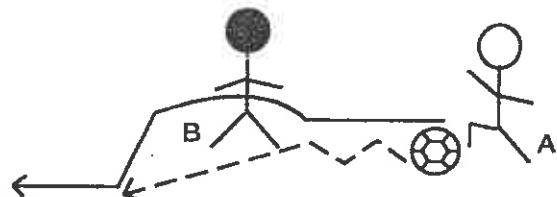
Toss ball to sitting player, underhand & easy, five times, then change places.



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PASSING DEFENDER

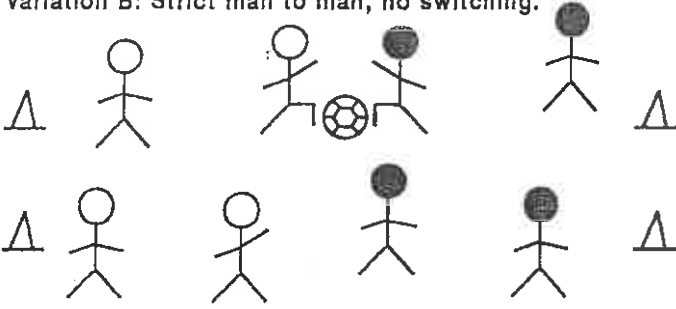
2 players, one ball. A dribbles up to B, fakes, feeds ball to one side, then runs past B on the other side and recovers the ball. Variation: B is aggressive. Change positions.



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MINI GAME

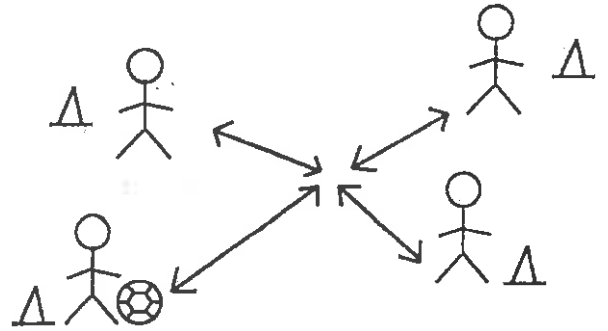
Four vs. four game. Start with dropped ball at center. With or without keepers, no boundaries, about 10 minutes. Variation A: One or two touch play. Variation B: Strict man to man, no switching.



Fold-A-Goal Drill Cards 1-800-542-GOAL

IN AND OUT

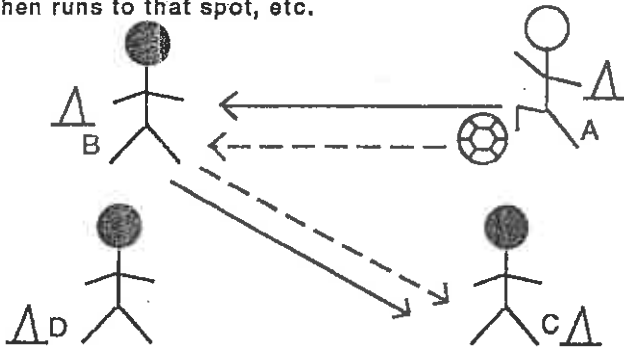
4 players in 10 yd. sq. area, one ball. Start wide, pass slowly, all move in toward middle and pass faster. Players move in and out together, continually passing.



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BEGINNING FOURS

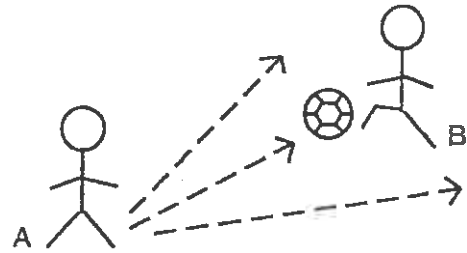
Four players, one ball, four cones. A passes ball to B, then runs to spot where B was. B passes ball to C, then runs to that spot, etc.



Fold-A-Goal Drill Cards 1-800-542-GOAL

PASSING DRILL

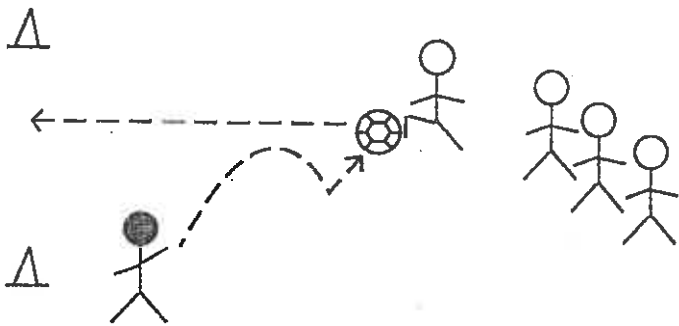
Two players. A passes ball to B in different directions. B passes back. Change positions.



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VOLLEY PRACTICE

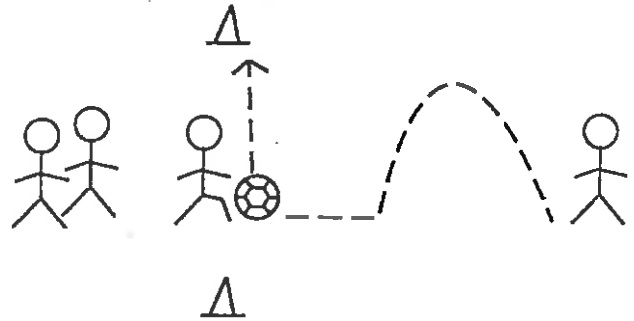
Coach throws ball up. Player must kick it on first bounce. Variation: Player must kick ball before it bounces.



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CLEARING HIGH BALLS

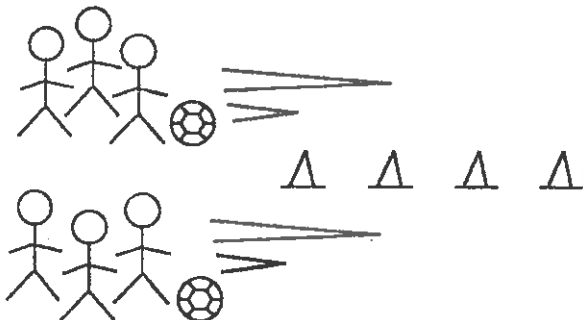
2 cones, 10 yds. apart. Goalkeeper lofts a high punt or throw between the cones. Player clears, attempting to hit either of the cones.



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DRIBBLE SPRINT CONTEST

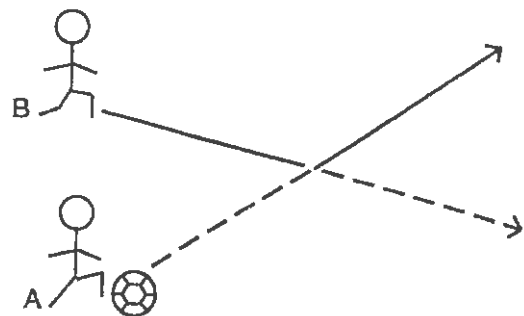
Players in two lines. Cones spaced every 5 yards. First player in line dribbles to first cone & back, then to second cone, etc. First team to finish wins.



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LEAVE IT

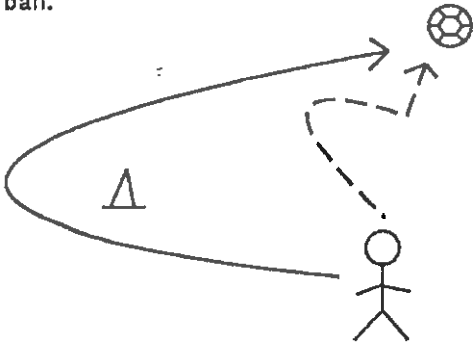
2 players, one ball. A and B both run toward the same spot, with A dribbling. A leaves (or back heels) the ball for B, who then dribbles for a few steps. Change positions.



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EXPLODE

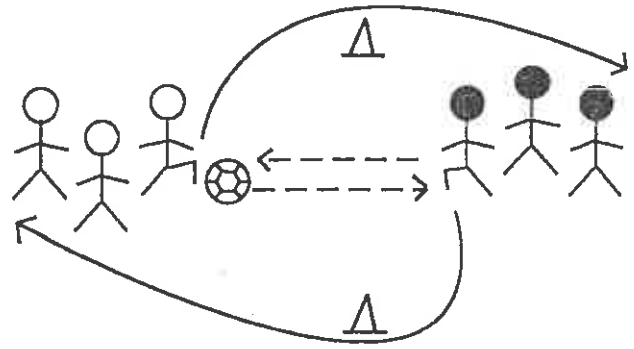
Player stands 5 yds. from cone, throws ball in air and runs to ball around cone before it bounces 2nd time, controls ball.



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PASS AND MOVE

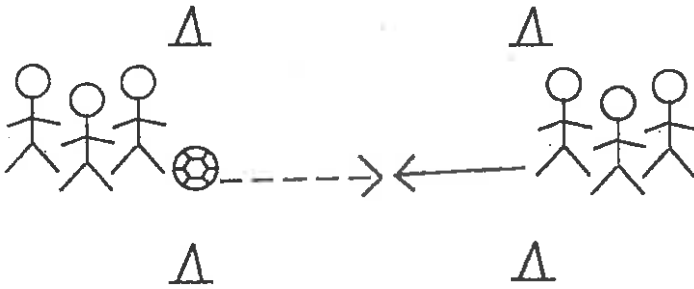
Two lines, one ball, two cones. Player passes to other line, then runs outside cone to end of other line.



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DEFENSIVE CONTAINMENT

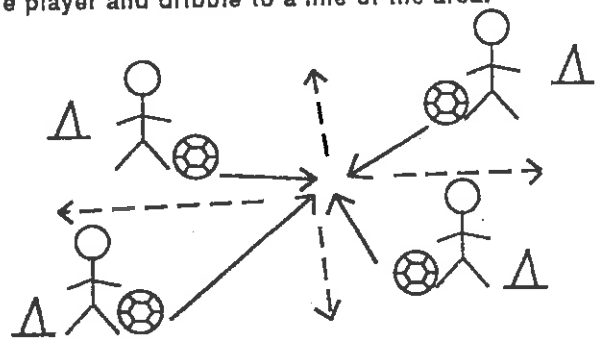
In a 5 yd. by 10 yd. area, the offensive player dribbles from one side to the other. The defensive player attempts to delay the offensive player for 10 seconds.



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DRIBBLE AND EVADE

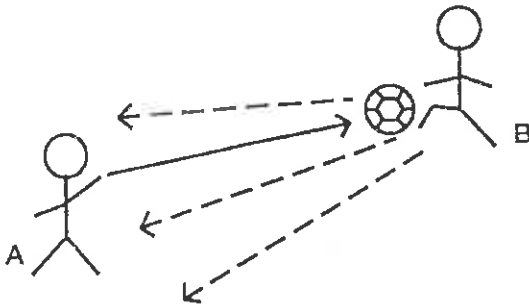
4 players, in 10 yd. sq. area, each with ball, continually dribbles while running at another player, fake, evade the player and dribble to a line of the area.



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TRAPPING AND PASSING DRILL

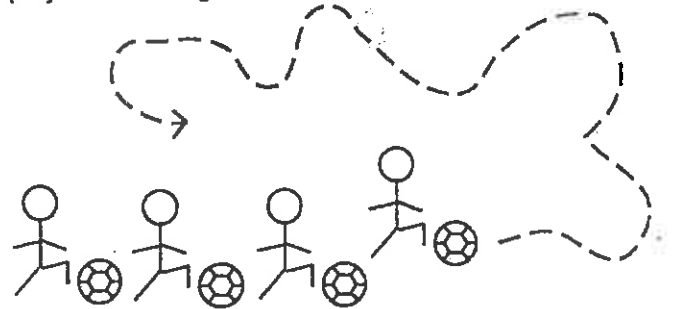
Two players. A throws ball to B at different heights. B traps and passes back in different locations. Change positions.



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FOLLOW THE LEADER

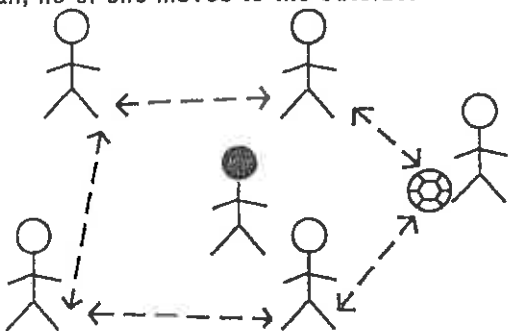
Each player has a ball. Choose a leader, coach is ok. Leader dribbles all around field, with players following in a line.



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KEEP AWAY

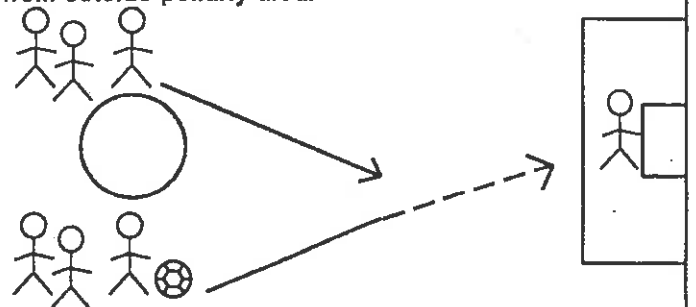
Various number of players. Two and three touch play. Player in middle attempts to get ball. When defender gets ball, he or she moves to the outside.



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ATTACK AND SHOOT, DEFEND

Players in two lines, plus goalie. Start on both sides of center circle. Player with ball dribbles at goal. After 2 steps, defensive player chases to prevent shot. Shoot from outside penalty area.



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