

A low-angle, close-up photograph of several soccer players' legs and feet as they run on a green grass field. The players are wearing various colored socks (red, white) and cleats (red, black, yellow). The background is slightly blurred, emphasizing the motion and the players' feet.

SOCCER DRILLS

BY TOP EUROPEAN COACHES

VIDEO
OBSERVER™
REACH A HIGHER LEVEL

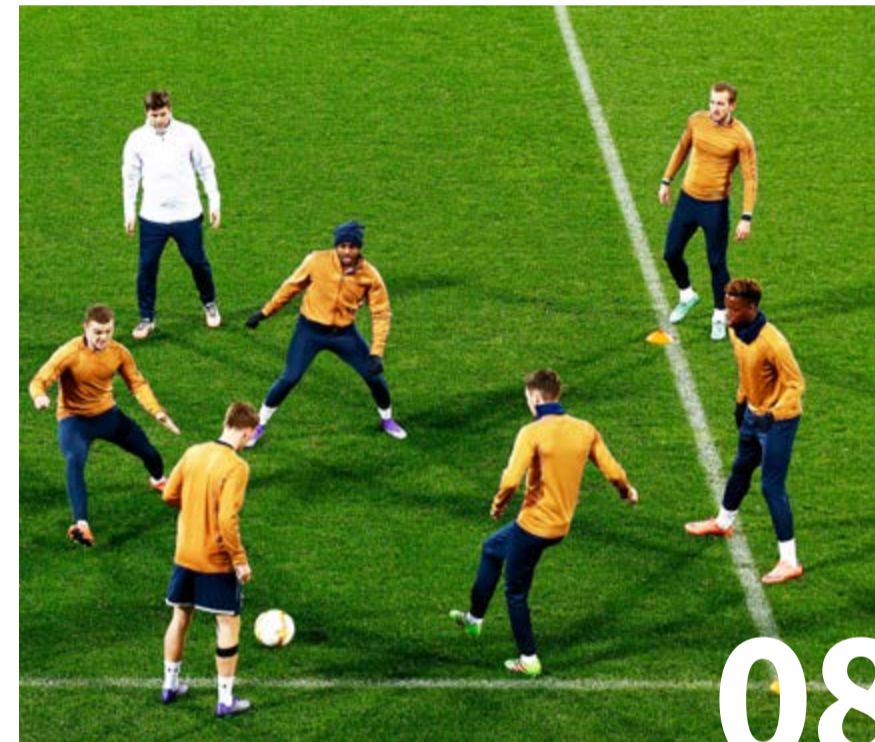
SOCCER DRILLS

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Preface

“If you train badly, you play badly.
If you work like a beast in training,
you play the same way.

— **Pep Guardiola**

Knowledge is everywhere. At Videobserver we believe that more important than knowledge itself, is what we do with it. Here we show you what the best coaches in the world do to lead their teams to success.

This E-Book focuses on two major and connected areas – ball possession and passing skills. Modern tendencies brings us a new way of thinking about soccer.

As Jorge Castelo defines, ball possession drills are means of general preparation for players and teams. They're characterized by the creation of conditions that aim the tactical resolutions of the different game situations. Ball Possession drills are intend to understand the possibility to:

1. Control the direction and pace of the game
2. Circulate the ball between the players of your team
3. Organize homogeneous and compact blocks
4. Perceive the game situations
5. Deprive opponents of ball possession

To play good soccer these days is to focus on the ability to keep ball possession, to explore the right spaces with the right timing. Therefore, the game principles must be contextualized in order to create exercises that approach best the reality in the pitch.

This E-Book intends to help everyone out there who relentlessly try to be better every working day, every training session and every drill.

Learn from the best. Improve your know-how. Go beyond your expectations.

“Coaching is taking the players
where they can't take themselves.

— **José Mourinho**

Ball possession



**PEP
GUARDIOLA**



“If you train badly, you play badly. If you work like a beast in training, you play the same way.”

source: estadioliberal.com

DRILL1 4+3x4

Description

- Red team plays with the blue team. Yellow team needs to defend.
- Players can not be static.
- Players on the same side can not pass the ball to each other.
- If the 4 in the middle recover the ball they must switch places quickly with the team that lost the ball. They can use the blue ones for that moment.
- When they recover the ball both teams need to change quickly from

small shape to expansive shape and vice versa.

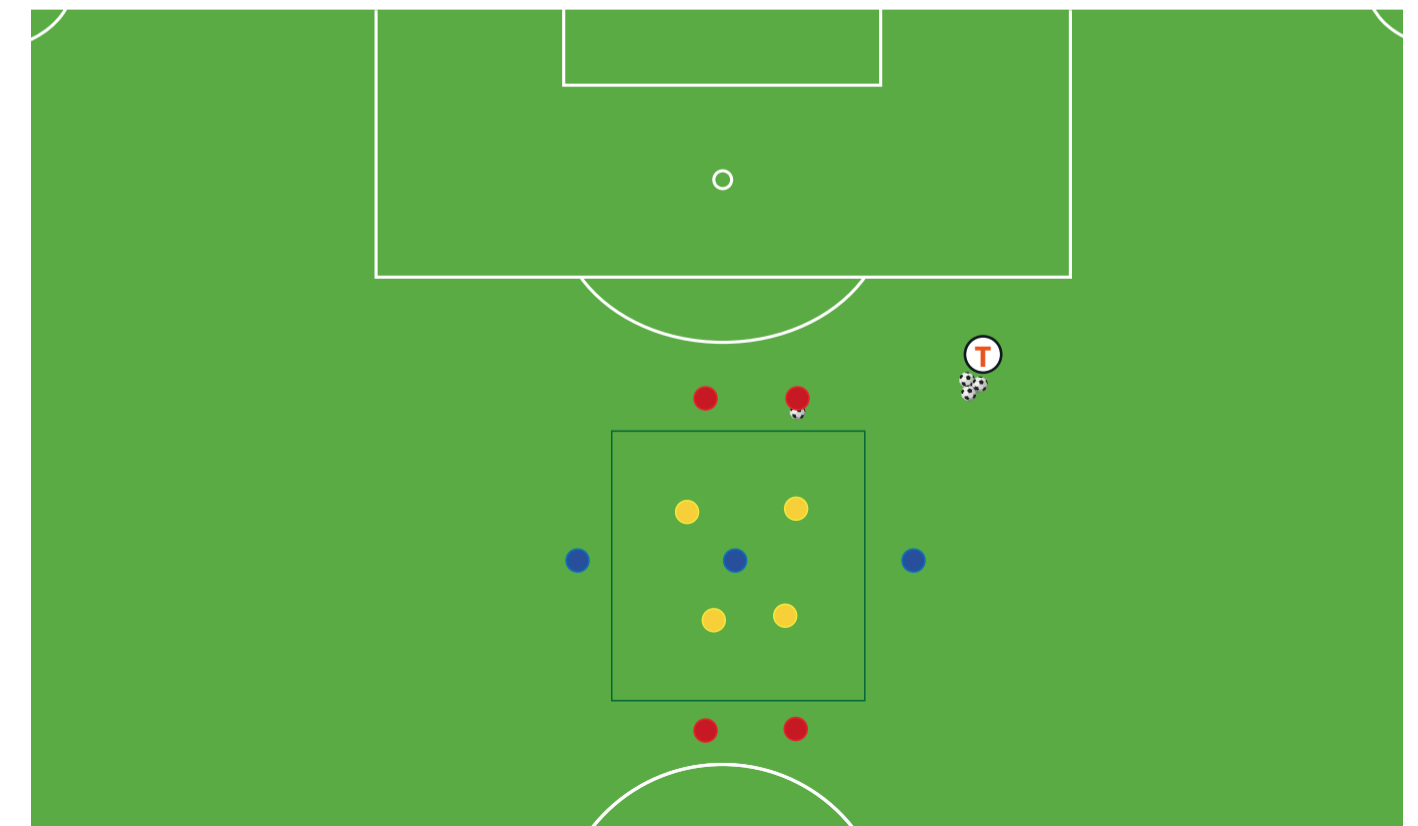
Goal

Offensive: Ball circulation, search for the triangles, find the player in the middle.

Defensive: Covering and contention, pressure the ball carrier.

Space

15x15



DRILL 2

6+2x6

Description

- Red team plays with the blue team. Yellow team needs to defend.
- Players can not be static.
- Players on the same side can't pass the ball to each other.
- If the 4 in the middle recover the ball they must switch places quickly with the team that lost the ball. They can use the blue ones for that moment.
- When they recover the ball both teams needs to change quickly from small shape to expansive shape and vice versa.

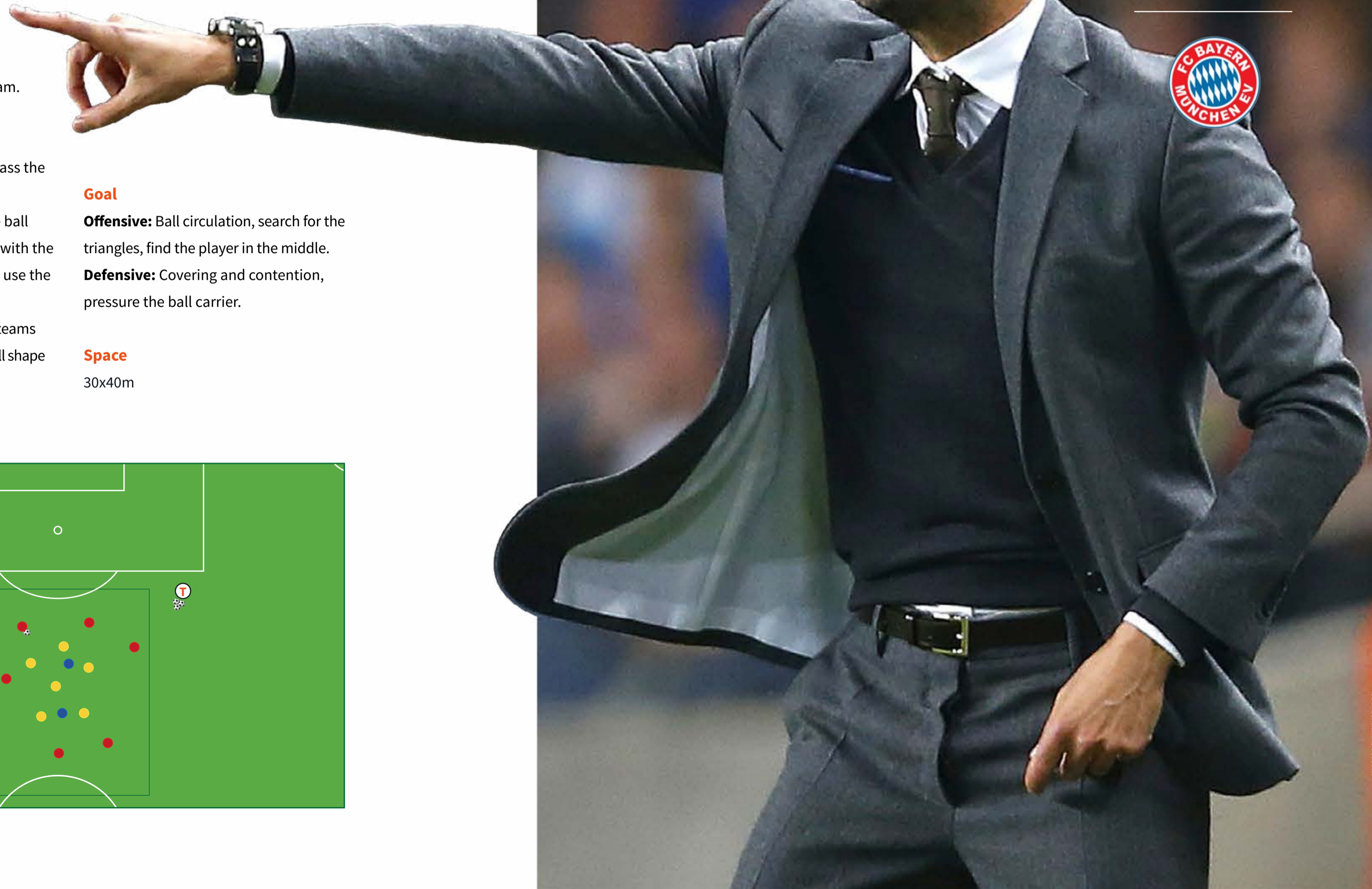
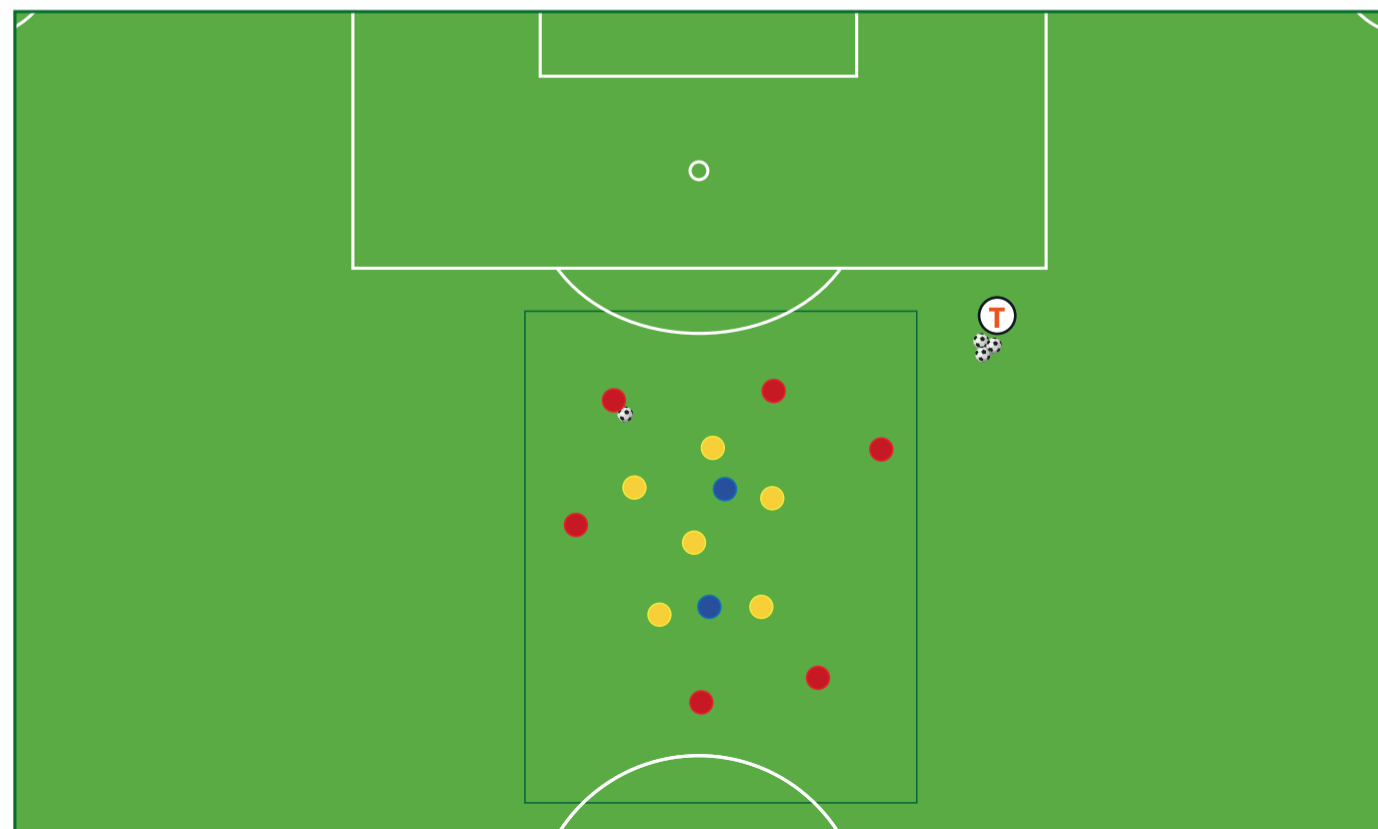
Goal

Offensive: Ball circulation, search for the triangles, find the player in the middle.

Defensive: Covering and contention, pressure the ball carrier.

Space

30x40m



**PEP
GUARDIOLA**



DRILL 1

6x6+3

Description

- Blues play as offensive jokers (2 wingers and 1 defensive midfielder).
- Both teams organized with defensive line and 2 midfielders.
- 1st phase circulation with pressure.
- Maximum of 2 touches.
- When the defenders recover the ball both teams need to change quickly from small shape to expansive shape and vice versa.

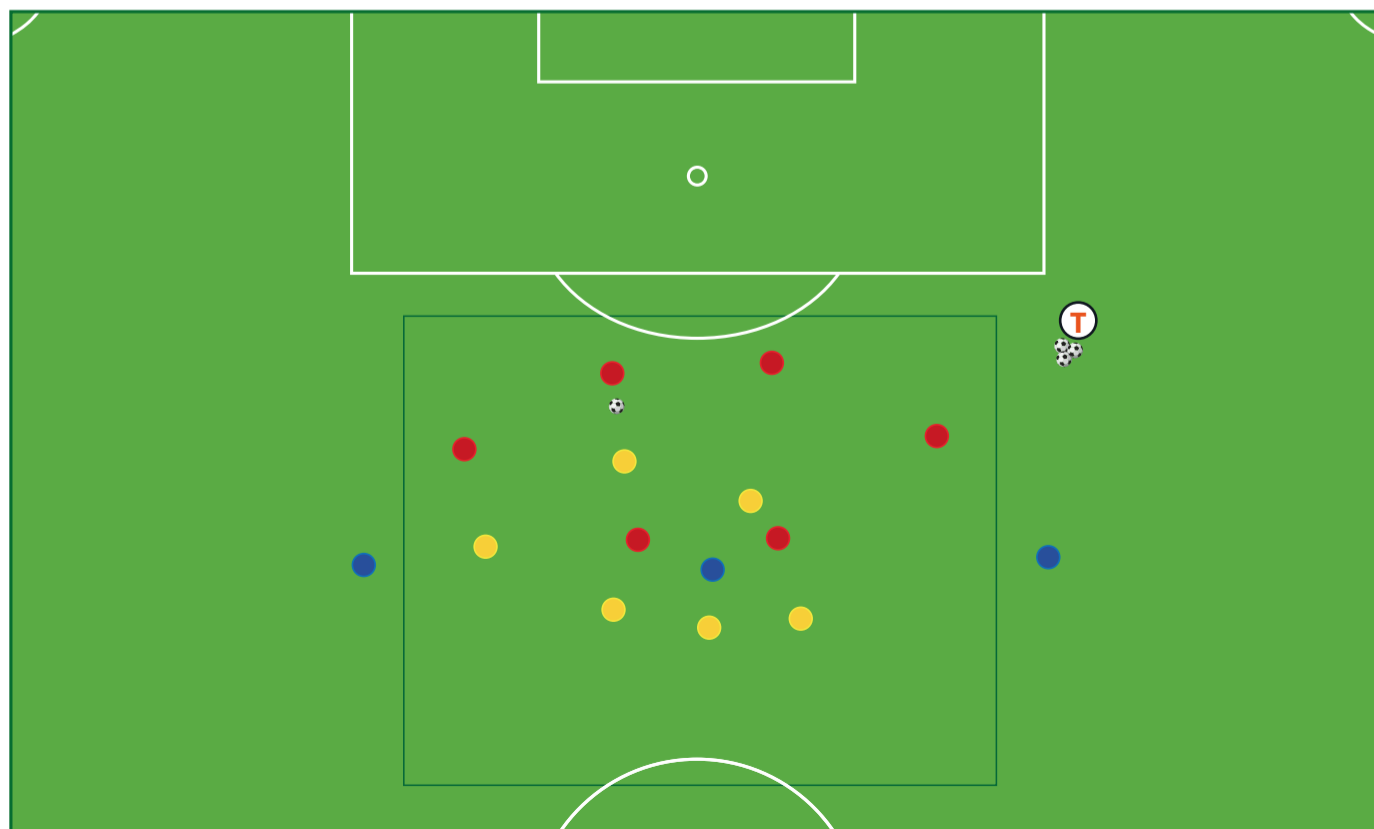
Goal

Offensive: Ball circulation, search for the triangles, find the player in the middle. Mobility and positional changes.

Defensive: Covering and contention, pressure the ball carrier. Concentrate the players to close the middle.

Space

40x30



LOUIS VAN GAAL



“I am never satisfied. We are very good, but we can improve.”



**DIEGO
SIMEONE**



source: goal.com

DRILL 1 4+4x4

Description

- The team in the middle tries to avoid to take passes inside their line. The team with the ball tries to circulate the ball to create spaces inside the line and put the ball on the opposite side.
- The ball can pass outside the defensive line, but if the ball goes inside the line, the blue team gets 1 point.
- Ball can not go up the knee level.
- The team that loses the ball goes to the middle.

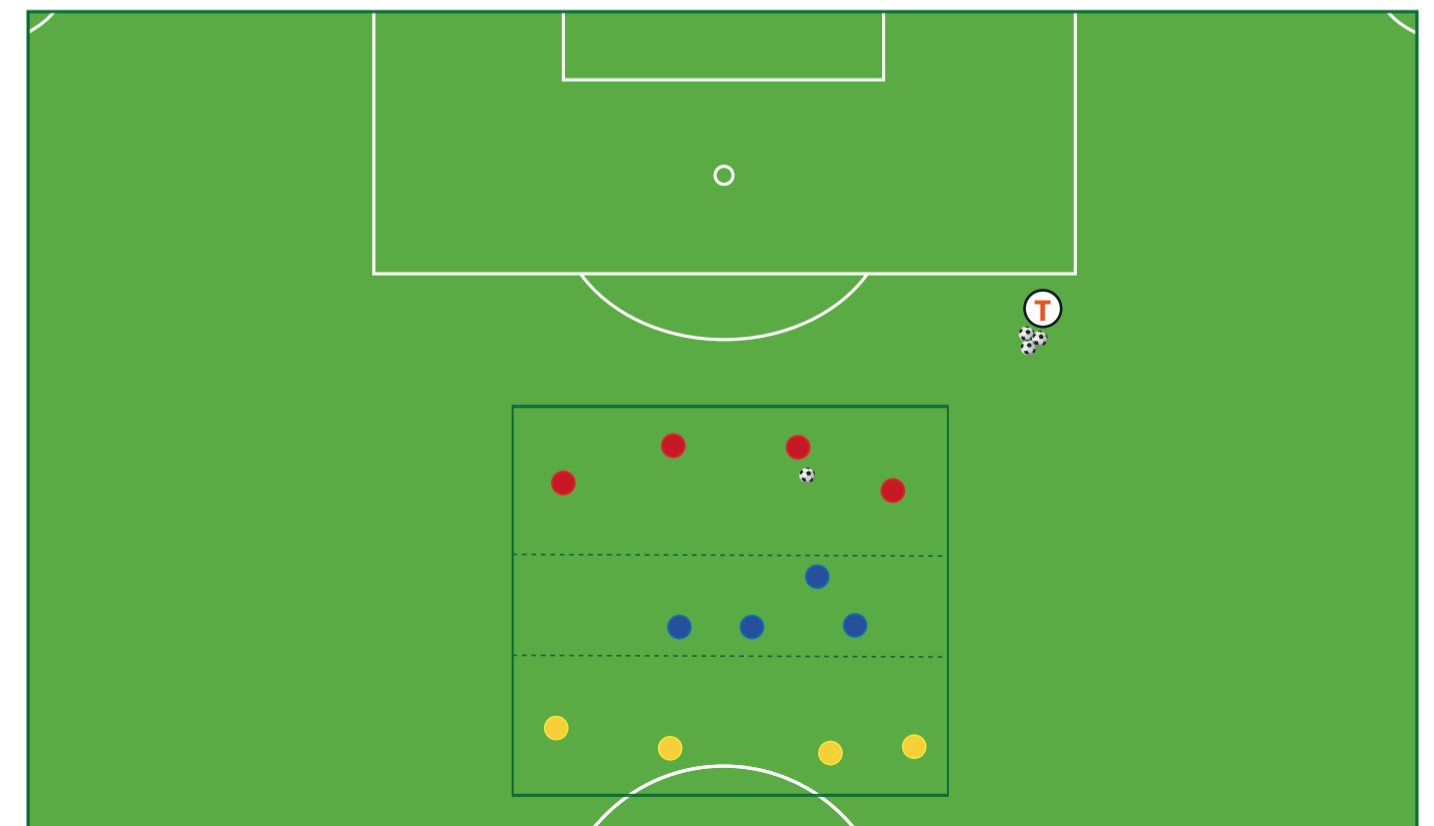
Goal

Offensive: Quick ball circulation to find spaces in the defensive line and explore them.

Defensive: Covering and contention. Pressure the ball carrier. Concentrate the players to close the middle. Defensive Balance.

Space

60x45



DRILL 2

8+2x8+2

Description

- Circulate the ball to find the team mates outside the box. When the ball goes from one of the players outside the box to the other, the team wins 1 point.
- No long pass is allowed.
- When the defenders recover the ball both teams need to change quickly from small shape to expansive shape and vice versa.

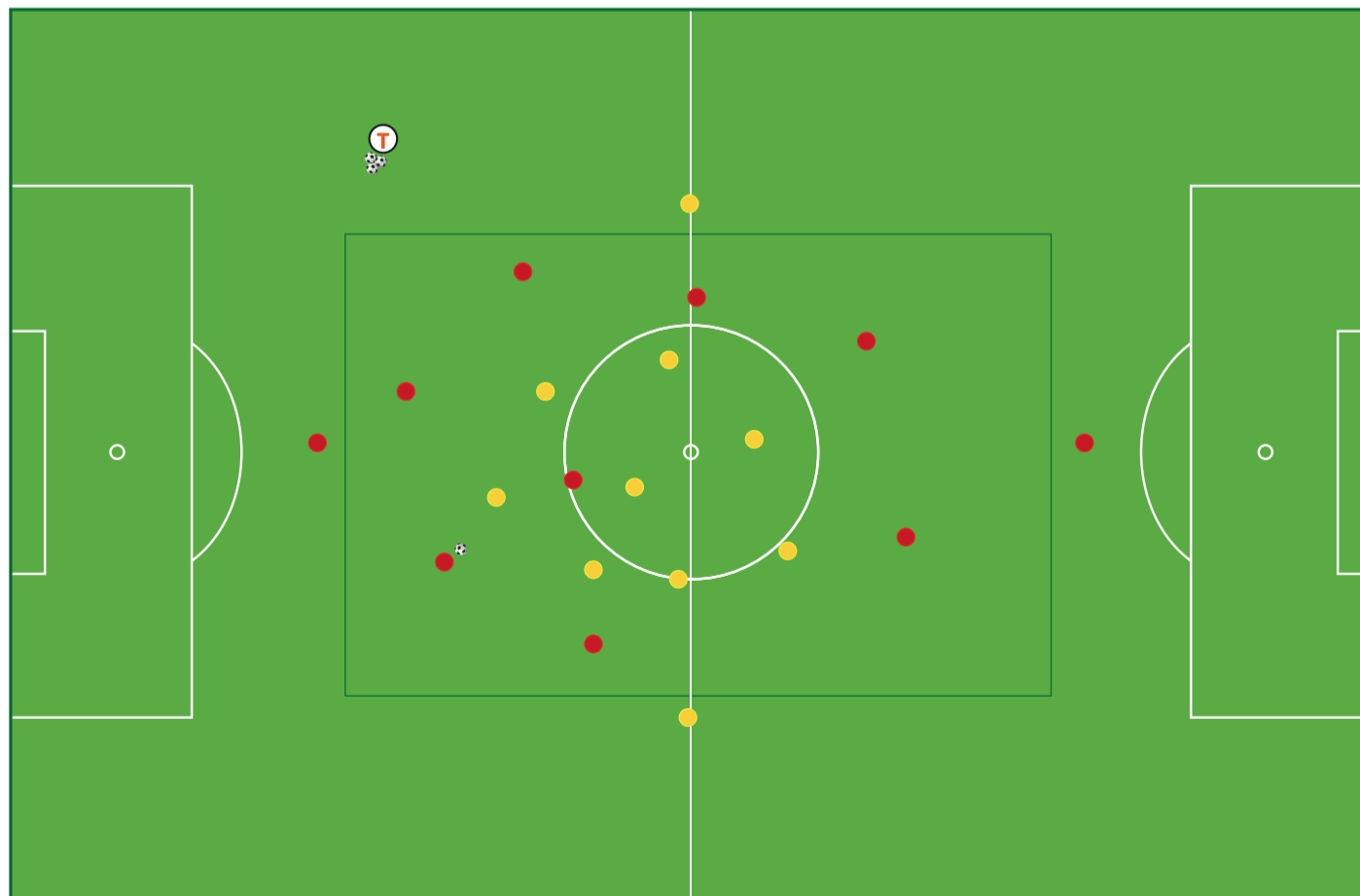
Goal

Offensive: Ball circulation, search for the triangles. Mobility and positional changes from the players without the ball.

Defensive: Covering and contention, pressure the ball carrier. Concentrate the players to close the middle. Basculate effectively.

Space

60x45



DIEGO SIMEONE



“We are nothing more or less than we choose to reveal.”

Passing skills



**PEP
GUARDIOLA**



source: acfitca.com

Diamond formation

VARIANT 1

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.

Variate options – short, long and dribbling.

Work on approaching and diversion movements.

Number

5 players – 2 on the beginning of the drill.

Feedback

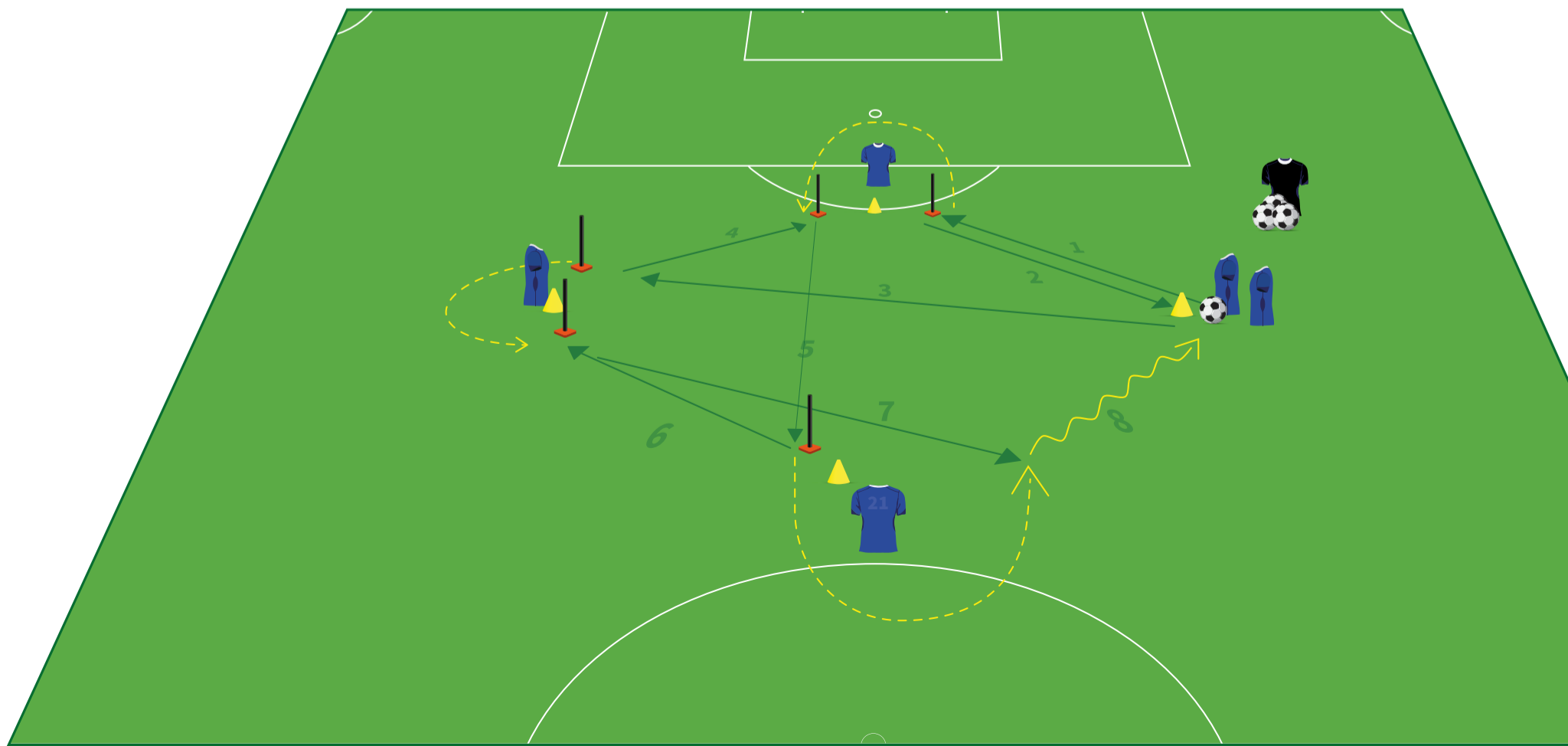
1/2 touches.

Approach the ball.

Speed up the ball.

Space

15x30



PEP
GUARDIOLA



source: newsweek.com

Diamond formation

VARIANT 2

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.
Variate options – short, long and dribbling.
Work on approaching and diversion movements.

Number

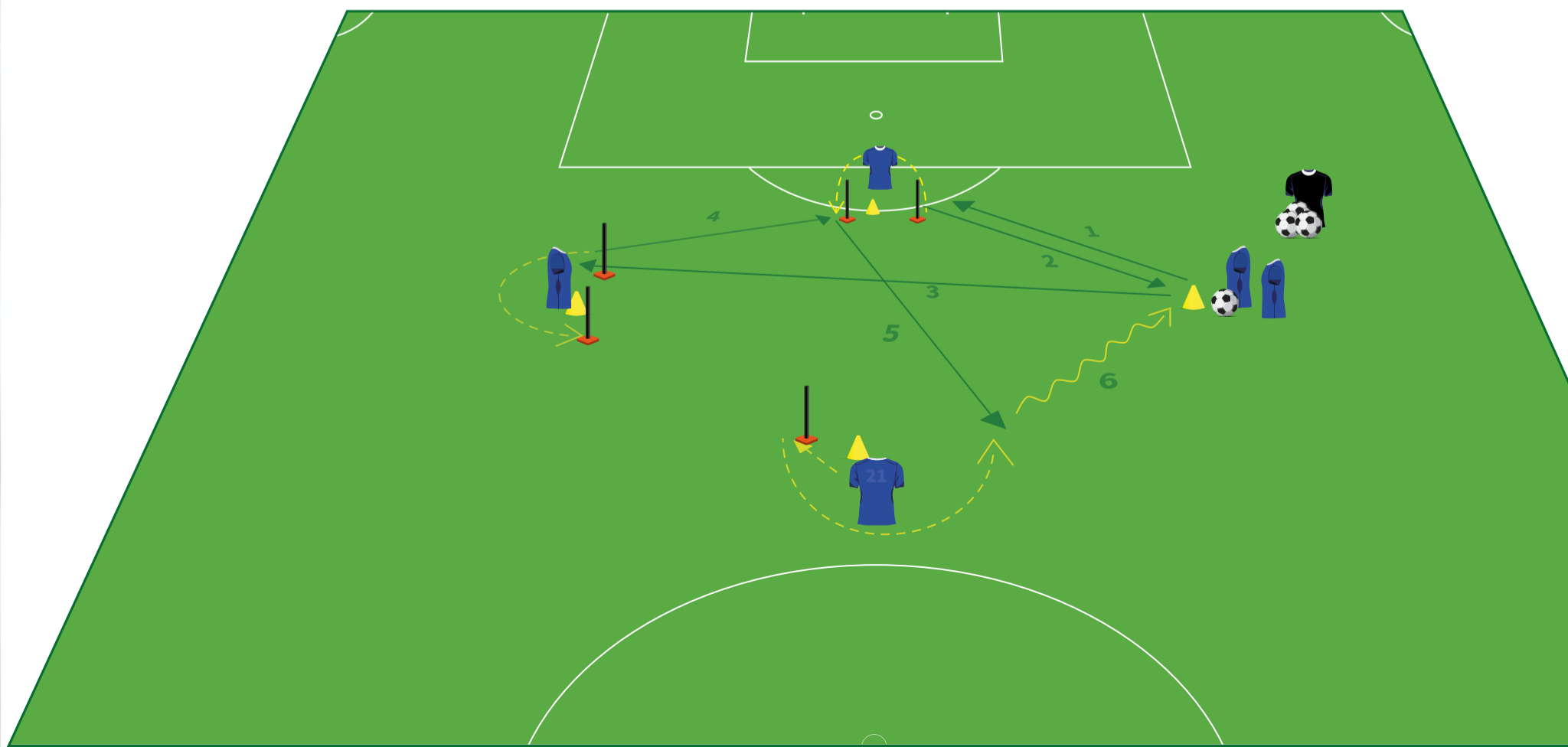
5 players – 2 on the beginning of the drill.

Feedback

1/2 touches.
Approach the ball.
Speed up the ball.

Space

15x30



Diamond formation

VARIANT 3

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.

Variate options – short, long and dribbling.

Work on approaching and diversion movements.

Number

5 players – 2 on the beginning of the drill.

Feedback

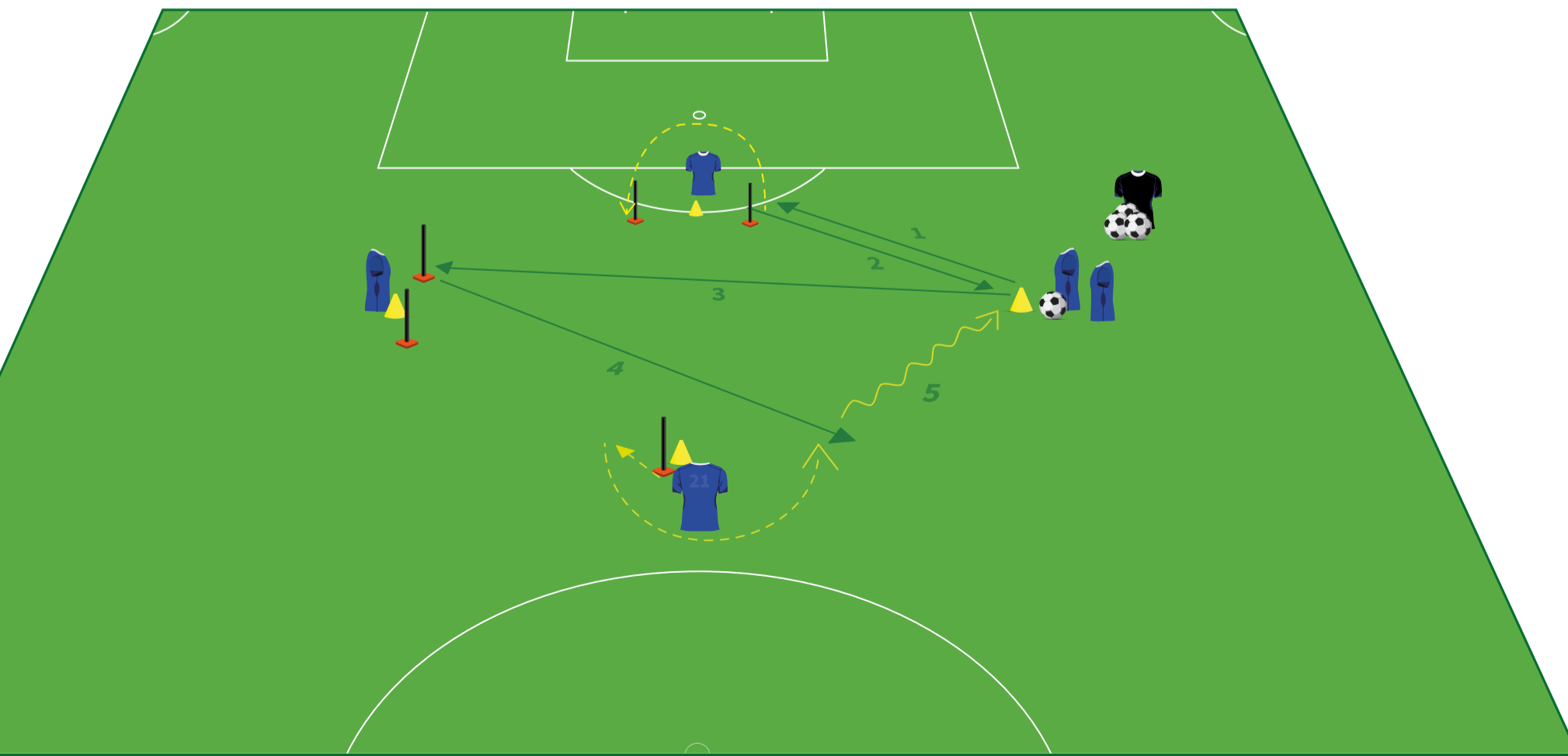
1/2 touches.

Approach the ball.

Speed up the ball.

Space

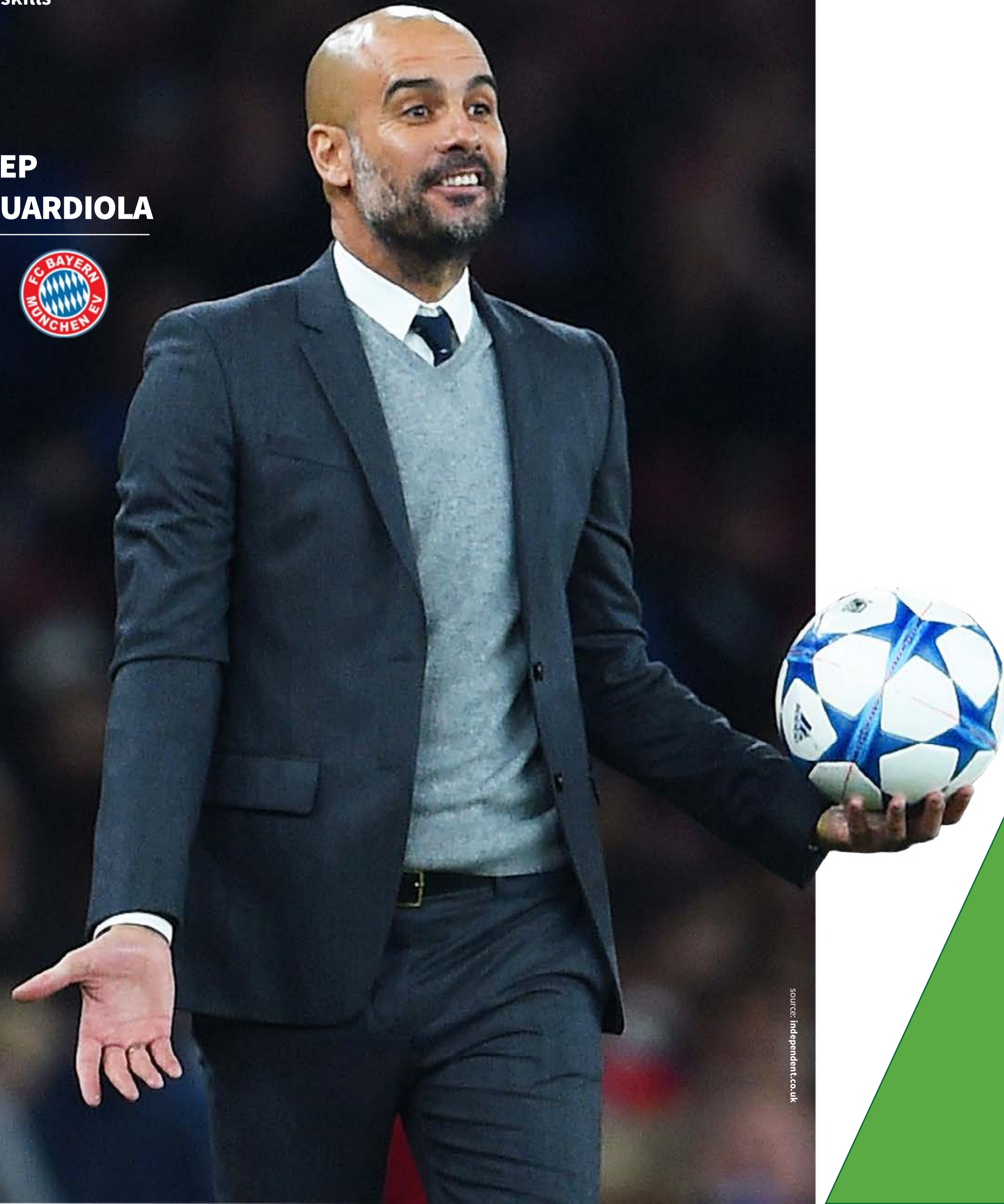
15x30



PEP
GUARDIOLA



**PEP
GUARDIOLA**



source: independent.co.uk

Diamond formation

VARIANT 4

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.

Variate options – short, long and dribbling.

Work on approaching and diversion movements.

Number

5 players – 2 on the beginning of the drill.

Feedback

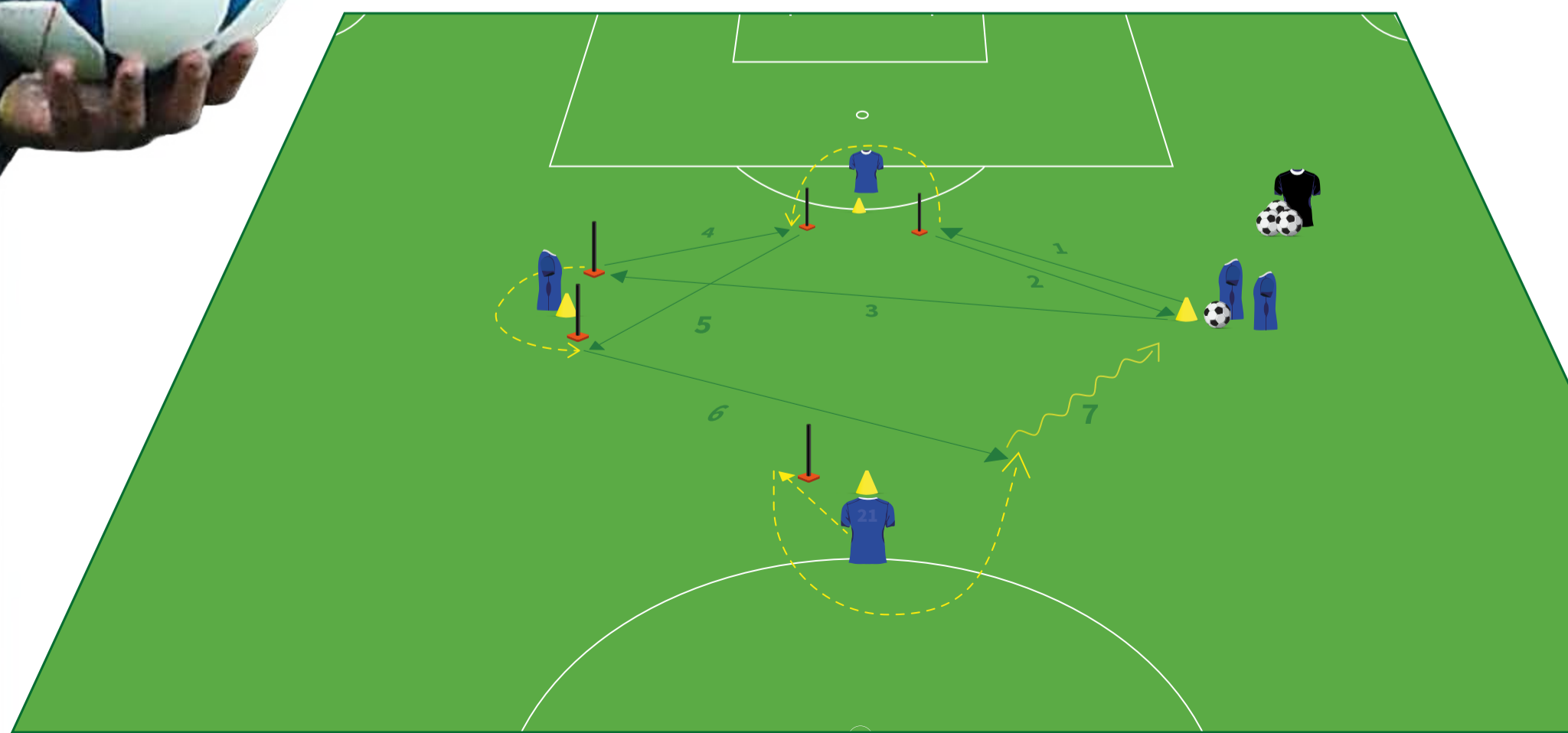
1/2 touches.

Approach the ball.

Speed up the ball.

Space

15x30



Direct/Indirect COMBINATION

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.

Variate options – short, long and dribbling.

Work on approaching and diversion movements.

Number

6 players – 2 on the beginning of the drill.

Feedback

1/2 touches.

Approach the ball.

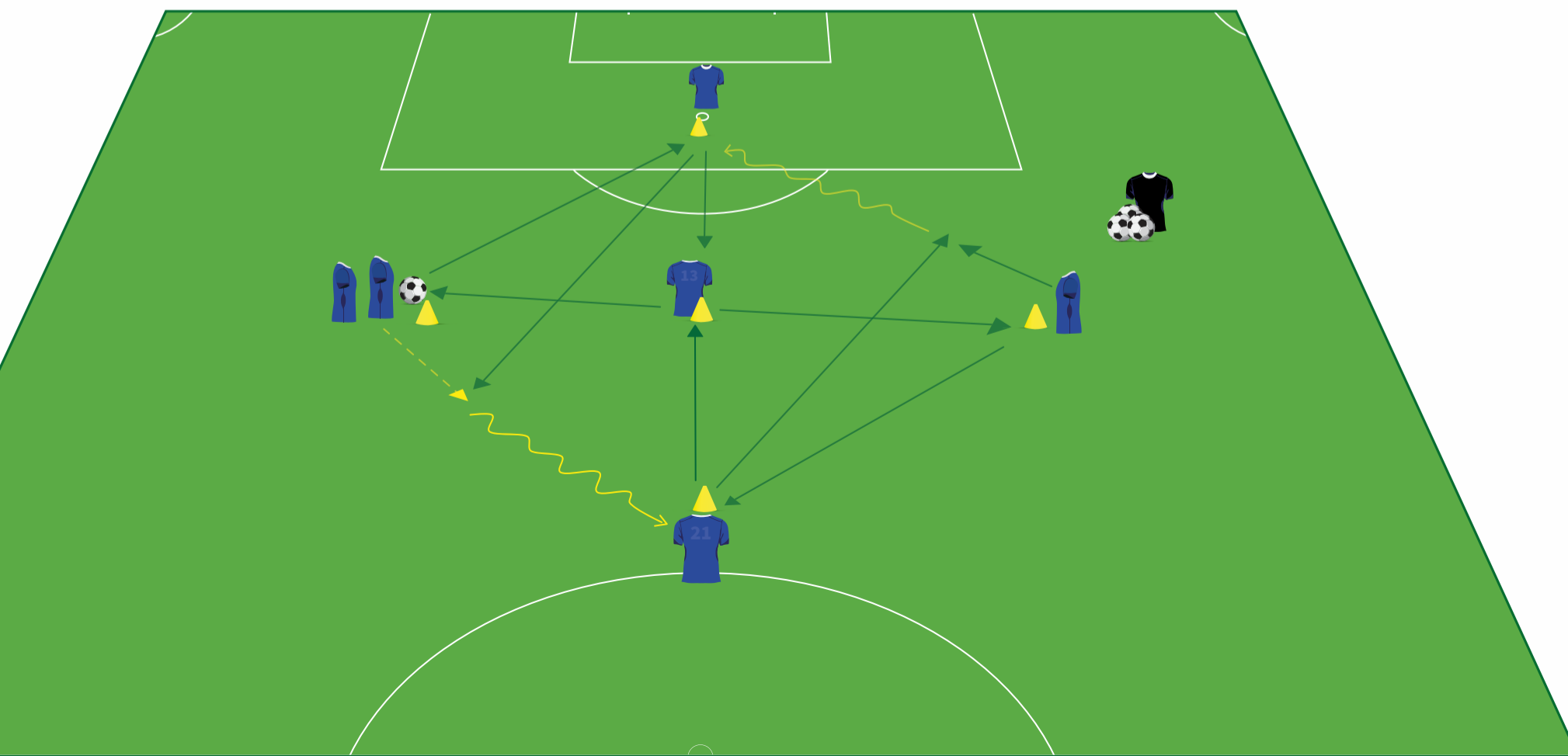
Speed up the ball.

Space

25x25



**CARLO
ANCELOTTI**



JOSÉ MOURINHO



“Fear is not a word in my football dictionary.”



source: ibtimes.com.au

Y FORMATION

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.
 Variate options – short, long and dribbling.
 Work on approaching and diversion movements.

Number

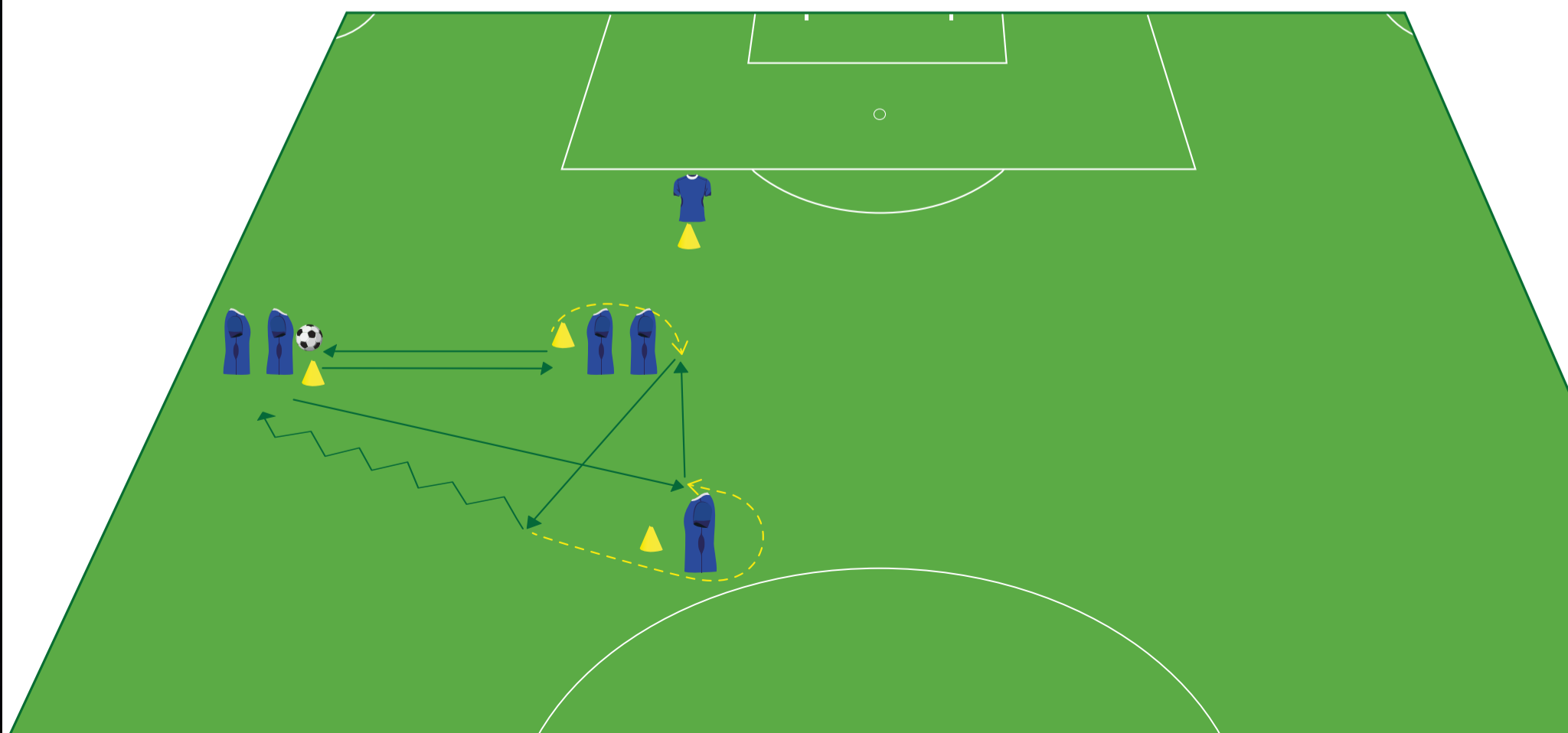
6 players – 2 on the beginning of the drill.

Feedback

1/2 touches.
 Approach the ball.
 Speed up the ball.

Space

15x30



**JOSÉ
MOURINHO**



source: scmp.com

Triangle FORMATION

Description

- Pass – direct combination.
- Pass – indirect combination.
- Dribble.

Goal

Technical gesture improvement – passing, receiving and dribbling.
Variate options – short, long and dribbling.
Work on approaching and diversion movements.

Number

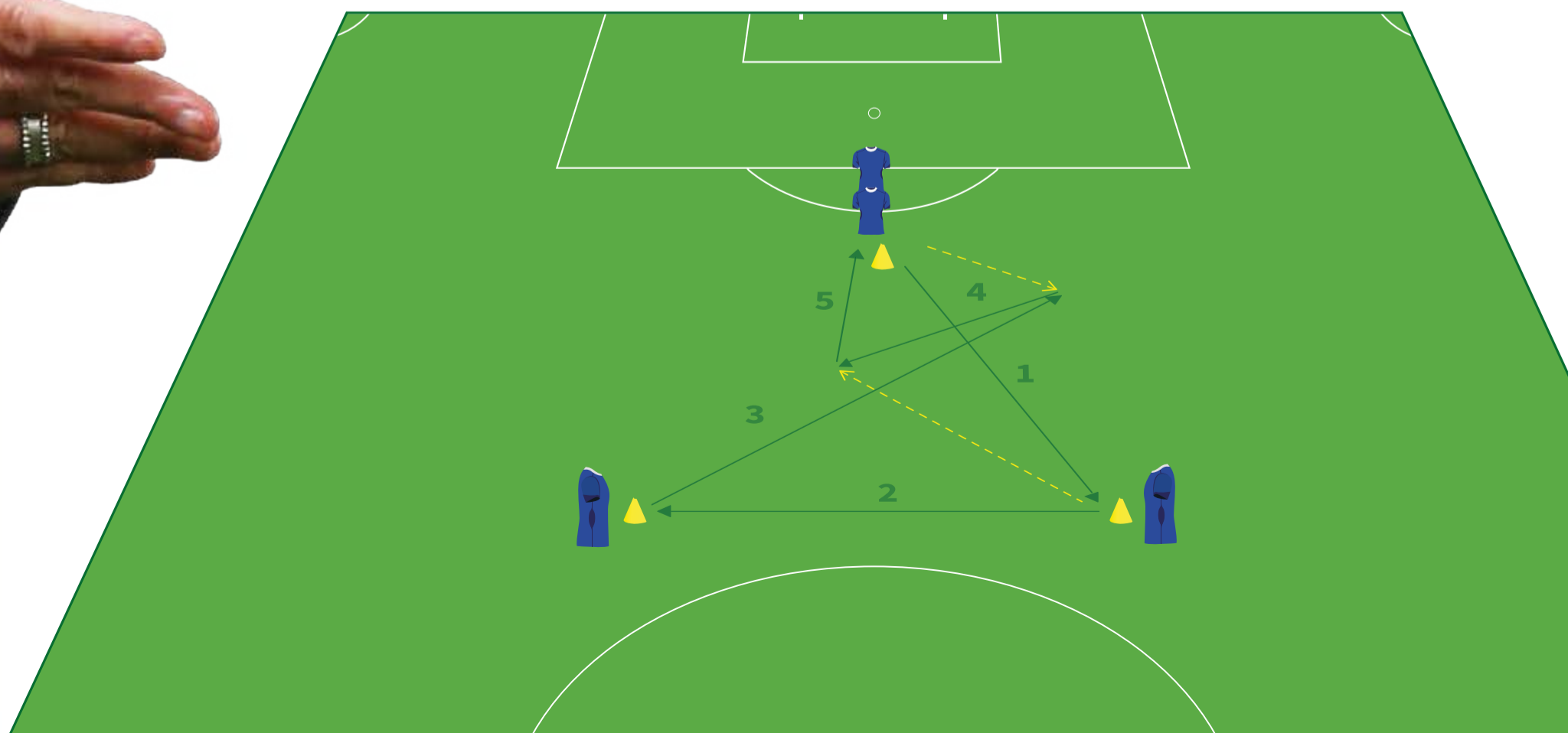
6 players – 2 on the beginning of the drill.

Feedback

1/2 touches.
Approach the ball.
Speed up the ball.

Space

15x30



Finishing



**CARLO
ANCELOTTI**



“Football is the most important of the less important things in the world.”



source: talksport.com

2x0 WITH PROGRESSION

Description

1. Red and blue progression with indirect combinations with the coach.
2. After the first shot, the player outside progresses to cross the ball to the first or second bar:
 - The players inside occupy the finishing areas.

Number

4 players – 2 on the beginning of the drill.

Feedback

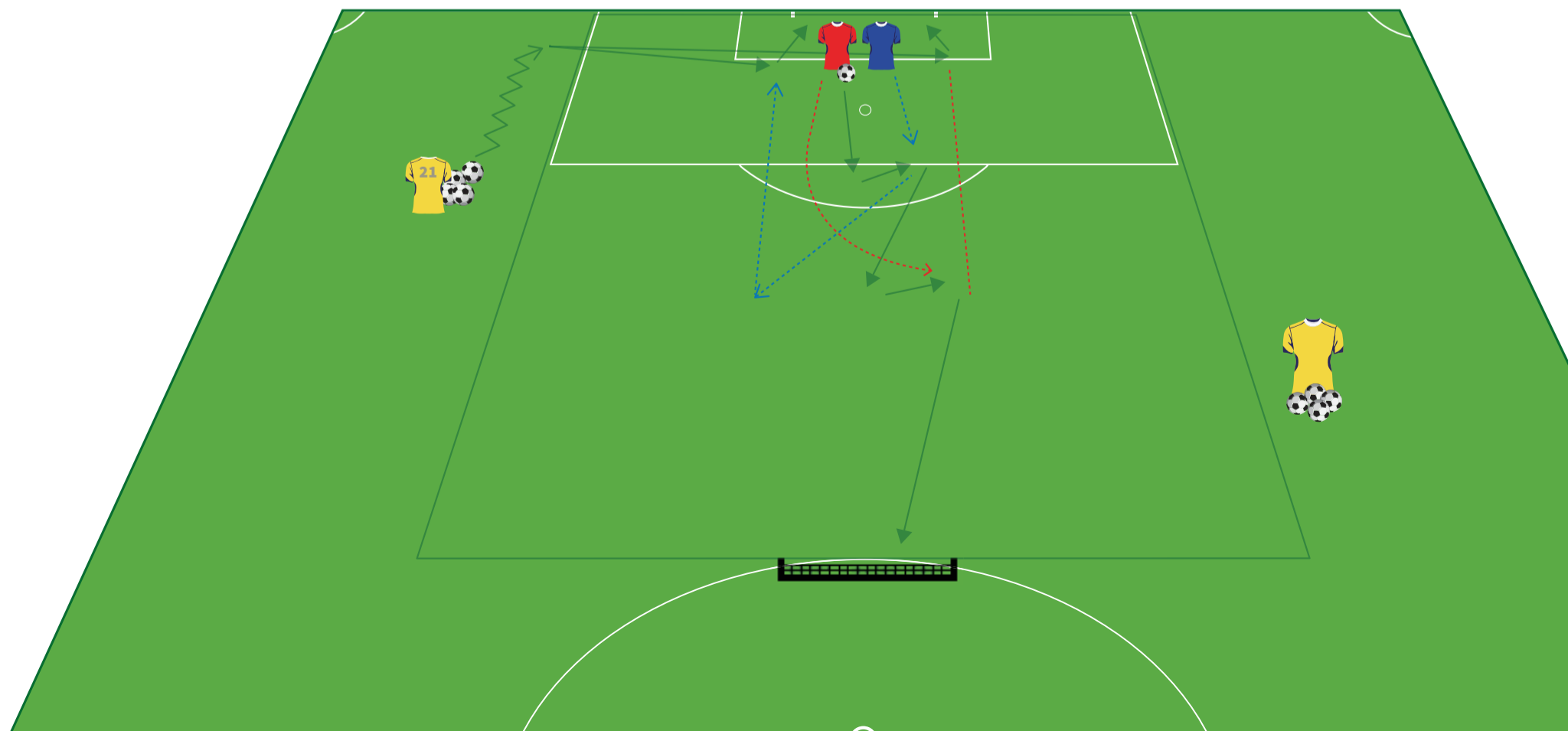
1/2 touches.
Approach the ball.
Speed up the ball.

Goal

Shooting technique variate options – short, long.
Work on approaching and diversion movements.

Space

15x30





source: binghamgroundservices.co.uk



Videobserver HQ
Rua Moinho da Barrunchada, n.º 4 - 1º
2790-109, Carnaxide - Portugal
+351 213 530 196 . info@videobserver.com

Videobserver USA
760 Foster Ave Bensenville IL,
60106 United States
+1 630 757 1998 . usa@videobserver.com

www.videobserver.com