

9 - 10 Year Olds

Twelve-Week Training Program



Coaching Ages 9 to 10 Years

This section provides you with a twelve-week training program for children ages 9 through 10 years. Each practice features four fun and progressive drills and culminates with a small-sided game.



This is the third stage of the training program. An additional drill has been added to each practice and numbers increased for small sided games. Emphasis is placed on the continued development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.

Main topics include skills in passing and ball control with additional training for shooting, dribbling and heading. There is a greater emphasis on small group concepts and the introduction of opponents to simulate game situations. The program is age appropriate and sets a solid foundation for players to advance to the next level. The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team tactics and laws of the game.

Weekly Practice Schedule:

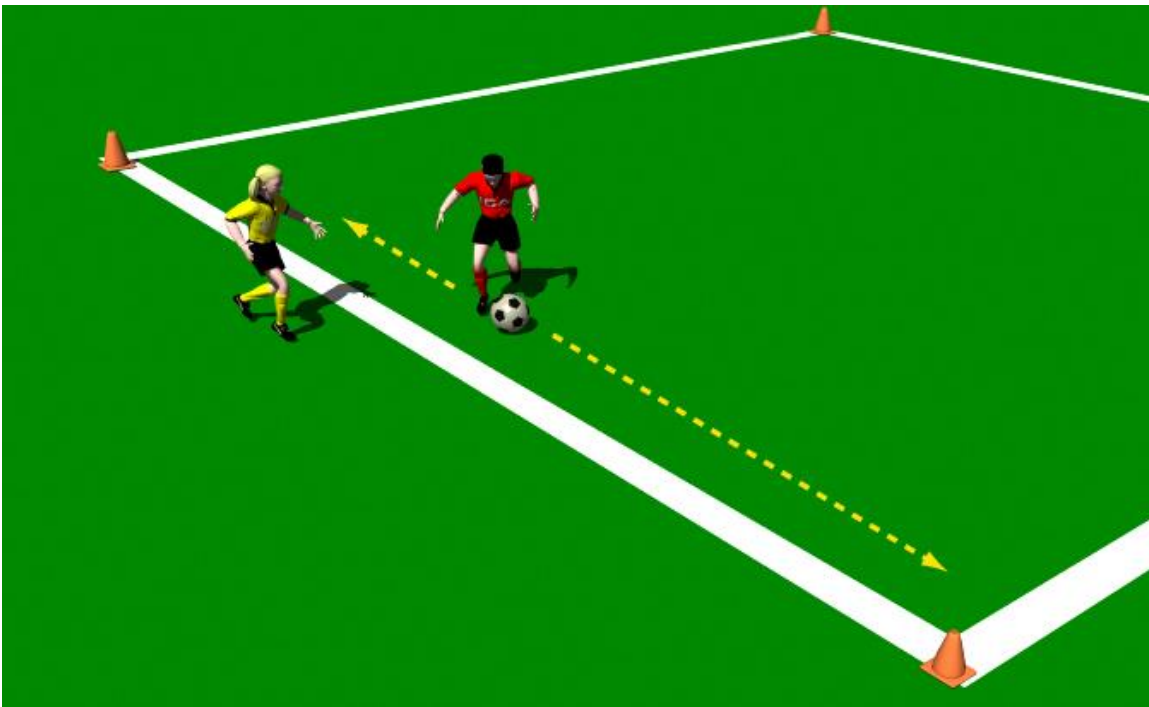
Week	Technique	Practice Theme/Key Words
Week One	Dribbling	Explosive Movements/Running with Ball
Week Two	Dribbling	Change of direction and speed
Week Three	Passing	Pace/Accuracy/Jog/Run
Week Four	Passing	Pace/Accuracy/Basic Overlapping
Week Five	Passing	Give and Go/One Touch/Pace and Accuracy
Week Six	Passing	Disguise/Pace/Accuracy/Timing/Vision
Week Seven	Passing	Disguise/Pace/Accuracy/Timing
Week Eight	Ball Control	Aerial Control/Static/Jog/Run
Week Nine	Ball Control	Cushion Control/Movement
Week Ten	Ball Control	Aerial Control/Static/Walk/Run
Week Eleven	Shooting	Pure Mechanics/Variety of Techniques
Week Twelve	Heading	Reaction/Accuracy/Power

Warm Up:

A thorough warm up should be performed before each practice session. Refer to the “**Warm Up**” section of the website for a variety of fun warm up activities for your team. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the practice session.

Week One – Drill One

Explosive Body Movements



Exercise Objectives:

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves.

Field Preparation

2 Players, 2 Cones 10 yards apart, 1 Ball.

Coaching Pointers:

Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball.

The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling player's knees should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times.

The defensive player can prevent the dribbling player from scoring a goal by placing their foot in front of the cone the player is attacking. The defender may not tackle or cross over the imaginary line. Players should alternate every 3 minutes. Score should be kept to determine winner.

Week One – Drill Two

Slalom Through Cones



Exercise Objectives:

This practice is designed to develop close control while running with the ball.

Field Preparation

3 Players, Area 10 x 15 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

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Week One – Drill Three

Dribble around the Cone



Exercise Objectives:

This practice is designed to develop close control while running and turning with the ball.

Field Preparation

2 Players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Divide players into pairs, with one ball each. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed approximately 5-7 yards from the starting line.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

Week One – Drill Four

Dribble, Turn and Escape



Exercise Objectives:

This practice is designed to develop close control while running and turning with the ball.

Field Preparation

2 Players, Area 10 x 10 yards, Cones, 2 Balls

Coaching Pointers:

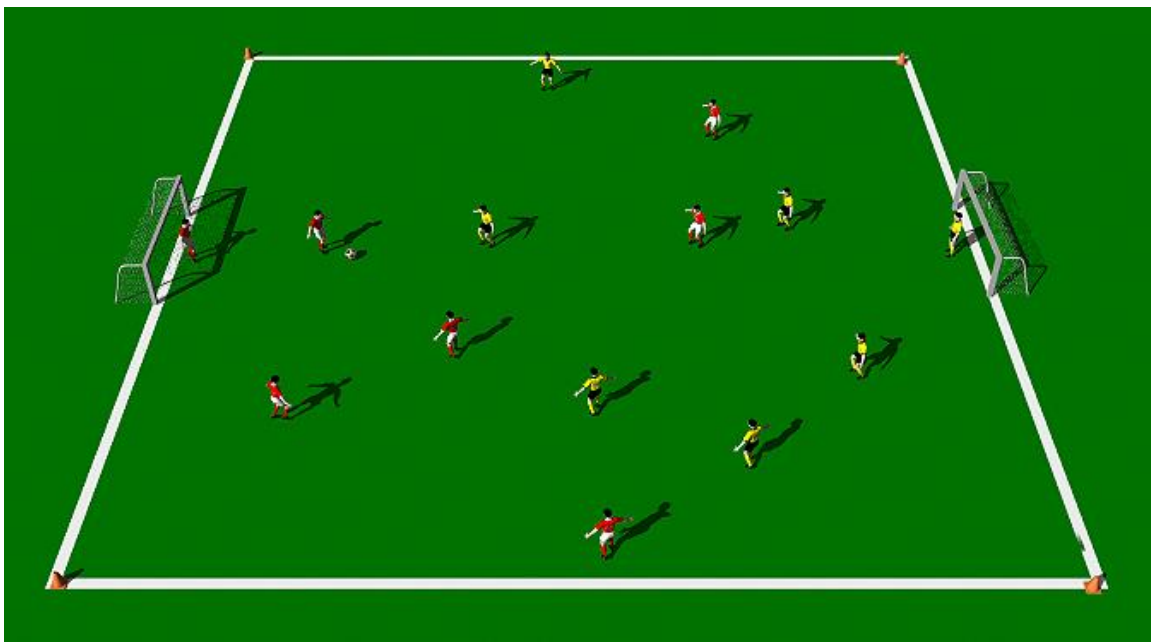
Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.

Week One – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

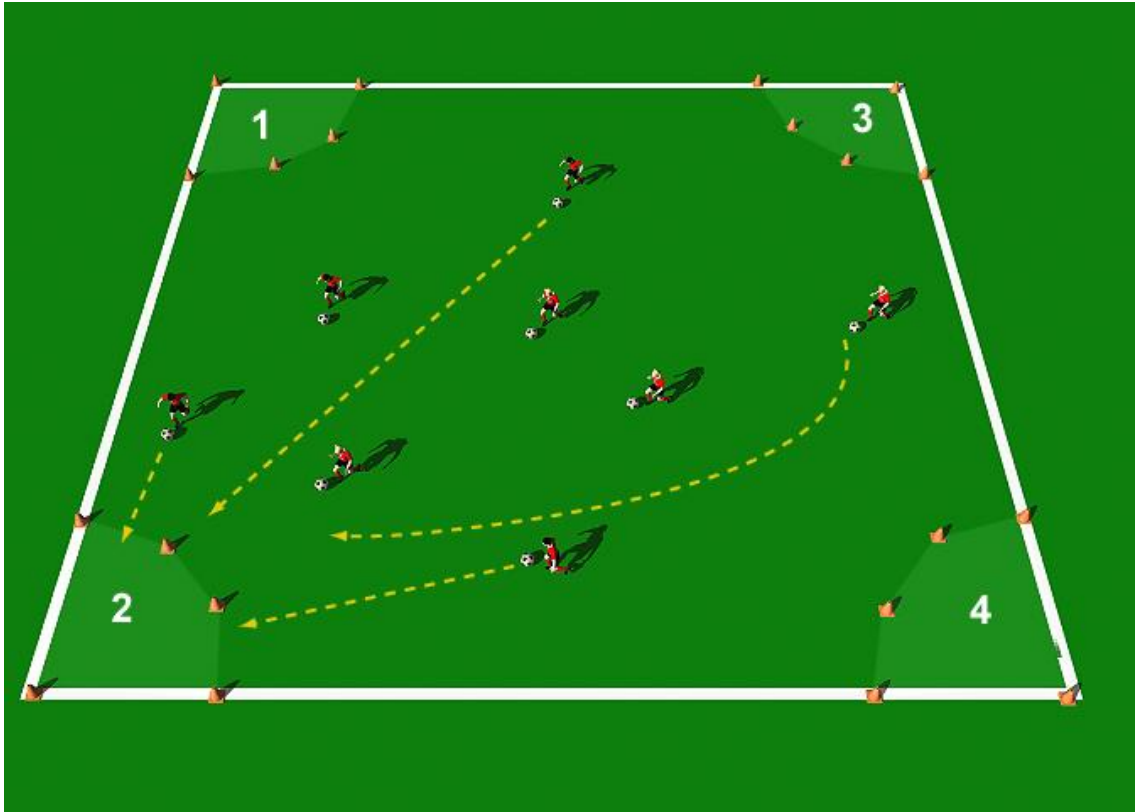
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Two – Drill One

Dribble to Corners



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

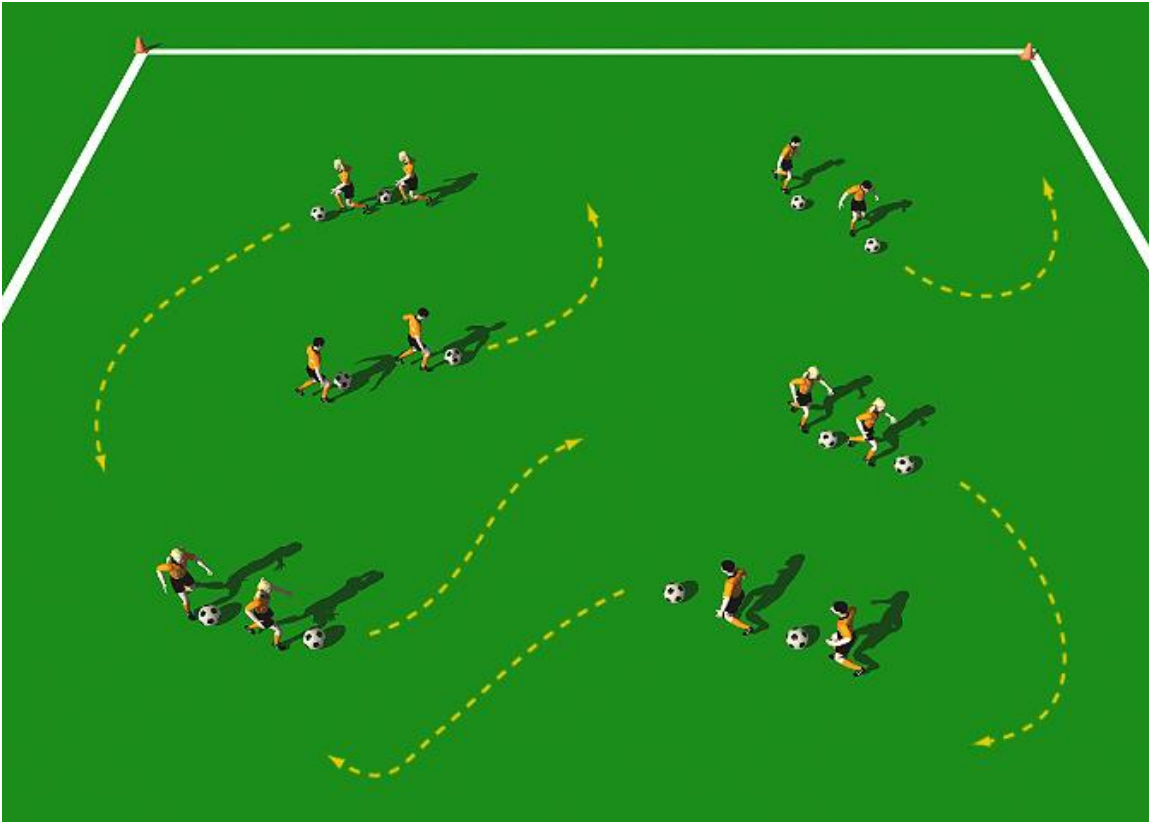
The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Week Two – Drill Two

Truck and Trailer



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

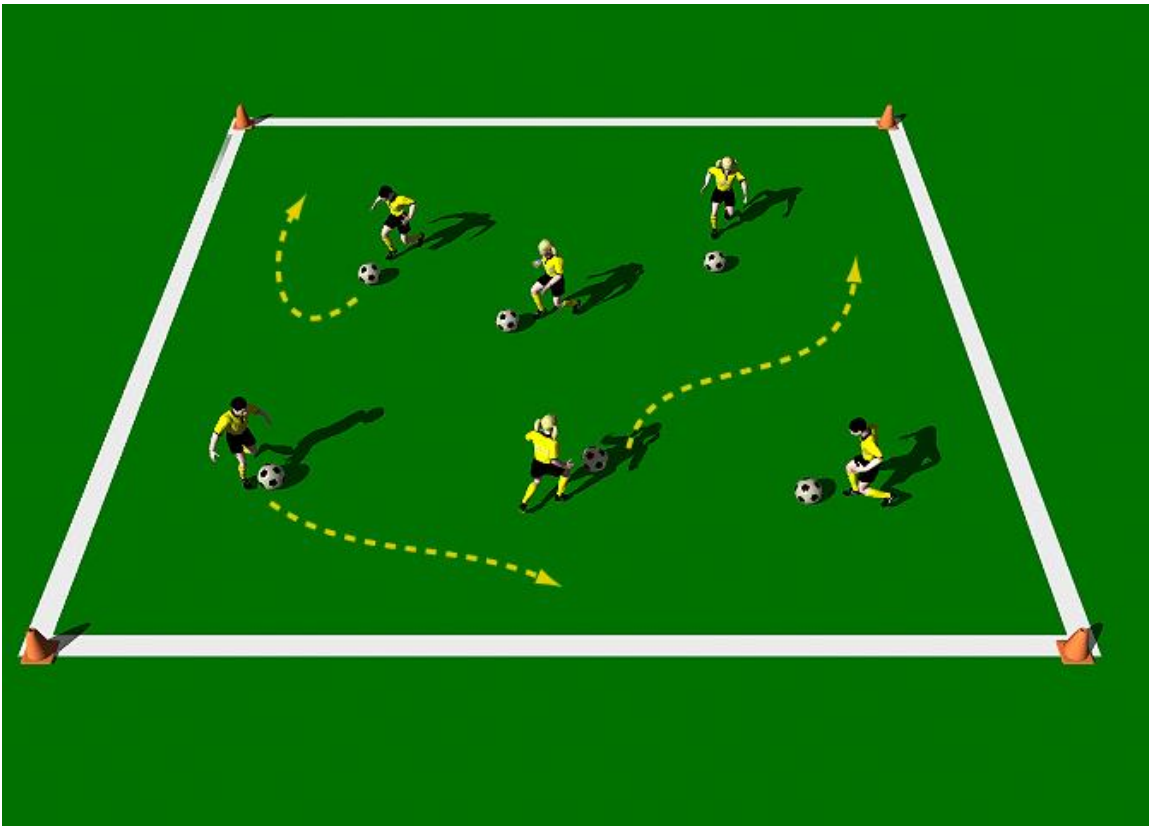
Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Week Two – Drill Three

Show me the Moves



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones.

Coaching Pointers:

The group is positioned in a grid 20 yards x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

Stop – Players must stop the ball using the sole of the foot.

Turn – Players must change direction 180 degrees.

Step Over – Players perform a step over move over the ball.

Fake – Players must fake to pass or cross the ball.

Explode – Players must change speed rapidly into an open area.

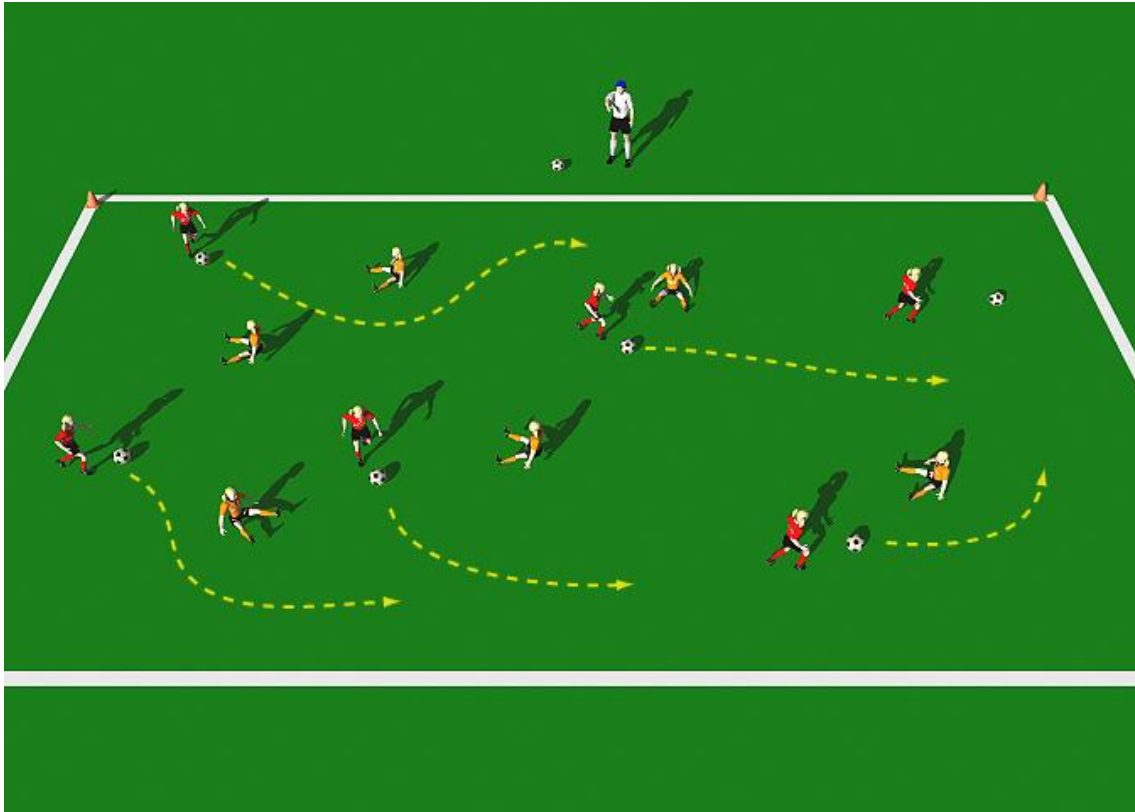
Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.

Week Two – Drill Four

Sponge Bob Soccer Pants



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

Field Preparation

Entire Group, Area 10 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

A group of players are positioned in a grid 10 yards x 20 yards, one set of players with one ball each. The group of is divided equally into two groups.

One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid as the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid.

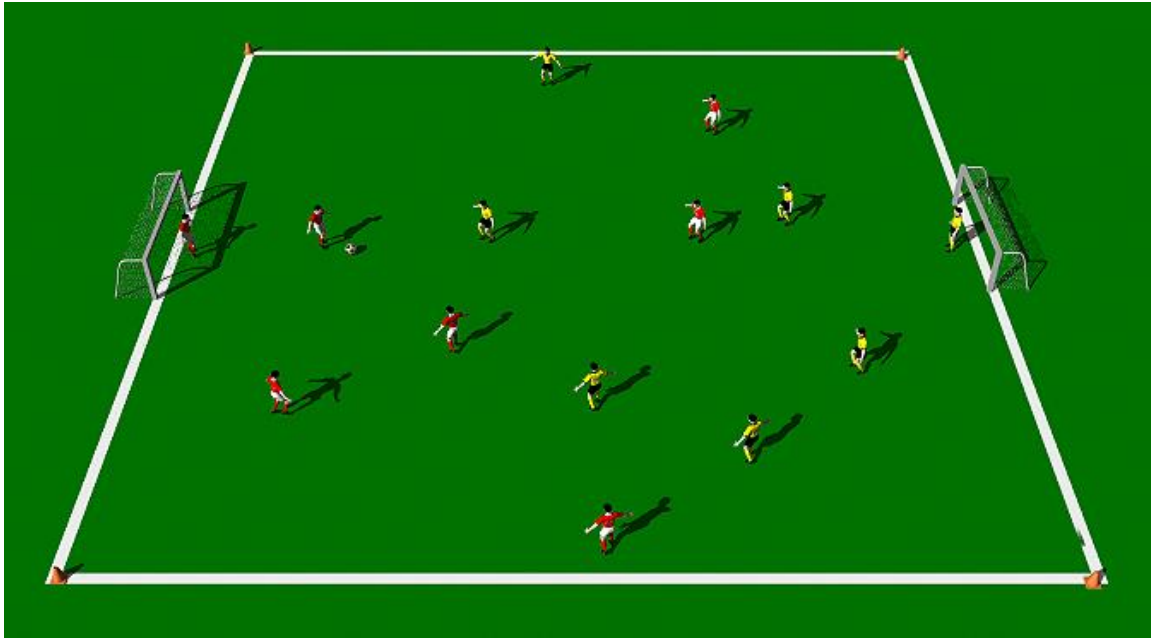
The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over.

All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over. When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles.

Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.

Week Two – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

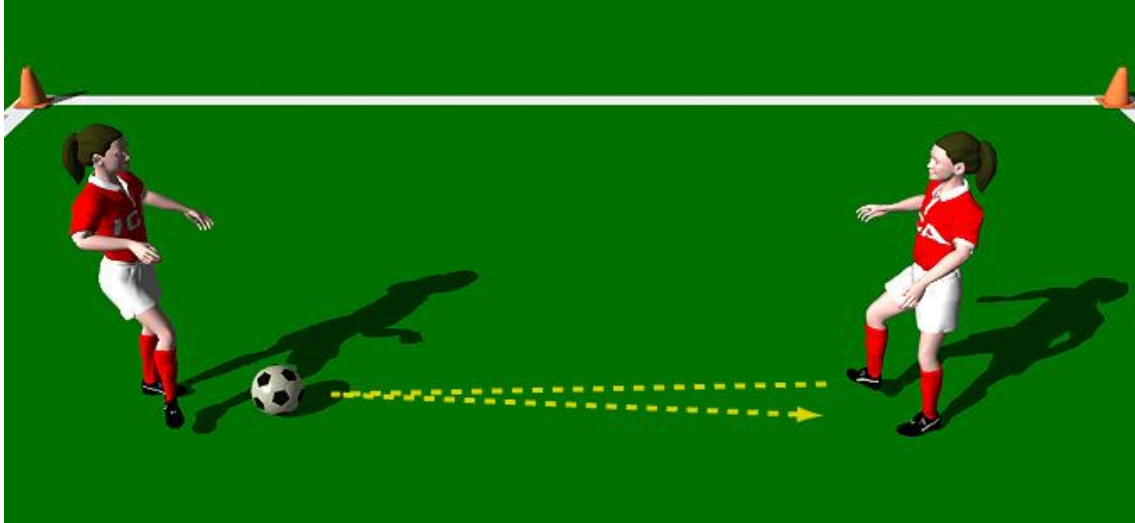
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Three – Drill One

Speed Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

Field Preparation:

Area 10 x 10 yards. Two players. One ball.

Coaching Points:

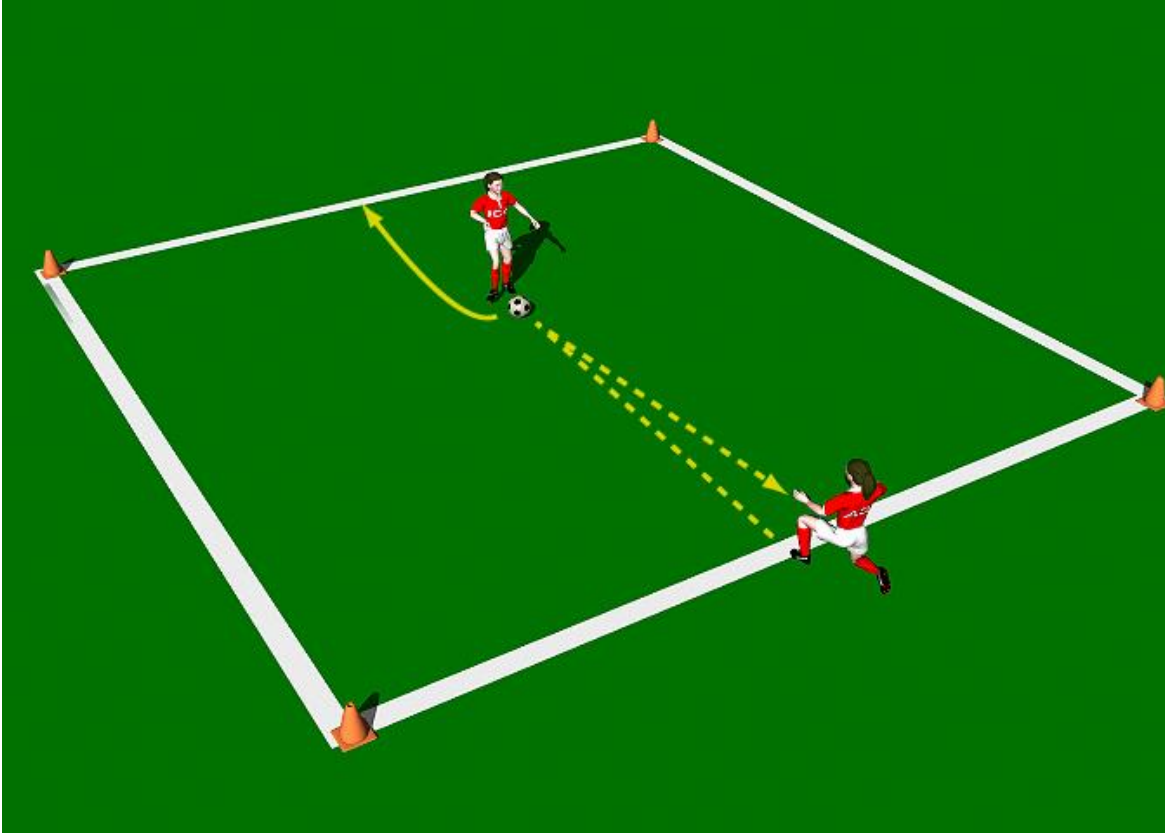
Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

The players must pass the ball back and forth between the cones using the “Push Pass”. The ball must be kept on the ground and struck firmly enough to cross the cones. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups.

Increasing the distance of the cones to make the practice more challenging. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

Week Three – Drill Two

One Player Relay



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Area 10 x 10 yards. Two players. One ball, Four cones.

Coaching Points:

One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball. The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

Week Three – Drill Three

Pressure Passing 1



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 10 yards. Three players. Two balls.

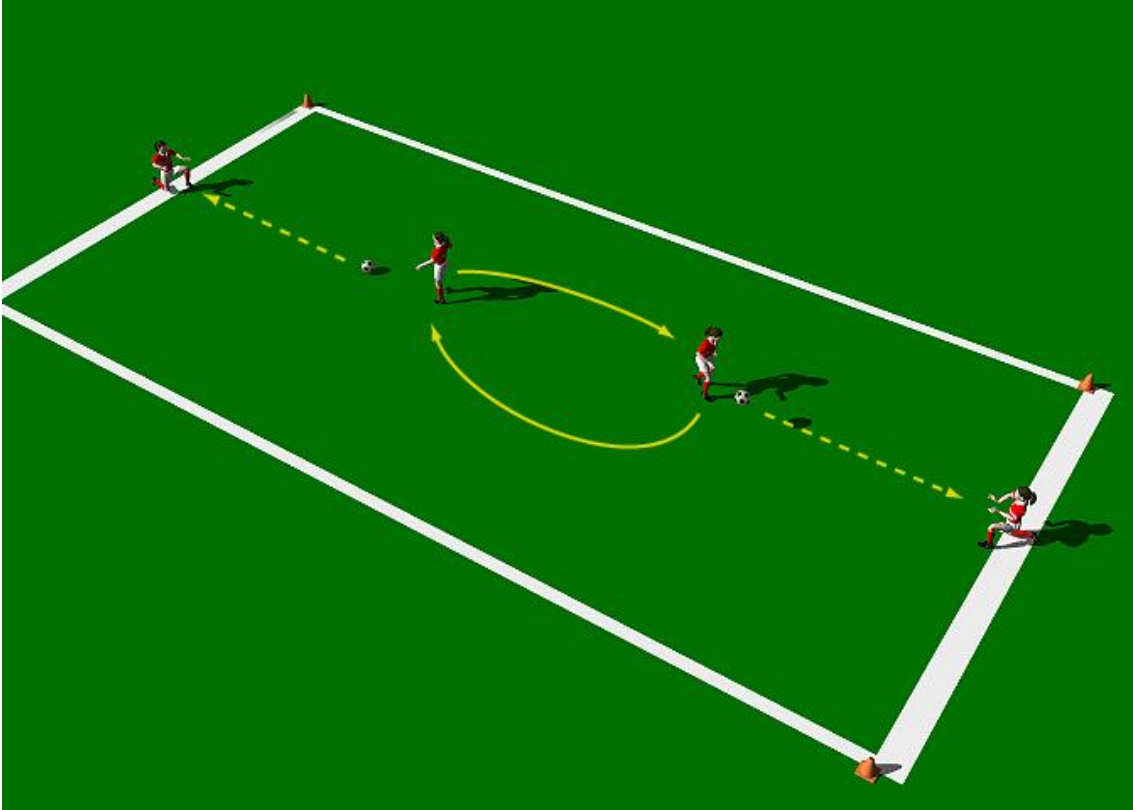
Coaching Points:

Two servers are positioned each side of the grid. Server's alternate passing the ball to the receiver whom passes back "first time", turns quickly and repeats with the opposite side. Ensure that the servers do not roll the ball too far, so that the player in the center does not need to come to meet the ball. The player in the center should work at full speed and concentrate on quality first touch passing.

If the player working turns to a server for a pass and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between groups. See how many passes can be accomplished in 60 seconds, or who is the first player to reach 20 good passes. Only passes made on the ground are countable.

Week Three – Drill Four

Pressure Passing 2



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Area 10 x 20 yards. Four players. Two balls. Cones.

Coaching Points:

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back “first time” to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

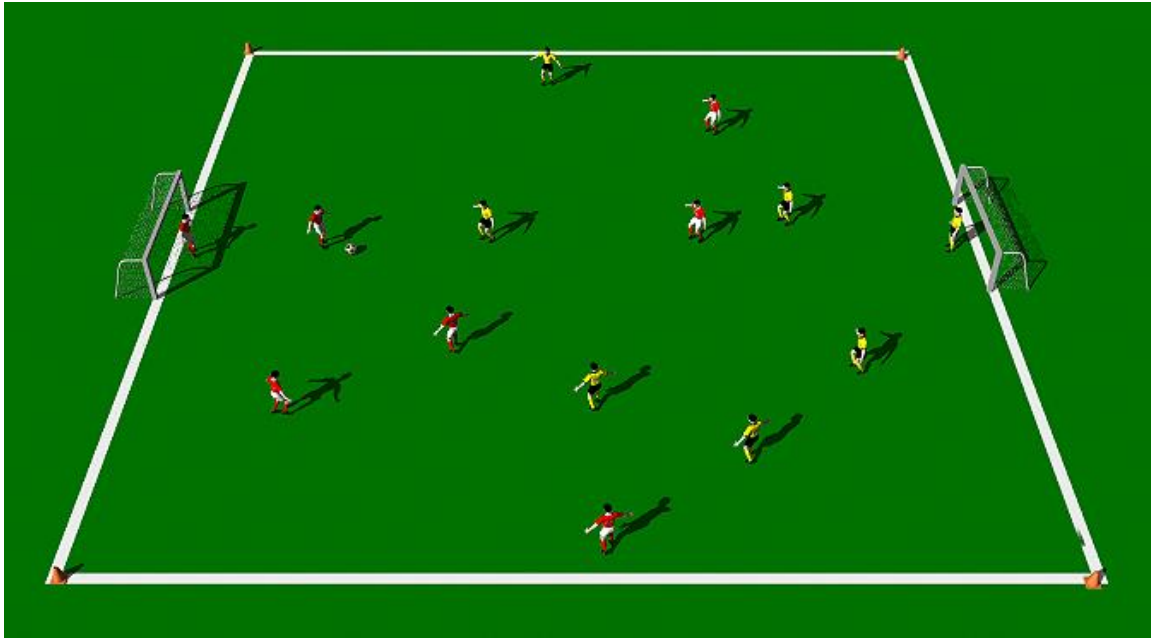
If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Create a competition between players and see who can get the most passes in 60 seconds.

- The first player to reach 20 good passes wins.
- Only passes made on the ground are countable.

Week Three – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

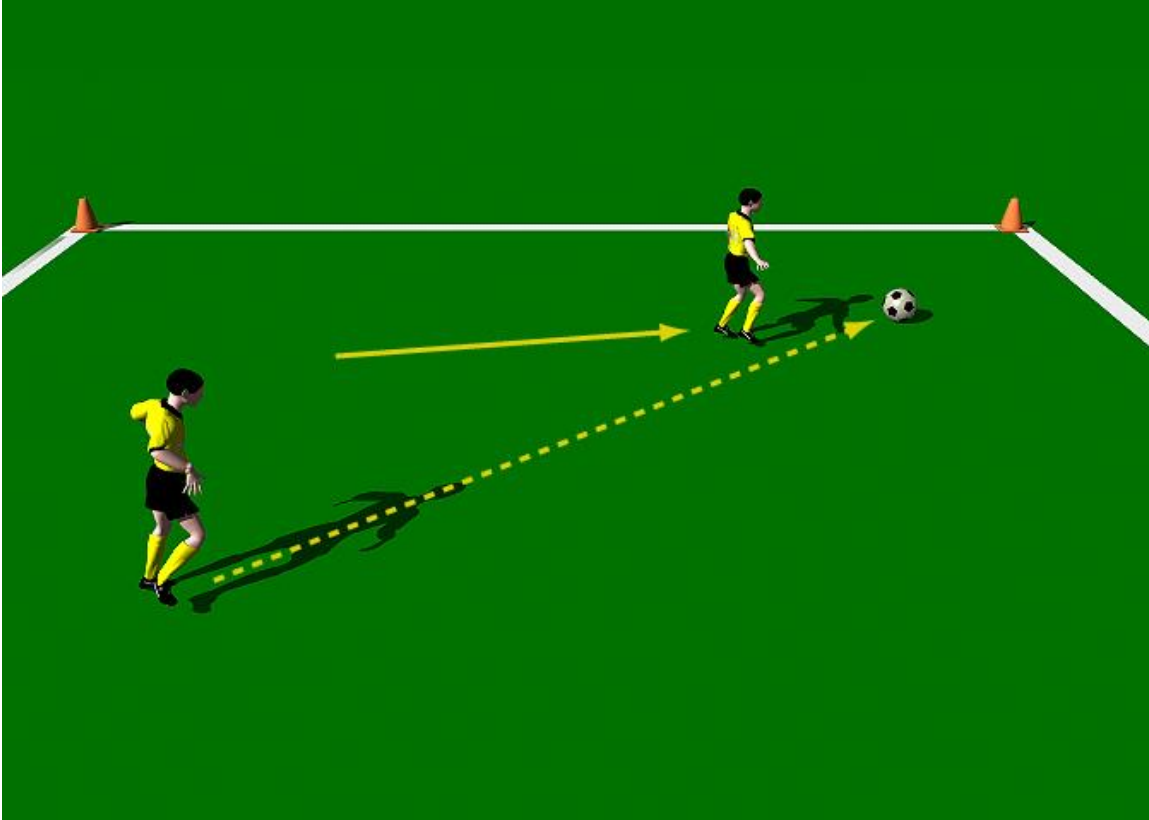
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Four – Drill One

Follow the Pass



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass.”

Field Preparation:

Area 10 x 10 yards. 2 players. 1 ball. Cones.

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server.

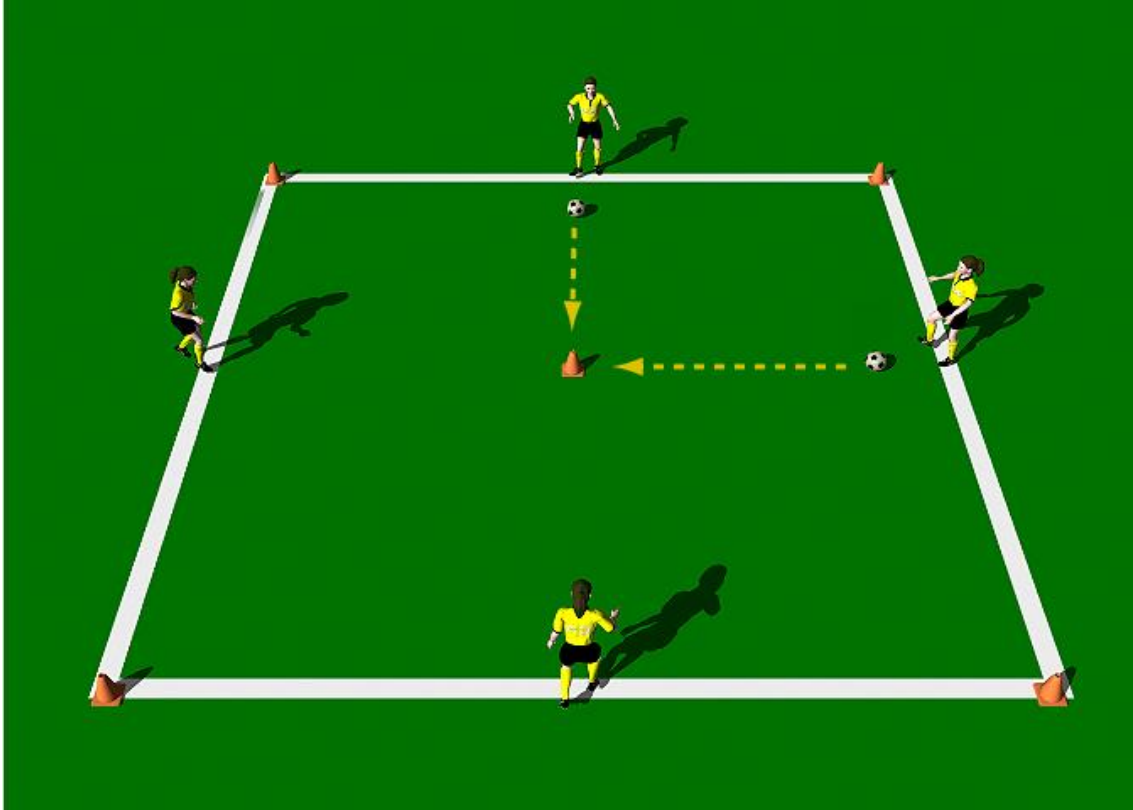
The coach should emphasize the following coaching points:

- Work at a high intensity.
- Turn as economically as possible when controlling the ball.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.

- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Week Four – Drill Two

Knock Down the Cone



Objective of the Practice:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

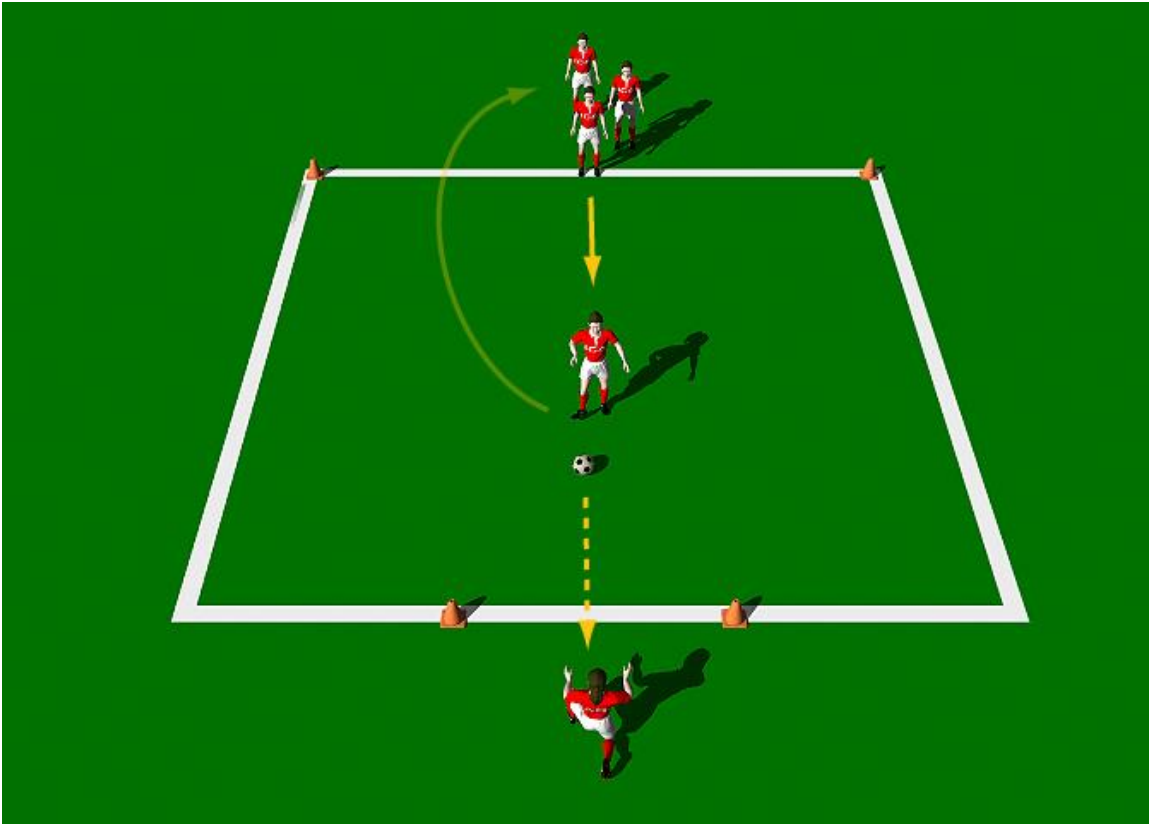
Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Week Four – Drill Three

Target Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

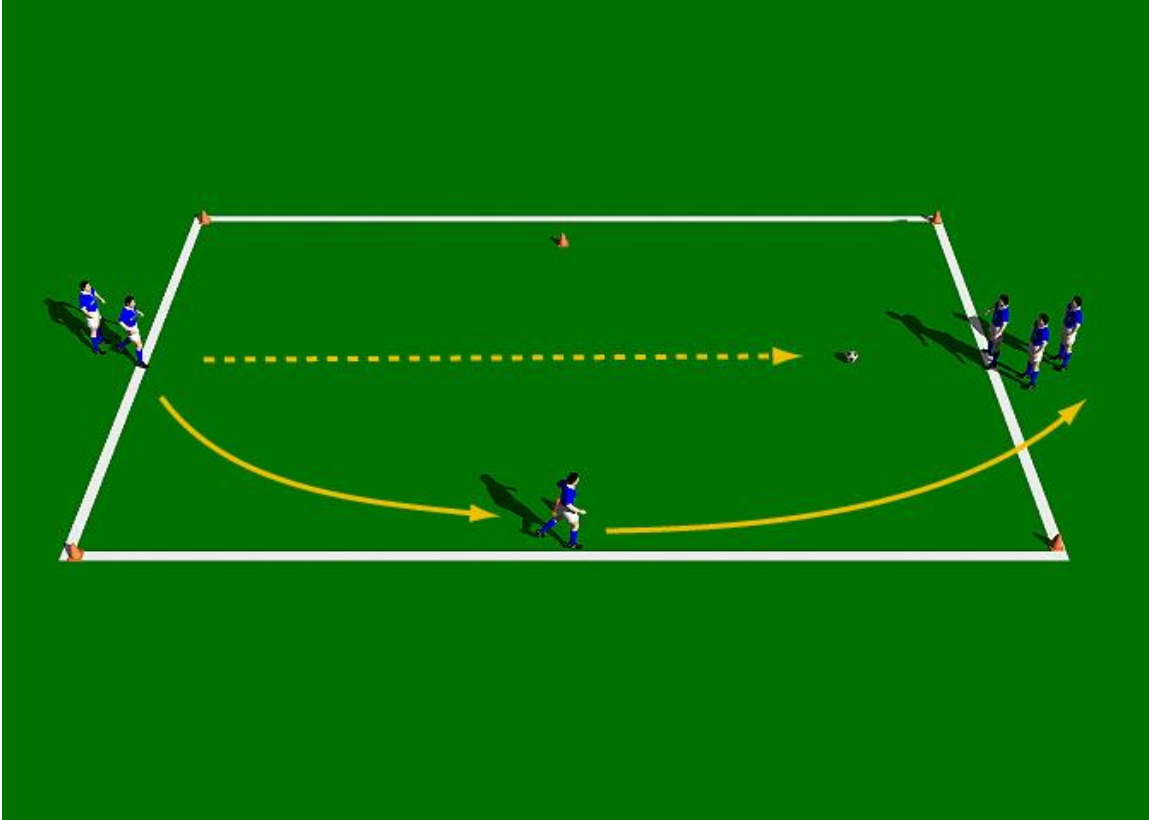
Coaching Points:

A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball “first time” through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.

Week Four – Drill Four

Pass and Overlap



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on an overlapping run after making a pass.

Field Preparation:

Area 10 x 20 yards. Small group of players. 1 ball. Cones.

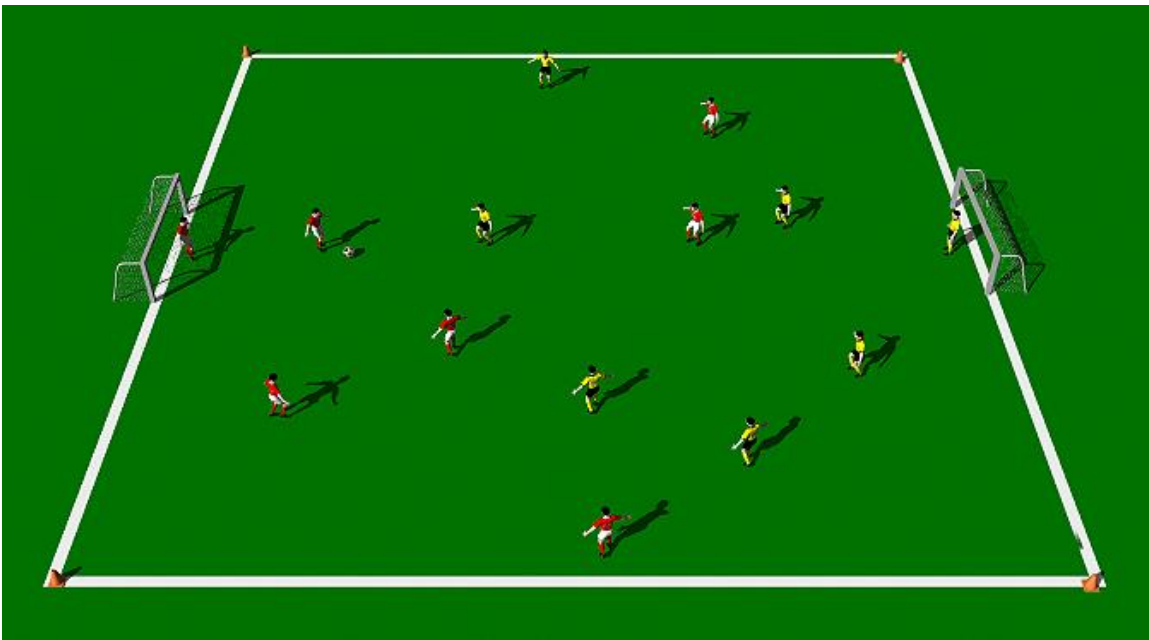
Coaching Points:

Two groups are positioned at opposite sides of the grid. The first player passes the ball through the two center cones to the player at the opposite side. After passing the ball, the player makes a fast supporting run around the side cone and joins the opposite group.

- Encourage players to keep the ball on the ground.
- Move quickly after passing the ball.
- Try to play "one touch" passes whenever possible.

Week Four – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

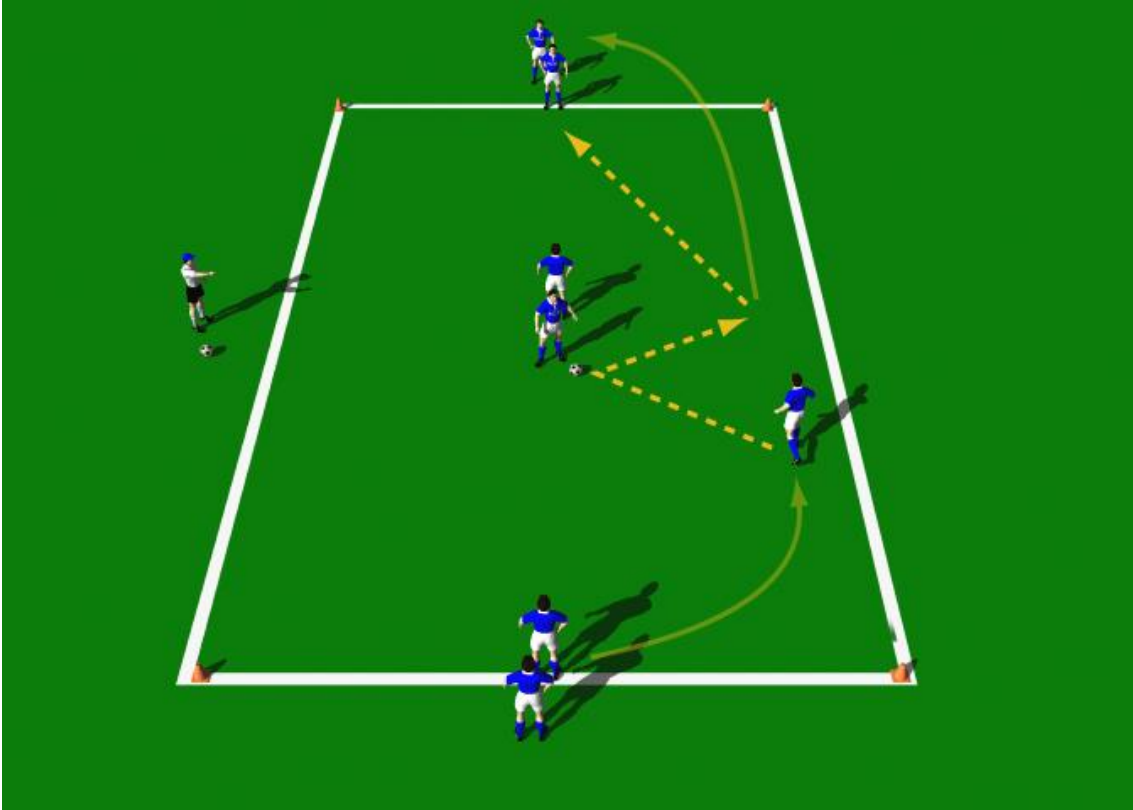
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Five – Drill One

Give and Go Drill



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" as it relates to a "give and go" situation. Emphasis should be placed on "pace, accuracy and timing".

Field Preparation:

Area 10 x 20 yards. Small group of players. 1 ball. Cones.

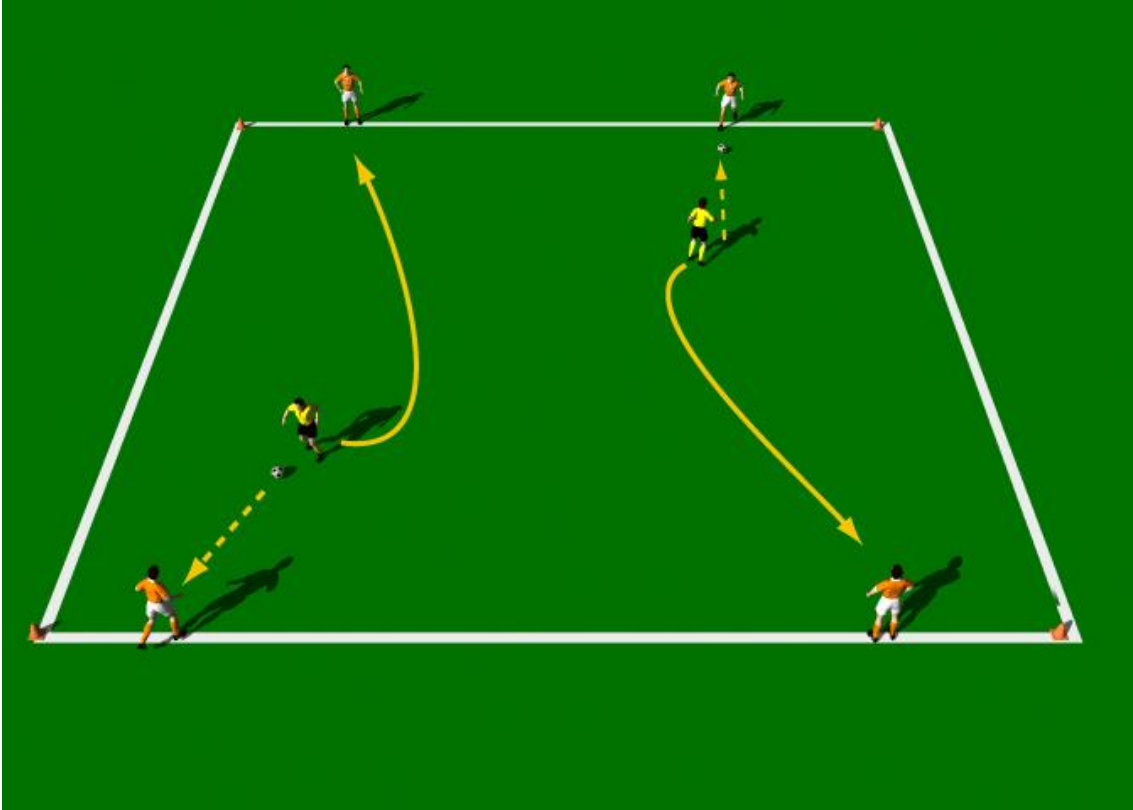
Coaching Points:

Players at each end of the grid alternate playing a "give and go" with the receiving player facing them in the center of the grid. Once the player receives the ball back from the center player they must pass it to the player on the opposite side of the grid to repeat.

Players should keep score. A goal is awarded for every completed "give and go" with a quality pass forward.

Week Five – Drill Two

Passing Rotation



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on pace, accuracy and “one touch” passing.

Field Preparation:

Area 20 x 20 yards. 6 players. 2 balls. Cones.

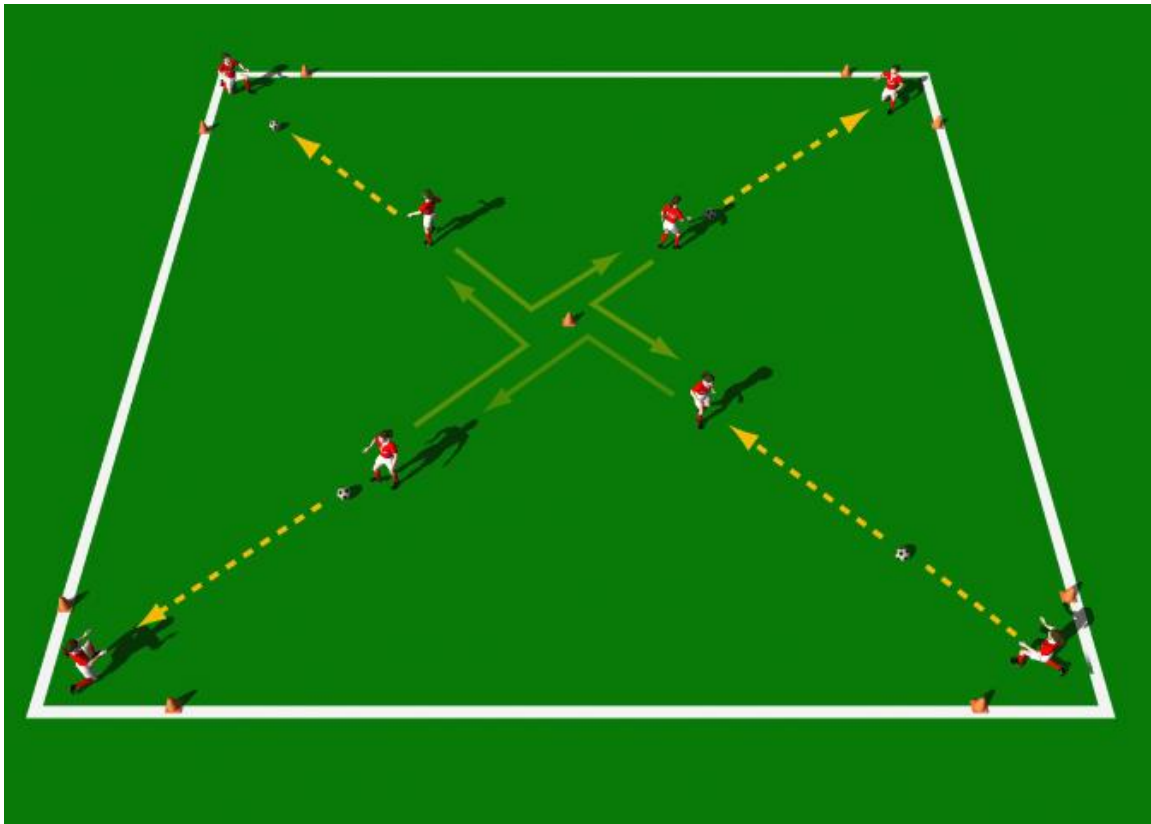
Coaching Points:

A player is positioned in each corner of the grid. Two players in the center rotate receiving passes from the corner players. Players in the center must try and pass the ball “first time” to either of the two servers they are facing. The two servers should look to exchange passes between them whenever possible and not stand still with the ball at their feet.

Players in the center work for 60 second then rotate with two servers. See which pair can get the most passes in 60 seconds.

Week Five – Drill Three

Passing Rotary Drill



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Area 20 x 20 yards. 8 players. 4 balls. Cones.

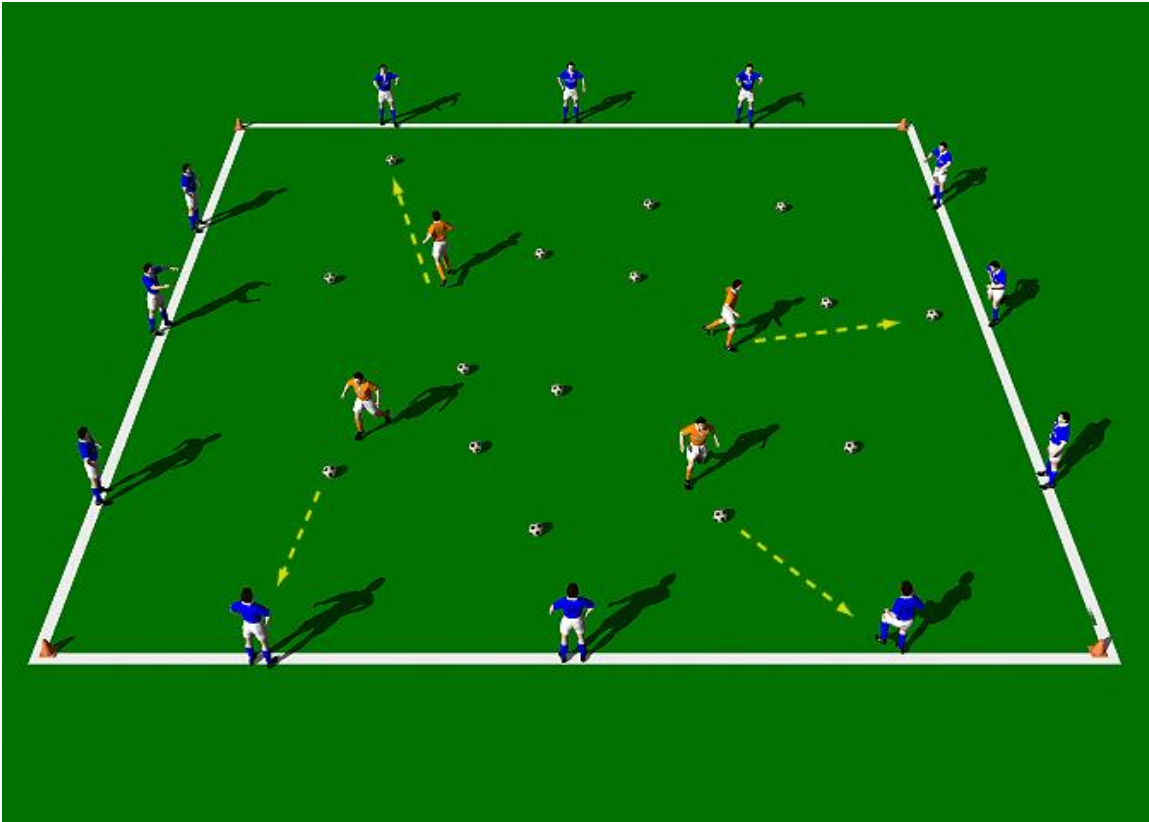
Coaching Points:

A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball. Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point.

After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server. Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

Week Five – Drill Four

Pressure Passing 3



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

Field Preparation:

Area 20 x 20 yards. Entire Group of players. Large supply of balls. Cones.

Coaching Points:

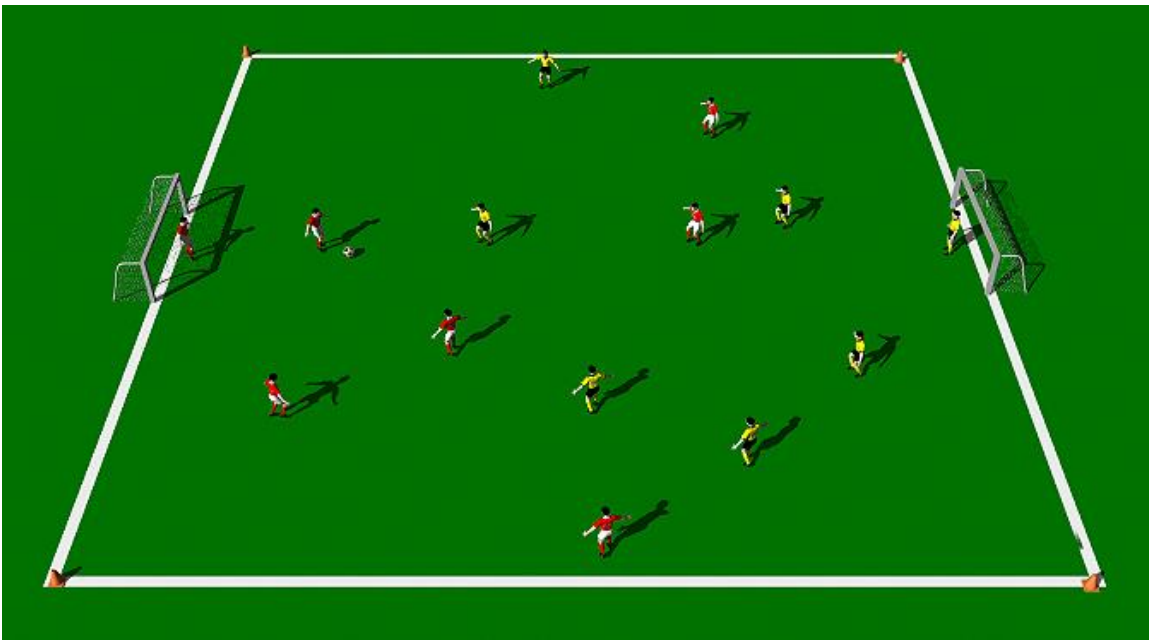
Four players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls are scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes.

Rotate two middle players every two minutes.

Week Five – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

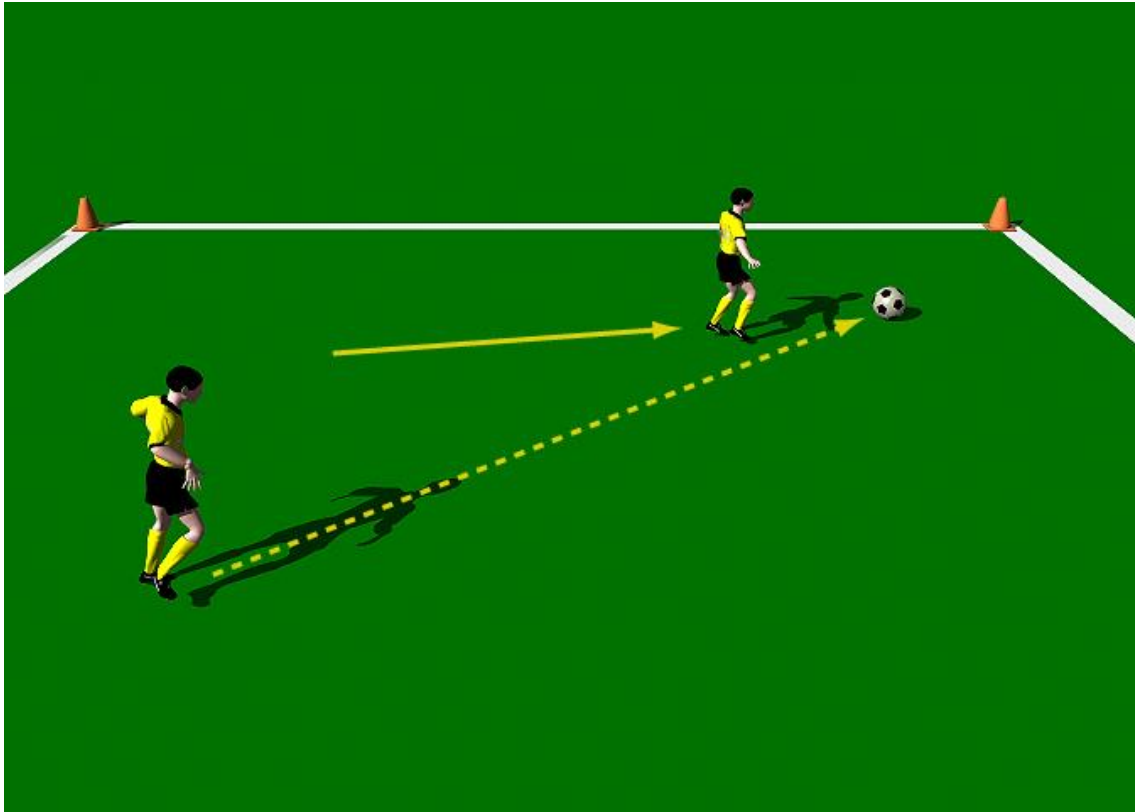
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Six – Drill One

Follow the Pass



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass.”

Field Preparation:

Area 10 x 10 yards. 2 players. 1 ball. Cones.

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server.

The coach should emphasize the following coaching points:

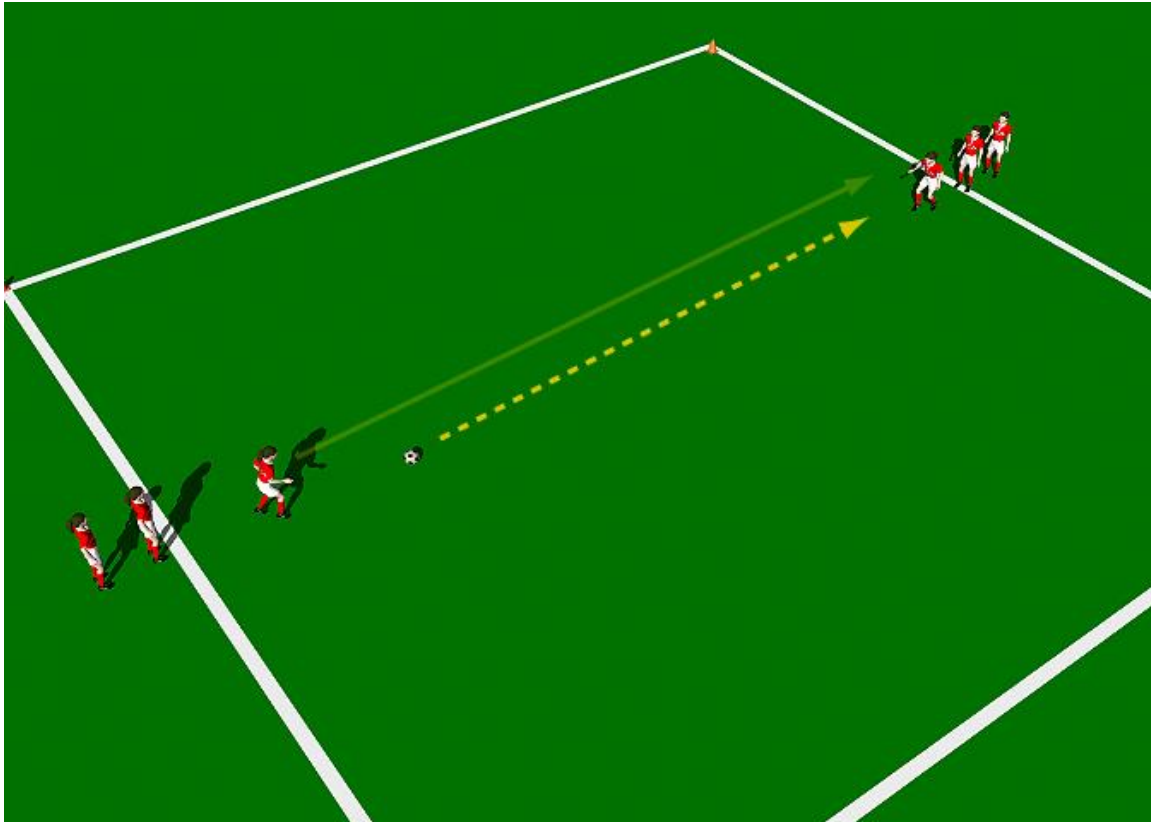
- Work at a high intensity.
- Turn as economically as possible when controlling the ball.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.

- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Alternate player's roles every 60 seconds.

Week Six – Drill Two

Pass and Run



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass".

Field Preparation:

Area 10 x 10 yards. Small group of players. 1 ball. Cones.

Coaching Points:

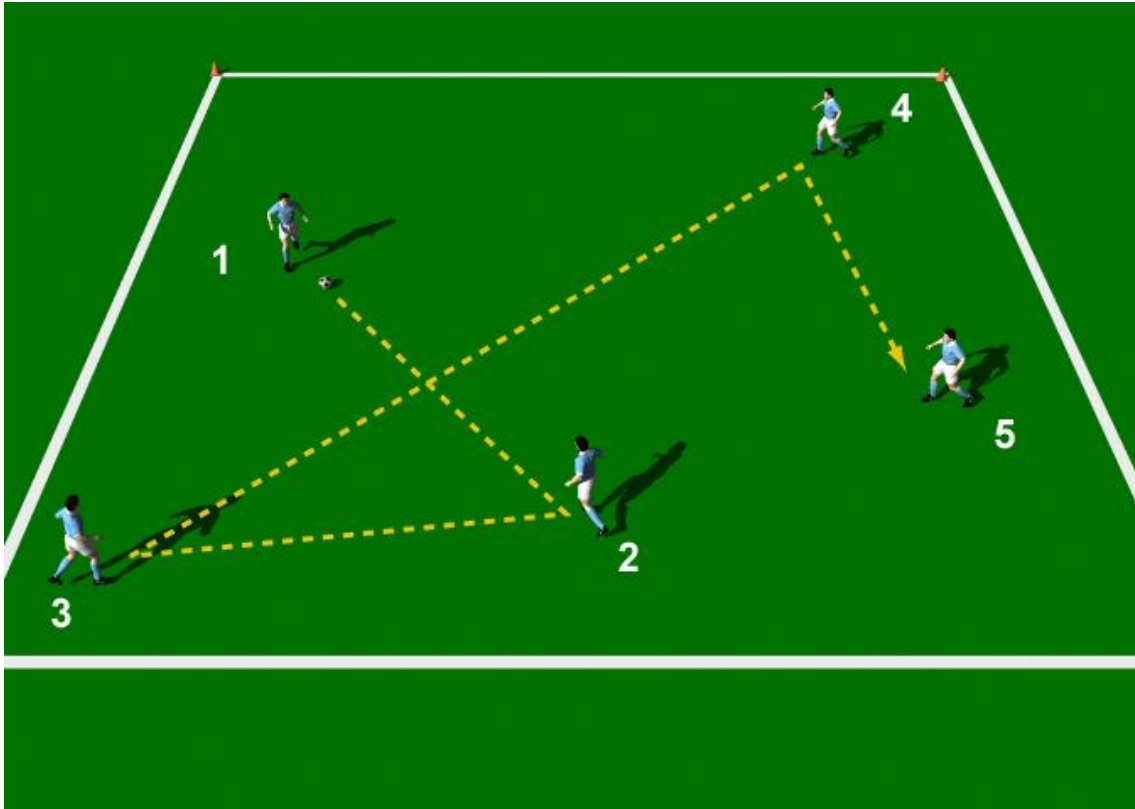
Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball

Week Six – Drill Three

Numbers Game



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on awareness of supporting players.

Field Preparation:

Area 20 x 20 yards. Small group of players. 1 ball. Cones.

Coaching Points:

Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5.

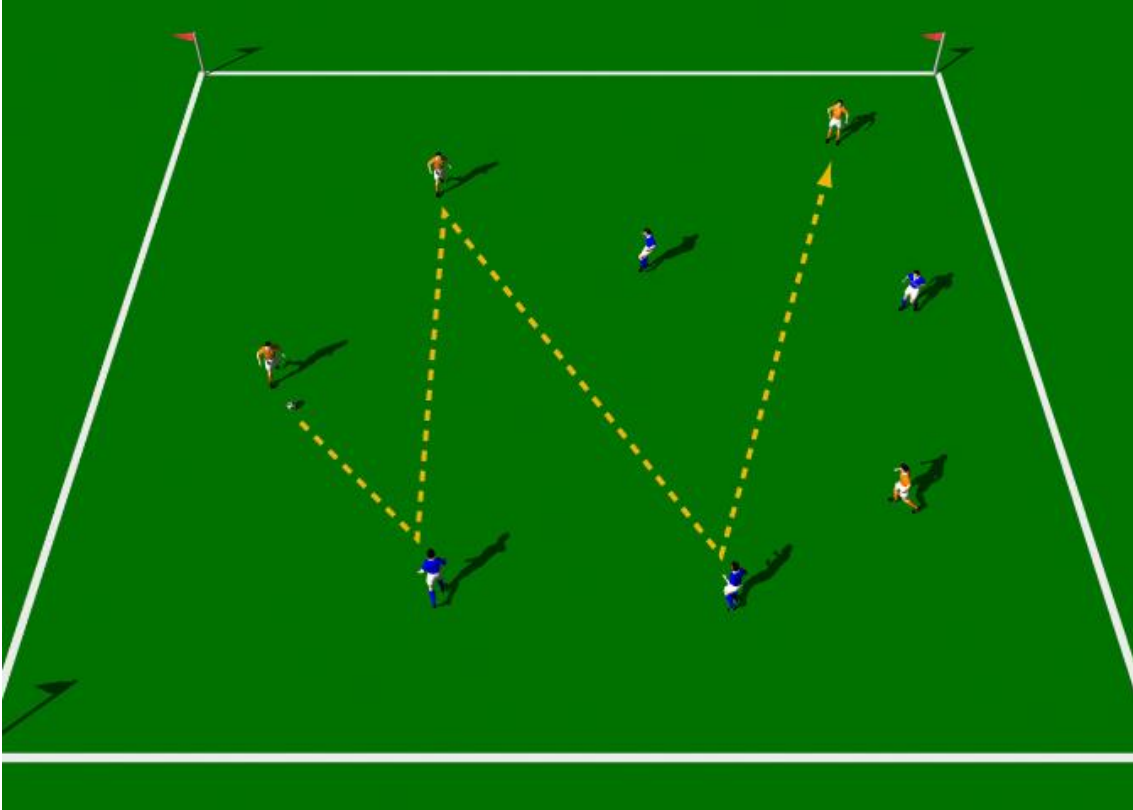
The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1.

This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

The players should move continually around the full area of the grid, constantly adjusting their position. Players should be encouraged to look around them before they receive a pass, enabling them to identify the next passing option quickly.

Week Six – Drill Four

The Color Game



Objective of the Practice:

This practice is designed to improve each player's vision when passing the ball.

Field Preparation:

Area 30 x 30 yards. Small group of players. 1 ball. Cones. Colored bibs.

Coaching Points:

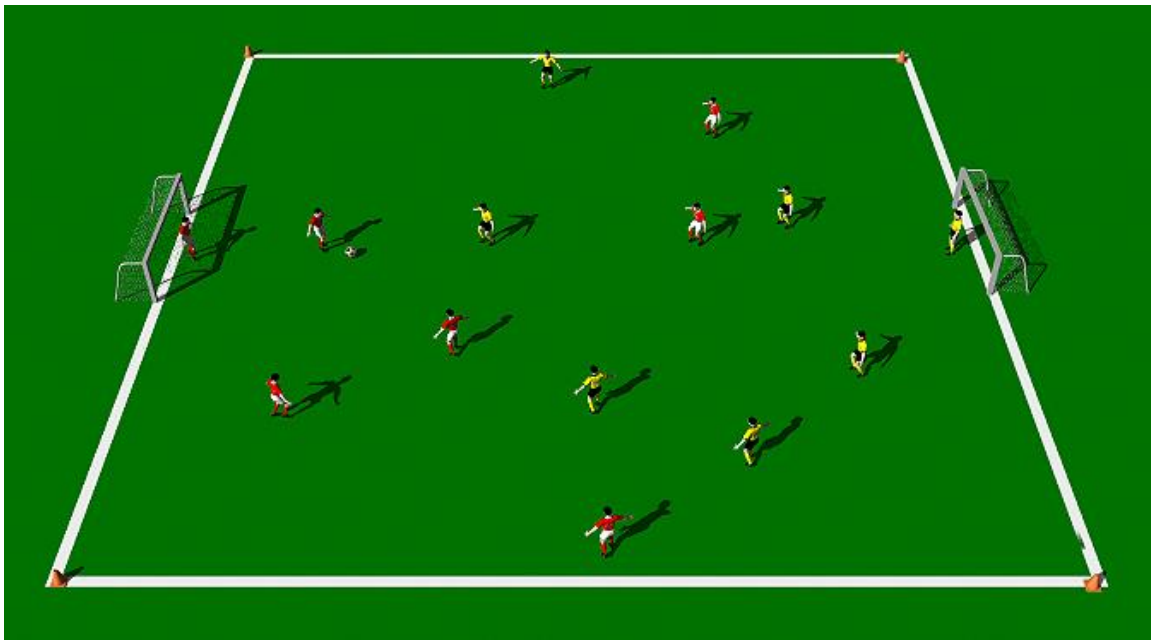
An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "**Red Player - Yellow Player**" (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play. Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

Progression:

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the player's feet. The play is continued with the "Red-Yellow" sequence until the coach calls another player's name.

Week Six – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

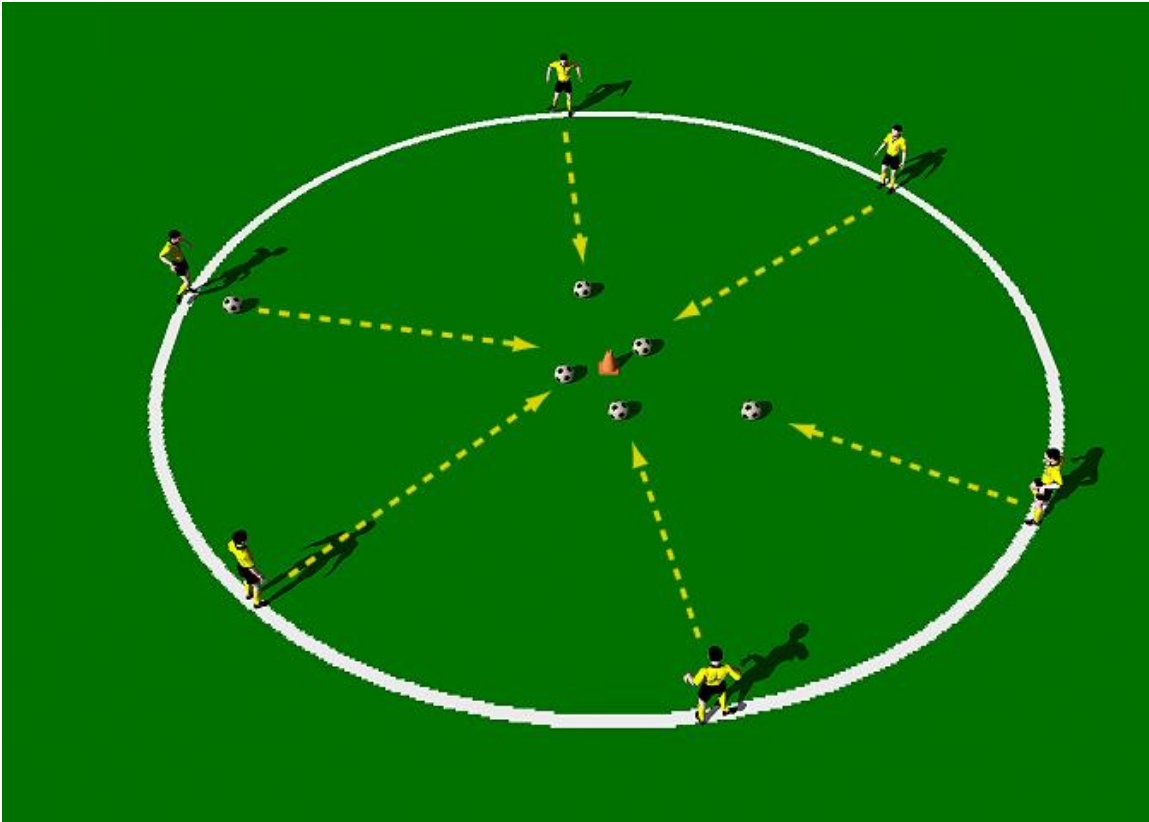
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Seven – Drill One

Soccer Marbles



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Center circle. Small group of players, balls.

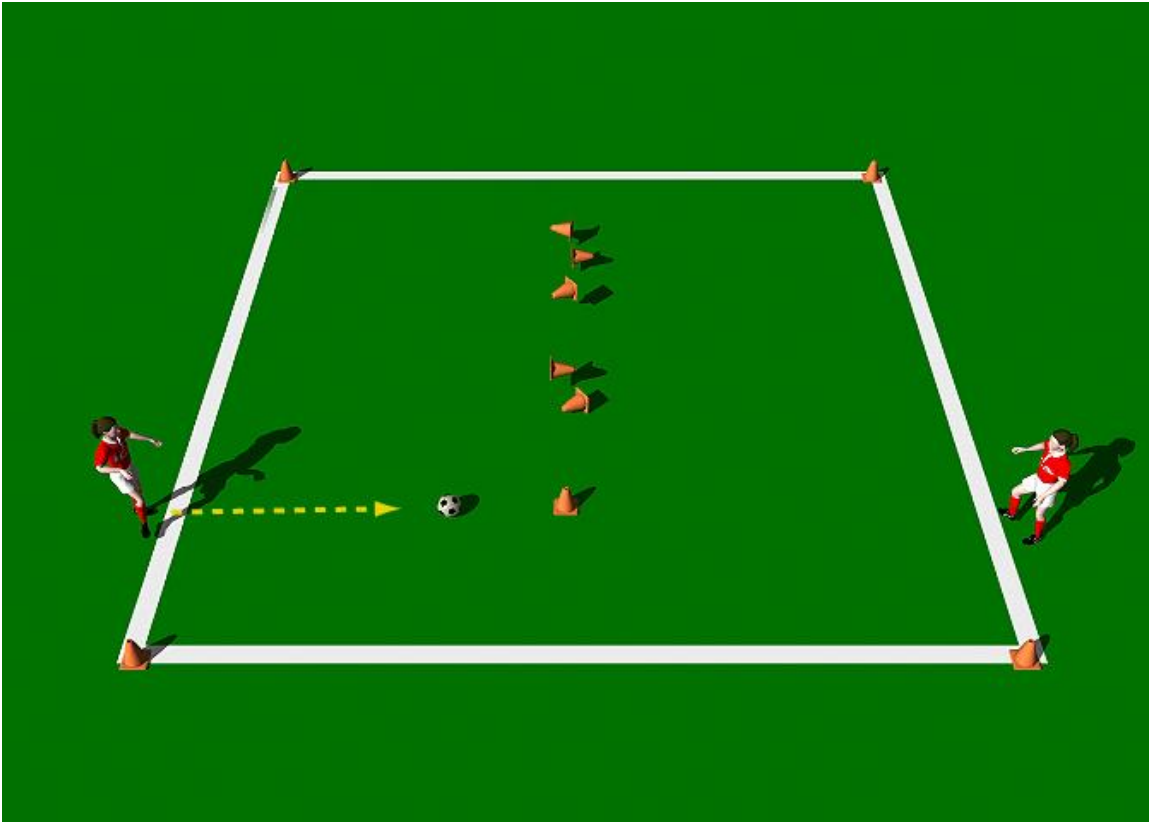
Coaching Points:

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble.

The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Week Seven – Drill Two

3, 2, 1 Blast Off



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

Field Preparation:

Two players are positioned opposite each other in a grid 10 yards by 10 yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone.

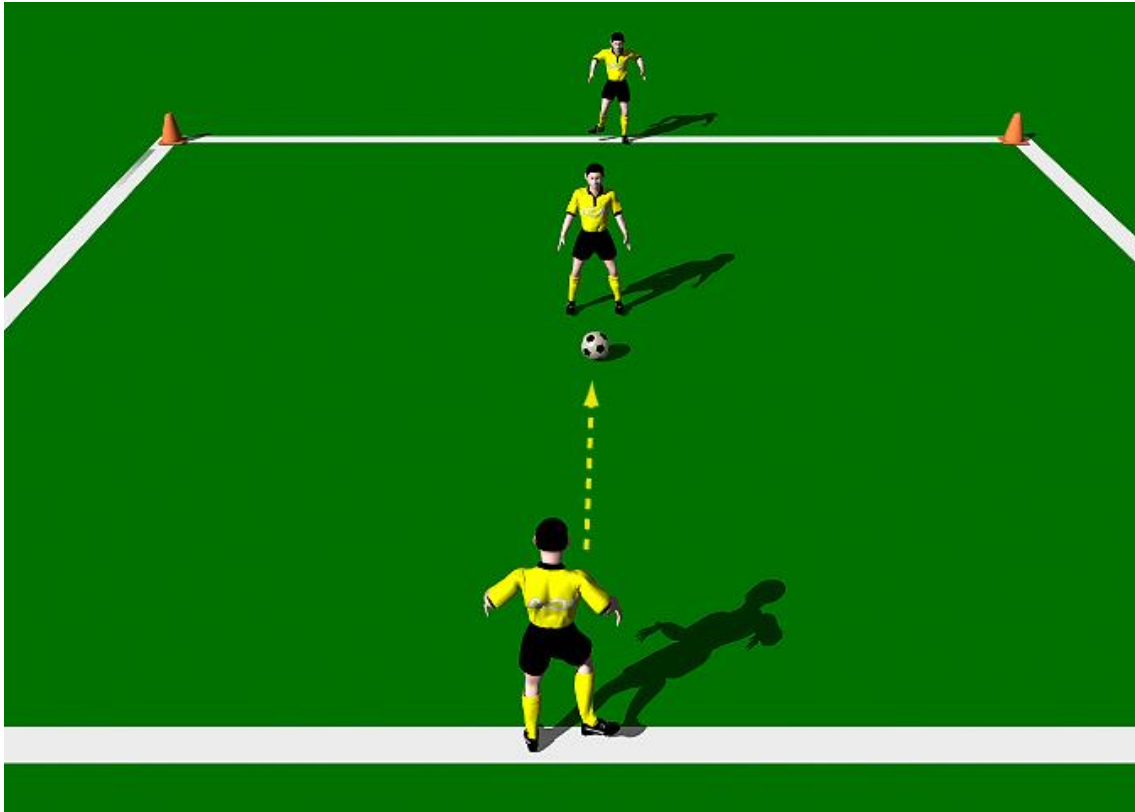
Coaching Points:

Players work as a team to knock down all the standing cones. First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally the competition is completed when the last single cone is knocked down. The targets get more challenging as they reduce in size.

Divide your group into pairs and have them compete against each other. First pair to eliminate all six cones wins. Repeat practice several times.

Week Seven – Drill Three

Under the Bridge



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

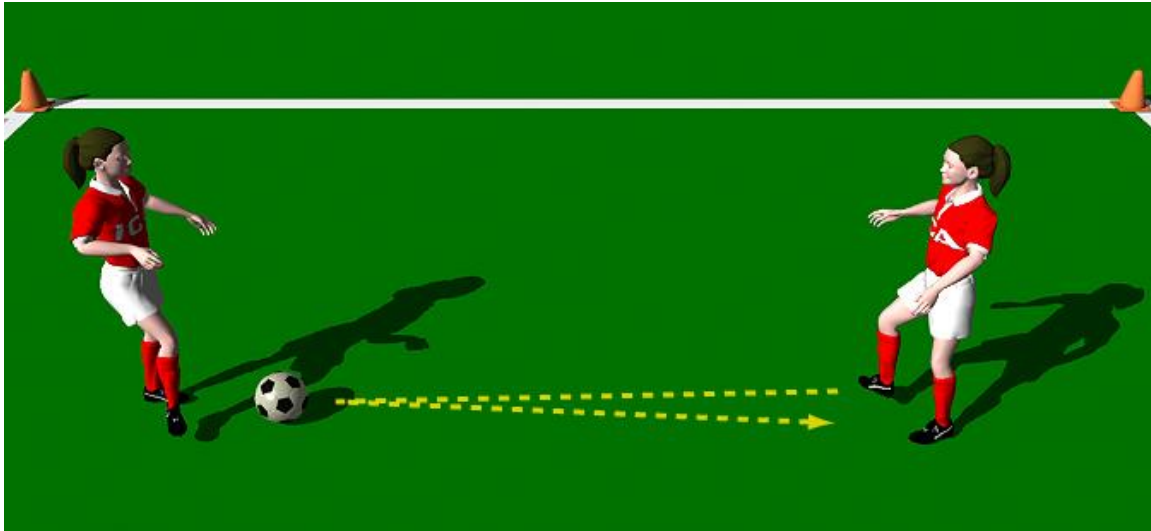
The coach should emphasize the following coaching points:

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

Week Seven – Drill Four

Speed Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

Field Preparation:

Area 10 x 10 yards. Two players. One ball.

Coaching Points:

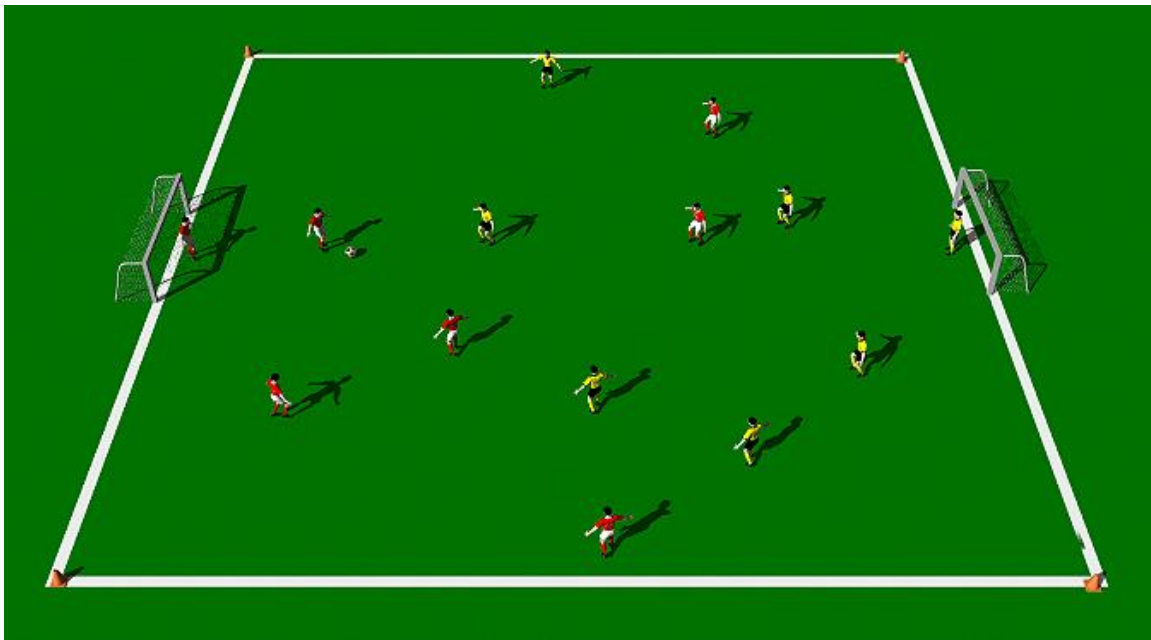
Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

The players must pass the ball back and forth between the cones using the “Push Pass”. The ball must be kept on the ground and struck firmly enough to cross the cones. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups.

Increasing the distance of the cones to make the practice more challenging. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

Week Seven – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Eight – Drill One

Cushion Control using the Top of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe. The player controlling the ball should get the controlling foot under the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Week Eight – Drill Two

Cushion Control on the Run



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

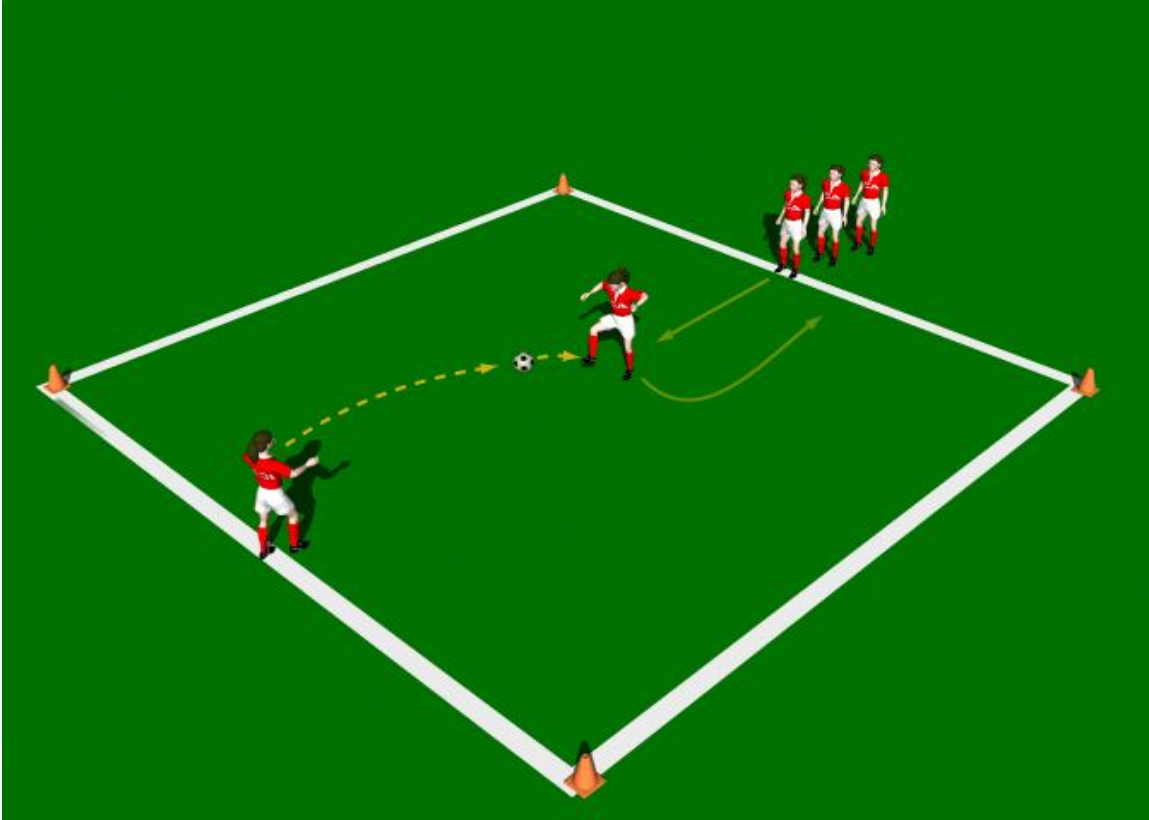
Two players are positioned in a grid 10 yards x 10 yards. The server throws a looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the ball.

The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

Week Eight – Drill Three

Relay - Cushion Control - using Top of Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

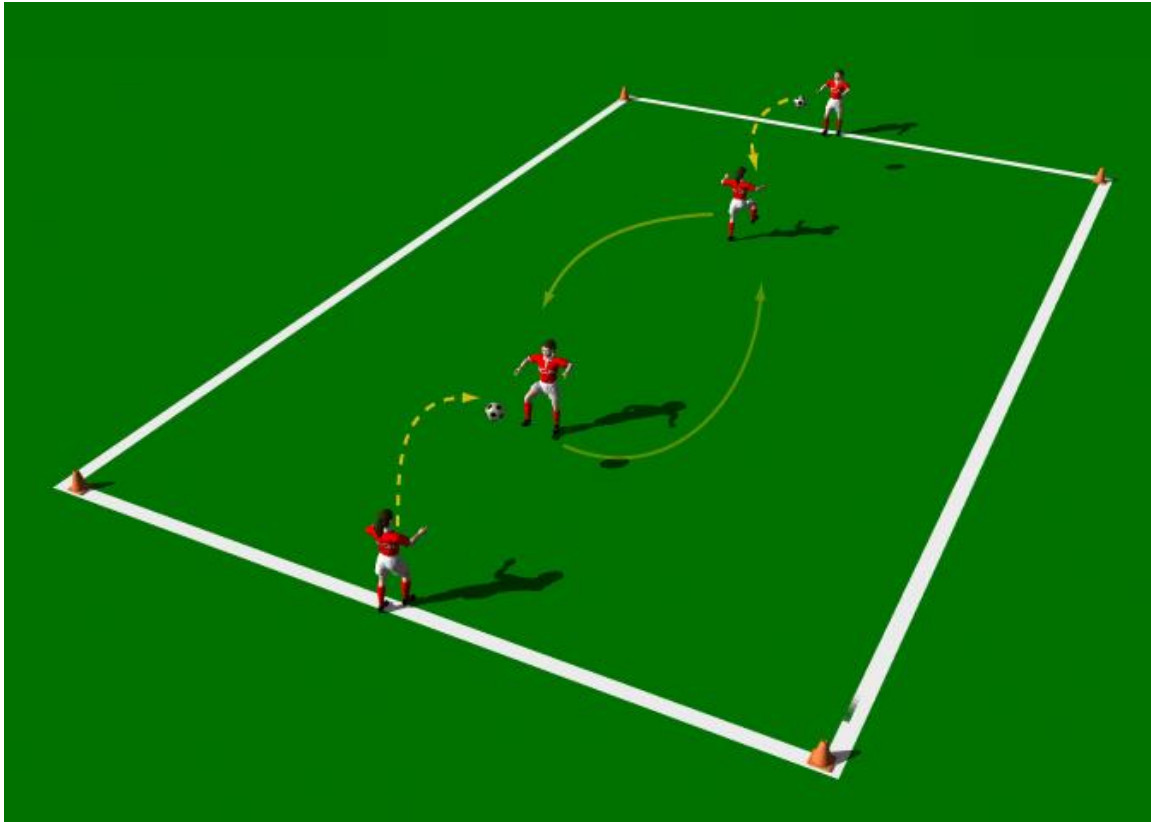
Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Week Eight – Drill Four

Cushion Control Pressure Training



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 2 Balls.

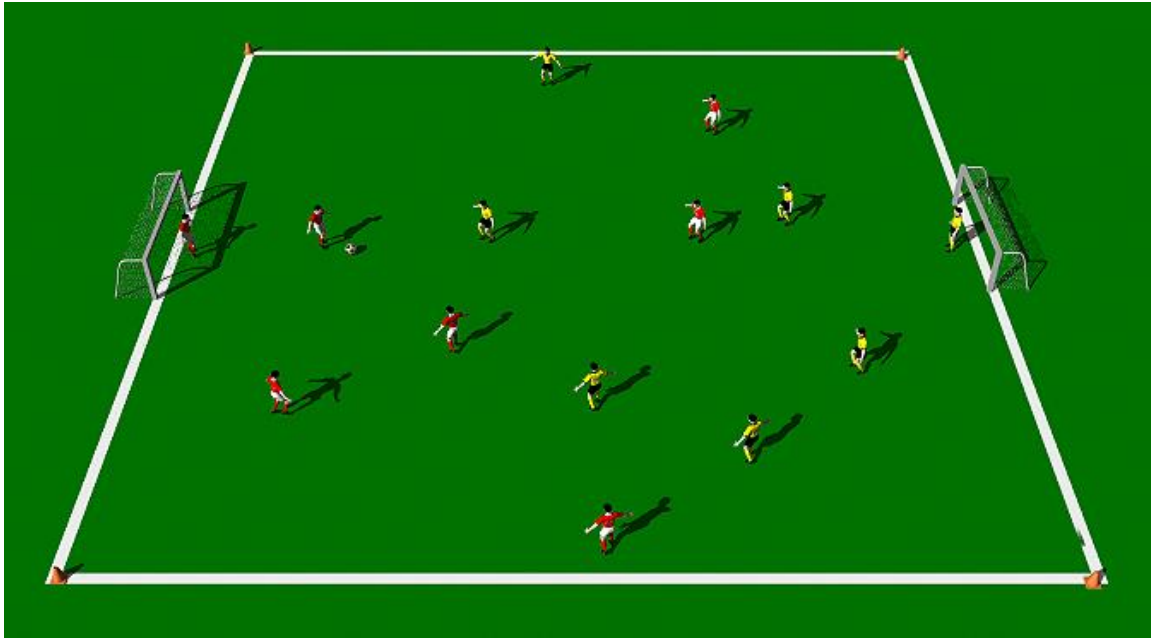
Coaching Points:

Place two servers with a ball each at both sides of the grid. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the serve.

After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and receive a pass from the opposite server. The players in the center should work at full speed and concentrate on quality first touch passing. If the players working turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Competitions should be played e.g.: how many points in 60 seconds, the first player to reach 20 points wins.

Week Eight – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

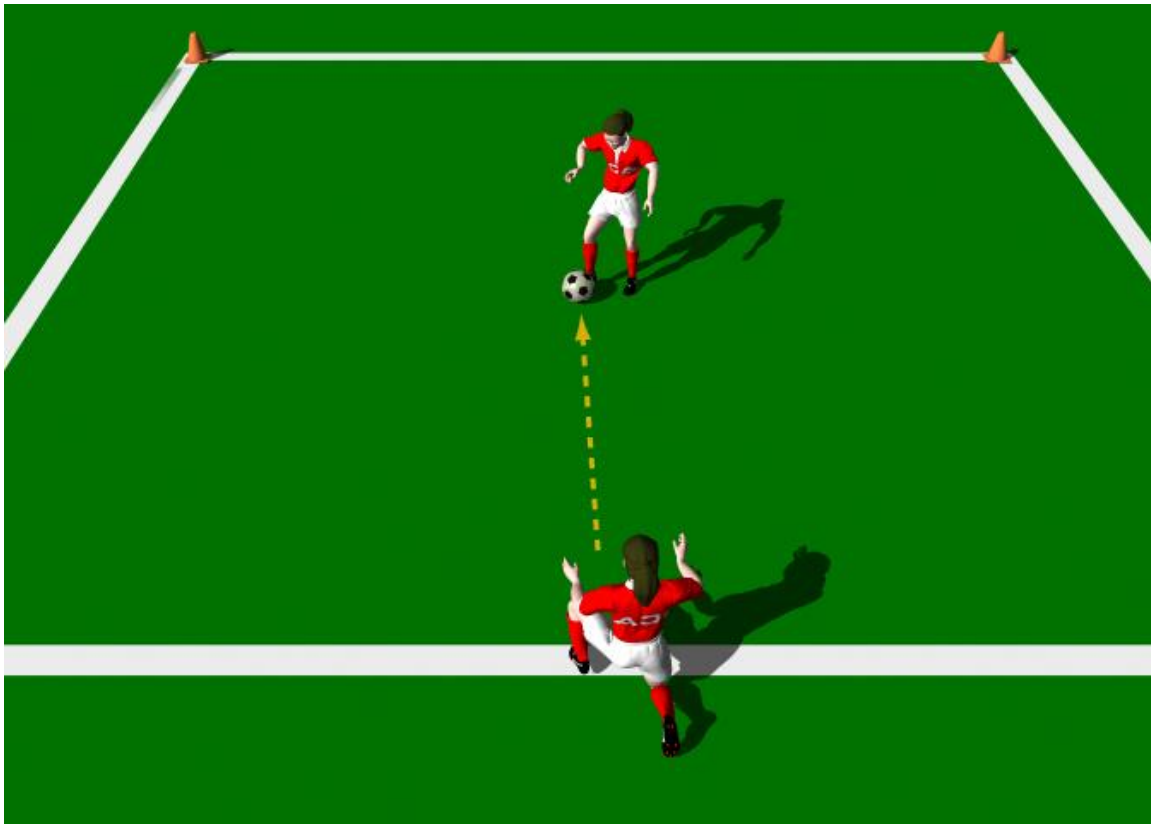
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Nine – Drill One

Cushion Control using inside of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

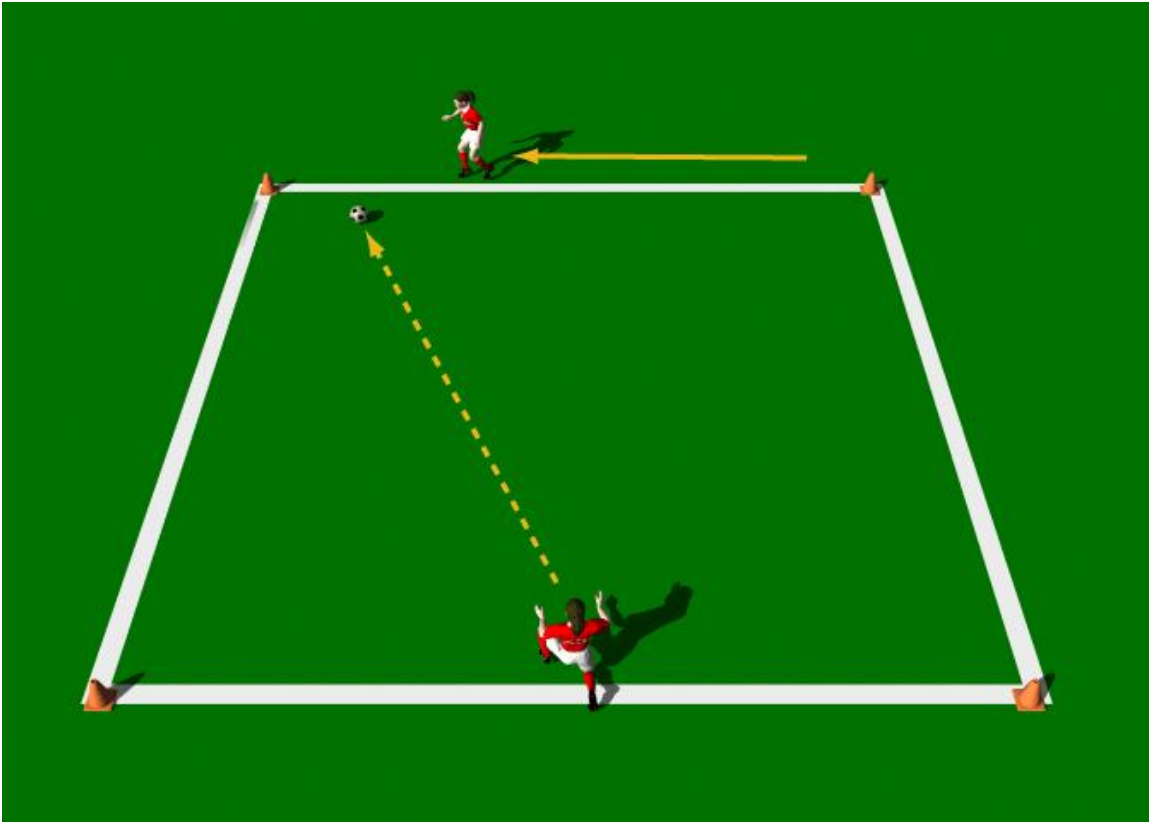
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Week Nine – Drill Two

Getting Behind the Ball



Objective of the Practice:

This practice is designed to improve each player's ability in "ball control". The emphasis is placed on getting behind the flight of the ball early, so the player is composed and comfortable when controlling the ball.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

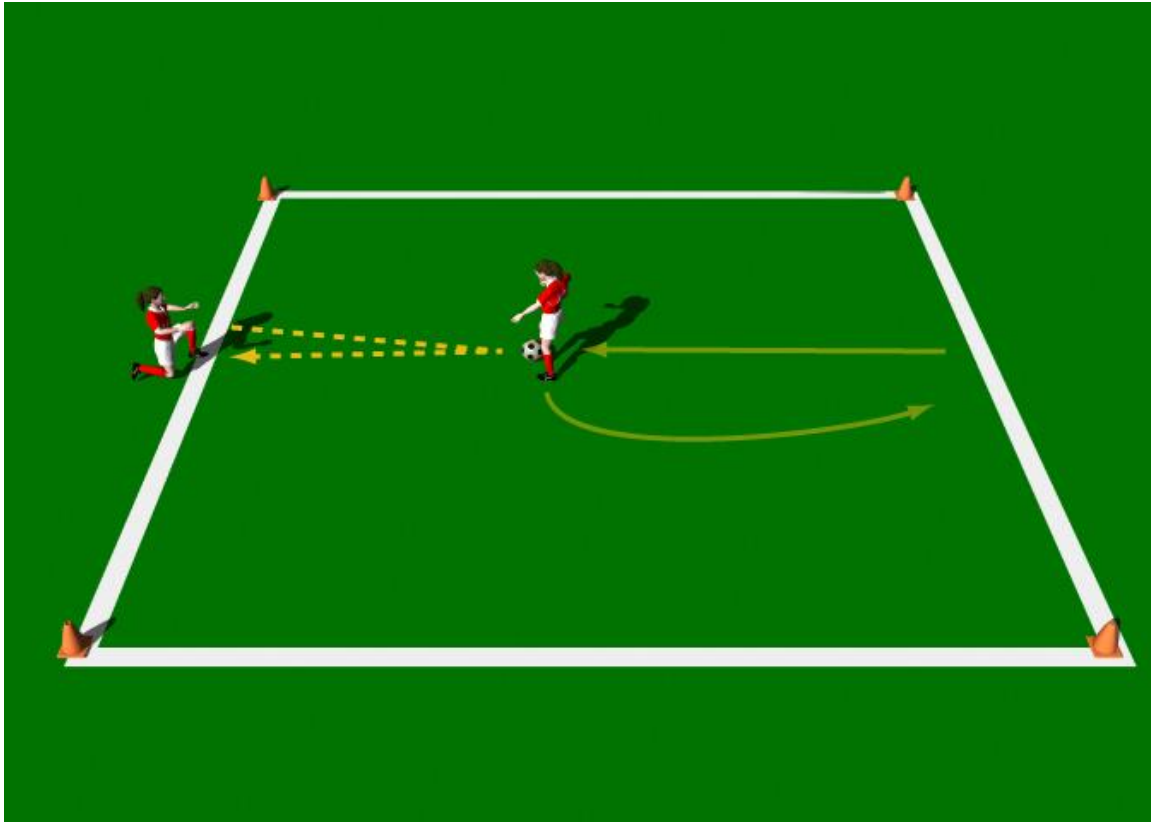
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner. The speed of the service should be increased gradually. Ensure that the ball is not rolled too close to the receiving player. Have the server aim for the inside of the cones.

The earlier the player gets behind the flight of the ball, the more time that player will have to control it. Swap roles so each performs the drills.

Week Nine – Drill Three

Control using inside of the Foot - on the Run



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

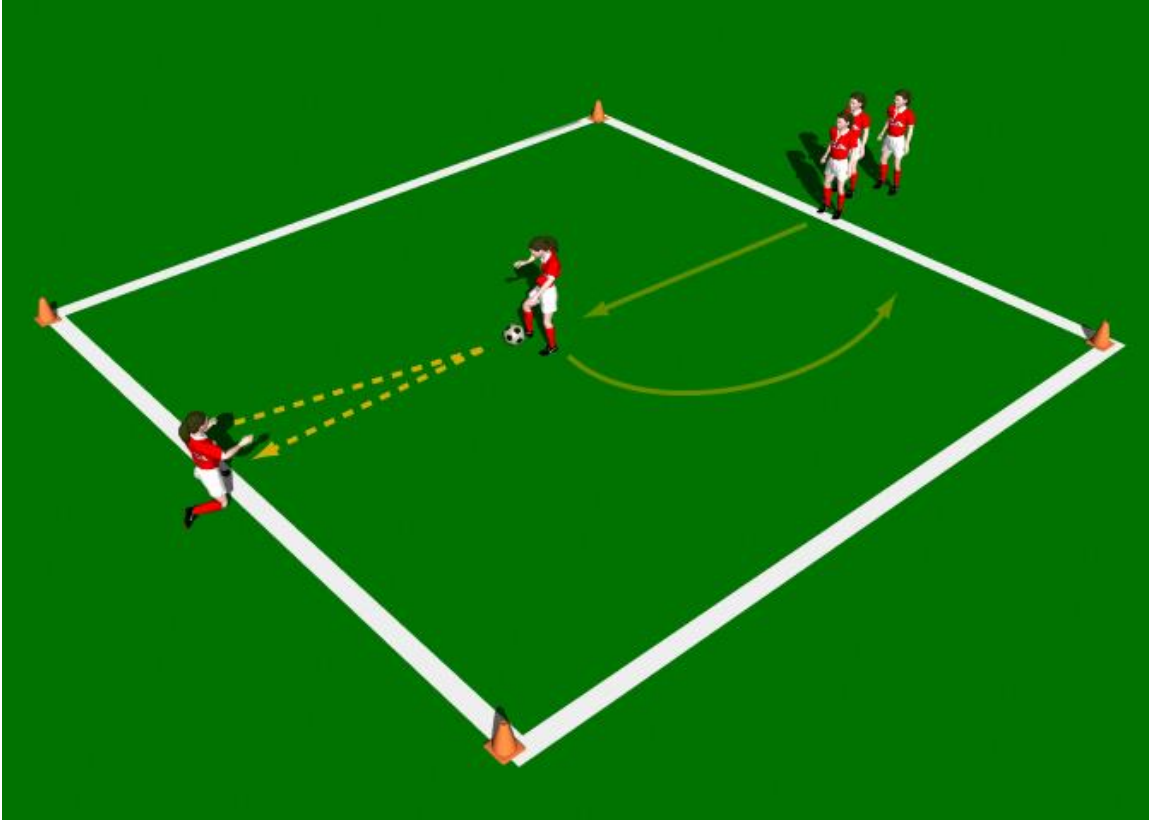
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Week Nine – Drill Four

Relay - Cushion Control - using the Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

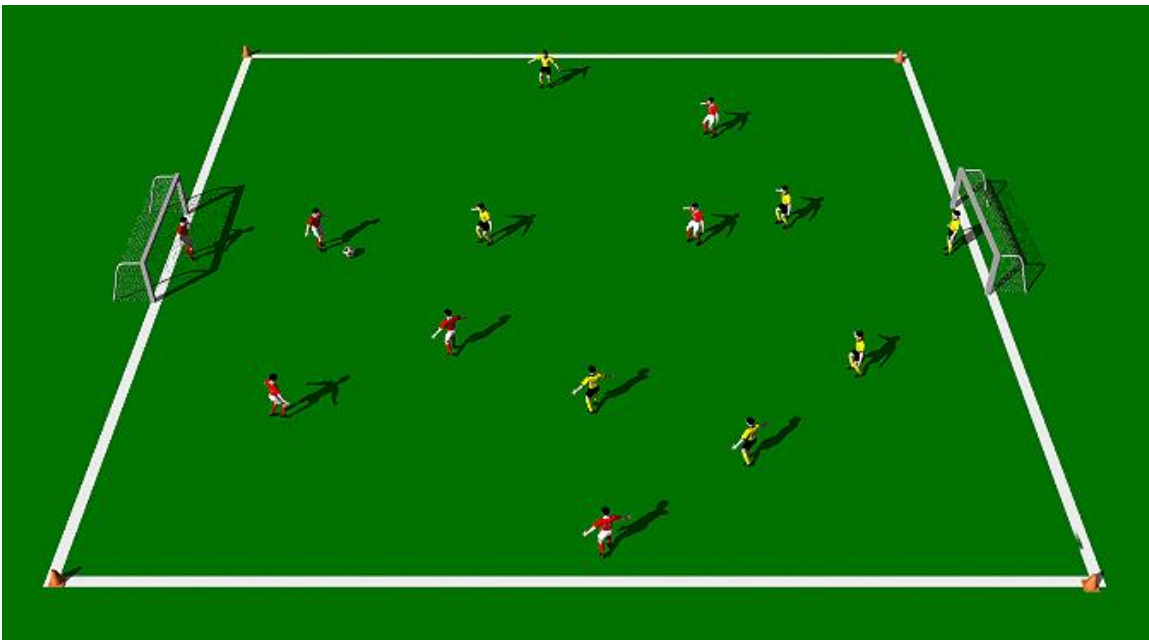
A small group of players are positioned in a grid 10 yards x 10 yards. The server rolls the ball along the ground to the receiving players. Players alternate receiving the ball from the server.

The receiving player must control the ball using the inside of the foot. After successfully controlling the ball the player must pass the ball back to the server, turn and join the end of the line. The player receives a point for each successful control and pass back to the server.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Week Nine – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

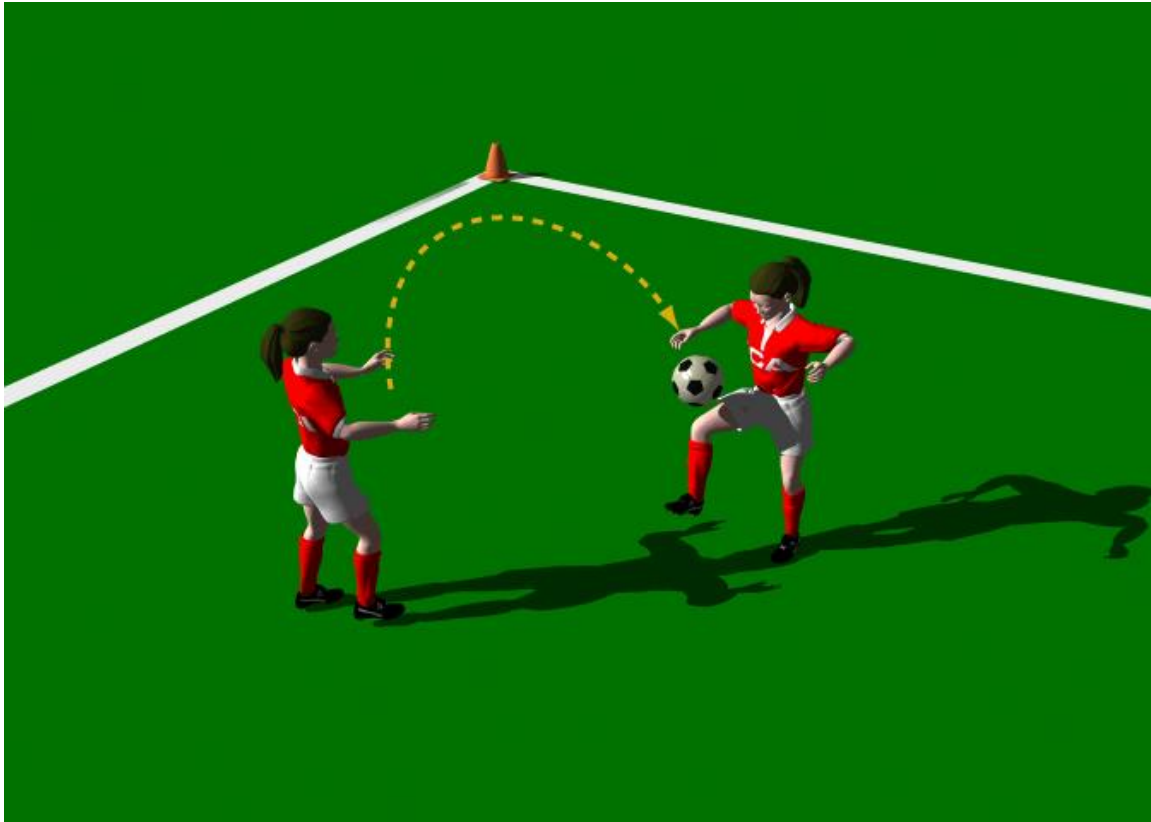
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Ten – Drill One

Cushion Control using the Thigh



Objective of the Practice:

This practice is designed to improve each player's ability in Ball Control. The emphasis is placed on "Cushion Control using the Thigh".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

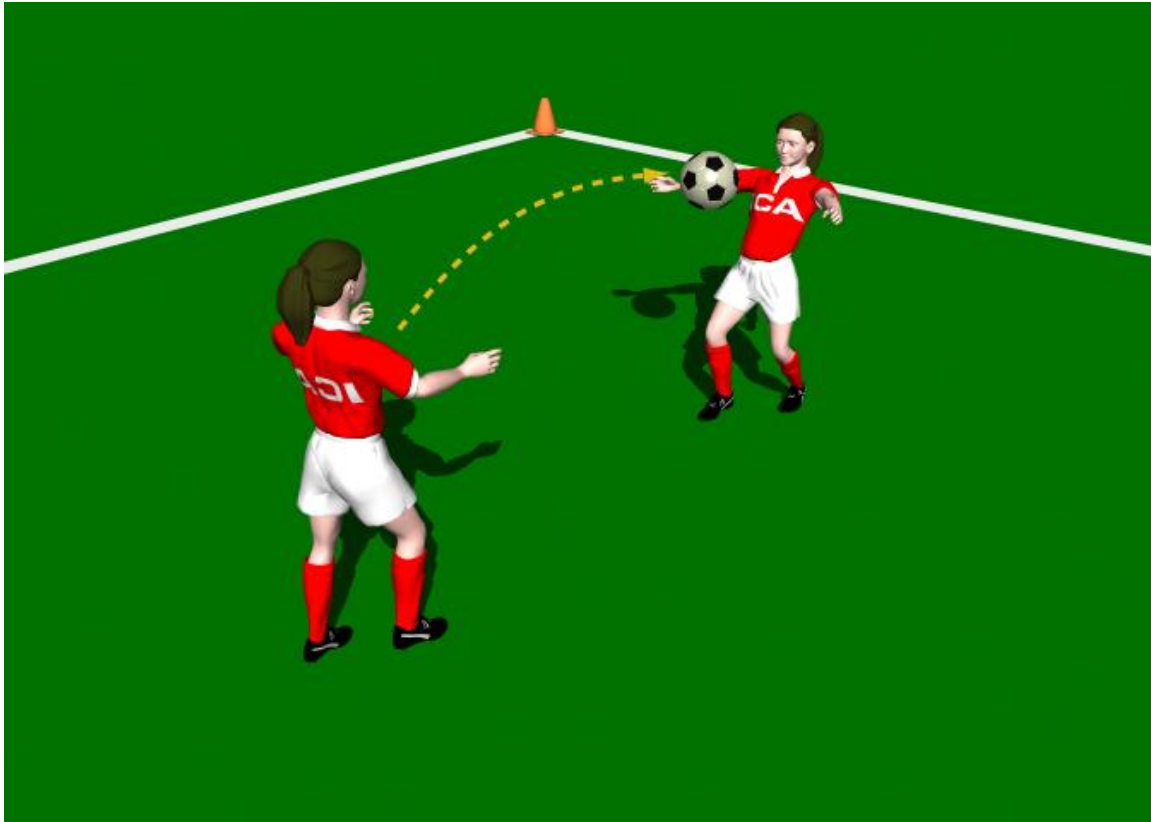
Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for their partner to control using the thigh.

The player controlling the ball should constantly be moving to get their thigh under the flight of the ball. On contact with the ball, the player immediately withdraws the thigh, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a high "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Week Ten – Drill Two

Cushion Control using the Chest



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Chest".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

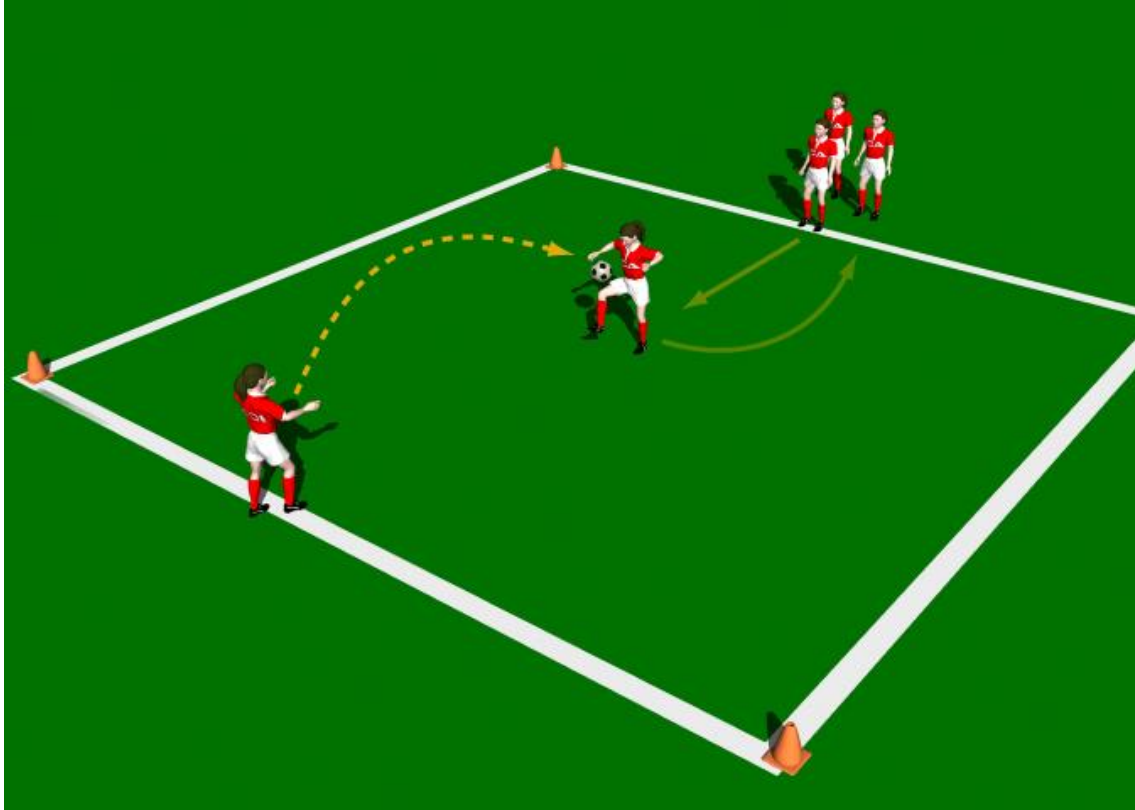
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height for their partner to control using the chest. The player controlling the ball should constantly be moving to get the chest under the flight of the ball.

On contact with the ball, the player immediately withdraws the chest, taking the pace off the ball, and cushioning it down to the ground. The player then passes the ball back to the server to repeat drill. Ensure that the serve is a high "looped" serve and not shallow. Players can keep score, one point for every successful control. Alternate roles so each player performs the drill.

Week Ten – Drill Three

Relay - Cushion Control - using The Thigh



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Thigh”.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

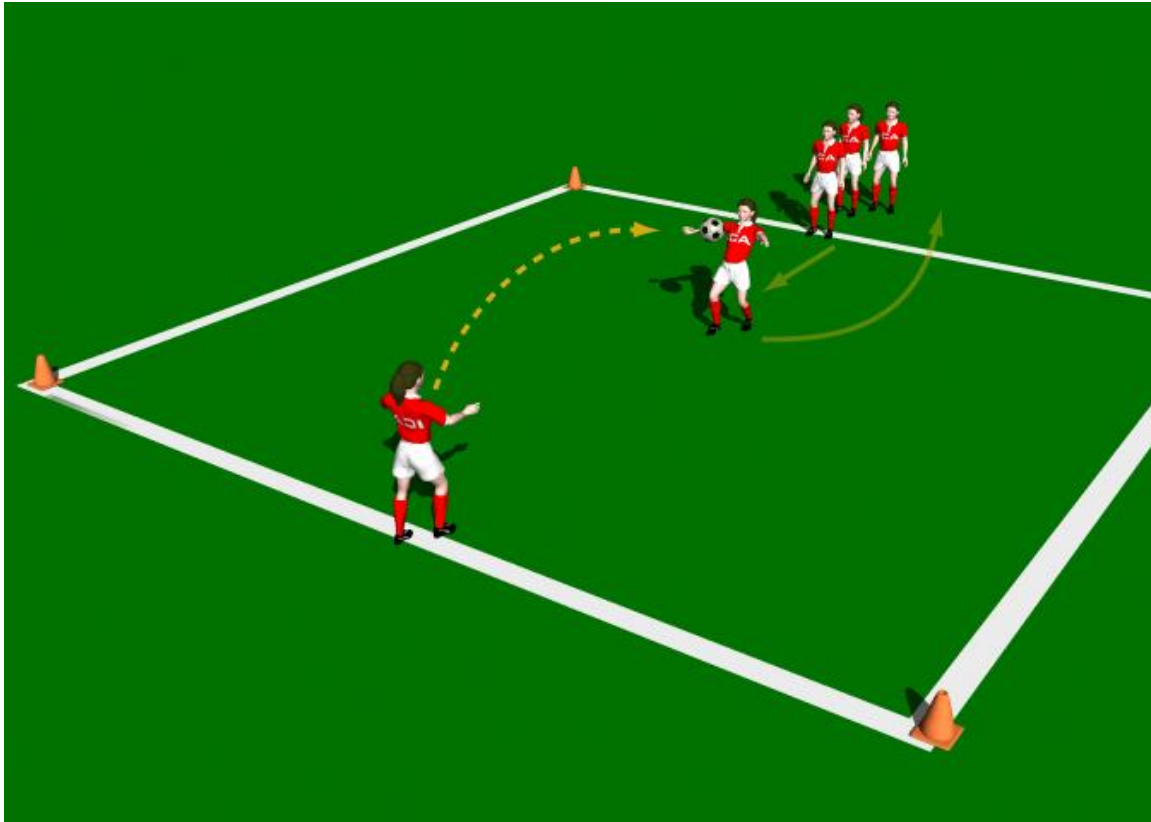
Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Week Ten – Drill Four

Cushion Control using the Chest Relay



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Chest”.

Field Preparation:

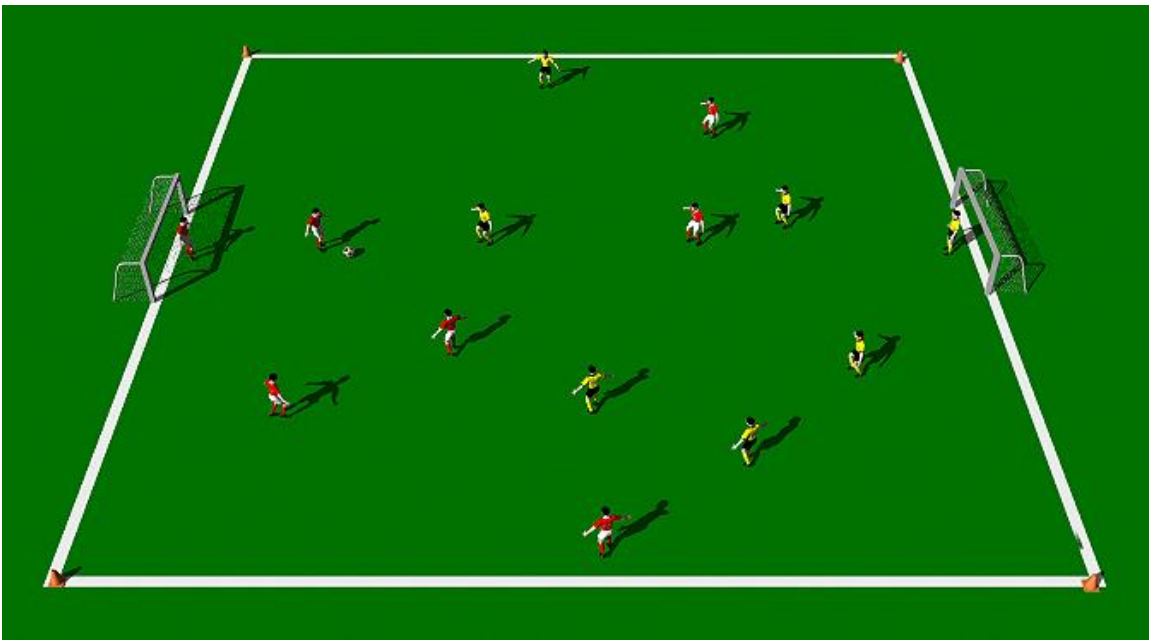
Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the chest. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Week Ten – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

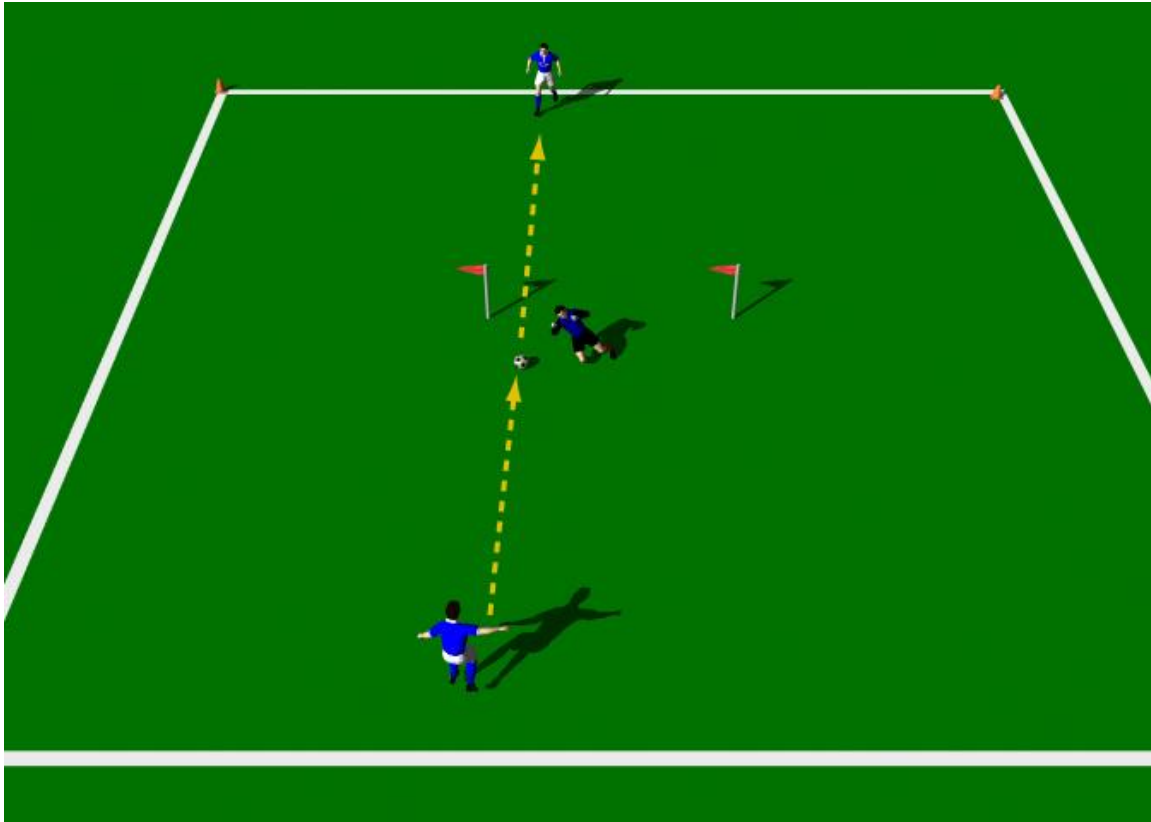
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Eleven – Drill One

Shooting Both Sides



Exercise Objectives:

This practice is designed to improve the player's technical ability using the "Low driven shot".

Field Preparation

3 Players, Area 20 x 20 yards, Cones or Flag poles, 1 Ball

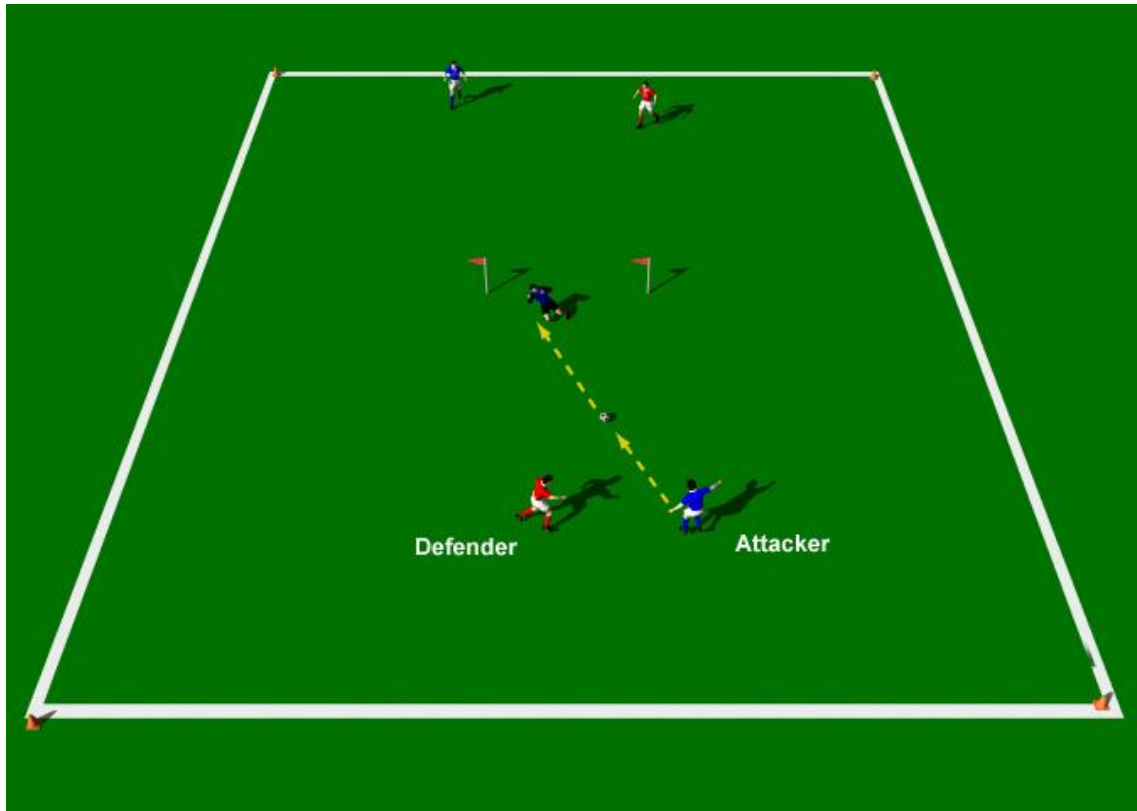
Coaching Pointers:

Three players are positioned in a grid 20 yards x 40 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the flagpole's or cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner: 3 goals if the player scores on first touch. 2 goals if the player takes two touches before scoring. 1 goal if the player takes three or more touches before scoring.

The player on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they turn around and roll the ball out to the opposite player. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Week Eleven – Drill Two

Shooting 1 v 1 with Goalkeeper in the Middle



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

3 Players, Area 30 x 30 yards, Cones or Flag poles, 1 Ball

Coaching Pointers:

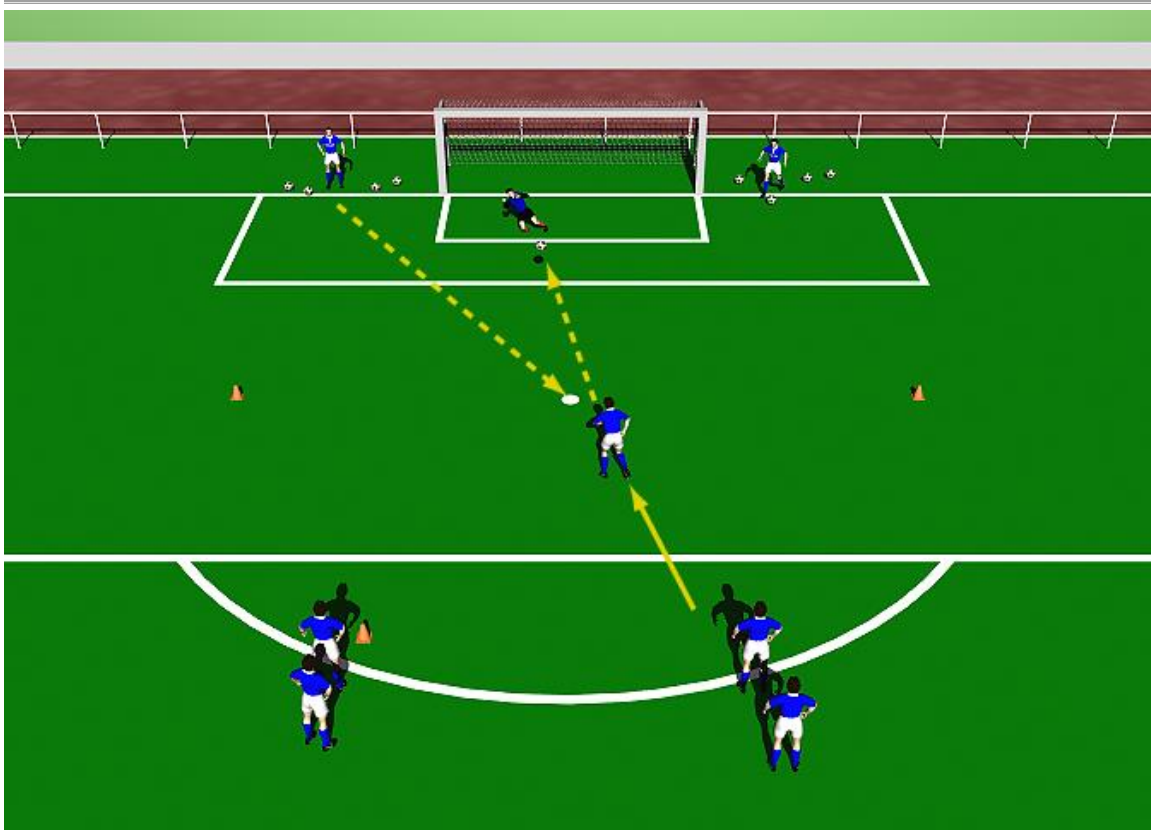
Five players are positioned in a grid 30 yards x 30 yards, using one ball. Two players are positioned either side of the goal. The goalkeeper starts the practice by rolling the ball to one of the players. The first player to the ball tries to score past the goalkeeper, the second must defend, if they win the ball they may also shoot. The ball must travel between the cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

- 3 goals if the player scores on first touch
- 2 goals if the player takes two touches before scoring
- 1 goal if the player takes three or more touches before scoring.

The players on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they then turn around and roll the ball out to the opposite players. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Week Eleven – Drill Three

World Cup Shooting Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two flag poles placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers.

Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.

The emphasis should be placed on "accuracy" and not power. Players should time their runs so that they do not have to break stride when striking the ball.

Note: This is also a great practice to use for heading. Have servers deliver underhanded serves.

Week Eleven – Drill Four

1 v 1 Knock out Game



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Field Preparation

Large group of players, Penalty Area, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

Players are divided into pairs and placed on the end line at opposite sides of the goal. Each pair is assigned a number. The goalkeeper starts the practice by serving the ball out towards the edge of the penalty area.

On distributing the ball, the goalkeeper calls out a number such as 1, 2, 3, or 4 etc. The pair selected then run out to the ball. First player to get to the ball becomes the attacker, the second acts as the defender. The defender must attempt to win the ball, and the attacker tries to score. The defender becomes the attacker if they can win possession. After a shot is taken, both players return to their starting positions.

Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Keep the tempo high and at match pace.

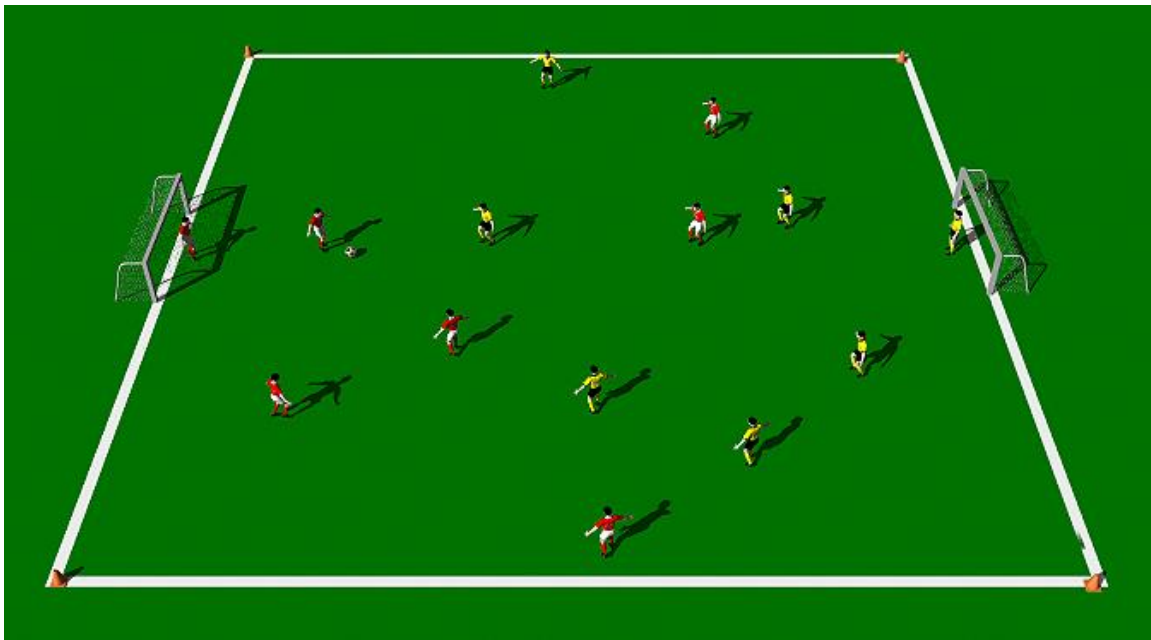
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice can be developed to play, 2 v 2, 3 v 3 etc.

Week Eleven – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

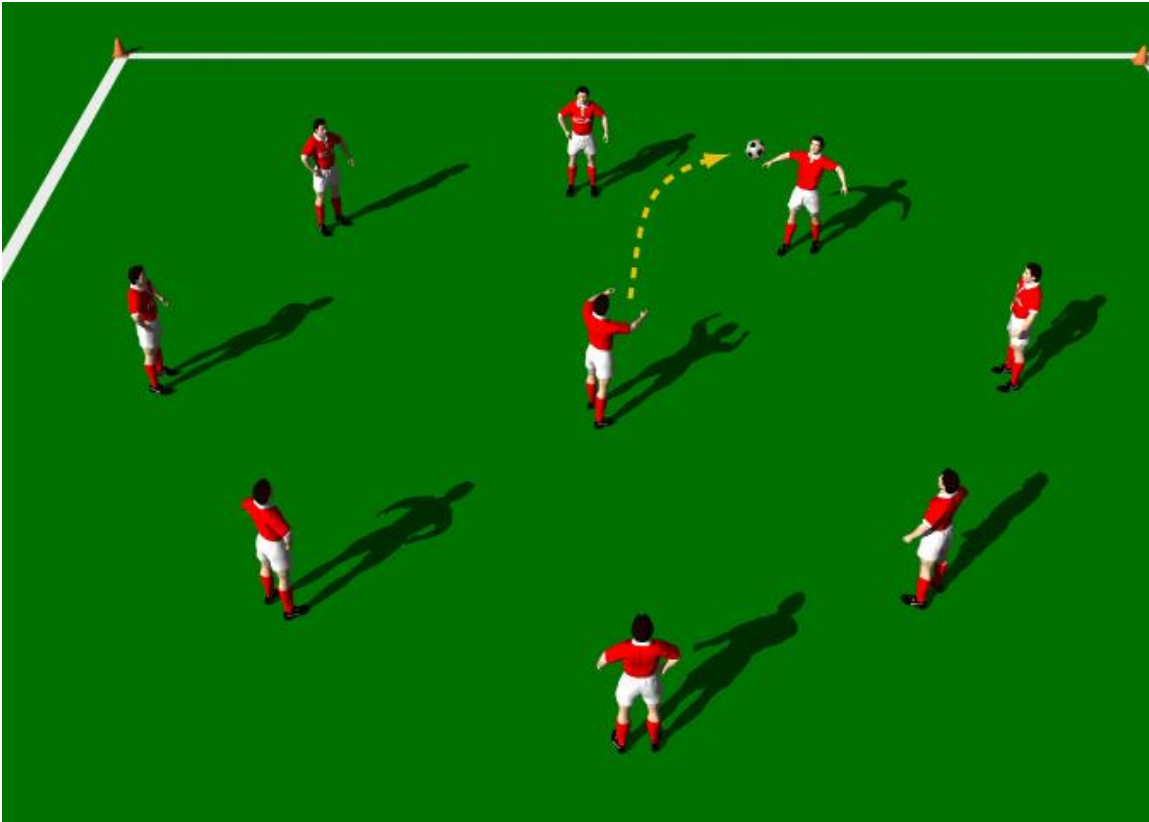
Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Week Twelve – Drill One

Heading Reaction



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

Field Preparation

Entire group of players, Area 20 x 20 yards, Supply of Balls

Coaching Pointers:

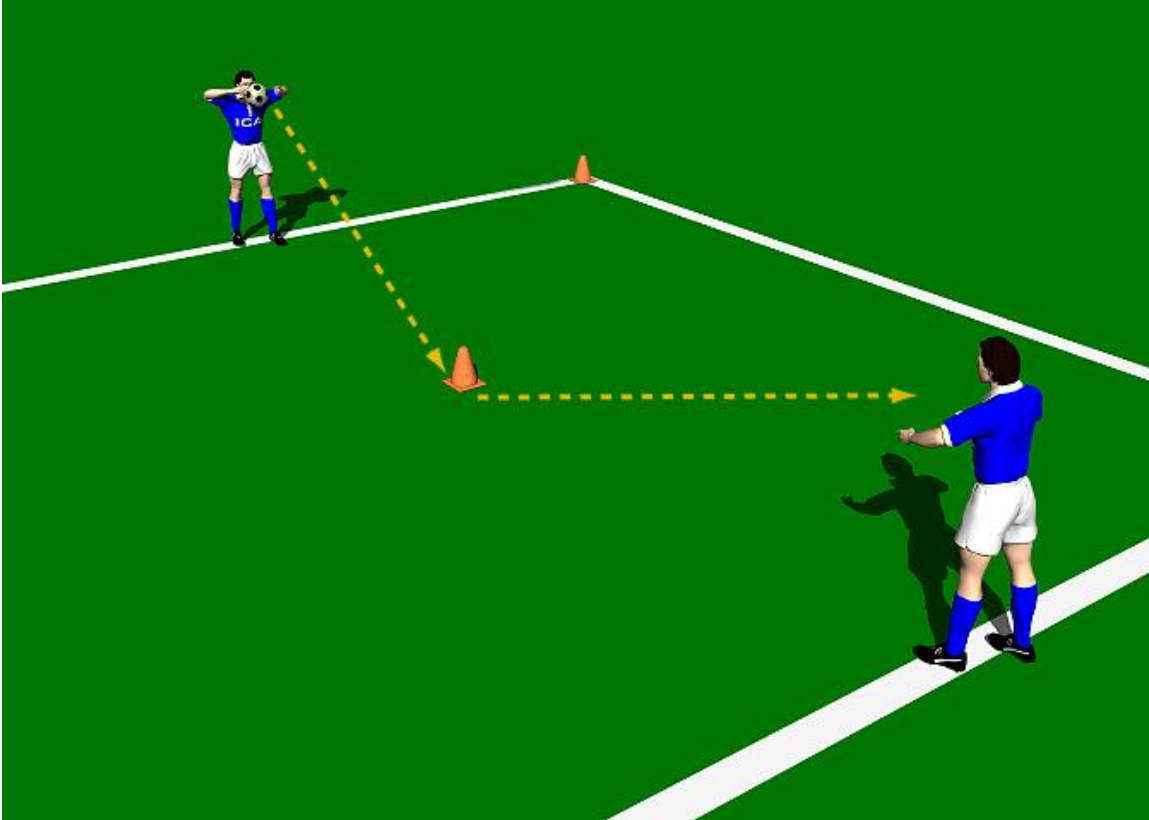
A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

- If the coach shouts, "HEAD" - the player must do the opposite and catch the ball.
- If the coach shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

Week Twelve – Drill Two

Heading for Accuracy



Exercise Objectives:

This practice is designed to improve accuracy and power when heading the ball.

Field Preparation

Small group of players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Two players are positioned in a grid 10 yards x 10 yards. One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone. A goal is awarded each time a player hits the cone.

The coach should emphasize the following coaching points:

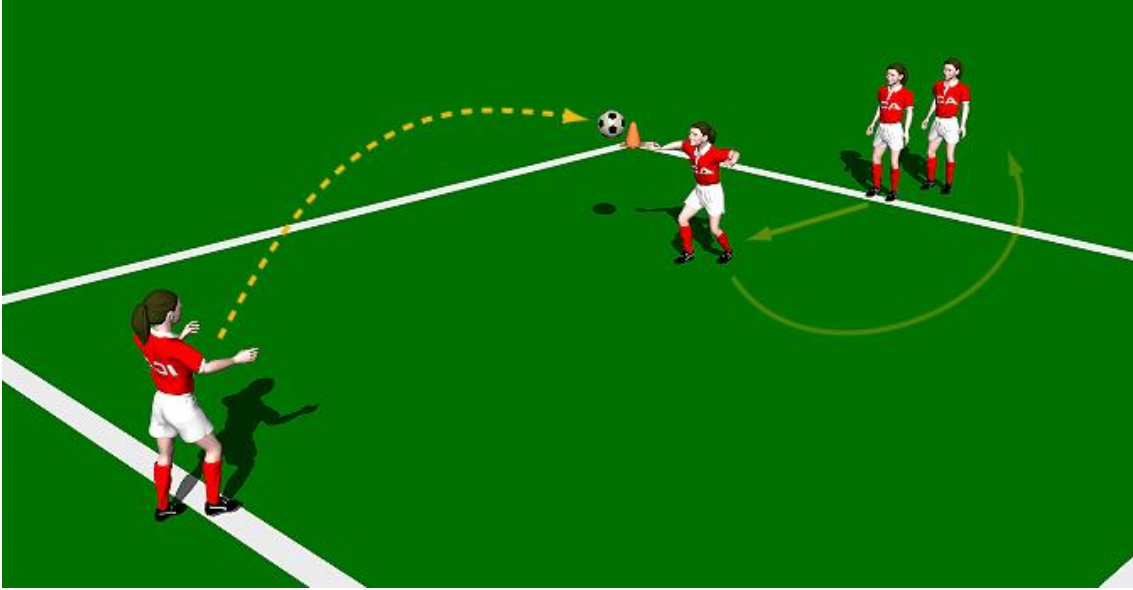
- Position feet one behind the other. This will lead to good balance. Remember to keep the head steady and eyes fixed firmly on the ball.
- Holding the ball, bring the ball quickly up towards the forehead. Swing the upper body backwards, then forward quickly and make contact on the ball with the center of the forehead.

- Do not let go of the ball; use the power of the head to hit the ball out of the hands.

The player should direct the ball downward to hit the cone. Do not tilt the head too far back or the ball will skim from the head.

Week Twelve – Drill Three

Heading Relay



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

Field Preparation

Small group of players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

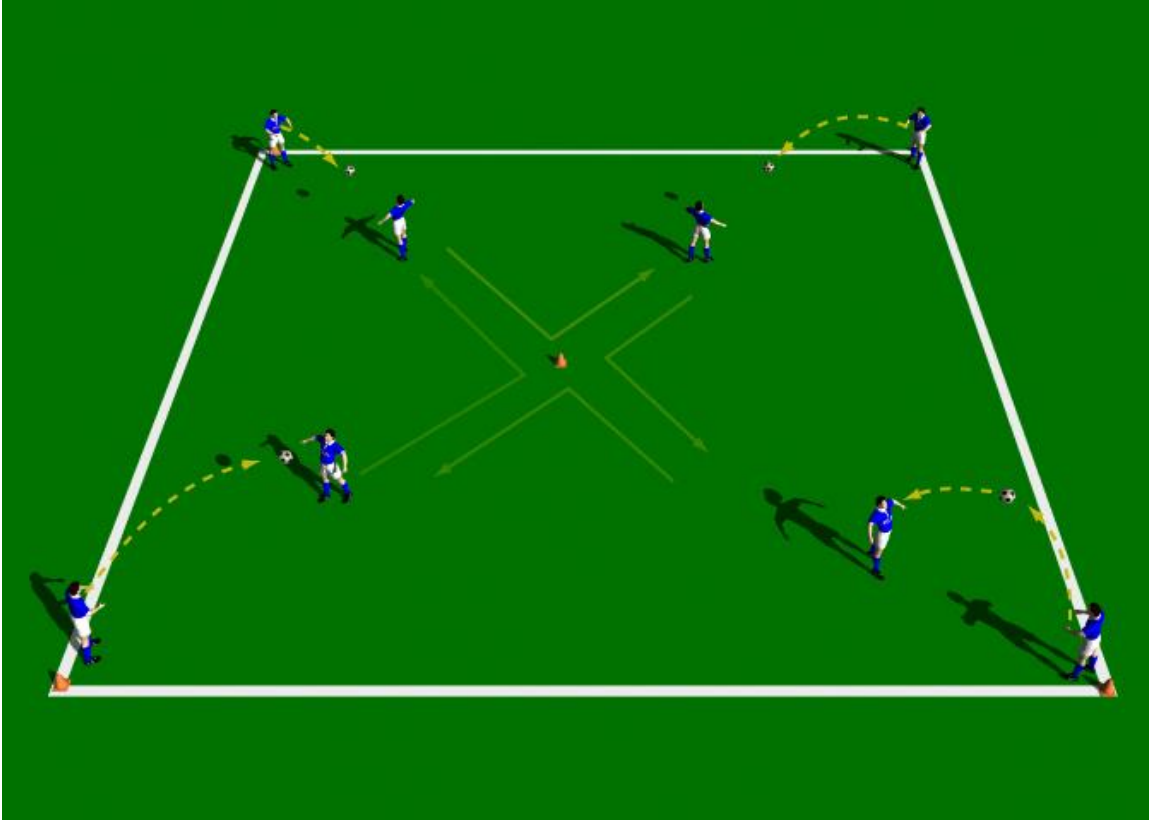
In an area 10 yards x 10 yards, players alternate receiving the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the servers hands. After each header the receiver must turn and join the end of the group.

The server must throw a high looped serve to the receiving player. The ball should be served approximately 5 yards. If the server throws the ball too far the receiving player will not come to meet the ball. With a correct serve the receiving player is always encouraged to attack the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between teams. Keep score and award points for the first team to reach 20 good headers or the team who can perform the most headers in one minute.

Week Twelve – Drill Four

Heading Rotary Drill



Exercise Objectives:

This practice is structured to improve the technical ability of "heading" with an emphasis on "accuracy".

Field Preparation

8 players, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers.

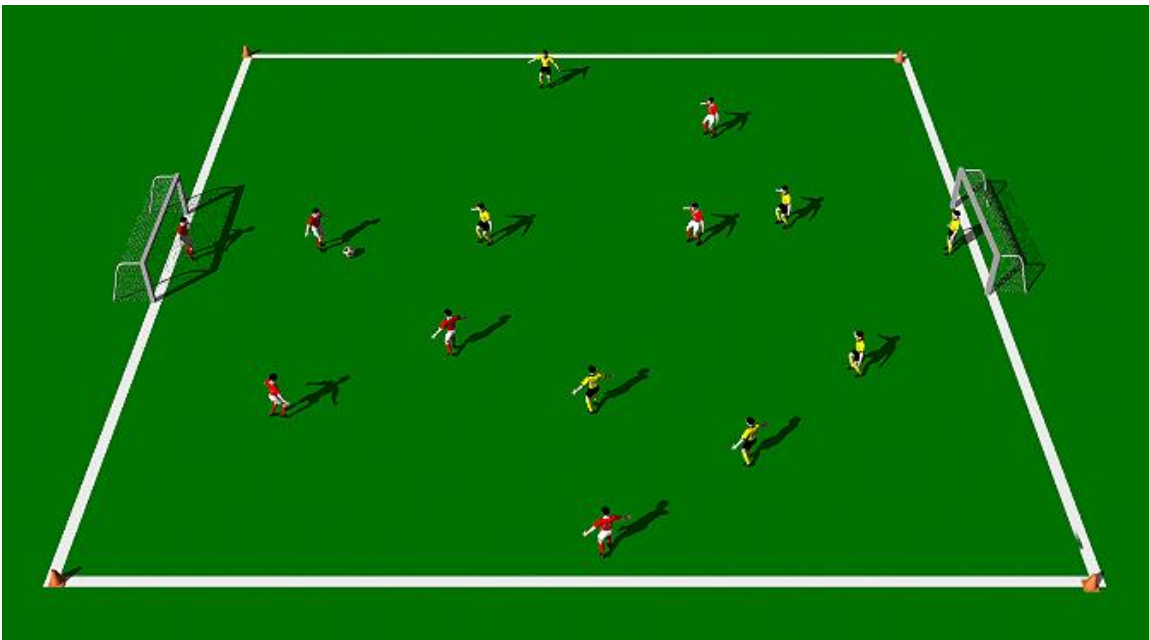
The players in the center of the grid receive a throw from the server and head the ball back to the server. They then must check back to the center cone and rotate to the next server on their right and repeat exercise.

The players repeat this practice for approximately 3 minutes as they rotate around the grid. Emphasis should be placed on the accuracy, heading the ball back to the servers hands. The header should be played back at the correct pace so the receiver can catch the ball with ease.

It is advised to have an extra ball at each cone to keep the tempo of the practice constant. A goal is scored for each successful header made. Each player should keep their own score. A team total can be recorded to challenge the next set of four players.

Week Twelve – Small Sided Game

Small-Sided Game (with goalkeepers)



Exercise Objectives:

Finish with small sided game 6 v 6, 7 v 7 (with Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into two equal teams)
- Area 30 x 40 yards
- Us Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 20-30 minutes.
- At the end of your session, review all coaching points made during the practice.

Record Score:

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.