

Drill Name: York - Keep Away to Goal

Set up :

Create field about 25 steps by 25 steps

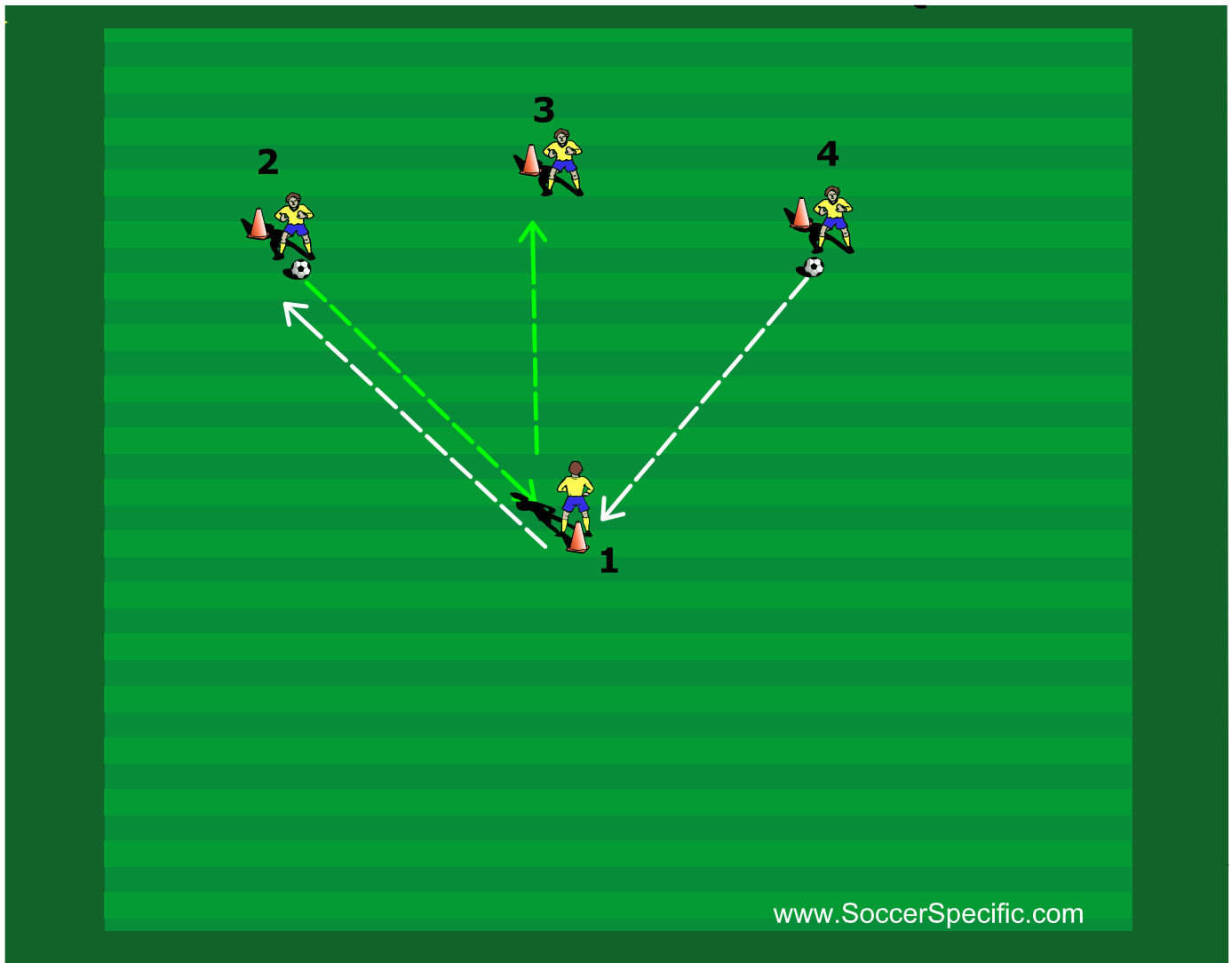
Instructions:

Coach begins as defender (tagger)

Coach tries to steal a ball and score it in the goal. If they miss the goal the player can get their ball and continue dribbling. If the ball is scored the player becomes a defender and also begins trying to steal other player's balls. If a player dribbles out of the field accidentally they become a defender.

Coaching Points:

1. All players should keep moving, trying to find the best place on the field relative to the defenders.
2. Dribblers should always show the defenders their back (shielding)
3. Promote that when a defender steals a ball they become an attacker, they don't just kick it away!



Drill Name: Passing Exercise - 4 Person Passing - Decision Making

Set up :

Players should be in groups of 4. 2 balls are needed. Cones should be set up as illustrated above and cones should be a comfortable passing distance from the player #1.

Instructions:

Player 1 asks for a pass from player 2, controls it and plays to the other player without a ball (player 3). Player 1 then asks for a pass from player 4, controls it and plays to the other player without a ball (now player 2). Player 1 always receives a pass from the player that has had the ball the longest and plays to the player that hasn't had a ball the longest.

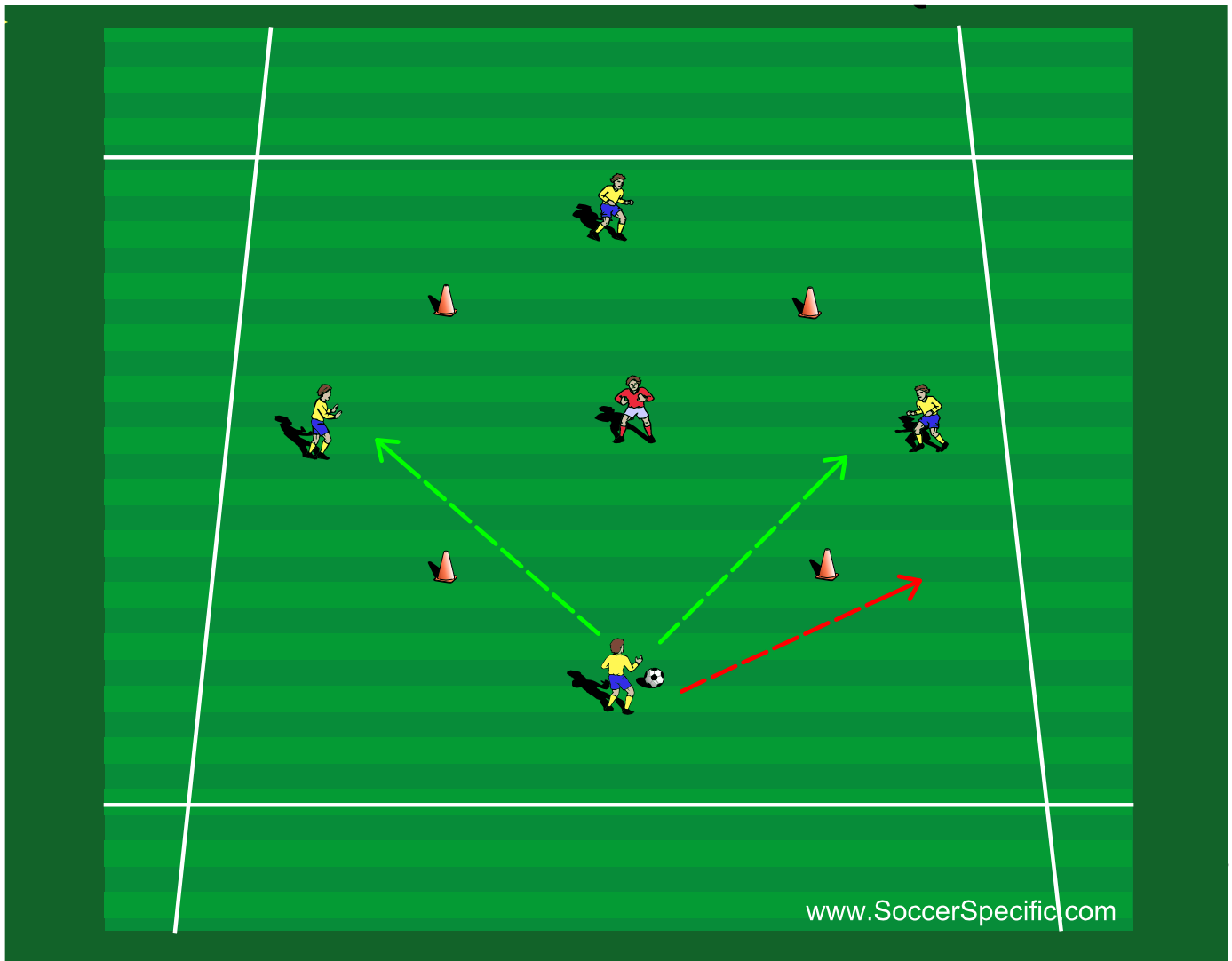
Coaching Points:

Players must be on their toes (bouncing)

Encourage lots of communication so players know who is passing and where they're passing

Encourage proper technique. Players should only need 2 touches.

Encourage players to look where they're passing while the ball is on the way to them



Drill Name: Scrimmage Exercise - Squared Keep Away

Set up :

Create a square using only 4 cones. The cones should be roughly 8 steps apart. Increase or decrease size of square based on ability level. 1 ball is needed for the group.

Instructions:

One player is designated as a defender and remains inside the square. They cannot leave the square. They are trying to intercept passes, they cannot steal directly from a players feet. 4 players are on the outside of the square and cannot enter or leave their designated side of the square. Outside players are trying to pass to a teammate without the defender intercepting the ball. The ball must always travel to another player through the inside of the square. Change defenders every few mintues

Coaching Points:

Encourage players to control the ball before they pass it. They should always choose the an open player to pass to.

Restrictions:

Limit or determine a specific amount of touches outside players can/must take.

Increase or decrease size of field. Add a second defender

Which ever player losses possession is now the defender



Drill Name: Scrimmage Play - Diamond Shape & Pass Ins

Set up :

Appropriate sized 4v4 or 5v5 field. All soccer balls start on outside of field spread out so players do not have to chase 1 ball at beginning. Set players up in diamond for 4v4 or 2-1-2 for 5v5. Promotes options forward, back, and wide in triangles.

Instructions:

Regular scrimmage play with an emphasis on passing the ball. If the ball leaves the field of players must pass the ball in on the ground. Gives emphasis on passing.

Coaching Points:

- Encourage "free play" with players able to attack as well as defend. Roles on field change but try to keep that diamond shape.
- Use all the space on the field to create 1v1s
- Play at LEAST 2 touch to get ball under control while they are making a quick decision to encourage dribbling