



## SSA Under 14 to Under 19 Practice Activities

**DRIBBLING MOVES AND ACTIVITIES TO INCLUDE IN WARM-UP (BEGINNING OF PRACTICE) CAN BE FOUND IN THE “TECHNICAL WARM-UP” DOCUMENT.**

### **Chain Tag:**

**Set-Up:** All players, except for two, stand in pairs side-by-side randomly around the grid. The two players not side-by-side are split into one chaser and one runner. The chaser can only tag the runner. The runner attempts to avoid the tagger by standing on the end of one of the pairs standing side-by-side. Upon this action, the player on the opposite end to the runner now becomes the runner.

### **Cones and Balls Tag:**

**Set-Up:** Players spread out in the grid. 2 or 3 players begin with a ball in their hands and 2 or 3 players with a cone in their hands. Player's with balls cannot be tagged. Player's with cones are the taggers. All of the other players are runners. Balls can be thrown to a runner at any time. Once a runner is tagged by a player holding the cone, the cone is dropped and they become the tagger and pick the cone up.

**Progressions:** Use feet to pass the balls instead of throwing.

### **Team Handball:**

**Set-Up:** Split team in half, using regular goals and goalkeepers. Players play a game of handball where players can only take one step before passing the ball. The ball can be intercepted by the opposing team, or if the ball is dropped then the opposing team gains possession. Teams score by throwing the ball into goal.

**Progressions:** Players are allowed to take a maximum of two steps and must volley the ball to a teammate. Teams score by volleying the ball into the goal.



## **PASSING**

### **Pair Pinging Contest:**

**Set-Up:** 2 players stand 10 yards apart and take turns passing the ball hard to each other along the ground directly to feet. The receiving player must control the pass cleanly to score a point.

**Progressions:** Right foot only. Left foot only. Instep driven passes.

### **Aerial Individual Control:**

**Set-Up:** Each player starts with ball in hands. Players toss ball high above heads, and use their thighs to control the ball with the first touch and their feet to on the second touch to settle the ball to the ground.

**Progressions:** Use chest on the first touch. Use foot on the first touch. Use head on the first touch. Player's in pairs with one serving the ball to the other. The receiver judges the flight of the ball and controls the ball with the appropriate body part.

### **Fundamental Passing Trios:**

**Set-Up:** Players in groups of three. One player in the middle and the two on the outside are facing each other. A player on the outside starts with the ball and passes it through the middle person's legs to the other player on the outside. After the pass, he and the middle person switch positions (i.e., he follows his pass and goes into the middle). The person who receives the ball takes two touches and passes it back through the new middle person's legs to the player on the outside. After the pass, he goes into the middle for the next pass to go between his legs.

**Progressions:** Limit touches. Play balls over middle player and not between legs.

### **Bending Passes in 3's:**

**Set-Up:** Player's in groups of 3. The player in the middle is the defender, and the players on the outsides should be approximately 20 yards apart. They must pass the ball using the inside or outside of their foot and "bend" the pass around the defender. After passing the ball, that player switches positions with the defender.

**Progressions:** Pass the ball in the air around the defender.

### **Volleys in 3's:**

**Set-Up:** Players in groups of three with two balls, positioned in a triangle about 15 yards apart. 2 players have ball in their hands and take turns serving to the other player who performs a volley back to the server's hands.

**Progressions:** Inside of foot. Outside of Foot. Half Volley. One ball between group of 3. Player serves, the next volleys, and the third player catches.

### **Passing in Triangle:**

**Set-Up:** 2 players stand at one point of the triangle and a player stands at the other points of the triangle. In Sequence A, players pass the ball and follow their pass. Players keep the ball outside the triangle and use their first touch to prepare for the next pass. In Sequence B, players pass and receive and pass again into the run.

### **High Player Passing:**

**Set-Up:** Groups of three players pass the ball with 'high' player about 25-30 yards away from the two 'low' players. The two low players make 2-3 first time passes to each other and then one of them uses first touch to prepare a long pass. This is the cue for the high player to check back for the ball and receive the long pass. Player who didn't pass long sprints up to support the high player and receives a first time drop pass from high player. They become the new low players and sequence is repeated.



### **Passing Accuracy:**

**Set-Up:** 2 groups of players are in pairs, each in a 10 by 10 yard grid facing each other 20-30 yards apart. One team drives the ball to the other grid. The receiving team must control the ball without it going outside of their grid. The team has a total of three touches to get the ball into their opponent's grid and each must touch the ball. Point is scored when a pass misses the opponent's grid or is not controlled.

**Progressions:** The ball may not stop at any time. Receiving team has a total of 2 touches to get the ball across. The ball must land in the grid to count

### **Soccer Tennis:**

**Set-Up:** Create a 10 by 20 yard grid. Players play in pairs against another pair. Ball is served across the grid at least waist height and must land in the other grid. Players have a maximum of one bounce and 3 touches between them to get the ball back across to the other grid. A point is scored if the ball bounces more than once, more than 3 touches are taken per pair, or the ball lands out.

### **Wall Pass and Overlap:**

**Set-Up:** Two lines of players 10 yards apart, with all balls in one line. The first two players start by making wall passes to each other while advancing across the field. The rest of the players in line begin as soon as there is some distance between them and the players in front of them

**Progressions:** Require the player on the left to make a pass to his partner and then overlap him. The receiving player should dribble quickly on a diagonal towards his left, and then make the next pass to his overlapping teammate (now on his right). Repeat across the field

### **Zig Zag Passing:**

**Set-Up:** Players pass the ball in sequence and follow their pass. The last player to receive the pass speed dribbles back to the beginning.

**Progressions:** Limit touches. Ball played in air.

### **Square Passing:**

**Set-Up:** Players are in pairs at the corners of the grid. One ball per group. The player with the ball makes a clockwise pass to a teammate at the corner and follows his/her pass. The receiver takes one touch and passes clockwise and follows his/her pass.

**Progressions:** Repeat in other direction. Play a wall pass (receiver runs behind cone then onto the ball). Player passes to teammate advancing who passes the long ball with player who originally passed the ball running to support long pass receiver to become new advancing teammate.

### **Sequence Passing:**

**Set-Up:** Players organize themselves into groups of five to seven. Players are numbered 1-5(7) and must pass in that sequence, 1 to 2, and 2 to 3 and so on with 5(7) passing to 1.

**Progressions:** Add a second ball. Reduce the playing area. Limit Touches.

### **Pass and Move in a Circle:**

**Set-Up:** Players form a circle with two or three balls. Players with the ball pass to a player on the other side of the circle and follow their pass, taking the place of the person they just passed to.



**Progressions:** Player with ball dribbles to another player who performs a takeover. Players must perform a wall pass. Make circle bigger and play balls in air to outside players.

### **Dynamic Lines:**

**Set-Up:** Players in groups of two facing another group of two players at the other end of the grid. Players pass the ball across to the other player and follow their pass. If they make a bad pass, the whole group has to move to keep the lines and passes straight.

**Progressions:** Two touch only. One touch only. Increase or decrease distance of groups.

### **Receiving Square:**

**Set-Up:** Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from another outside player.

### **Receiving Line:**

**Set-Up:** First player passes to a player ahead of them in the opposite line. After passing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, they run to the back of the opposite line. Receiving player controls ball and takes away from pressure and then dribbles to the line across and leaves the ball for the first player in the opposite line.

**Progressions:** Receiving player passes to next player in line of opposite grid. Play ball in air.

### **Vision Passing:**

**Set-Up:** 3 teams passing in an area have 3 different groups of colors. One team starts with a ball and must pass to another color and receive from the third color. For example: Reds pass to Greens, Greens pass to Yellows, and Yellows pass to Reds.

**Progressions:** Add a second and third ball.

### **Passing Combinations:**

**Set-Up:** Players in groups of 4, 2 players per end. 1) Long-pass give and go. Follow your pass. 2) 2 players in the middle, outside player static. Play ball into middle player who controls and plays back, then runs around the outside receiver and checks to the opposite ball. After 45 seconds switch players. 3) Short-Short-Long. 1 Ball, Players in middle set the outside player to pass the long ball across the field to the furthest player. The furthest player plays a wall-pass with the middle player before passing to the furthest player. After the pass the passer and middle player switch positions.

**Progressions:** 2 touch only. 1 touch only

### **Passing Combinations (2):**

**Set-Up:** 10 by 30 yard grid. Dribble and pass to the next player in line then follow pass.

**Progressions:** 1) Soft pass from cone closest to partner. 2) Firm pass from cone furthest from partner. 3) Dribble to right hand side of grid and pass diagonally.

### **Passing Combinations (3):**

**Set-Up:** Players in groups of four passing the ball around in the grid. The players must make the following combinations, 1) A give and go followed by a long pass, 2) A takeover, followed by a long pass, 3) A give and go, followed by a takeover,



followed by a long pass. Player 1 plays a give and go with player 2, player 3 then does a takeover from player 1 and plays a long pass to player 4.

**Attacking Combinations:**

**Set-Up:** Player 1 passes to 2 who lays ball off to Player 3. Player 3 passes to feet of Player 4. Player 4 lays ball in front of advancing Player 5. Player 5 crosses ball to oncoming Player 6 and 7. Players 2 and 8 make attacking runs behind Players 6 and 7. Repeat exercise going to the left.

**Progressions:** Player 1 passes to 2 who lays the ball off to Player 4. Player 4 passes to the feet of Player 5. Player 3 makes an overlapping run around Player 4. As soon as Player 5 has laid the ball in front of the advancing Player 3, he runs behind Player 6 and attacks the back post. Player 6 attacks the front post. Player 3 crosses the ball to the oncoming Players 6 and 7. Players 2 and 8 make attacking runs behind Players 6 and 7.



## **SHOOTING**

### **Developmental Shooting:**

**Set-Up:** Players form 2 groups 30 yards from the goal and 15 yards apart. One group has all the balls. The first player in this group dribbles forward 10 yards and towards the center where he/she stops the ball, continuing their run and leaving the ball. The first player in the other group starts his/her run at the same time as the dribbler, and runs onto the ball that the dribbler leaves, taking one touch before shooting at goal. Dribbler follows up for rebounds.

### **Criss-Cross Shooting:**

**Set-Up:** Place two cones outside of the penalty area in line with each goal post. Line up an even number of players on a cone next to each goal post. The players on the post should each have a ball, and make a pass across the goal diagonally to the first player on each cone. The players on the cones go to the ball and take a shot on goal. The players who made the pass should sprint around the back of the lines to get into the line where they made the pass to.

**Progressions:** Two-touch or one-touch finish. Vary the service (in the air, driven, curling etc). Vary the finish (driven, volley, header). Add a passive defender. Add a defender.

### **Double Give and Go Shooting:**

**Set-Up:** Players are divided into two groups who alternate. Player 1 plays a give and go with Player 2. Player 1 then passes to Player 3 who lays the ball ahead of the advancing player 2. Player 2 shoots at goal. Player 3 gets the ball and Player 2 takes Player 3's position.

**Progressions:** Shoot with weaker foot. Vary strike on goal (chip, power, bend). Change position of Player 3 (goal line).

### **Finishing with Power and Accuracy:**

**Set-Up:** 2 teams, 2 goals, 2 goalkeepers. Teams at opposite ends of field with balls. 1<sup>st</sup> player in both teams dribble at the same time and attack the opposite goal. The attackers can shoot at any time, or can attempt to dribble around the keeper before finishing. Players continue to the end of the opposite line.

**Progressions:** 1<sup>st</sup> player in both teams dribbles a few yards then passes to opposite player who shoots on goal. One player from each group inside grid facing his own group. Inside players receive a pass from the 1<sup>st</sup> player in their group, turns, and shoots. Player who passed ball goes inside the grid and player who shot goes to the back of the opposite line. Wall pass followed by a shot.

### **How/When to Finish With Accuracy:**

**Set-Up:** Groups of 5 players and a keeper. Player X1 passes to Player X2 who plays a wall pass with Player X3 and shoots. Player X3 goes for the rebound. Players rotate with each player moving to the next position and Player X3 goes to the back of the line

**Progressions:** In sequence B, Player X1 passes to Player X2 who turns away from Player X3. Player X3 runs flat until a through ball is played by Player X2.

### **Shot, Shot, and Head on Goal:**

**Set-Up:** Players are divided into two groups. One group is the shooters and the other group is the servers. A goalkeeper is in goal. 2 players from the servers stand next to each goal post with several balls and the other servers spread out to retrieve the balls. A cone is placed a few yards outside the penalty area. The first player from the shooter group starts with a ball behind the cone. He touches the ball forward and shoots from behind the cone. He then immediately shoots a ball passed out to him from one of the servers next to the goal post from between the cone and penalty area (it should be served immediately after the shooter has taken his initial shot). The shooter then runs a few steps forward inside the penalty area and heads a high ball to



goal served to him by the server on the opposite post. The keeper must make each save and get up quickly to be ready for the next. Teams have two minutes to score as many goals as possible then switch.

### **Finishing From Wide Angles:**

**Set-Up:** A server has all balls 5 yards outside the center of the penalty area. He alternates passes to attackers who are lined up a few yards outside the corners of the penalty area. Attackers have one or two touches to shoot on goal.

### **Sequence Finishing:**

**Set-Up:** Line up two cones just inside the penalty area and across from each goal post. 2 players (A and B) stand next to the goal post and start with the ball. Player C stands on the cone opposite A and B, Player D next to the other goalpost and Player E on the cone opposite Player D. Player A passes to Player C and follows the pass. Player C passes to Player A and follows the pass. Player D passes to Player E and follows the pass. Player E takes a touch then shoots. Player E sprints to stand behind player B. Player B now starts the sequence.

**Progressions:** Repeat from other side.

### **Penalty Kick Game:**

**Set-Up:** Place a cone 2 yards inside each goal post. Play a game of field players versus goalkeepers, where field players earn one point for every successful penalty kick taken. The keepers earn one point for each missed shot or any save made between the cones, and two points for every save made on shots outside either cone. Play to 10 points.

### **End Line Targets:**

**Set-Up:** 3 teams of 4 plus two keepers. One team serves to the target and gets it back and shoots for goal. Teams can only score after playing ball to a target player. Rotate teams

### **Shoot on Sight:**

**Set-Up:** 3 even teams and 1 goalkeeper. 2 teams remain inside grid and the other team is the servers. Servers are given a number and play the ball into the grid upon the coach shouting their number. The 2 teams in the middle try to win the ball and score a goal. 1st team to 3 goals, then rotate the teams.

**Progressions:** Server works on specific type of delivery (in air, driven, curling)

### **Long Range Shots Scrimmage:**

**Set-Up:** Field is split into two even grids. Players divided into 2 teams plus goalkeeper. Each team has 3-5 defenders in closest half and 1-2 attackers in the furthest half. Players must stay in own half. Defenders are encouraged to shoot from distance with attackers following up.

**Progressions:** Defender can join the attacker by dribbling across the line into other half. One defender can join the attack in the other half once a ball is passed into the other half by a teammate.



## **CROSSING**

### **Chipping Over the Keeper in 3's:**

**Set-Up:** A goalkeeper stands between two teammates spaced 20 yards apart. Goalkeeper bowls the ball along the ground to an outside player. This player must chip the ball over the goalkeeper and to his teammate on the other side of the keeper. The receiving player controls it and passes it back to the keeper, who bowls it back to him.

**Progressions:** Increase distance between the players.

### **Pressured Crossing:**

**Set-Up:** Mark out a wide area and have a cone in the middle of this area, 15 yards from the goal line. An attacking player begins near the half way line and plays a ball wide to his/her teammate who dribbles forward in the marked area, and past the cone before delivering a cross in the air to the goalkeeper.

**Progressions:** Have a group of players 10 yards behind the crosser as defenders. As soon as the crosser receives the ball, the first defender chases the crosser and attempts to stop the cross.

### **Cross and Control in Pairs:**

**Set-Up:** Pairs stand 15-20 yards apart and cross the ball with the inside or outside of the foot to their partner in the air. Players receiving the ball may use the appropriate part of his/her body to settle the ball before crossing it back.

### **Crossing Accuracy:**

**Set-Up:** Two 10 by 10 grids 15-20 yards apart. 2 players in one grid and one in the other. Ball starts with the two players in one grid. They exchange a couple of passes, and then one of them chips the ball to the player in the other grid and immediately sprints to exchange a few passes with the new player. Ball must be played across the grids in the air and land in the grid.

**Progressions:** A) 2 players in each grid. Each player is allowed one touch only. One player settles the ball and the other chips the ball in the air into the other grid. A point is scored for each pair that successfully controls the ball in their grid and crosses the ball in the air, landing in the other grid. B) Add a small goal in each grid using cones. A player crosses the ball in the air to the other grid where a player attempts to head the ball down through the goal to his partner. His partner then sets him up with a pass for a cross back to the first grid who attempt to head the ball down to his/her partner through the goal. 1 point is scored for a good cross, 2 points for a headed goal.

### **Crossing to Attacker:**

**Set-Up:** Two lines of players approximately 25 yards out from each goal post. Place a server (with balls) near the touchline, 10 yards out from the goal line. The first player in the far line initiates action with a near post run and is trailed with a delayed run by the first player in the near line. The server responds to the runs by either driving a cross directly toward the near post, or clipping it to the back post.

**Progressions:** Add a defender. Add a second 6 yard box (attached to the original 6 yard box), with crossing players scoring a point each time the ball is crossed into this area.

### **Crossing and Finishing:**

**Set-Up:** Two attackers, and one crosser out wide on each side. One attacker plays the ball wide and both attackers make runs into the box (one near and one far post) to receive a cross from the wide player. Wide player dribbles the ball at speed towards the endline before crossing.

**Progressions:** Chest trap, then volley on goal. Thigh trap, then volley on goal. One-touch volley on goal. First-time header on goal. Add a defender. Add a second defender and have the wide player not crossing the ball allowed to attack the back post.



### **Crossing and Finishing (2):**

**Set-Up:** Player 1 passes to player 2 who lays the ball off to player 3 who has moved towards him. Player 1 makes a wide attacking run towards the back post. Player 3 passes in advance of the now sprinting player 2. Player 2 reaches the ball near the corner and crosses for player 4 at the front post, or player 1 at the far post. Player 3 provides a third attacking option for crosses that are played towards the edge of the penalty box. Repeat exercise going to the other side.

### **Crossing Game:**

**Set-Up:** Players are split into groups of 4. The goals are set up diagonally from one another and ten yards in from the goal line. Players can score from either side of the goal and the game doesn't stop after a goal is scored.

### **Crossing and Finishing Game:**

**Set-Up:** Create a 10-15 yard channel on each side. 2 equal teams with goals plus 2 neutrals, one in each channel. When a neutral player receives the ball, they may not be challenged by a defender. The neutral player dribbles to a better crossing position and crosses the ball to the team that played him/her the ball. Ball must go wide before a goal can be scored.

**Progressions:** Players limited to two touches inside the central grid. One defender is allowed in the channel at a time. Headed goals worth 2 points but can score from one-time shot in inside grid. All players can enter the wide channels at will. 3 points for a goal direct from a cross.

### **Attacking and Defending Crosses:**

**Set-Up:** Three teams of 3, with two teams in penalty area and one team outside. One goalkeeper. Outside player sends a long pass to the flank from where a cross is delivered. Alternate crosses from the left and right. One team is defending and the other is attacking the goal. Attacking team tries to score from cross and defending team tries to clear the ball. If clearance is reachable by the three outside players, then play continues.

**Progressions:** Each team has ten attempts to score.

### **Attacking and Defending Corner Kicks:**

**Set-Up:** Players split into two teams and one goalkeeper in goal. All players spread out in penalty area. One team is designated the defense, and the other team is the offense. A server (and extra balls) is at each corner flag, and two small counterattack goals are placed at the corners of the penalty area 20 yards out from the penalty area. Servers alternate striking corner kicks into the penalty area. The attacking team attempts to score on the large goal, while the defending team works to clear the ball and score on one of the counterattack goals. As soon as the ball goes out of play, the players must reorganize quickly so the servers can take the next corner

**Progressions:** Players split into three teams and 2 teams play against 1 team, so either numbers up or numbers down when defending.



## **HEADING**

### **Fundamental Heading:**

**Set-Up:** Players in pairs with one player holding a ball in his hands. The player with the ball heads it out of his own hands as hard as he can toward his partner, who catches it. The players continue the activity by heading the ball to each other.

**Progressions:** Player with the ball tosses it to himself slightly in the air before heading to partner. Player tosses partner the ball in the air for player to head back to server.

### **Heading Sit-Ups:**

**Set-Up:** Have a player sit on the ground in a sit-up position. His partner should stand in front of him with a ball. The player on the ground should start by lying with his back on the ground, and as he sits up, the server should serve a ball to his head so he will meet it just above his knees to head it back to the server's hands. After heading it, he should lie back down, then immediately sit back up and do the next one.

**Progressions:** Players perform same exercise, but from their knees, landing on their hands in a push-up position.

### **Developmental Diving Headers:**

**Set-Up:** In pairs, a server stands with the ball in his hands and the second player starts on his knees facing the server. The server tosses the ball underhand so the player on his knees must dive forward to head the ball back to the server's hands before landing in a push-up position.

**Progressions:** Heading player begins from a crouched position. Heading player begins from a standing position.

### **3 Player Heading:**

**Set-Up:** In groups of 3, one ball per group. Add a goal for middle player to stand in. 1) Attacking Header. Middle player serves ball up for outside player to try and score past the server. Alternate attempts by players. 2) Defensive and Attacking Header. Server throws ball to outside player who heads over the server to the opposite player who heads the ball past the server, who turns around quickly to try and make a save. 3) Flick-on Header. Outside server throws ball to middle player who "flicks-on" ball using the head.

**Progressions:** See how many times each group can keep the ball up in the air using one touch with their head. Short-Short-Long heading

### **Obstructed Heading:**

**Set-Up:** Server stands 5-10 yards away from the other 2 players, with one player standing a yard or so behind the other. Back player receives a looped underarm service from the server, which goes over the first player's head. Second player jumps and heads the ball back to server. Switch roles after several attempts.

**Progressions:** First player can jump to make it more difficult for second player to head the ball  
Increase the distance the ball travels

### **Redirecting Headers in 3's:**

**Set-Up:** Players stand in groups of 3 in a triangle position. One player tosses a ball to the head of the player next to him, who heads the ball down to the feet of the third player in the triangle. This player controls the ball, then picks it up to toss it to the next player.

**Progressions:** Change direction. Players head the ball to the hands of the next player. Players have to keep the ball in the air using only their heads.



### **Defensive Heading in 3's:**

**Set-Up:** 3 players in a line approximately 15 yards apart. The middle player initiates action by throwing the ball to a player on the outside. The middle player then attempts to jump and catch the ball as his teammate heads it back over his head to the facing player on the opposite side.

### **Heading Wars:**

**Set-Up:** Multiple small grids are created with two 6 yard goals in each grid across from each other. Players play 2v2 in each of the grids and are allowed to use their hands. One player tosses the ball in the air to his/her partner who attempts to head the ball on goal, while the other team attempt to save it. The player who saves it, tosses the ball to his/her partner who attempts to score on their opponent's goal. The player in possession of the ball cannot move.

**Progressions:** Cannot use hands to save ball.

### **Heading Square:**

**Set-Up:** Half of team on outside of grid with balls, half inside the grid without balls. Inside players move to receive a service in the air from outside players and head the ball back to the server.

**Progressions:** Players must perform 2 headers before heading the ball back to the server. Players inside grid have balls. They move towards an outside player and serve the ball to him/her in the air. A wall pass is performed only by heading. The outside player catches the ball and switches places to become the new inside player.

### **Throw/Head/Catch:**

**Set-Up:** Two even teams in a large grid with goals. The objective is to head the ball into the opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 3 seconds must throw it to the next player, who heads it to another player, who catches it, and tosses it for a teammate to head. Goals can only be scored by headers. Defending team can contest headers, or intercept ball after a header has been made.

## ATTACKING AND DEFENDING

### **Dribble Relay:**

**Set-Up:** Split players into 2 or three teams who race against each other through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

**Progressions:** Add a square in which the player has to stop the ball before the next player can go.

### **Take-On Challenge:**

**Set-Up:** Divide the group into two teams and place at opposite corners with a goal at either end Player 1 passes the ball across the grid to the opposite player. Player 2 comes out to receive the ball and has to beat Player 1 with a move and then try to score. If player 2 wins the ball, he/she attacks the other goal. Switch lines after ball goes out of play, or in the goal.

**Progressions:** 2v2. 3v3. Players start in the center of opposite sidelines facing each other and can score in either goal. Player must get within 3 yards of either goal before they can shoot.

### **1v1 to Goal:**

**Set-Up:** Players are split into two groups. The defending group is positioned near the goal post on the goal line. The attacking group is positioned 25-30 yards away in the center of the field and facing the goal. The first defender serves the ball out to the first attacker and they play 1v1. Once a goal is scored or the ball goes out of play, the players join the back of the opposite line.

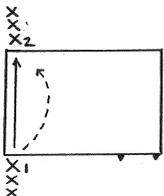
**Progressions:** If defender wins the ball, play is continued and the defender and attacker switch roles. Add 2 small counter attacking goals for the defenders to attack should he/she win the ball. Play 2v1, 2v2, 3v2, 3v3.

### **1v1 Defending:**

**Set-Up:** In pairs, ball between 2. Stand on opposite ends of the grid, facing each other. Defender plays the ball into attacker then closes the space quickly. Once he/she has the attacker within a yard or two, “jockey” the attacker. The attacker dribbles smooth zig zags towards the defenders line to make the defender improve footwork. Switch roles and repeat.

**Progressions:** Defender tries to steal ball. Attacker scores 1 point for getting to defenders line. Defender scores 1 point for forcing the attacker out of grid, or three points for stealing the ball and getting to the attacker’s line.

### **1v1 Defending (2):**



**Set-Up:** 2 groups of players. 1 goal, Player X1 passes to Player X2 and comes in to close him down at an angle to keep him on the outside, away from the goal. Begin with no tackling, just closing down quickly at an angle and jockeying the dribble down the line. Players switch lines after each turn.

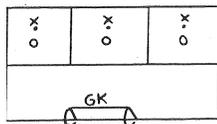
**Progressions:** Attacker trying to score on side goal and defender trying to win ball and dribble across end line.

### **Hold Up Play:**

**Set-Up:** The ball is played to attacker who must shield the ball for 5 seconds. The passer comes in support and attempts to combine with 1<sup>st</sup> attacker to get ball to the end line

**Progressions:** Add 2<sup>nd</sup> defender to play 2v2. Add 3<sup>rd</sup> player to each side to play 3v3. Start each time with pass into target player to control and shield.

### 1v1 to Shot:



**Set-Up:** Players are in pairs in each of the 10 by 10 grids. Attacking player attempts to dribble past the defender and score a goal. Once beaten, the defender cannot go into area closest to the goal. If the defender wins the ball and dribbles out of the area under control then players switch roles. Coach calls out what pair will start.

**Progressions:** Attacker only allowed two touches when in the area closest to the goal. Attackers have to shoot first time in the area closest to the goal

### 1v1 Seize:

**Set-Up:** Create three square grids using 8 cones. Put a defender in each grid and an attacker just outside the first grid with a ball. The attacker attempts to dribble past the defender in the first grid, then past the defender in the second grid, etc. The defenders must start on the 'back' line of their grid and cannot leave their grid to chase the attacker. The attacker scores a point each time he/she makes it past a defender and into the next grid.

**Progressions:** Add a goal and a goalkeeper, and create two grids in front of the goal beginning at the penalty area. Attackers attempt to dribble past the defenders in each of the two grids before shooting at the goal.

### 2v1 Seize:

**Set-Up:** Similar to 1v1 seize, except 2 attackers are going at one time. Every time the attackers beat a defender they get a point. Defenders only have to knock the ball out of the grid area to stop the attack. Each time the defenders stop an attack, they move up a space, changing places with the defenders in the grids in front of them. The defenders become attackers by stopping an attack. When this happens, the attacker who lost the ball goes into the last grid and becomes the new defender for that grid, the successful defender in the first grid goes to the end of the attacking lines, and the remaining defenders all move forward by one

### 1v2:

**Set-Up:** Position a server with a ball at one end, an attacker 10 yards away facing him, and two defenders at the far end of the grid. The server initiates action with a pass to the attacker who turns and attempts to exit the opposite end of the grid. As soon as the ball leaves the server's foot, the two defenders work together to force a turnover.

### 1+1v2:

**Set-Up:** 3 groups of players. 2 defenders and 1 attacker. One target on opposite side to attacker. 1<sup>st</sup> Defender passes the ball to attacker and closes him/her down. 2<sup>nd</sup> defender makes recovery run into covering position. Attacker tries to either dribble across the end line, or pass the ball to target on end line. Defenders try to win the ball and take ball across attacker's end line.

### 2v1:

**Set-Up:** 3 groups. 2 groups of attackers at one end and 1 group of defenders at the other end. 1<sup>st</sup> defender passes the ball to either attacker and closes down space. Attackers attempt to get the ball over the defender's end line under control to score a point. If the defender wins the ball, he/she can dribble across the attacker's end line with the ball under control to score a point.

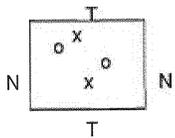
**Progressions:** Defender is the offside line

### 2v2 Defending:

**Set-Up:** 2 pairs of players facing each other in opposite ends of grid. 1 ball per group. Defending team plays the ball to attacking team then closes the space quickly using pressure-cover. Begin with passive defending.

**Progression:** Defending team tries to steal ball. Attacking team scores 1 point for getting to defender's line. Defending team scores 1 point for forcing the attacking team out of grid, or three points for stealing the ball and getting to the attacking team's line.

### 2v2 to Target Players:



**Set-Up:** 4 players in the middle – 2 attackers and 2 defenders – playing 2v2. Players attempt to pass to both targets to score a point. Neutrals pass to same team they received ball from.

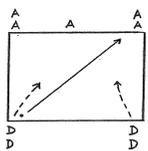
**Progressions:** Replace one of the endline players with a goalkeeper, and have the attackers try to score instead of making a pass to the target player. Bring in neutrals for a 3v3.

### 3v1 Keepaway:

**Set-Up:** Create a 10 by 10 grid. Position three players on the outside of the grid, and a defending player in the middle. The outside players try to pass the ball and keep possession.

**Progressions:** Limit touches by players. Don't allow players to use the same number of touches used by the player who passed to them.

### 3v2 (1 Hold):



**Set-Up:** 3 attackers, 2 defenders. Defenders pass the ball to any of the two attackers and come out to challenge attackers. A third attacker is behind the line and cannot step inside but can be used to support the ball from behind. Two attackers try to get the ball across the opposite end line with the ball under control. If defenders win the ball, they try and get the ball across the attackers' end line.

**Progressions:** Off-side line is the last defender (in the grid)

### 3v2+1:

**Set-Up:** 3 attackers start with ball 30 yards out from goal. 2 defenders stands between the goal and the attackers, facing the attackers. A 3<sup>rd</sup> defender starts 10 yards away and in line with the 3 attackers. As soon as an attacker begins dribbling towards the goal, the 3<sup>rd</sup> defender can attempt to get into position and work with his/her teammates to prevent a goal.

### 3v3+1:

**Set-Up:** 3v3 in middle grid and 2 end zones. 2 players from each team in each end zone. Once player in possession passes the ball to a teammate in the end zone they switch and attempt to combine to get the ball to the teammate in the opposite endzone.



### **3v2 with Combination:**

**Set-Up:** Three lines of attackers outside the penalty area, with approximately 20 yards of space between them. Balls with players on the outside lines. Place a goalkeeper in goal, and two defenders in the penalty area. The first player with a ball initiates action with a diagonal dribble towards the center line of attackers. The center player responds with an overlap run in support. Attackers work together to create a shot against the two defenders, who step up to apply pressure as soon as the ball is in play.

**Progressions:** Attackers must play a wall pass before they can score

### **4v0:**

**Set-Up:** 25 x 30 yards. The team should be arranged in a diamond shape with each player at the midpoint of each line. Players must fill all 4 positions at all times. Player must move to a new position after passing the ball. Players must sprint to the next spot. Ball should be passed with pace to the players feet or to the space they are running into.

**Progressions:** Add two defenders to play 4v2.

### **5v2 Circle:**

**Set-Up:** 2 defenders in the middle. Players on the outside stay in grid and try to keep the ball away from the defenders. If the defenders get a touch then the last attacker who touched the ball swaps with the defender.

**Progressions:** Defenders have to gain control of the ball in order to switch with an attacker. If the defenders get split then they have to stay in for another turn. If a defender gets nutmegged then have to stay in for another turn. Limit touches of attackers, or must take a certain number of touches. Passer and attempted receiver of the pass swap with both defenders when defenders win the ball.

### **3v3 Defending:**

**Set-Up:** Players play 3v3 and work on pressure-cover-balance. Attackers try and stop the ball across the defender's end line to score a point.

**Progressions:** Add goals.

### **4v3 to Goal:**

**Set-Up:** Group of 3 defenders plays the ball out to a group of 4 attackers 30 yards away. Attackers attempt to combine to score a goal while defenders and goalkeeper attempt to prevent them from doing so.

**Progressions:** If defending team win it then pass ball to next attacking group to score a point. 4v4 or 5v4.

### **3v2+2 Flank Play:**

**Set-Up:** Mark off two wide channels outside the width of the penalty area. Put a goalkeeper in goal, three attackers and two defenders in the central zone, and a flank player in each wide channel. A defender begins the play by passing to one of the attackers. Flank players must stay in the wide channel and only have two touches to control the ball and deliver a cross to the attackers.

**Progressions:** Add a third defender, and play 3v3+2. Add two small counterattack goals for the defenders to attack when they win possession of the ball. Add another full size goal and goalkeeper, and play 4v4+2 on bigger field.

### **3v3+4:**

**Set-Up:** To score, attacking team passes to any of the four neutral players and connects to a third teammate with a 1-touch pass. If the passer receives the ball back from the neutral player, the team maintains possession but does not score.



**Progressions:** Can only pass to players on same team on the outside. Must swap places with the player on the outside who received the pass.

### Combination Keepaway:

**Set-Up:** Players split into two even teams, and play keepaway in grid. Each team works to score points either by completing wall passes around opposing defenders, or takeover combinations in open space.

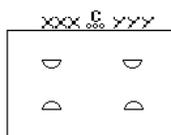
### Zone Keepaway:

**Set-Up:** Create two large grids and split players into two even teams. Assign a defensive and an attacking half to each team. Play a game of keepaway, with each team working to score points by completing 6 consecutive passes in its attacking half of the field. Whenever the defending team gains possession of the ball, that team must first penetrate the opposite half of the field before it can start counting passes to score points.

### 6v3 with Target:

**Set-Up:** Create 2 circles one with 5 yard diameter and one with 20 yard diameter. Play 6v3 in large circle with attacking target play in small circle. Attacking team attempts to pass the pass to target player to score or make 5 passes in the outer circle.

### 3v3 to 4 Goals:



**Set-Up:** 2 sets of goals 15 yards apart. Coach plays ball in and X and Y play 3v3 with full pressure and attempt to score in one of the outward facing goals.

**Progressions:** 4v4

### Clockwise Squares:

**Set-Up:** 4 players per square. One ball per group. Players numbered 1-4. Pass and move in squares.

**Progressions:** While passing and moving, coach shouts a number. The corresponding players defend in the square clockwise of them. 1<sup>st</sup> defender to steal ball and dribble out of the grid wins a point for their team. Defenders return to their original grid. Limit touches. Defend anti-clockwise

### 4 Corner Game:

**Set-Up:** Create a 4 by 4 area in each corner of grid. Players are divided into 2 teams. To score a point, a player must pass the ball to a teammate in any one of the corner areas.

**Progressions:** Teammate cannot be in the corner area until the ball is passed. Player receiving the ball in the corner area must immediately pass to a teammate to score a point. All players must touch ball before team can score. Play with two balls to open game up.



### **End Line Targets:**

**Set-Up:** 2 teams against each other in the middle. Game to end line or targets. Teams score by either passing to the targets or dribbling across the opposite end line. Target players can move laterally along the end line but cannot step inside of the grid and cannot score. Target players start each attack by passing to the team that is defending their line.

### **Gate Possession:**

**Set-Up:** Players are split into two teams. Gates are created with cones in the grid. Attackers try to pass the ball between the gates to a teammate to score a point. Defender tries to win the ball and dribble outside of the grid to score a point. Play for a minute and rotate players.

**Progressions:** Defending team also scores by passing the ball between the gates to a teammate.

### **Timed Possession:**

**Set-Up:** Players split into two teams. One team spreads out in grid, the other team stand in a line on the outside of the grid. Coach plays a ball to the team in the grid and starts his/her watch. As soon as ball is passed in, a defender goes in and tries to knock the ball out. After 4 passes, another defender is added. After another 4 passes, another defender is added, and so on. When the ball is kicked out of grid, the defenders exit the grid. Another ball comes in, and a new defender comes in. Team in grid receives 5 balls (chances). When all balls have been kicked out of the grid the time is stopped and the teams switch over.

**Progressions:** Start with 2 defenders. Limit touches for team in grid

### **Windows Possession:**

**Set-Up:** The grid is divided into 8 “windows”. Players are split into two teams. One player from each team positioned alternately in each window. Window players cannot enter the field, tackle inside players, or be tackled by inside players. The rest of the players are inside the grid. Teams try and keep possession for 10 consecutive passes to score a point. Window players on the same team can be used. Window players can pass to other window players but pass not counted.

**Progressions:** Limit touches.

### **Grid Possession:**

**Set-Up:** Half players on outside, half players on inside. One defender from outside comes into middle to defend for 15 seconds. Middle players pass and move to try and keep possession of the ball. Each player on the outside gets a turn to defend then switch teams.

**Progressions:** Inside team scores 1 point every 5 consecutive passes. Outside team scores a point every time he/she touches the ball. Put two defenders in at one time. Limit inside player’s touches.

### **Short and Long:**

**Set-Up:** A goalkeeper in a 10 yard channel and the grid split into 2 halves. Goalkeepers can move anywhere inside of their channel and belong to the team starting at the opposite end of the field. Players can move anywhere on the field except in the goalkeepers channel, but must start in their own half of the field. Teams score by getting the ball to their goalkeeper. If goal is scored then ball is given to defending team and play continues in the opposite direction

**Progressions:** Team can also score by making 5 consecutive passes. Goalkeeper must catch the ball to score. Once a team scores, they play to the other goalkeeper



### 3 Team Possession:

**Set-Up:** 3 equal teams in different colored pinnies. 2 teams keep possession from one team. The team that gives the ball away becomes the defending team. To begin with, the new defending team must run around coach before they can defend.

**Progressions:** Defending team doesn't have to run around coach. 6 consecutive passes scores a point against the defending team. First team to 5 points loses.

### Elimination:

Players are split into teams and play 4v4 or 6v6 possession in a grid. If a team makes 4 consecutive passes then play stops and defending team must lose 2 of its players who stand on the outside of the grid. Attacking team resumes play and attempts to make another 4 consecutive passes. The team who can eliminate the other team wins. Players on the outside can rejoin the game by their team winning possession of the ball and passing to them. The 'numbers down' team must bring back all of its players before they can eliminate players from the other team.

### 6v5 Transition:

**Set-Up:** Field split into 2 equal areas. 6v5 in one area and extra player in the other area. Team with 6 players keep ball away from 5 defenders. 6 consecutive passes is a point. If the defending team wins the ball then they pass it to their teammate in the other area and begin keeping possession. 5 of the 6 players from team who lost the ball are now defenders in the other grid.

### 3 Zone Transition:

**Set-Up:** Grid split into 3. 3 teams, 3 different colors. Defending team in the middle grid. Team starting with the ball must make three passes before playing a long pass into the opposite end zone. 1 point scored for doing this. 1 defender from middle is allowed to come into the attacking grid upon the 1<sup>st</sup> touch by the attacker. If defending team wins the ball then defending team and attacking team switch zones. Play starts in other grid. Middle grid cannot intercept.

**Progressions:** Must make 4/5 passes before switch ball. Middle grid can intercept. One additional defender can enter. Long pass must be 1<sup>st</sup> time

### Box to Box (Transition):

**Set-Up:** Players play 4v2 in one grid and attempt to complete 5 passes. When 5 passes or more is completed, the ball is passed to an open teammate in the other grid (2v1). 2 of the four players sprint to the 2v1 grid to support their teammates and attempt to complete 5 passes.

### Team Knockout:

**Set-Up:** Divide players into two teams. One team enters the grid, with each player having a ball. The other team positions themselves around the outside of the grid. On a given signal, the players with the ball attempt to keep them away from the defending team who now has entered the grid. The defending team attempts to steal the balls and put them through any one of the goals. If an attacking player loses a ball, they immediately try to regain possession. The game stops when all of the balls are put through the goals. If the ball goes out of the grid but not through a goal then that ball is restarted with a throw-in.

### End Zone Game:

**Set-Up:** Create a 10 yard end zone at each end of the grid. Players are in 2 teams (can have neutral players). Players have to pass to a teammate in the endzone to score a point. Defenders can't enter their own endzone.

**Progressions:** Players have to make three consecutive passes before they can pass the ball into the endzone. Once a goal is scored, immediately attack going in the other direction. The endzones are free, only the attacking team can enter these areas.



## **2 Goal Game:**

**Set-Up:** Place a goal in each corner of the grid. Play 3v3 or 4v4. Players can score in either goal.

**Progressions:** Add a goalkeeper who is only allowed to move along the endline. One touch finish.

## **4 Goal Game:**

**Set-Up:** There are 4 coned goals set up near the corners of the grid. Players play 5 attackers against 3 defenders in the middle. One ball. Attackers try and combine to dribble between one of the coned goals to score a point. If the defending team wins the ball then they have to pass to a teammate on the outside of the grid to score a point.

**Progressions:** Attacking team has to make a pass to a teammate after dribbling through coned goal to score a point

## **6 Goal Game:**

**Set-Up:** Two teams with each team defending three goals and attacking three goals.

## **Counter Attack Game:**

**Set-Up:** 2 teams, one goalkeeper. Attacking team tries to score in the goal. If defending team wins the ball, they counter to 2 small goals and have to pass the ball between the cones to score.

**Progressions:** Defending team has to dribble the ball through one of the small goals to score

## **2 Sided Game:**

**Set-Up:** 1 goal, 1 goalkeeper. 2 equal teams. A goal can be scored on either side of the goal

**Progressions:** One team can only score on one side of the goal, and the other team can only score on the other side of the goal.

## **Fast Break Attack:**

**Set-Up:** 4 or more teams are created. (Can be 1, 2 or 3 players in a team). Teams are placed evenly behind the 2 goals. 1<sup>st</sup> attacking team dribbles ball towards opponent's goal and has a free shot on goal. The attacking team immediately becomes the defending team and defends against a new attacking team who come from behind the goal that was just shot on. The new attacking team tries to score in the opposite goal. If the ball goes out of play in the attacking team's half then the defenders stay and a new attacking team come on. If the ball goes out in the defending team's half then the roles switch and a new attacking team comes on.

**Progressions:** Add goalkeepers in the goal

## **Half Court Soccer:**

**Set-Up:** Place a line of cones 30 yards from the goal. Players are split into two teams. Only one goal is used. The team in possession must take the ball back past the line prior to attempting to score.

## **Three Team Game:**

**Set-Up:** Players split into three groups of 3-5, and a goalkeeper in each goal. Each group keeps track of their own score. Goalkeepers act as their own team. Field is divided into thirds-defensive, midfield and attacking. Place each group (X, Z & O) into a third. The group Z in the midfield third has the ball. Group Z chooses one goal to attack and plays against the group X in that third. The group O at the other end is resting. Only the group in possession of the ball may enter the midfield third. If



group Z scores they keep the ball, go back to the midfield third and attack the group O goal. If the defending group X wins the ball and gets it into the midfield third then group Z stays in the final third and group X now attacks against group O.

### **Thirds Game:**

**Set-Up:** Divide field into thirds. Equal number of players from both teams in each third. Defenders can keep possession and pass to midfielders. Midfielders keep possession and pass to forwards. Forwards try and score.

**Progressions:** Midfield players can also score. Defender who passes to midfield can go into midfield third. Midfield player who passes ball to forward can go into forward third. If possession is lost, players must return to their original third. One defender can dribble into midfield third. One midfielder can dribble into forward third. If possession is lost, players must return to their original third. Midfield players can only make passes to each other or to players in the zone that passed the ball to them to encourage accurate balls to forwards from the back.

### **Breakaway Game:**

**Set-Up:** Field is split into 3 with a goal and goalkeeper at each end. Players are split into 2 teams and play against each other in the middle grid. Once a minimum of 5 consecutive passes is made, the player in possession of the ball can pass, or dribble the ball out of the middle grid and attempt to score on the opponent's goal against the goalkeeper. A Defender is allowed to chase the attacker as soon as the attacker makes his first touch on the ball in the attacking grid. Offside is the sidelines of the middle grid.

**Progressions:** Once attacking player touches the ball, all players are allowed into the zone.

### **Possession or Counter Attack:**

**Set-Up:** Place a goal at each end of the field with a goalkeeper in each goal. One team consists primarily of defenders and midfielders, and focuses on possession. The other team has mainly strikers and attacking midfielders, and focuses on counterattacking. The possession team earns 1 point for completing 10 consecutive passes. The counterattacking team can shoot at either of the two goals, and earns 1 point for each goal scored.

**Progressions:** Impose a 15 second shot clock for counterattacking team to shot within.

### **All Up and All Back:**

**Set-Up:** Players split into two teams. Place a few cones down to mark the half way line of the grid. For a goal to count all field players of the attacking team must be over the halfway line. If any of the field players are not over the halfway line and in the opponent's half of the field then the goal does not count and a goal kick follows.

**Progressions:** When a goal is scored against the defending team, the defending team must have all of their players in their half of the field or the goal counts double.

### **Man to Man:**

**Set-Up:** Players are split into two teams and are paired with an opposite player. A scrimmage is played but only players in pairs can tackle each other.

**Progressions:** Pairs are doubled, so 2 players can tackle 2 players

### **No Talking Scrimmage:**

**Set-Up:** Players split into 2 teams and scrimmage but may not speak, and only use non-verbal cues to communicate (eye contact, clapping hands, pointing, etc.). Talking is considered a "foul" and results in an indirect free kick for the opponent.



### **Play the Score (Scenarios):**

**Set-Up:** Create different scrimmage scenarios for your players. For example, 10 minutes to go and 1-0 down, 1-0 up. 2-0 down and must tie, players been sent off etc.

### **Organizing Free Kicks:**

**Set-Up:** Place several balls randomly outside the penalty area. Split players into 2 teams ensuring the defending team has 11 players. Call out one of the balls to indicate a free kick situation at that position. The keeper and defending team communicate to each other and organize their positions. As soon as the team is positioned correctly, indicate a free kick at a different ball.

**Progressions:** Attacking team attempts to score from the free-kick.

### **Shadow Training:**

**Set-Up:** 11 players in their positions and ball in keeper's hands. Use full field and start play by having your keeper throw the ball to a supporting defender. Work through various combinations of passes and runs specific to your formation.

**Progressions:** Add in opposition players and continue. Allow opposition to possess the ball and work on team's defensive shape.

### **Defensive and Attacking Shape:**

**Set-Up:** Area has 2 10-15 yard channels. 4 defenders and goalkeeper v 4 midfielders and 2 forwards. Midfielders try to find forwards to play off of and score.

**Progressions:** Ball must go wide after passing to a forward. One defender can enter the channel. When ball is passed to midfielder in channel, a player must over lap the midfielder. If defenders win the ball then they look for an accurate pass to the coach for 2 points, or dribble out of the top of the area for 1 point.