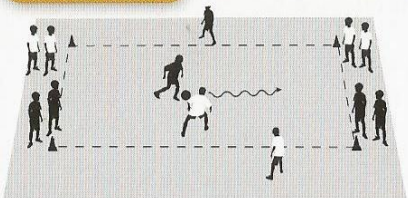


LINE TO LINE

1 v 1, 2 v 1, defense

DRIBBLING



Where they go: Two equally-numbered teams. Half Team A and Half Team B on one end of 20x10 yard grid. Other halves of each team on other end.

- One player looks to beat opponent to opposite line while in control of ball, (one point).
- If successful, teammate starts and repeats drill in other direction. Defender stays in until ball is stolen and taken back to start line. Teammate then takes on player who just lost ball and now is defender.

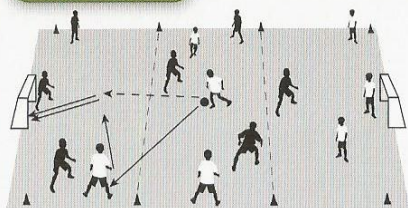
Key Point: Each team has one player on sideline available for wall passes making it 2v1, (only allowed one touch).

Make it a Game: Which team has most points after 10 minutes?

THREE ZONES

Passing, shooting, spacing

PASSING



Where they go: Regular field divided into 3 zones. Goal at each end of field. (Goalkeeper optional).

- Each team plays 1 v 2 in its offensive zone. Middle zone is 3 v 3. Players can move into next zone if they have passed ball there.
- Defensive and middle zones are 2-touch, but offensive zone is unlimited touch.

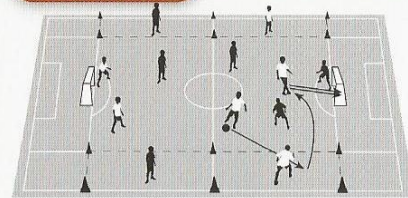
Key Point: Defenders need to be aware of players coming in late on weak side.

Make it a Game: Keep track of goals scored.

WING CROSS

Crossing, spreading out

SHOOTING



Where they go: Create field, about 2/3 size of standard field, with goals and corridor on each wing. Each team puts player, (winger), in attacking half of corridor.

- Teams try to get ball to winger. Winger crosses, (passes toward goal). Only goals coming directly from cross, or one pass after cross, count.
- All players, except opposing wingers, must be in attacking zone for goal to count. If defenders are not in defending zone when goal scored, goal counts 2. (Advanced)

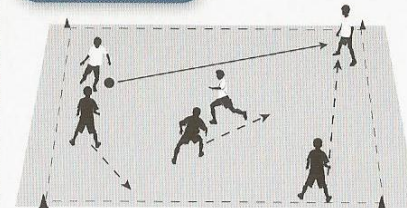
Key Point: Crosses must be high-quality and attacking players ready to time them.

Make it a Game: Play short games with new wingers each time.

PRESSURE, COVER, BALANCE

Team defense

DEFENSE



Where they go: 3v3 in wide grid.

- Emphasis on defenders stopping opposition from getting past goal line. Defender nearest ball pressures and middle defender covers to guard against player with ball or pass.
- Defender furthest away is called Balancing Defender and is ready to go to ball if passed to weak side. (Diagram).

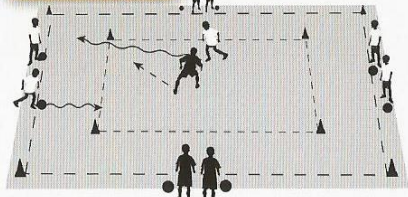
Key Point: Balancing Defender must not get dragged in too close so that pass can beat all three defenders.

Make it a Game: Thirty-second clock. Defenders must keep attackers from crossing line while in control.

CROSSOVER

Advancing ball upfield

DRIBBLING



Where they go: Build large grid, (25 x 25) with smaller grid, (20 x 20) inside. Half of Team A on east side of large grid, half on west. Half of Team B on north side, half on south.

- Player from Team A advances ball toward teammates on other side. Player from Team B defends. When dribbling player gets across far line of small box, teammate takes over and goes in opposite direction.
- Defender who steals ball goes towards teammates on north or south end. Player who lost ball now defends.

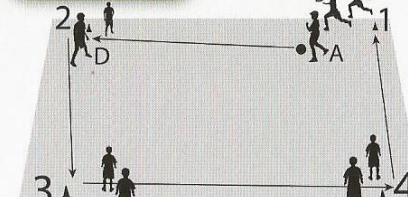
Key Point: Players start outside large square. Only defend in small square.

Make it a Game: One point for each time line is crossed. First team to 10 wins.

OVERLAPPING DRILL

Leading passes, conditioning

PASSING



Where they go: In grid of 30x30 yards, have minimum of 2 players at each corner with three players at corner #1.

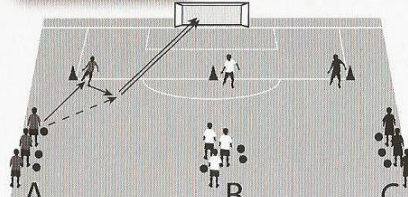
- Player A passes ball down line ahead of Player B who tries to catch up while arriving at corner #2. While Player B is chasing ball, Player C is following.
- As they get to corner #2, Player C continues running toward corner #3. B controls ball and passes ahead in same, leading fashion. Player 'D', who was waiting at corner #2, now becomes overlapping player and sequence continues.

Key Point: Players should work on developing right "touch" so as not to lead too much or too little.

GIVE AND GO

Timing passes, taking proper angles

SHOOTING



Where they go: Divide group into three teams standing 5-10 yards behind penalty area. One player from each team stands at cones on edge of penalty area.

- First player from Team A passes to teammate at cone, who taps ball back so that original player running in can take shot (give and go). Shooter then becomes player at cone. Team B goes next, followed by C, and so on.
- After everyone goes, teams move clockwise to next line to practice shooting from different angles.

Key Points: Shooters coming in must time it so as not to overrun pass. Pass into cone should be firm, and tap back can be soft.

Make it a Game: Most goals for team after all three stations wins.

PARTNER TACKLE

Deciding when to go for tackle

DEFENSE



Where they go: Form 2 small-sided teams. Each player has partner on other team.

- Play regular game. When player has ball, only that player's partner is allowed to make tackle (steal ball).
- If defender attempts tackle and misses, other teammates may not defend player with ball. That player's partner must recover and get back to defend.

Key Points: Defenders must always know whereabouts of player they're marking and not get caught ball-watching. Learn when to attempt tackle and when to stay back. If defender gets beat, there is no help and attacker goes straight to goal.

Make it a Game: After five minutes, mix up teams and partners.