

Drill Name: _____

Set up :

Create a field roughly 20 steps by 20 steps

Instructions:

Players must get in pairs with one ball between the 2 of them. One player begins with the ball at their feet:
1. The player without the ball leads the player with the ball around the field. The player with the ball tries to stay as close to their teammate as possible. Encourage player without ball to change direction and speed. Roles are reversed on coaches command.

2. The player with the ball now tries to keep it away from their teammate. The teammate tries to tag the ball with their hand. If they are successful the roles are reversed.

3. The player without the now tries to steal the ball instead of tagging it. If a ball is stolen they must try to steal it back.

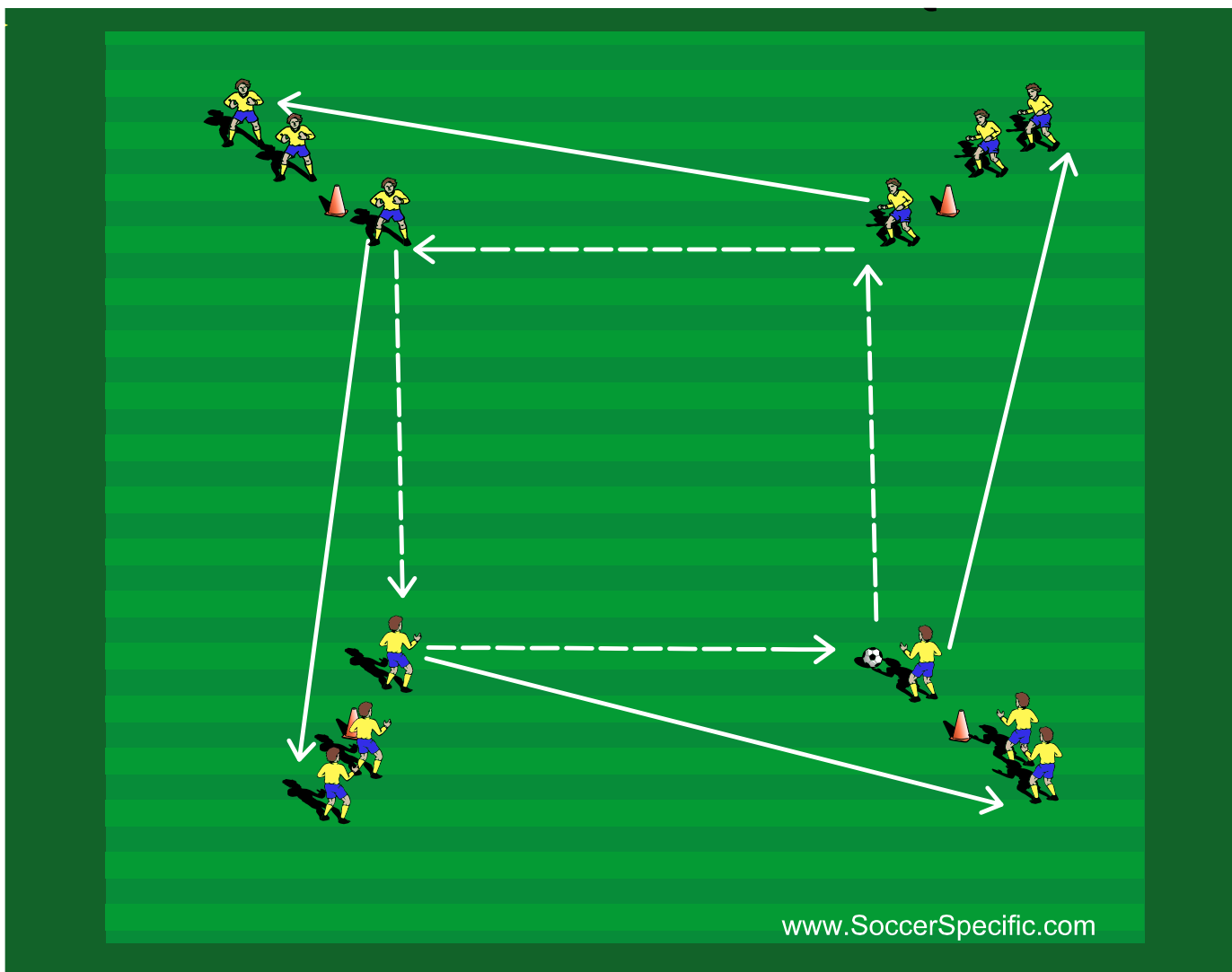
4. Now players can steal from anyone, not just their teammate.

Coaching Points:

Q: Where do you go to stay away from a defender? (anywhere)

Q: To keep your ball away should you show them your belly button or back? (back)

Q: Do good dribblers only go in one direction and one speed? (change speeds & direction)



Drill Name: Stratham Passing Exercise MG

Set up :

Create a square with 4 cones. The length of each side should be easily reachable with a pass by your players. Each cone should have at least 3 players (no more than 5) . Only 1 ball is used at the beginning.

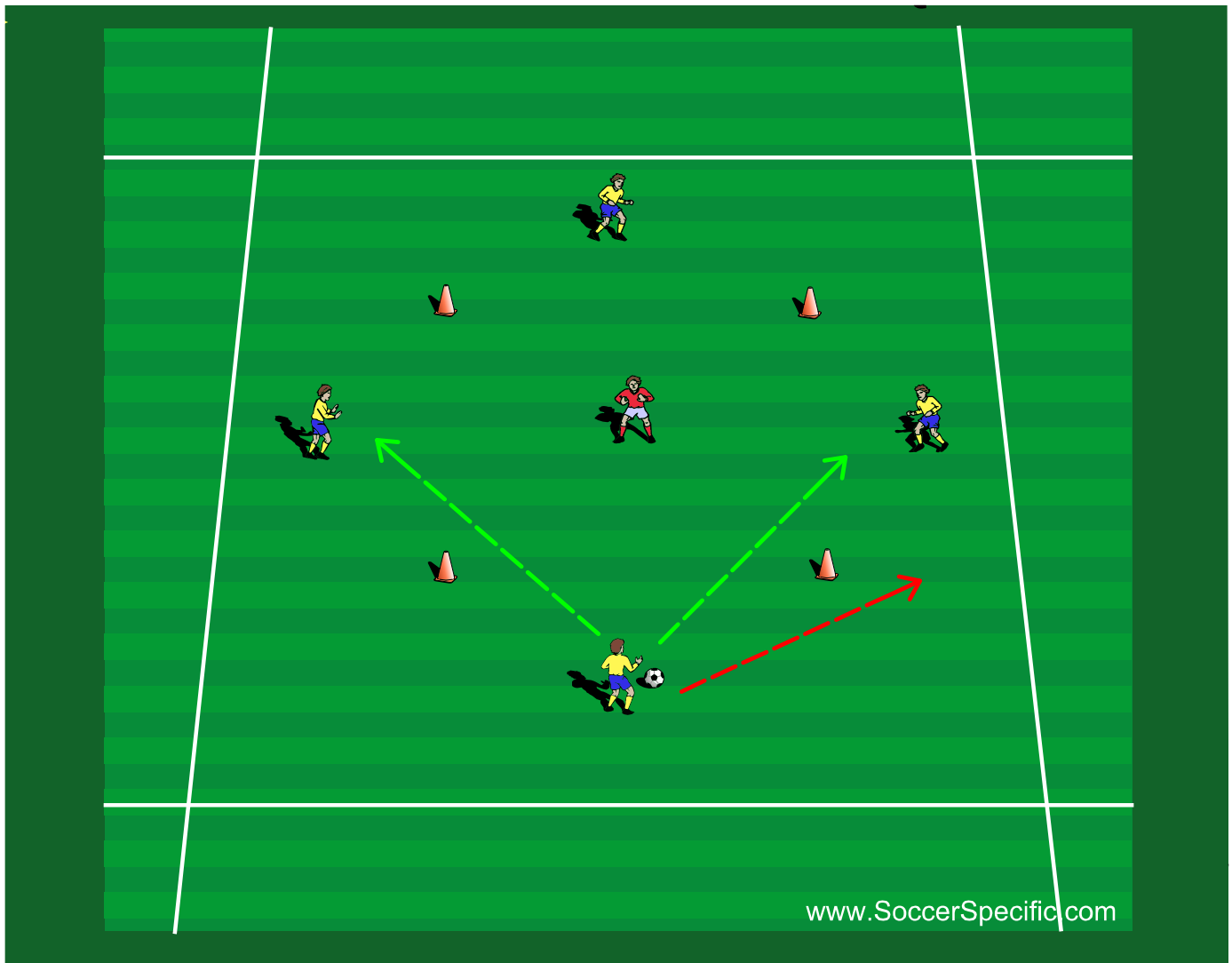
Instructions:

Players must pass the ball around the square only using two touches. Once they make a pass they 'follow their pass' and end up at the end of the next line.

- To make harder: Use specific parts of feet (inside, outside, must use both feet)
- Introduce a second ball into the exercise

Coaching Points:

- Concentrate on making a quality pass (good speed on pass, accurate, hit with correct part of foot)
- Relate this exercise to how they should pass and move within games (lots of movement combined with communication)
- Communication-make sure players are asking for a pass. Get them in habit of asking for it by name.
- first touch should lead them to where they are going with their pass



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 & Jumping Jacks

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

ADDITION - If a player loses possession they must immediately do 5 jumping jacks in the run of play. This is a punishment for losing the ball for their team.

-Encourage playing the ball backwards if it helps keep the ball for their team.