

# 11 - 12 Year Olds

Twelve-Week Training Program



## Coaching Ages 11 to 12 Years

This section provides you with a twelve-week training program for children ages 11 through 12 years. Each practice features four fun and progressive drills and culminates with a small-sided game.



This is the fourth stage of the training program. 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:

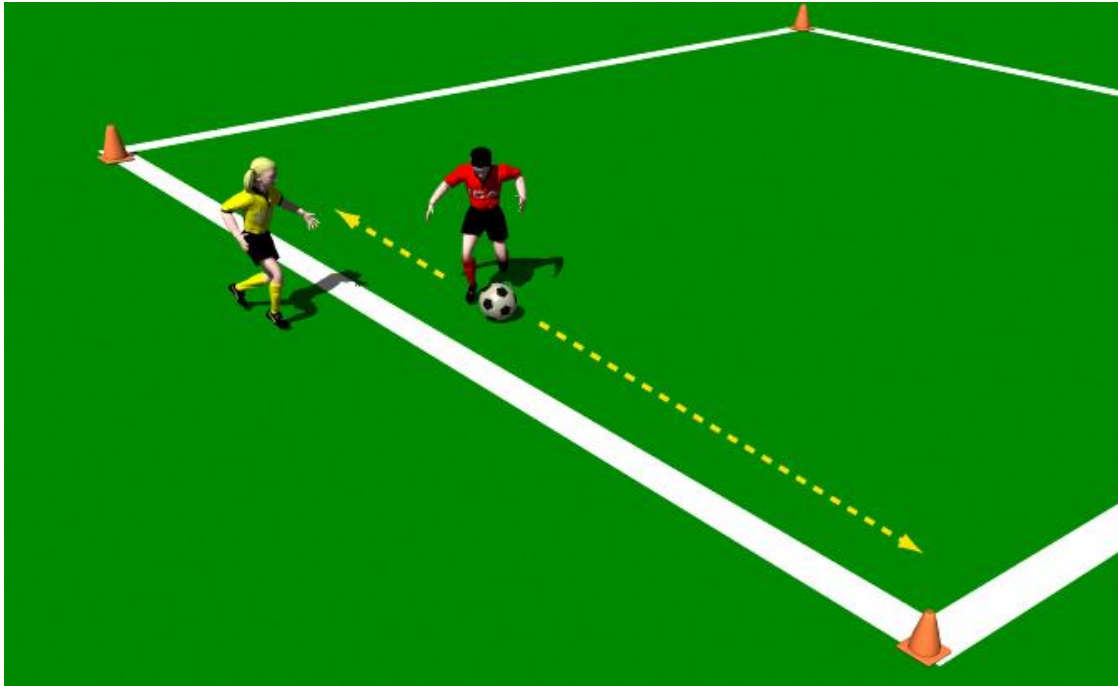
Week	Technique	Practice Theme/Key Words
Week One	<b>Dribbling</b>	Explosive Movements/Turning/Change of Speed
Week Two	<b>Passing</b>	Fundamentals/Pace/Accuracy
Week Three	<b>Passing</b>	Vision/Awareness/
Week Four	<b>Passing</b>	Pace/Accuracy
Week Five	<b>Heading</b>	Pure Mechanics/Accuracy/Power/Attacking Headers
Week Six	<b>Passing</b>	Pace/Accuracy/Timing
Week Seven	<b>Ball Control</b>	Foot/Thigh/Mechanics/Static/Jog/Run
Week Eight	<b>Ball Control</b>	Chest/Turning with the Ball/Static/Run
Week Nine	<b>Ball Control</b>	Foot/Turning/Ball Moving
Week Ten	<b>Shooting</b>	Pure Mechanics/Low Driven Shot
Week Eleven	<b>Shooting</b>	Speed/Variety of Techniques/1 v 1
Week Twelve	<b>Attacking</b>	1 v 1 Confrontations/Long and Short Range Shots

### 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**

### ***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.

## **Week One – Drill Three**

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### ***Tiger in the Middle***



#### **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

#### **Field Preparation**

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

#### **Coaching Pointers:**

Mark off a grid 20 yards by 20 yards. Have all players move about with their balls in the square. Choose one player to be the "tiger". When he is released, all players try to avoid him and shield their ball from being knocked out. The last one left is the winner.

## **Week One – Drill Four**

### ***Transformers***



#### **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball.

#### **Field Preparation**

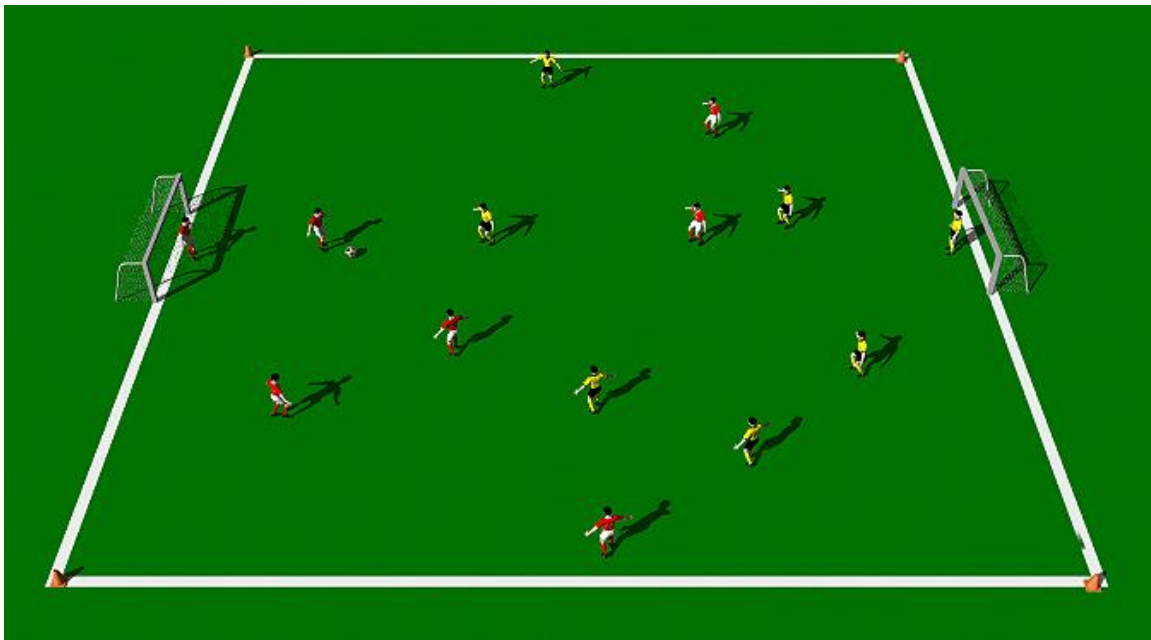
Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

#### **Coaching Pointers:**

Mark off a square about 20 x 20 yards. Line up the players at one end of the square. The object of the game is to dribble the ball from one end of the square to the other, then stop. If a player's ball is kicked from the square then he or she is to sit down on the exact spot and become a Transformer. A Transformer may not move his bottom from the ground, but if he succeeds in picking the ball from a dribbler's foot, then that person is also out and must sit down also. Last child with a ball is the winner.

# **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:**

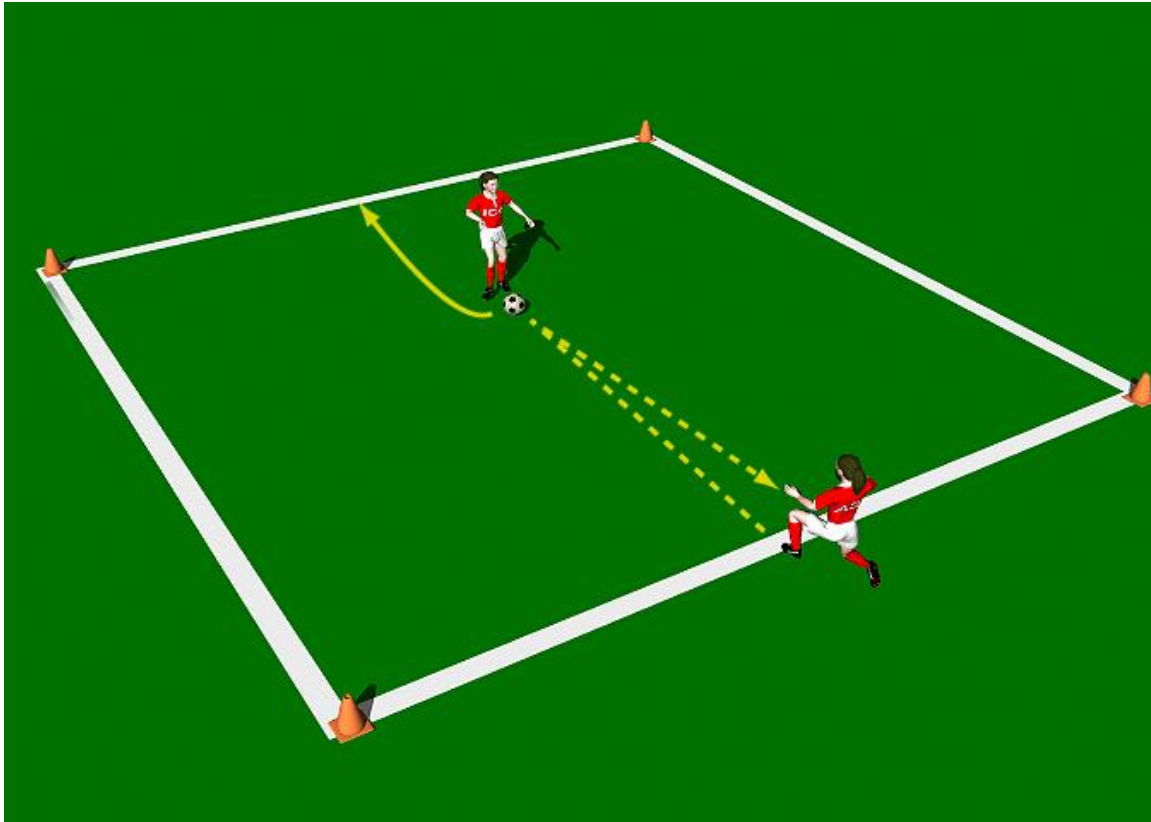
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Two – Drill One**

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### ***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.

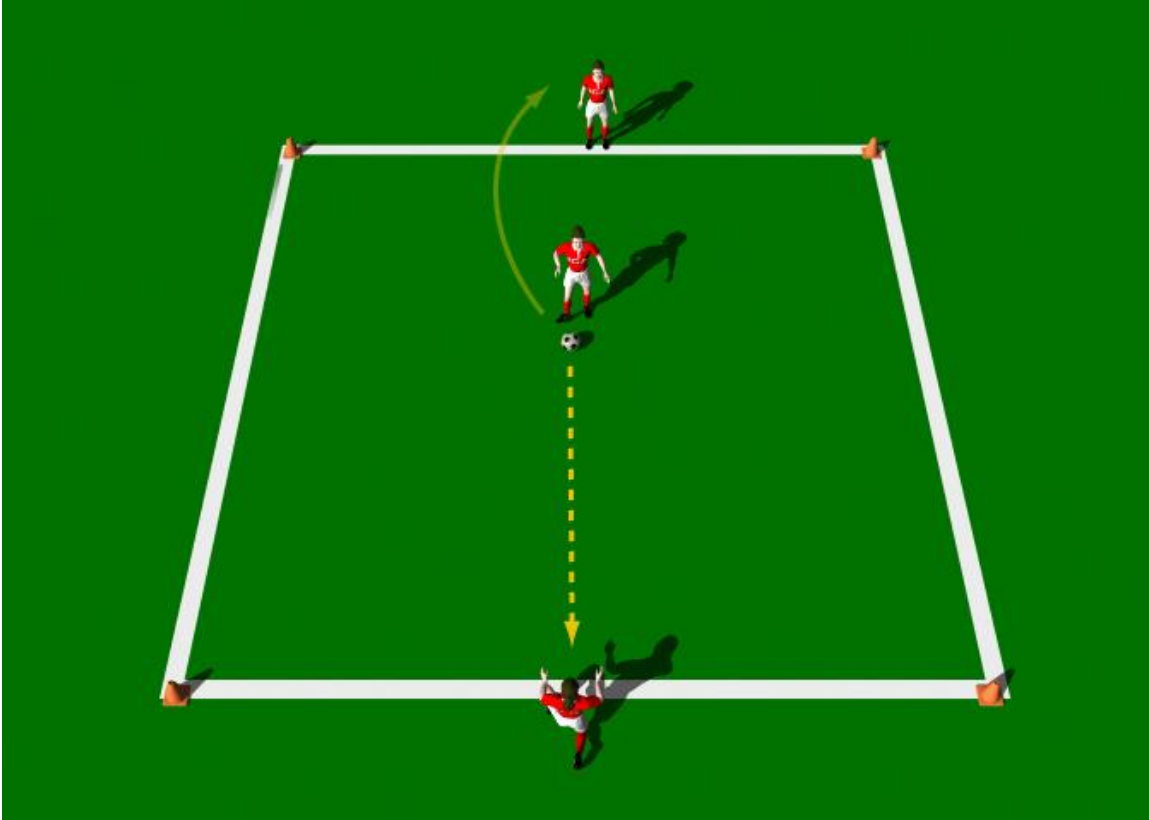
The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in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



## **Week Two – Drill Two**

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### ***Two 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. Three players. One ball, Four cones.

#### **Coaching Points:**

Two players are positioned at one side of a grid, 10 yards x 10 yards. The players receive 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 servers feet. After each pass the receiver must return to their 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 is always be encouraged to come and meet 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 groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.

## **Week Two – 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.

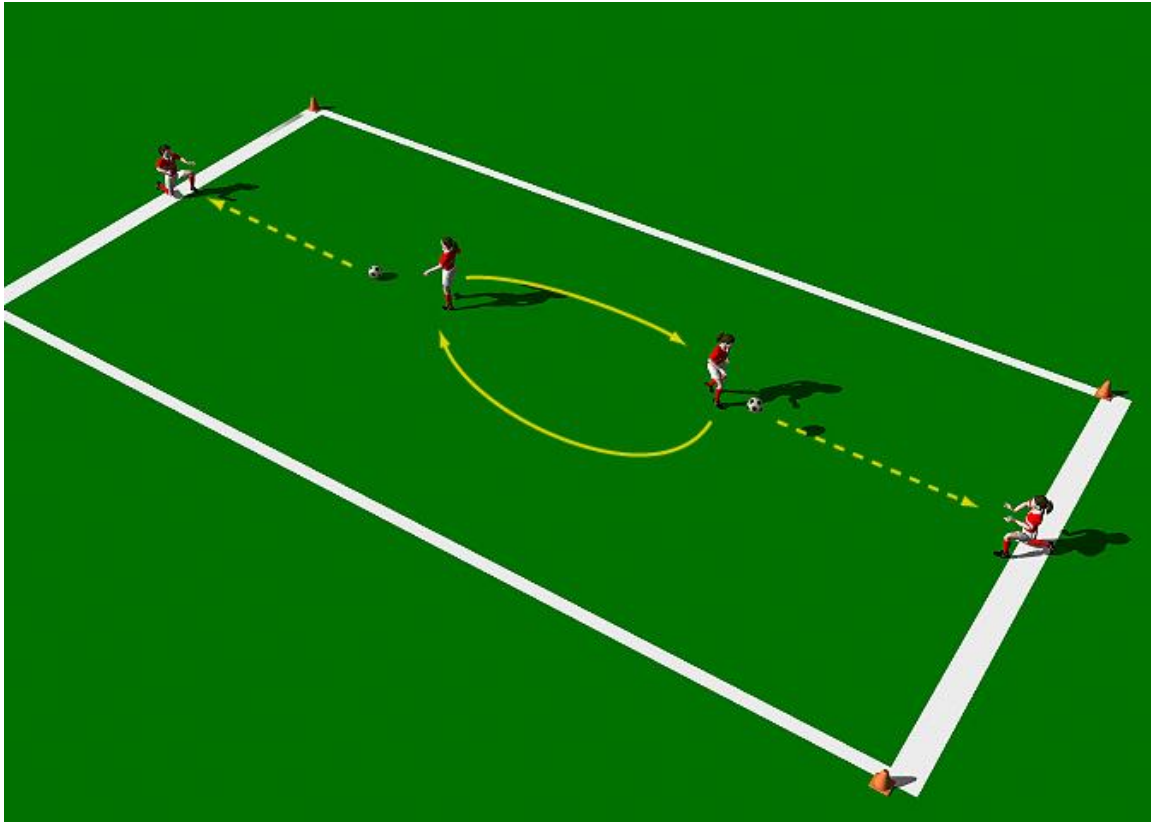
#### **Coaching Points:**

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 Two – 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.

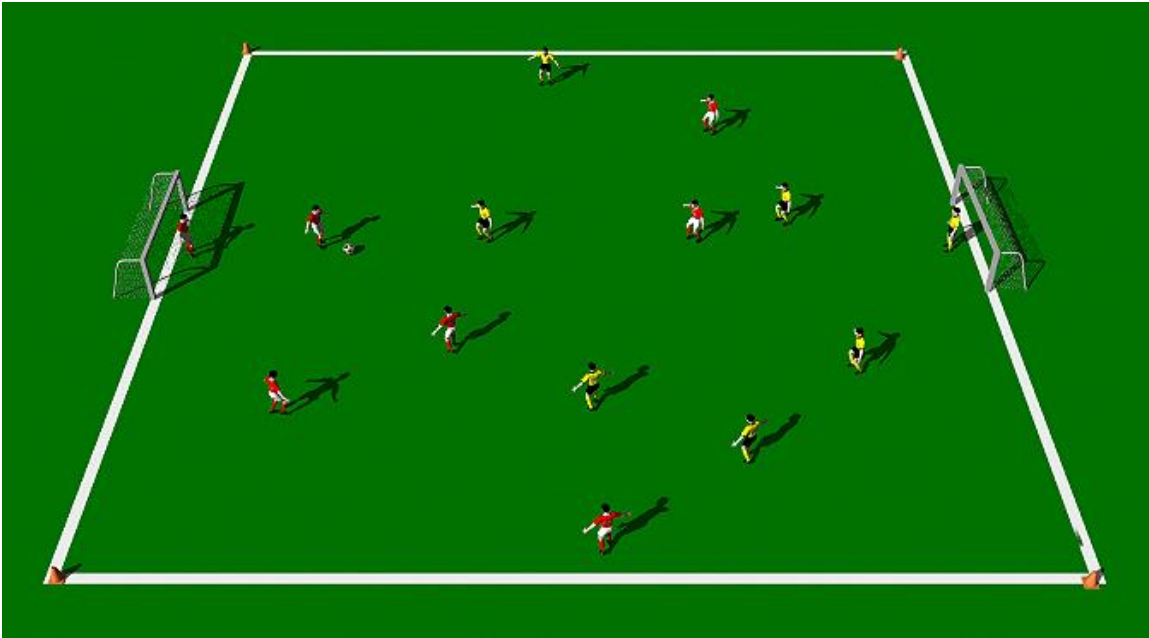
If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

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 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, 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:**

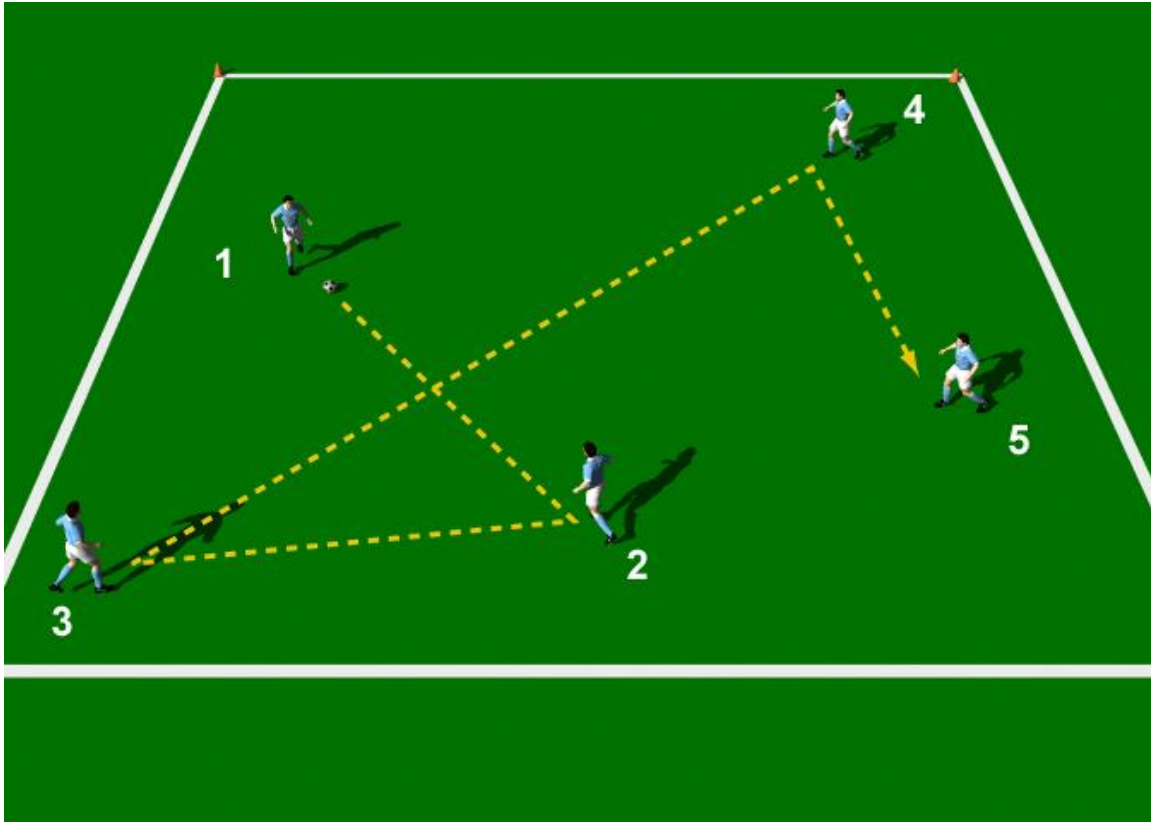
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Three – Drill One**

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### **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.

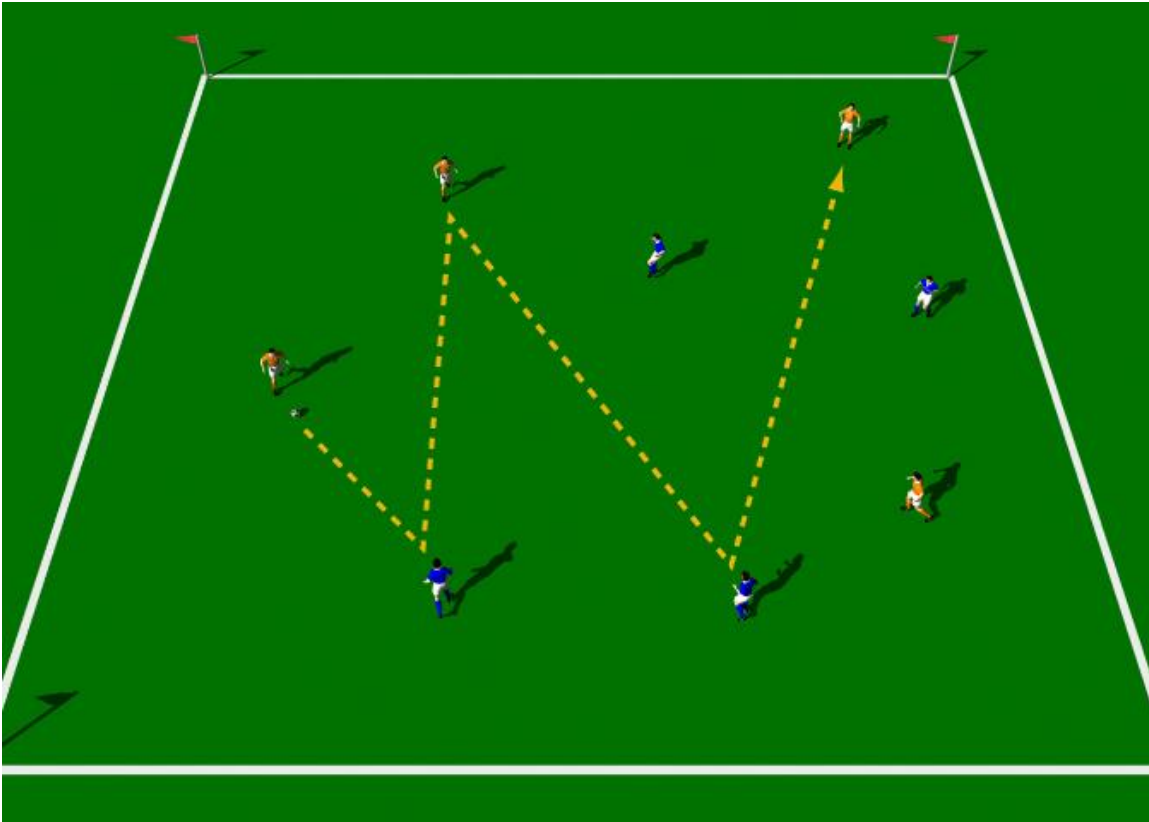
This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

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 Three – Drill Two

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### *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:**

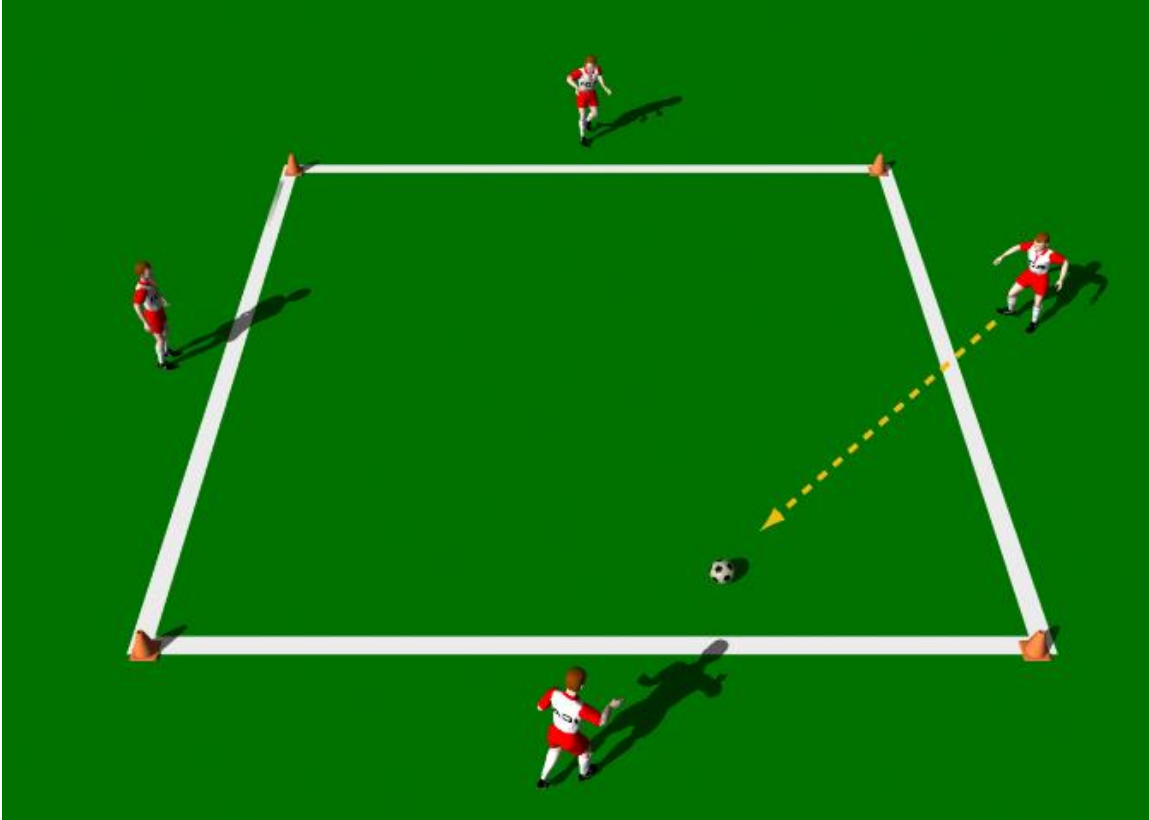
An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "**Red Player - Yellow Player**" (red can only pass to yellow 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 Three – Drill Three**

### ***Passing and Support***



#### **Objective of the Practice:**

This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

#### **Field Preparation:**

Area 10 x 10 yards. 4 players. 1 ball. Cones.

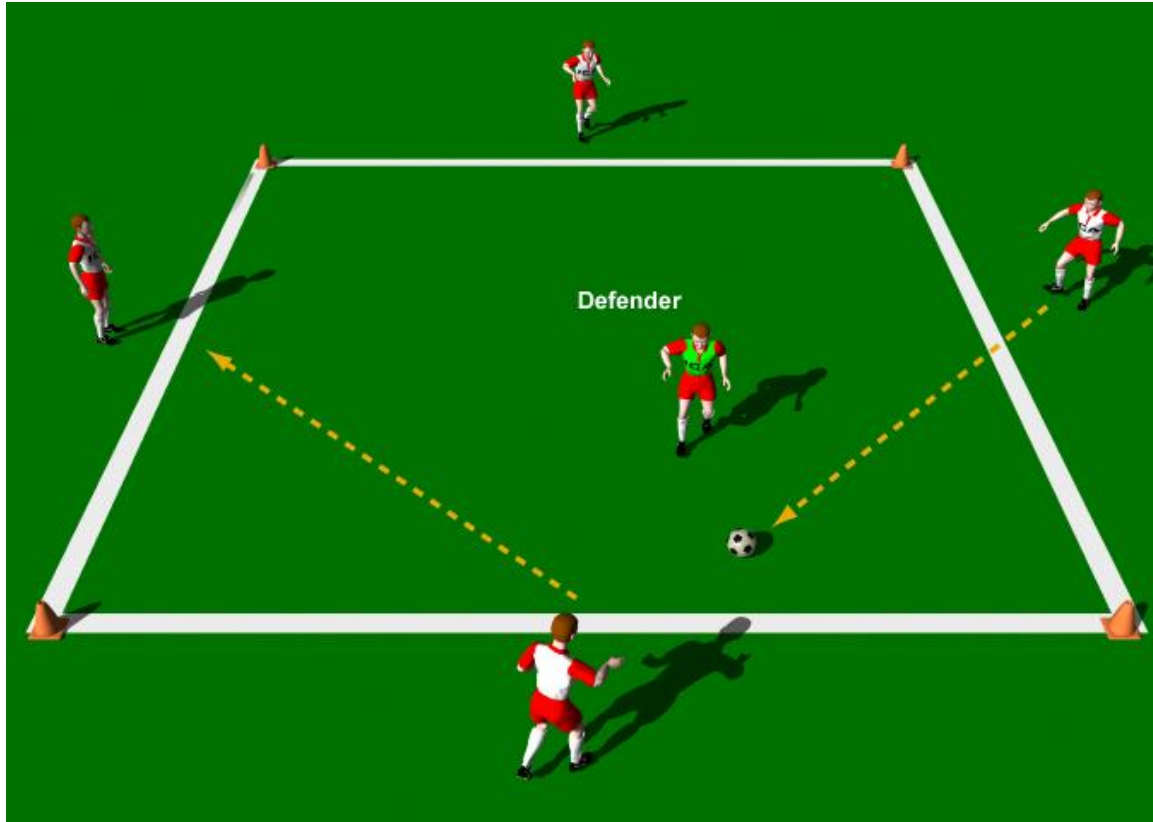
#### **Coaching Points:**

Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle. Players should be constantly moving their feet and asking for the ball.

Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.

## **Week Three – Drill Four**

### ***Pass Outside the Grid***



#### **Objective of the Practice:**

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

#### **Field Preparation:**

Area 10 x 10 yards. 5 players. 1 ball. Cones.

#### **Coaching Points:**

A grid is marked off 10 yards by 10 yards. A player is positioned on each side of the grid. One defender is placed in the center of the grid. Three resting defenders are stationed outside the grid.

The object of the practice is for the four players on the outside of the grid to keep possession of the ball without it being intercepted by the center defender. The outside players cannot enter the grid and the pressurizing defender cannot leave the grid. The outside players receive a goal for eight consecutive passes. Increase the number of passes per goal to challenge players. Coach can also place a condition of one or two touch passing.

Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

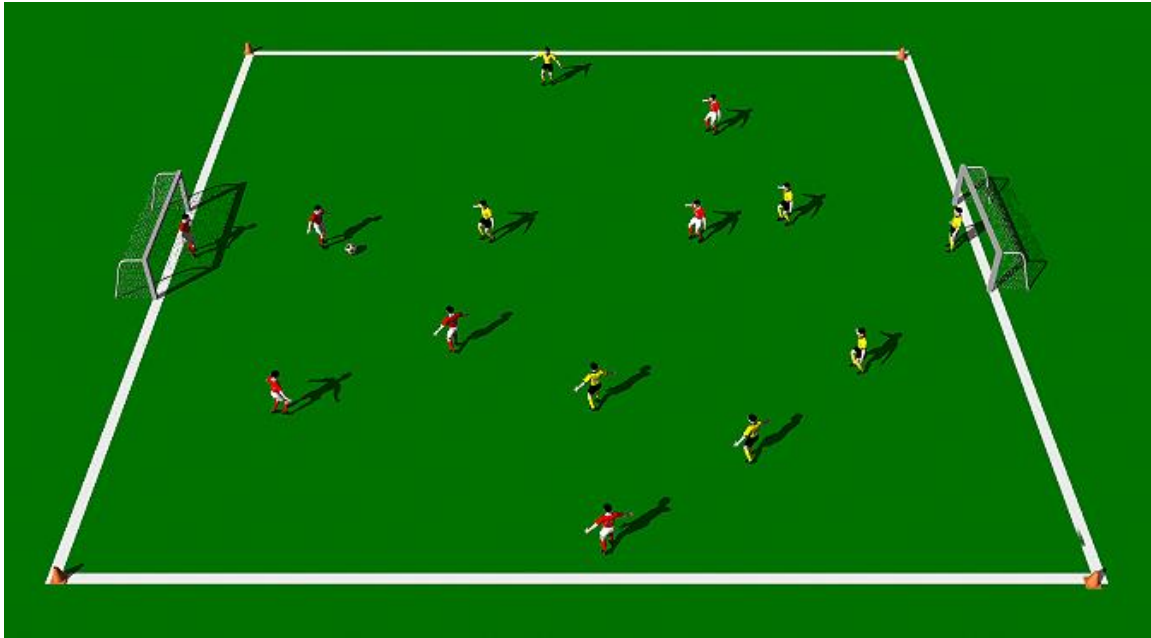


**The coach should emphasize the following coaching points:**

- Players should always be alert and light on their feet.
- Disguise your intentions before passing the ball by using head fakes and body feints.
- Deliver quality accurate ground passes to feet.
- Deliver a pass your partner can hit first time.
- Consider the speed of the pass, not too hard and not too soft.
- Offer a good supporting angle once you have passed the ball.
- Communicate with the player in possession of ball.

## **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, 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:**

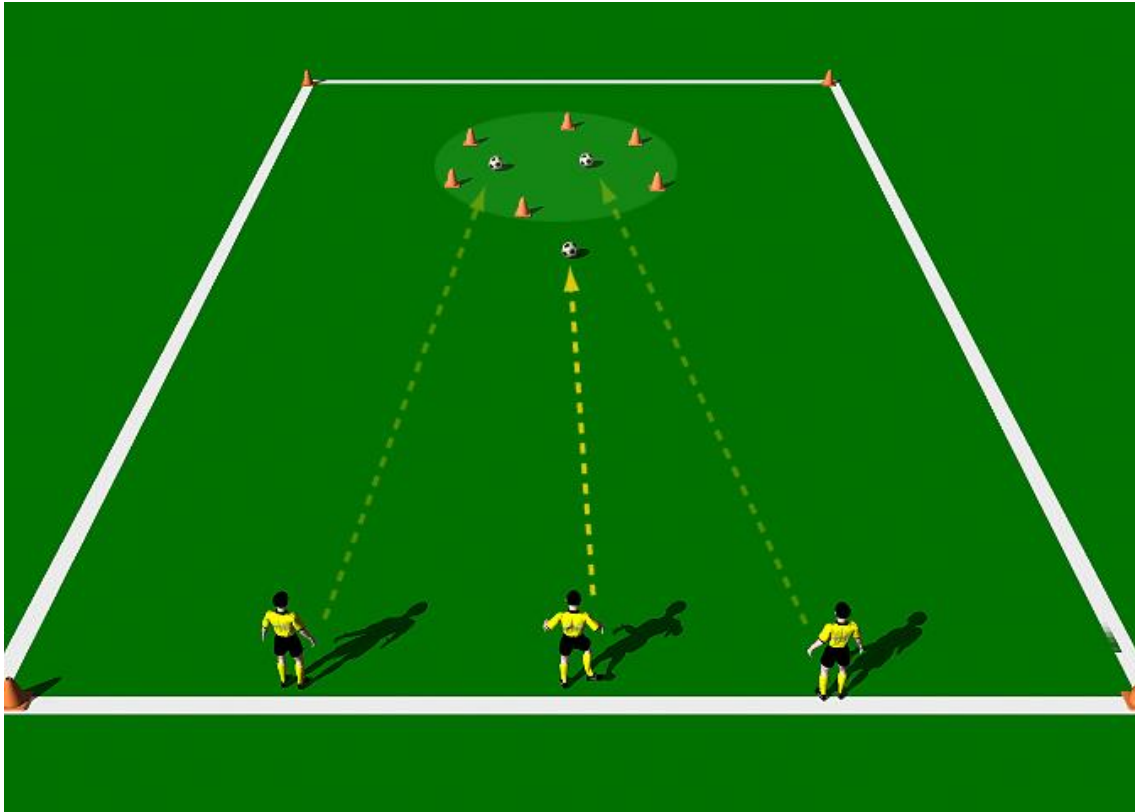
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## Week Four – Drill One

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### *Land on the Moon*



#### **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 15 yards. Small group of players, balls and cones.

#### **Coaching Points:**

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

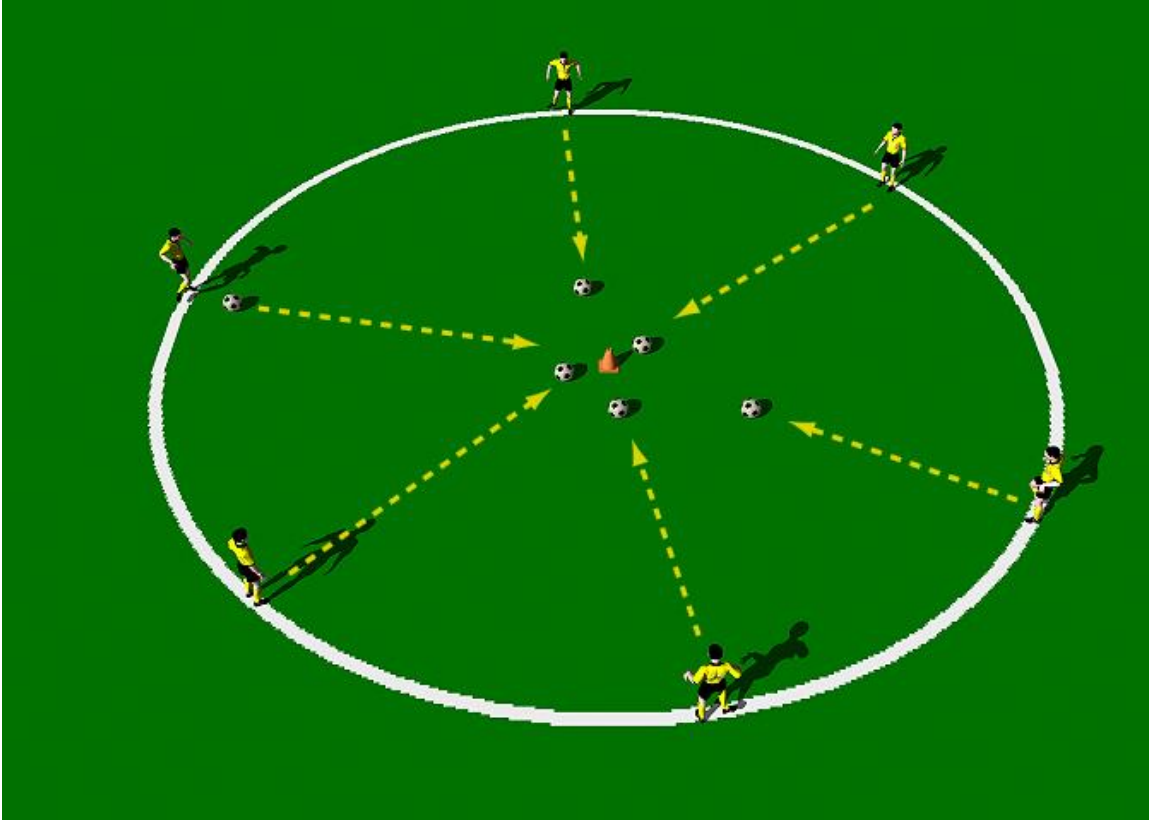
In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

## Week Four – Drill Two

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### *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.

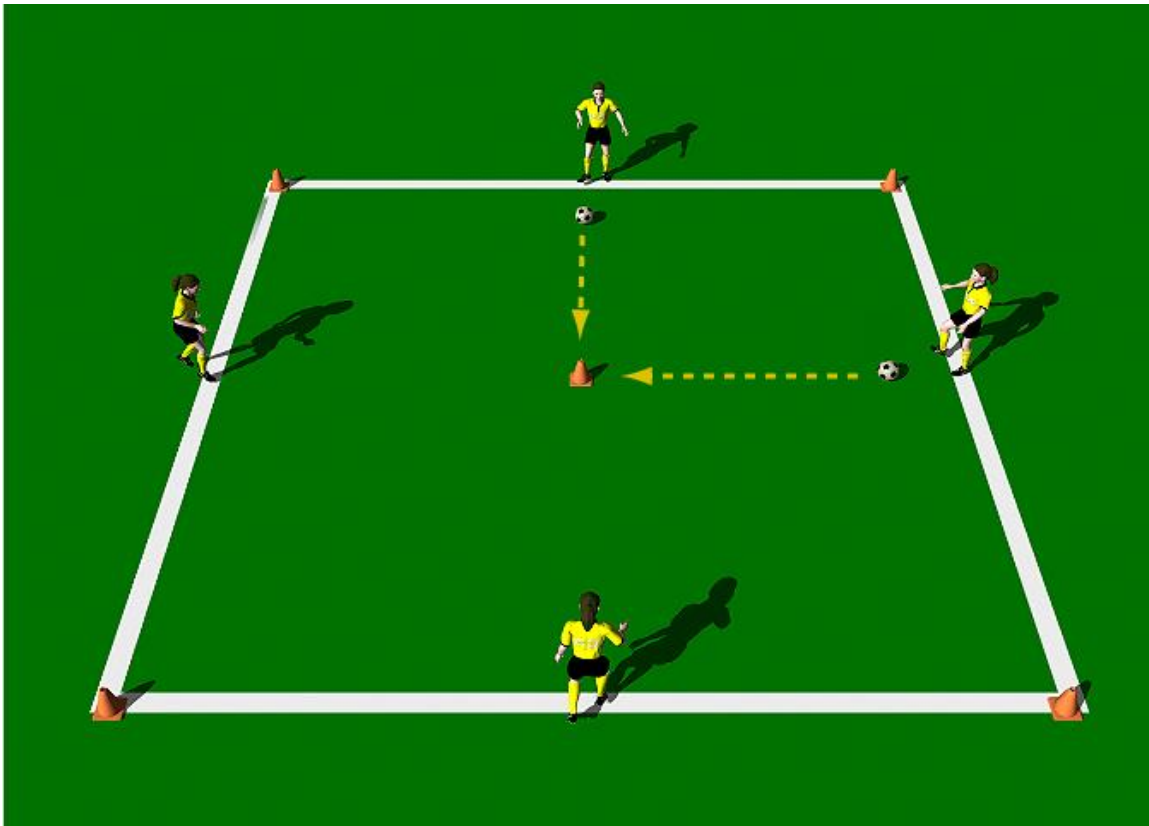
#### **Coaching Points:**

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 Four – Drill Three**

### ***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:**

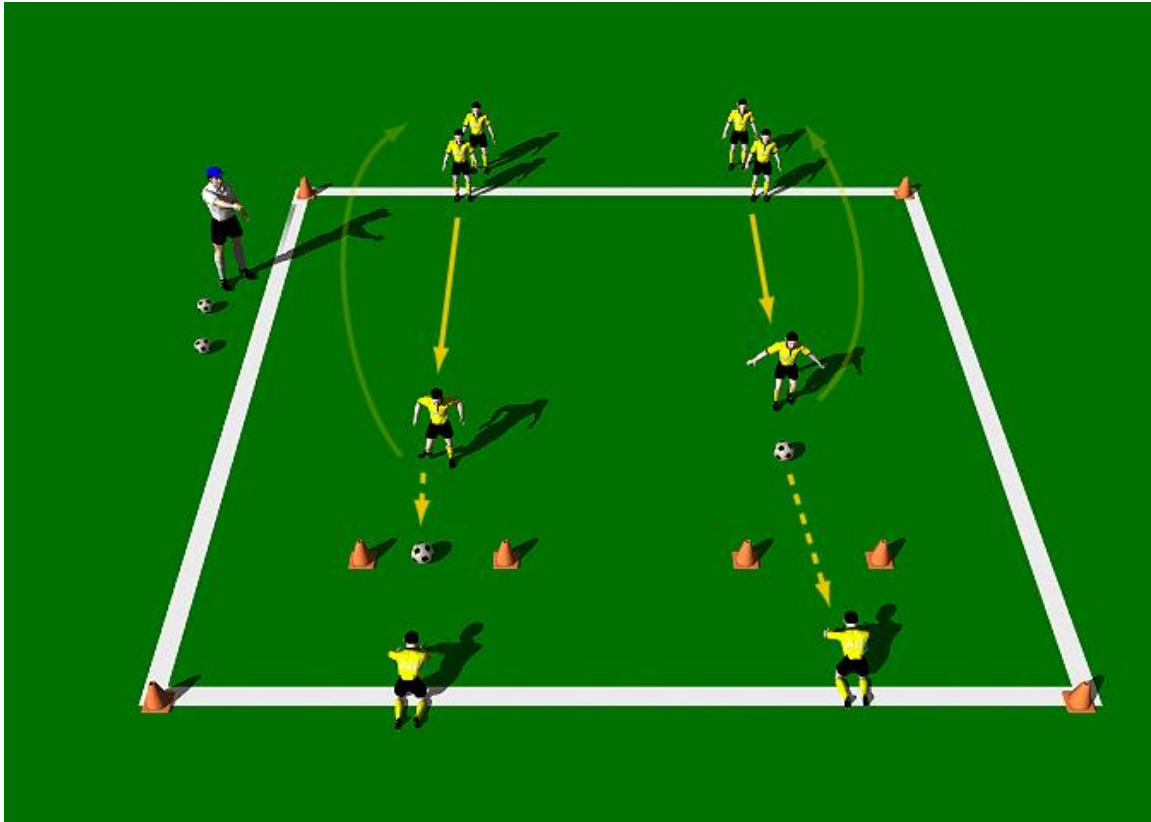
Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

## Week Four – Drill Four

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### *Passing 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 groups of players. Supply of balls, Supply of cones.

#### **Coaching Points:**

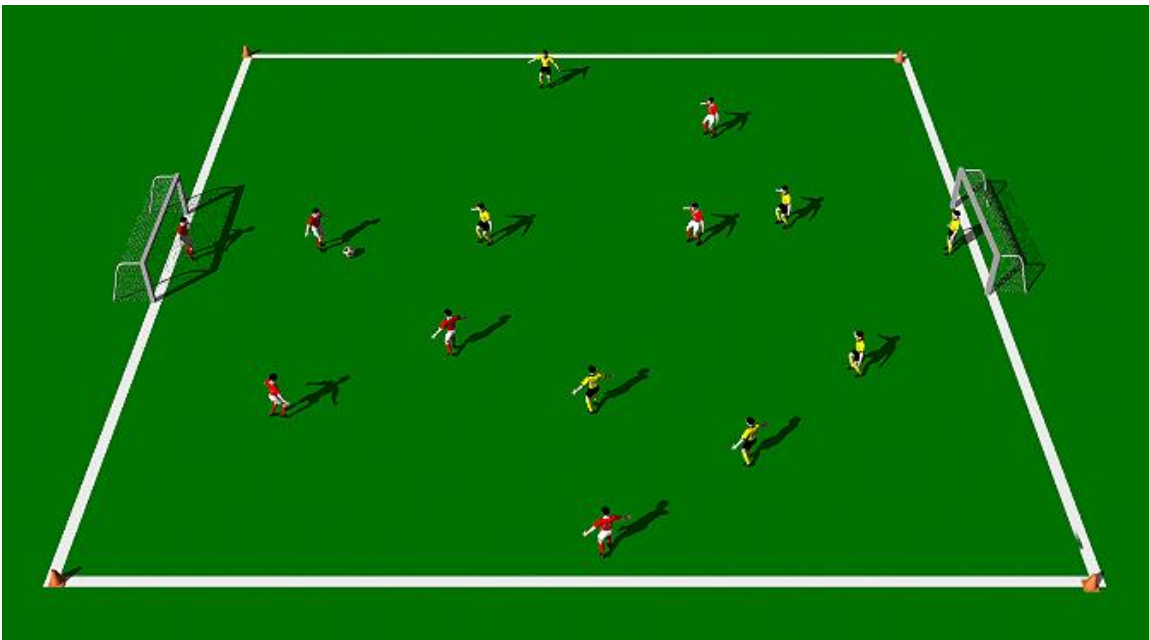
A group of players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server “first time” and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their 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 is always be encouraged to come and meet 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 groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.

## **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, 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:**

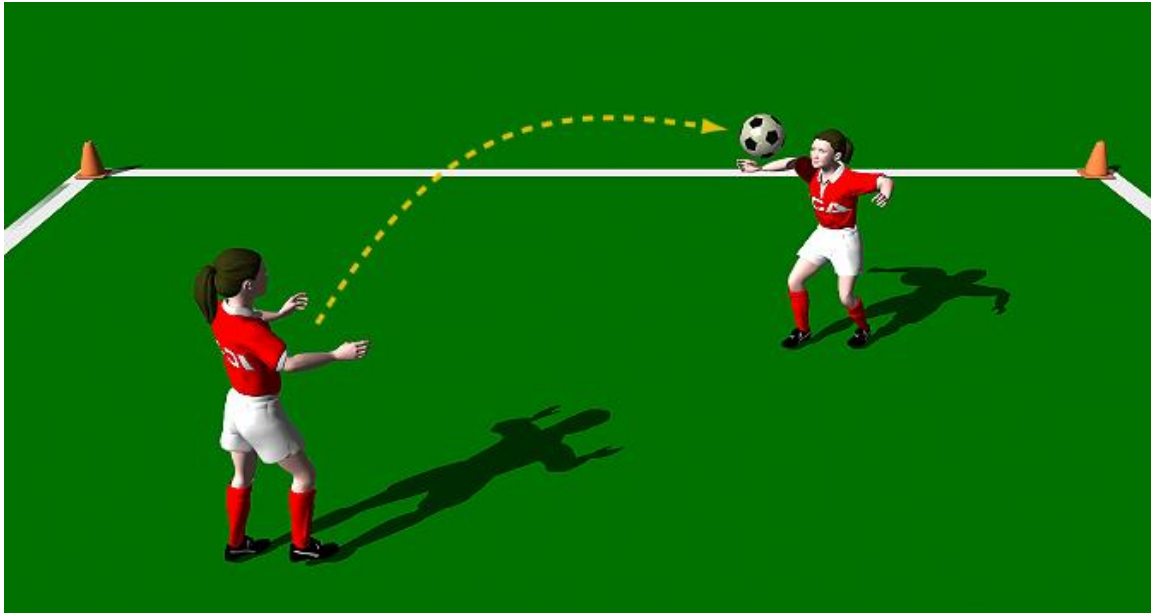
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Five – Drill One**

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### ***Heading Basics***



#### **Exercise Objectives:**

This practice is designed to introduce the novice player to the correct technique when heading the ball.

#### **Field Preparation**

2 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 serves the ball for their partner to head back. The players should alternate serving the ball.

#### **The coach should emphasize the following coaching points:**

Position the body behind the flight of the ball. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance. Remember to keep the head steady and eyes fixed firmly on the ball. Immediately on impact, the player should swing the upper body forward quickly and make contact on the ball with the center of the forehead.

The player should redirect the ball to the player. Do not withdraw on impact, or this will cushion the ball. Do not tilt the head too far back or the ball will skim from the head and possession may be lost.

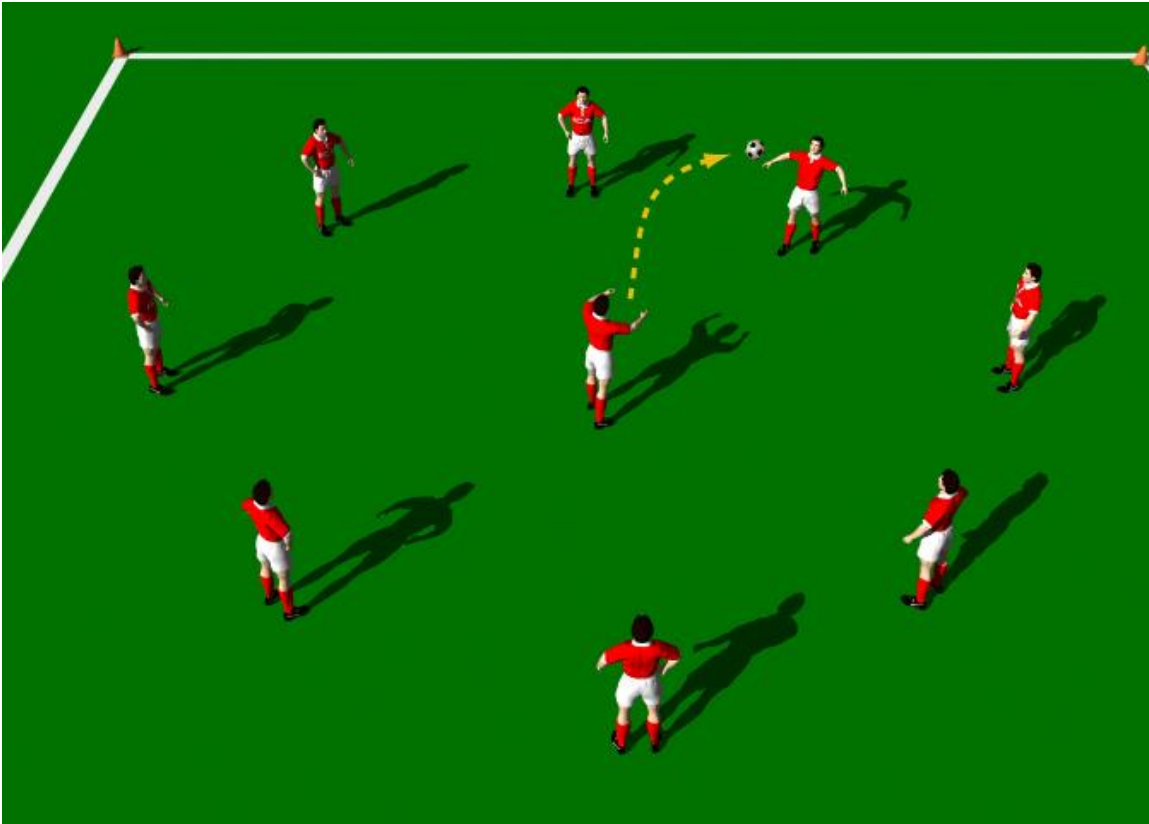
As the player is redirecting the ball, the upper body and head should be moving forward.



## **Week Five – Drill Two**

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### ***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:**

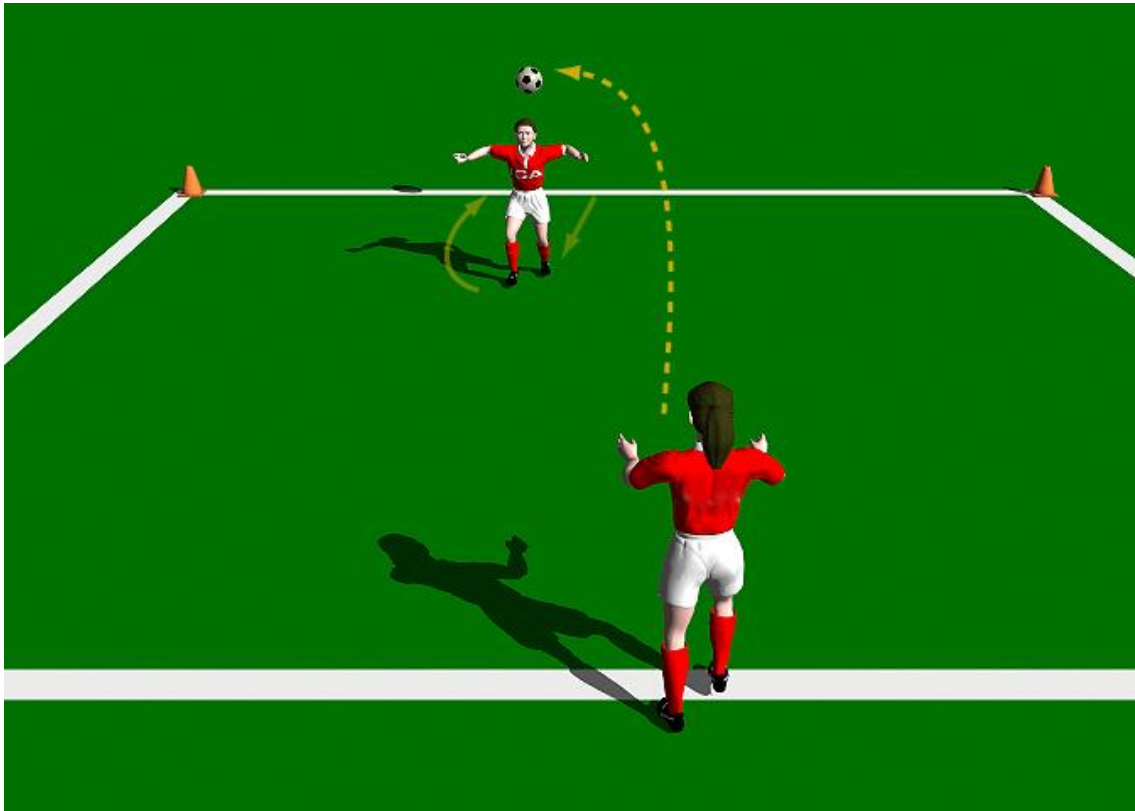
A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

- 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 Five – Drill Three**

### ***Heading on the Run***



#### **Exercise Objectives:**

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

#### **Field Preparation**

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

#### **Coaching Pointers:**

In an area 10 yards x 10 yards a player receives 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 return to the starting position and repeat drill.

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 players. Keep score and award points for the first player to reach 20 good headers or the player who can perform the most headers in one minute.

## **Week Five – Drill Four**

### ***World Cup Heading Game***



#### **Exercise Objectives:**

This practice is designed to improve the player's technical ability in "Heading".

#### **Field Preparation**

Large group of players, Penalty Area, Full Size Goal and Goalkeeper, Cones or Flag poles, Supply of Balls

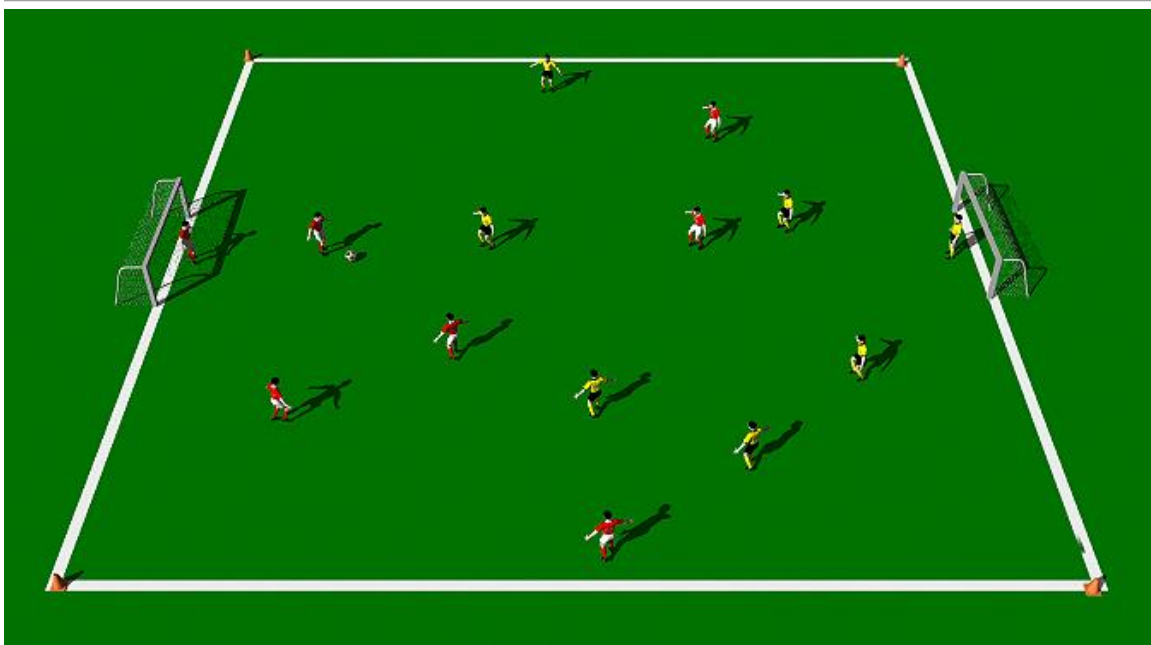
#### **Coaching Pointers:**

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. 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 in the air and between the two cones 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 heading must receive a throw 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 a three-minute period. After the three-minute period, all goals are totaled and groups alternate.

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

## **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, 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:**

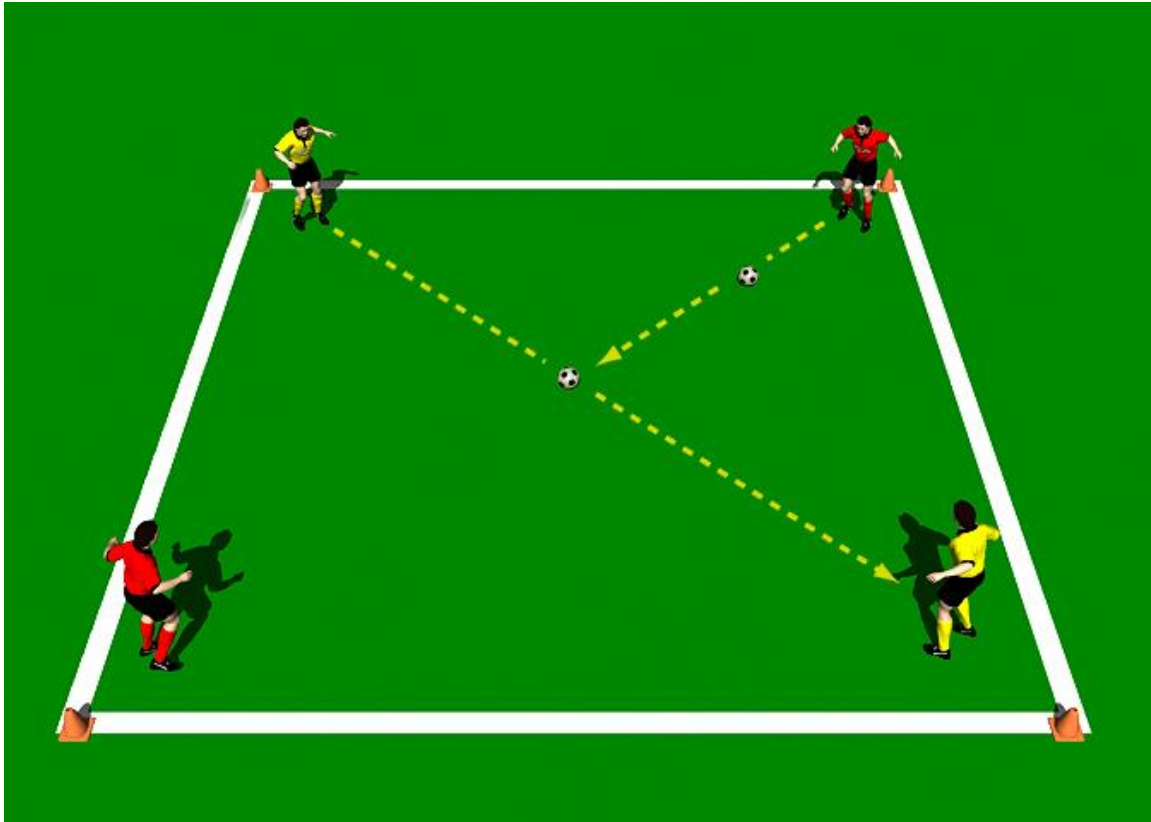
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## Week Six – Drill One

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### *Speed Ball*



#### **Objective of the Practice:**

To improve the timing and accuracy of the pass.

#### **Field Preparation:**

Practice grid approximately 10 yards x 10 yards, 2 balls, 4 cones, four players ( 2 pairs)

#### **Coaching Points:**

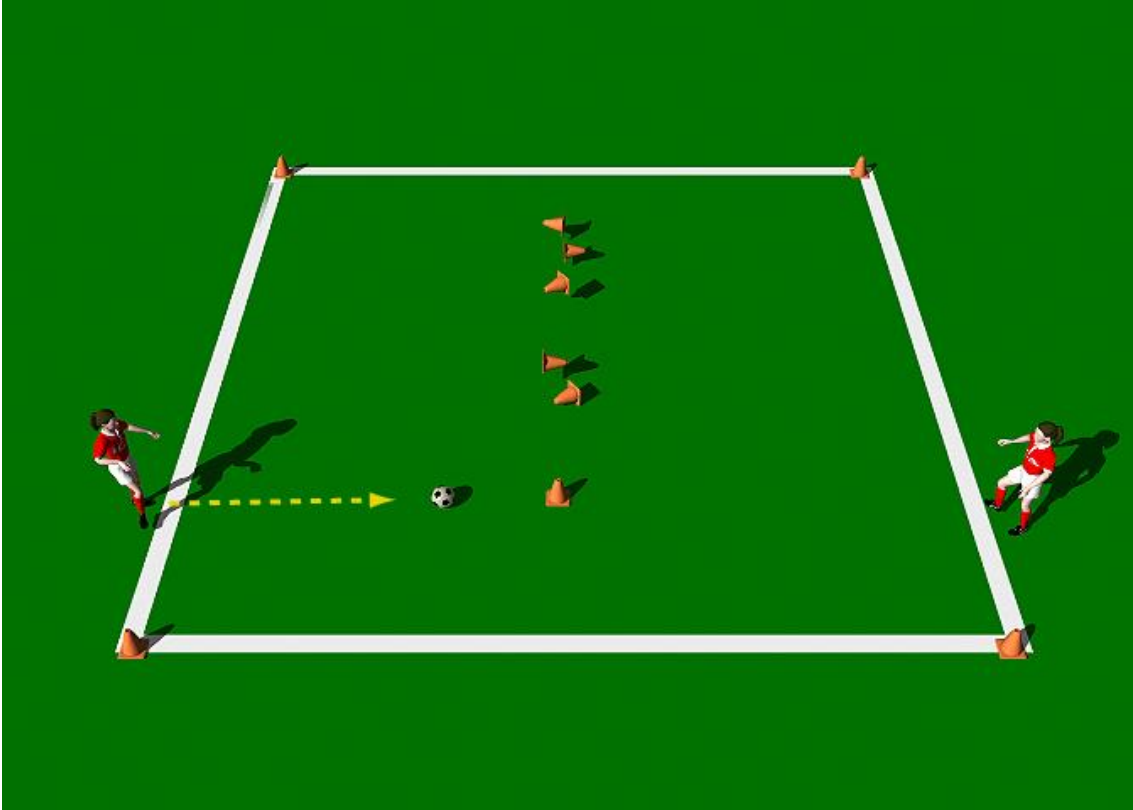
Four players are positioned within a grid and divided in pairs. Red v Yellow. The two yellow players pass the ball back and forth. They are restricted to a maximum of 2 touches. The two red players must try and hit the ball as it travels across the middle of the grid. Once the red players hit the ball they swap roles with the yellow players.

- All players should be on the balls of their feet and not flat footed.
- Pass the ball firmly and accurately on the ground.
- Concentrate on the "timing" of the pass. If you pass the ball too late or too early you will miss the target.
- 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 eye's fixed firmly on the ball.

## **Week Six – Drill Two**

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### **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:**

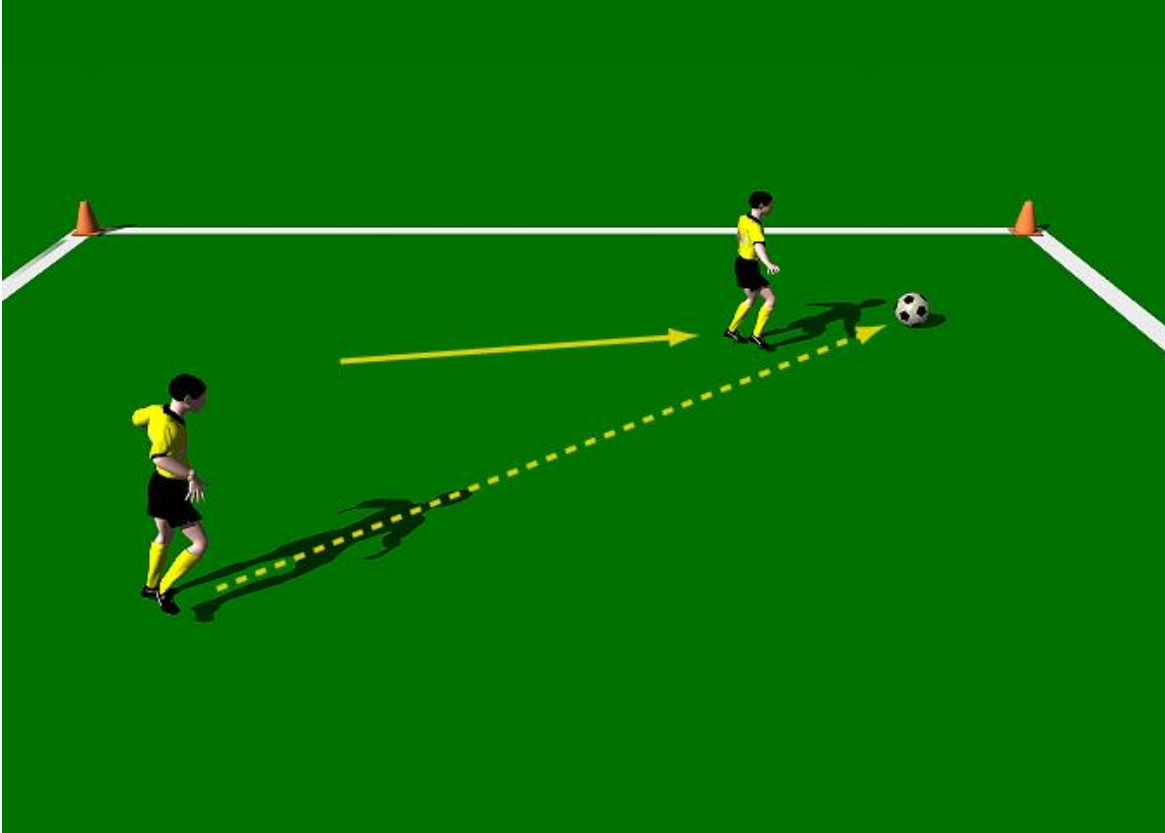
Players work as a team to knock down all the standing cones. First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally the competition is completed when the last single cone is knocked down. The targets get more challenging as they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

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### ***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.

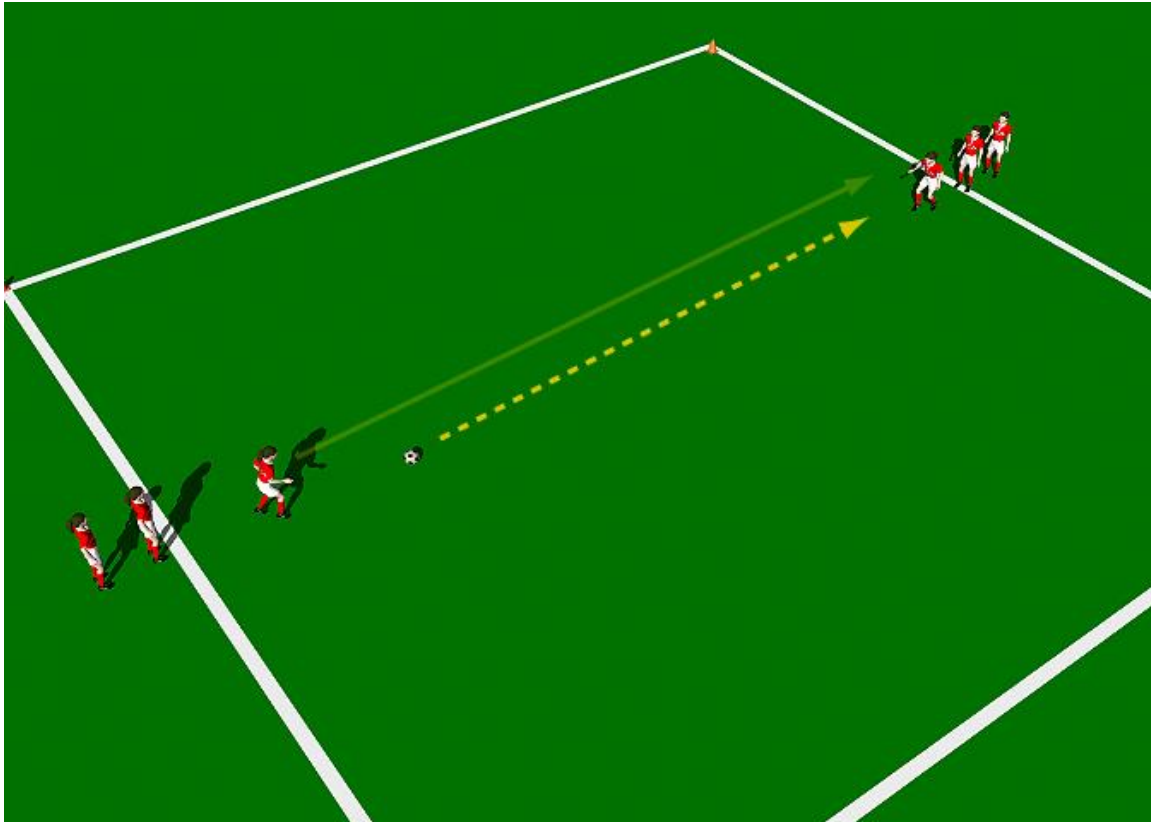
Alternate player's roles every 60 seconds.



## Week Six – Drill Four

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### *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:**

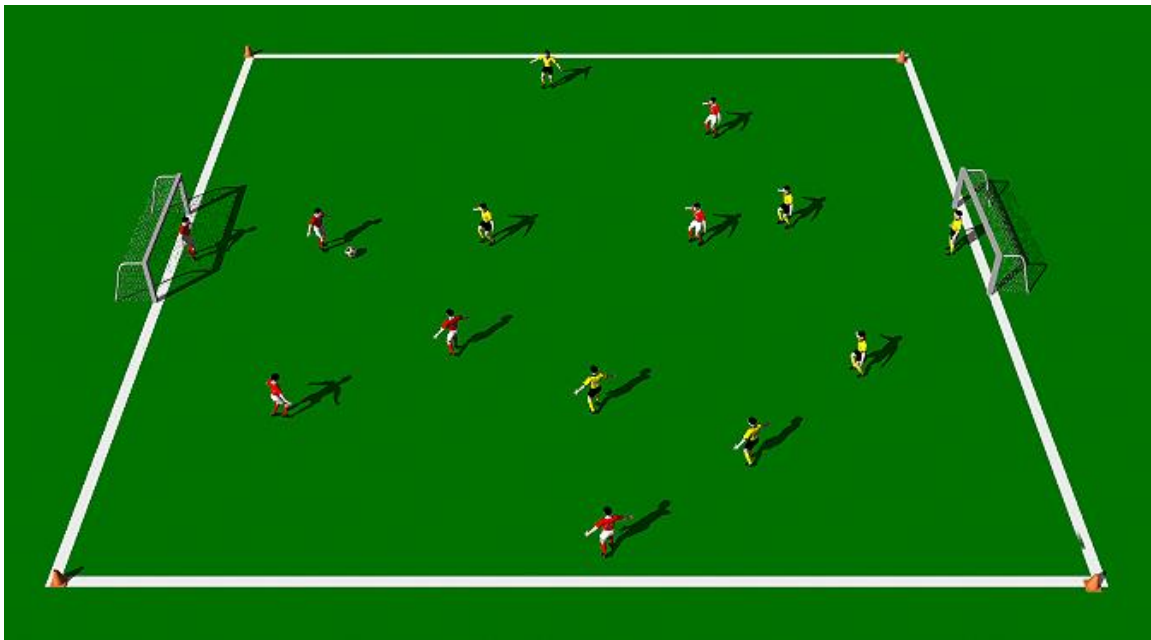
Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

#### **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 – 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 Seven – Drill One**

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### ***Cushion Control using the Top of the Foot***

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#### **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:**

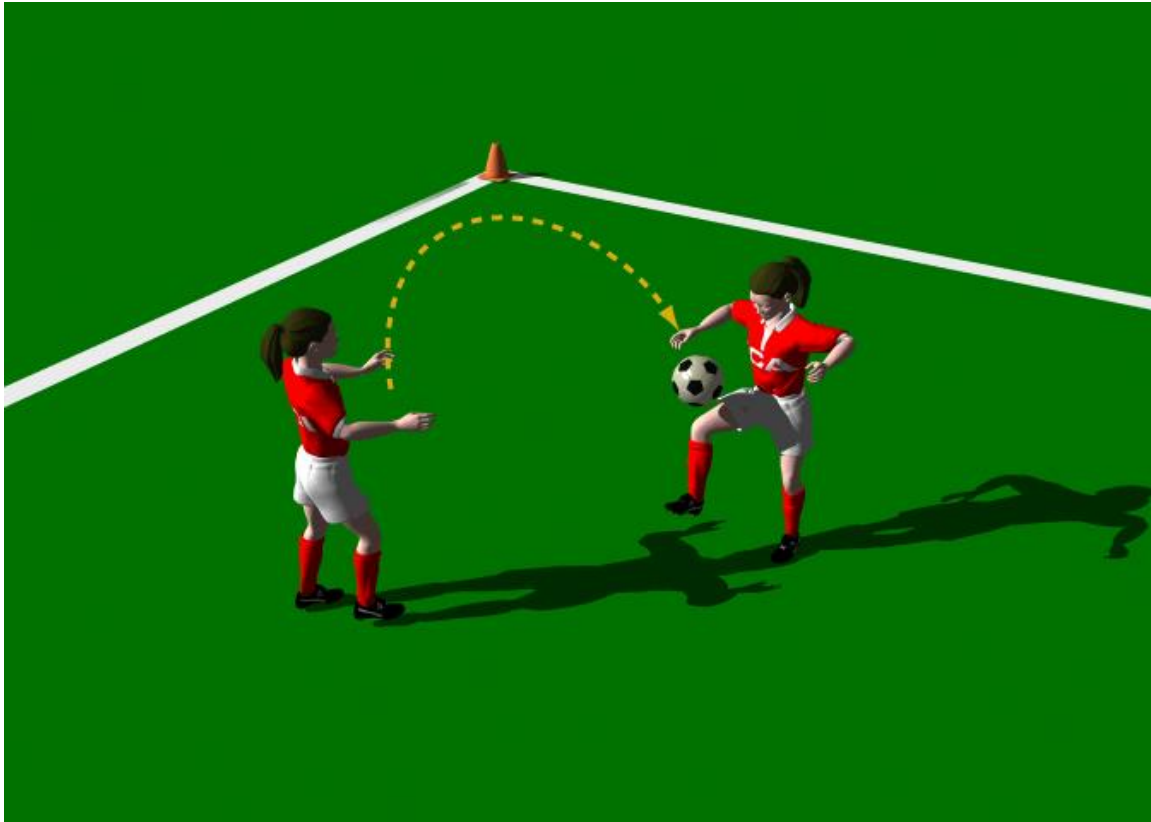
Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe. The player controlling 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 Seven – Drill Two**

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### ***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:**

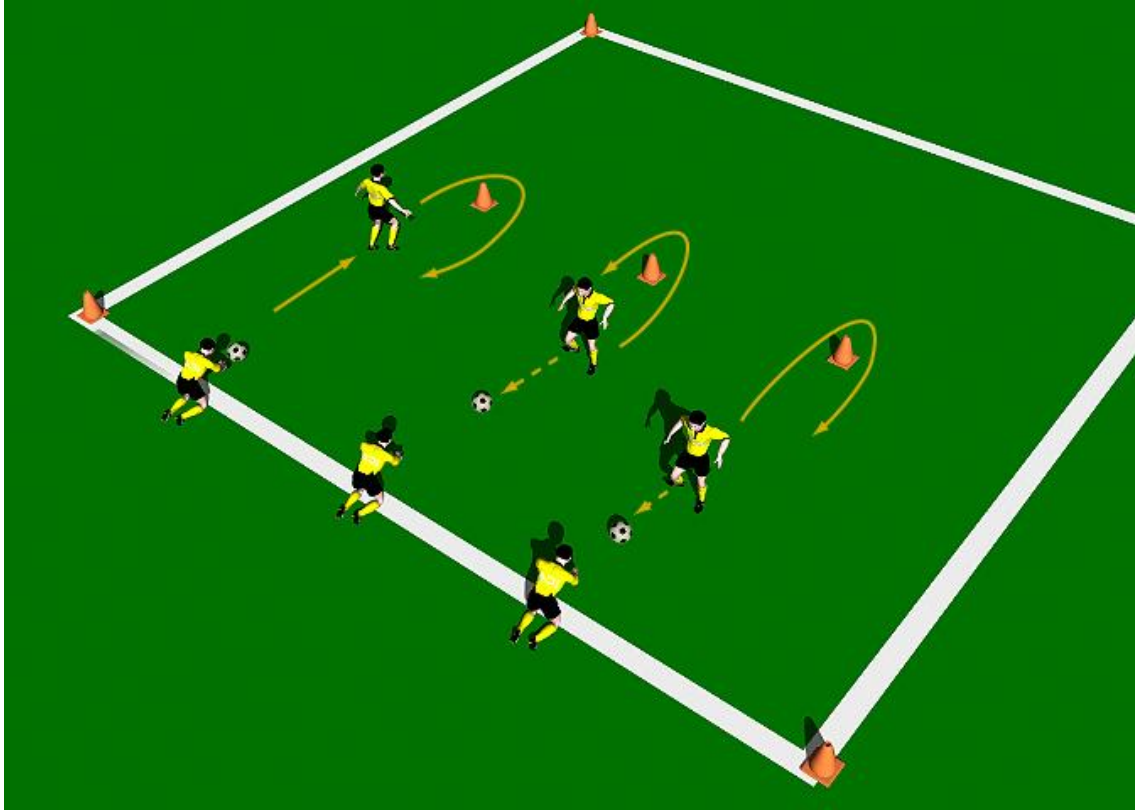
Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for their partner to control using the thigh.

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 Seven – Drill Three**

### ***Control Relay Game***



#### **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 or Thighs".

#### **Field Preparation:**

Grid 20 x 20 yards. Groups of 2 players. Cones. 1 Ball per group.

#### **Coaching Points:**

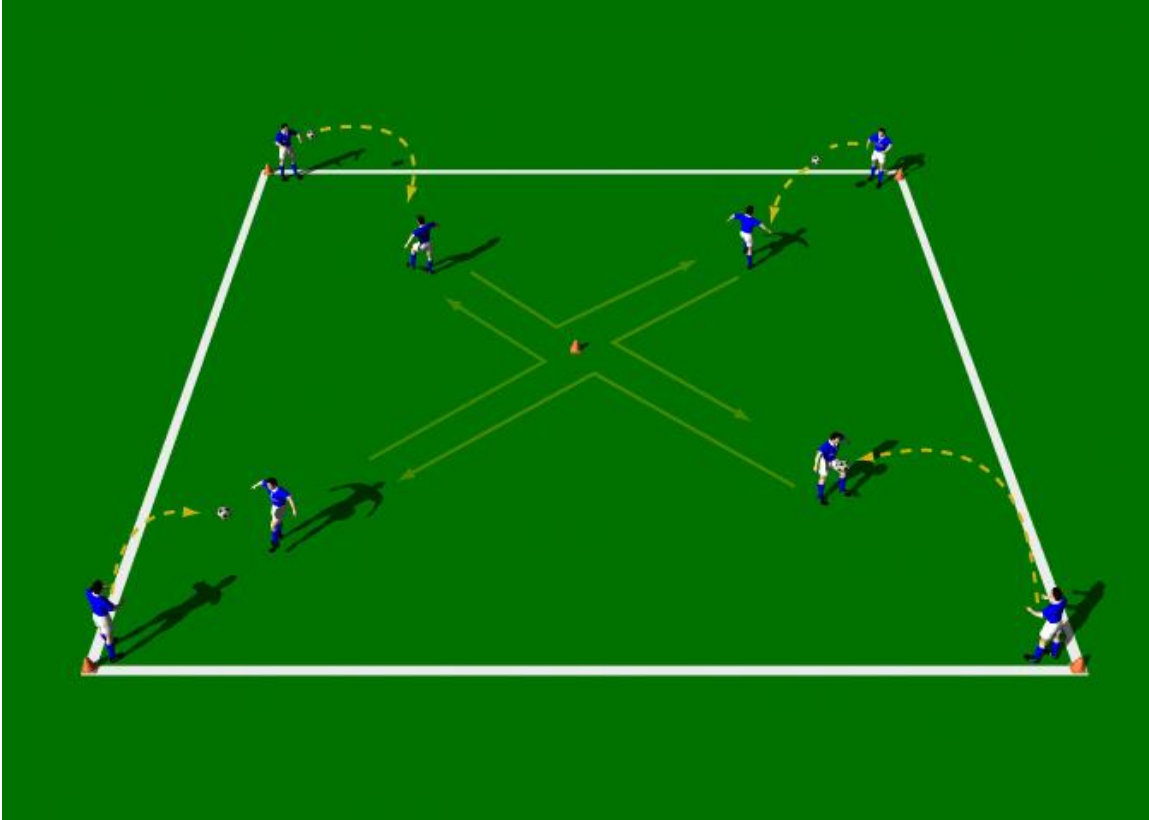
Two players with one ball. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground for their partner to control using the inside of the foot. They can also gently throw the ball to their partners thigh. The player controlling the ball should get behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot or thigh, 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 Seven – Drill Four**

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### ***Rotary Control Drill***



#### **Objective of the Practice:**

This practice is structured to improve the technical ability of the "Cushion Control using the Feet and Thigh".

#### **Field Preparation:**

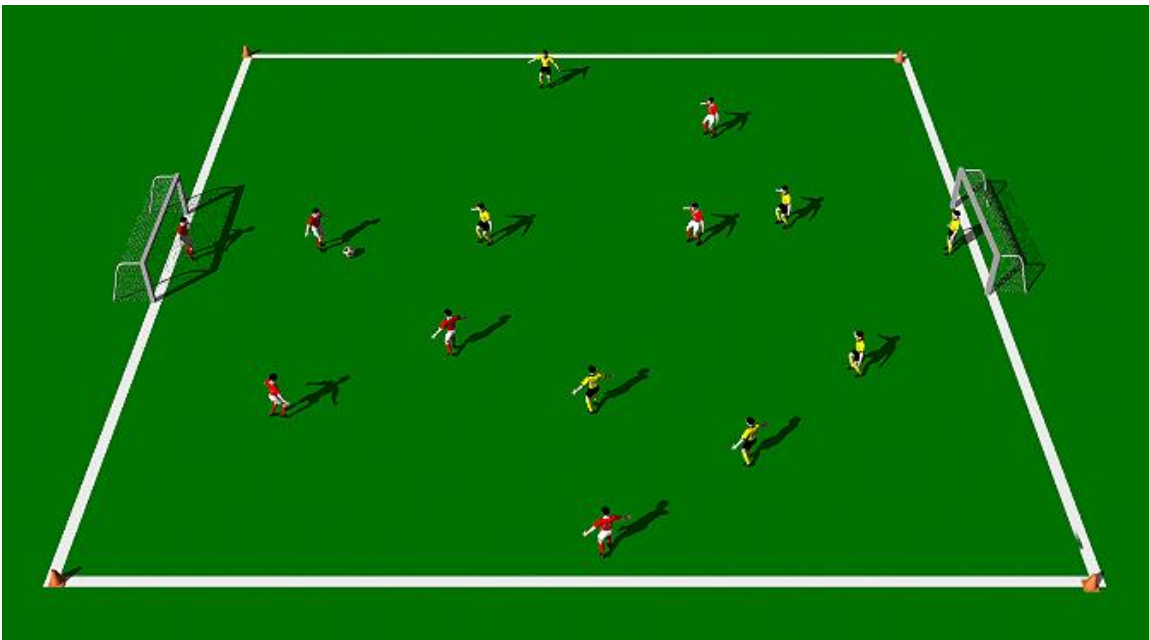
Grid 20 x 20 yards. 8 players. Cones. 4 Balls.

#### **Coaching Points:**

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 high looped throw from the server or a rolled pass on the ground. The player must prevent the ball from hitting the ground using the Cushion Control with the Thigh, or cushion it with the foot. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right. The players continue for approximately 3 minutes. Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant. A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.

## **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, 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:**

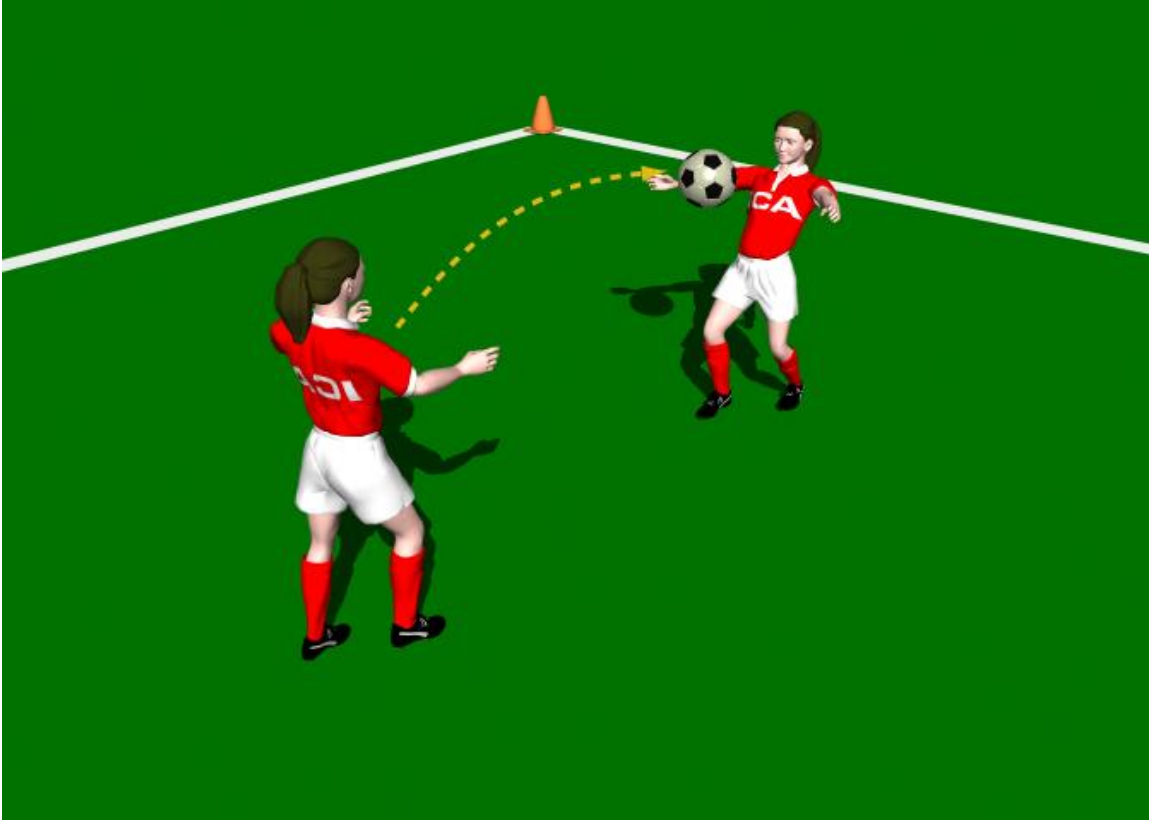
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Eight – Drill One**

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### ***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:**

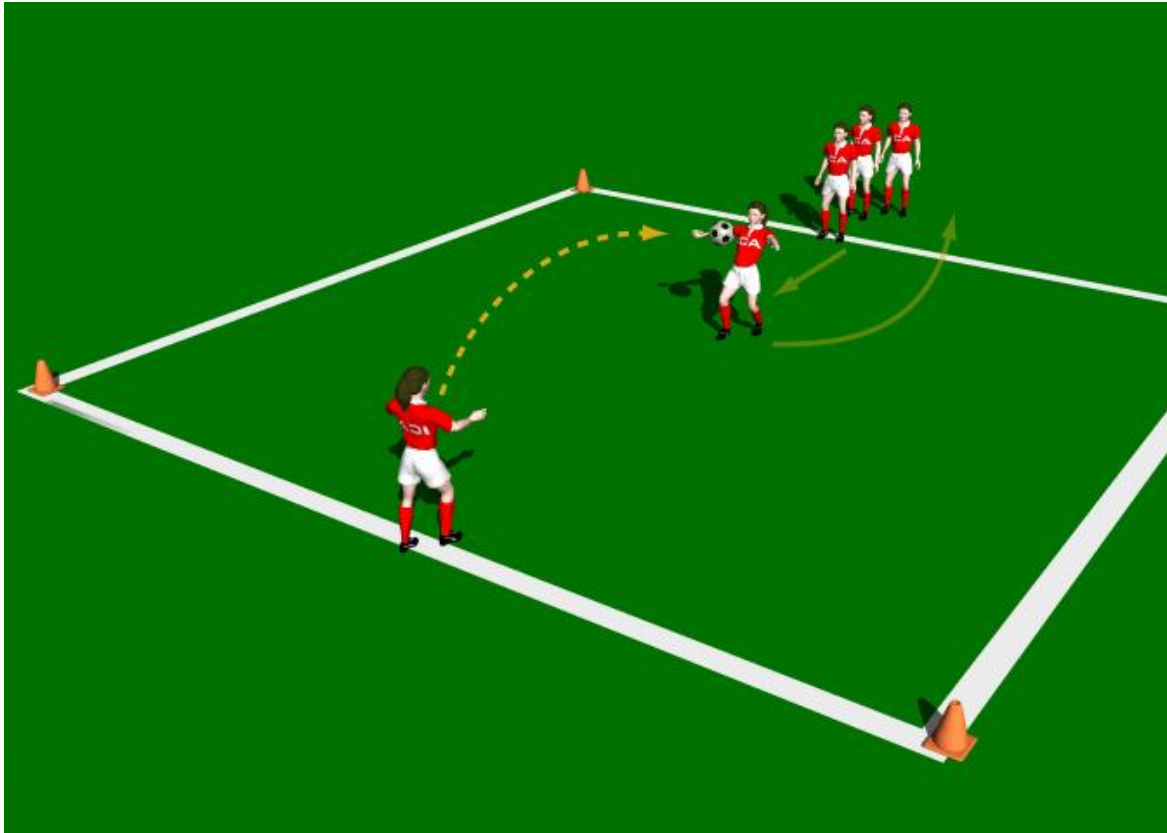
Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height for their partner to control using the chest. The player controlling the ball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

### ***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:**

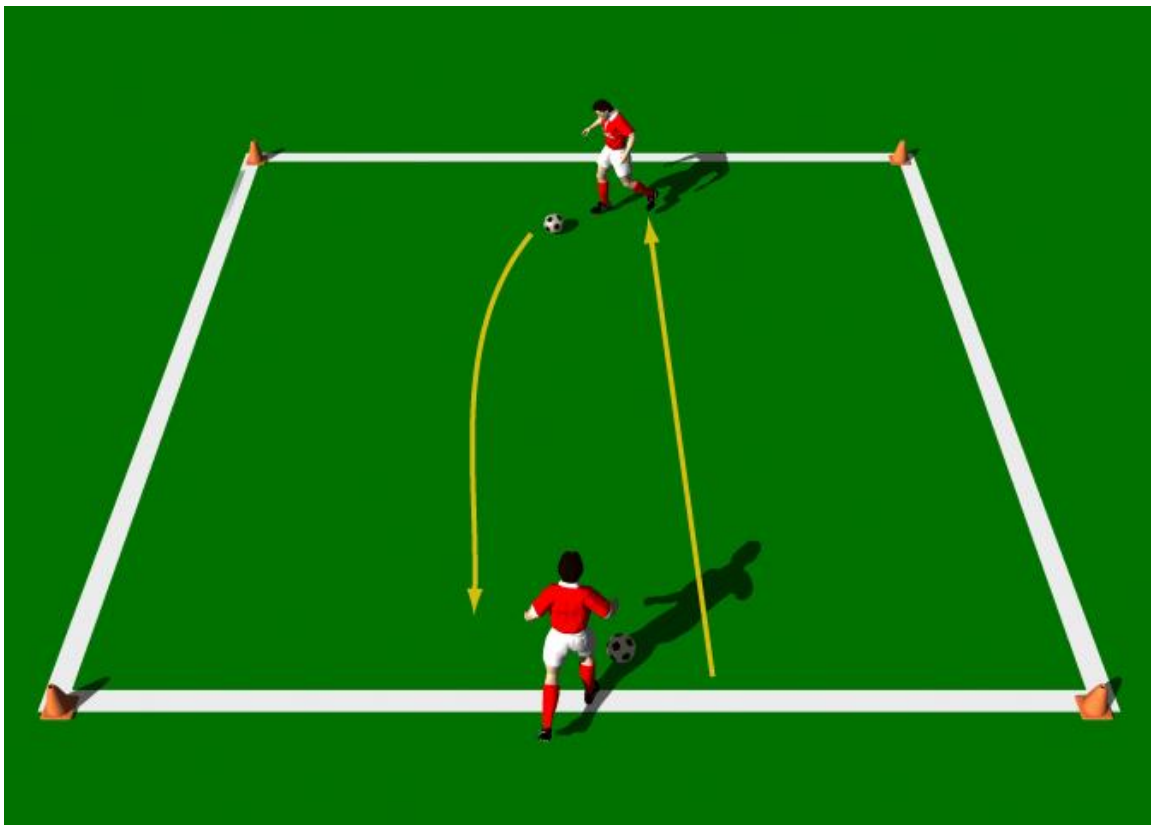
A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

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 Eight – Drill Three**

### ***Control and Turn***



#### **Objective of the Practice:**

This practice is designed to improve each player's controlling technique while turning with the ball.

#### **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. Each player has a ball. The first player starts the practice by playing the ball into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. Their partner then repeats the practice. The speed of the practice should be increased gradually.

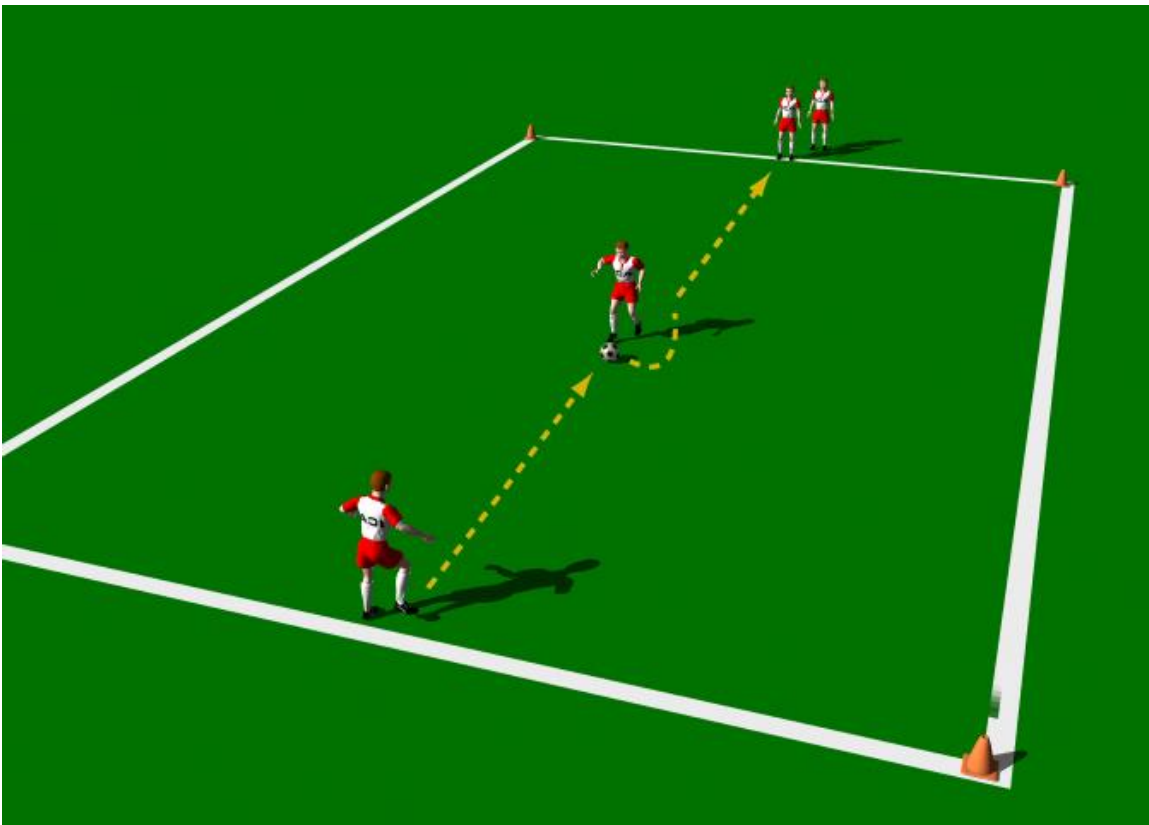
**The coach should emphasize the following coaching points:**

- Pass the ball firmly into the center of the grid.
- Control and turn ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to run comfortably in the intended

direction.

## **Week Eight – Drill Four**

### ***Control, Turn and Pass***



#### **Objective of the Practice:**

This practice is designed to improve each player's ability to control a pass played on the ground.

#### **Field Preparation:**

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

#### **Coaching Points:**

Small group of players per grid, using one ball. The grid should be 10 yards x 20 yards. The players are positioned at one side of the grid facing the server. The player with the ball starts the practice by passing the ball to the server. The player follows the pass and receives a return pass from the server. The receiving player must control the ball as economically as possible, turn and pass to the next player in sequence. The player then returns to the starting position and the practice is repeated. The speed of the practice should be increased gradually.

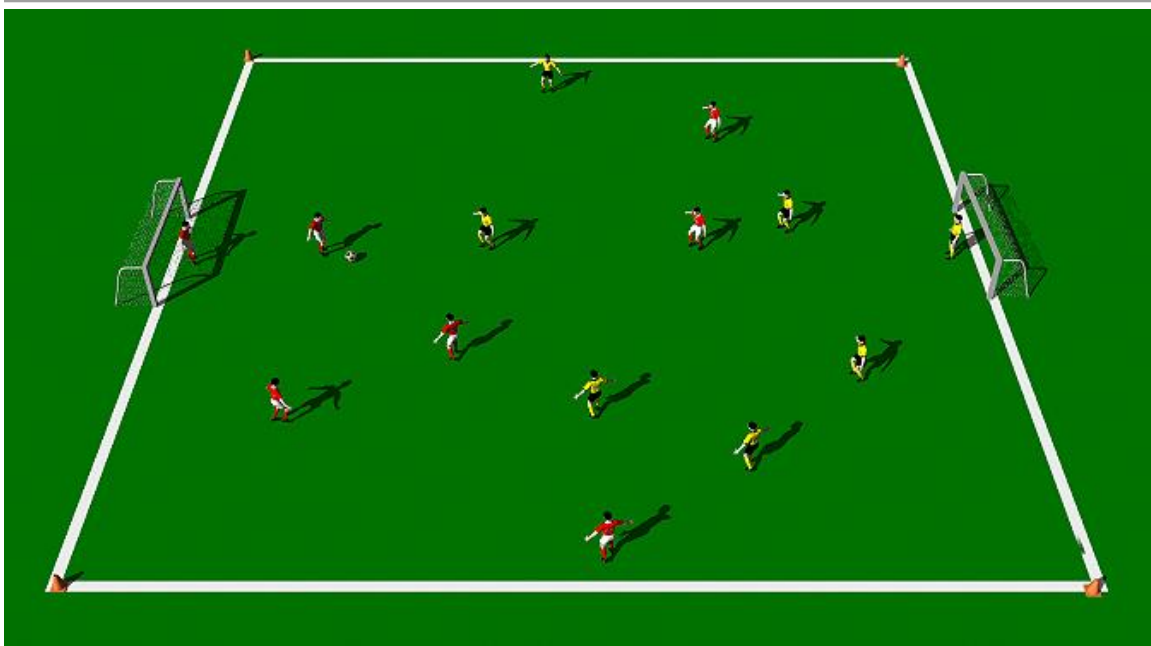
**The coach should emphasize the following coaching points:**

- Demand the ball from the server. Call for the pass.
- Control and turn using either the inside or outside of the foot.

- Turn quickly and get the ball out of the feet. Try to turn and pass in two touches.

## **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, 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:**

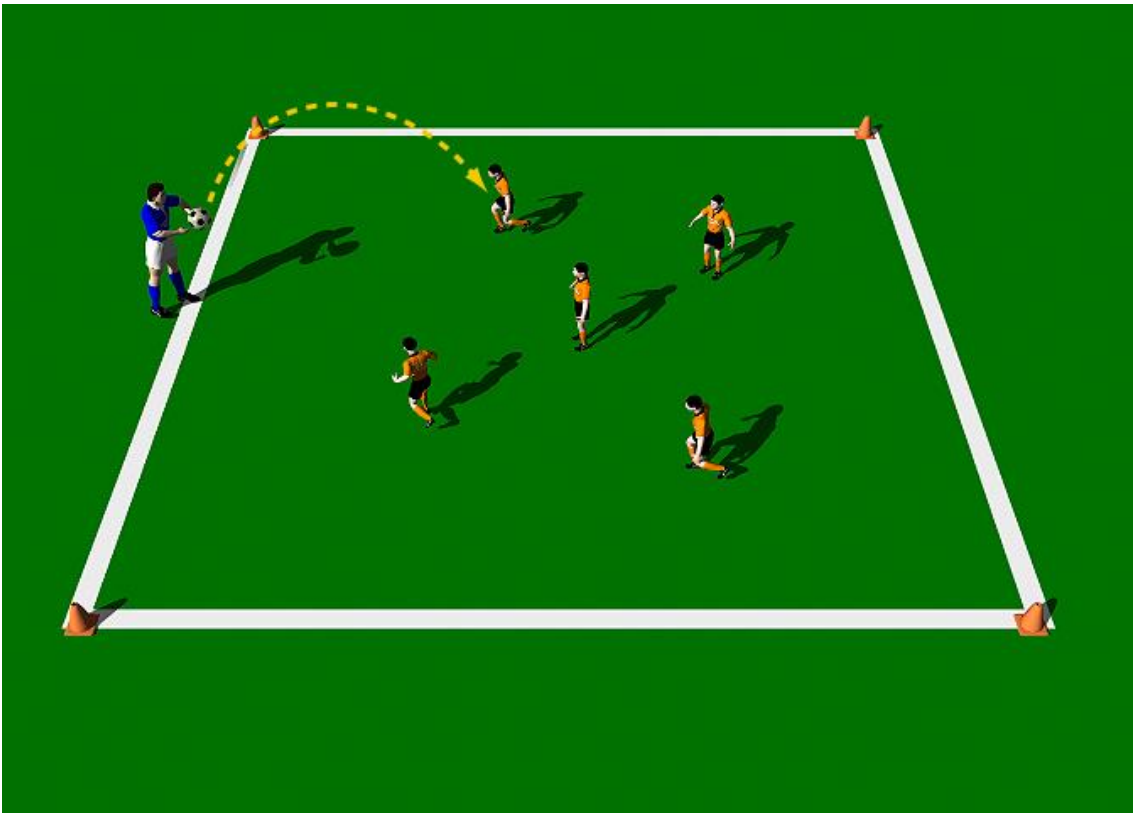
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Nine – Drill One**

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### ***Catch the Egg***



#### **Objective of the Practice:**

This practice is designed to encourage young players to have the confidence to control a ball in the air.

#### **Field Preparation:**

Grid 10 x 10 yards. Entire Groups of players. Cones. Supply of balls.

#### **Coaching Points:**

The entire group are placed in an area 10 x 10 yards. The coach is positioned at the side o the square. The coach calls out a players name and serves a “soft” throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by “catching” (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

## **Week Nine – Drill Two**

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### ***Crabby Patties***



#### **Objective of the Practice:**

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

#### **Field Preparation:**

Grid 20 x 20 yards. Entire Groups of players. Cones. Supply of balls.

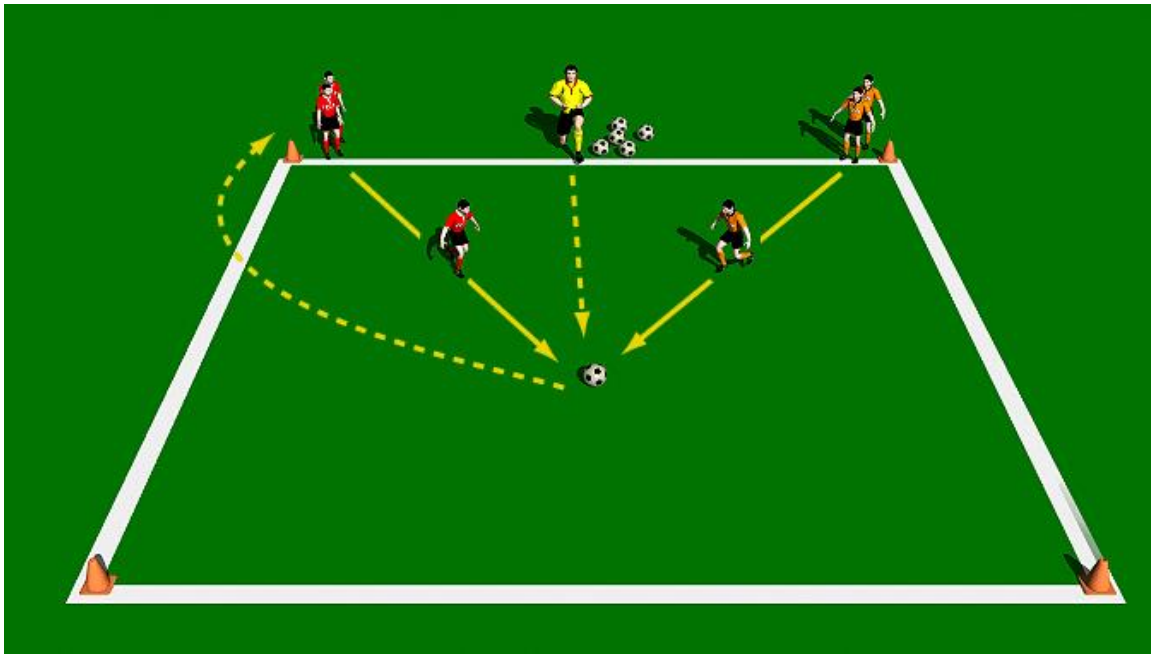
#### **Coaching Points:**

The ball is a “Crabby Patty” and coach is Sponge Bob. The players hand the coach their ball and the coach throws the ball out in different directions for the player to chase after, control and return. Two players without a ball are the “Planktons”. If they steal the ball, they reverse roles with the player they stole it from. Don’t let the Planktons steal the Crabby Patty secret recipe.

## **Week Nine – Drill Three**

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### ***Power Rangers***



#### **Objective of the Practice:**

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

#### **Field Preparation:**

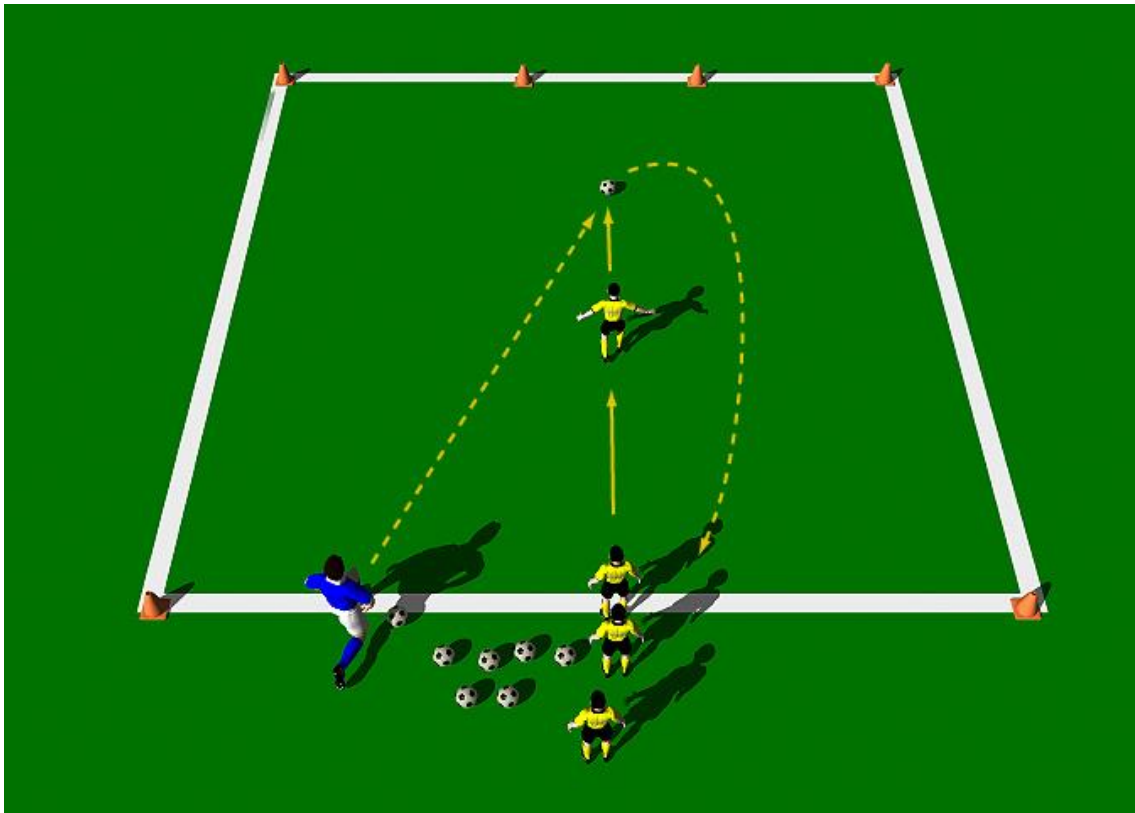
Grid 20 x 20 yards. Entire Groups of players. Cones. Supply of balls.

#### **Coaching Points:**

Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don't collide.

## **Week Nine – Drill Four**

### ***Catch the Bus***



#### **Objective of the Practice:**

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

#### **Field Preparation:**

Grid 20 x 20 yards. Entire Group of players. Cones. Supply of balls.

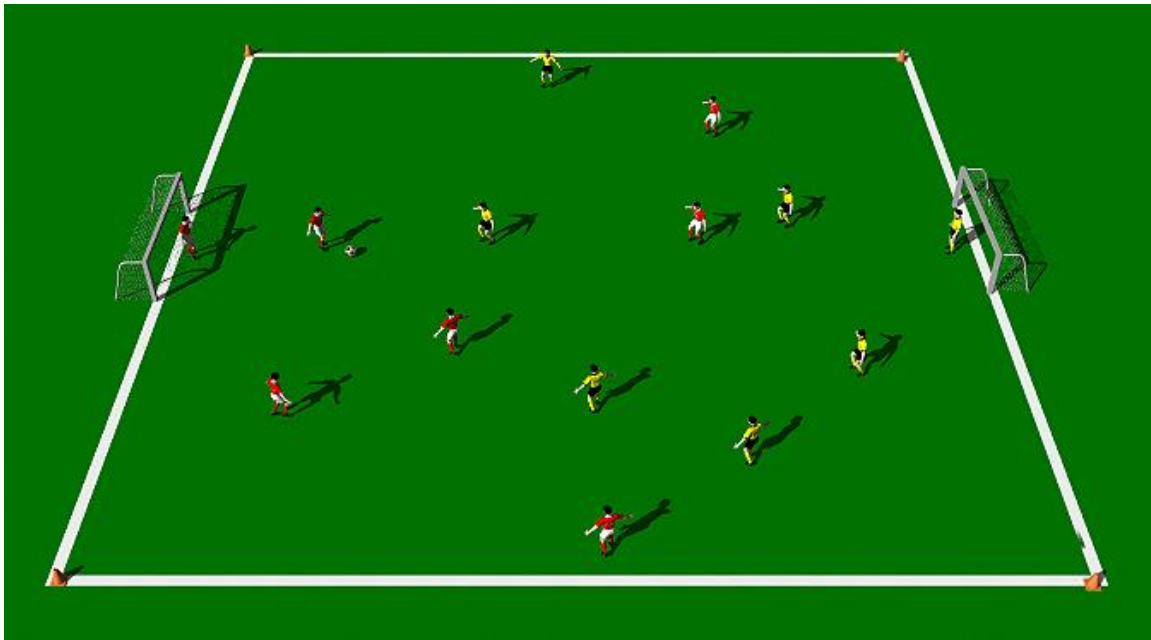
#### **Coaching Points:**

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.



## **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, 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:**

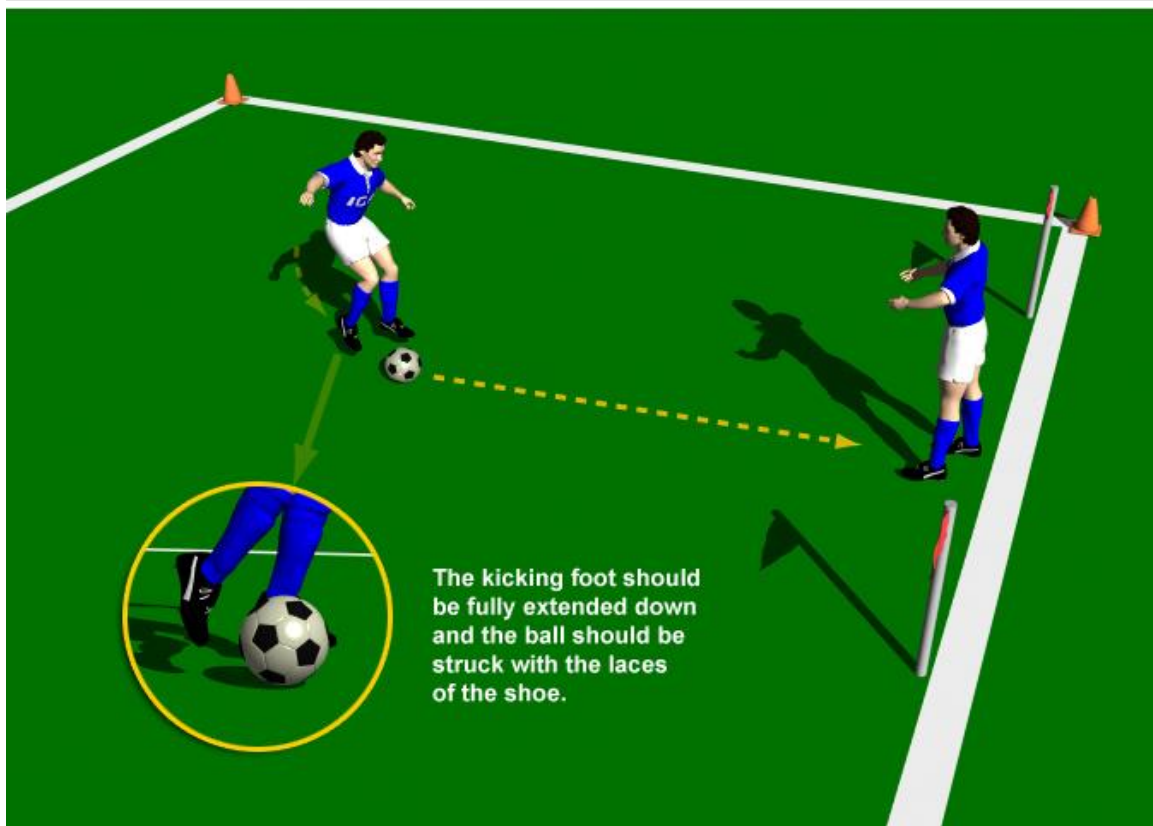
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Ten – Drill One**

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### ***Shooting Basics 1***



#### **Exercise Objectives:**

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

#### **Field Preparation**

2 Players, Area 10 x 10 yards, Cones, 1 Ball

#### **Coaching Pointers:**

Two players are positioned in a grid 10 yards by 10 yards. One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Both players should alternate roles.

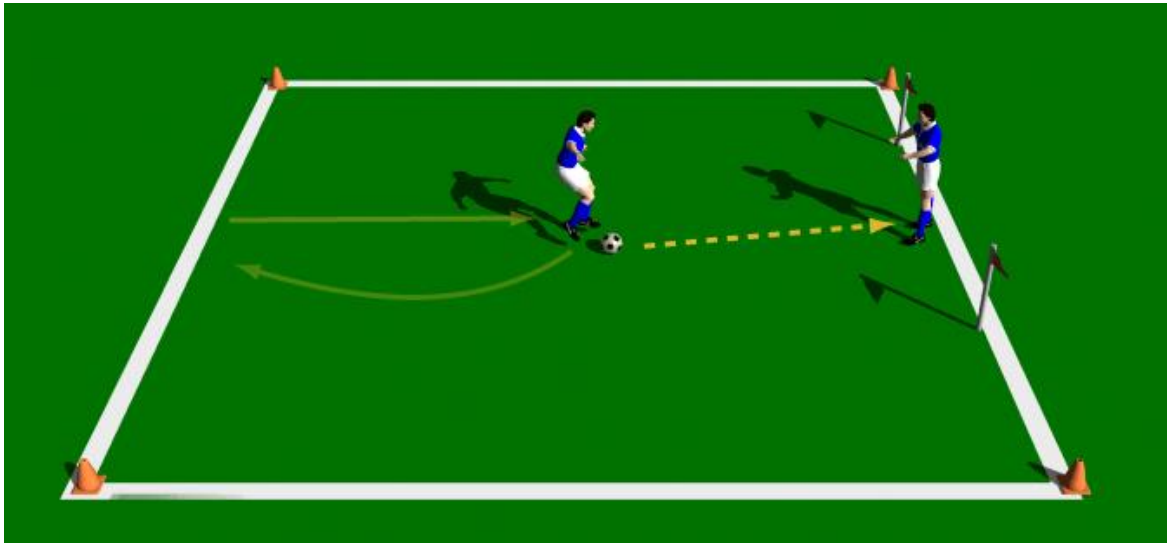
**The coach should emphasize the following coaching points:**

- Remember to keep the head steady and eyes fixed firmly on the ball.
- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The last stride to the ball should be the longest stride.
- The non-kicking foot should be placed along side and slightly in front of the ball.
- Contact on the ball with the kicking foot should be made through the horizontal mid-line of the ball.
- The kicking foot should be fully extended down and the ball should be struck with the laces of the shoe.
- The follow through should be made through the center of the ball and continue in the direction of the goal.

## **Week Ten – Drill Two**

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### ***Shooting Basics 2***



#### **Exercise Objectives:**

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

#### **Field Preparation**

2 Players, Area 10 x 10 yards, Cones, 1 Ball

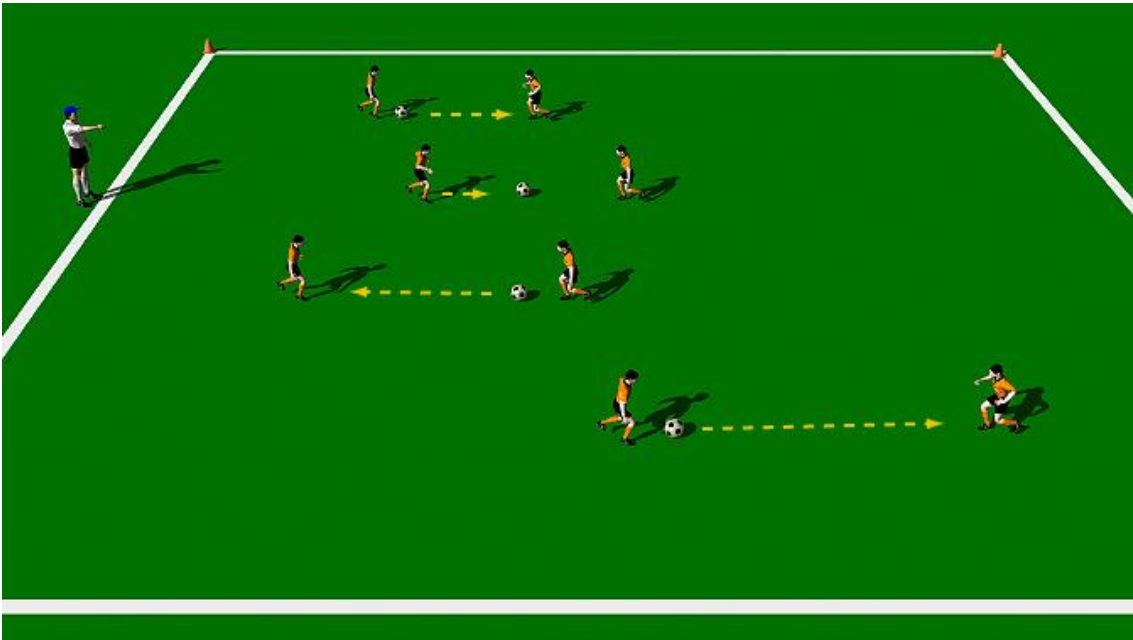
#### **Coaching Pointers:**

Two players are positioned in a grid 10 yards by 20 yards. One player is the server, the second a receiver. The players start the practice at one end of the grid. The server stands approximately 2 yards from the receiver and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball back to the server's hands. The server then retreats 2 yards and repeats the service. This is done until both players reach the opposite side of the grid, then both players change roles.

## **Week Ten – Drill Three**

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### ***Keeping the Shot Low***



#### **Exercise Objectives:**

This is a great exercise to reinforce the importance of keeping the ball low when shooting.

#### **Field Preparation**

2 Players per ball, Area 40 x 40 yards, Cones

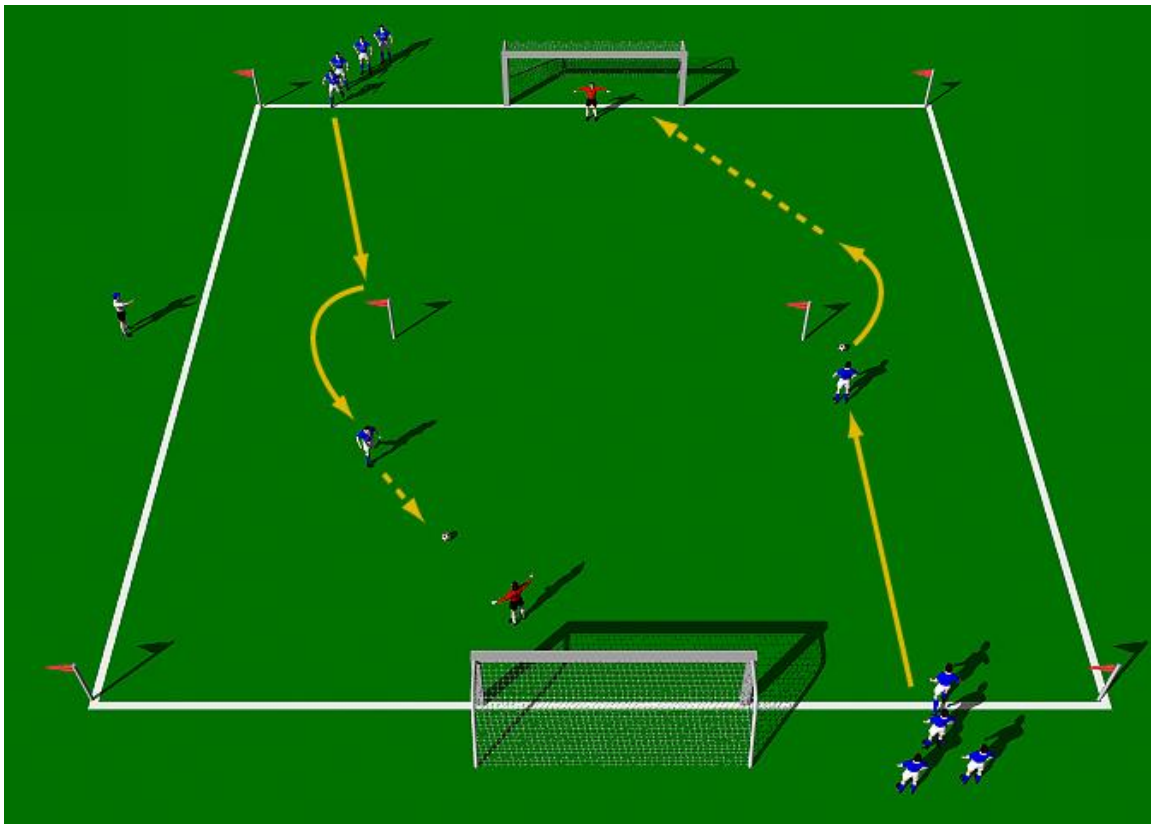
#### **Coaching Pointers:**

Divide your group into pairs. Partners stand approximately 6 yards apart. One player is the server and the other the receiver. The server rolls the ball for their partner to kick back to them "first time". The server catches the ball and retreats backwards a few yards and repeats the drills. The object is for the players to work their way across the width of the square then alternate roles.

## **Week Ten – Drill Four**

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### ***Dribble and Shoot***



#### **Exercise Objectives:**

This practice is designed to improve the player's technical ability in a variety of shooting techniques and emphasizes a change of speed and direction.

#### **Field Preparation**

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

#### **Coaching Pointers:**

A small group of players are placed at the side of each goal. Players have a ball each. First player in each group dribbles the ball towards the cone. At the cone the player performs a dribbling move (using the pole as an imaginary defender). The player then quickly attacks the penalty area and finishes with a shot on goal.

After the attack is finished, players jog behind the goal and join the group at the opposite side.

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. Shoot for the back post, rather than near post.
- Use a variety of moves such as the scissors, step over, head fakes, dipping the shoulder etc.
- Players should demonstrate a noticeable change of pace after performing a dribbling move.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

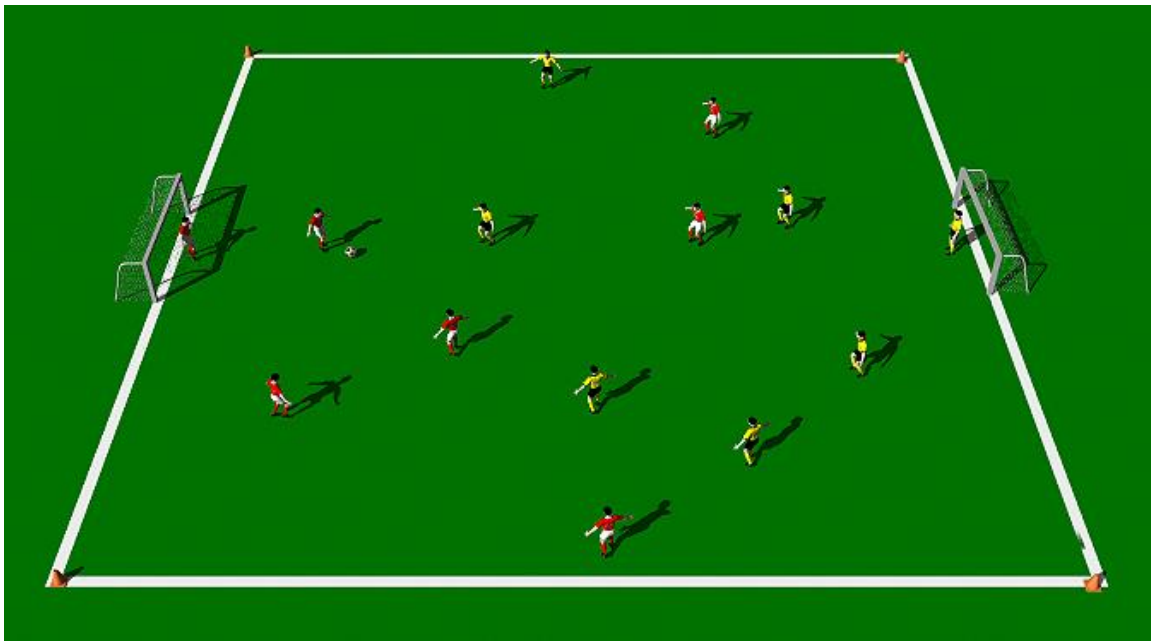
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc

## **Week Ten – Small Sided Game**

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### ***Small-Sided Game (with goalkeepers)***

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#### **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 Eleven – Drill One**

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### ***Chase Me***



#### **Exercise Objectives:**

This is a great shooting practice that forces the striker to attack the goal with speed.

#### **Field Preparation**

Goalkeeper, 2 Even groups of 4, 5 or 6 players, Half field, Cones, Supply of balls.

#### **Coaching Pointers:**

**Organisation** – Two groups of players. One group positioned at a cone 45 yards from goal – runners with ball. The other group at a cone which is 5 – 8 yards back and to the side – “chasers”. Place a gate 2 yards wide, central to goal and 20 yards from goal. Coach serves the ball from the centre position. Coach plays ball into space for “running player” to run onto ball, “runner” must go through gate and finish. “chasing” player can chase him as soon as coach plays the ball and try and stop him scoring. Rotate runners to chasers after shot.

**Objectives** – Running quickly with ball in straight line towards goal, cutting across chasing

defenders, composure in box, finishing. Defending, goalkeeping

**Progressions** - 1. "Runners" must turn with ball 2. Runners must set ball and then curve run. 3. Serve bouncing ball in front of "runners" 4. "Runners" start position wider and angle run into goal.

## **Week Eleven – Drill Two**

### ***Pass - Follow - Shoot***



#### **Exercise Objectives:**

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

#### **Field Preparation**

Goalkeeper, Large group of players, Half field, Cones, Supply of balls.

#### **Coaching Pointers:**

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C". Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and tries to score a goal. After the attack is ended player "D" joins the end of group.

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

**The coach should emphasize the following coaching points:**

Make firm accurate passes.

When controlling the ball, make the first touch in the direction of the next cone and get the ball out of the feet.

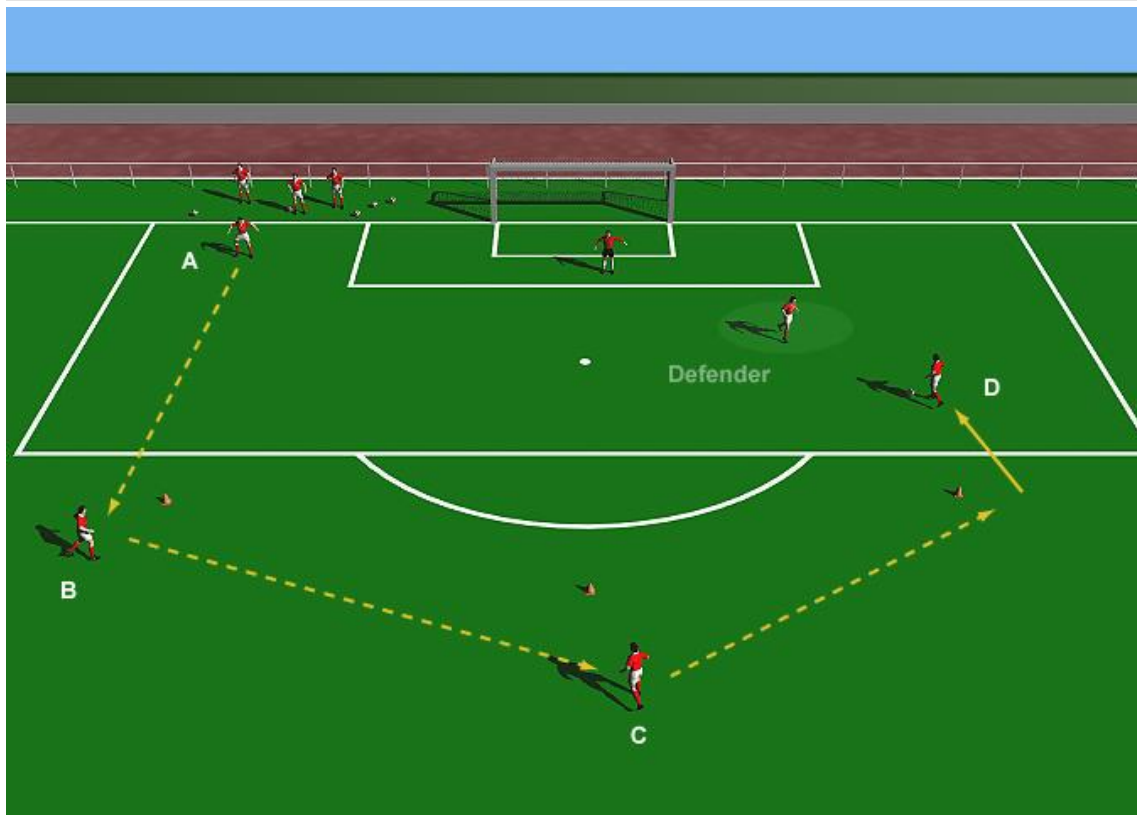
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

**Variation:** Have players run with the ball from cone to cone instead of passing.

## **Week Eleven – Drill Three**

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### ***Pass - Follow - Shoot then Defend***



#### **Exercise Objectives:**

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

#### **Field Preparation**

Goalkeeper, Large group of players, Half field, Cones  
□ Supply of balls

#### **Coaching Pointers:**

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C". Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and

tries to beat the defender and score a goal. After the attack is ended player "D" then becomes the defender against the next player. Coach should keep track of goals scored and make a competition between the players.

**The coach should emphasize the following coaching points:**

Make firm accurate passes.

When controlling the ball, make the first touch in the direction of the next cone and get the ball out of the feet.

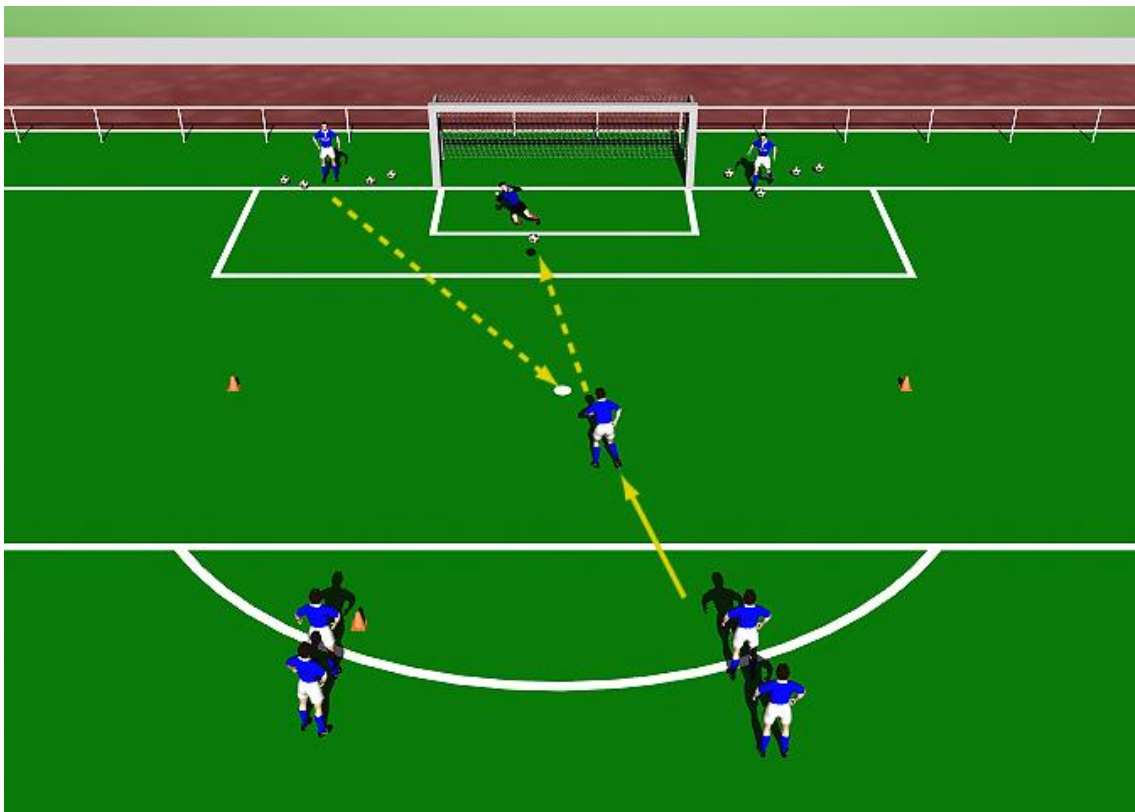
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

**Variation:** Have players run with the ball from cone to cone instead of passing.

## **Week Eleven – Drill Four**

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### ***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:**

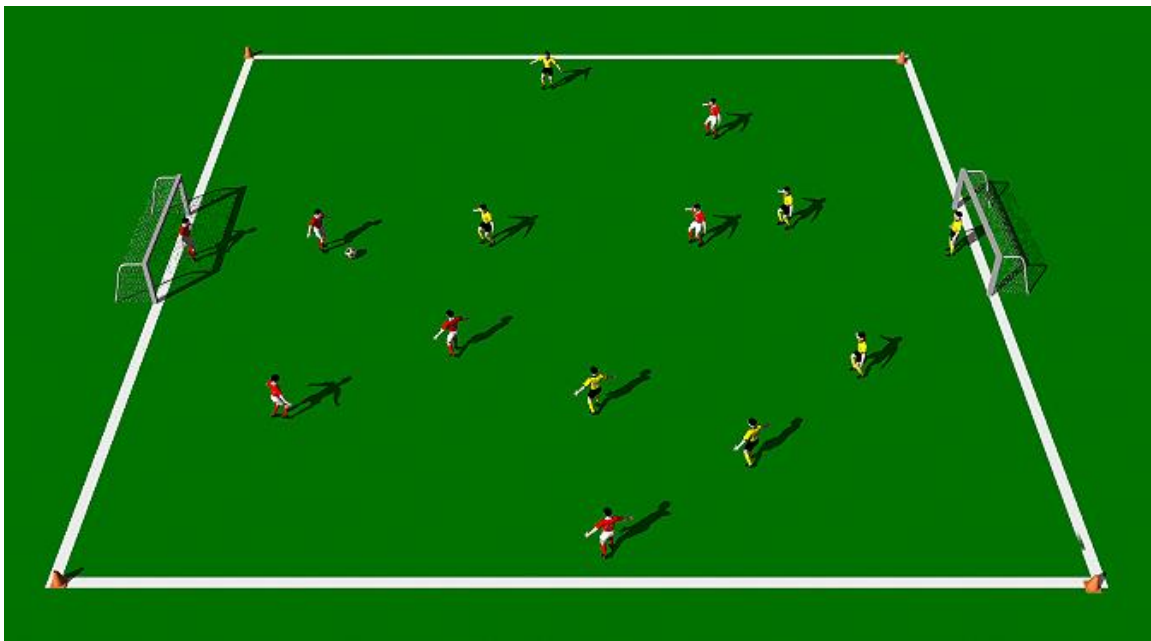
Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between 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.

## **Week Eleven – Small Sided Game**

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### ***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:**

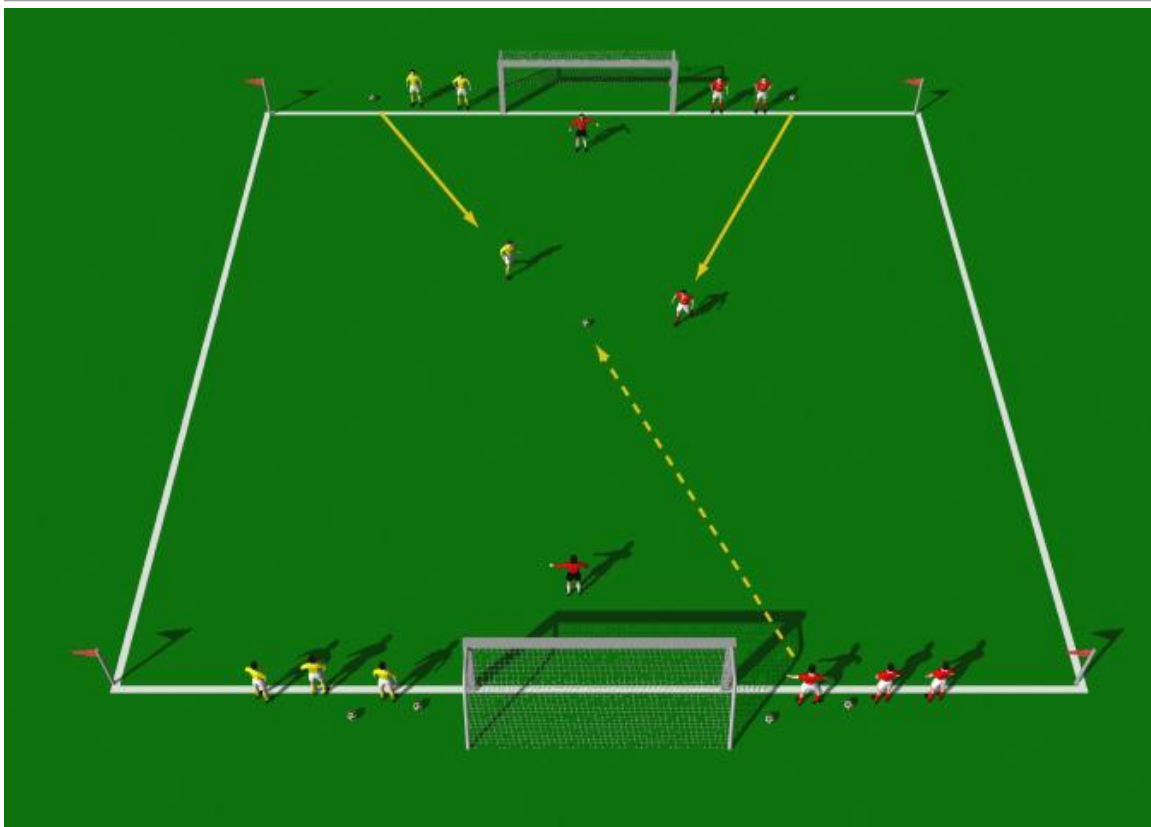
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

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

## **Week Twelve – Drill One**

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### ***Gladiators 1 v 1***



#### **Exercise Objectives:**

This practice is designed to improve the player's technical ability in a variety shooting techniques with an emphasis on "1 v 1" confrontations.

#### **Field Preparation**

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

#### **Coaching Pointers:**

Divide group into two teams, then divide each team into two groups. Position a group from each team at both goals. Place a supply of balls beside each goal post.

The practice starts when one of the players serves a ball into the center of the area. The first player on each team from the opposite side must come to the ball and challenge for possession. The object is for the player who wins the ball to try and turn and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed.

After a shot is taken both players must sprint back to their original positions. The sequence is



then continued when a player from the opposite side passes a ball into the center for the first two players on the other side of the grid.

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

**Note:** Service must always be neutral. Coach should keep track of score between both teams.

**The coach should emphasize the following coaching points:**

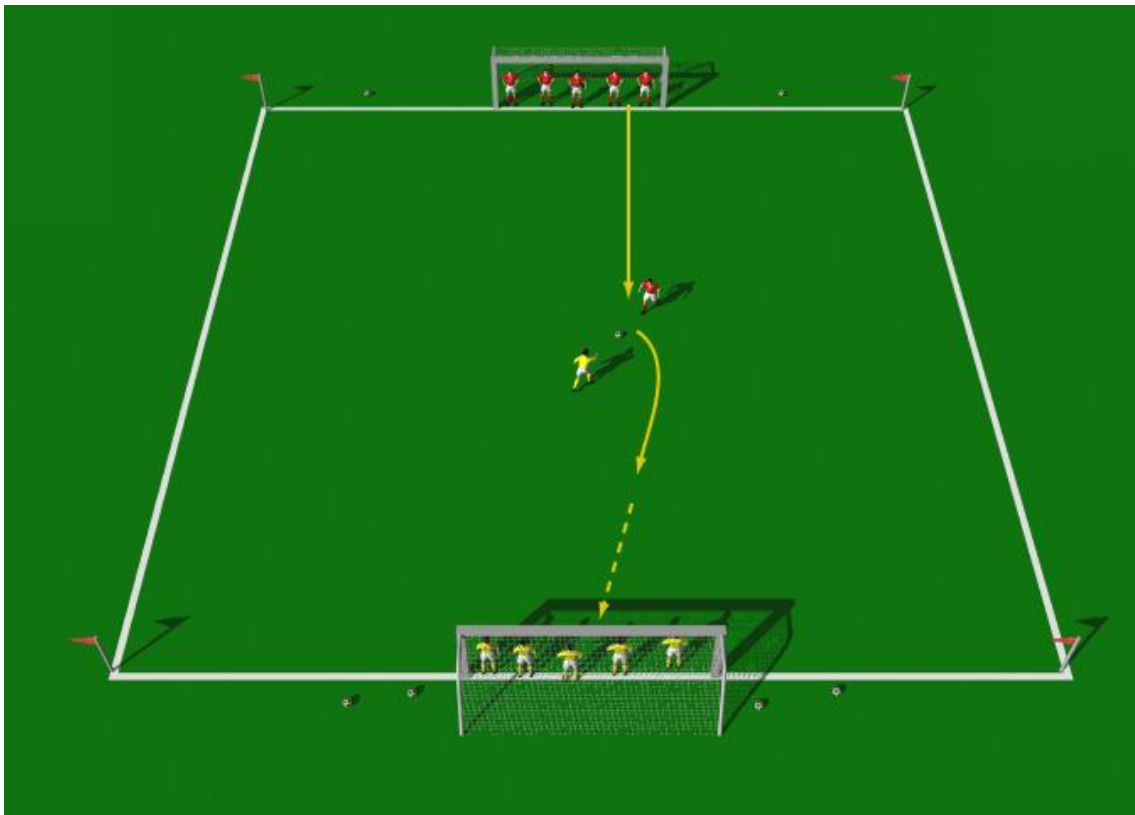
- Turn as quickly as you can and confront the defender. Glance over your shoulder to see how much space is available to turn.
- Demand "realistic" defending, Go after the ball and try to win it.
- The emphasis should be placed on "accuracy" and not power when shooting.

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.

## **Week Twelve – Drill Two**

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### ***Survivor***



#### **Exercise Objectives:**

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques with an emphasis on 1 v 1, 2 v 2, and 3 v 3 confrontations.

#### **Field Preparation**

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs.

#### **Coaching Pointers:**

Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls.

Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number. The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed.

When the ball goes out of play or the coach calls a new number both players must sprint back to

their original positions. They are not allowed to touch the ball after the numbers are changed.

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

**The coach should emphasize the following coaching points:**

- Attack defender with a commitment. Use a change of direction and speed.
- Demand "realistic" defending, Go after the ball and try to win it.
- The emphasis should be placed on "accuracy" and not power when shooting.

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.

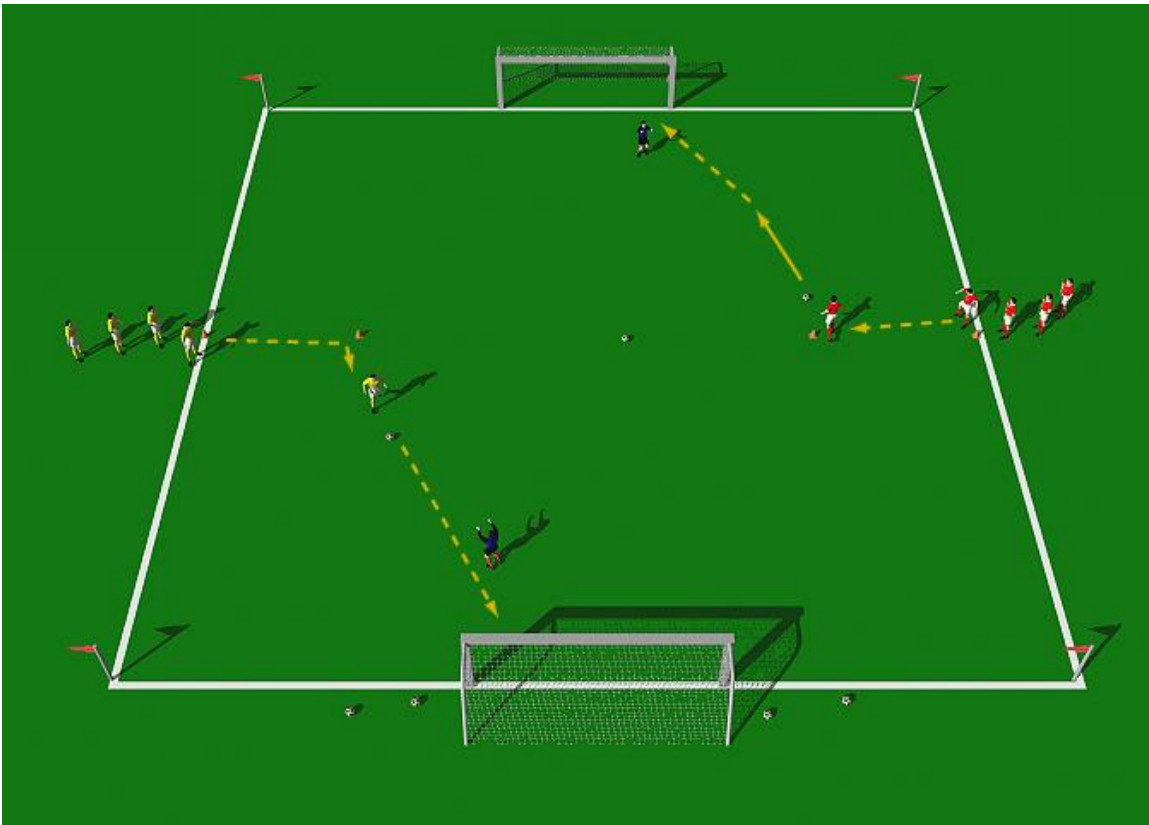
**Progression:**

This practice is developed by playing 2 v 2, and 3 v 3.

## **Week Twelve – Drill Three**

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### ***Turn and Shoot***



#### **Exercise Objectives:**

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

#### **Field Preparation**

Large group of players, Area 30 x 30 yards, Full Size Goals, Cones or Flag poles, Supply of Balls, Colored Bibs

#### **Coaching Pointers:**

Divide players into two small groups. Groups are positioned on each side of the penalty area and attack opposite goals. A receiver is positioned at a cone placed 5 yards from the second cone. The remaining players are placed at a cone with a ball each.

First player in line passes the ball to the receiver. The receiver must turn as efficiently as possible, quickly attack the penalty area and finish with a shot on goal. The second player moves to the cone and becomes the next receiver. After shot is taken the player must collect their ball, jog back to their group and join the end of the line. Coach should keep track of goals scored and make a competition amongst players or groups.

**The coach should emphasize the following coaching points:**

- Attack the goal with commitment.
- Use a variety of techniques to turn, outside of the foot, inside, let the ball role etc.
- First touch when turning should direct the ball in the direction of the goal and out of the feet.
- The emphasis should be placed on "accuracy" and not power when shooting.

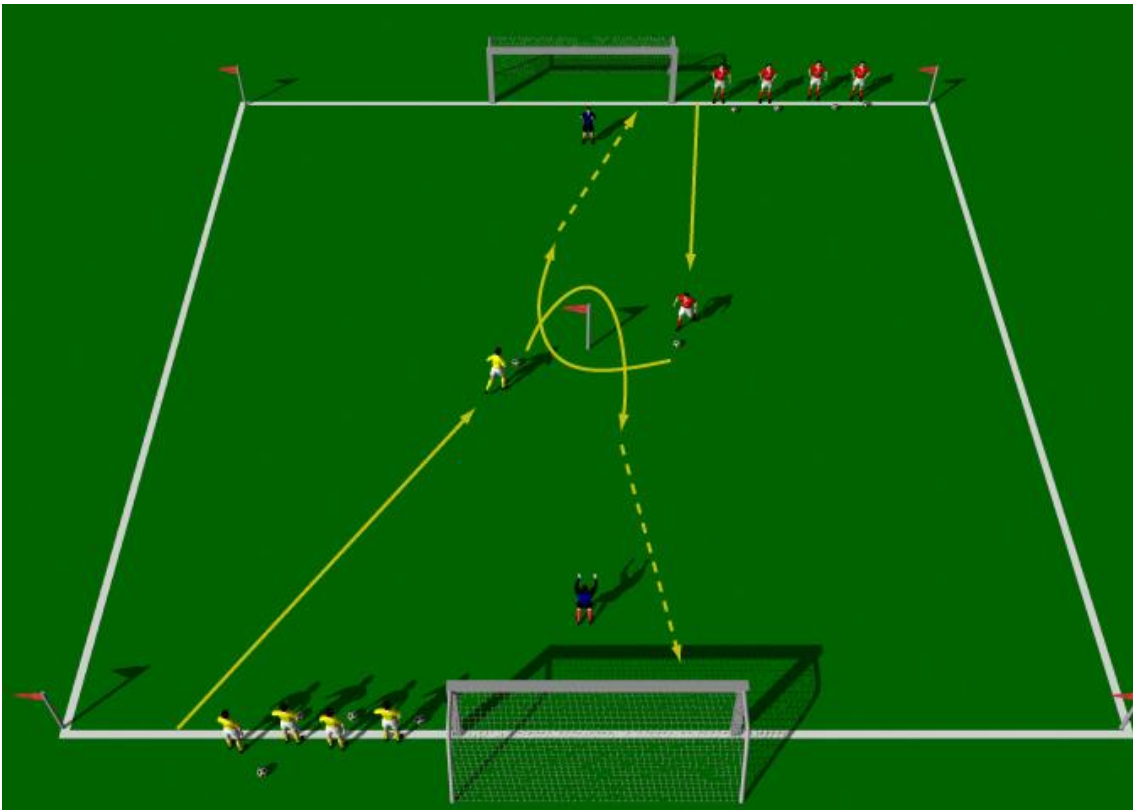
Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

**Progression:**

Can introduce a defender in each penalty area. Can insert a target man inside the box to play a "Give and Go" off.

## **Week Twelve – Drill Four**

### ***The Shooting Race***



#### **Exercise Objectives:**

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

#### **Field Preparation**

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

#### **Coaching Pointers:**

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coach's command, the first player from each group dribbles around the cone and has to score as quickly as possible. The first player to score wins a point for their team. After shooting, players join the end of their group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the teams.

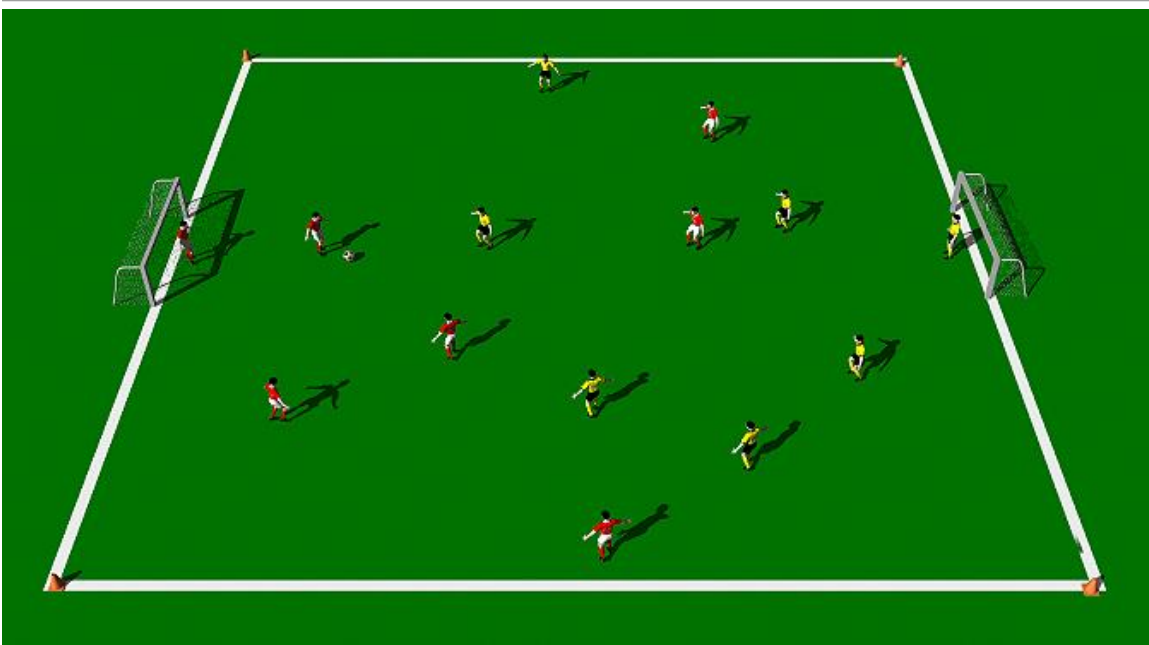
**The coach should emphasize the following coaching points:**

- Be alert to the coach's command.
- Dribble quickly.
- The emphasis should be placed on accuracy and power.
- Remember to keep the head steady and eyes fixed firmly on the ball.

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

## **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, 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.



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