

50 EXERCISES

WITH VARIANTS TO HELP YOUR PLAYERS PROGRESS.



N°5 WARM-UP

DRILLS AND GAMES



Cyril VANLERBERGHE



With more than 20 years of experience in football training, I have been involved in all age categories.

I am currently an educator in Switzerland and I was a professional coach in France and in the United States (for 4 years) where I won a national title. I specialize in training young people.

Outside my activities on the football field, I devote a lot of time developing educational materials for football coaches, namely:

- Developed Soccer-Trainer: a software that allows you to create football training sessions and programs - www.soccer-trainer.com

Soccer-Trainer is recognized by the FFF and is available in 6 languages.

- **ContiWarmUp** : designed exercises and video content for the software

- Designed animations for the DVD exercises by Vestiaires-Magazine "Technique/Physique/Tactics/Mental - The 4 factors of performance !"

- Wrote : **Football - 360 exercises and games for all - U6 to Adults** available at Amphora Editions

Available Ebooks :

N°1 : Creating space - Direction of play (50 exercises and games with variants)

N°2 : First touch - Pass - Combination plays and finishing (50 exercises and games with variants)

N°3 : Dribbling - 1 vs 1 moves (50 exercises and games with variants)

N°4 : 1 vs 1 - 2 vs 2 (50 exercises and games with variants)

N°5 : Warm-up drills and games (50 exercises and games with variants)

N°6 : Speed - Coordination (50 exercises and games with variants)

N°7 : Small Sided Games with Themes (30 exercises and games with variants)

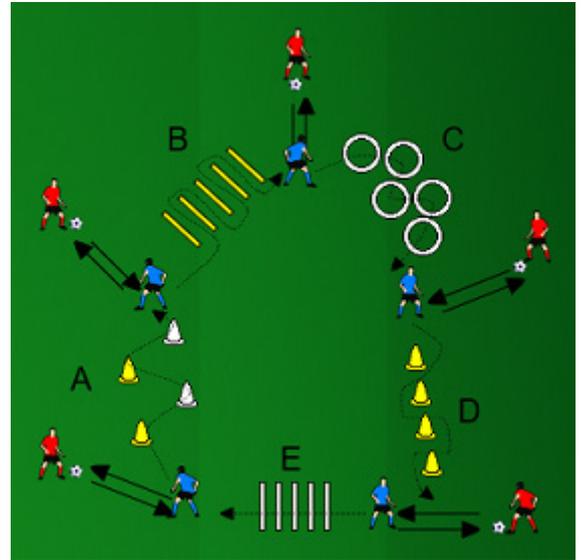
For more information, visit : www.coachifoot.com

Warm-up drills and games

The warm-up

Warming up prepares the body for the intense efforts players will have to make during the exercises, games and matches for the rest of the session.

Coachifoot offers exercises and warm-up games to help players warm up progressively. The warm-up is an integral part of a session. The goals of your session can already be addressed in the start-up phase. That's why many topics are covered and you can easily integrate these warm-up exercises into your sessions throughout the year.



Main objectives in the exercises and warm-up games:

Various technical work

Ball dribbling

Passing

First touch

One-touch play

Finesse ball touch

Juggling

Faking

Dribbling techniques

One-two.

Support and delivery

Combination of Pass

Control of pass through the air

Legend

Name of the exercise Age category for which the exercise is adapted* Minimum number of players required

4 VS 1 KEEP-AWAY

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
1	U11+		5	12	Balls, Discs.
THEME : GETTING OPEN					

Difficulty level from 1 to 5

Recommended duration

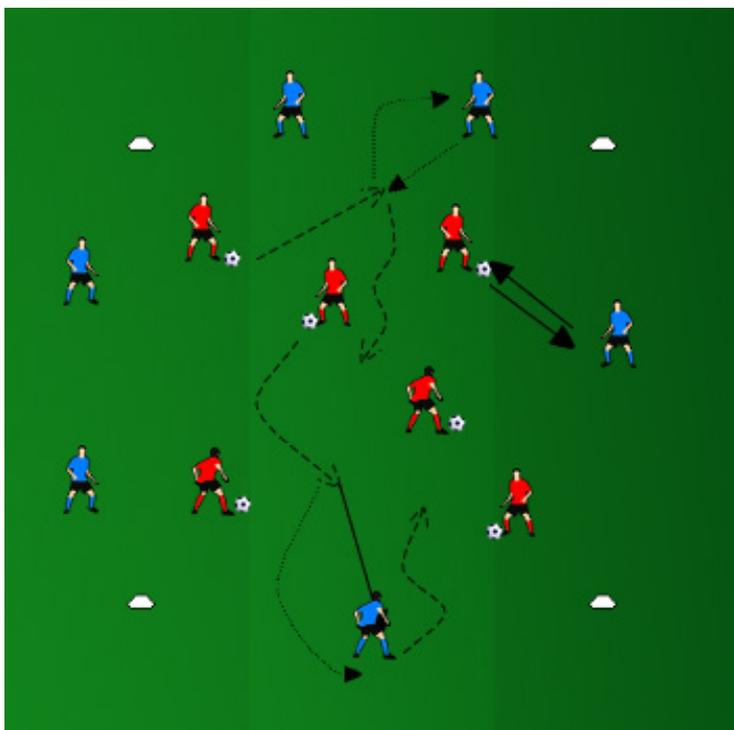
Required equipment

* **U11+** means can be adapted for all age groups from U11 and above (U13 - U15 - etc.)
Coaches must adapt exercises below to the age category and the level of the team

	Ball		Player
	Bar		Mini-goal
	Hoop		Goal
	Disc		Passing/Shooting
	Cone		Dribbling
	Agility pole		Running without a ball

TECHNICAL SEQUENCES

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
1	U9+		8	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Varied technical work
- Dribbling
- Pass
- First touch
- One touch play

EXPLANATIONS

Surface area of 20x20m. Place one or two players on each side of the field (outside).

The other players are inside the field and each have a ball.

The players dribble the ball and perform a technical sequence requested by the coach. If the action so requires, the player takes the place of the outside player and vice versa.

INSTRUCTIONS

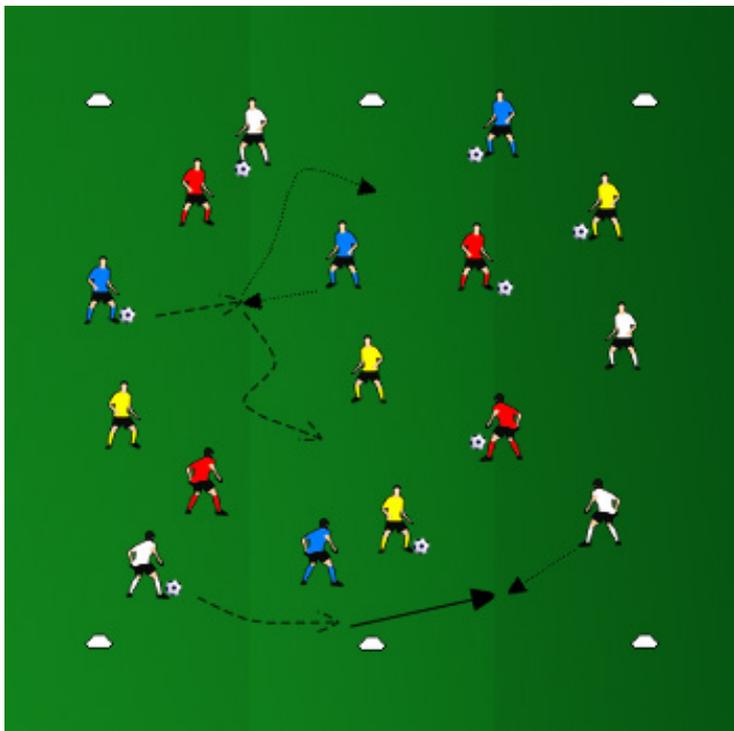
- Pass
- Support and pass, then leave the ball to the outside player
- Screen: the player goes to meet the ball carrier
- 1-2

VARIATIONS

- Pass then the outside player dribbles past the passer
- Red passes to a blue who passes to another blue who gives the ball back to Red
- Red supports and passes to Blue then Red lets the ball pass between his legs and turns around to continue

TECHNIQUE ET INFORMATION GATHERING

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
2	U7+		12	10	Balls, discs, bibs (4 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Information gathering
- First touch

EXPLANATIONS

Surface area of 25x25m. Make 4 teams. One ball for 2 players per team.
The players dribble the ball and try to pass it in good conditions to a moving partner. It can be a pass or a screen made with a partner who came to meet him.

INSTRUCTIONS

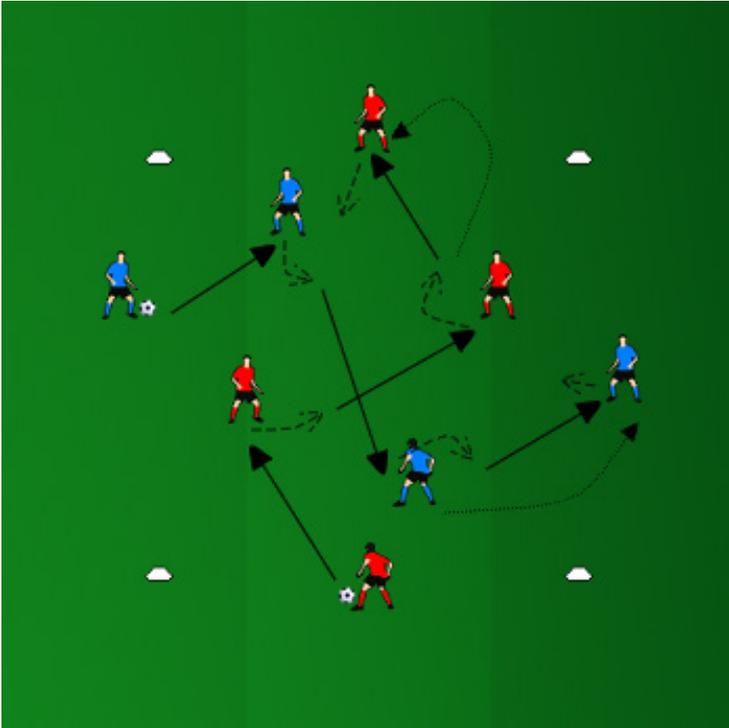
- Only pass to players on your team
- Non-ball carriers move around to offer passing solutions
- Use both feet

VARIATIONS

- Pass only to a player positioned at least 5m away from you
- Find a solution with 4 ball touches maximum
- Do not give to a player on your team

BALL MOVEMENT

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
3	U9+		8	10	Balls, discs, bibs (2 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- First touch
- Pass
- Information gathering

EXPLANATIONS

Surface area of 20x20m. Two teams of 4 players each with a ball.
Two players from each team stand on opposite sides of the field (outside). Each team passes the ball from one outside player to the other via the middle players.

INSTRUCTIONS

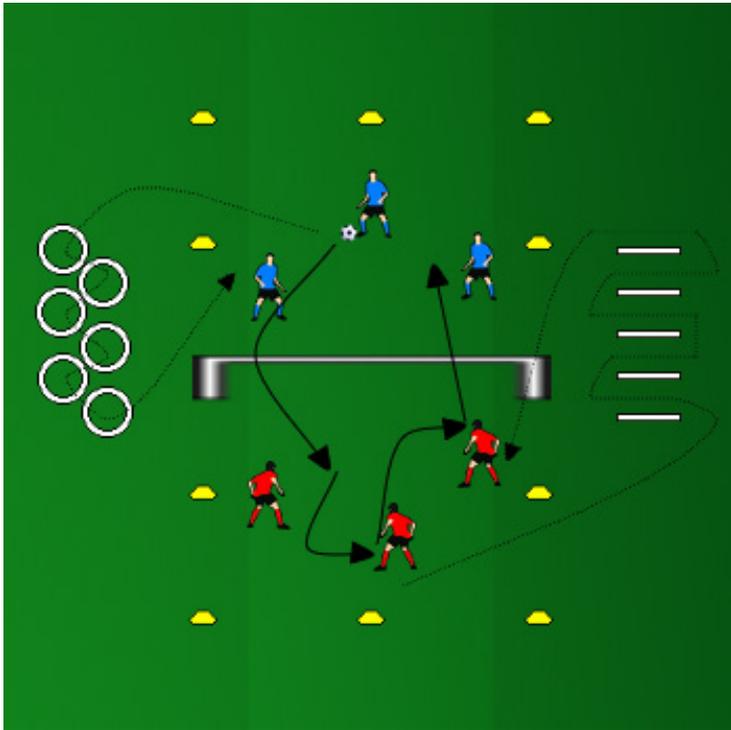
- 2 ball touches: oriented control + pass
- The player who passes to the outside partner replaces him
- Pay attention to the opposing team's ball
- Fast and accurate technical sequences

VARIATIONS

- The outside players stay put and play in support of the player who passes the ball to them
- Play with a single touch of the ball: offer passing solutions by moving to open spaces
- Add a third team: hexagon-shaped field

TENNIS-BALL

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
4	U13+	⚽⚽⚽⚽	6	10	Balls, discs, net/hurdles.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Finesse ball touch
- Control of a lifted pass
- Coordination
- Foot work

EXPLANATIONS

Surface area of 12x6m divided in two by a net. Two coordination stations on both sides of the field.

3 vs 3. After a sequence, the player will do one of the 2 coordination stations and then come back into play.

INSTRUCTIONS

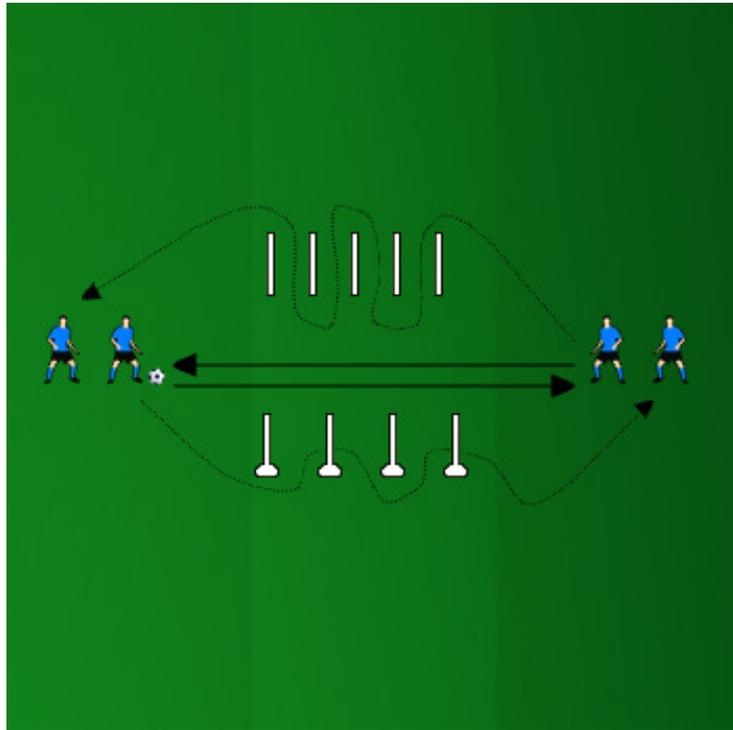
- 1 rebound is allowed
- Play as in volleyball: a maximum of 2 passes before sending the ball back
- Play with a single touch of the ball
- Stations: 1 step in the hoops; side stepping between the bars

VARIATIONS

- Change the stations: 2 steps per hoop; 2 steps between the bars; etc.
- Play with 2 ball touches

GIVE AND GO WITH COORDINATION (1)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
5	U11+		4	10	Balls, bars, poles.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Quick control + pass sequence
- Foot work
- Coordination

EXPLANATIONS

In groups of 4 players with 1 ball for 4.
Pass and cut. The player passes the ball and goes to the coordination station before going behind the last player on the other side.
The player who receives the ball controls it then passes to the opposite side before doing the coordination station.

INSTRUCTIONS

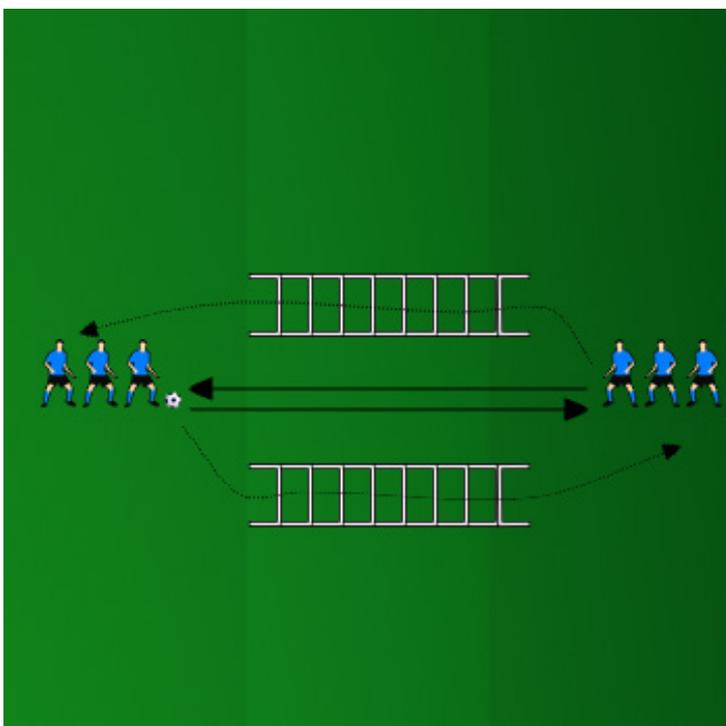
- Dribble between the poles
- Shuffle between the bars

VARIATIONS

- 2 ball touches: first touch + pass
- Play with a single touch of the ball
- Vary the coordination stations: 2 steps between the bars, backward side stepping, one step in each hoop, touch the top of the cones, etc.

1-TOUCH GIVE AND GO

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
6	U11+		6	10	Balls, échelles.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- 1-touch pass
- Foot work
- Coordination

EXPLANATIONS

In groups of 6 players with 1 ball for 6. Pass and cut. The player passes the ball and does the footwork requested by the coach on the ladder before going behind the last player on the opposite side.

The player who receives the ball, passes without controlling to the next player and then goes through the coordination ladder.

INSTRUCTIONS

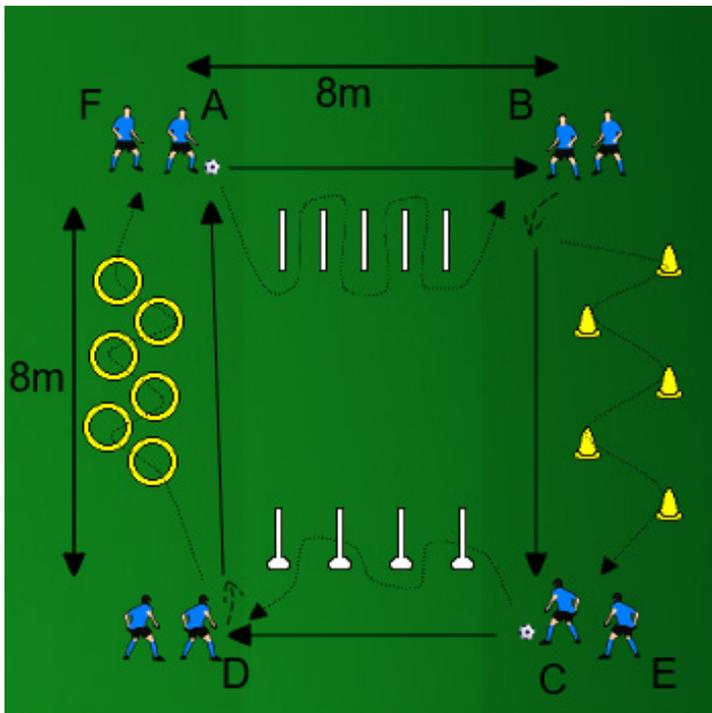
- Play with a single touch of the ball
- Be ready to attack the ball
- Make 2 quick steps in each space of the ladder

VARIATIONS

- 1 step in each space
- 2 lateral steps in each space
- 2 ball touches: control + pass

GIVE AND GO WITH COORDINATION (2)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
7	U11+	⚽⚽⚽⚽	8	10	Balls, poles, bars, cones, hoops.
THEME: TECHNICAL EXERCISE					



OBJECTIVES

- Quick control + pass sequence
- Foot work
- Coordination

EXPLANATIONS

Groups of at least 8 players.
Set up the stations as shown in the picture.
A passes to B who controls and passes to E. At the same time, C passes to D who controls and passes to F.
After passing, the players go to the coordination station before moving on to the next station.

INSTRUCTIONS

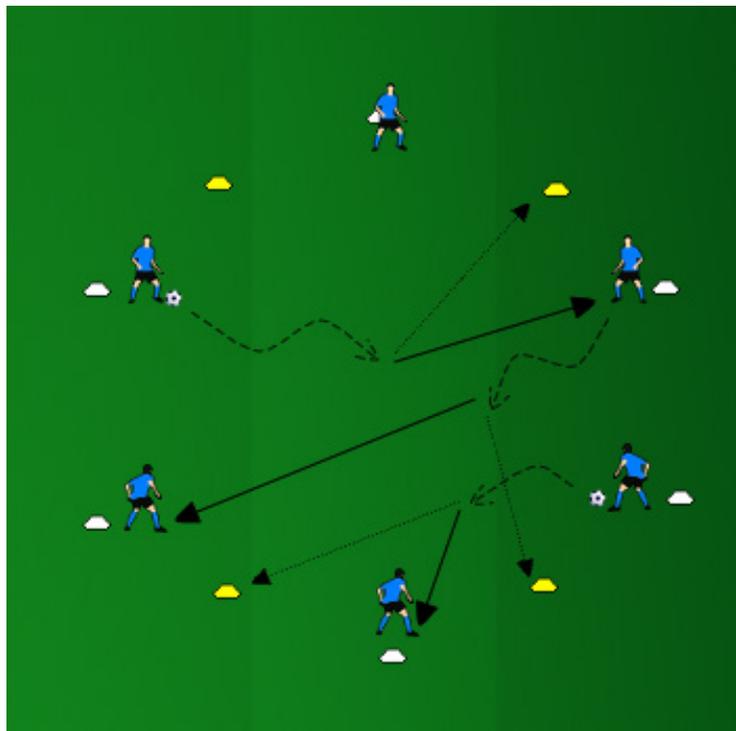
- 1 step in each hoop
- Shuffle between the bars
- Touch the top of each cone
- Dribble around the poles

VARIATIONS

- Give and go the other way: A passes to B and goes toward the station near D
- Change the drills to do at the stations: backward side stepping, slalom between the cones, 2 steps between the bars, etc.
- Change the stations

DRIBBLING AND PASSING SEQUENCE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
8	U9+		6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling + Pass
- Coordination
- Fakes

EXPLANATIONS

In groups of 6 players with 2 balls. Place the discs as shown in the image. The players form a 12m diameter circle.

A player with a ball dribbles and passes to a player without a ball and stands in front of a free disc.

INSTRUCTIONS

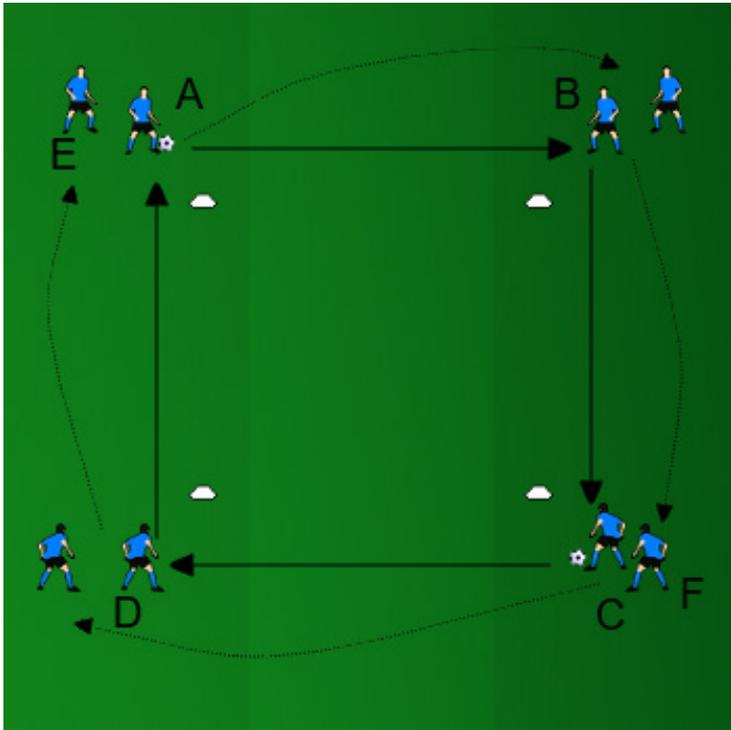
- Start the game with 1 ball and then play with 2 and then 3 balls
- After passing, the gets back into his initial position by shuffle, knees up, heels to buttocks, defensive steps, cross steps, etc.

VARIATIONS

- Perform a fake before the pass
- 2 ball touches: control + pass
- A player without a ball asks for the ball when he enters the circle

FIRST TOUCH AND PASS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
9	U11+		8	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Pass
- One touch play
- Quick control + pass sequence

EXPLANATIONS

15x15m square. The players are 2m away from the disc outside the square.

A passes to B who passes to C with a touch of the ball. At the same time, C passes to D who gives to E.

After their pass, the players move to the next disc.

INSTRUCTIONS

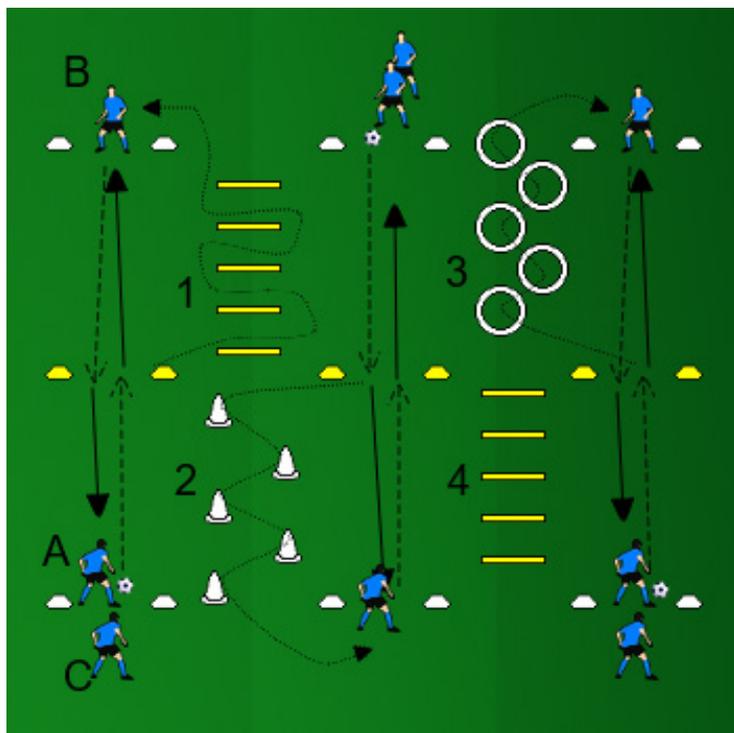
- Receive the ball outside the square
- Play with a single touch of the ball if possible
- Focus on pass quality

VARIATIONS

- Pass in one direction and run in the opposite direction
- 2 quick ball touches: first touch + pass

DRIBBLING, PASSING AND COORDINATION

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
10	U9+		9	10	Balls, discs, cones, bars, hoops.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Foot work
- Coordination

EXPLANATIONS

In groups of 3 players with one ball for 3.
Set up coordination stations between each groups, as shown in the picture.
A dribbles the ball, passes to B and then goes through the station before going to B.
B dribbles and passes to C before going through the coordination station and going to C.

INSTRUCTIONS

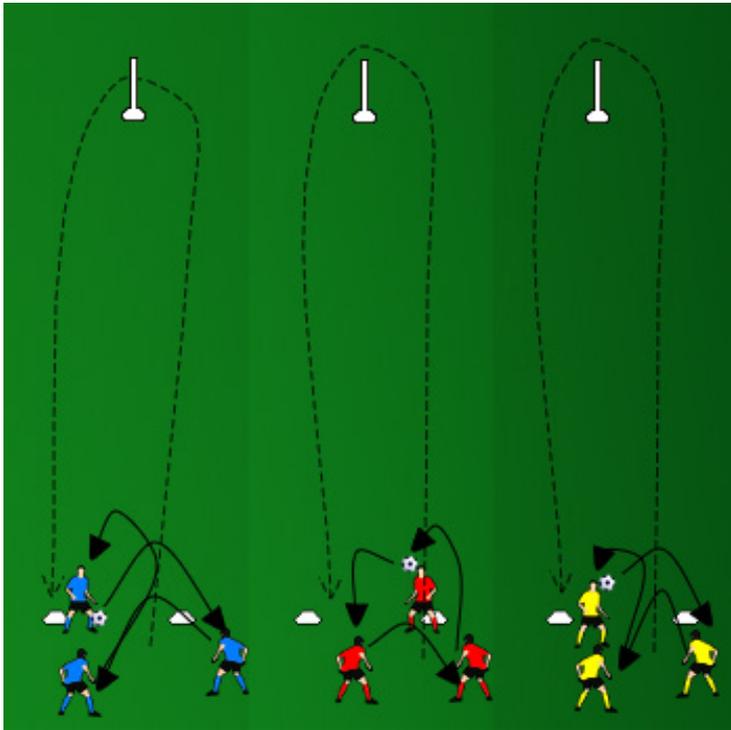
- 1 : shuffle
- 2 : touch the top of the cones
- 3 : 1 step per hoop
- 4 : 2 quick steps between each bar

VARIATIONS

- Change the coordination stations
- Add a fake before the pass

TEAM JUGGLING

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
11	U13+	⚽⚽⚽⚽⚽	6	10	Balls, discs, poles.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Finesse ball touch
- Teamwork

EXPLANATIONS

Teams of 3 players with 1 ball per team. The teams stand behind the starting line. Place one pole per team 20m away from the starting line.

Teams must keep the ball in the air, walk around their pole and return to the starting line without dropping the ball.

INSTRUCTIONS

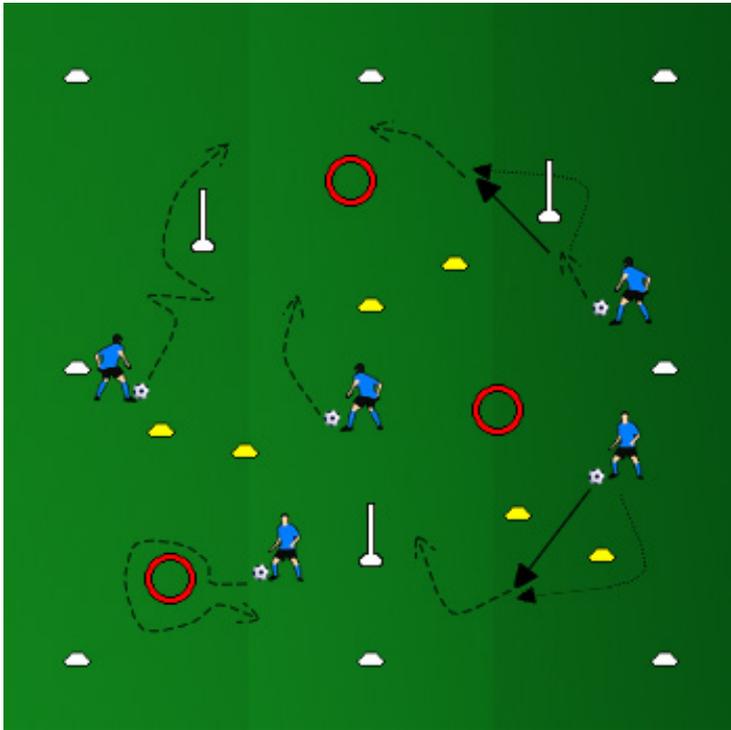
- Maximum 3 ball touches per player
- If the ball falls, return to the starting line and start again

VARIATIONS

- 1 ball touch
- Use specific body parts (right foot, left foot, head)
- Same drill but with 2, 4 or 5 players

BALL CONTROL (1)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
12	U7+		6	10	Balls, discs, poles, hoops.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Ball control
- Pass
- 1 vs 1 moves

EXPLANATIONS

20x20m surface area with some poles, hoops and 2m doors.

Each player dribbles a ball.

Players score a point each time they correctly perform a technical dribble in front of an obstacle.

INSTRUCTIONS

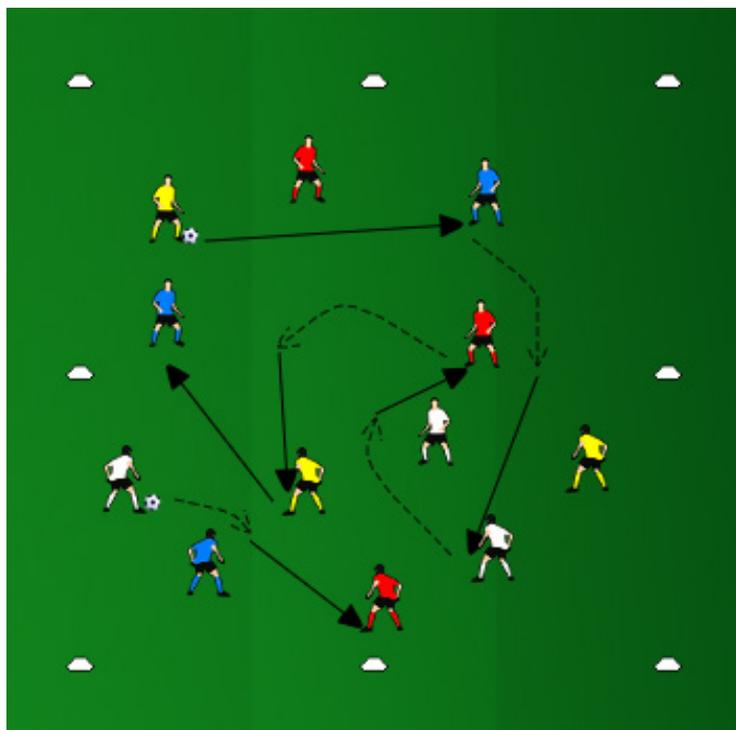
- Make a move to beat a pole
- Kick the ball past the pole to beat it
- Nutmeg the doors
- Dribble around the hoops

VARIATIONS

- Use right and left foot
- Add other obstacles: avoid a forest of discs, pass under a hurdle and jump over it, etc.

BALL TRANSMISSION

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
13	U9+		12	10	Balls, discs, bibs (4 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Information gathering
- Make yourself available

EXPLANATIONS

Surface area of 25x25m. Four groups of players of different colors (4 colors). Put 1 then 2 and finally 3 balls in play. The players pass the balls in a specific order.

INSTRUCTIONS

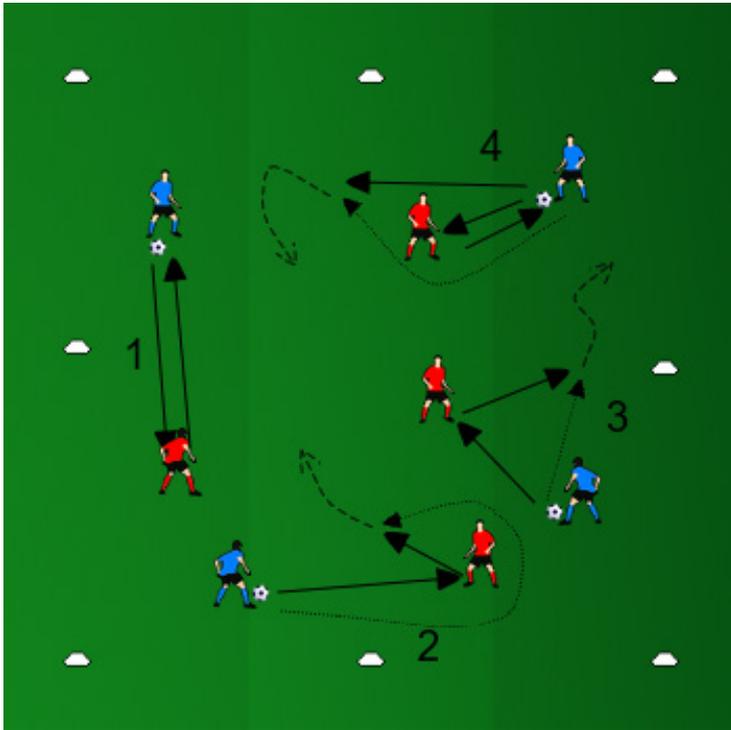
- A yellow always passes to a blue
- A blue always passes to a white
- A white always passes to a red
- A red always passes to a yellow

VARIATIONS

- Dribble the ball right up to the player's feet
- Pass the ball at least 5 meters away from the player
- Vary the passing order

DRIBBLING AND PASS (1)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
14	U9+		6	10	Balls, discs, bibs (2 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- One-two
- Support and pass

EXPLANATIONS

Surface area of 20x20m. Form 2 teams.
The blues each have a ball and the reds don't have a ball.
Blue and red move around the field and follow the orders of the coach. Switch roles every 3 minutes.

INSTRUCTIONS

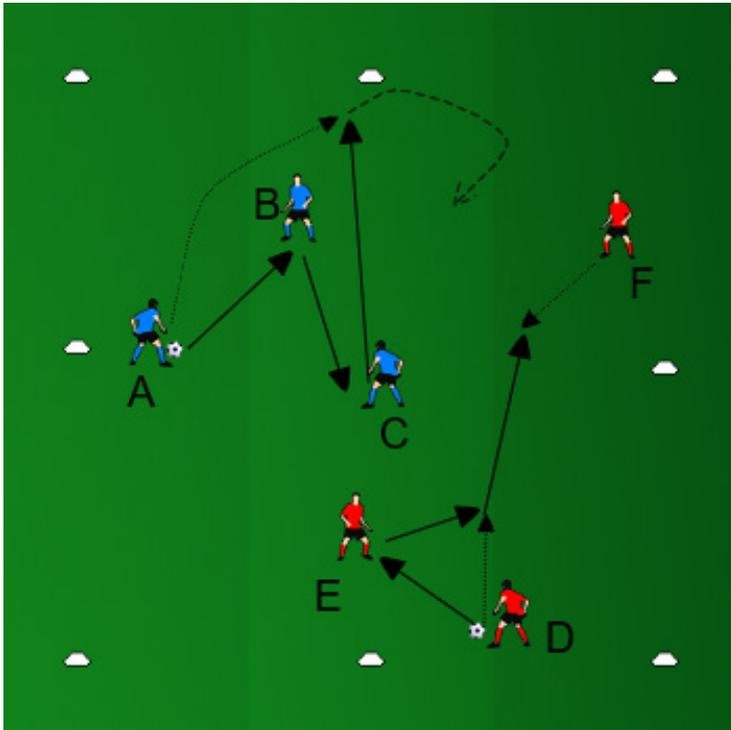
- 1 : support and pass
- 2 : Blue passes to Red, runs behind him and Red makes a lead pass to Blue
- 3 : one-two
- 4 : support pass followed by a kick past Red to beat him

VARIATIONS

- Add other sequence: Blue nutmegs Red, screen between the 2 players, Blue beats Red with a dribble (Red is passive)

3-MAN PLAY

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
15	U13+		6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- 3-man play
- Pass combination
- Off ball movement to offer solutions

EXPLANATIONS

Form groups of 3 players with a ball for 3. The players play on the field while maintaining control of the ball. They do the combination of passes ordered by the coach.

INSTRUCTIONS

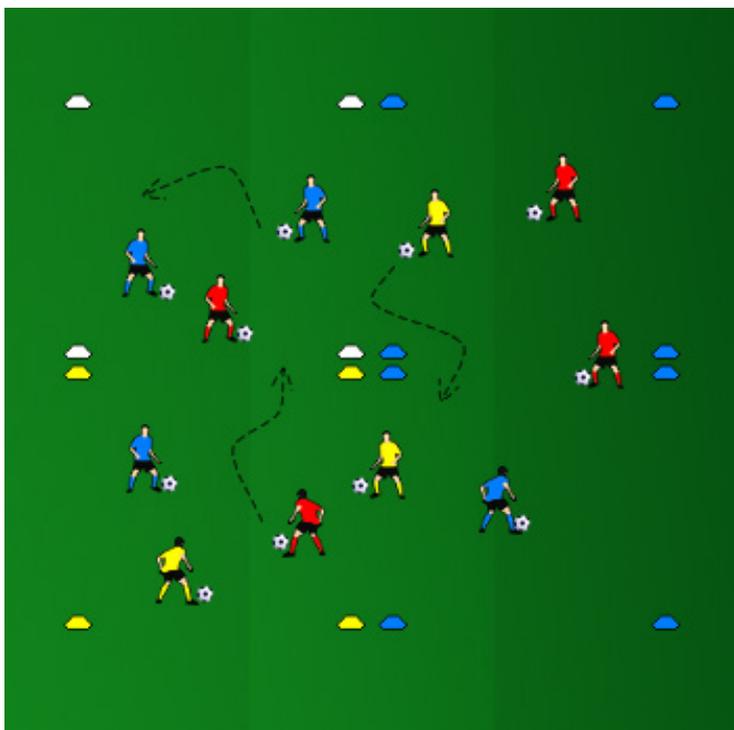
- A passes to B and runs behind his back. B passes to C who makes a lead pass to A
- 1-2 between D and E then pass to F who's running deep
- Support and then pass to the third player

VARIATIONS

- Other combinations of passes
- Put 3 mini-goals on the field: end the 3-man game with a goal

TECHNICAL DRILLS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
16	U7+		6	10	Balls, discs, bibs (3 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- 1 vs 1 moves
- Change of pace

EXPLANATIONS

Surface area of 20x20m divided into 4 areas. Every player has a ball. Divide players into 3 colors.

The players move around the field and follow the instructions given by the coach.

INSTRUCTIONS

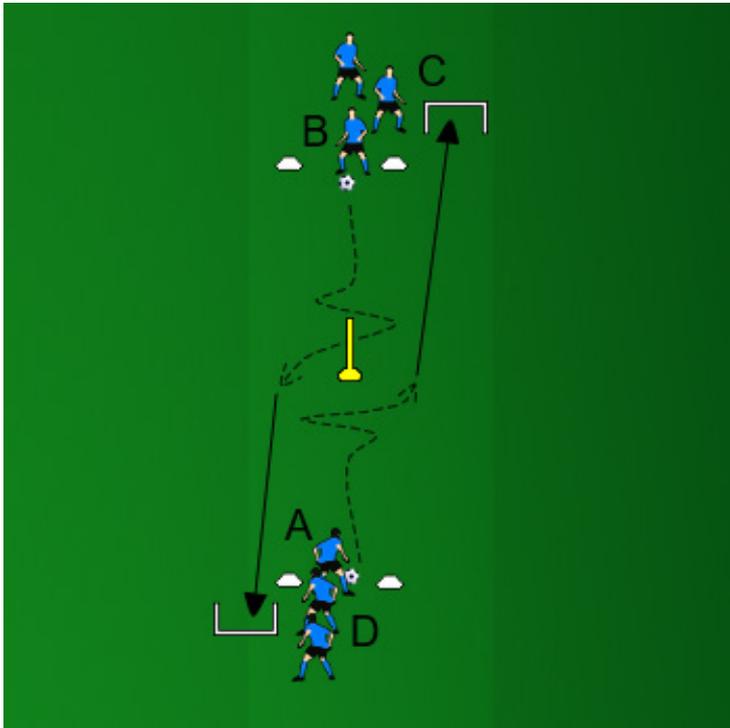
- Dribble with the right foot, then the left, then the sole, etc.
- At the whistle, exchange the ball with another player (then only with a player of the same color)
- Kick the ball past another player to beat him
- Stop the ball in one area and recover a ball in another (if possible)

VARIATIONS

- Dribble only in the white area (same as other colors)
- Players of the same color must dribble their ball behind each other and move from one area to the other
- Quick dribbling to avoid other players; etc.

1 VS 1 MOVES AND PASS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
17	U9+		6	10	Balls, discs, 1 pole, 2 mini-goals.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- 1 vs 1 moves
- Passing/Shooting

EXPLANATIONS

Groups of 6 players with 2 mini-goals. Dribble the ball, beat the pole with a dribble and then shoot on goal. B does the same on the other side. C and D collect the balls from the goals and do the same. A and B go back behind the opposite line.

INSTRUCTIONS

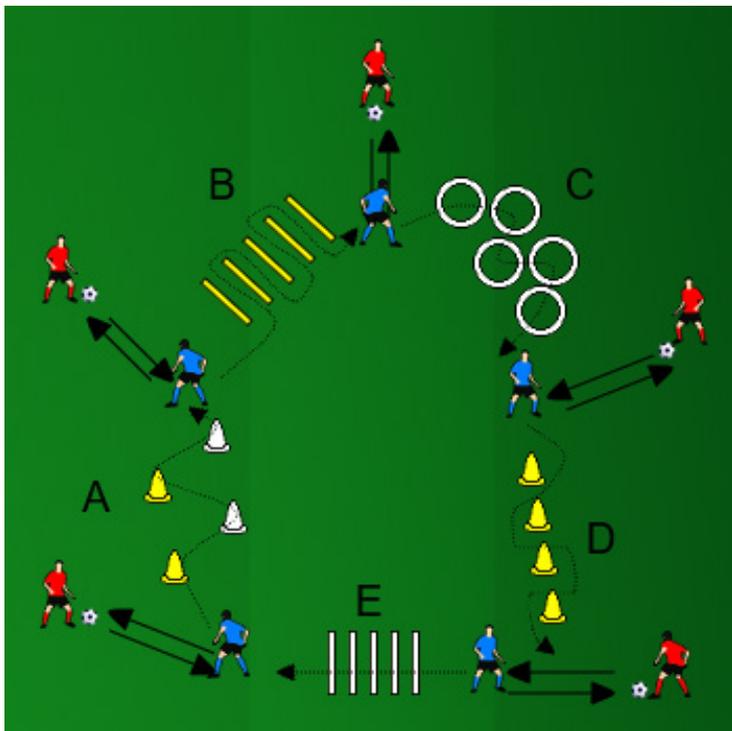
- Work on the different dribbling techniques (Faking, hooks, rakes)
- Fast 1 vs 1 moves + pass sequence
- Gradually passing the ball with more power
- 1 point per goal scored

VARIATIONS

- After dribbling in front of pole, A passes to B and B to A: A and B shoot on goal with a single touch of the ball

SUPPORT PASS AND COORDINATION

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
18	U11+		10	10	Balls, discs, bars, hoops, cones, bibs (2 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Pass
- Support and pass
- Foot work
- Coordination

EXPLANATIONS

Set up coordination stations as shown in the image. Two teams of 5 players.

The players form a pentagon of 10m on each side.

The reds have the ball. Red passes to Blue who gives it back to him with a single touch of the ball. Blue then goes through the coordination station and then receives the pass from the next red player. Switch roles.

INSTRUCTIONS

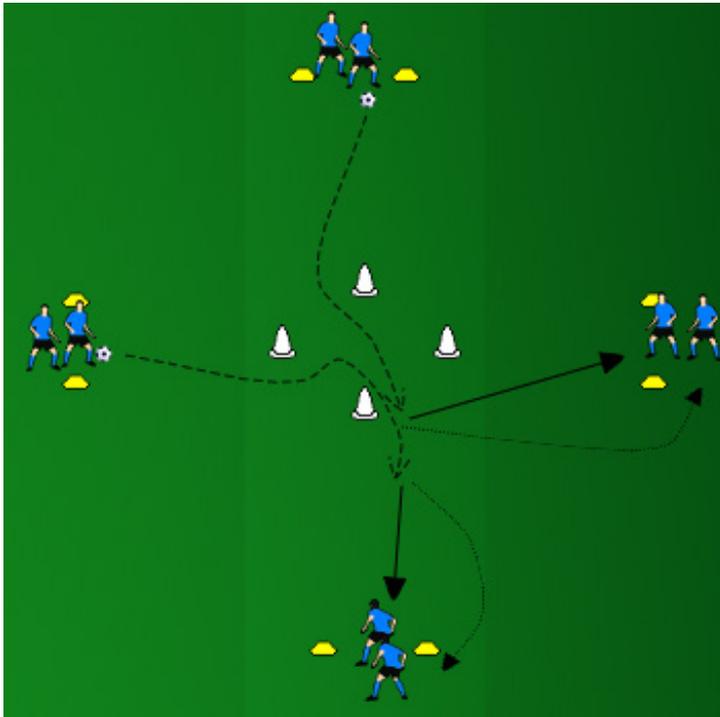
- A : touches the top of each cone
- B : shuffle
- C : 1 step per hoop
- D : slalom
- E : 2 quick steps between the bars

VARIATIONS

- Red has the ball in his hands and throws it to Blue who sends it back in one touch
- Pass it back in 2 touches; header; soft touch + pass; etc.
- Change the stations

DRIBBLING AND PASSING (2)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
19	U7+		8	10	Balls, discs, cones.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Warm-up routine

EXPLANATIONS

Two players are placed at each yellow door. These doors are located 10m from the middle area.

Players with a ball dribble through the middle area and pass to a player without a ball as soon as they leave the area.

INSTRUCTIONS

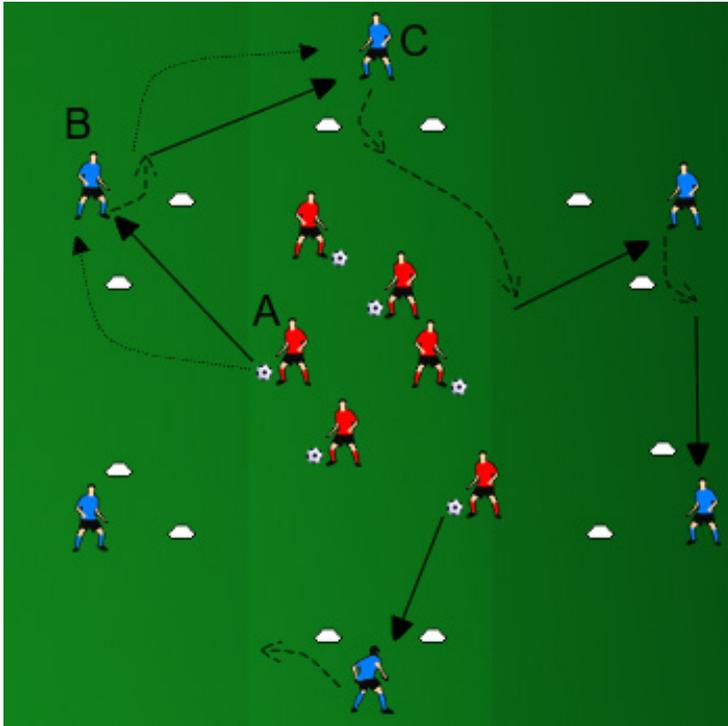
- The player goes to the line of the player to whom he passed the ball
- Get back in position by doing the warm-up movements (knee up, buttock heels, shuffle, etc.)

VARIATIONS

- Go to the opposite side after the pass
- Play with 3 balls at the same time

FIRST TOUCH AND PASSING EXERCISES

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
20	U11+		12	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- First touch

EXPLANATIONS

6x 2m wide doors are placed on the field behind which a player without a ball is placed. Players with balls move through the middle space. The player dribbling the ball passes to a player without a ball through the door. The player controls towards another outside player and passes the ball to him. The latter controls and dribbles his ball into the middle space.

INSTRUCTIONS

- Take the position of the player to whom you are passing the ball
- The outside players stand 2 m behind the door
- Work with both feet

VARIATIONS

- A passes to B who passes to C who passes to A who asks for the ball again

BALL CONTROL (2)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
21	U7+		4	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- 1 vs 1 moves
- Pass

EXPLANATIONS

Surface area of 20x20m with 5x 2m wide doors.
Each player has a ball.
They dribble the ball and follow the coach's instructions.
One point per sequence performed correctly.

INSTRUCTIONS

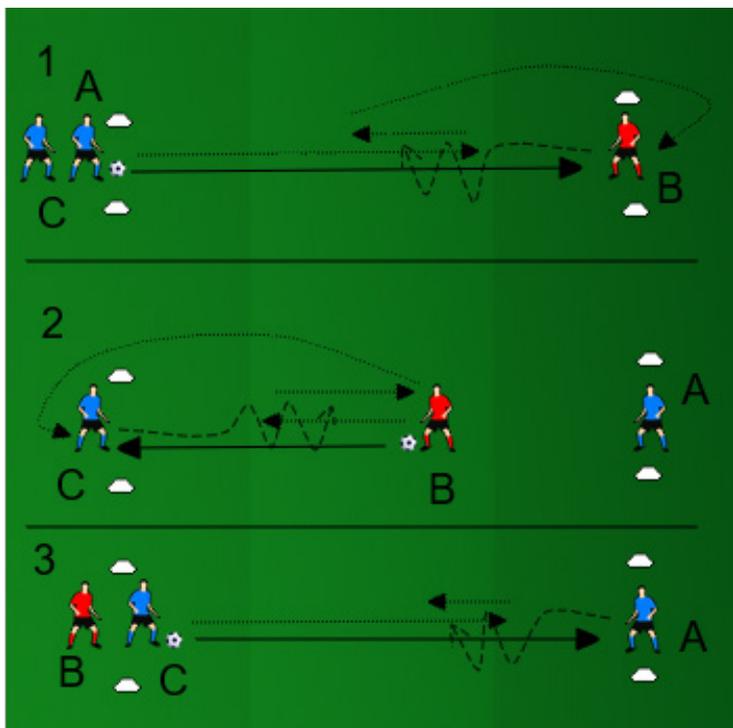
- Bypass a disc
- Dribble through doors
- Leave the ball in one door and retrieve another
- Do a 1 vs move 1 in a door to change direction

VARIATIONS

- Stop the ball in a door and do warm-up movements when you collect another ball
- Swap your ball with another player through a door
- Do a nutmeg or kick the ball past another player to beat him

GIVE AND GO + DEFENSIVE STANCE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
22	U11+	⚽⚽⚽⚽	6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Pass
- First touch
- Fakes
- Defensive stance

EXPLANATIONS

Groups of 3 players with a ball for 3. 20m between discs.

A passes to B then runs towards B with a proper defensive stance for a few meters then takes B's place.

While A is in his defensive stance, B makes a fake and then passes to C. B will then get in his defensive stance in front of C. C does a fake, etc.

INSTRUCTIONS

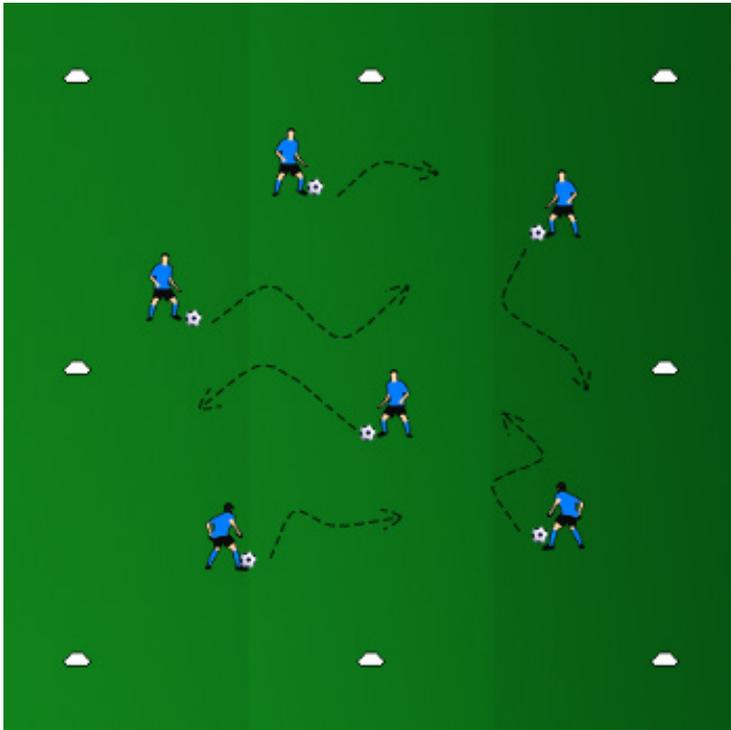
- The image describes the exercise in 3 steps
- Passive defensive stance moving backward without trying to take the ball
- A does a series of fakes without trying to overrun A
- After a few meters, A continues his run forward and B passes to C

VARIATIONS

- Add a player D behind B: A tries to intercept after being in a defensive stance. If A does not intercept the ball, the exercise carries on. If A intercepts it, then A passes to D and places himself behind D. The exercise continues with D passing to C and defending on C.

BALL CONTROL (3)

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
23	U7-U9		6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Ball control
- Stop the ball

EXPLANATIONS

Surface area of 15x15m.
Each player has a ball.
The players dribble the ball. At the whistle, they stop the ball with the body part requested by the coach.

INSTRUCTIONS

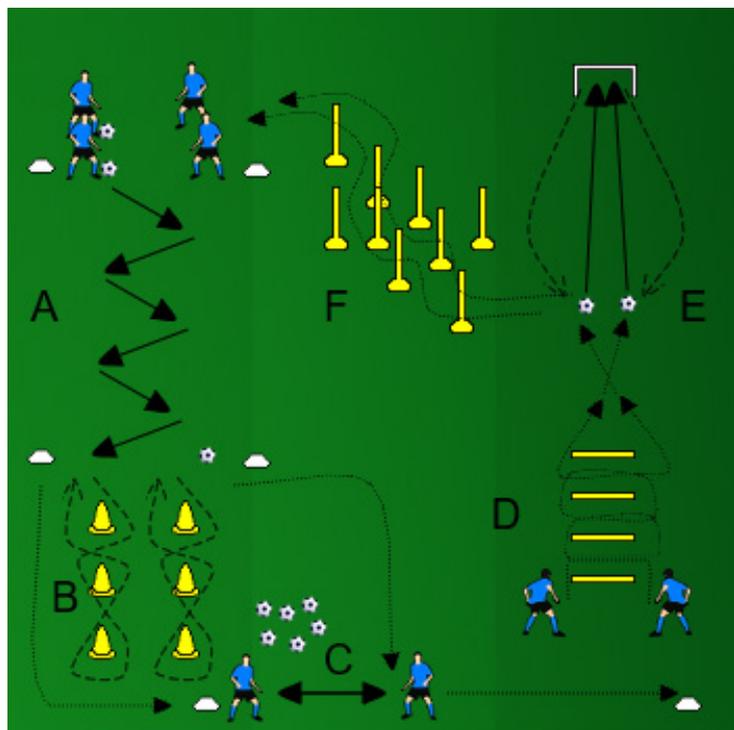
- Stop with the right foot
- Stop with the left foot
- Stop with the forehead
- Stop the ball by sitting on it
- Stop with the knee

VARIATIONS

- Stop with the back
- Stop with the belly
- Etc.

2-MAN TECHNICAL COURSE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
24	U11+		4	10	Balls, discs, cones, poles, bars, 1 mini-goal.
THEME: TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Foot work
- Coordination

EXPLANATIONS

Set up the course as described on the image. Additional balls if necessary. The players begin the course with a partner. Start at several points along the course to reduce waiting time.

INSTRUCTIONS

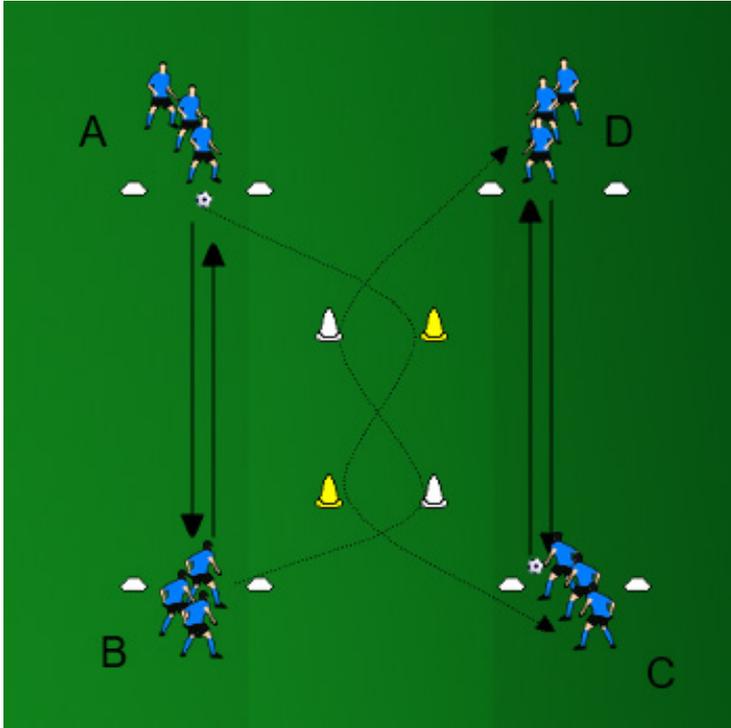
- A: One-touch passes
- B: slalom dribbling with a ball each; round trip course then slalom without the ball to go to C
- C: 2-man passing game(one player moves forward, the other goes back), then passes the ball to the ball pile
- D: side steps
- E: shoot on goal and then get the ball back
- F: go through the pole forest to go back to the start

VARIATIONS

- Change partners
- Change stations (passing, dribbling and coordination)
- Time the partners: complete the course as quickly as possible while maintaining technical quality

DOUBLE GIVE AND GO

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
25	U11+		8	10	Balls, discs, cones.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Pass
- One touch play
- Warm-up routine

EXPLANATIONS

Set up the exercise as shown in the picture.
10m between the discs. 6m between the cones of the same color.

Two “passes and cuts” at the same time: after passing, the player side steps between the cones of the same color and then goes behind the opposite diagonally line.

INSTRUCTIONS

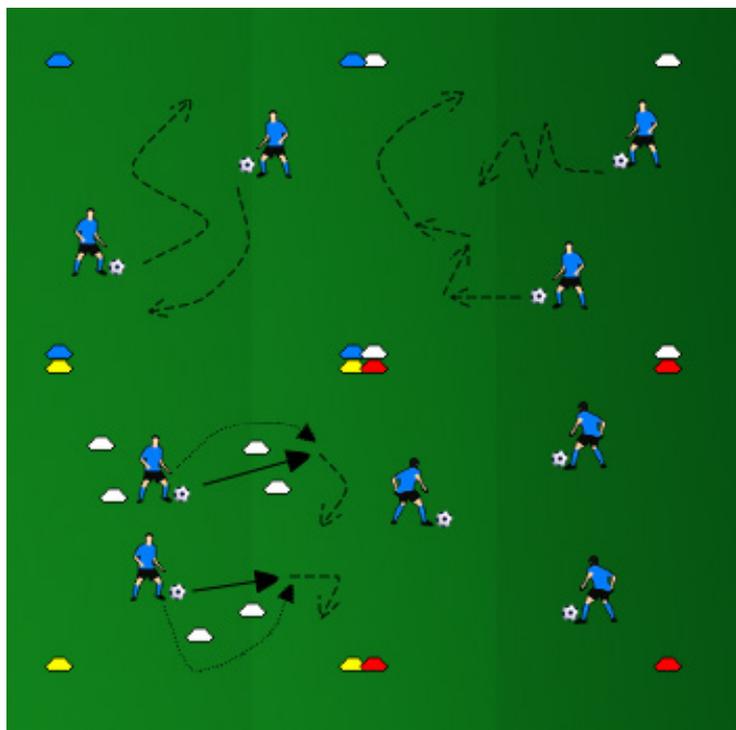
- A passes to B then side steps between the yellow cones and goes to C
- At the same time, C passes to D and then side steps between the yellow cones and goes to A
- Always be ready and focus on each pass

VARIATIONS

- Vary the warm up movements to do between the cones

BALL CONTROL WITH AREAS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
26	U7-U13		6	10	Balls, discs, cones.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- 1 vs 1 moves
- Control of the ball with the different contact surfaces

EXPLANATIONS

Surface area of 20x20m divided into 4 areas. The players each dribble a ball and must follow the instructions according to the area in which they are located. They move freely.

INSTRUCTIONS

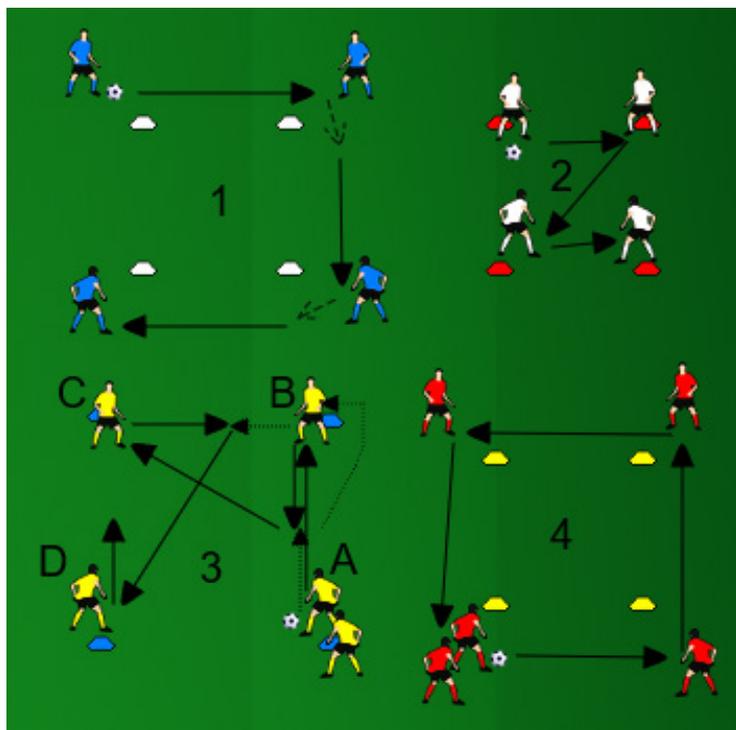
- Blue area: fast dribbling
- White area: a series of dribbles (fakes, hooks, rakes)
- Yellow area: nutmeg on doors and kick the ball past a door to beat it (1m wide)
- Red area: dribble only with the sole

VARIATIONS

- In an area: leave your ball and do the warm-up movements (shuffle, cross steps, etc.)
- In an area: dribble only with the weak foot
- In an area: slalom between the cones

PASSING STATIONS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
27	U9+		8	12	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Pass
- One touch play
- First touch + pass sequence

EXPLANATIONS

Set up several pass stations.
Groups of 4 or 5 players per station.
Each group plays for 3 minutes at a station and then goes to the next.

INSTRUCTIONS

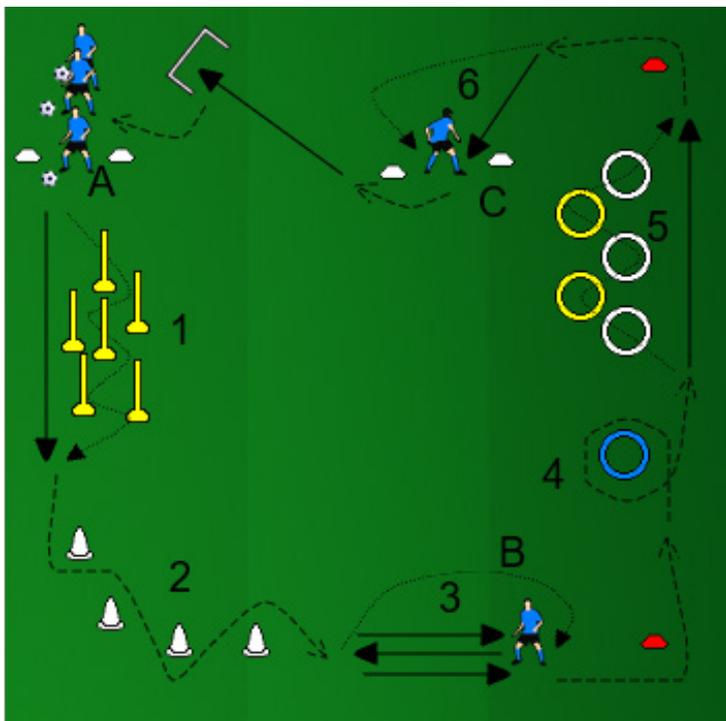
- 1: control + pass to the next player. Everything is done outside the 6x6m square
- 2: free passes without control inside the 5x5m square
- 3: A passes to B who passes to A. A passes to C. C passes to B who passes to D. Move after the pass
- 4: passes with a single touch of the ball outside the 6x6m square. Follow your pass

VARIATIONS

- Do the same exercises in groups of 3 (triangle formation)
- Let the players know which foot to work with

TECHNICAL COURSE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
28	U9+		8	10	Balls, discs, poles, hoops, cones, 1 mini-goal.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Foot work

EXPLANATIONS

Set up the course as shown in the image.
1: pass to yourself and then cross the forest of poles
2: enter the slalom when A finishes the slalom
3: double support pass and take B's spot
4: B dribbles around the hoop
5: B passes to himself and makes 1 step per hoop
6: B passes to C who controls and shoots on goal. B takes C's spot. C goes to the starting position.

INSTRUCTIONS

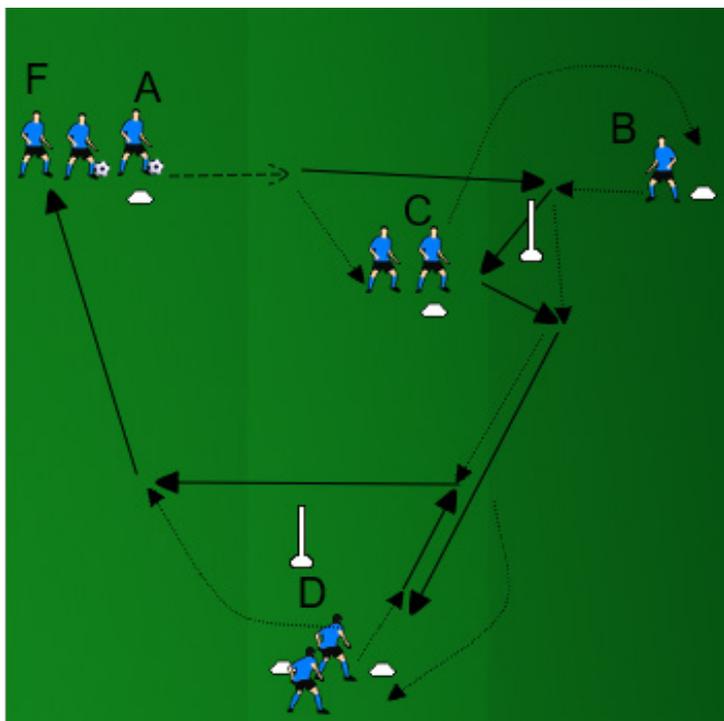
- Keep control of the ball
- The next player starts the course

VARIATIONS

- Change the coordination stations: coordination latter, side steps between bars, etc.
- Add other stations to extend the course and reduce waiting time

TECHNICAL SEQUENCE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
29	U11+	⚽⚽⚽	8	10	Balls, discs, poles.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- One-two
- Lead pass

EXPLANATIONS

Players position themselves as shown in the picture. A, B and C form a triangle of 16m on each side.

A dribbles the ball and passes to B who runs deep. B does a one-two with C and then gives to D who's running deep. B passes in-stride to D who calls for a through ball. D passes to F.

INSTRUCTIONS

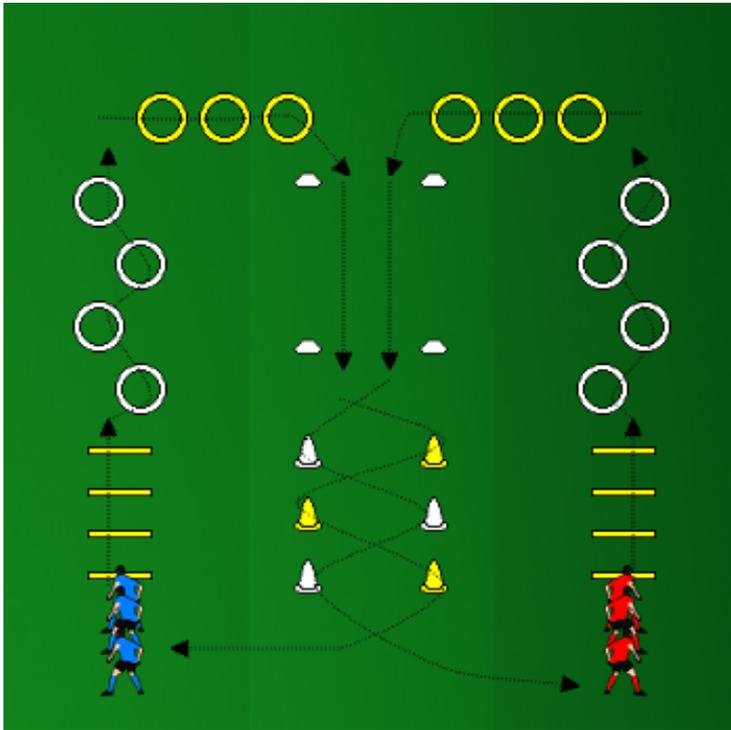
- After his pass, A goes to C; C to B; B to D; D to F
- Focus on doing quality passes
- Check before running deep

VARIATIONS

- D ends with a shot on goal

COORDINATION COURSE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
30	U7+		6	10	Discs, hoops, bars, cones, bibs (2 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Foot work
- Coordination

EXPLANATIONS

Set up 2 identical coordination courses next to each other.
Players complete the course several times.

When a player finishes the course, the next one starts.

INSTRUCTIONS

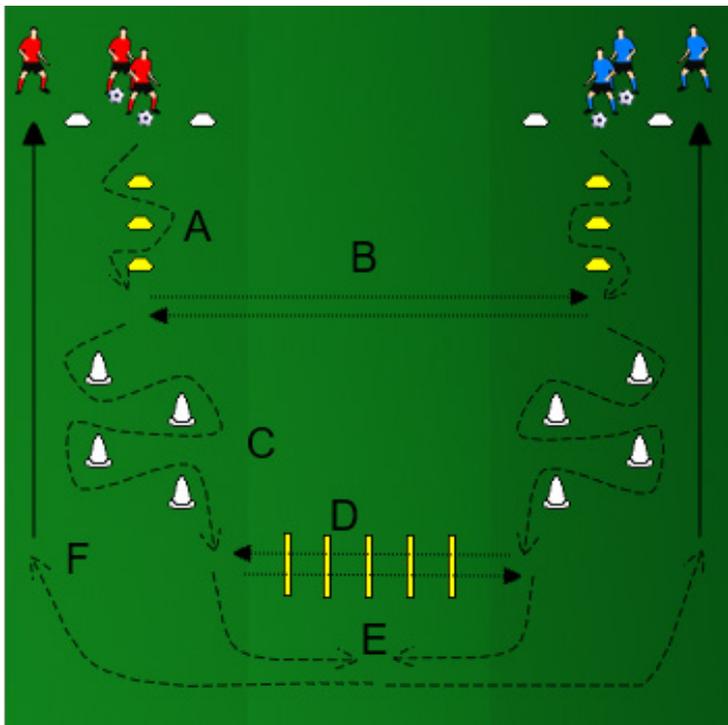
- 2 quick steps between the bars
- 1 step in each white hoop
- Joined feet step in the yellow hoops
- Reverse running between the white discs
- Shuffle from one cone to another before going back to position

VARIATIONS

- Duels: 1 blue and 1 red start at the whistle. The first one to finish wins
- Add a 3rd course if there are more than 12 players
- Vary the coordination stations

TECHNICAL AND COORDINATION COURSE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
31	U9+		6	10	Balls, discs, cones, bars, bibs (2 colors).
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Foot work
- Coordination
- Pass

EXPLANATIONS

Set up two identical courses as shown in the image.

One player from each team starts at the same time.

The next two players start when the first players arrive at station B.

INSTRUCTIONS

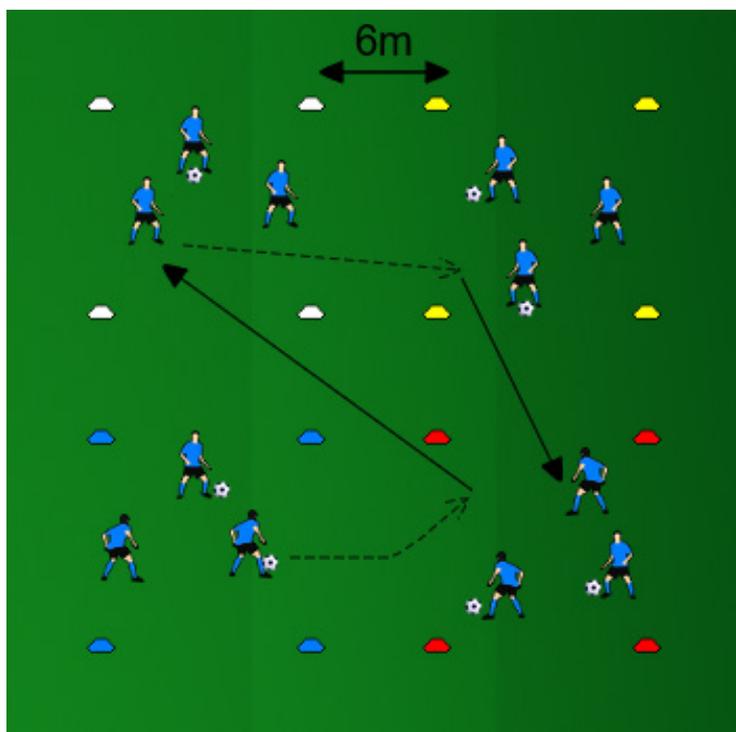
- A : slalom between the discs and then stop the ball
- B : shuffle to the other side
- C : retrieve the ball and slalom between the cones and then leave the ball there
- D : 2 quick steps between the bars and recover the ball
- E : screen with the other player
- F : dribble and pass to the player waiting then get back to the start

VARIATIONS

- Vary the dribbling and coordination stations
- Add 2 courses if there are too many players to reduce the waiting time

DRIBBLING AND PASSING EXERCISE

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
32	U11+		12	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Pass
- Information gathering

EXPLANATIONS

Set up 4 squares of 8x8m of different colors. 12 players are divided into these squares with 7 balls in play.

A player who has a ball must dribble it into a square before passing to a free player from another square.

INSTRUCTIONS

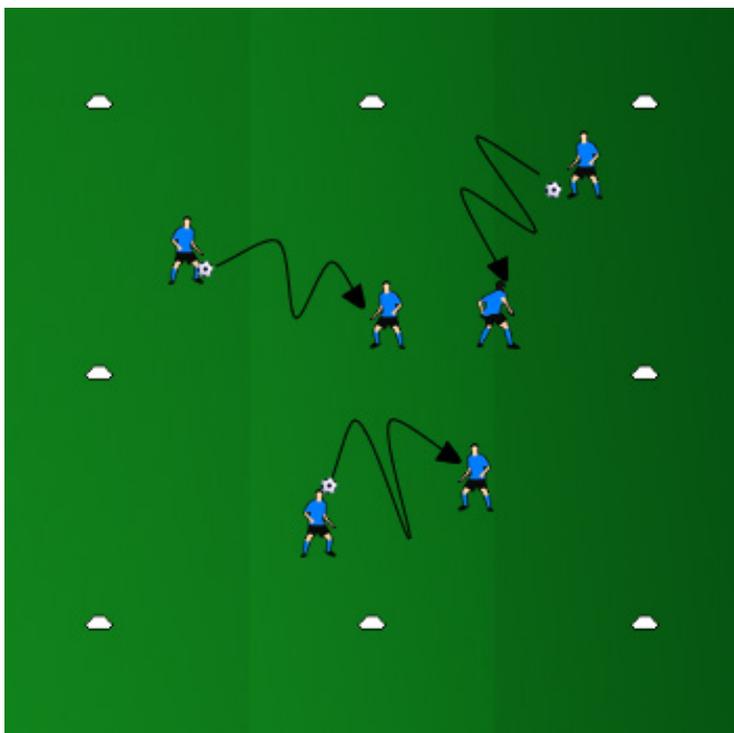
- The player who has or receives a ball changes square before he can pass his ball
- Gather information to know who to pass to and when
- Players without a ball stay in motion to offer passing solutions to the ball carriers
- A player without a ball must stay in his square

VARIATIONS

- Passes are only allowed between yellow and blue squares, and between white and red squares
- Passes are only allowed between yellow and red squares, and between white and blue squares

TWO-MAN JUGGLING

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
33	U11+		6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Finesse ball touch
- Juggling
- Control of a lifted pass

EXPLANATIONS

20x20m playing surface.
Groups of 2 with 1 ball. Players pass the ball around, letting the ball bounce once before passing it. The team that makes the most consecutive passes without errors wins.

INSTRUCTIONS

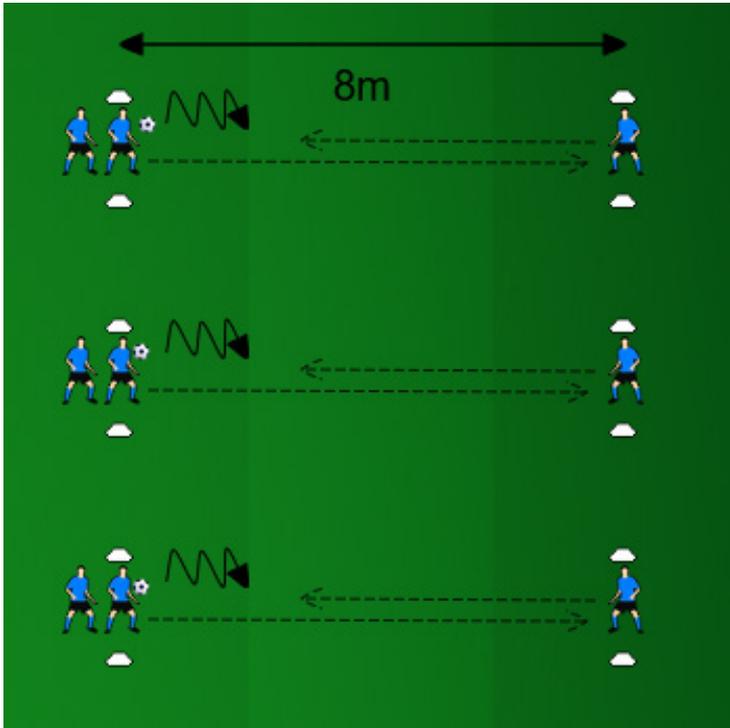
- A single touch of the ball
- Count the number of consecutive passes made without error
- Start counting again in the event of an error
- Players can move around the field to avoid other groups

VARIATIONS

- Same game in groups of 3 players
- Same game but you can juggle before passing: 5 juggles maximum before a pass

JUGGLING RELAYS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
34	U11+		6	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Juggling
- Controlling a ball in the air
- Improve ball touch
- Balance and coordination

EXPLANATIONS

Groups of 3 players with one ball for 3.
At the whistle, A juggles to B and passes to B. B juggles to C and passes to C. C juggles to A, the player takes the spot of his partner after passing to him (A stays in B; B stays in C; etc.)
The team that does the most back and forth without dropping the ball in a given time wins.

INSTRUCTIONS

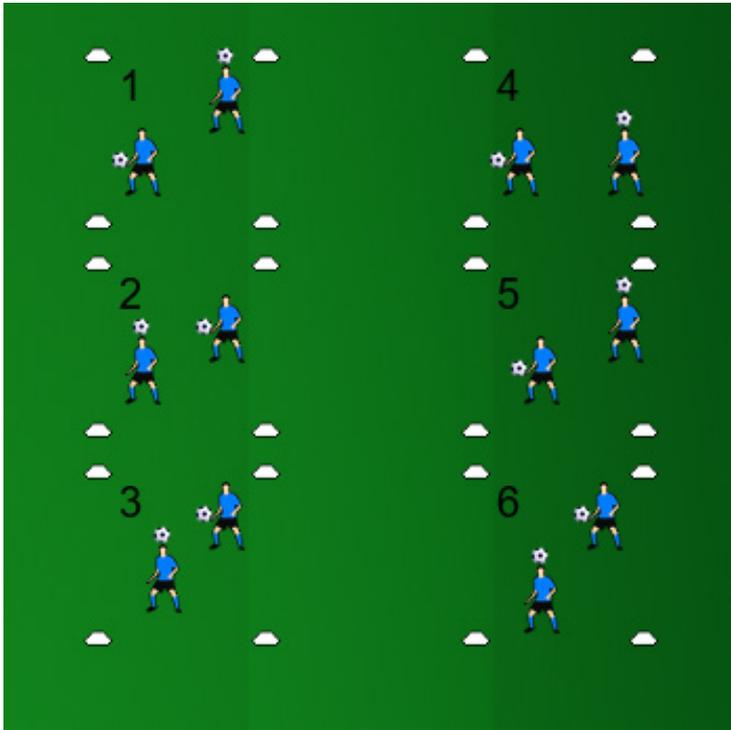
- Count the number of back and forth without errors in 2 minutes
- If the ball falls, start from 0 again and keep the best score

VARIATIONS

- Add obstacles to avoid (cones, hurdles, poles)
- Reduce the distance (4m): A passes in the air to B then runs in B; B juggles and passes in the air to C then runs in C; etc.

JUGGLING DUEL

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
35	U9-U15		12	10	Balls, discs.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Control of a lifted pass
- Juggling
- Improve ball touch

EXPLANATIONS

Set up 6 playing fields of 5x5m. Number the fields from 1 to 6. Two players per square with a ball each. Make the maximum number of juggles in a row in 1'30". If the ball falls, start counting from 0 again, keep the best score to determine who wins.

INSTRUCTIONS

- The winner moves up a field (towards field 1)
- The loser goes down a field (towards field 6)
- Quick draw in case of a tie
- At the end of the game, the winners are those who are on field number 1

VARIATIONS

- Define the type of juggling: strong foot, weak foot, head, alternate right foot, left foot, etc.
- Same for teams of 2 players: count the number of exchanges

THE TRAIN GAME

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
36	U7-U13		6	10	Balls, discs, hoops, poles, cones.
THEME : TECHNICAL EXERCISE					



OBJECTIVES

- Dribbling
- Control of a moving ball
- Information gathering
- Foot work
- Coordination

EXPLANATIONS

20x20m field with hoops, cones (slalom-shaped) and scattered poles. In groups of 2 players with one ball for 2.

Red moves around the field without a ball and do warm-up movements while going to the small stations encountered on his way. Blue follows him by dribbling the ball.

INSTRUCTIONS

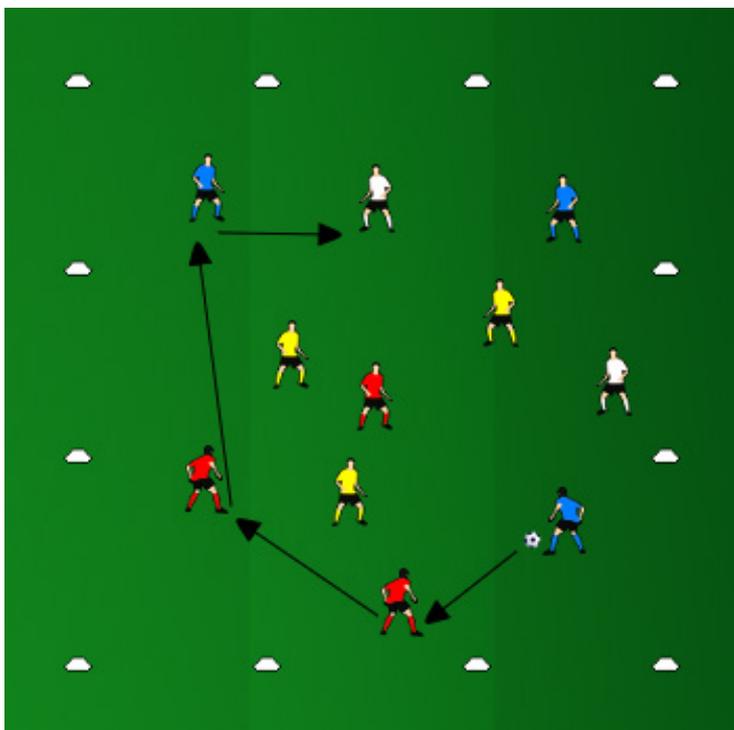
- Warm-up movements: side steps, crossed steps, knee lifts, heels to buttocks, defender's steps, back race, etc.
- Slalom between the cones; go around a hoop, do a fake in front of a pole
- Switch roles regularly

VARIATIONS

- Same with 3 players: one locomotive and 2 wagons with balls
- Vary the obstacles
- Speed change announced by the coach

8 VS 3 BALL POSSESSION

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
37	U11+		11	15	Balls, discs, bibs (3 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Support to the ball carrier
- Information gathering
- First touch + pass sequence

EXPLANATIONS

Surface area of 35x25m. Three teams of 3 players + 2 jokers.

Two teams try to keep the ball against a third team that tries to recover it.

The team that loses the ball has to defend.

Blues and reds play against the yellows with the help of 2 white jokers.

INSTRUCTIONS

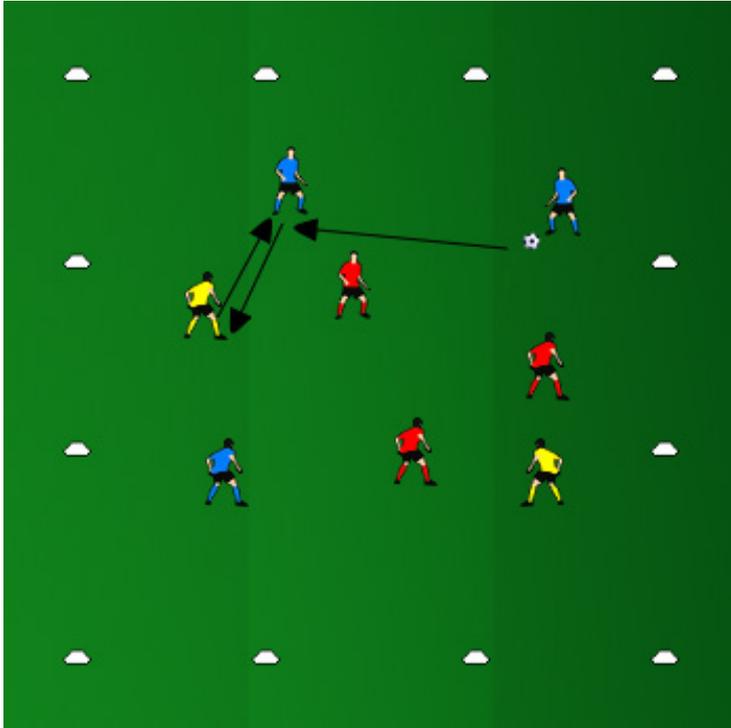
- The 2 jokers always play with the teams in possession of the ball
- If a joker loses the ball, the coach chooses and announces the next defending team
- Offer passing solutions to the ball carrier
- Look for and create space

VARIATIONS

- Limit the number of ball touches
- Add 2 mini-goals: teams in possession of the ball that have made 10 consecutive passes without losing the ball can try to score in one of the 2 goals

ONE-TOUCH BALL POSSESSION

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
38	U13+	⚽⚽⚽⚽	8	10	Balls, discs, bibs (2 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Support the ball carrier
- Information gathering
- One touch play

EXPLANATIONS

Surface area of 20x20m. Two teams of 3 players + 2 jokers.

Players are limited to 1 ball touch. Make the most passes without losing possession of the ball.

The jokers always play with the team in possession of the ball.

INSTRUCTIONS

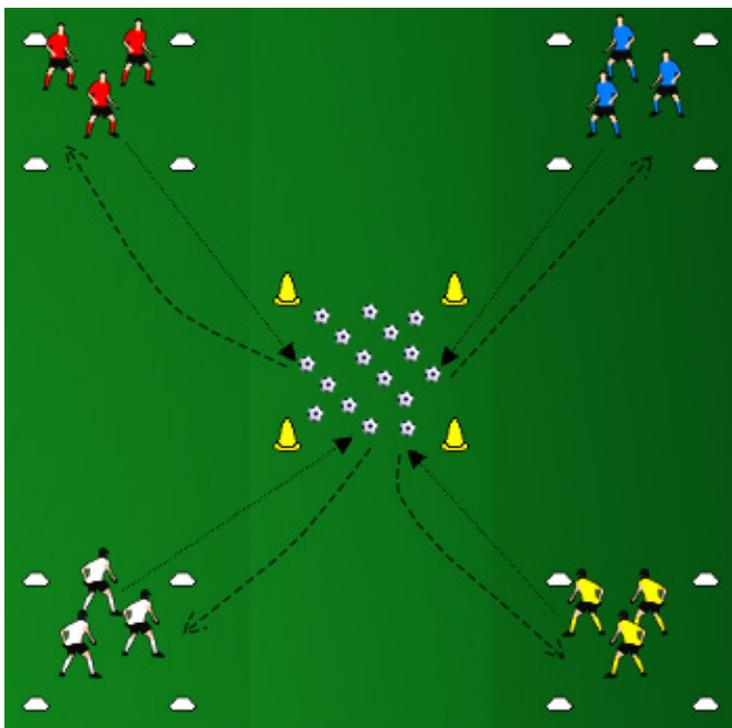
- Always be in motion to offer solutions
- Focus on quality passes
- Gather information

VARIATIONS

- Pass to a joker = 1 point, pass between partners = 2 points
- Add 2 mini-goals: try to score in one of the 2 goals after 6 consecutive passes

THIEVES' GAME

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
39	U7-U11		8	12	Balls, discs, cones, bibs (4 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Dribbling
- Passing

EXPLANATIONS

Set up the game as shown in the picture. The houses are located 10m from the area with the balls.

At the whistle, the players will retrieve the balls and dribble them back. When there are no more balls in the middle, go steal some from other houses.

INSTRUCTIONS

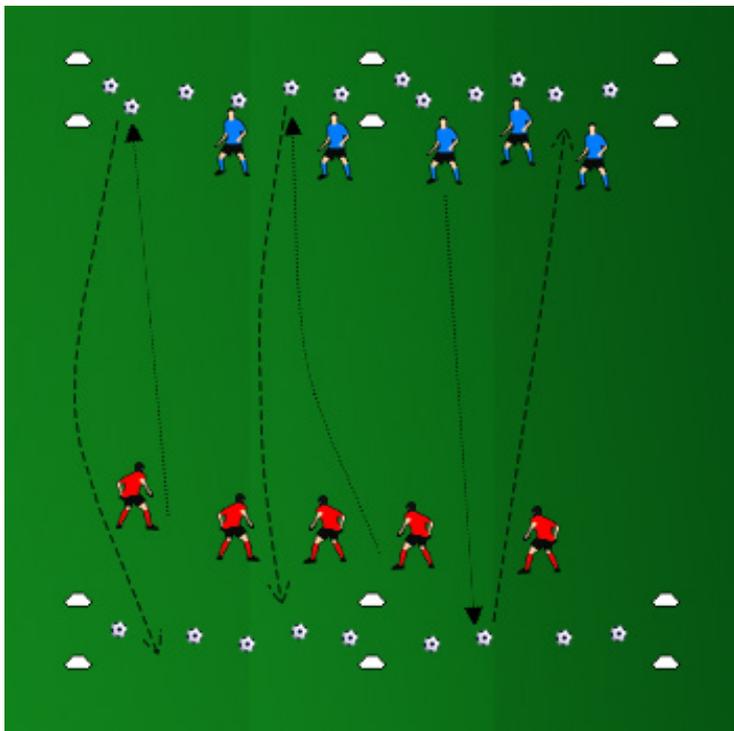
- Player must go through the middle area on the way forth and back
- Do not defend: let the opponent take the balls in the house
- Take one ball at a time

VARIATIONS

- Pass to your partner from the middle area
- The coach scatters discs in the middle area when there are no more balls in the middle: players must avoid the discs. A player who touches a disc must bring the ball back to the house where he stole it and take another one

THE MOVERS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
40	U7-U11		6	10	Balls, discs, bibs (2 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Dribbling
- Speed
- Information gathering

EXPLANATIONS

Set up two 15x3m areas 15m away from each other.

A team is in front of each area.

At the whistle, blues and reds will retrieve the balls from the opposing area and dribble them back to their area.

INSTRUCTIONS

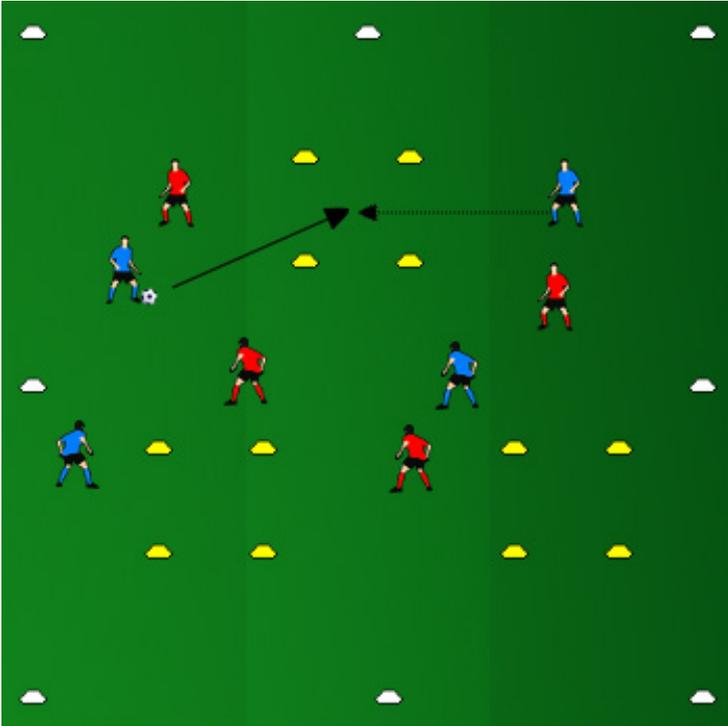
- Take one ball at a time
- Be careful not to run into an opponent
- After 3 minutes: the team with the most balls wins

VARIATIONS

- Add obstacles
- Add coordination stations to be done before taking a ball

4 AGAINST 4 WITH ZONES

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
41	U13+	⚽⚽⚽⚽	8	15	Balls, discs, bibs (2 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Passing
- Lead pass
- Offer passing solutions to the ball carrier

EXPLANATIONS

25x25m square with 3 separate 2.5x2.5m areas inside.

4 vs 4 game. To score, a player must receive a pass from a partner in one of the 3 areas.

INSTRUCTIONS

- The player must control the ball in the area for the point to count
- The game continues after a point is scored
- Players can move freely on the entire field
- Players can defend in the areas

VARIATIONS

- The ball must arrive in the area before the player (lead pass)
- Score a point by passing to a partner through one of the areas

3 VERSUS 1 KEEP-AWAY

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
42	U13+	⚽⚽⚽⚽	4	10	Balls, cones.
THEME : WARM-UP GAME					



OBJECTIVES

- Support the ball carrier
- Offer passing solutions
- Precise and dosed passes
- Reduce pass angles

EXPLANATIONS

Groups of 4 players with one ball for 4. Blues try to keep the ball against reds. Each blue must stay on their side of the triangle. The player who loses their ball becomes a defender.

INSTRUCTIONS

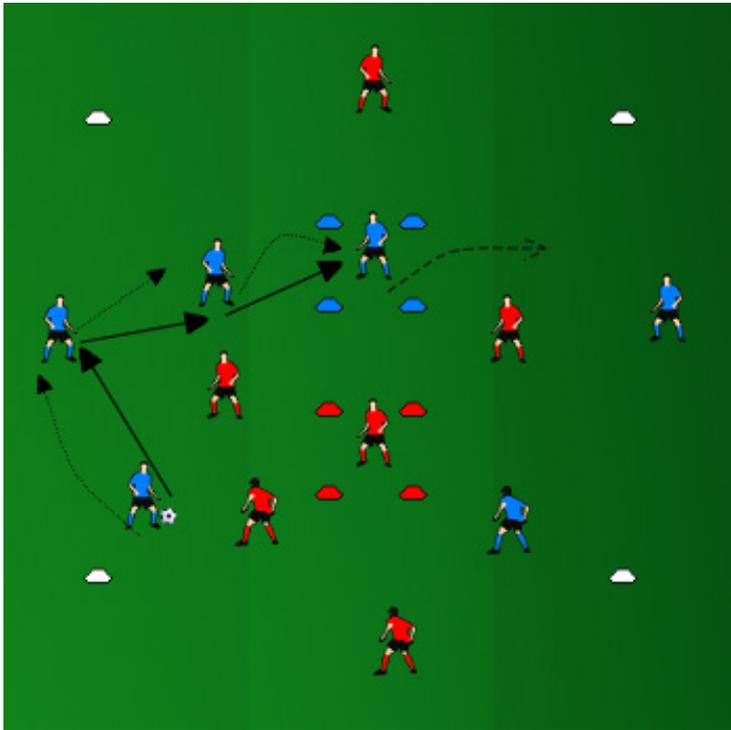
- If a defender is nutmegged, he stays in the middle one more round
- If the attackers make 6 passes in a row, the defender remains one more round in the middle
- Free play

VARIATIONS

- Limit the number of ball touches (3, 2 and then 1 touch)
- Reduce the size of the triangle to increase intensity and difficulty for attackers

6 VS 6 GAME WITH TARGETS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
43	U11+		12	15	Balls, discs, bibs (2 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Support the ball carrier
- Offer passing solutions
- Focus on quality passes

EXPLANATIONS

25x25m square with 2 separate 2.5x2.5m areas in the middle of the square.
One player from each team in the inner squares. 2 support players on the sides.
To score, pass the ball to the target player of his team.

INSTRUCTIONS

- The point counts if the target player controls the received ball
- Only targets can be in the middle areas
- The player who passes to the target player takes his place
- The player who passes to a support player takes his place

VARIATIONS

- No fixed target: a player can become a target for 5 seconds and then must leave the area
- The target players have no color: you can score on both targets

GAME OF COLORS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
44	U7-U11		4	10	Balls, discs.
THEME : WARM-UP GAME					



OBJECTIVES

- Foot work
- Coordination
- Speed

EXPLANATIONS

Surface area of 15x15m. Spread different colored discs on the field. Players move around the field and follow the coach's instructions.

INSTRUCTIONS

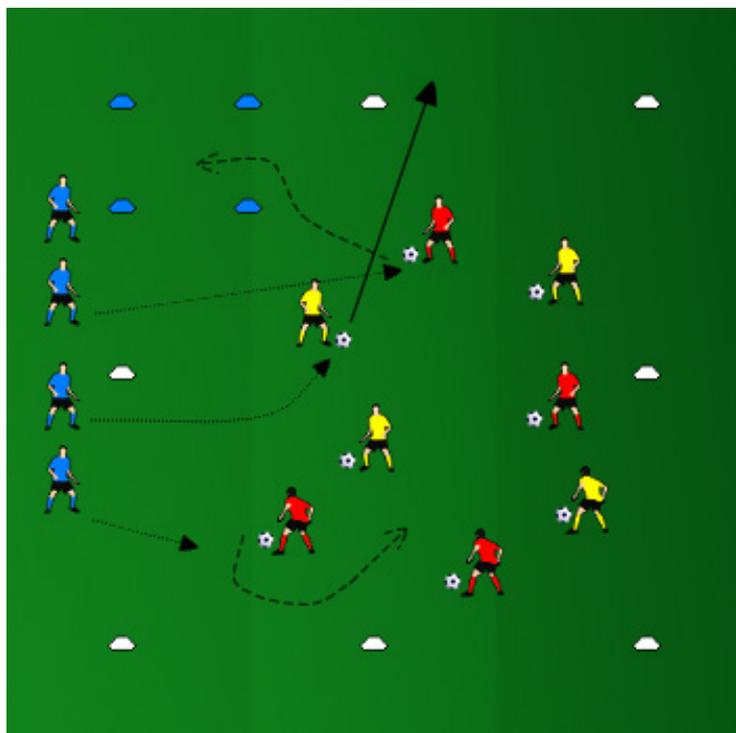
- Touch the requested color disc
- Touch 3 different colored discs in the requested order
- Run fast and avoid the discs
- Pick up a disc and drop it off at another place

VARIATIONS

- Same game but players must hold hands with a partner
- Same game with players must dribble ball

HUNTER'S GAME

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
45	U9+		12	10	Balls, discs, bibs (3 colors).
THEME : WARM-UP GAME					



OBJECTIVES

- Dribbling
- 1 vs 1
- Ball protection
- Maintaining possession of the ball

EXPLANATIONS

20x20m square with a 3x3m blue square in one of the corners of the bigger square. The reds and yellows each have a ball and dribble it into the field.

The four blues are on the outside. At the whistle, the blues try to get all the balls out of the playing area.

INSTRUCTIONS

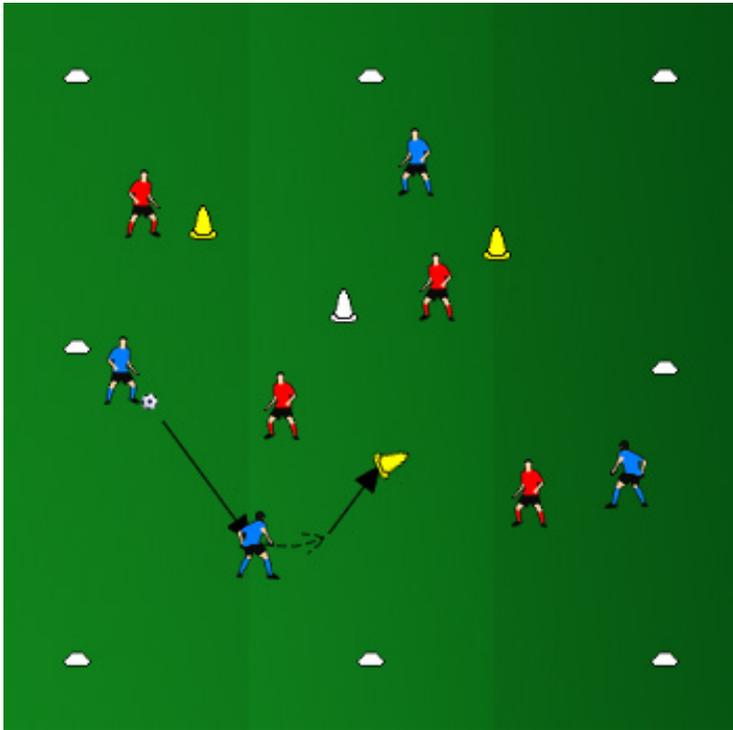
- The blues score 1 point for each ball brought into the blue area before the ball is out of the field
- A yellow player who lost his ball helps his partners keep possession of the balls
- The game stops when all the balls are out or in the blue area
- Switch roles: the team with the most points wins

VARIATIONS

- The yellows help the yellows and the reds help the reds: the last team with the ball before blue takes it out scores 1 point
- Replace the blue area with 2 mini-goals in opposite corners

4 VS 4 GAME

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
46	U9+		8	15	Balls, discs, cones, bibs (2 colors).
THEME : SMALL SIDED GAMES					



OBJECTIVES

- Reduced number of players
- Reduced surface area

EXPLANATIONS

Surface area of 20x20m with 4 cones scattered on the field.

Play 4 vs 4. Knock down the cones by shooting them to score.

INSTRUCTIONS

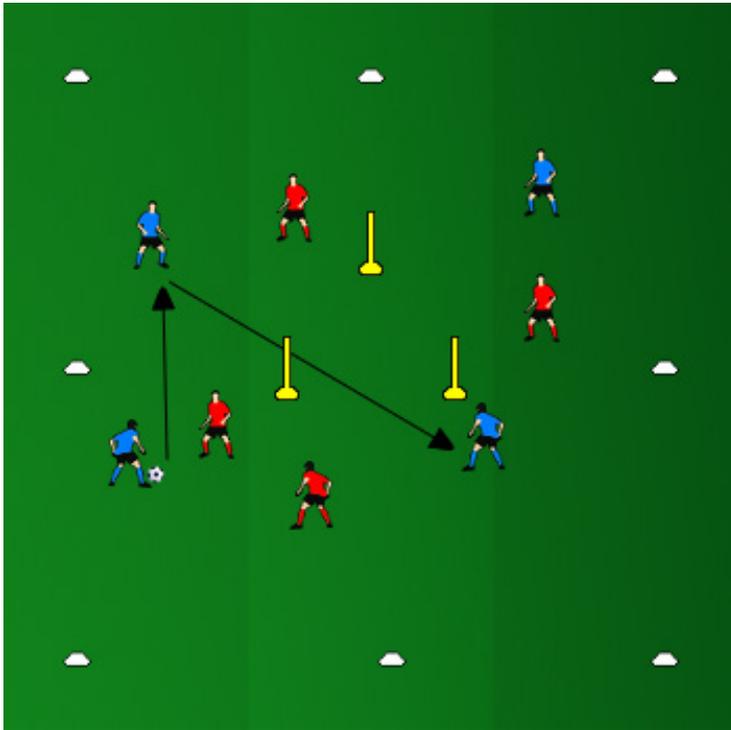
- 1 point for a yellow cone
- 3 points for a white cone
- The game continues even when a cone is knocked down (the coach puts it back in place)

VARIATIONS

- Knocking down a cone with a single touch of the ball counts double
- Add 1 or 2 offensive jokers
- 3 red cones and 3 blue cones: attack the opponents' cones

4 VS 4 TRIANGLE GAME

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
47	U11+		8	15	Balls, discs, 3 poles, bibs (2 colors).
THEME : SMALL SIDED GAMES					



OBJECTIVES

- Reduced number of players
- Reduced surface area

EXPLANATIONS

Surface area of 25x25m. 3 poles form a 3m wide triangle in the middle of the square. Play 4 against 4. To score, pass the ball to a partner through one of the 3 sides of the triangle.

INSTRUCTIONS

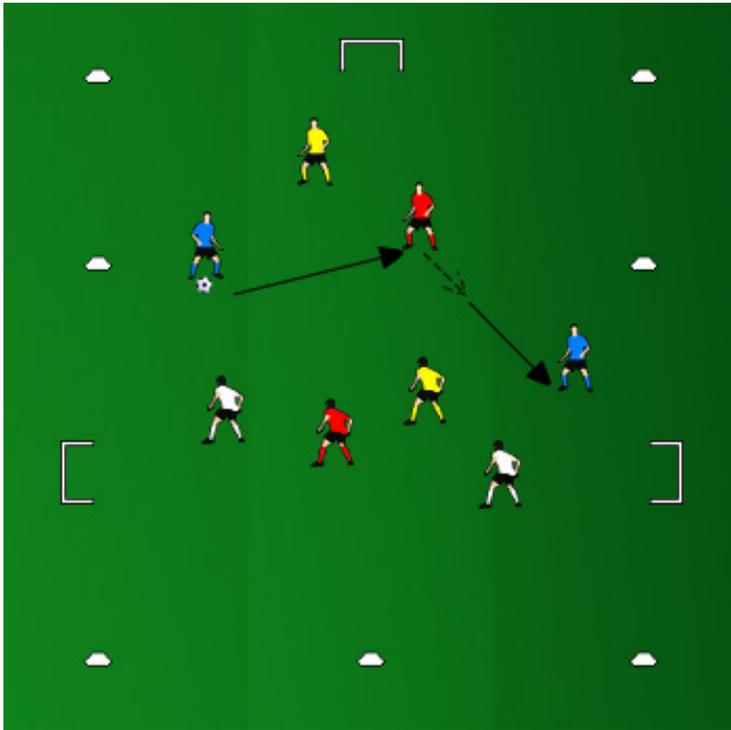
- One point per pass through the triangle
- The point only counts if the partner manages to control the ball
- Play continues after a point is scored: the team retains possession of the ball

VARIATIONS

- A successful support pass through the same side gives 3 points (one-touch passing)
- A successful 3-player passing sequence through 2 different sides scores 5 points (one touch pass from the 2nd player to the 3rd)
- Adapt the size of the field and triangle to your players

4 VS 4 MATCH WITH MODULAR TEAMS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
48	U9+		8	15	Balls, discs, mini-goals, bibs (4 colors).
THEME : SMALL SIDED GAMES					



OBJECTIVES

- Reduced number of players
- Reduced surface area

EXPLANATIONS

35x20m surface area with 3 mini-goals.
4 teams of 2 players.
Play 4 vs 4: during the game, the coach instructs which teams are playing together. Here, the blues and reds play against the yellows and whites.

INSTRUCTIONS

- Players can score on all 3 goals
- The coach can change the teams that play together at any time
- Regular changes: for example, yellow and blue against white and red
- Players must adapt quickly

VARIATIONS

- Play with 2 mini-goals
- Add doors through which players have to dribble the ball to score
- Play with 2 goals with goalkeepers

5 VS 5 GAMES WITH TARGETS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
49	U7+		10	15	Balls, discs, cones, bibs (2 colors).
THEME : SMALL SIDED GAMES					



OBJECTIVES

- Reduced number of players
- Reduced surface area

EXPLANATIONS

Surface area of 25x25m. Disperse 4 blue cones and 4 red cones.

5 vs 5 game. To score, knock down the opposing team's cones by shooting at them with the ball.

INSTRUCTIONS

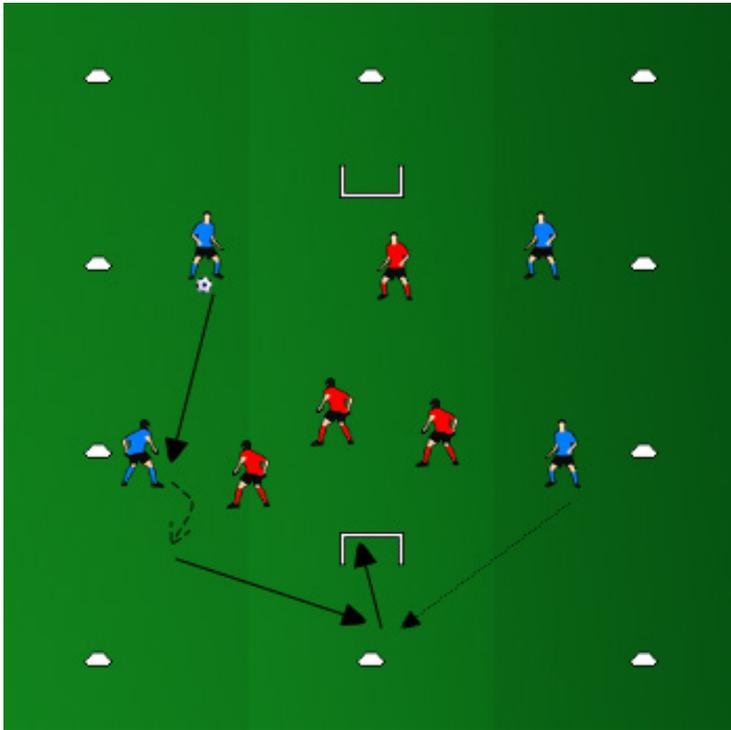
- Put the ball back into play by dribbling or passing it
- It is forbidden to touch the cones with your feet

VARIATIONS

- A cone knocked down by the weak foot counts double
- Players can knock down all the cones (reds and blues)
- Adapt the size of the field and the number of targets according to the age/level of the players

MATCH 4 CONTRE 4 AVEC MINI-GOALS

EXERCISE	AGE	DIFFICULTY	PLAYERS	DURATION	EQUIPMENT
50	U7+		8	15	Balls, discs, bibs (2 colors), 2 mini-goals.
THEME : SMALL SIDED GAMES					



OBJECTIVES

- Reduced number of players
- Reduced surface area

EXPLANATIONS

35x20m field with mini-goals inside facing back to the flow of the game.
Players cannot shoot from far away and must progress forward to score.

INSTRUCTIONS

- No throw-ins: put the ball back into play by dribbling or passing it
- Free play

VARIATIONS

- Play 3 vs 3
- Use 4 mini-goals
- Limit the number of ball touches

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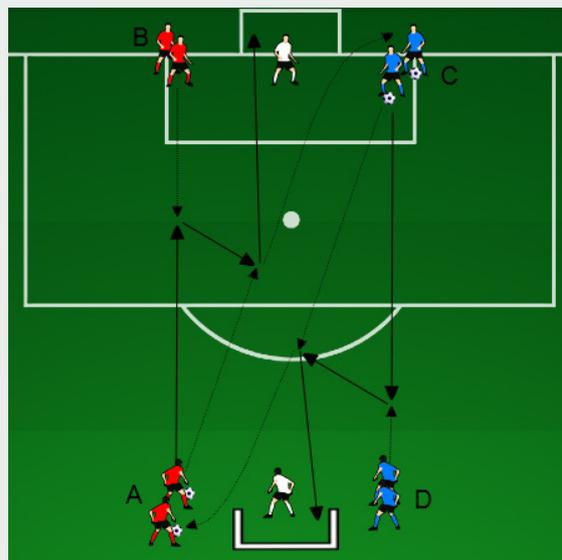
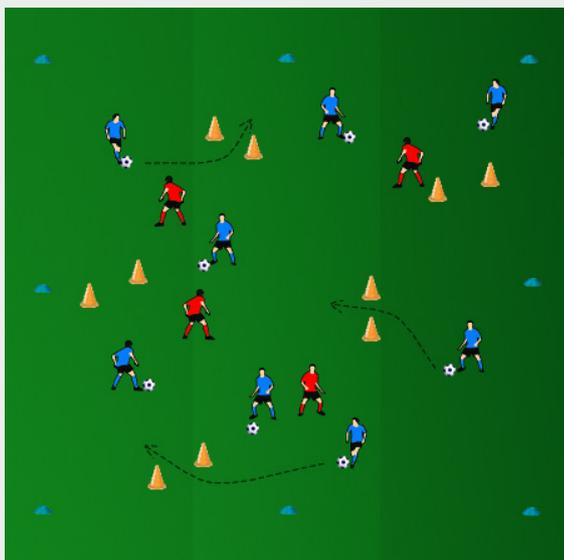
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