

**Drill Name:** Dribbling - Coerver - Moves

**Set up :**

Set up cones as shown in diagram 12-16 steps apart. Create enough stations to only have 3-4 players per line.

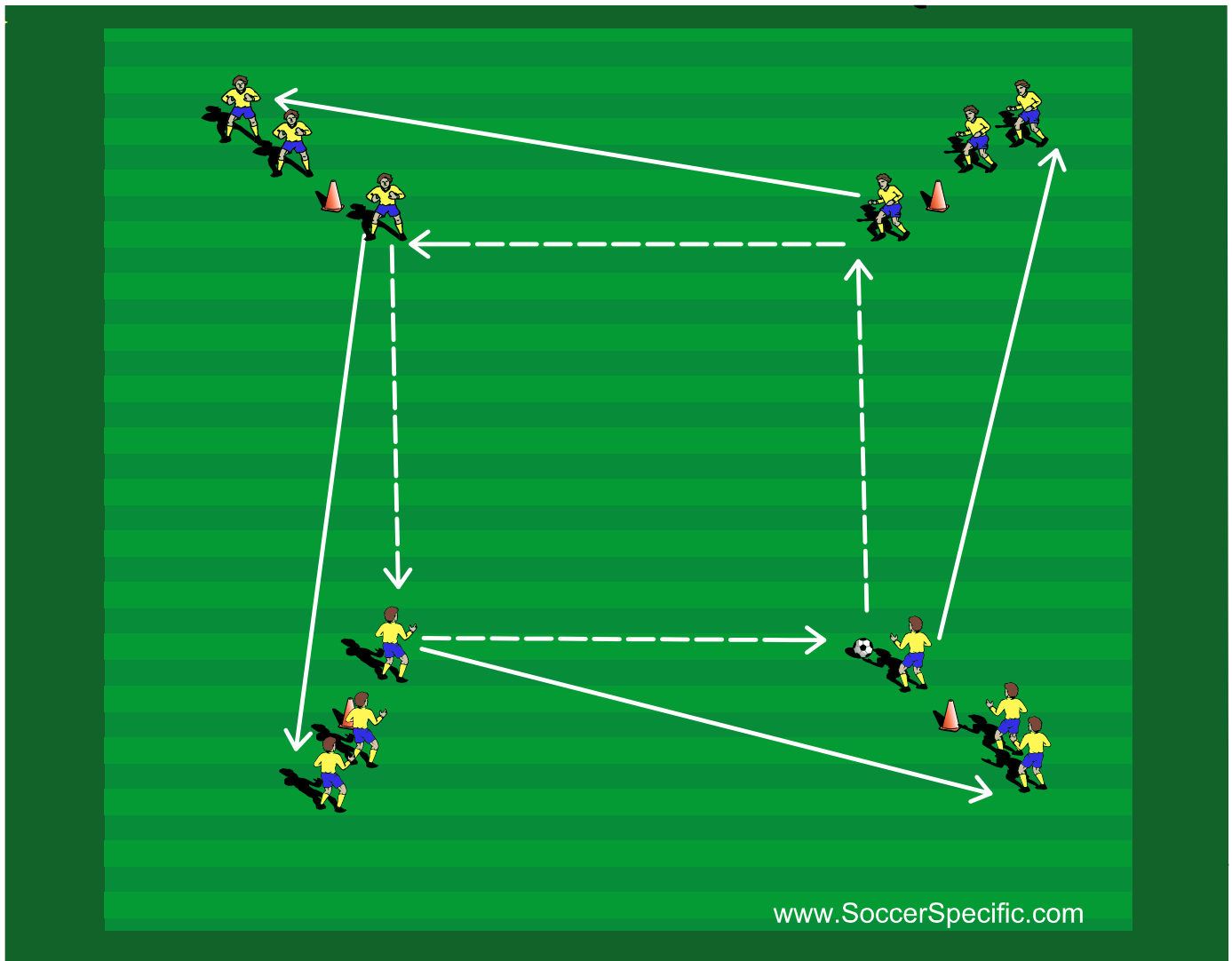
**Instructions:**

Player 1 begins by passing the ball to player two. Player 1 continues their run towards player two as a 'shadow defender' (not trying to win ball). Player 2 dribbles towards player 1 and does a move around player 1. Both players end up at the end of the opposite line.

1. Recap moves from previous week
2. Drag step over
3. Pull the V
4. Inside, Outside hop & push

**Coaching Points:**

Encourage players to begin slow and increase speed as move is perfected  
Encourage players to focus on timing



**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

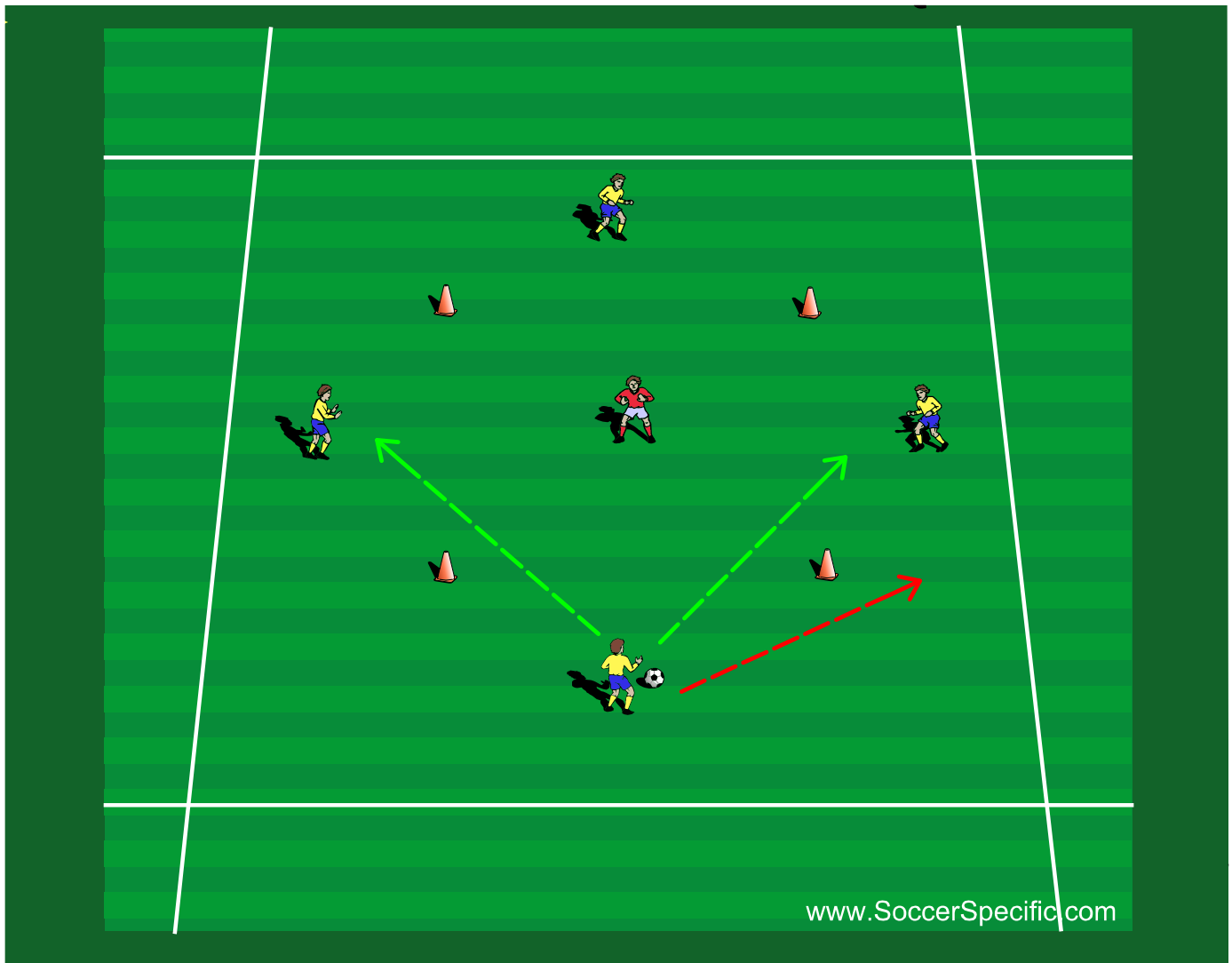
**Coaching Points:**

-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:** \_\_\_\_\_

**Set up :**

Create an appropriately sized field to play 4v4 with the age of players you're working with. Each end line has two goals approx. 1.5 yards from sideline.

**Instructions:**

You can use either 1 or 2 soccer balls in the field depending on the age and ability level of your group. Encourage players to dribble to the open goal and change directions frequently. Also encourage players who don't have the ball to get to open areas to ask for a pass. No goalies allowed.

**Coaching Points:**

Help players realize if a goal has defenders around it they should change directions and go to the other goal.