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50 Technical Practices provides the reader with a range of educational modified versions of association football that can be performed both indoor and outdoor to good effect.

The games are structured to ensure that players learn the basic principles of defence and attack, and can be manipulated to focus on key techniques such as control, passing, dribbling, running with the ball, heading and shooting.

You will find that the practices are very attractive in appearance, contain simple instructions of how to get each practice started, contain useful tips on how to make things easier or more difficult and are full of advice about what to look for.

The practices have been designed to meet the requirements of the National Curriculum (UK) Key stages of development for Invasion games. Practices have therefore been divided into 9 distinct categories for simple use:

1. Warm Ups

2. Goalkeeping

3. Possession

4. Goal Scoring 5. Crossing And Finishing

- 6. Shielding
- 7. Passing
- 8. Dribbling
- 9. Heading



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50 Technical Practices is an invaluable tool for any youth team coach, teacher, or football player.

This easy-to-use PlayBook has 50 ready-to-use fun drills and practices for passing, receiving, traveling with the ball, and striking.

This PlayBook should be used as an integral aid for all youth football coaches and teacher lesson planning, or for players wishing to develop their own understanding of the game.

The drills are fully compatible with the leading **DataCoach™ Manager Software** allowing coaches and teachers to communicate visually and set up, save, print, or email training sessions quickly and simply. For more details visit **www.datacoach.net**



About The Authors

Soccer UK is an organisation set up by professional coaches to provide consultation and services to all levels of football in both the U.K. and U.S.

Services include:

- Sport Science support
- Camps (including individual and team instruction)
- Resources Coaching Books and DVDs
- Equipment
- Player development programs

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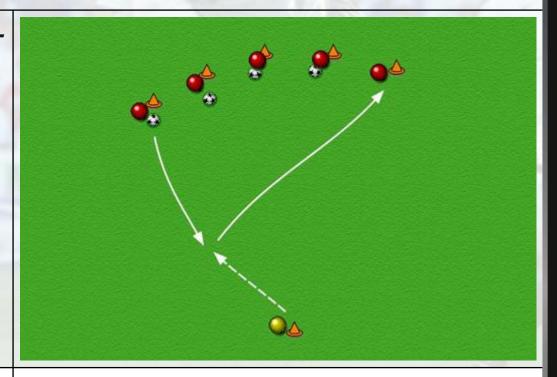
- Break And Cross
- Competition
- Intensive Heading
- Power And Dive
- Sideline Crossers





CHANGE CONTRACTOR OF THE CONTR

LAYOUT



COACHING POINTS

GAME ORGANISATION

5 Red players positions in an arc 10 metres away from a Yellow player 4 of the Red players have a ball

1 Red player passes their ball to the Yellow player and retreats to their starting position Yellow player receives the ball and passes to the Red player without a ball Repeat for 10 passes

GAME ALTERATIONS

To make the game easier:

Allow the player without the ball to call for it

To make the game more difficult:

Reduce the touches to 2 per player

COACHES HINTS

Do the players communicate/use each other's names?

Does the receiving player receive the ball on their toes and in a ready position?

Is the ball moved at pace?

Do the players use both feet?

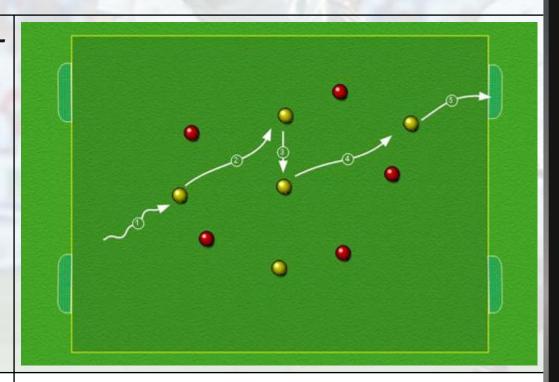






CHALRUGEY HEAVIER VOLUEYS

LAYOUT



COACHING POINTS

GAME ORGANISATION

Both teams defend one pair of goals and attack the others
Players play a competitive game by throwing the ball around to maintain possession
The ball cannot hit the ground, if it does possession is lost
When in possession the player can take a maximum of 5 steps
To score, the ball must be served to a team mate who either heads or volleys into one of

To score, the ball must be served to a team mate who either heads or volleys into one of the designated goals

GAME ALTERATIONS

To make the game easier:

Players can score in any of the four goals

To make the game more difficult:

Designate one of the goals for headers to be scored and the other for volleys

COACHES HINTS

Do the players communicate and compete?

Do the players move into space and transfer the ball quickly?

Do the players use the correct techniques (headers and volleys)?

4 vs. 4 / 5 vs. 5 / 6 vs. 6 in a 20 x 20 metre area (Reds vs. Yellows)

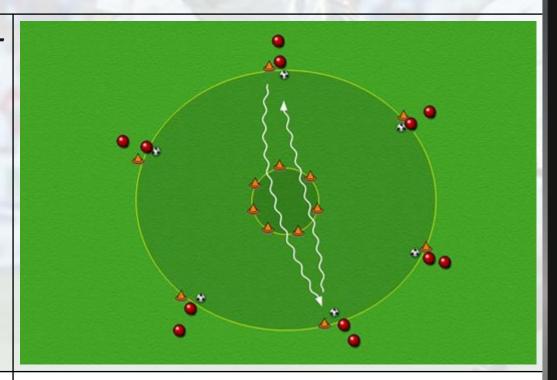
Do the players have fun?







LAYOUT



COACHING POINTS

GAME ORGANISATION

This practice can work with any number of players Start the practice with 6 players around a circle with 1 ball each 1 player stands behind each player with a ball

Players with a ball dribble through the centre area and out to a player without a ball Ball is stopped in front of the outside player for a "takeover" Continue practice

GAME ALTERATIONS

To make the game easier:

Players can dribble at any time thereby avoiding congestion in the centre area

To make the game more difficult:

Only allow the players to use their weaker foot

COACHES HINTS

Do the players use all areas of the foot when dribbling? Do the players use both feet?

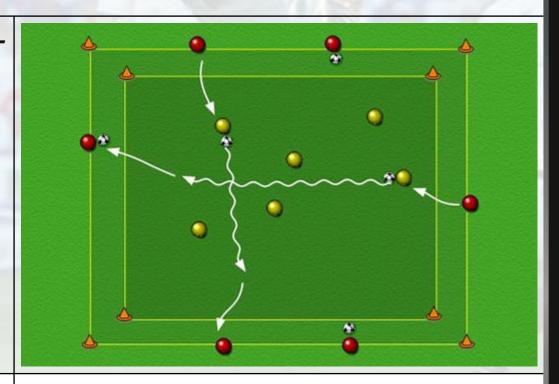
Do the players have fun?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Half the group positioned inside the area Half positioned on the perimeter with a ball

On command "go" players inside call for a pass from any perimeter player 'Inside' player receives the ball and dribbles to space to make a pass to another "outside" player Aim is to receive, dribble and pass to every player involved in the practice

GAME ALTERATIONS

To make the game easier:

Allow the players to use only their stronger foot

To make the game more difficult:

Ask the "inside" players to perform a trick before passing the ball Use weaker foot only

COACHES HINTS

Do the players concentrate?

Do the players make good decisions when passing and moving the ball?

Is the pass accurate and well weighted?

Do the players compete to be first to finish?

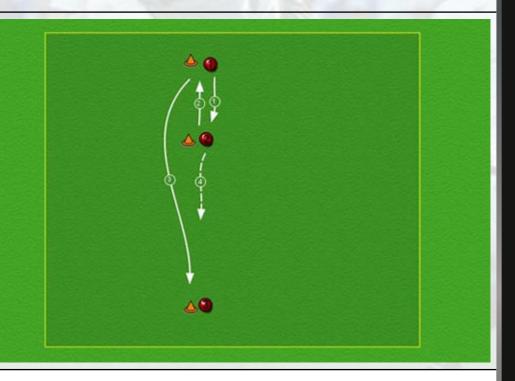
Do the players use the correct techniques?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Players organised into groups of 3

Centre player 10 metres from one teammate and 20 metres from the other

Red 1 plays to Red 2

Red 2 plays the ball back to Red 1 who plays a long pass to Red 3

Red 2 makes a supporting run to Red 3

Red 3 passes to Red 2

Red 2 passes back to Red 3

Red 3 passes long to Red 1

Change positions after 1 minute

GAME ALTERATIONS

To make the game easier:

Players can use their stronger foot only

To make the game more difficult:

Players to use both left and right foot (2-touch)

COACHES HINTS

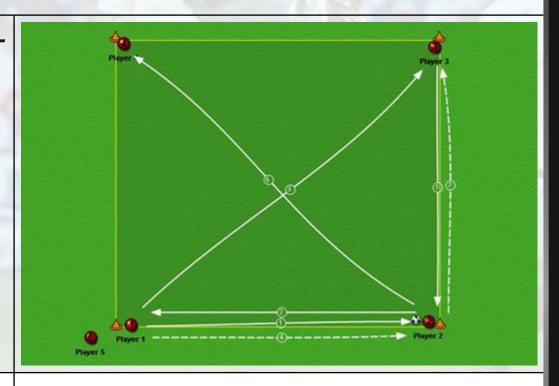
Do players use both feet?
Do players make well weighted passes?
Is the passing accurate?
Do the players have fun?







LAYOUT



COACHING POINTS

GAME ORGANISATION

 $\underline{\mathbf{5}}$ players, 1 player on each corner except starting position where there are 2

Red 1 passes to Red 2

Red 2 drops ball back to Red 1 who passes to Red 3

Red 1 takes up Red 2's position

Red 3 drops the ball back to Red 2

Red 2 passes to Red 4

Red 2 takes Red 3's position

Continue around the square

GAME ALTERATIONS

To make the game easier:

Left footed and right footed players work together

To make the game more difficult:

Ask players to use their weaker foot

COACHES HINTS

Do the players concentrate? Is the pass accurate and well weighted? Do the players have fun?

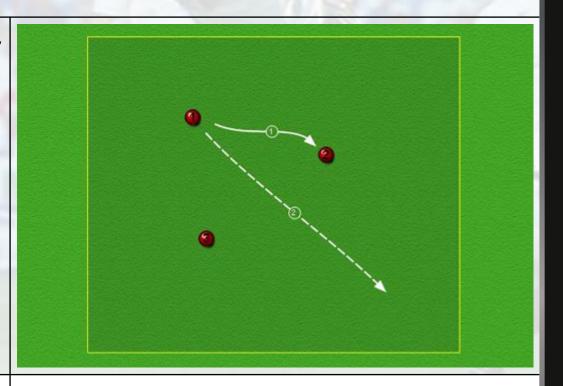






PASSING TRANSELE

LAYOUT



COACHING POINTS

GAME ORGANISATION

3 players within a 10 x 10 metre area With 1 ball each, player passes and then runs between the other 2 players

GAME ALTERATIONS

To make the game easier:

Passing player can make a run to any space and not between their team mates

To make the game more difficult:

Passing must be one touch

COACHES HINTS

Do the players control and pass accurately?

Do the players use both feet?

Do the players sprint between their team mates?

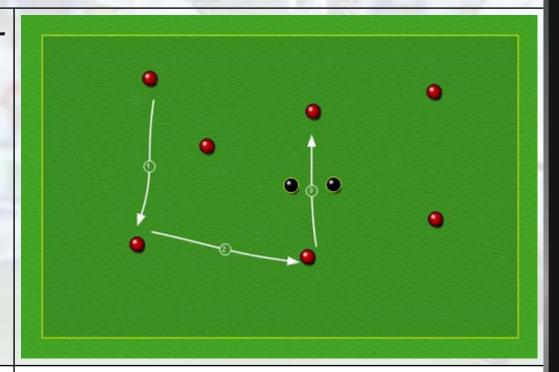
Do the players have fun?







LAYOUT



COACHING POINTS

GAME ORGANISATION

2 players hold each end of a corner flag so it is parallel to the ground at waist height The 2 players holding the flag move around the playing area - this is the "roaming goal" The rest of the group pass and move and make space to attempt to pass the ball between the "roaming goal"

The aim is for the 2 players holding the flag to communicate with each other and move to prevent the ball from being passed under the flag

GAME ALTERATIONS

To make the game easier:

Include an extra ball so 2 balls are being played

To make the game more difficult:

Players carrying the goal allowed to communicate and run

COACHES HINTS

Do the players move the ball at pace? Is the passing accurate and well weighted? Do the players pass and move into space quickly? Do they use both feet? Do the players communicate Do the players have fun?

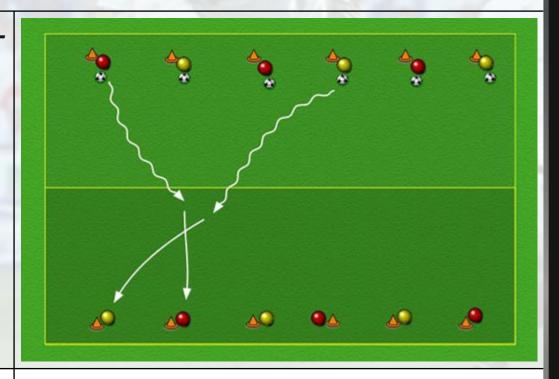






SWAP SIDES

LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds and Yellows alternately spaced in each half of the area

Aim is for the players in possession to dribble using the inside and outside of their feet across the central line before passing the ball to a same coloured player on the other side of the area

Players return to their starting positions

Game is continuous

GAME ALTERATIONS

To make the game easier:

Create more space by making the playing area bigger

To make the game more difficult:

Coach shouts "opposite" so players in possession have to pass to a different coloured player

COACHES HINTS

Do the players keep the ball close and use the inside/outside of their shoe?

Do they move at pace?

Do they communicate and call the name of the player they are passing to?

Do the players have fun?

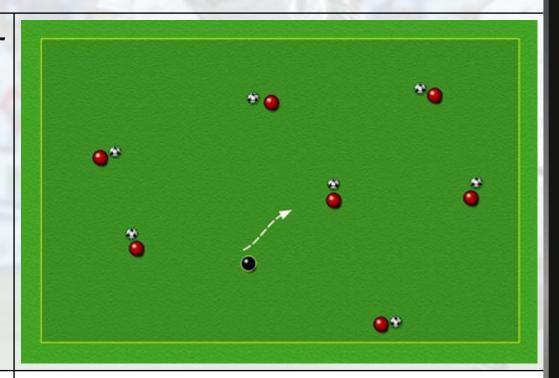








LAYOUT



COACHING POINTS

GAME ORGANISATION

This practice can work with any number of players

Position all players within a designated area; each with a ball and a bib ("tail") tucked into the side of their shorts (the majority of the tail must be visible)

1 player is the chaser and attempts to pull out as many bibs as possible in 30 seconds Player cannot "defend" their tail with their hands

GAME ALTERATIONS

To make the game easier:

Players have 2 tails

To make the game more difficult:

Make the area bigger Add additional chasers Chaser must also dribble a ball

COACHES HINTS

Do the players use fakes and moves to beat the "chaser"?

Do the players use both feet when dribbling?

Do the players change direction quickly?

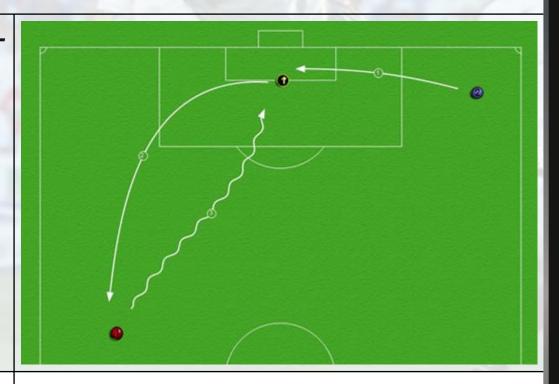
Do the players have fun?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Goalkeeper catches ball from a cross Goalkeeper repositions feet and quickly over-arm throws to Red 1 Red 1 receives the ball and attempts to dribble around the goalkeeper to score

GAME ALTERATIONS

To make the game easier:

Make the feed into the keeper simple

To make the game more difficult:

Vary the feed into the goalkeeper

COACHES HINTS

Does the goalkeeper call "keepers" when catching the ball?

Does the goalkeeper throw the ball with power?

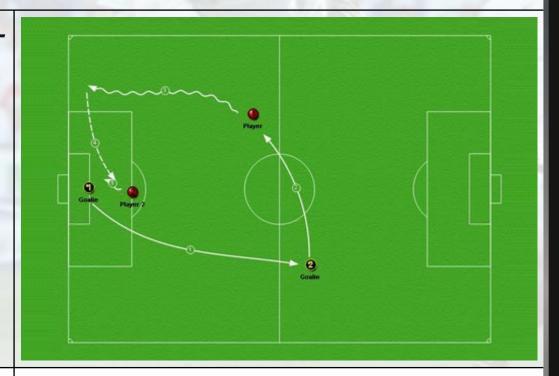
Do they remain on their feet and "big" when defending the attacker







LAYOUT



COACHING POINTS

GAME ORGANISATION

Goalkeeper punts the ball to Goalkeeper 2 Goalkeeper 2 throws the ball to Red 1 Red 1 dribbles to the end line and crosses the ball for Red 2 to score Goalkeeper attempts to catch or punch the ball away

GAME ALTERATIONS

To make the game easier:

Do not use an attacking player in the penalty box

To make the game more difficult:

Add a defender against 2 attackers to make area more congested

COACHES HINTS

Does the goalkeeper punt "through" the ball? Are they positive and do they call when catching or punching the ball? Are they "big" when defending the attacker?

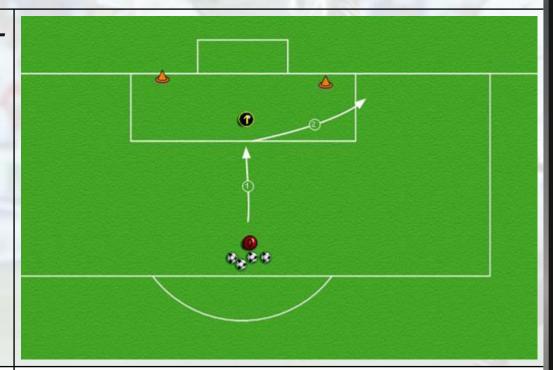






PARTY

LAYOUT



COACHING POINTS

GAME ORGANISATION

Coach has a supply of balls on the penalty spot with the goalkeeper positioned at the top of the 6 yard box

Coach feeds the ball to one side of the goalkeeper who attempts to parry it to the outside of the cone

Goalkeeper must jump to their feet quickly and sidestep to parry the next feed

GAME ALTERATIONS

To make the game easier:

Allow the goalkeeper to reposition after each attempt

To make the game more difficult:

Ball can be struck towards the goalkeeper at pace

COACHES HINTS

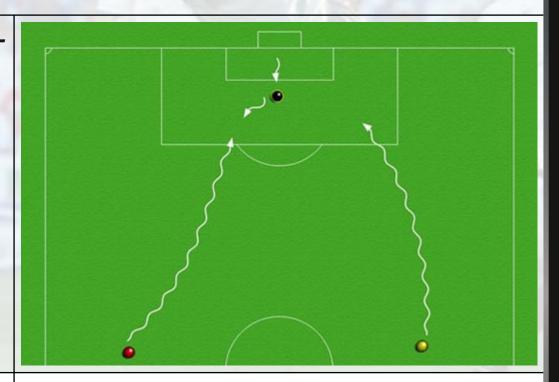
Does the goalkeeper move at pace
Do they use a "stiff" wrist and arm to parry the ball?
Is the goalkeeper aggressive and determined?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red and Yellow players dribble a ball each towards the goalkeeper Goalkeeper starts on their goal line and comes out to "narrow the angle" On coaches command "Red" the goalkeeper must reposition to defend the oncoming Red player only (Yellow player can shoot for practice)

GAME ALTERATIONS

To make the game easier:

Only have one player attacking the goal

To make the game more difficult:

Start Red and Yellow at 5 second intervals and defend both players

COACHES HINTS

Does the goalkeeper reposition themselves using big steps to small steps and not by crossing their feet at any time?

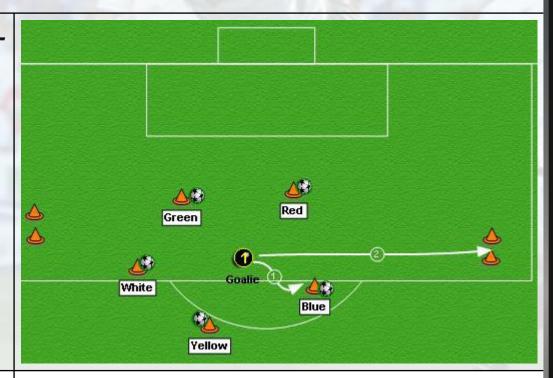
Do they remain on their feet and make themselves "big" for as long as possible?







LAYOUT



COACHING POINTS

GAME ORGANISATION

5 footballs positioned next to 5 different coloured cones Goalkeeper starts in the centre of the area

Coach shouts a colour and the goalkeeper must sprint out to smother the ball, jump to their feet and either roll the ball between two cones or over-arm throw the ball into a goal

GAME ALTERATIONS

To make the game easier:

Allow the goalkeeper to reposition after each attempt

To make the game more difficult:

Make the practice continuous and fast

COACHES HINTS

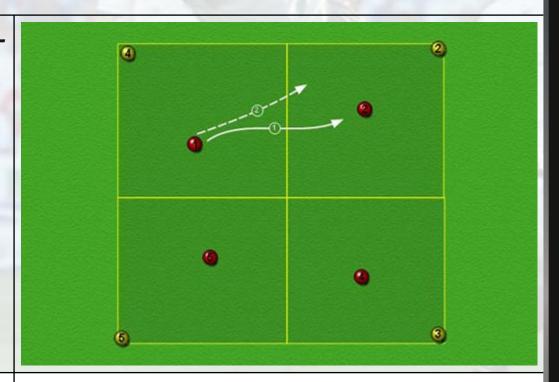
Does the goalkeeper slide sideways in to smother the ball? Do they get back onto their feet quickly? Is the roll well weighted/accurate and throw powerful?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 starts by passing into any square where there is a Red player The passing player follows their pass to make a 2 vs. 1 overload Yellow player in that square attempts to win the ball Aim is to make 5 passes before passing to a new Red player Game is continuous

Yellow "defenders" must always start from the corner of their square

GAME ALTERATIONS

To make the game easier:

Make the playing area bigger

To make the game more difficult:

Increase the number of passes required before passing

COACHES HINTS

Do the players communicate?

Do the possession players use fakes/moves to unbalance the defender?

Do the players move into space?

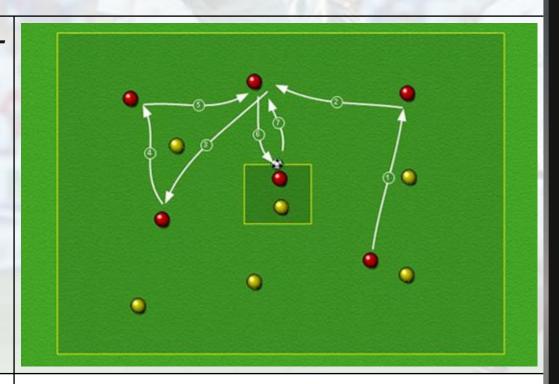






CENTRE PASS

LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds vs. Yellows in a large area

Aim is to maintain possession and complete a wall pass (1-2) with centre player after 5 consecutive passes

Game is continuous

If Yellows intercept the pass they attempt to make 5 passes and then a wall pass (1-2)

GAME ALTERATIONS

To make the game easier:

Create more space by making the playing area bigger

To make the game more difficult:

Use 2 balls at the same time (extra centre player added)

COACHES HINTS

Do the teams in possession continually change their positions? Is the passing accurate and well weighted?

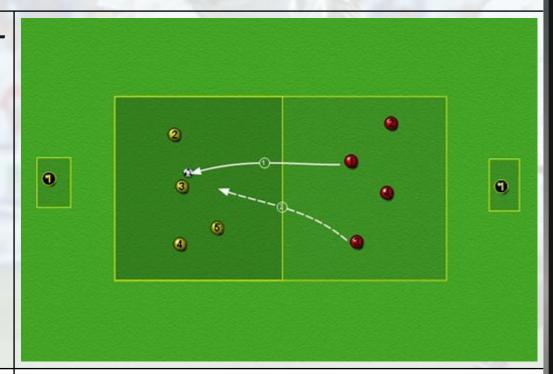
Do the players communicate and give instructions?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 plays the ball into Yellow area where Yellows attempt to make 10 consecutive passes before chipping the ball over the Reds into the hand of a goalkeeper One Red player moves into the area to tackle the Yellows

GAME ALTERATIONS

To make the game easier:

Allow players to pass the ball through the area instead of chipping

To make the game more difficult:

Ball must be chipped on the 10th consecutive pass

COACHES HINTS

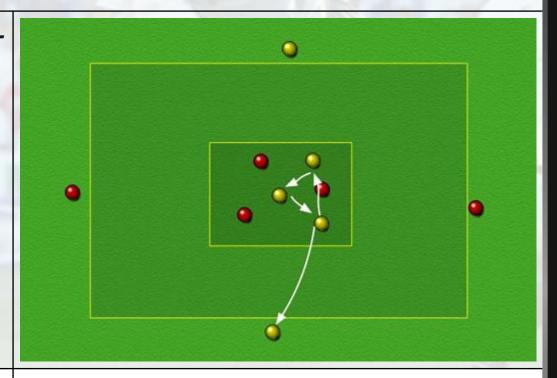
Do the players use their weak and strong feet plus fakes and moves when moving the ball? Is the pass to the chipping player well weighted?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds vs. Yellows in a central square Team in possession pass and move to make 5 consecutive passes After 5 passes they work space so they can pass to one of their outside players to score a point

GAME ALTERATIONS

To make the game easier:

One central team has 1 or 2 players more than opposition

To make the game more difficult:

Only one outside player to pass to. This player can move position

COACHES HINTS

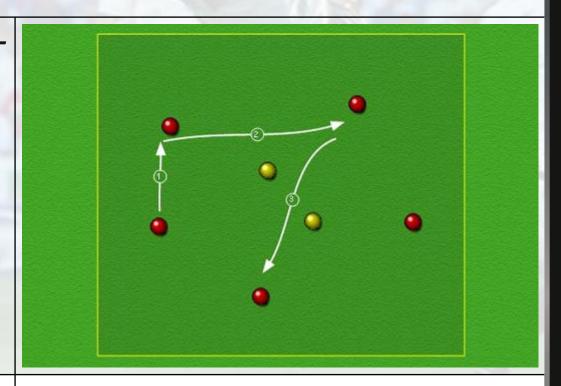
Do the players communicate?
Do the players pass and move into space?







LAYOUT



COACHING POINTS

GAME ORGANISATION

5 vs. 2 possession game

Team in possession retain possession as long as possible

Team in possession score a goal if they are able to pass the ball between 2 defenders

GAME ALTERATIONS

To make the game easier:

The defenders can only walk

To make the game more difficult:

An additional goal is awarded if the ball is passed through the defenders and then immediately returned through the defenders a second time

COACHES HINTS

Do the players move the ball quickly?

Do possession players move into space and communicate?

Is the passing accurate?







B TEANS UN WAVES

LAYOUT



COACHING POINTS

GAME ORGANISATION

Start with Reds having the ball and attacking Yellows Attacking team always have an "extra" player If Reds score they move zones to take on Greens If Yellows win the ball they move zones to take on Greens

GAME ALTERATIONS

To make the game easier:
Make the playing area bigger
To make the game more difficult:
Take out the "extra" player

COACHES HINTS

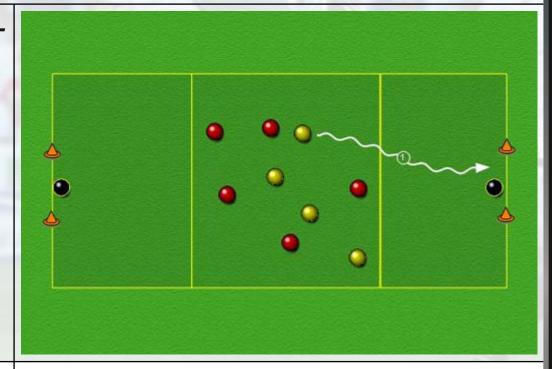
Do the players communicate?
Do the players move to create space for a shot?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds vs. Yellows

If either team makes 5 consecutive passes then the player in possession can break into either end zone

Attacking player can either shoot or attempt to place the ball past the goalkeeper

GAME ALTERATIONS

To make the game easier:

Allow the teams to make 3 passes before breaking to score

To make the game more difficult:

Allow 2 attackers to break into the area plus 1 defender

COACHES HINTS

Do the players move into space to receive a pass?

Do the players attack the goal at pace?

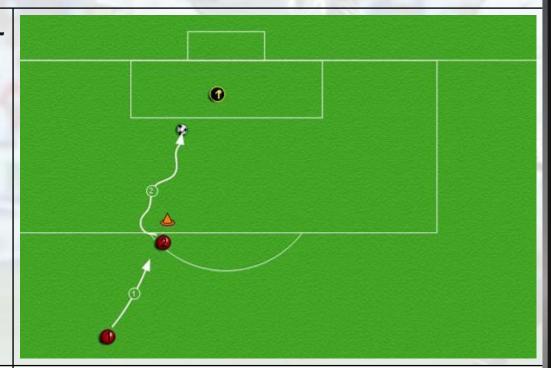
Do the attacking players select the best technique for scoring?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2

Red 2 receives the ball and pivots with the inside or outside of their foot around the defender (cone)

Red 2 then takes on the goalkeeper and attempts to score

Red 1 and 2 swap positions

GAME ALTERATIONS

To make the game easier:

Goalkeeper cannot come out of their 6 yard area

To make the game more difficult:

Red 2 must attempt to score within 5 seconds of having the ball or add a defender

COACHES HINTS

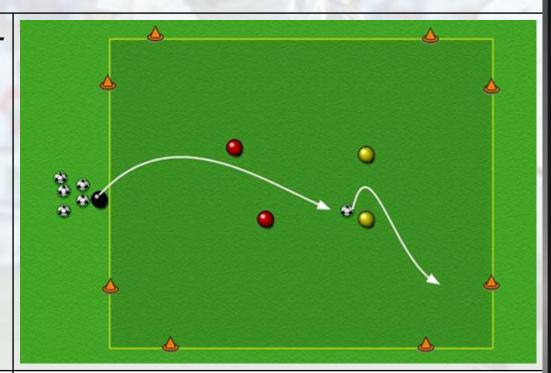
Does the attacking player react with pace? Is the player positive?







LAYOUT



COACHING POINTS

GAME ORGANISATION

2 vs. 2

Coach has a supply of balls and feeds into the playing area Whichever player gets to the ball first their aim is to shoot at any of the 4 goals as quickly as possible

GAME ALTERATIONS

To make the game easier:

Make the goals bigger

To make the game more difficult:

Stipulate which goals each team shoot into

COACHES HINTS

Are the players balanced before shooting? Are they positive?

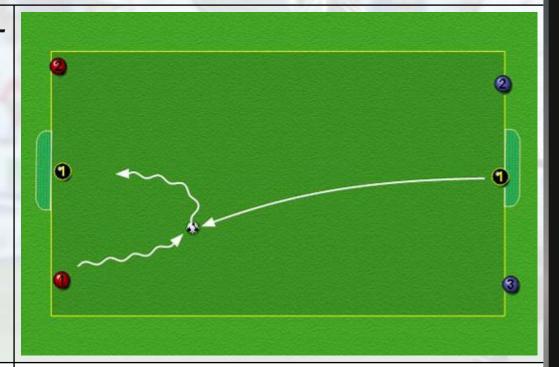
Are the players "switched on" and ready?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Goalkeeper rolls the ball to Red 1
Red 1 sprints out to collect the ball before turning and shooting

GAME ALTERATIONS

To make the game easier:

Attacking player can take as many touches/time as they want

To make the game more difficult:

Both Red players compete for the ball

Goalkeeper to bounce the ball towards the receiving player

COACHES HINTS

Do the players positively attack the goal?

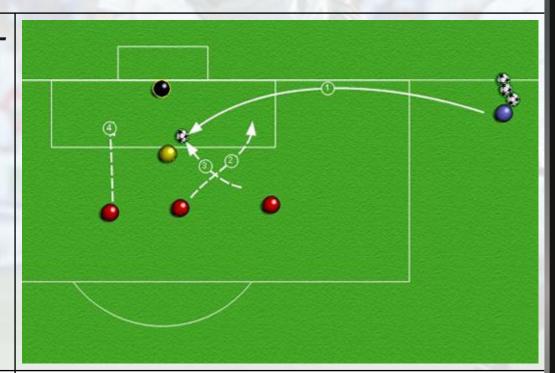
Does the attacker receive and turn at pace?







LAYOUT



COACHING POINTS

GAME ORGANISATION

3 attackers vs. 1 defender and a goalkeeper

2 players cross the ball alternately from each side of the pitch

As soon as 1 attempt at goal has been made the attacking players sprint to the edge of the box. When the last attacker reaches the edge of the box this will signal the next cross to be played in. Attacking players need to react and sprint into the box to meet the cross

GAME ALTERATIONS

To make the game easier:

Only make the cross when all players are relaxed and rested between crosses

To make the game more difficult:

Insert more than one defender

COACHES HINTS

Do the players communicate where they will make their attacking runs?

Do the players attack the crosses?

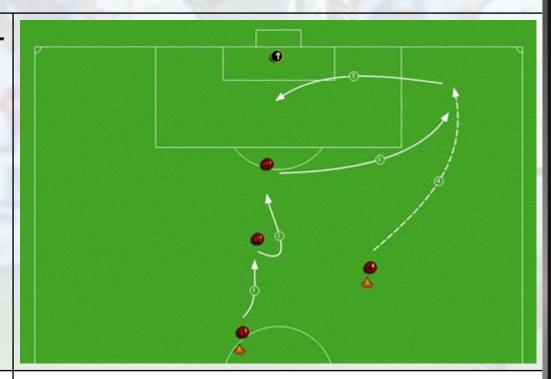
Do the players motivate each other?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2

Red 2 flicks the ball with the outside of their left foot "around the corner" to Red 3 Red 3 plays a pass into the path of Red 4 who has made an overlapping run Red 4 crosses into the box where Red 1, 2, and 3 have made attacking runs and attempt to score

GAME ALTERATIONS

To make the game easier:

Do not use the overlapping player, Red 2 and 3 combine to score

To make the game more difficult:

All touches must be one touch only

COACHES HINTS

Do the players communicate?

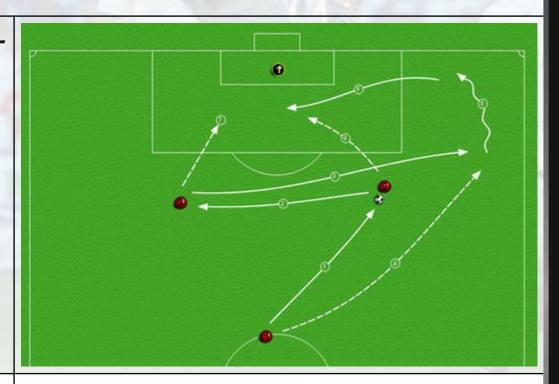
Do the players move at pace and positively?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2 and starts an overlapping run "around" Red 2

Red 2 passes infield to Red 3

Red 3 passes wide into the path of Red 1 who takes the ball to the end line before crossing Red 2 and 3 sprint into the area to attack the cross

GAME ALTERATIONS

To make the game easier:

Goalkeeper to remain inside the 6 yard box

To make the game more difficult:

Add a defender

COACHES HINTS

Are the passes accurate and well weighted?

Do the attackers delay their run into the attacking area?

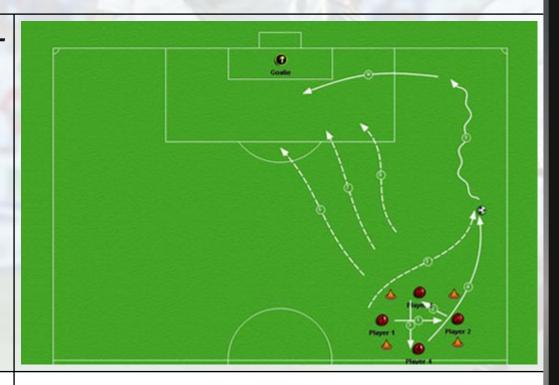
Do the players positively attack the ball?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2, Red 2 passes to Red 3, Red 3 passes to Red 4 Red 1 has made an overlapping run and Red 4 passes into their path Red 2, 3 and 4 make runs into the box and attack the cross from Red 1 Alternate groups from either side of the pitch

GAME ALTERATIONS

To make the game easier:Do not use a goalkeeper

To make the game more difficult: Add a defender

COACHES HINTS

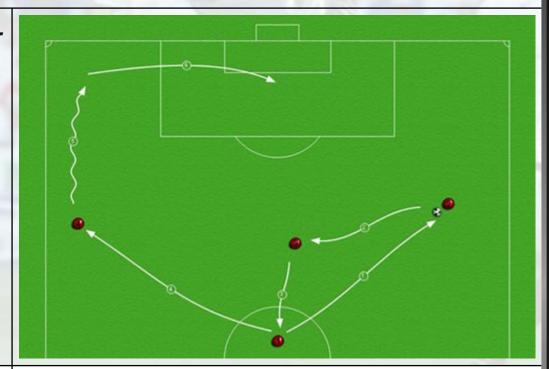
Do the players make different and positive runs into the area? Does the overlapping player cross the ball at pace?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2

Red 2, with their back to goal, cuts inside and passes to Red 3

Red 3 passes back to Red 1 who then switches the ball to Red 4

Red 1, 2 and 3 make attacking runs into the penalty area and attack the cross

GAME ALTERATIONS

To make the game easier:

Players can take as many touches as they need to execute the play

To make the game more difficult:

Make sure the ball is passed at match speed and introduce 1 or 2 defenders

COACHES HINTS

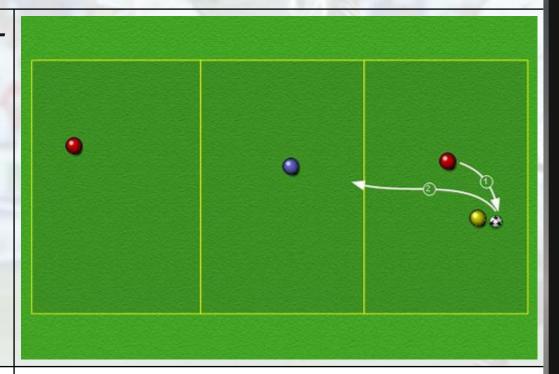
Do the players move the ball at pace? Do the players communicate? Are the passes/cross well weighted?







LAYOUT



COACHING POINTS

GAME ORGANISATION

3 zones with 1 player in each zone, except starting zone, where there are 2 Red vs. Yellow. Player in possession attempts to retain the ball If tackled, the tackling player takes the ball into the next zone Repeat sequence "up" and "down" the zones

GAME ALTERATIONS

To make the game easier:
Make the area bigger
To make the game more difficult:
Reduce the area keeping it "tight"

COACHES HINTS

Do the players compete for the ball like a match situation? Do possession players use the correct technique?

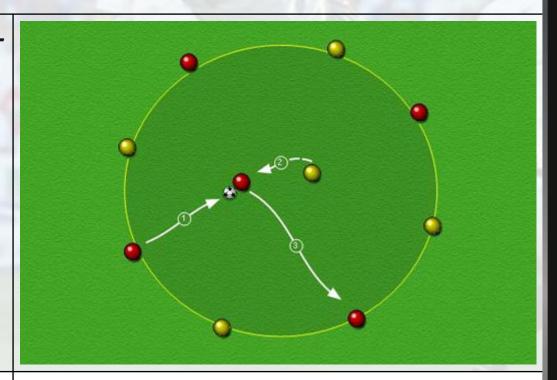






GIRGLE

LAYOUT



COACHING POINTS

GAME ORGANISATION

Red vs. Yellow in the circle

Red player can use any outfield player to perform a 1-2 (wall pass)

GAME ALTERATIONS

To make the game easier:

Players on outside have a ball each. Centre Red player calls to them for a pass and shields the ball for as long as possible. When tackled, Red receives another ball from an outside player

To make the game more difficult:

Add a defender who can only defend the outside players

COACHES HINTS

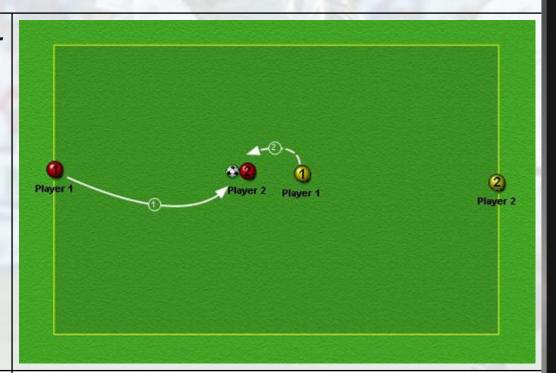
Does the shielding player keep the ball on the furthest most foot from the attacker? Does the possession player lean into the defender? Is the defender in a low position watching the ball?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 plays to Red 2

Red 2 shields ball from Yellow 1 who is attempting to win possession

When won, the ball is kicked out of play and Yellow 2 plays a ball in for Yellow 1 to keep possession

Reverse roles for Red 1 and Yellow 2 to compete

GAME ALTERATIONS

To make the game easier:

Only start when each player is ready

To make the game more difficult:

Possession players attempt to shield, turn and run over opponent's end line for a goal

COACHES HINTS

Does the possession player turn sideways and use their body weight to hold off the defender?

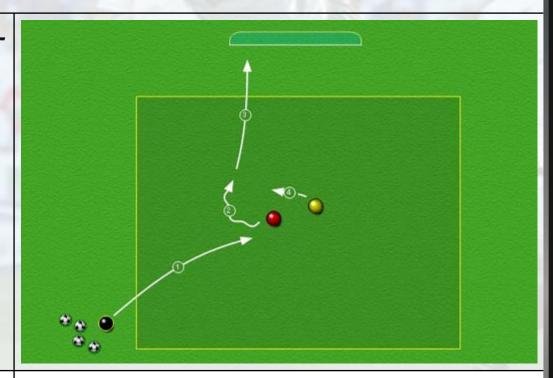
Does the defender get "touch tight" to the player in possession?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red vs. Yellow in the square Coach feeds a ball into the area and players compete for possession Player in possession shields the ball until the coach shouts "go" Now the player attempts to work a position to shoot at goal

GAME ALTERATIONS

To make the game easier:

When coach shouts "go", the defender becomes passive

To make the game more difficult:

Add a goalkeeper

COACHES HINTS

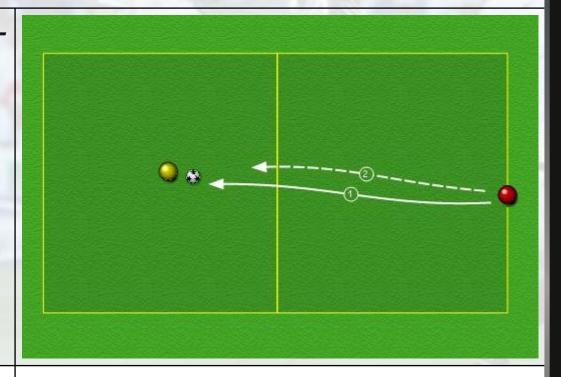
Does the shielding player keep the ball on the furthest foot from the attacker? Does the possession player move at pace on command "go"?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red plays ball to Yellow

Aim is for the Yellow player to maintain possession within their half

Red needs to position themselves to "drive" the Yellow player into the other half of the field where they automatically win possession

GAME ALTERATIONS

To make the game easier:

Add an extra possession player to make a 2 vs. 1 situation

To make the game more difficult:

Make a 2 vs. 2 situation

COACHES HINTS

Do the players in possession move the ball quickly and keep the ball on the furthest foot away from the attacking player?

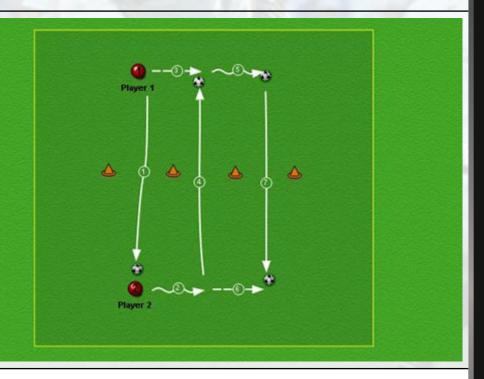
Does the possession player always move the ball?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes through the cones to Red 2

Red 2 receives with their left foot and moves the ball across their body before passing through the gates with their right foot

Red 1 receives with their right foot, pushes the ball across their body before passing with their left

Continue back to the starting position

GAME ALTERATIONS

To make the game easier:

Allow the players to take up to 3 touches

To make the game more difficult:

Limit the touches to 2 or place the cones closer together

COACHES HINTS

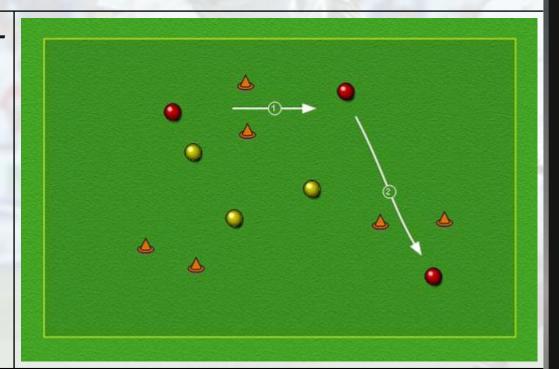
Do the players move the ball across their body quickly? Do the players play a well weighted pass? Are the players on their toes?







LAYOUT



COACHING POINTS

GAME ORGANISATION

3 vs. 3 maintaining possession When the players have "worked" a position, they can pass to a teammate through the goals to score 1 point Game is continuous

GAME ALTERATIONS

To make the game easier:

After scoring a goal the ball is turned over to the opposition

To make the game more difficult:

Make 5 consecutive passes before allowing the team to score

COACHES HINTS

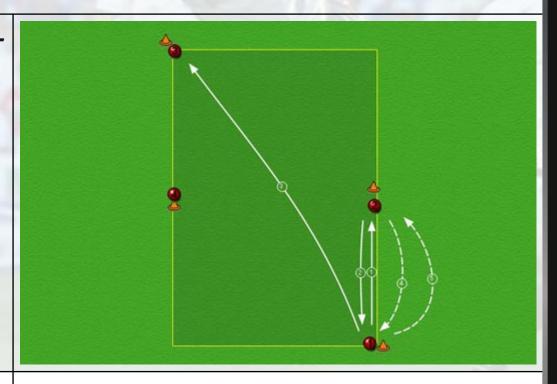
Do the players communicate and create space? Are the passes weighted well/accurate?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 passes to Red 2

Red 2 drops the ball back to Red 1 who passes long to Red 3

Red 1 and Red 2 change positions

Red 3 passes to Red 4 who drops the ball back before the ball is passed long (Red 3 and

Red 4 change positions)

GAME ALTERATIONS

To make the game easier:

Players take as many touches as they want

To make the game more difficult:

All passes are first touch

COACHES HINTS

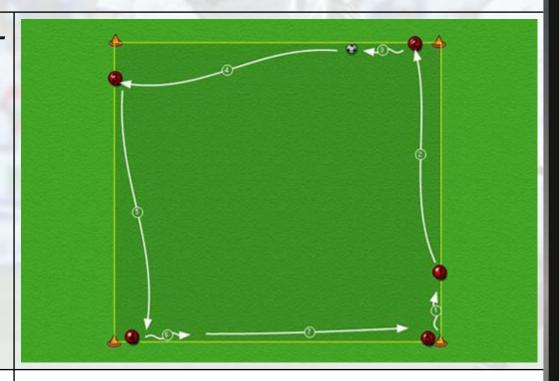
Do the players get the ball out from under them quickly? Is the weight and direction of pass good?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Red 1 touches the ball forward and passes to Red 2 Red 1 follows their pass

Red 2 touches the ball forward and passes to Red 3

Continue this around the square:

Anticlockwise direction: receive and pass with right foot Clockwise: receive and pass with left foot

GAME ALTERATIONS

To make the game easier:

Players must control, touch forward and then pass

To make the game more difficult:

Players pass into the moving path of the receiving player

COACHES HINTS

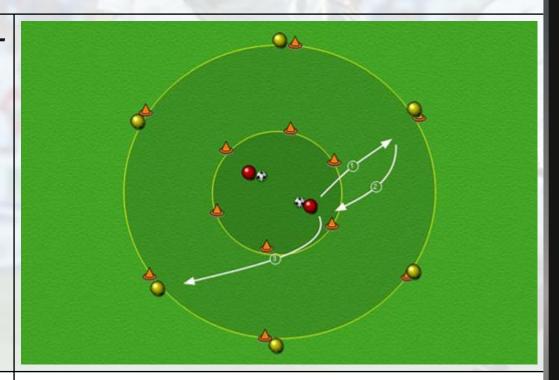
Do the players weight their pass correctly? Do they communicate? Is the receiving player "on their toes"?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Central Red players have a ball each
Red players remain in coned area and play a 1-3

Red players remain in coned area and play a 1-2 with an outside Yellow player Which Red player can make the most number of passes in 1 minute?

GAME ALTERATIONS

To make the game easier:

Remove central coned area, players can move anywhere

To make the game more difficult:

Maximum 2 touch (receive and pass) or use weaker foot

COACHES HINTS

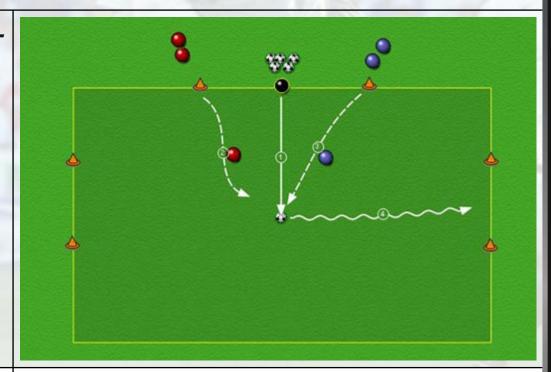
Does the central player play an accurate and weighted pass? Are they on their toes and receiving the ball with an "open" body position?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds and Yellows line up behind their respective cones Coach passes ball into the playing area Red and Yellow compete to dribble the ball between the 2 end cones

GAME ALTERATIONS

To make the game easier:

Players can dribble the ball between either coned goal

To make the game more difficult:

Players only use their weaker foot

COACHES HINTS

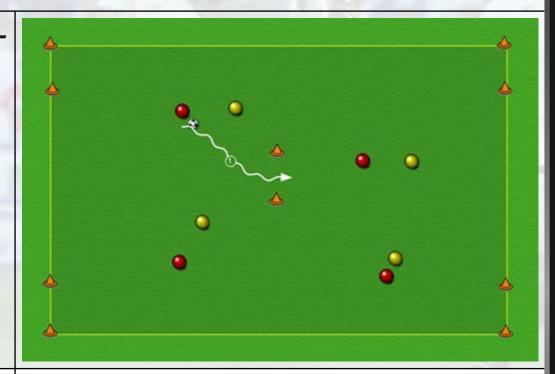
Do the players change direction using the inside and outside of their feet when dribbling? When making a break is it positive?







LAYOUT



COACHING POINTS

GAME ORGANISATION

4 vs. 4 in the central area When in possession, attempt to dribble between any goal to score

GAME ALTERATIONS

To make the game easier:

Make an extra central goal

To make the game more difficult:

Stipulate which goals the teams score into

COACHES HINTS

Do the players communicate?

Do the players dribble at pace/use inside and outside of their foot?

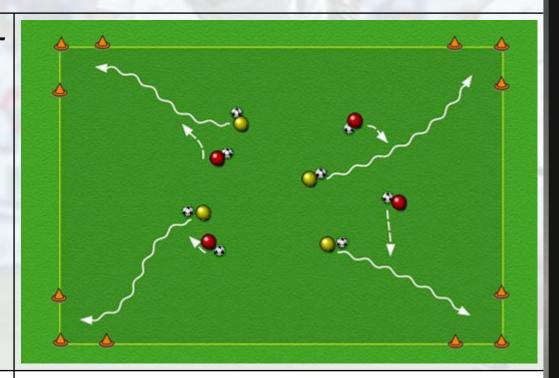
Does the player in possession change direction quickly to make space for themselves?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Reds and Yellows dribble a ball each

If the coach shouts "Reds" the Reds must leave their ball and attempt to tackle the Yellow players before they are able to dribble to the corner areas where they are safe

GAME ALTERATIONS

To make the game easier:

Make 2 extra safety areas at the side of the pitch

To make the game more difficult:

Reduce the number of safety areas

COACHES HINTS

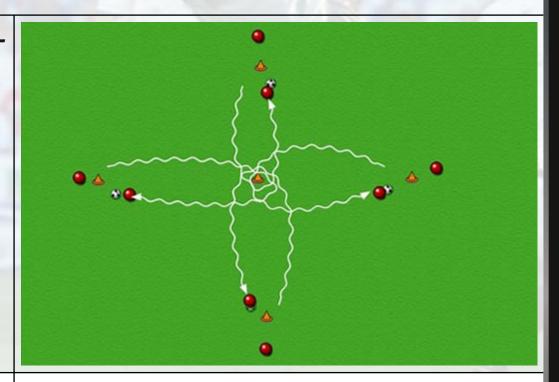
Does the player dribble with their head up so they know which safety zone to dribble to? Is the player positive?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Equal number of players on each cone Aim is to dribble around the central cone, avoiding collisions, back to their starting position

GAME ALTERATIONS

To make the game easier:

Wait until all players are ready before starting

To make the game more difficult:

Insert extra cones to make the players slalom before they get to the central cone

COACHES HINTS

Do the players use their laces to dribble at speed?

Do the players use the inside/outside of their foot to change direction?

Do they run with their "heads up" to avoid collisions?

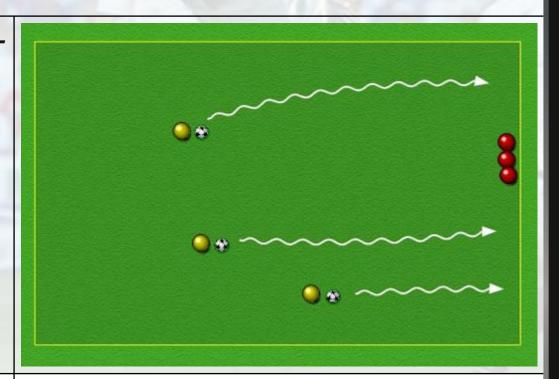






LINE BREAKS

LAYOUT



COACHING POINTS

GAME ORGANISATION

3 defenders start on end line linking arms 3 Yellow players dribble around until the command "go" Yellow players attempt to dribble past the defenders end line without getting tackled Defenders must maintain their linked arms

GAME ALTERATIONS

To make the game easier:

Defenders cannot run

To make the game more difficult:

Dribbling players must dribble with weaker foot

COACHES HINTS

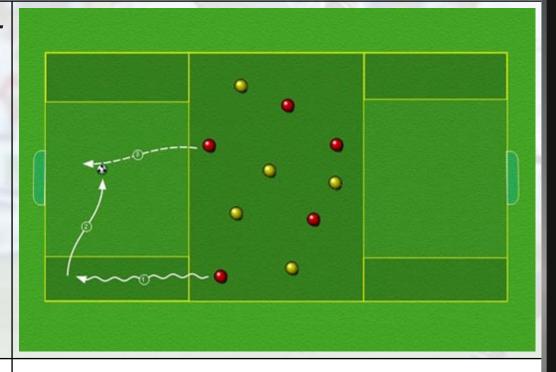
Are the dribblers altering their pace and altering direction? Do they use all areas of their foot? Do they use both feet?







LAYOUT



COACHING POINTS

GAME ORGANISATION

5 vs. 5 in central zone to maintain possession

When a player is able to breakaway they can dribble into any corner zone where they cannot be tackled

1 supporting player breaks into the penalty box to receive a cross and attempts to score

GAME ALTERATIONS

To make the game easier:

2 players break into the area to attempt to score

To make the game more difficult:

Add a defender

COACHES HINTS

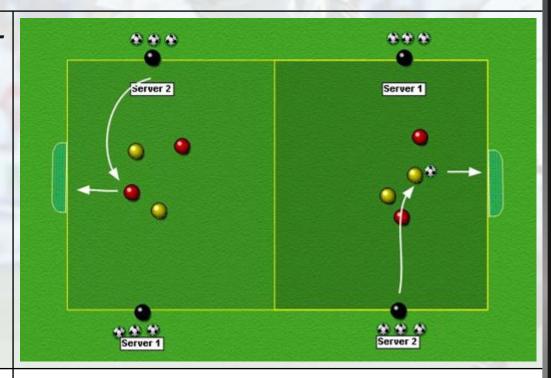
Do the players break away and attack the ball at pace? Do they create space in the 5 vs. 5 area? Is the cross delivered at pace?







LAYOUT



COACHING POINTS

GAME ORGANISATION

Players are split 2 vs. 2 in each end zone Ball is thrown in by a server for Reds and Yellows to compete against each other to score (continuous and alternate feed from each zone and from each side)

GAME ALTERATIONS

To make the game easier:

Server waits for all players to be ready

To make the game more difficult:

Servers feed the ball quickly

COACHES HINTS

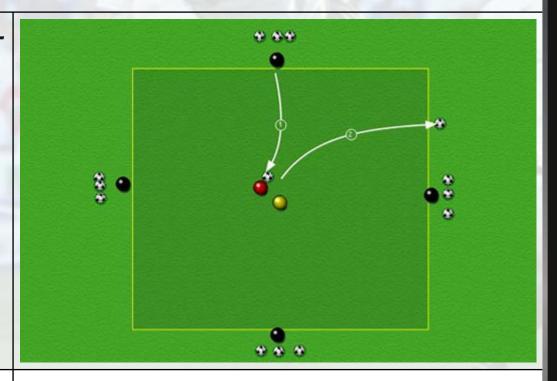
Do the players get into position quickly? Are they determined to get to the ball? Is the correct technique used?







LAYOUT



COACHING POINTS

GAME ORGANISATION

4 servers on the outside of the area Servers take it in turns to throw the ball into the central area Reds and Yellows compete to head the ball Aim is for any player to head the ball out of the square – this will win 1 point First team to 5 points wins

GAME ALTERATIONS

To make the game easier:

Players just need to win a header

To make the game more difficult:

Players must head the ball back to the server

COACHES HINTS

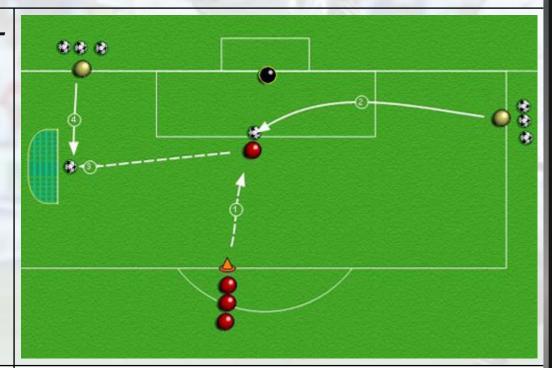
Are the players aggressive?
Do they use their upper and lower body strength?
Do the players use the correct technique?







LAYOUT



COACHING POINTS

GAME ORGANISATION

1 player and 2 servers

From server 1 "power header" at goal, immediately turn and complete a diving header from server 2 at a small goal

GAME ALTERATIONS

To make the game easier:

Servers take their time and serve on command from player

To make the game more difficult:

Add a defender in the main goal area

COACHES HINTS

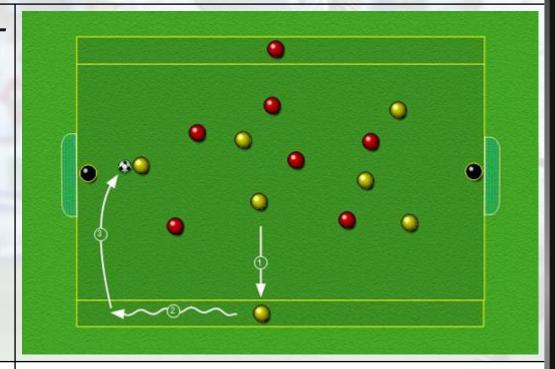
Does the player time their runs towards each header? Is the player positive?







LAYOUT



COACHING POINTS

GAME ORGANISATION

6 vs. 6 in the central area

When in possession, play a pass to either player in the sideline zone – these cannot be tackled

The "crossing" player moves at match pace in either direction and delivers a cross from which any player can score into either goal

GAME ALTERATIONS

To make the game easier:

Split the field in half so players compete 3 vs. 3

To make the game more difficult:

Stipulate which goals the teams score into

COACHES HINTS

Do the players move into goal-scoring positions quickly?

Do the players communicate?

Do the players attack the ball positively?





