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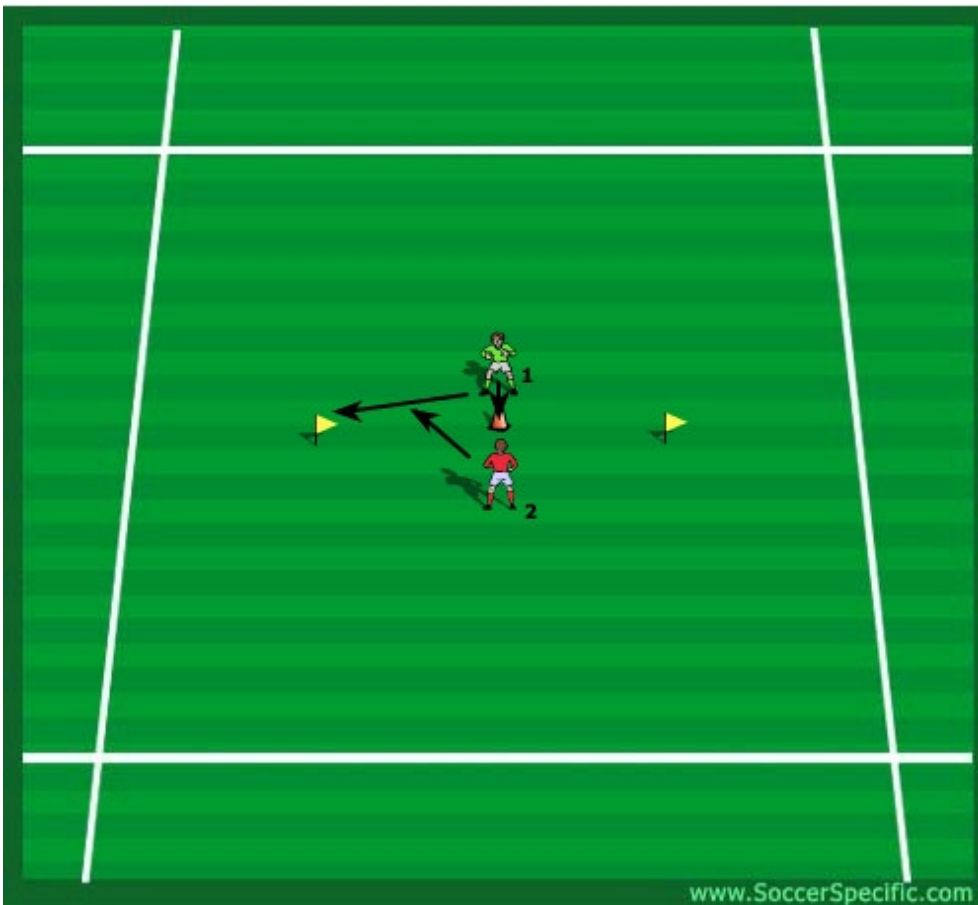
COACHES MANUAL



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GLOVE GAME

Emphasis:

Fun breakaway warm up game

Set-up:

Place two cones or flags 5 yards apart from each other. Place a goalkeeper glove or small cone in the middle of the two cones. Two goalkeepers start even with the glove facing each other.

Objective:

Goalkeeper 1 must grab the glove and get to the flag without goalkeeper 2 tagging him/her. If goalkeeper 1 gets tagged, the roles get reversed. If in fact you do get to the flag without being touched, it is worth 1 point. The first goalkeeper to 5 points wins the game.

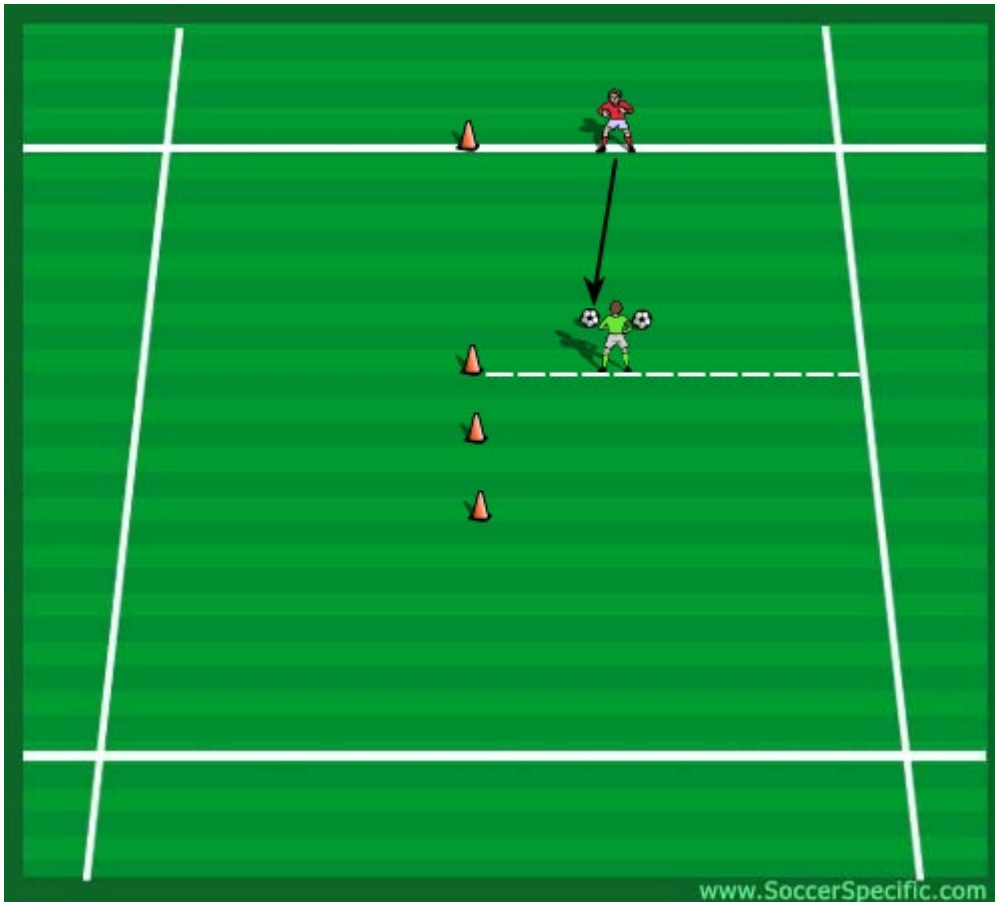
Progressions:

1. Increase the distance between the cones to 8 yards.
2. Goalkeeper must tag with both hands.

Coaching Points:

- Try and fake the opposing goalkeeper by moving laterally back and forth.
- The goalkeeper doing the tagging must watch the belly button of the goalkeeper.
- The goalkeepers must keep their center of gravity leaning forward.

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BALL DROPS

Emphasis:

First step, reaction, explosion off the line

Set-up:

Place two cones five yards apart. The goalkeeper stands even with 1 cone and the server stand even with the other cone with a ball in each hand.

Objective:

The goalkeeper starts with both feet on the line and shoulders square with the server. The server holds the two balls out to the side at shoulder height. The server must drop one of the two balls. Once the ball has started to drop, the goalkeeper must explode off the line and catch the ball before the second bounce.

Progressions:

1. Move the cone back 1 yard each time the goalkeeper has caught three in a row.
2. The goalkeeper must catch the ball with two hands and must remain on his/her feet.
3. Add another goalkeeper and compete to win the ball.

Coaching Points:

- Don't take a tiny step backward in order to go forward.
- The goalkeeper should be almost falling forward.
- Drive the knee up and out.

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SHADOW WARM UP

Emphasis:

Mobility, agility, reaction time

Set-up:

Make a 10 x 10 yard grid and place a pair (s) of goalkeepers in the grid. No balls are necessary.

Objective:

One goalkeeper moves around the grid and the other goalkeeper mimics their every move. Use all movements; forward, backwards, side shuffle, carioca, side shuffle backwards... Work for 1 minute.

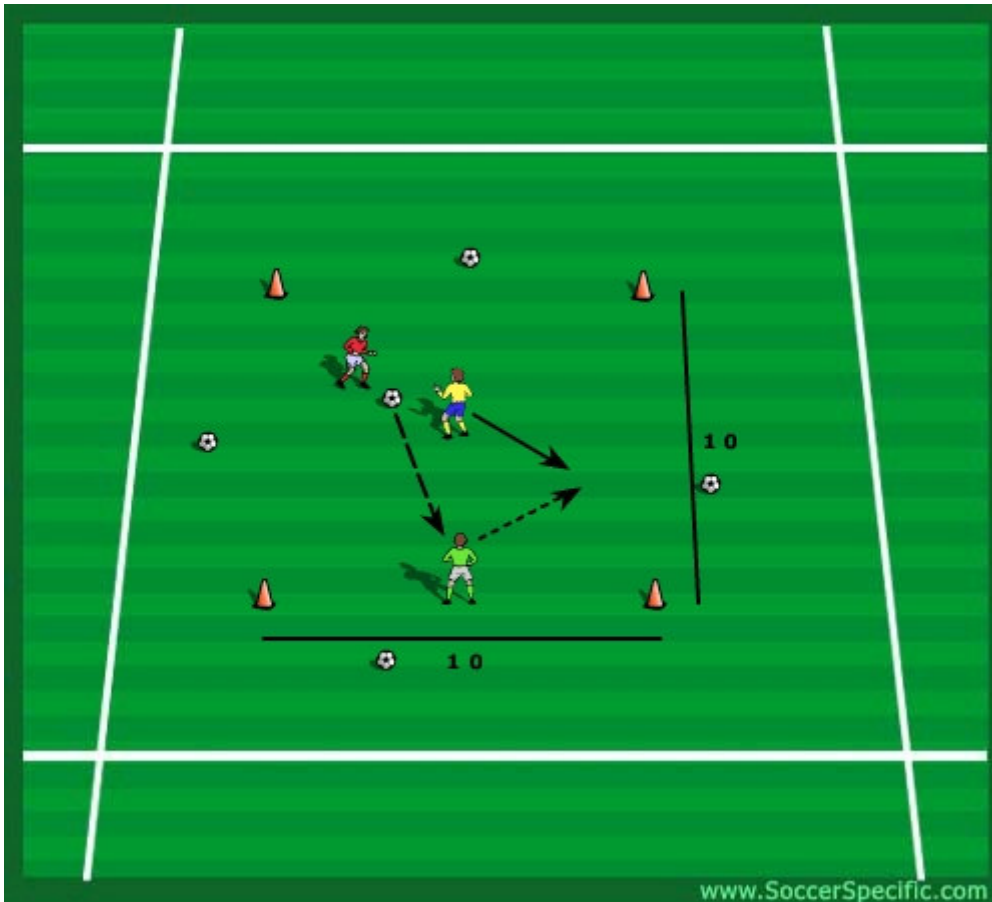
Progressions:

1. Add low dives and collapse dives with out the ball.
2. Increase the time to 2 minutes.

Coaching Points:

- Remain on the balls of your feet.
- Keep the upper body relaxed and go hard with the legs.

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GRID OF PAIN

Emphasis:

Dealing with a 2 v 1 possession

Set-up:

Set up a 10 x 10 yard grid. Place extra balls around the perimeter of the grid. Two goalkeepers and 1 field player starts in the grid.

Objective:

One goalkeeper and the field player try and play keep away from the other goalkeeper. The field player plays with who ever has possession. The goalkeeper with the ball can only use his/her feet. The defending goalkeeper attempts to win the ball using the breakaway technique. Upon winning the ball, that goalkeeper now becomes the field player and combines with the other field player. Play for 1 minute.

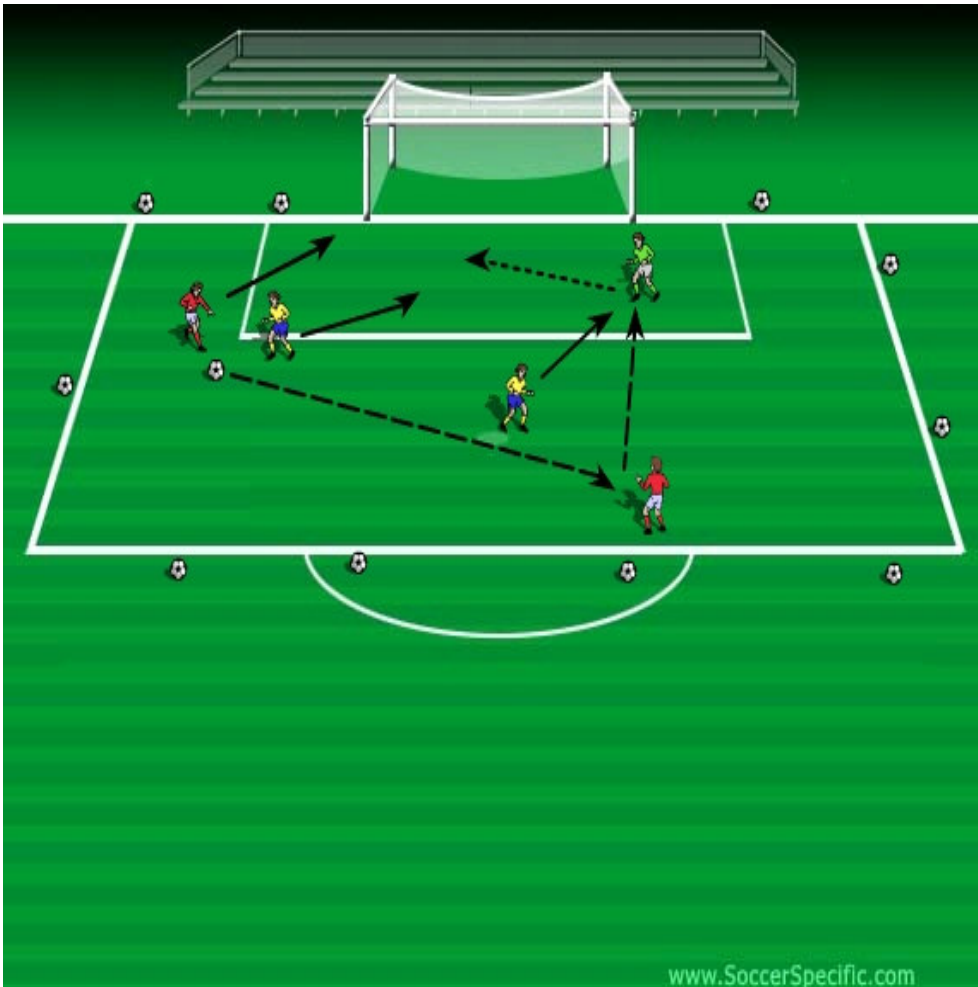
Progressions:

1. Make it directional, a goalkeeper always defends the same side of the grid.
2. The goalkeeper has to defend two sides of the grid.
3. Increase the size of the grid.

Coaching Points:

- Close down the angle of the field player in possession of the ball.
- Closedown the passing angle.
- Wait for an errant touch and then commit yourself to the ball.

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2 V 2 + 1

Emphasis:

Working to win possession of the ball as a goalkeeper

Set-up:

Use the entire penalty box area. Place spare balls along the perimeter of the penalty box. Four goalkeepers and 1 field player is needed.

Objective:

The team with the ball keeps possession with their feet for as long as possible. The opposing goalkeepers try and win possession of the ball. Once they have gained possession, they put the ball down and become field players and the other two now become goalkeepers trying to win possession back again. The field player is plus player and is always on offense. Essentially it is a 3 v 2 goalkeepers possession game. Each game lasts for 1 minute.

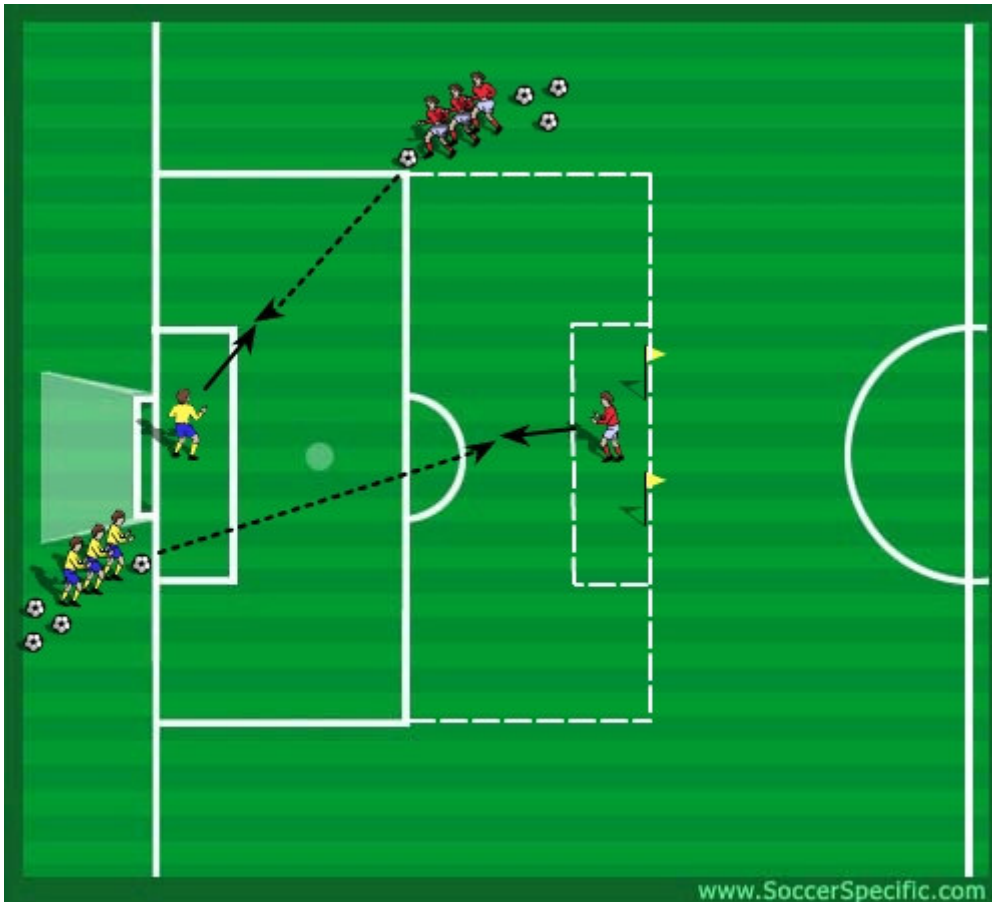
Progressions:

1. Make it directional; every time the ball reaches the side of the penalty box, it counts as a goal.
2. Limit the amount of touches.

Coaching Points:

- The goalkeepers must lower their center of gravity and open their palms to the field player.
- Wait for a careless touch and then pounce on the ball.
- Communicate with your teammate.

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SHOOTER BECOMES THE GOALKEEPER

Emphasis:

Angle play, explosiveness, decision making

Set-up:

Place two goals 36 yards apart (two penalty boxes facing each other). Place a group of goalkeepers at the midway line on the side of the two penalty boxes with a group of balls. Place the group of goalkeepers next to the post with a group of balls. Place a goalkeeper in each goal.

Objective:

Both lines work simultaneously and dribble a 1v1 breakaway to goal. The goalkeeper must make the save and the shooter must score. Once the play is over, the shooter becomes the goalkeeper and the goalkeeper joins the end of the line. The exercise always works in a counter clockwise rotation. After plenty of repetitions, switch the balls and players to the other side of the penalty box and the other side of the posts.

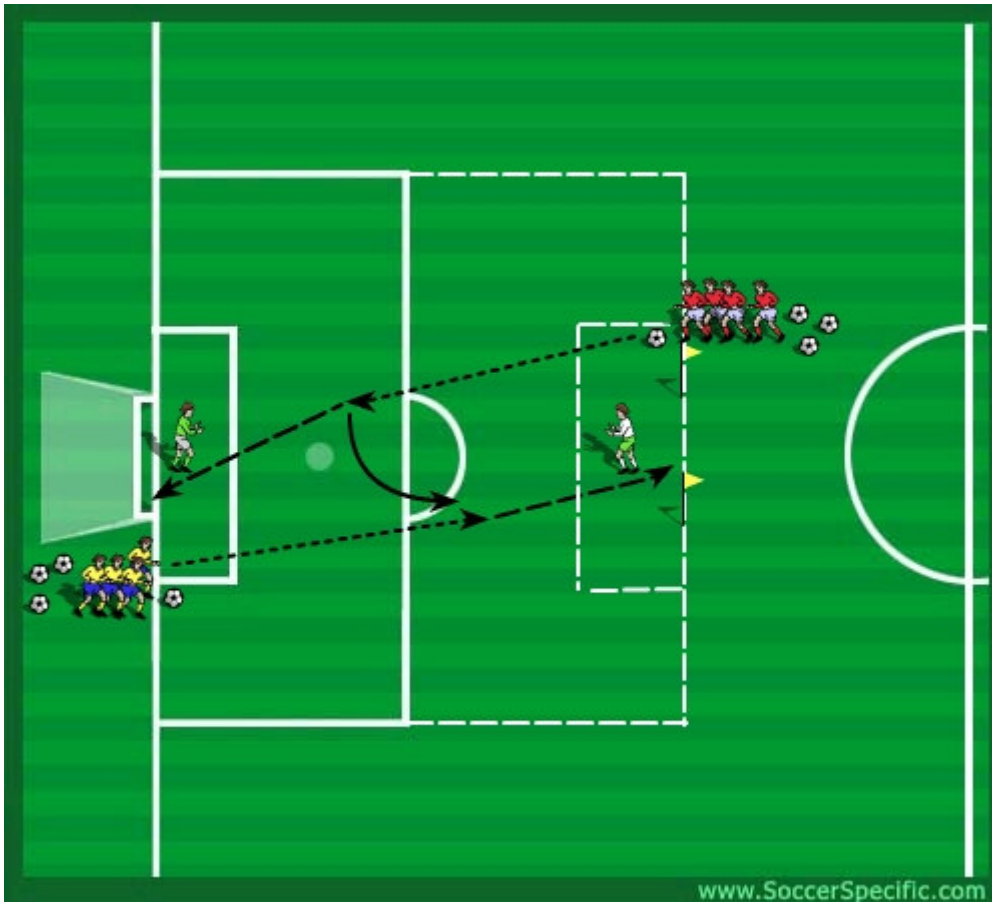
Progressions:

1. The shooter must take one touch half way to the goalkeeper to make it a 50-50 ball.
2. If the shooter dribbles the ball over the goal line, it is worth two points.

Coaching Points:

- Watch the ball and not the shot fakes or the shooters.
- Cut down the shooters angle.
- Give a loud “keeper” call.

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BREAKAWAY GAME

Emphasis:

Dealing with a 1v1 to goal with a chasing defender

Set-up:

Place two goals 36 yards apart from each other, (two penalty boxes on top of each other). Split your team into 2 teams and send a team to the post on the right of the goalkeeper. Make sure both team have plenty of balls.

Objective:

The first player in line dribbles 1v1 to the opposing goalkeeper. As soon as the shot is taken, the first player in the other line can start dribbling 1v1 towards the opposite goal. The first shooter becomes the defender as soon as the ball has either gone in the net or behind the goal. Once the second shot is taken a new sequence starts from the other side to start. Return to your original line and the first team to 10 goals wins the game.

Progressions:

1. A shot must be taken within a 3 second time period.
2. Add another attacker and make it a 2v1 to goal. The person who shoots always becomes the defender going the other way.

Coaching Points:

- Starting position must be off your line.
- If possible, stand the shooter up to allow time for the defender to recover.
- Close down the angle and stay big as long as possible.

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FLYING CHANGES

Emphasis:

Dealing with a 2v1 breakaway to goal

Set-up:

Place two goals 36 yards apart from each other, (two penalty boxes on top of each other). Split your team into 2 teams and send a team to the posts on both sides of the goalkeepers. Make sure both teams have plenty of balls.

Objective:

The first defender (player 1) starts out in the field of play. The first two players in the opposing team's line (players A and B) dribble towards the defender and the goal. Player A and B try and score a goal as quickly as possible. The player who shoots on goal now becomes the defender (as shown its player A). The first two in line (players 2 and 3) dribble towards the defender (player A) and tries to score as quickly as possible. Who ever shot becomes the defender and the first two in line are dribbling 2v1 again. The first team to 10 goals wins the game.

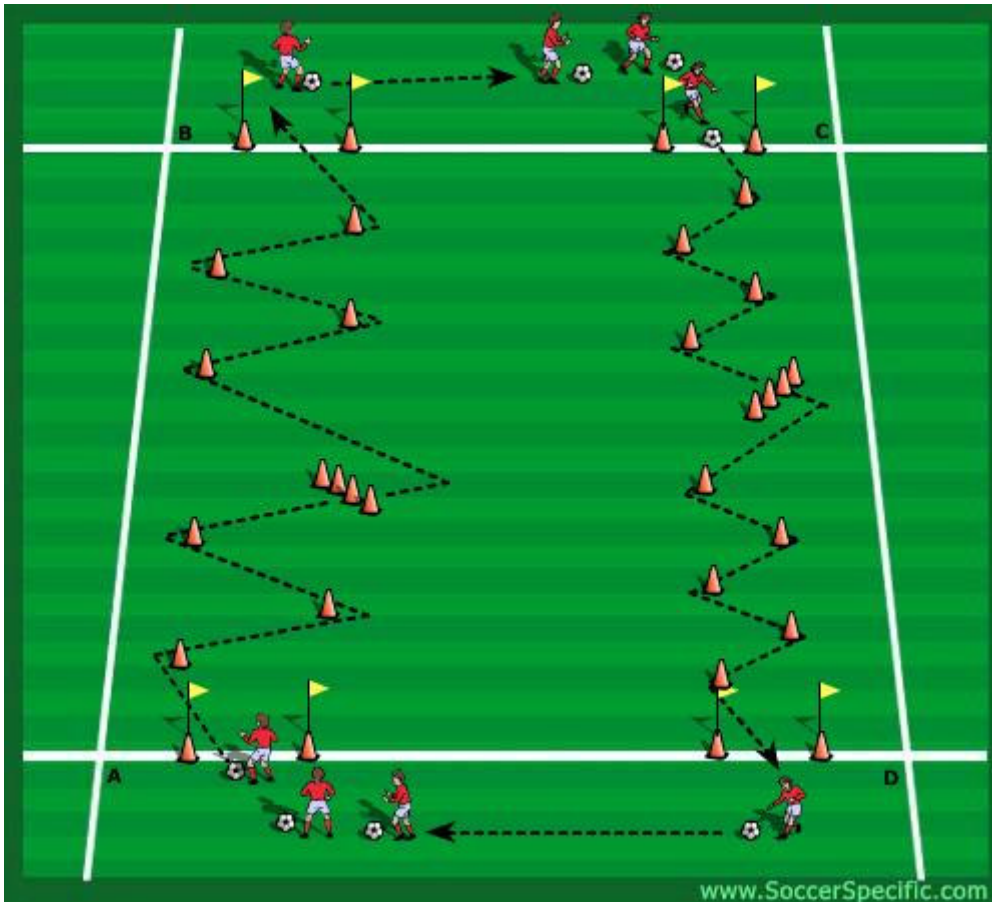
Progressions:

1. A shot must be taken within a 3 second time period.
2. If the defender wins the ball, he/she can dribble to goal.

Coaching Points:

- Starting position must be off your line.
- Communicate to the defender where to force the attacker to go.
- React to the ball played through to the second attacker.

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OBSTACLE COURSE

Emphasis:

Develop a player's dribbling skills and ability to cut the ball with various parts of the foot

Setup:

Create two obstacle courses with cones in a staggered pattern. The courses should be side by side (with 10 yards in between), 20 yards long, and 2-3 yards wide. Each course also has one area where 4 cones are right together. Divide players up into two equal groups. Start players at opposite ends of each course labeled A and C. After a player finishes one course, they move to the next one. Course A opens up more, forcing players to make more touches in between gates. Course C is tighter with the cones being closer together.

Objective:

Players are learning to move through the course as quickly as possible while keeping control of the ball. Players must utilize all parts of their feet to keep control of the ball. As each player arrives at the 4 cones, they must lift the ball over the cones without losing control of the ball.

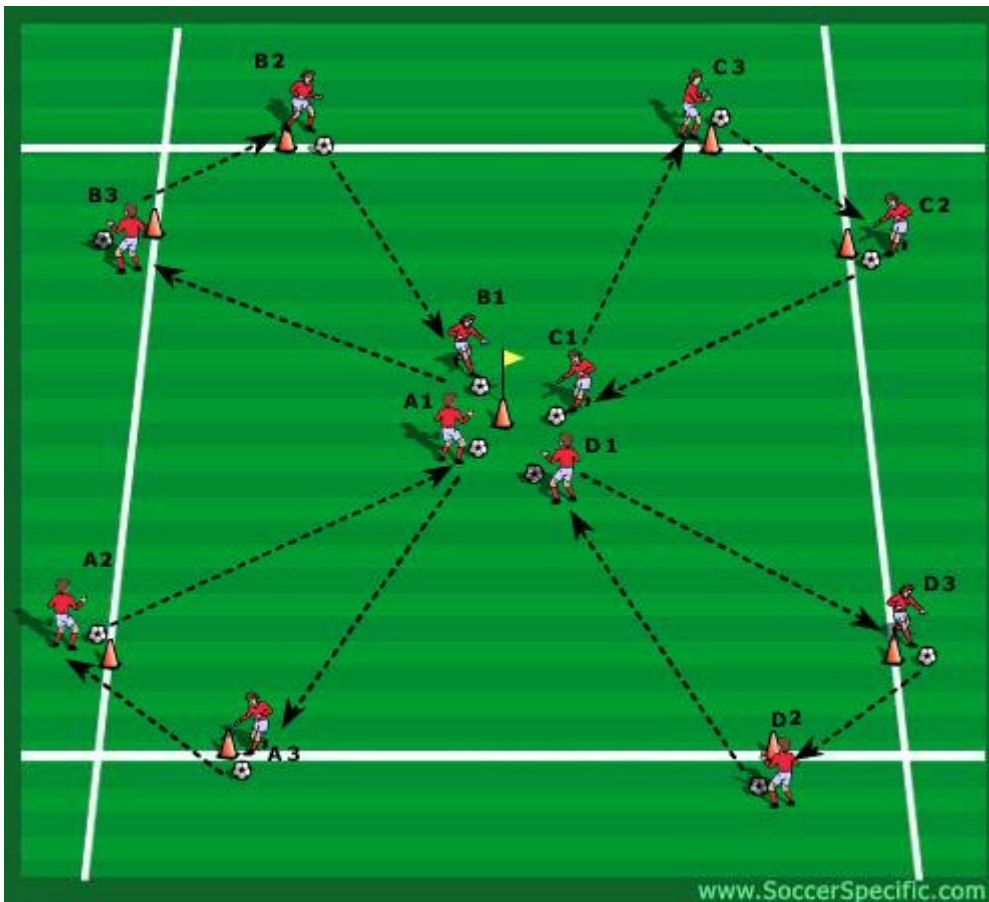
Progression:

1. Change the various parts of the foot that they cut the ball with.

Coaching Points:

- At speed
- Change space
- Utilize both feet
- Be deceptive
- Vision - eyes up
- Tight touches on the ball

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WINDMILL EXERCISE

Emphasis:

Develop player's dribbling skills, and ability to cut the ball with the various parts of the foot

Setup:

Create a 20 x 20 yard grid. Divide players into four equal groups, placing each group at a corner of the grid. Each corner has two cones placed on the line, 2 – 3 yards from the corner. One player from each group starts behind and to the left of the cones.

Objective:

Upon the coaches' whistle, players dribble to the center cone. Each player should arrive to the center cone at approximately the same time. Players will put on a feint, turn, and explode back to the opposite cone in their line. The next four players wait for the coaches' whistle before they begin.

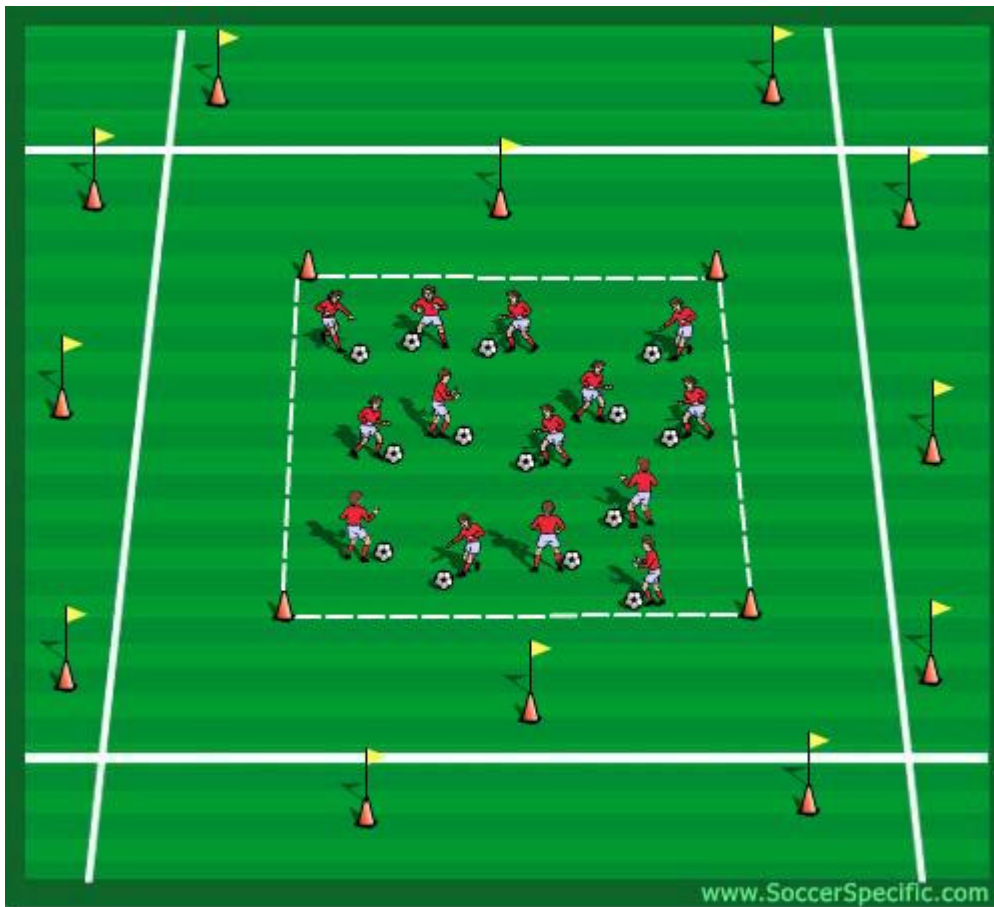
Progression:

1. Utilize the inside of the foot to turn
2. Utilize the outside of the foot to turn
3. Add a step-over
4. Add a turn half way before arriving to the cone

Coaching Points:

- Tight touches
- Add speed
- Change pace
- Be deceptive
- Utilize weak foot
- Upon cutting the ball, get the first touch out from underneath you

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RANDOM SPEED DRIBBLING

Emphasis:

Develop players dribbling skills, vision, and ability to cut the ball

Setup:

Setup a 20 x 20 grid in which players will randomly dribble. Set up cones randomly outside the grid. Use 2-3 less cones than the number of players in the exercise.

Objective:

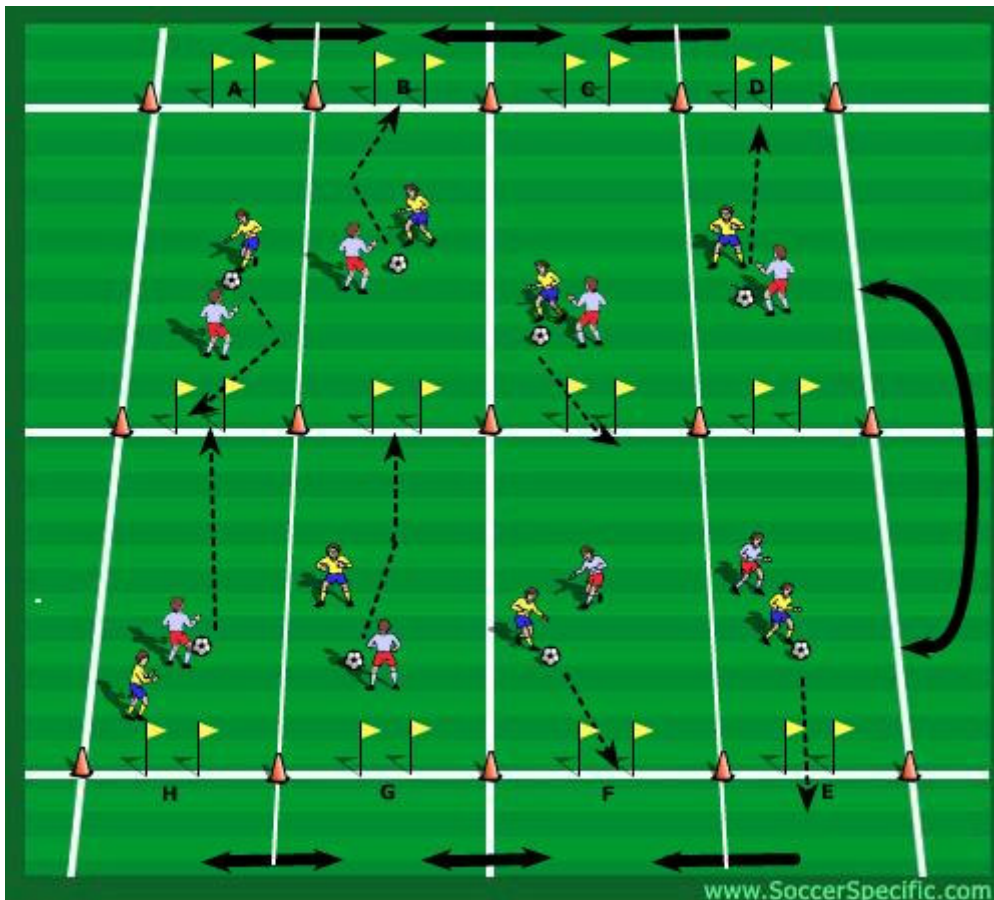
Players start by dribbling randomly within the grid. Players are not allowed to continuously dribble around the outside edges; they must cut across the grid space moving in and out of players. Upon the coaches' whistle, players dribble to a cone outside the grid as quickly as possible. The first player to the cone stays there until the next whistle. No more than one player is allowed to be at a cone. There will should be 2-3 additional players without cones. Those players that weren't successful in reaching a cone do additional ball work, i.e. juggling.

Progression:

1. Randomly dribbling
2. Add various feints, fakes, and cuts as they are in the grid
3. Add additional ball work at the cone, i.e. juggling or ball taps.

Coaching Points:

- Speed dribble—First touch outside the grid must be a positive touch forward to the cone's direction, allowing the body to build speed
- Vision—eyes up
- Creative touches
- Be deceptive
- Change of pace
- Tight touches
- Utilize both feet



1 vs. 1 DRIBBLING GAUNTLET

Emphasis:

1 v 1, attacking and defending

Setup:

Divide players into groups of 2's. Create a grid for each group, with a goal at each end. Each grid is 15 yards long x 10 yards wide. The goals should be no bigger than 2 yards in width.

Objective:

Encourage players to be creative by taking on their opponent. Each 1 v 1 dual shall last one minute with a one-minute active rest of juggling. After each 1 v 1 dual, the winners move up one grid and the losers move down one grid. The objective is to move into the "A" grid by the end of the contest.

Coaching Points:

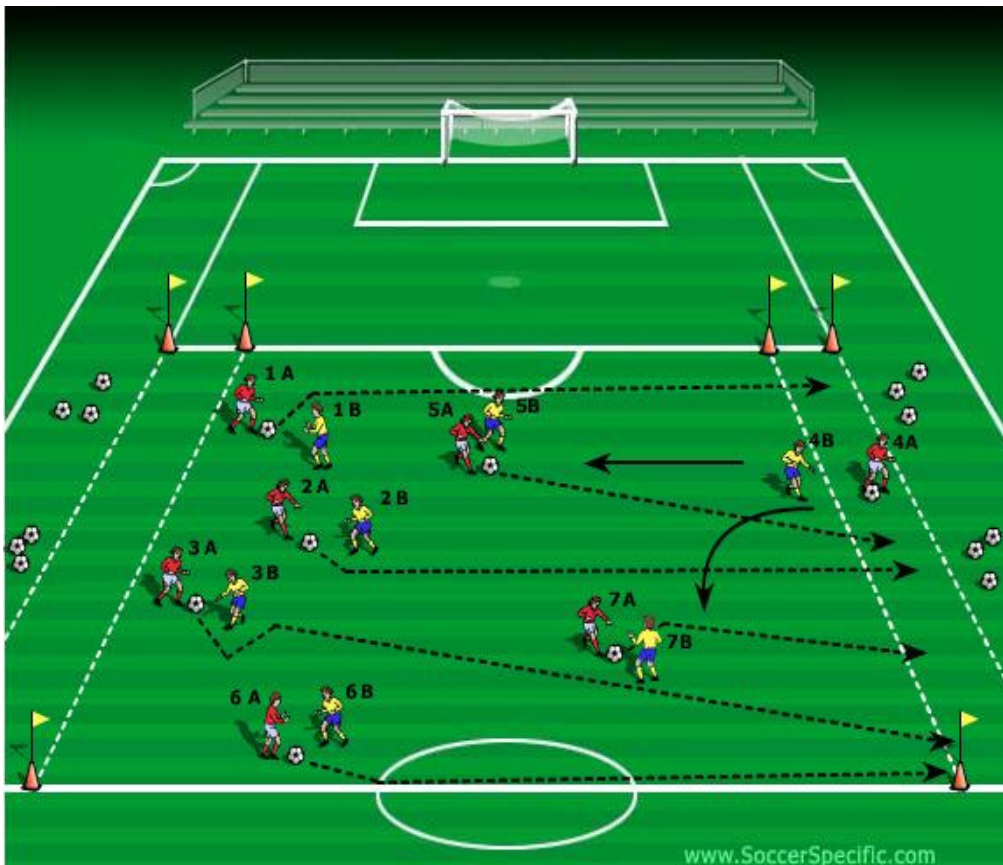
Offensively:

- Be creative and take chances
- Work on new moves
- Be explosive after move getting in behind the defender

Defensively:

- Keep on the balls of your feet
- Lower your center of gravity
- Go in hard when committing to winning the ball

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1 VS 1 ATTACKING

Emphasis:

Vision, 1 vs. 1 attacking, creative touches, fitness, speed dribbling, communication and defending

Set up:

Divide players into two equal teams. Create a grid 44 x 40 yards, with two end zones utilizing the width of the 18 yard box. The end zones should be 5 yard channels.

Objective:

One team starts in the end zone. Each of those players has a ball. The opposition (defending team) plays man to man. Each defender must stay man to man until he has either won the ball or has been beaten for a goal by the attacker. The objective is to arrive in the opposing end zone before your ball gets stolen. Count the number of players that were successful in reaching their opponents end zone. Switch teams from offense to defense after each sequence. Set a score of 20 successful attempts as a goal. The first team to reach the goal wins.

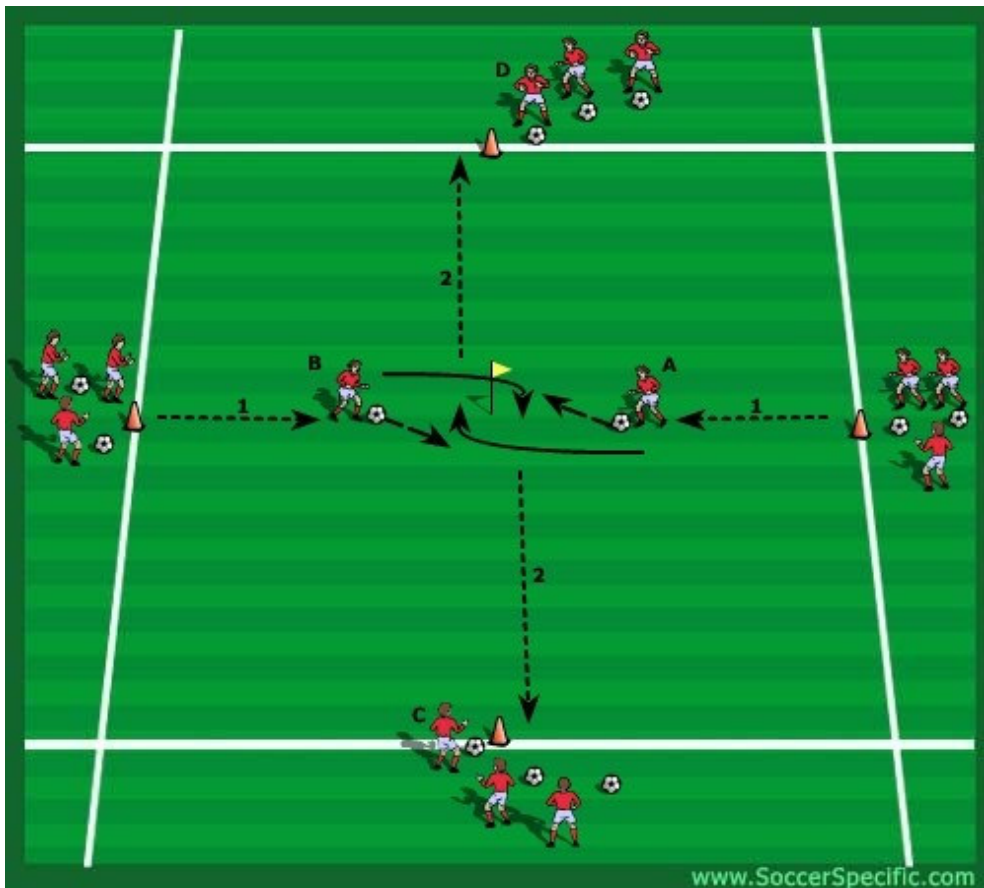
Progression:

1. After a defender wins a ball from the attacker, allow them to double team with a teammate.
2. Time players to see how long it takes the entire group to go from one end zone to the other.

Coaching Points:

- Vision – eyes up.
- Speed dribble – get your touch out in front of you and out from under your body.
- Utilize various surfaces – be deceptive with your touches.
- Change pace.
- Attack the space in behind the attacker.
- Attack the front foot.

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IN AND OUT

Emphasis:

Passing, dribbling at speed, change of direction, timing of runs

Set-up:

4 cones placed as shown above with a flag in the middle. Players are split into 4 groups and positioned at the cones. Approximately 3-4 balls per group.

Objective:

Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players pass their ball slightly to the right of the flag. Both players then run to the left of the flag, take a sharp right turn and dribble (2) their partners' ball to the group to the right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetitions.

Alternate directions – Go to the right of the flag and take a sharp left turn.

Progressions:

1. Make a sharp turn around flag and then continue to dribble your own ball.
2. Reduce the number of balls to 2 for entire group.

Coaching Points:

- Accelerate off the line towards flag.
- Communicate with partner to ensure leaving the starting cone at the same time.
- Weight of pass must be perfect to allow player to spin around the flag and continue dribbling.

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HIT THE TARGET MAN

Emphasis:

Laying balls off, passing, turning

Set-up:

4 flags are positioned approximately 4 yards apart in the center of a grid as shown. Players are split into 4 groups and are positioned 12-15 yards from each flag. 4 players are designated as target players and are positioned slightly in front of each flag. 2 cones are placed 4-5 yards (right and left) in front of the target player. 3-4 balls per group.

Objective:

The first player in line (A) passes a ball into the target player. The target player must lay the ball straight back approximately 4 yards to encourage the player to come forward to receive the return pass. The player then must spin around one of the cones before accelerating back to his group. The next player in line starts when the player in front is spinning around the cones. Play is continuous for a designated number of reps or time. Change the target player.

NOTE – The coach designates the direction he wants the players to spin around the cones.

Example – #1 Inside of the right foot only, spin to your left.

#2 Outside of the right foot, spin to your right.

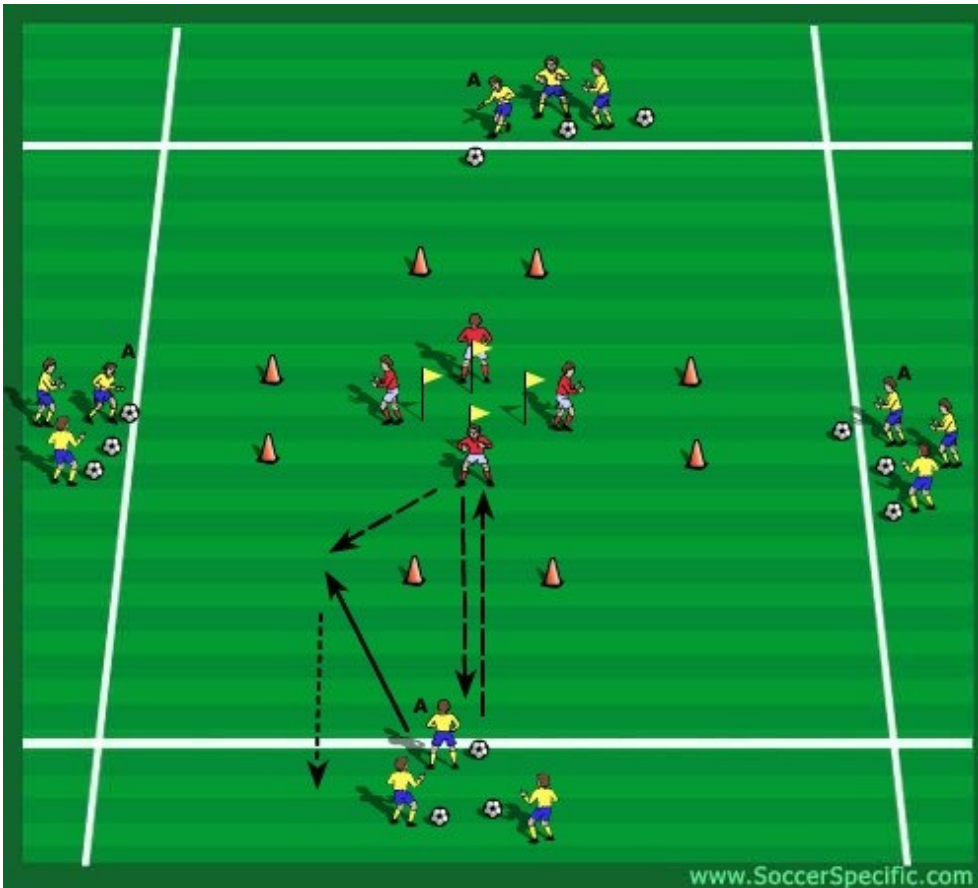
Progressions:

1. Drive balls in to target man with laces. Target man can use his hands to catch ball before tossing ball back to oncoming player.
2. This player must now use surfaces like thighs and chest to spin around cones.

Coaching Points:

- Firm passes in to target.
- Quality lay-offs from targets.
- Try to spin around cones with the first touch – cone acts as a defender.

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HIT THE TARGET MAN #2

Emphasis:

Laying balls off, supporting at an angle, passing, turning

Set-up:

4 flags are positioned approximately 4 yards apart in the center of a grid as shown. Players are split into 4 groups and are positioned 12-15 yards from each flag. 4 players are designated as target players and are positioned slightly in front of each flag. 2 cones are placed 4-5 yards (right and left) in front of the target player. 3-4 balls per group.

Objective:

The first player in line (A) passes a ball into the target player. The target player passes the ball straight back to (A). Player (A) passes the ball, again, to the target player. Immediately after the second pass player (A) must burst forward at an angle to offer support for the return pass. Player (A) must receive the ball with an open body position (sideways on) before accelerating back to his group. Next player starts when player (A) receives the ball from the target player. Play is continuous for a designated number of reps or time. Target player is changed after designated time.

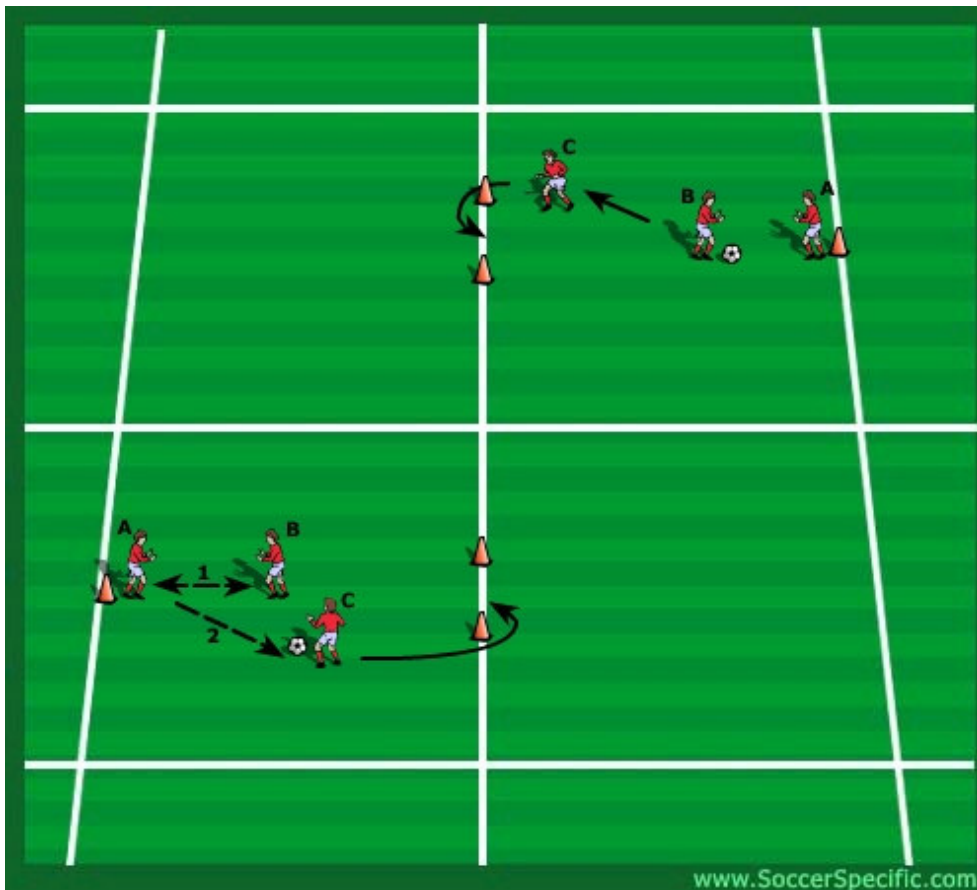
Progressions:

1. Use 1 ball per group. After the player receives the ball from the target player, pass to next in line.

Coaching Points:

- Firm passes in to target.
- Burst forward (accelerate) to support at an angle.

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3 MAN TECHNICAL PASSING

Emphasis:

Sharp touches, laying balls off

Set-up:

Three cones are positioned as shown. One ball per group. The distance between the two sets of cones is approximately 8-10 yards. 3 players are assigned to each set of cones. One player (A) is positioned at the single cone; one player (B) is positioned 3-4 yards in front of player (A) and player (C) starts between the set of two cones (the gate).

Objective:

Player (A) starts with the ball. The ball is passed to player (B) who one-touches the ball back to (A). (A) then passes the ball slightly to the side of (B). Player (C) must arrive at the side of (B) and one-touch the ball to (A). Each player must use only one touch. Player (C) must run around the cones after each pass and return through the middle of the “gate”. Player (C) must sprint to make sure that he arrives next to (B) for the next pass. Work for 20-30 seconds then rotate the players.

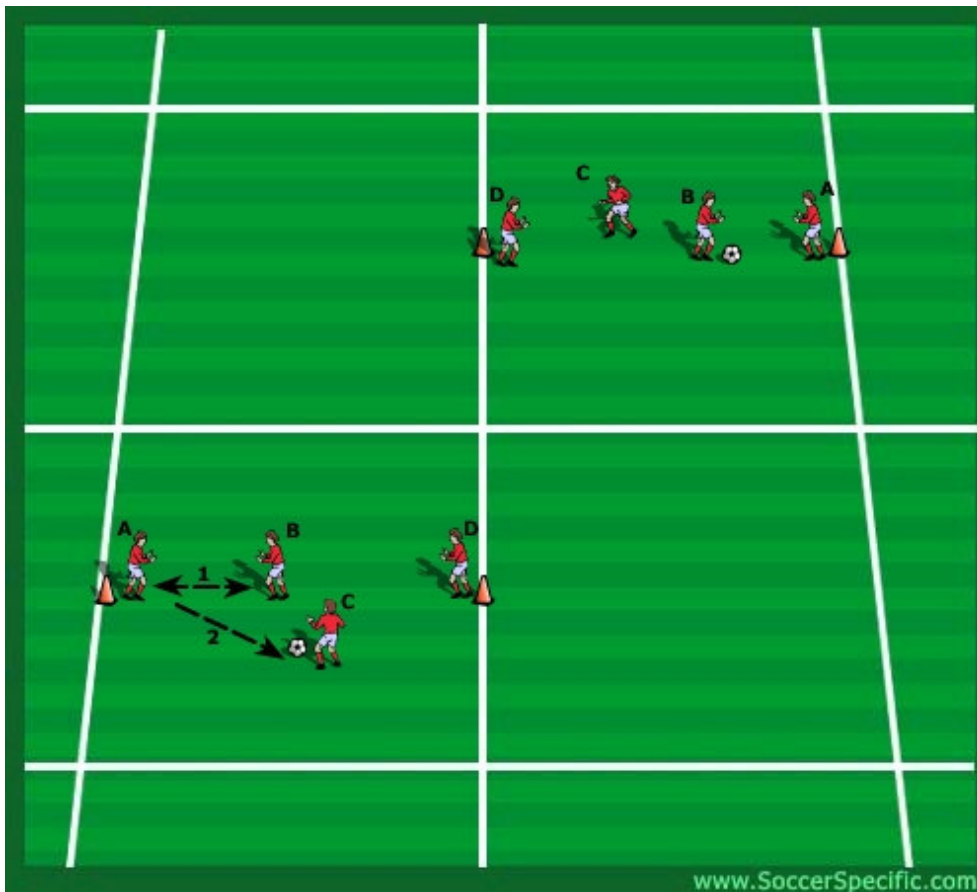
Progressions:

1. Player (A) serves the ball from his hands for volleys from (B,C)
2. Serve the ball in the air for headers.

Coaching Points:

- Try to find a rhythm with the sequence – player (C) must work hard to arrive at the right time.
- Stay light on your feet, accuracy and quality of touches.

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4 MAN TECHNICAL PASSING

Emphasis:

Sharp touches, laying balls off

Set-up:

Two cones are positioned as shown. One ball per group. The distance between the two cones is approximately 10-12 yards. 4 players are assigned to each set of cones. One player (A) is positioned at one cone; one player (B) is positioned 3-4 yards in front of player (A) and players (C) and (D) start at the opposite cone.

Objective:

Player (A) starts with the ball. The ball is passed to player (B) who one-touches the ball back to (A). (A) then passes the ball slightly to the side of (B). Player (C) must arrive at the side of (B) and one-touch the ball to (A). Each player must use only one touch. Player (C) must run back and tag (D) who sprints to the other side of (B) to receive a pass from (A). Players (C) and (D) alternate which side they sprint to. Both “working” players must sprint to make sure that he arrives next to (B) for the next pass. Work for 20-30 seconds then rotate the players.

Progressions:

1. Player (A) serves the ball from his hands for volleys from (B,C,D)
2. Serve the ball in the air for headers for (B,C,D).

Coaching Points:

- Try to find a rhythm with the sequence – players (C) and (D) must work hard to arrive at the right time.
- Stay light on your feet.
- Accuracy and quality of touches.

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PASS AND MOVE

Emphasis:

Laying balls off, passing, changes of speed

Set-up:

Cones are used to create 4 12 x 12 yard grids as shown. 4 players per grid with 3 balls. 3 players are positioned in corners of each grid with a ball each, 1 player will be selected to work first.

Objective:

Player in the middle of the grid (A) will work for approximately 30-45 seconds. This player must check to one of the corner players, receive a pass and lay the ball off straight back to the original player. On receiving the ball back from the middle player, the corner player must accelerate quickly to find the vacant cone in the grid. Player (A) continues to receive and lay off balls for the designated time or for a predetermined number of reps.

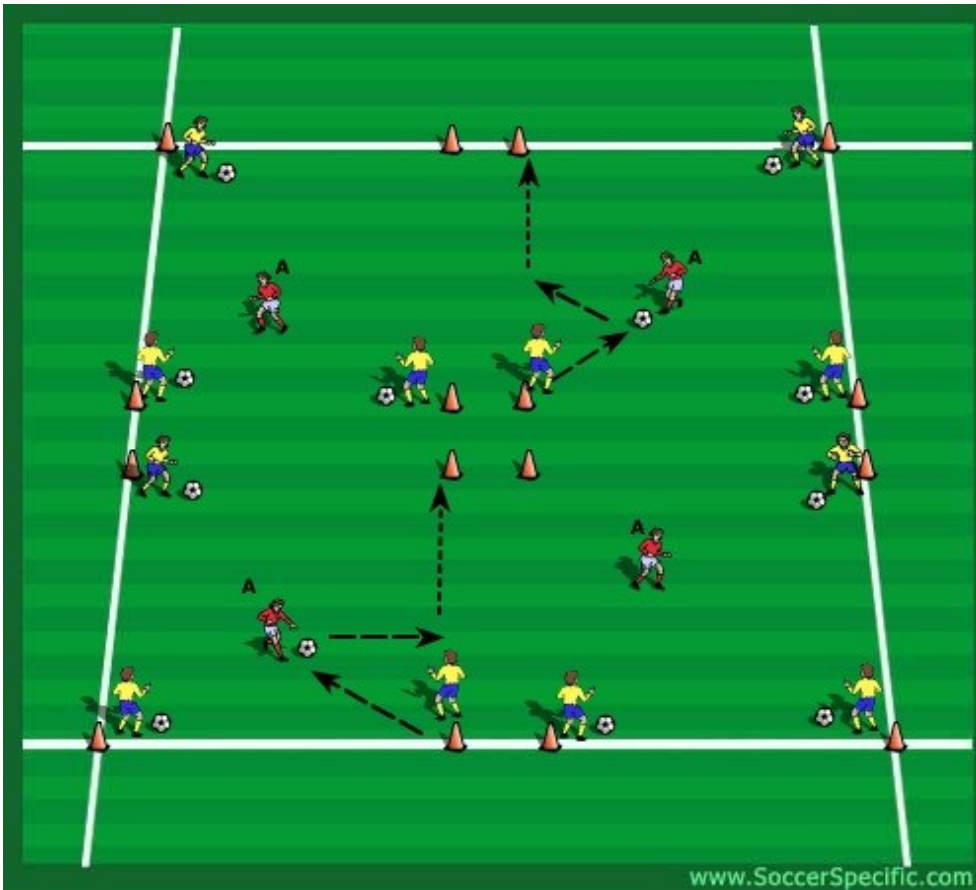
Progressions:

1. Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.

Coaching Points:

- Corner players must accelerate to vacant cone with their first touch.
- Middle player (A) must change direction and speeds while working as if trying to lose a marker.
- Communicate with teammates.

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PASS AND MOVE #2 (PROGRESSION FROM PREVIOUS EXERCISE)

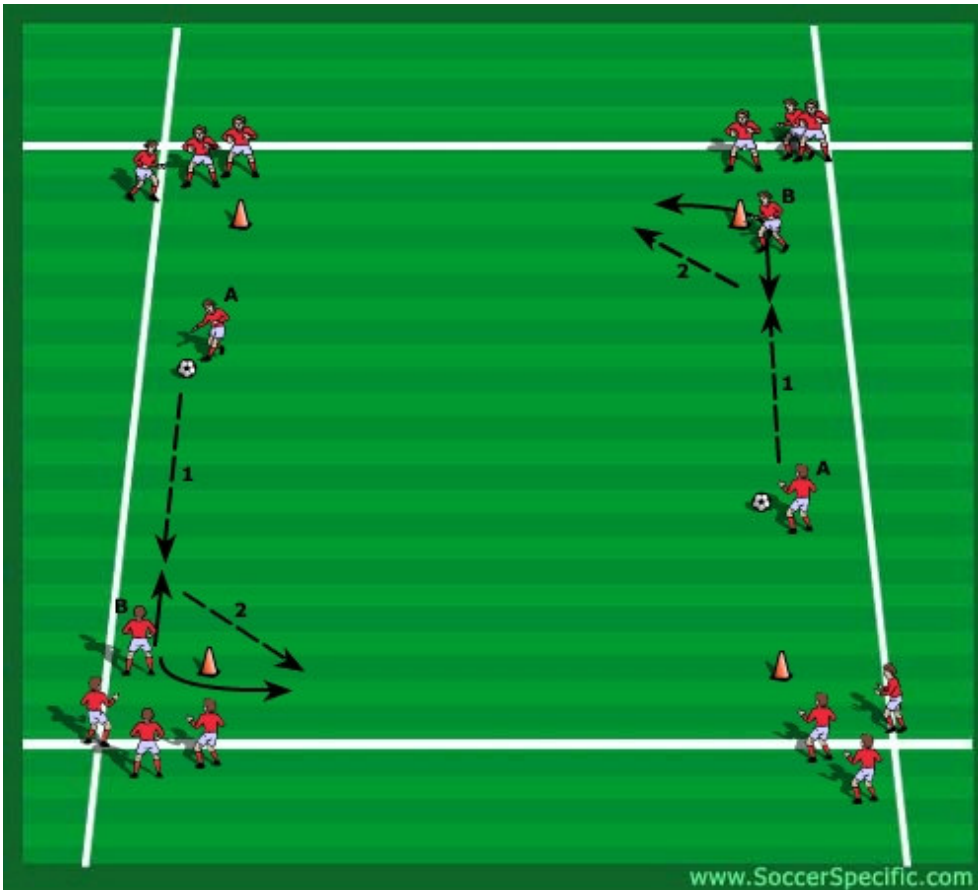
Objective:

Player (A) must check to one of the corner players, receive a pass and lay the ball off into the space to encourage the corner player to accelerate after it. The layoff should be in the direction of the vacant cone to encourage the corner player to go in that direction.

Coaching Points:

- Lay the ball off into the path of the corner player.
- Middle player (A) must change direction and speeds while working as if trying to lose a marker.
- Communicate with teammates.

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TEAM TECHNICAL PASSING (PROGRESSION FROM PREVIOUS EXERCISE)

Emphasis:

Sharp touches, laying balls off, communication

Set-up:

Four cones are positioned as shown approximately 15 yards apart. 4 players are assigned to each cone.

Objective:

Player (A) starts with the ball. Play is in a counter-clockwise direction. The ball is passed (1) to player (B) who is checking towards player (A). Player (B) must lay the ball off to (A) before spinning back around the cone for a return pass (2) from (A). Player (B) then one-touches the ball to the next player at the next cone. Sequence is repeated for a designated period of time. Each player advances one cone after each pass. Two balls are in motion at all times.

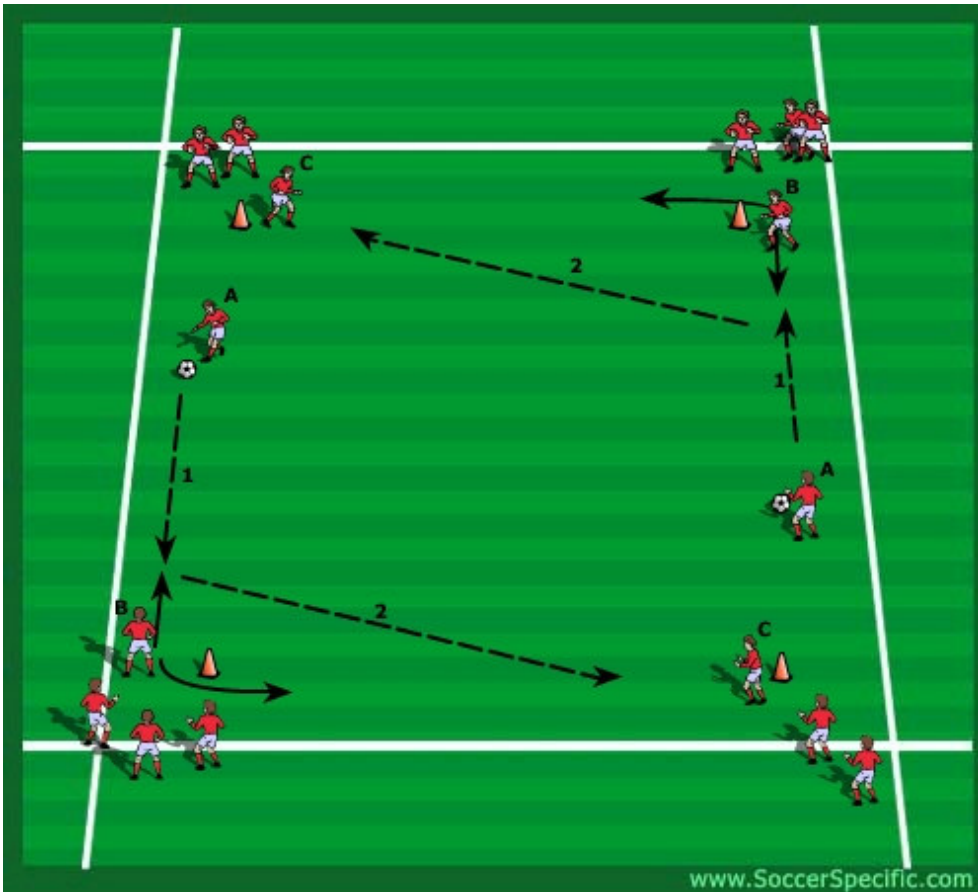
Progression:

1. Work in a clockwise direction to ensure the use of both feet.

Coaching Points:

- Try to find a rhythm with the sequence – sharp lay-offs to encourage teammate to come forward.
- Accuracy of passing and quality of touches.
- Communication at all times.

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TEAM TECHNICAL PASSING #2

Objective:

Player (A) starts with the ball. Play is in a counter-clockwise direction. The ball is passed (1) to player (B) who is checking towards player (A). Player (B) must lay the ball off to (A) before spinning back around the cone. Player (A) then passes the ball across the grid (2) to the group diagonally. The next player in line (C) lays the ball off to (B) who is moving towards him. Player (B) then one-touch passes the ball diagonally. All passes are one touch. Each player advances one cone after each pass.

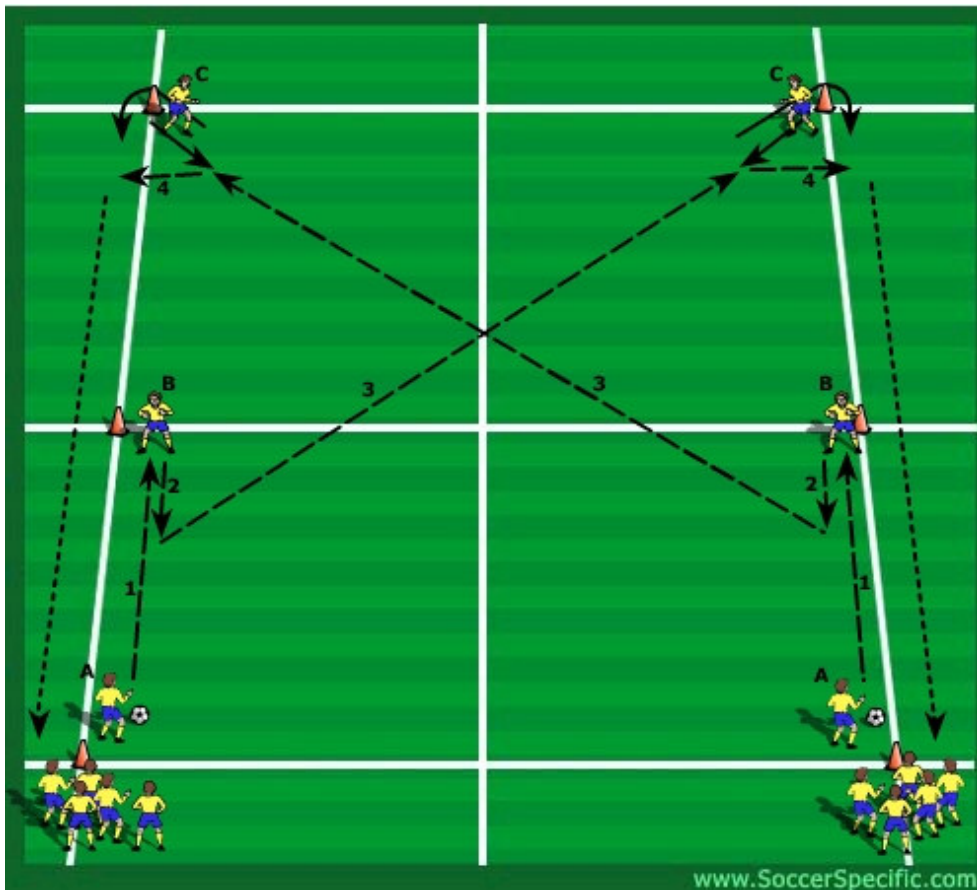
Progression:

1. Work in a clockwise direction to ensure the use of both feet.

Coaching Points:

- Try to find a rhythm with the sequence – sharp lay-offs to encourage teammate to come forward.
- Accuracy of passing and quality of touches.
- Must strike the diagonal ball firmly.
- Communication at all times.

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TECHNICAL PASS AND MOVE

Emphasis:

Sharp touches, laying balls off, angles of support, communication

Set-up:

30 x 20 yard grid with six cones positioned as shown. Players are split into 2 groups and are positioned at (A). One player from each group is positioned at (B) and (C). 3-4 balls per group.

Objective:

Play starts with a pass (1) from (A) to (B). (B) lays the ball off (2) to oncoming (A). (A) then passes the ball (3) diagonally to (C). (C) checks towards the ball then lays the ball off to (B). (C) spins back around the cone and receives a return pass (4) from (B). (C) dribbles back to the end of the line. Each player advances one cone after each pass – example (A) becomes (B), (B) becomes (C) etc.

Play is continuous with both groups working at the same time. The next player in line starts as soon as the player in front has advanced to the next cone.

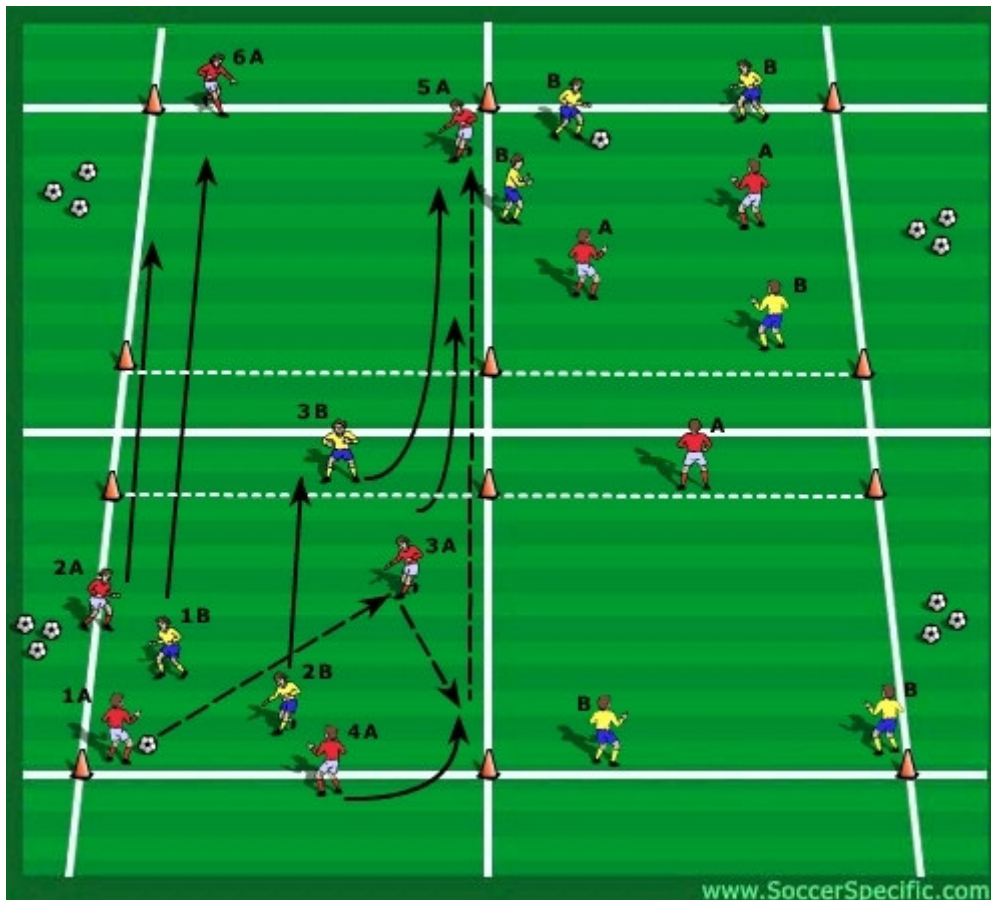
Progression:

1. After spinning around the cone (C) must take a preparation touch and then pass the ball to the next player in line.

Coaching Points:

- Try to find a rhythm with the sequence – sharp lay-offs to encourage teammate to come forward.
- “Ping” the ball diagonally across the grid.
- Accuracy of passing and quality of touches.

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4 VS 2 +1 +2

Emphasis:

Passing, supporting angles, defending, communication, properly weighted passes

Setup:

Create 2 grids, side by side, 10 x 10 yards each, with a 5 x 10 yard neutral zone running through the center of both grids.

Objective: The exercise begins with a 4 v 2 in one end of each grid. The 4 players on offense try to maintain possession of the ball in their grid. Upon completing 5 passes, they look to play the ball to the opposite end of the grid to their 2 teammates. As this happens, the defender 3B in the neutral zone goes to pressure the 2 attackers with the ball. At the same time, one of the two defenders in this case 1B joins defender 3B, while the other defender 2B goes into the neutral zone and rests for a minute. Two of the offensive players 2A and 3A must join in at the opposite end to make it a 4 v 2.

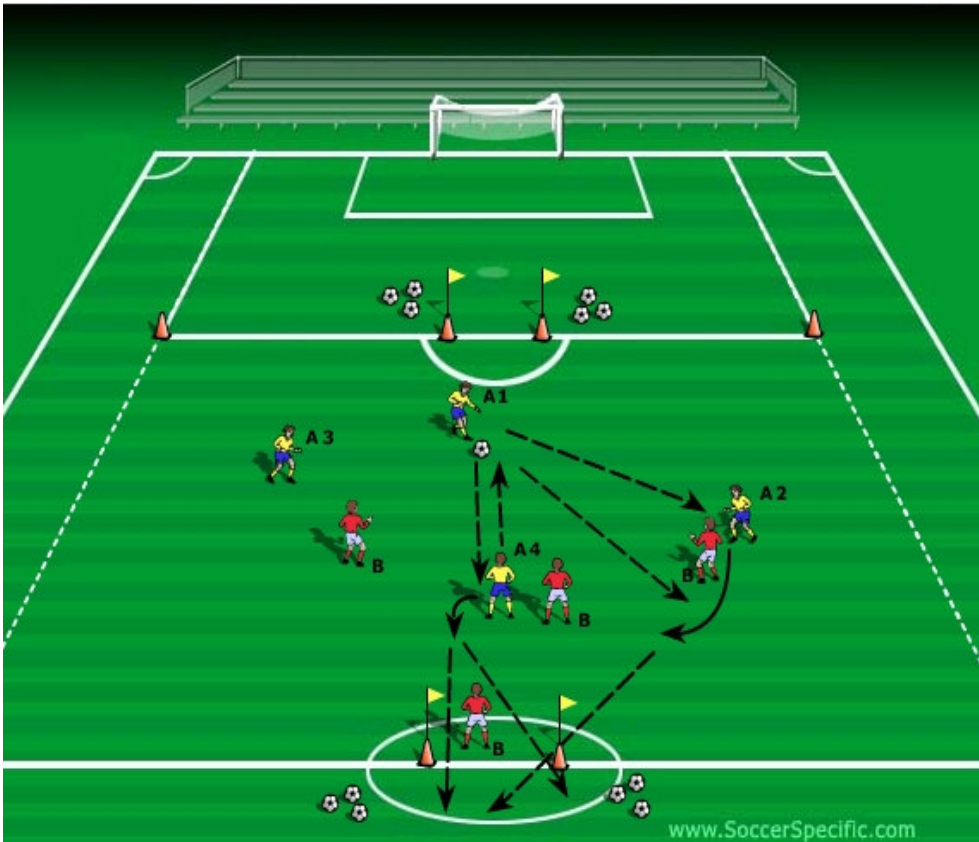
Progression:

1. Players must play the ball on the ground through the neutral zone.
2. Players may chip the ball over the neutral zone.
3. Switch both sides around every 4 minutes, so that everyone has a chance to attack and defend.
4. Touch restrictions: lift or add depending on age and skill level.

Coaching Points:

- Angle of support.
- Weight of pass.
- Communication.
- Deception with passes.

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4 VS 3 +1

Emphasis:

Possession, transition, passing, receiving, dribbling, finishing, defending, attacking, timing of runs

Setup:

Create a 44 x 40 yard grid with two goals and extra balls behind the goal. Play with two teams of 4 players each.

Objective:

The team that is defending must have one of its' players drop in and play goalkeeper, thus creating a 4 vs. 3 +1 in attack. Coaches are looking for the attacking team to combine and break down the opposition. Example: Player A1 looks to combine with the forward A4 who lays it back or turns with it for a shot on goal. Player A2 looks at getting behind player B and either finishing a shot or looking for the forward A4 to Finish. The attacking team should learn to possess the ball, and to combine to get off a shot. Once a shot has been taken, or possession has been lost, the attacking team must now drop back, get its' shape, and defend. The defending player that is closest to his own goal must become the goalkeeper.

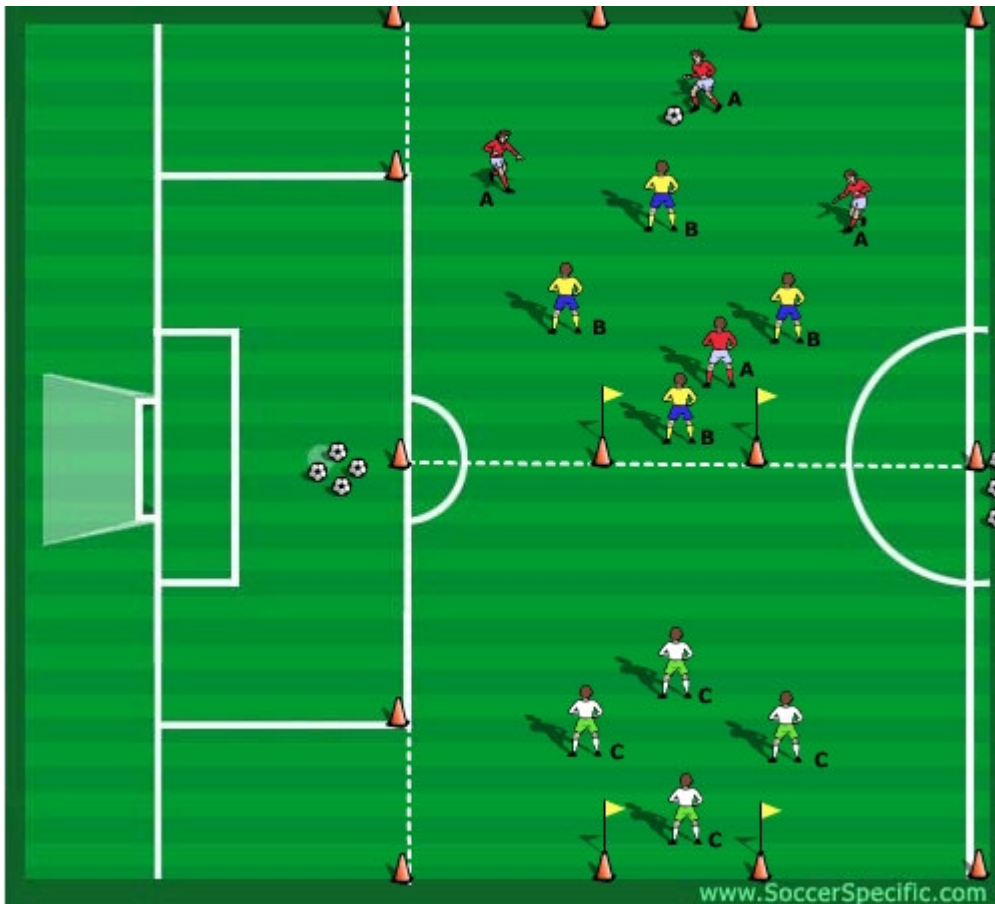
Progression:

1. Two passes before a team can score
2. Touch limitation lifted
3. Collect the pass on the other side of the goal

Coaching Points:

- Vision
- Weight of passes
- Positive first touch
- Communication between players
- Ability to break down the opposition off the dribble
- Combining with other players

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4 VS 3+1 VS 3+1

Emphasis:

Possession, transition, passing, receiving, dribbling, finishing, defending, attacking, timing of runs and communication

Setup:

Create a 40 x 70 yard grid with a goal on each end, and one in the center. Divide players into three teams.

Objective:

Player A, and his team, attack the B Team. If Team B stops the A Team, they run at Team A's goal. If Team B scores, they turn and run at the C Team at the opposite goal. If Team C stops Team B, they immediately try to score on Team B.

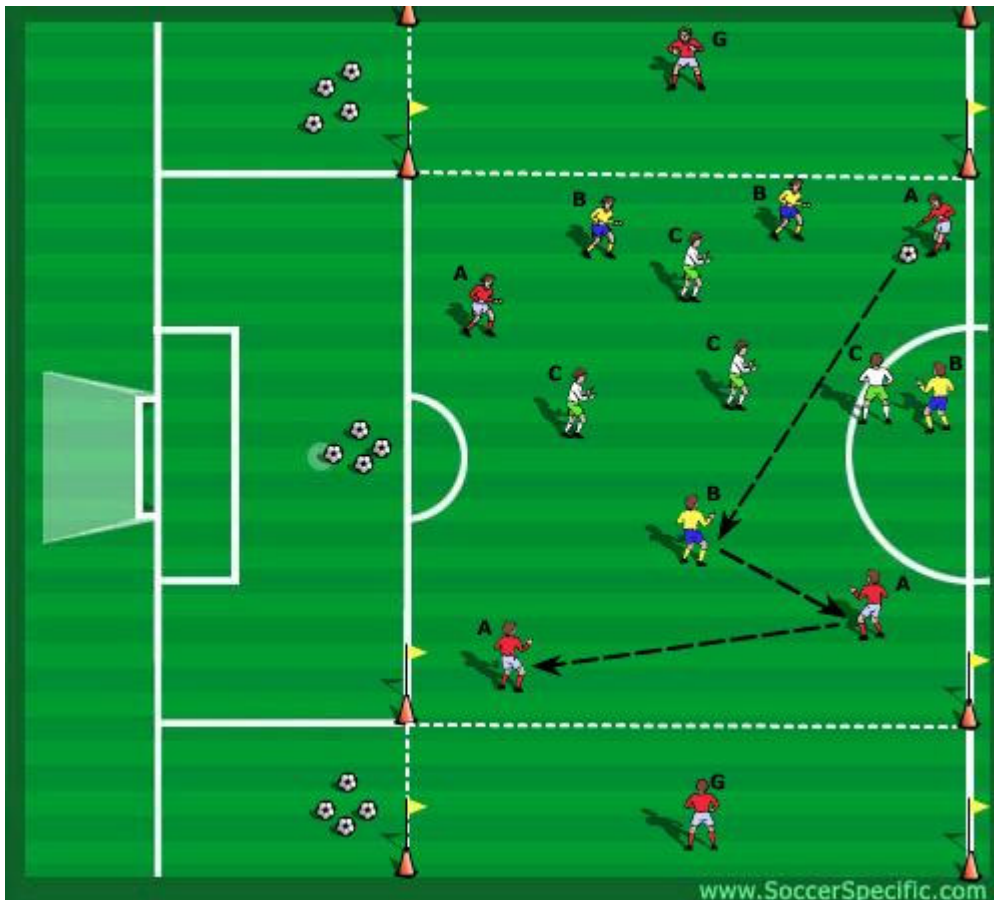
Progression:

1. Number of passes allowed
2. Restrict the number of touches on the ball per player

Coaching Points:

- Vision, weight of passes
- Positive first touch
- Communication between players
- Ability to break down the opposition off the dribble
- Combining with other players

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8 VS 4 +GK'S

Emphasis:

8 v 4 + GK'S - possession, angles of support, depth, width, communication and defending

Setup:

Create a 40 x 70 yard grid. Utilize the entire width across the field, and the top of the box to half field. Divide players into 3 teams of 4, with 3 separate colors (4 red, 4 yellow, and 4 white).

Objective:

Start off by combining 2 colors into 1 team, which plays against the third color (creating 8 vs. 4). The object is to maintain possession of the ball, after 6 passes the team must find either goalkeeper's hands. The last team to touch the ball prior to giving it away goes to defense.

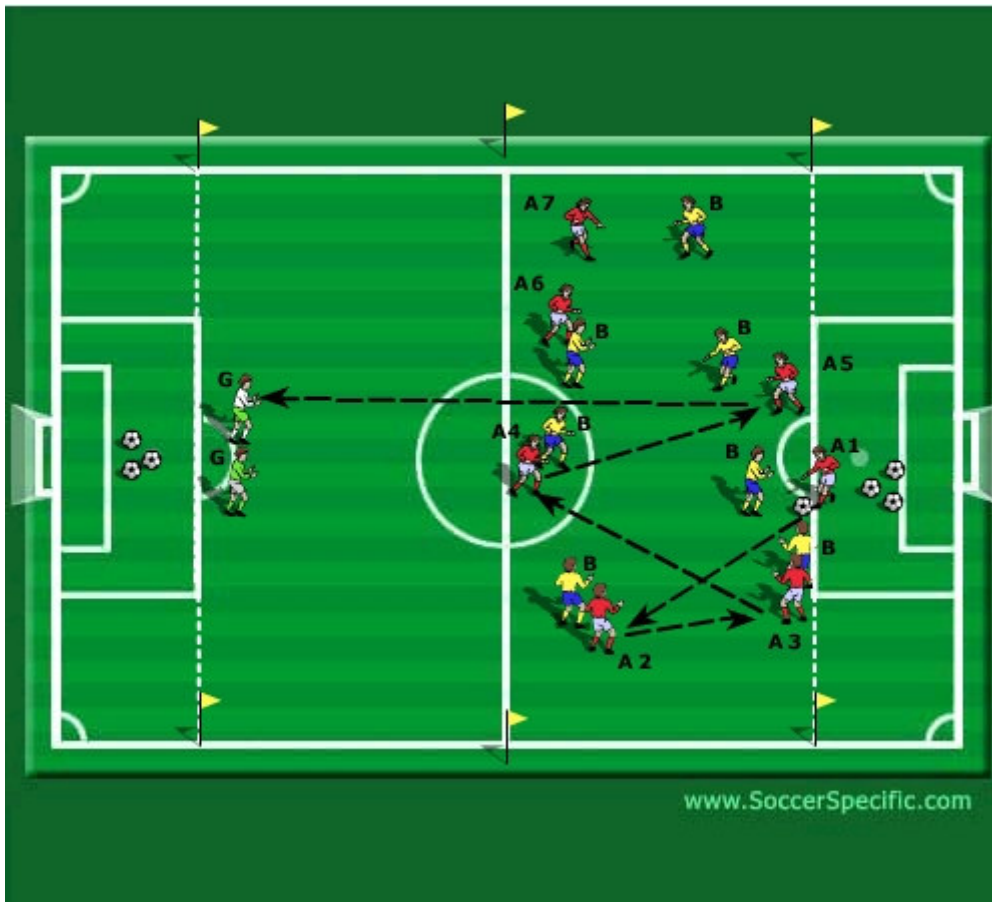
Progression:

1. Touch restrictions – unlimited to 1 touch
2. # of passes – the more passes, the more demanding
3. Directional
4. Continuous

Coaching Points:

- Angles of support
- Mobility off the ball
- Depth – stretching
- Width – stretching
- Weight of passes
- Defensively – concentrated as a unit

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8 VS 8 +2GK'S

Emphasis:

Possession with direction, angle of support, movement off the ball, weight of passes

Setup:

Create two 40 x 70 yard grids. The group will be playing 8 vs. 8 in a grid, with 2 goalkeepers in the opposite grid.

Objective:

The exercise focuses on 8 v 8 possession. Players need to be supporting the player with the ball by giving proper angles of support. The weight of the passes, and the layoff itself, are crucial for breaking pressure. Once 3 -6 passes have been made by a side that team attempts to find their goalkeeper's hands. Once the goalkeeper has caught the ball, he finds the team that just passed the ball. If he drops the ball, the ball changes possession and goes to the opposite team within that grid. The goalkeepers move to the opposite grid each time the teams cross over to the opposite side. Example A1 plays ball to A2 who lays it off to A3 and so on. A5 delivers the pass forward to the GK who tries to find the A teams feet once as they move across the grid.

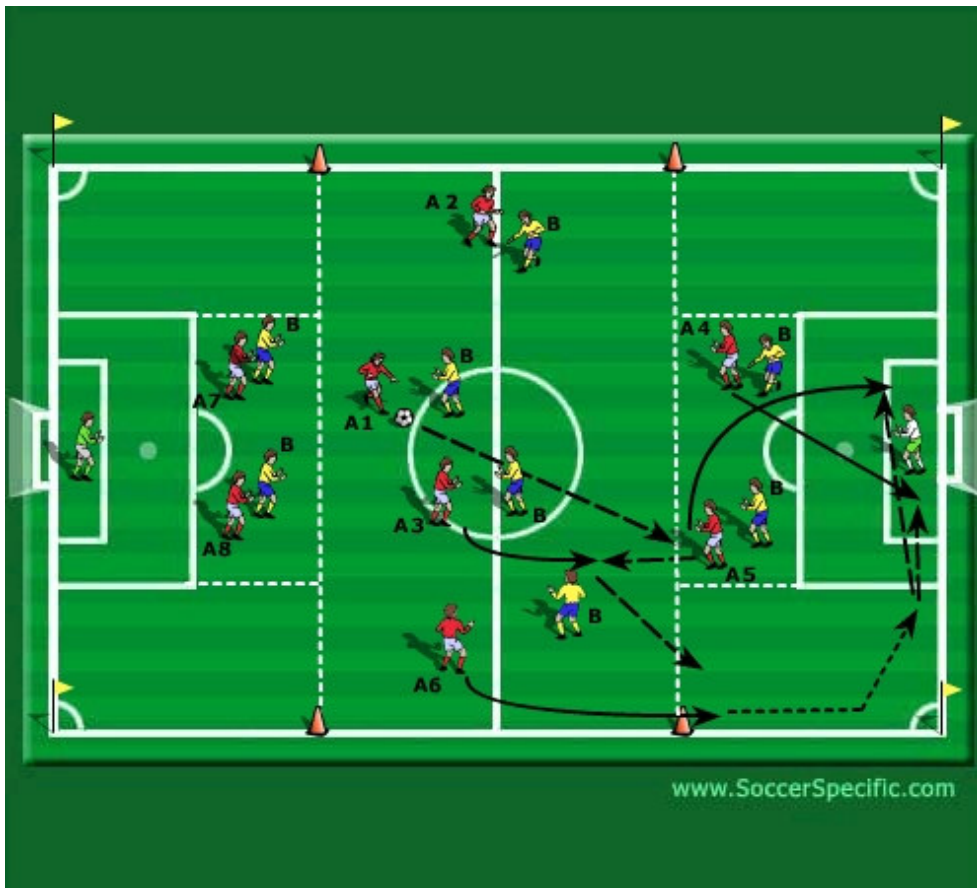
Progression:

1. Vary the number of touches each team must take before playing it to the Gk's hands
2. Limit the number of touches each player may have on the ball
3. Allow the Gk's to defend each other

Coaching Points:

- Weight of passes, angle of support
- Technical efficiency of instep drive
- Proper lay off
- Closing down players quickly – defensively

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FULL FIELD POSSESSION PLAY

Emphasis:

All technical and tactical applications

Setup:

Use the entire field, but divide it into 3 grids. Create a grid, 10 x 44 yards, on top of each 18 yard box, and extending all the way out to the touch lines. This will create a third center grid that is 70 x 60 yards.

Objective:

The goal of this exercise is for each team to score by means of combining with forwards to free up the midfielders. Players must stay within their grid unless combining with forwards to get into the final third. Player A1 is looking to combine with his forward, player A5. Player A5 looks to lay it off at an angle to player A3, who looks to combine with player A6.

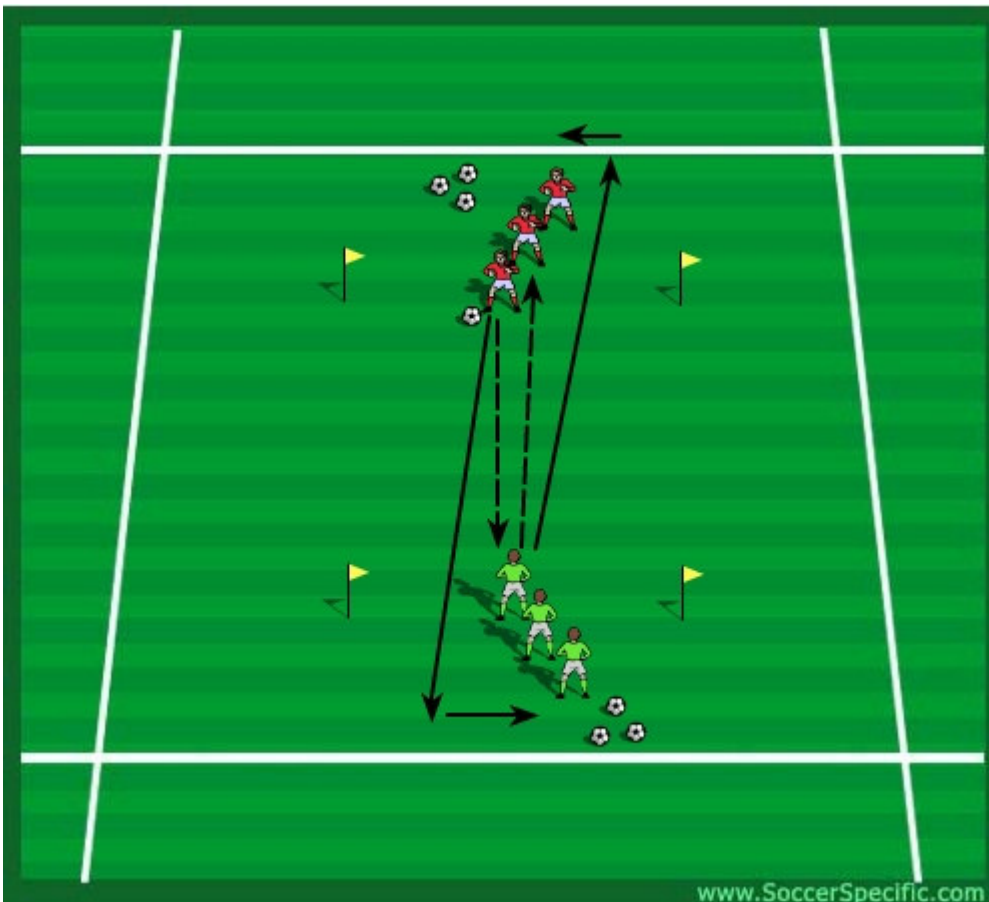
Progression:

1. Only one player from the attacking team is allowed to go forward into the next grid.
2. Lift all restrictions and encourage teams to score by means of combining.

Coaching Points:

- Create angles of support
- Look to run off the ball
- Weight of the pass
- Create space
- Visual cues
- Communication

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THE ULTIMATE PROGRESSION WARM UP

Emphasis:

Cover most technical areas of goalkeeping

Set-up:

Place two regular sized goals (8 yards wide), 10 yards apart from each other. Put half your goalkeepers behind one goal and the remaining behind the other goal. Make sure you have plenty of extra balls handy for use.

Objective:

The first goalkeeper in line distributes the ball to the first goalkeeper in the other line. After the goalkeeper distributes the ball, follow the pass and get in the back of the other line. The first sequence is two touch passing and then make it one touch passing back and forth. Follow the progression listed below. Repeat this pattern until each goalkeeper has performed many repetitions.

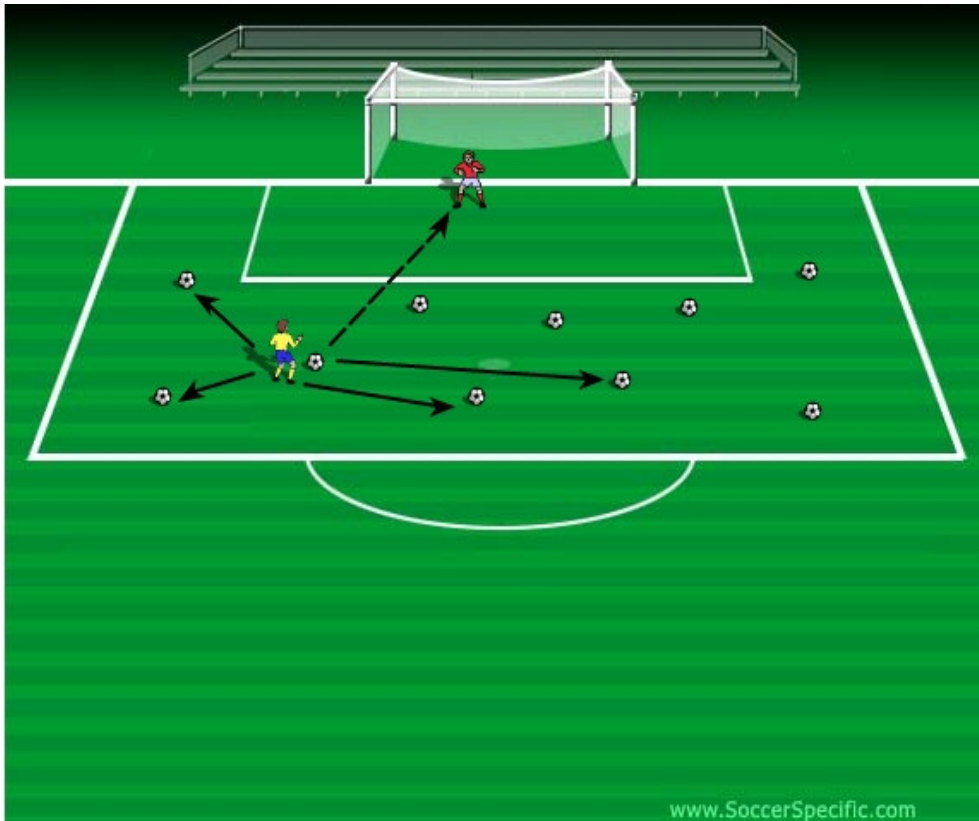
Progressions:

1. Rolling low ball pick up.
2. Under hand throws to the belly button.
3. Over hand throws to the face
4. High ball served directly in the middle of the box.
5. Low dives.
6. Collapse dives.
7. Extension dives.

Coaching Points:

- Technique, technique, technique.

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7. Extension dives.

Coaching Points:

- Technique, technique, technique.

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GET SET, HOLD EVERYTHING

Emphasis:

Clean goalkeeping, no dropped balls

Set-up:

Set up a grid at the top of the penalty box, the width of the six yard box, and five yards from the top of the 18 yard box. Randomly place 8-12 balls in the grid. The servers are assigned a number 1-3. Three servers jog around the grid until the coach shouts their number and they take a preparation touch and shoot on goal.

Objective:

Goalkeeper starts in the middle of the goal and reacts to the shooter when their number is called. If the goalkeeper concedes a goal then another ball gets put in the grid.

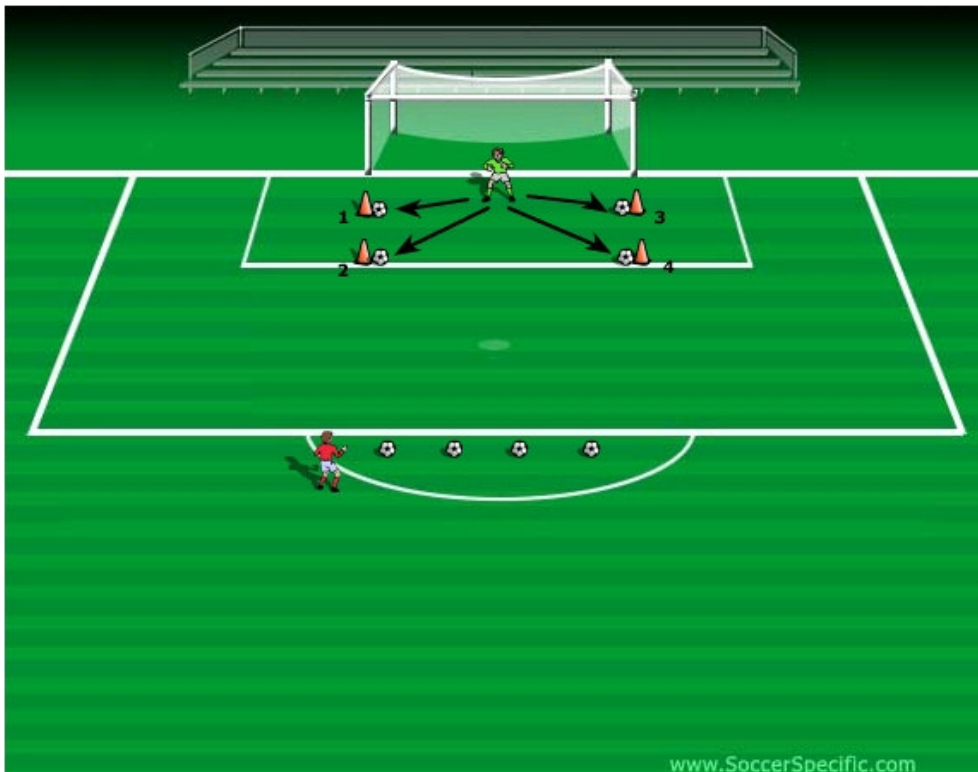
Progressions:

1. Server can go on a 1v1 breakaway.
2. Assign each shooter several different numbers (it keeps the goalkeeper guessing).

Coaching Points:

- Don't shut off mentally, stay connected to the drill.
- Get your feet set early and react.

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BOTCHIE BALL

Emphasis:

Shot recovery

Set-up:

Place four cones even with the post 2 and 6 yards from the goal posts. Place a ball at each cone and label them 1-4. Server stands at the top of box with 4 balls lined up for shooting.

Objective:

Goalkeeper starts a couple yards off his line. The server shoots the ball and the goalkeeper makes the save. He uses the ball he/she just caught, collapse dives towards the first cone, and botches the ball away from the cone. The goalkeeper leaves the ball there, recovers to the line, and gets ready for the next shot. The goalkeeper must shout the number cone he is going to botch the ball away from. One set consists of 4 botches and four saves.

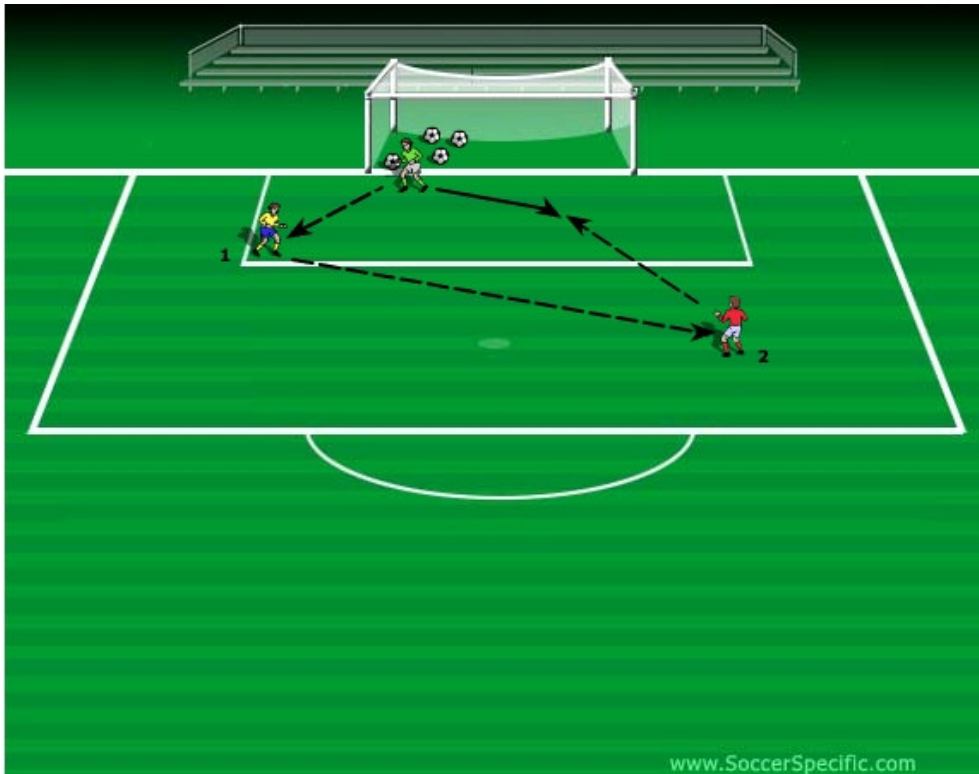
Progressions:

1. Server hits a moving ball.
2. Server can go on a breakaway.
3. Increase the amount of botches.

Coaching Points:

- Handle the ball cleanly to keep the drill moving along.
- Must cut the angle of the shooter and get set for the shot.

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ONE TOUCH FINISHING

Emphasis:

Mobility across the goal mouth

Set-up:

One server stands sideways-on at the corner of the six yard box, and the other server stands between the penalty spot and the corner of the other six yard box. Place balls just inside the goal, easily accessible for the goalkeeper who is working.

Objective:

Goalkeeper starts at the near post with the ball in his hands. He rolls it on the ground to server 1, who one touch passes it to server 2, he then hits a time shot on goal. The goalkeeper follows the ball from player to player across the goal and cuts down the angle and gets set for the shot from server 2.

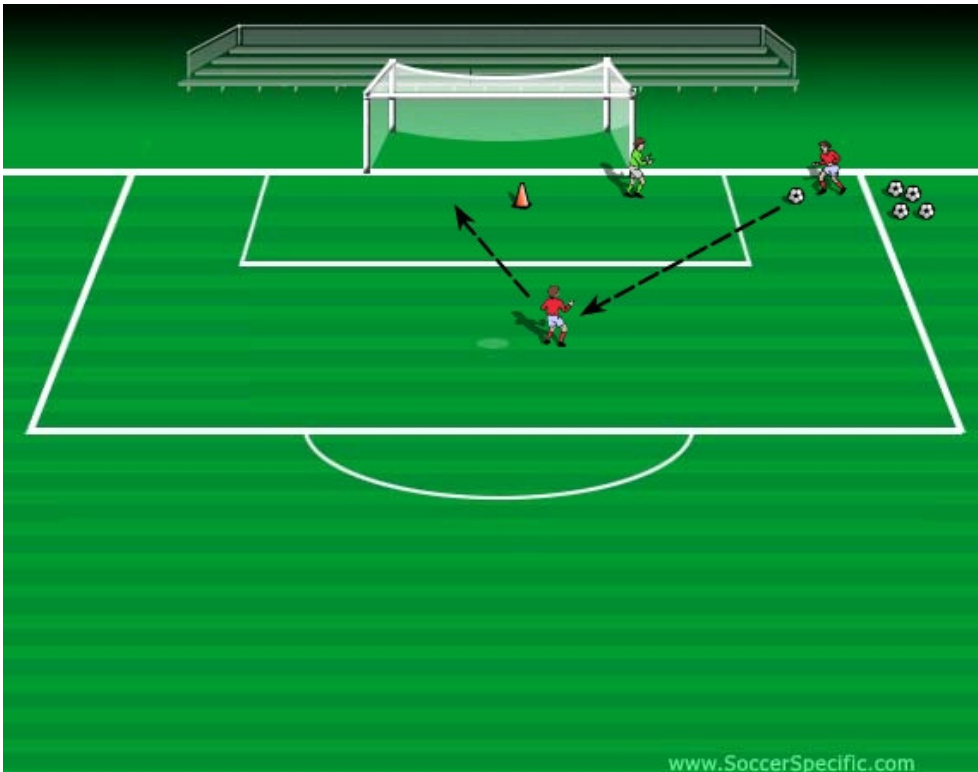
Progressions:

1. Either server 1 or 2 may shoot the ball.
2. Server two can either shoot first time or take a preparation touch.

Coaching Points:

- Prepare for a shot at any time.
- Recover across the goal under control.
- Get set for the shot.

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SAVING THE FAR POST

Emphasis:

Mobility across the goal mouth

Set-up:

Place one server between the junction of the 6 and the 18, on the end line. The other server stands just inside the penalty spot, ready for a one touch finish. Place a cone 3 yards out from the goal line in the middle of the 6 yard box.

Objective:

Goalkeeper starts at the near post and server 1 passes the ball along the ground to server 2, who one touch finishes it to the back post. The goalkeeper cannot leave until the ball is passed and must make the save in front of the cone placed in the middle of the goal. Repeat both sides.

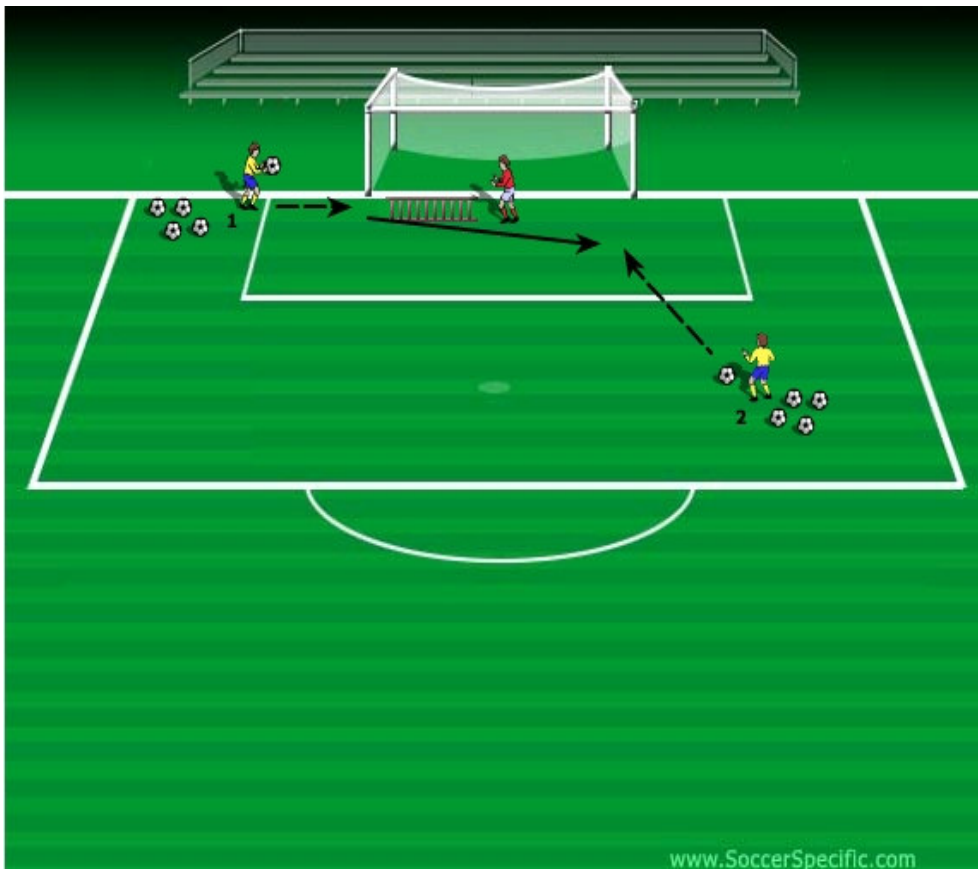
Progressions:

1. Shots are driven near post.
2. Shots are driven either near or far post.

Coaching Points:

- Take the direct root to in front of the cone.
- Come across under control.
- If you can't catch it, make sure you parry it to safety.

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ANGLE PLAY

Emphasis:

Good footwork, cutting down the shooters' angle

Set-up:

Place a ladder between the goal post and the middle of the goal. One server stands on the junction of the six yard box and the end line. The other server is roughly 12 yards out even with the corner of the six yard box. Goalkeeper starts in the middle of the goal facing server 1.

Objective:

Goalkeeper must go through the ladder with proper footwork, get set, and receive a volley from server 1. He/she must recover quickly to their feet, come across the goal mouth and get set for the shot from server 2. Repeat for a set of 6-8 repetitions.

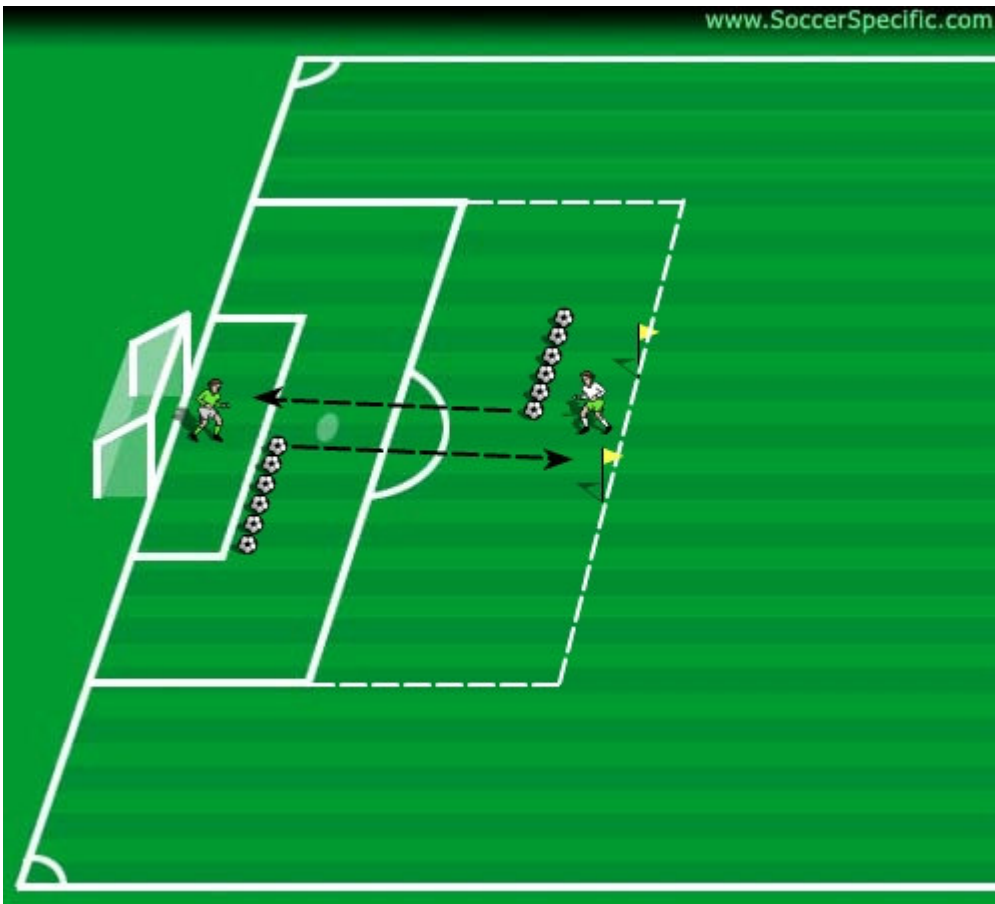
Progressions:

1. Change server 1 shoots a cutback low ball diving save.
2. Shooter must shoot at the back post (where the goalkeeper came from).
3. Increase the difficulty of the footwork.

Coaching Points:

- Concentrate on not hitting the ladder.
- Cut off the shooters angle.
- Come across the goal mouth under control.

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RAPID FIRE BATTLE

Emphasis:

Compete 1v1 and score on opponent

Set-up:

Place two goals 25-36 yards apart from each other. Line up 6-10 balls six yards off the goal line and off to one side in a line.

Objective:

One goalkeeper shoots and the other goalkeeper makes the save. As soon as he makes the save he recovers quickly and shoots back towards his opponent. However, if he/she scores a goal, he/she shoots again immediately. The object is to score more goals than the opponent. Keep track of the score.

Progressions:

1. Alternate shooting foot.
2. Move the goals closer together.
3. Throws and volleys.
4. Add breakaways (max 2 per game).

Coaching Points:

- Score early.
- Keep your shot on frame.
- Recover quickly.

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3 MAN FINISHING

Emphasis:

Shooting, finishing, unopposed build-up play

Set-up:

Six cones are positioned as shown. The cones are approximately 25-30 yards from the goal. Goalkeeper(s) in goal. Squad is split into 2 groups (red, yellow) and positioned as shown. Each group has a selection of balls.

Objective:

Player (A) starts with the ball. (A) passes the ball to (B): (B) passes to (C). (C) plays the ball straight across (square) for (A) to run forward and shoot. Three new players then fill the cones. As soon as the ball is struck the other group (yellow) repeats the sequence. Play continues in this alternating fashion for a designated number of goals or for a predetermined period of time.

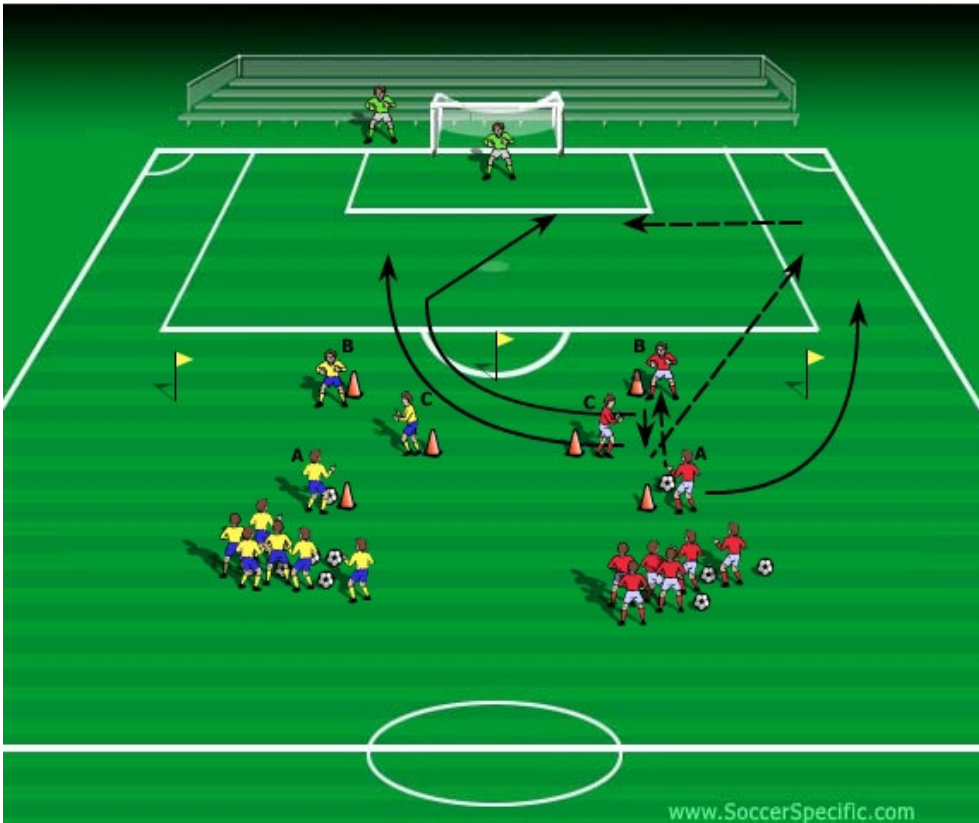
Progression:

1. Create a competitive format by telling the players the “first team to 10 wins”

Coaching Points:

- Find a rhythm with the passing during the build-up.
- Player (A) must hold their run to wait for the pass from (C).
- Accuracy before power!
- Communication at all times.

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COMPETITIVE CROSSING AND FINISHING

Emphasis:

Finishing, crossing, timing and co-ordination of runs. Unopposed build-up play

Set-up:

Six cones are placed as shown approximately 30 yards from the goal. 3 flags (or cones) are placed as shown. The squad is split into 2 teams (red, yellow) and positioned next to each set of 3 cones. Goalkeeper(s) are in goal. A selection of balls is located next to each team.

Objective:

Player (A) passes the ball to player (B). Player (B) lays the ball off to player (C). Player (C) passes the ball out wide for (A) to chase. Player (A) must bend his run around the flag to create a better crossing angle. Players (B,C) must run around the middle flag and get in the box for a cross from (A). Players (B,C) must try to finish on their first touch. The other team (yellow) begins their sequence when the red (A) is about to cross the ball.

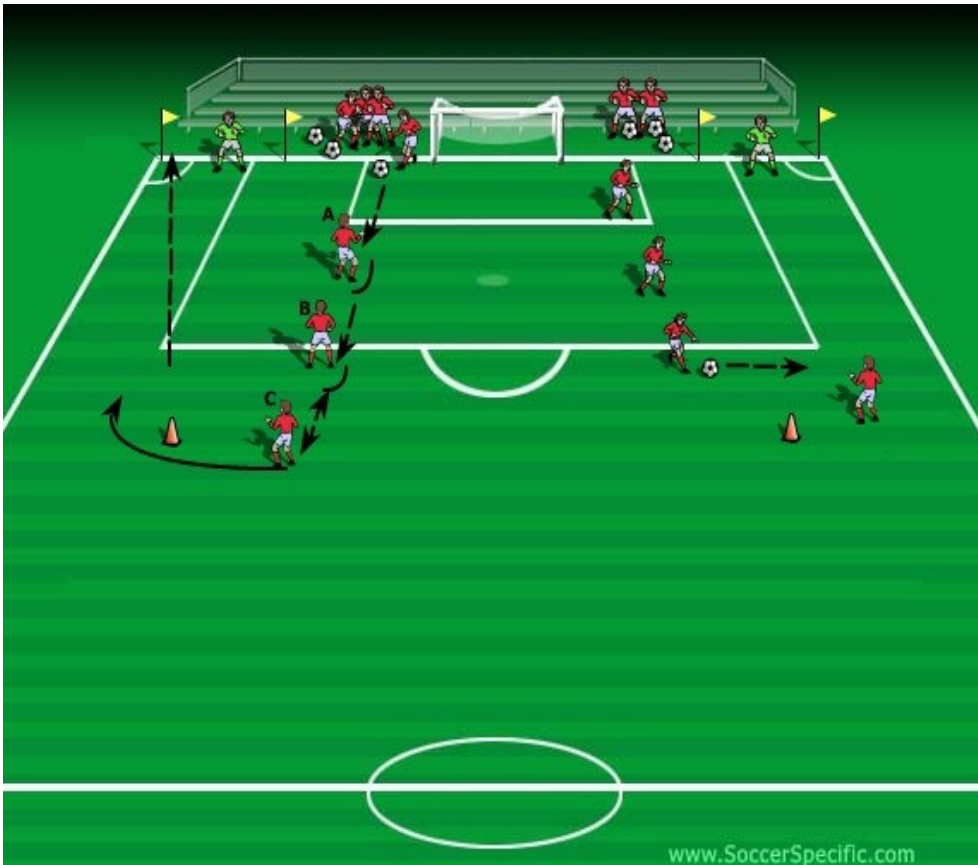
Progressions:

1. Create a competitive environment by giving each team a target – “first team to wins”

Coaching Points:

- Quality crosses must be delivered.
- (B) and (C) must bend their runs and time the runs according to the expected arrival of the ball.
- All finishes should be first time strikes.
- Accuracy before power!
- Communication is vital.

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TURN AND STRIKE

Emphasis:

Shooting and Finishing

Set-up:

Squad is split into 2 groups (as shown) and are positioned at either side of the goalposts. Flags are placed to create a goal at each side of the field. Goalkeepers are in each goal. Cones are placed approximately 30 yards from goal. Three players (A, B, C) are positioned in line approximately 10 yards apart.

Objective:

A ball is passed to (A). (A) turns quickly and passes to (B), who turns quickly and passes to (C). (C) must check towards the ball, lay the ball off to (B) and then spin around the cone to receive a return pass from (B). (C) will then be facing the goal and can hit a first-time shot or take a touch before striking. The next player begins the sequence as (C) is preparing to shoot. Each player advances one position for the next sequence, Example – (A) becomes (B), (B) becomes (C) and then (C) joins the back of the group.

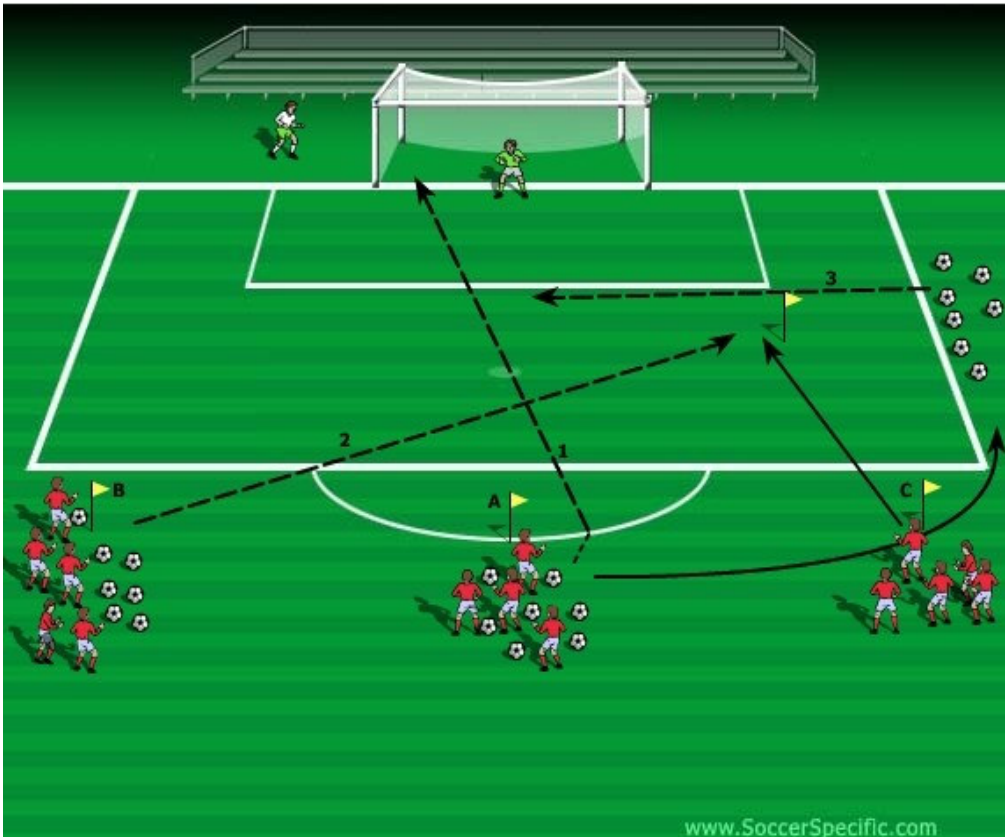
Progressions:

1. Must be a first-time shot.
2. (A) turns and plays a ball to (B), (B) lays it off to (A). (A) then passes to (C) who lays it off to (B). (B) then sets up (C) for the shot.

Coaching Points:

- Players should be half-turned when receiving the ball.
- Accuracy before power.
- Vary the strikes – driven, bent etc.
- Quality of the layoff is vital to set teammate up for a strike at goal.

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3 ATTEMPTS AT GOAL

Emphasis:

Crossing and Finishing, timing and coordination of runs into box

Set-up:

Players are split into 3 groups as shown (A,B,C). Three flags mark the starting points for each group. Another flag is placed approximately 8-10 yards out at an angle to one of the goal posts. Balls are located with groups (A) and (B) as well as outside one side of the 18-yard box. All players start at one of the three flags. One goalkeeper in goal with extra goalkeeper waiting off to side of goal.

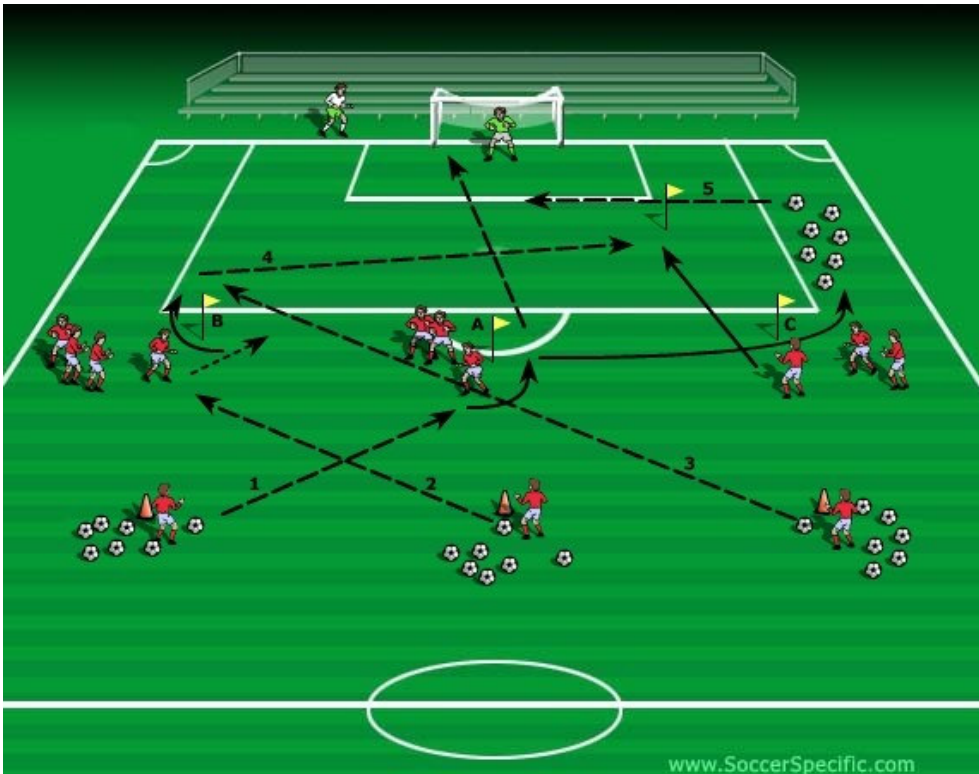
Objective:

The exercise is initiated by player (A). Player (A) takes a touch to the side of the flag and then strikes a shot at goal. He then immediately starts sprinting around the flag at group (C). Player (B) passes a ball in the direction of the flag located approximately 8-10 yards from goal. Player (C) must time his run from his starting point to get to the ball for a shot on goal. Player (A) then crosses one of the wide balls into the box for both player (B) and (C) to attack. After approximately 4 minutes, change direction to ensure crosses and shots from both sides of the field.

Coaching Points:

- Attempt to do everything at game speed.
- Player (B) must drive the ball across the face of the goal towards the flag for player (C) to attack at the back post. (C) must time his run to slide in before the ball reaches the flag.
- Player (B) must NOT get into the box too early when attacking the cross from player (A)
- Player (C) must "stay alive" in the box by making a second run to receive a cross from player (A)

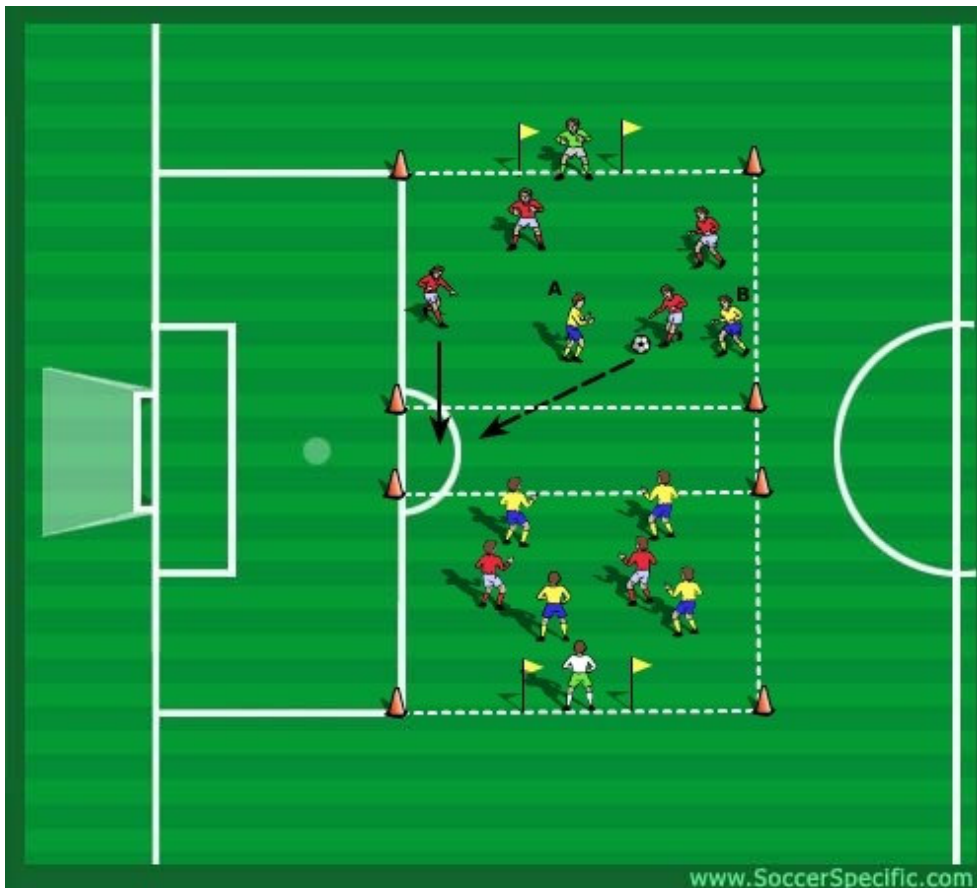
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Progression:

Three players are positioned approximately 35 yards away from goal to act as servers. Each has a supply of balls. The exercise is initiated with a pass (1) to player (A) who is checking to the ball. Player (A) must spin and strike a shot at goal before immediately sprinting around flag at group (C). Pass (2) is played to player (B) who spins inside the flag to create an angle for a shot quick shot on goal. Player (B) immediately spins back out around the flag to receive a diagonal driven ball (3) from server. Player (B) must control this ball quickly before driving a ball (4) along the ground towards the back post space for player (C). Players (B) and (C) must stay active in the box to time their runs for a cross (5) from player (A).

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SMALL-SIDED SHOOTING

Emphasis:

To improve the teams ability to create and exploit scoring opportunities

Set-up:

A 20 x 44 yard grid is set up as shown in diagram #2 with a 7-yard wide middle zone. A 4 v 2 is arranged in each end zone. Goalkeepers are in each goal.

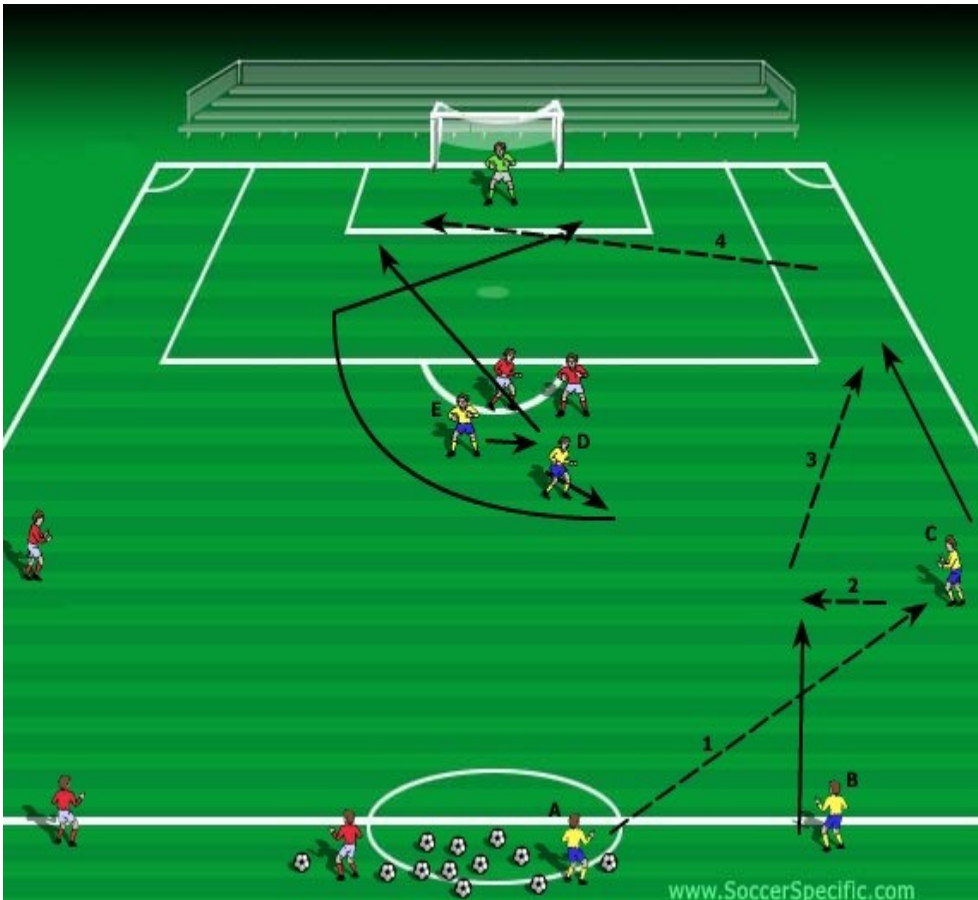
Objective:

Play begins with the goalkeeper. The 4 players try to keep possession in their zone until they create an opportunity to break forward into the middle (neutral) zone. The goalkeeper can be used as a supporting player (creating a 5v2 situation). Players (A) and (B) act as opposing forwards trying to win the ball in front of their opponents goal. If a player enters into the neutral zone he must then shoot on the opponents goal at the opposite end of the grid. Play is live in the other end zone once the shot is taken.

Coaching Points:

- Establish a rhythm in possession in order to create gaps to exploit.
- All strikes on goal must be at match speed (since the player is unopposed in the neutral zone)
- Teammates in opposite grid must act as strikers and follow up every shot in case the goalkeeper gives up a rebound.

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ATTACKING AS A TEAM

Emphasis:

Pattern play, Crossing and Finishing

Set-up:

Squad is split into 2 groups (yellow and red, as shown). A selection of balls is placed in the center circle. Goalkeeper(s) in the goal. Players are arranged in the following positions:

- (A) Central defender
- (B) Right fullback
- (C) Wide midfielder
- (D) Center forward
- (E) Center forward.

Note: It is recommended that more than one player be put in each position to avoid fatiguing the same players over and over. This will also ensure that all players in the squad are included in the session. The same set-up is arranged on the left side of the field.

Objective:

(A) passes to (C). (B) starts a run forward in the inside channel to support (C). (C) plays a pass (2) inside for (B) and then spins out wide again to receive a return pass. Both (D) and (E) are making runs to receive the ball from (B). (B) opts to play the ball down the line for (C) so the two center forwards (D,E) peel off and get into the box. (C) delivers the cross in to the box for both center forwards to attack. The same sequence then occurs down the left side of the field using the red players. Play continues (alternating red and yellow) for a designated time period or for a certain number of goals.

Progressions:

1. (B) plays the ball into either center forward, who then passes the ball wide for (C) to cross.
2. Add two central midfielders.

Coaching Points:

- Quality of passing during buildup must be sharp and crisp.
- Center forwards must check to the ball then vary their runs into the box (bending runs, pulling away from defenders, near post, back post etc. Must receive quality crosses.

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