

Training drills and games.

Adapted for youth players.



Lee Fielden

This booklet contains a selection of games and drills which will hopefully help keep training sessions fresh and entertaining for both coach and players. Please adapt these games as you see fit.

Please note that not all these games are my own but are games that I've either seen in practice by more experienced coaches than myself or what have been shared by top coaches on resources such as Twitter.

All diagrams were put together using Academy soccer coach software. Please give them a follow on twitter @AcademySCoach.

I'd like to thank all the great coaches who take the time to share their ideas and sessions on twitter.

A massive shout out must go to the incredible coaching networking resource that is @CoachingFamily who without I'd not be the coach I am today.

Thank you for taking the time to download the booklet and I hope both you and your players enjoy the games.

Cheers @fieldsey77.

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1v1/2v2 games.



1. Wait for the call game.



Set up 30x20 yrd playing area with more gates than pairs of players.
Pair players up with a ball per pair (If more than 5 pairs set up two playing areas).
Pairs begin by passing to one another, when coach calls 'Go' one player tries to beat the other and dribble through one of the gates.
Only 1 point can be scored at each gate.
Play first player to a set score or play for a set time limit.

2. 1v1 Clear and defend game.



Set up an appropriate size playing area with 10 yrd finishing zones and goals at each end (In this case we're using age appropriate goals + Gks but we could use 2 mini goals at each end etc).

Split players into two teams with each team starting by a goal.

One team starts with a ball each and these start as defenders.

The first player for each team steps into their 10 yrd zone.

The defender plays a long ball towards the attacker who collects the ball and attempts to dribble past the defender to score.

If the defender wins the ball they can score in the attackers goal.

When the play is over they rejoin the back of their teams line with the attacker taking the ball.

Repeat until all defenders have played their balls then team swap roles.

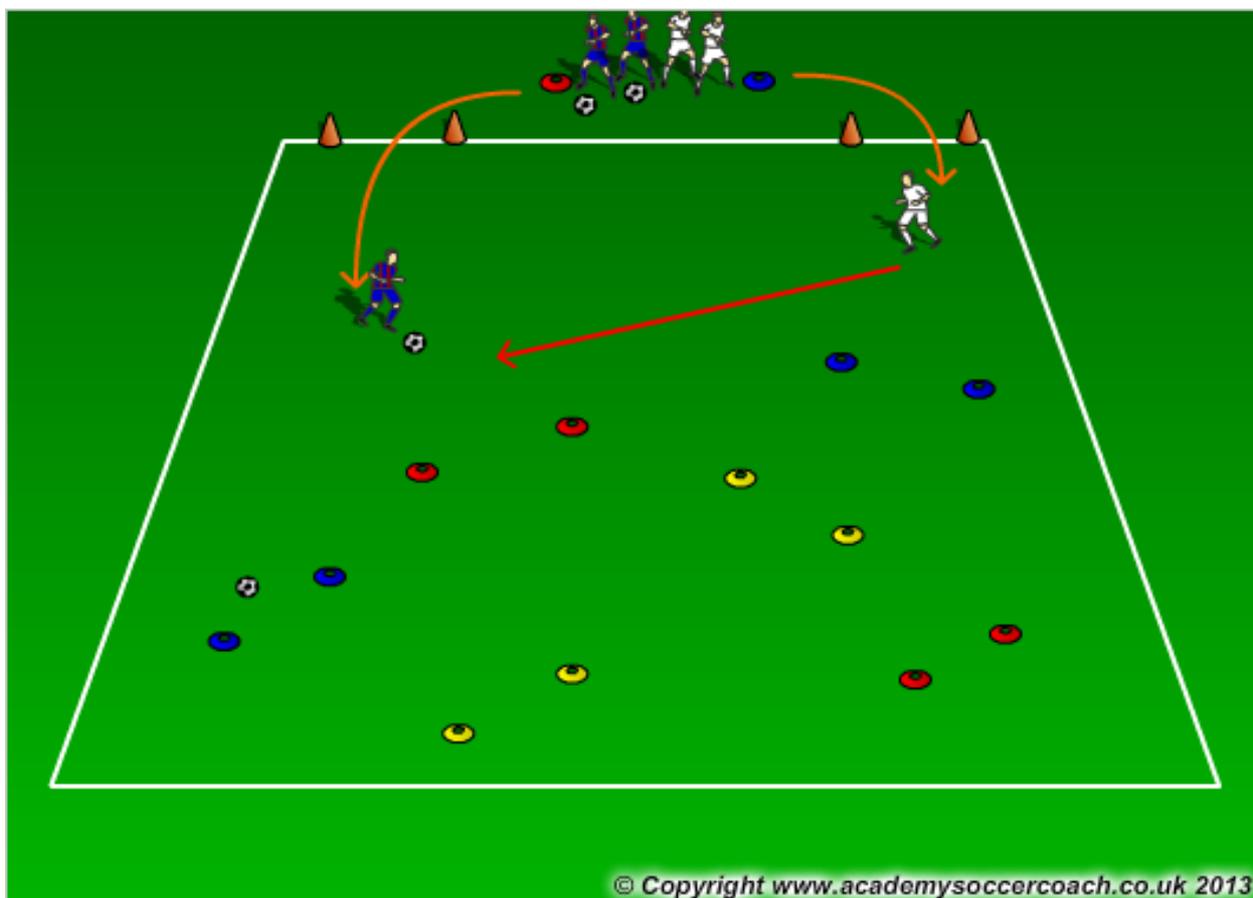
Team with most goals at end wins.

Progs.

Add a support player in the middle zone to help the player with the ball.

2v2, 3v3, 4v4.

3. 1v1 coloured gate game.



Set up an appropriate size playing with a series of different coloured gates marked out with cones approx 2 yds apart.

Split players into 2 teams.

One team starts as attackers with a ball each and the other team are defenders.

When coach calls a colour those gates becomes live, the attacker can score by dribbling through those gates.

The defender can score if they win the ball and dribble through any other coloured gates.

Game is live for a set time limit eg 15 seconds.

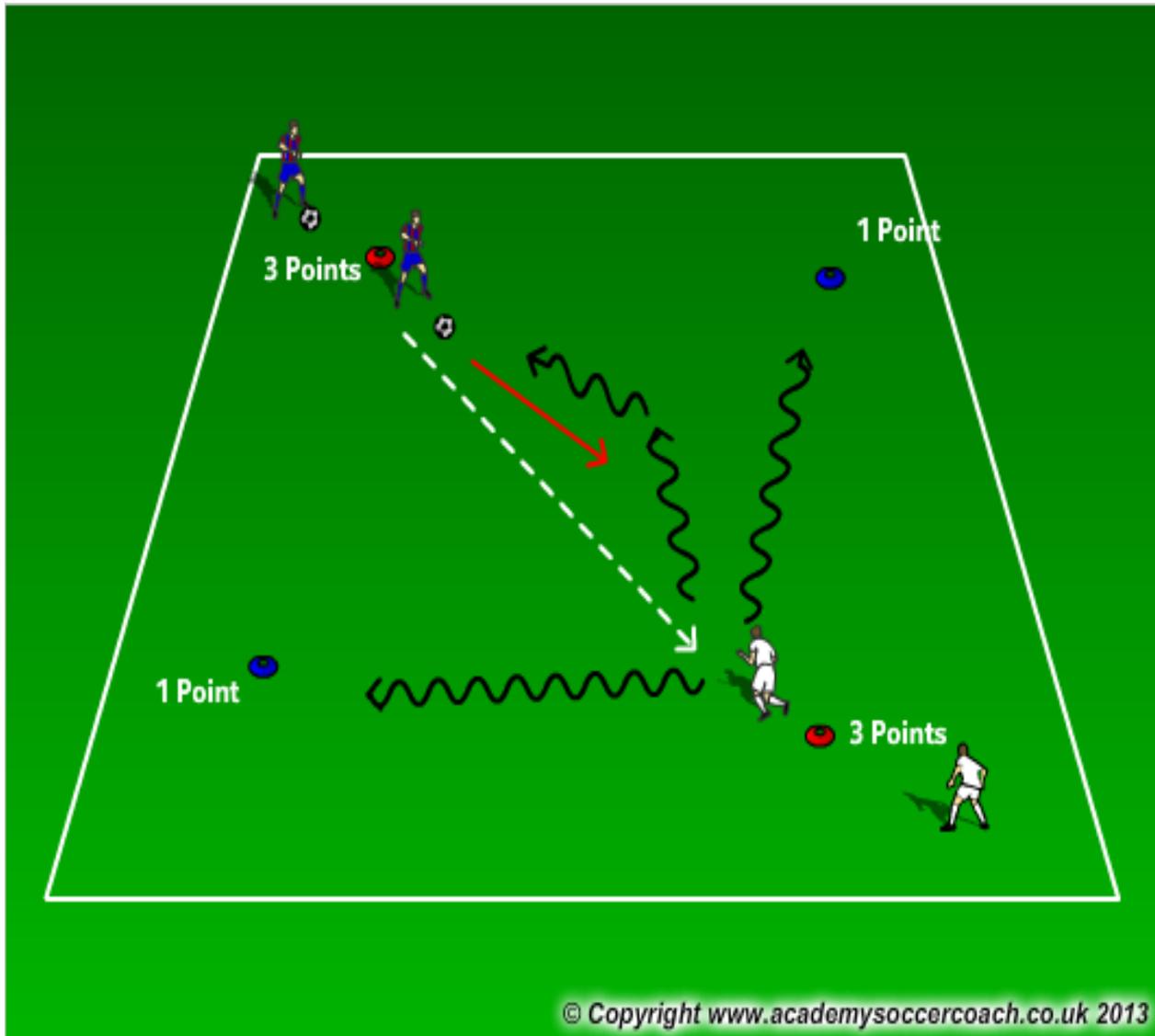
Progs.

1. Attacker must dribble through both coloured gates.

2. 2v2.

4.

1v1 Decision game.



Set up as many playing areas as required as shown above.
Split players into small groups(Defenders and attackers).
Defenders have a ball each and start the game by passing across the playing area to the attacker.
The attacker receives the ball and attempts to stop it next to a choice of three cones.
The two blue side cones are worth 1 point and the red cone directly opposite is worth 3 points.
If the defender wins the ball they can do the same.
Play first group to a set score wins.

5. 1v1 Pass and defend.



Set up a playing area with a small goal at one end and two gates at the other. Split players into two groups.

One group start as defenders and wait by the side of the small goal with a ball each.

The other group are attackers and wait inbetween the the pair of gates.

Plays starts with the first defender passing the ball to the first attacker.

The attacker receives the ball and attempts to beat the defender and score in the small goal.

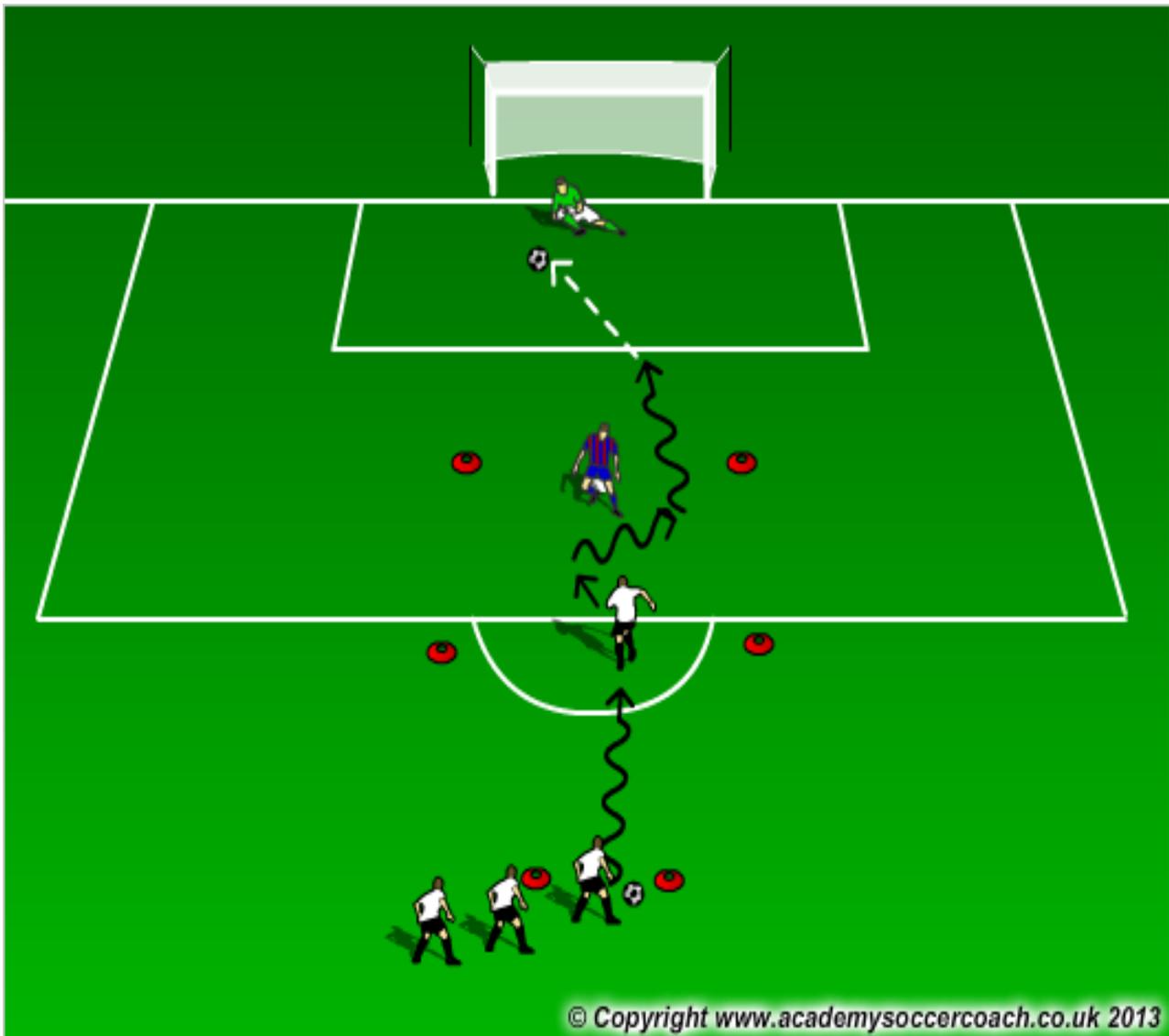
If the defender wins the ball they can score by dribbling through one of the two gates.

After a goal is scored or the ball goes dead the players join the back of the opposite line.

Progs.

2v2

6. 1v1 Beat the defender.



Set up a playing area as shown above with a 10x10yrd square.

One player starts as a defender and plays in the sqr.

The remaining players start as attackers and have a ball each.

The first attacker attempts to dribble through the sqr, beating the defender and shooting at goal.

If they achieve this they go back to the start.

If the defender manages to stop them either with a tackle or by forcing the attacker out of the sqr the players swap roles.

Prog.

Make sqr smaller/bigger to make game harder/easier.

7. 1v1 to opposite goals.



Set up a 25x20yrd playing area with 2 small goals facing in opposite directions.

Split players into 2 teams. One team starts with a ball each.

Teams start on cones facing each other approx 15yrd apart.

Play starts when the red defender passes to the blue attacker, they now play 1v1 into either of the 2 mini goals.

If they defender wins the ball they can also score.

1 point for scoring in the goal facing, 3 points for scoring in the goal facing opposite way.

After each attack players join back of opposite lines.

Play first team to a set score wins or play for a set time limit.

Progs.

2v2

Add a 4yrd scoring zone.

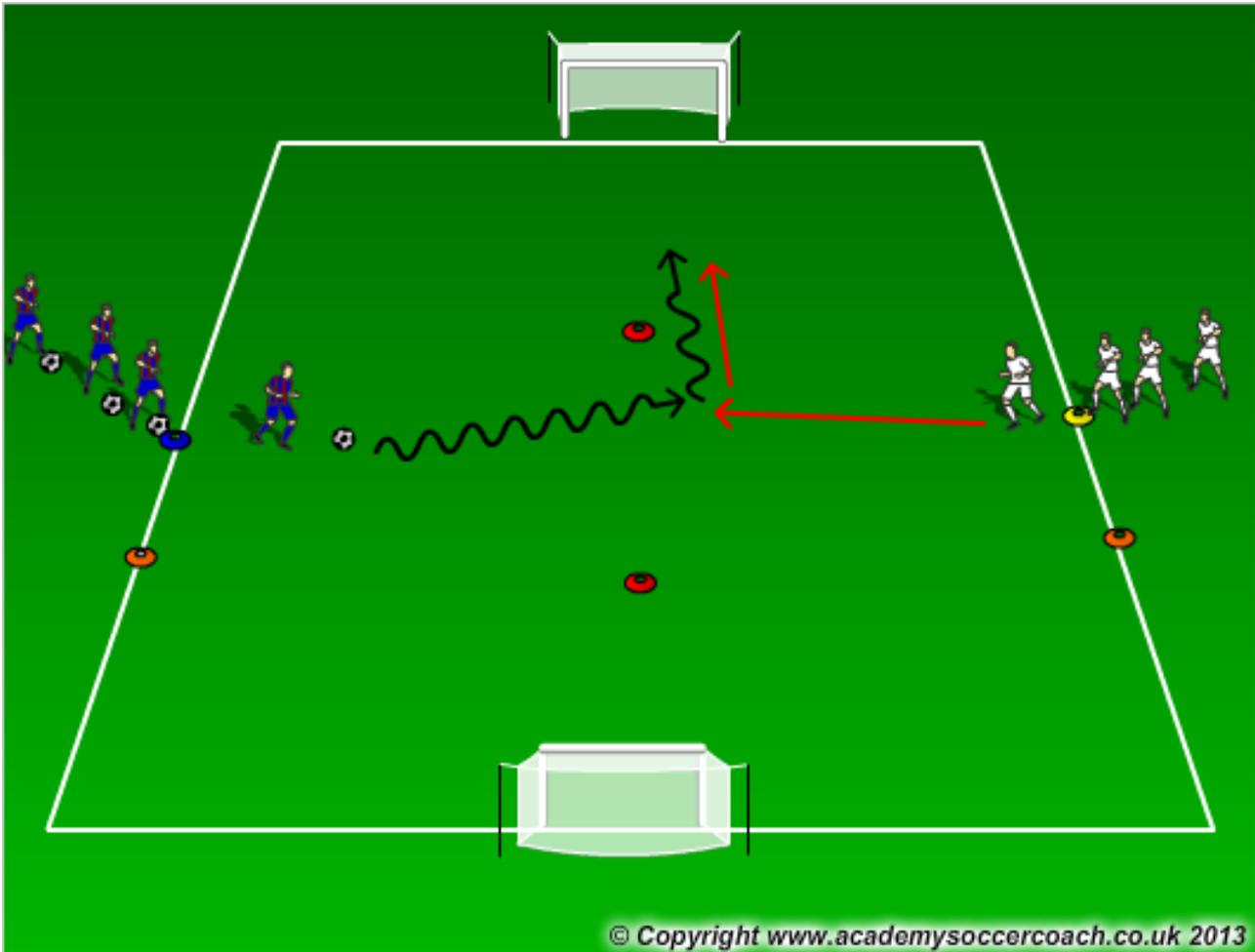
Coaching points.

Can attackers look for a good 1st touch towards goal to commit the defender.

Can attackers use changes of direction to score in the goal facing opposite.

Can defenders force the attackers away from the higher scoring goal and win the ball.

8. 1v1 get through the gate.



Set up a playing area as shown above.

Split players into 2 groups who start directly opposite each other.

One group starts with a ball each.

On coaches call the first player from each group runs/dribbles towards the middle gate.

The dribbling player must get through the gate before attacking one of the two goals.

If the defender wins the ball they can attack one of the two goals.

Coach randomly calls for the next pair of players to go, creating a bit of chaos.

Play for a set time limit then swap player roles.

Progs.

1. Add Gks to goals.

2. Split players into three groups and play 1v1 + 1 chasing defender. Add a group on the same side as the dribblers approx 5 yards further down the side.

9.

Free play 1v1.



Free play 1v1.

Split players into 2 teams.

The players in team 1 have a ball each and begin dribbling around the playing area.

Team 2 wait for coaches call then run into the playing area and attempt to win the balls off team 1.

If a ball leaves the playing area it is dead and the players now go to support their team mates.

Play in short bursts, the team with the most balls at the end wins.

10.

Combine to shoot.



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Set up a playing area as shown above.

6 players + Gk or 6 players + targets to hit in goal.

5 attackers + 1 defender.

1v1 in the middle of the sqr with a support player on each corner cone.

The lone attacker attempts to combine with the support players to create a clear shooting opportunity.

If the defender wins the ball they can shoot.

As soon as the attack is over any support player should get a new ball and play in as quick as possible.

Play for a set time limit then switch player roles.

11. 1v1 Dribble and defend.



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 groups.

1 group starts as defenders and line up at the side gate with a ball each.

The other group start as attackers and line up at the gate opposite the goals.

Play starts with the 1st defender in the line dribbling their ball towards the gates opposite them.

They stop the ball just in front of the attackers and continue to run through the gate and then towards the 2 goals to defend.

As soon as the defender leaves the ball the waiting attacker runs onto it and attempts to score in one of the goals.

The attackers must be in the finishing zone for a goal to count.

Once the attack is over the attacker joins the back of the defending line with a ball and the defender joins the back of the attacking line.

Play continuous for a set time limit, team with the most goals at the end wins.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

Play overloads(2v1, 3v2)

12. Pass and get the return.



Set up as above.

Players pass ball to coach(Can be a player).

Coach makes a second pass to the left or right.

The player must react to the second ball then turn to dribble through the gate as quickly as possible.

Prog.

1v1 back to goal game.

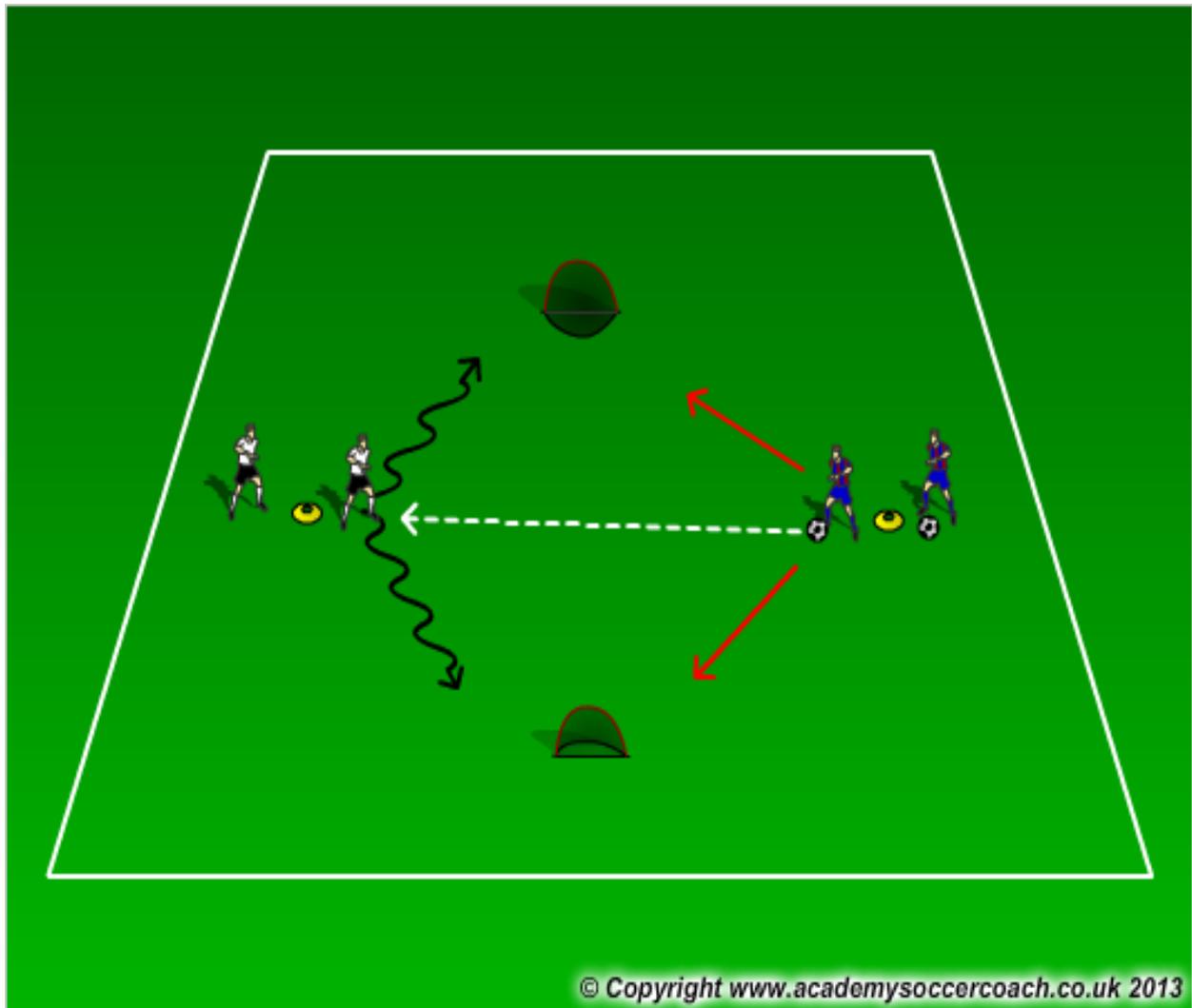
Players in pairs.

Player 1 passes to coach but is now shadowed by player 2.

Player 1 makes a movement to show for second ball and attempt to lose player 2.

Player 1 receives ball then turns to attempt to dribble through one of the gates. After each ball is played, players swap roles.

13. 1v1 reverse goal game.



2 small goals 18-20yds apart facing outwards.

2 groups.

Defender(Stripes) passes the ball across to the attacker(Whites).

The attacker attempts to score in either goal.

Defender is full pressure.

If the defender wins the ball they can score.

Prog.

2v2/3v3

14.

2v2 Champs league.



Set up playing area as shown above.

Pair players up.

Each pair chooses their fave National, European or domestic team to be.

Left hand side of the playing area to the top of the ladder and the right hand side is the bottom of the ladder.

Teams play a hockey style 2v2 on each mini pitch.

The ball can be either passes back into play or dribbled in.

Games last 2 mins with winners moving up the ladder and losers moving down the ladder.

Either play 1 point for a goal and 3 points for a panna or award varing points for different styles of goals scored eg 1 touch finish = 2 points, Back heal finish = 2 points etc.

15.

2v2 directional game.



Directional game.

2 teams.

2v2 in middle with target players for each team on opposite end lines.

Teams earn a point for every time they switch the ball from one target player to the other.

Target players can move side to side along end line and play on a 2 touch limit.

Play in short bursts switching player roles each time.

16. 2v2 quick change game.



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Set up a 20x15 yrd playing area with two mini goals/targets on each end line. Divide eight players into four teams of two.

Play 2v2 in the playing area with teams attacking and defending two goals. The other two teams wait on either endline.

As soon as a goal is scored or the ball goes over the endline the team at that end immediately start attacking and the team that scored or kicked the ball over the endline must defend.

The team that was defending leaves and waits behind their goal.

Prog.

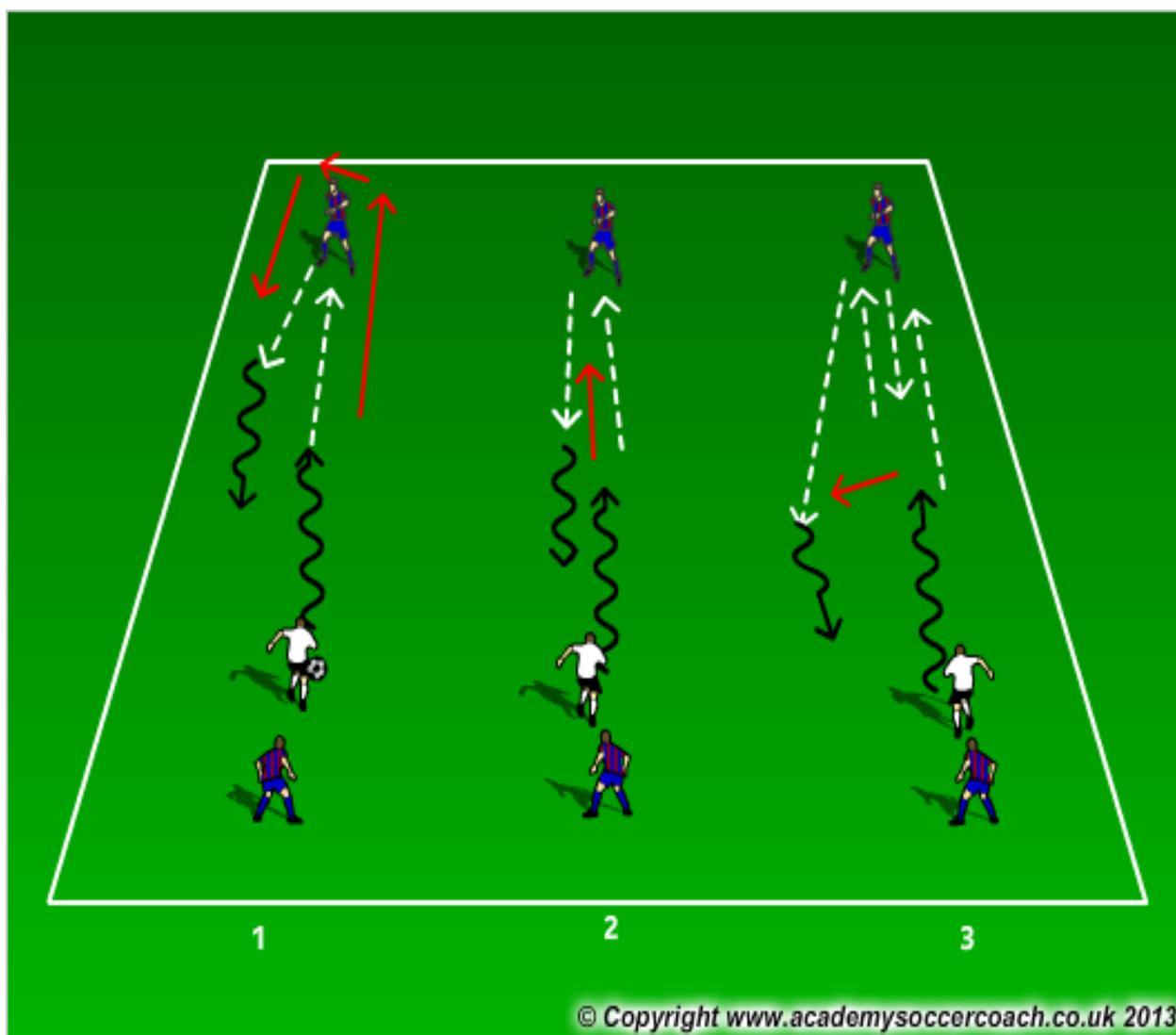
Increase the size of the playing area and play 4v4 with 4 goals.

Drills.



17.

3 player passing drill.



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3 players.

The working player works continuously for one minute.

Working player dribbles half way across and then make a pass to the outside player then:

1. Run around the outside player and receive a pass in order to repeat the practice.
2. Run towards the outside player and let the player pass the ball through their legs before turning and repeating at the opposite end.
3. The working player and outside player then make continuous one touch passes . When ready the outside player makes a pass into space behind the working player who reacts to run onto the ball and repeat at the opposite end.

18. Barca pass and move drill.



Barca pass n move game.

Set up as above.

5+ players, 1 ball.

Players pass(1 or 2 touch) and follow their pass in the following sequence.

Before receiving each pass, players should check their shoulder.

Player 1 passes long to player 2.

Player 2 passes short diagonal to either player 3 or 4(In this case player 3).

Player 3 passes across to player 4.

Player 4 finishes sequence by passing short diagonal to player 5.

Player 5 starts the sequence again by passing to player 1.

Progress to players passing with their weaker foot.

19. Barca 2 balls passing drill.



Barcelona 2 balls, 4 players.

3 players start as servers, two with a ball one without.

1 player is working and is on a 2 touch limit but they can play 1 touch if appropriate.

The first server passes to the working player who receives the pass and plays out to the server with out a ball.

As the working player passes out the second server plays the next ball in.

The working player again receives the pass and plays out to the server without a ball.

Repeat process for 2 mins then switch working player.

The working player should always be on their toes and ready to receive the next pass.

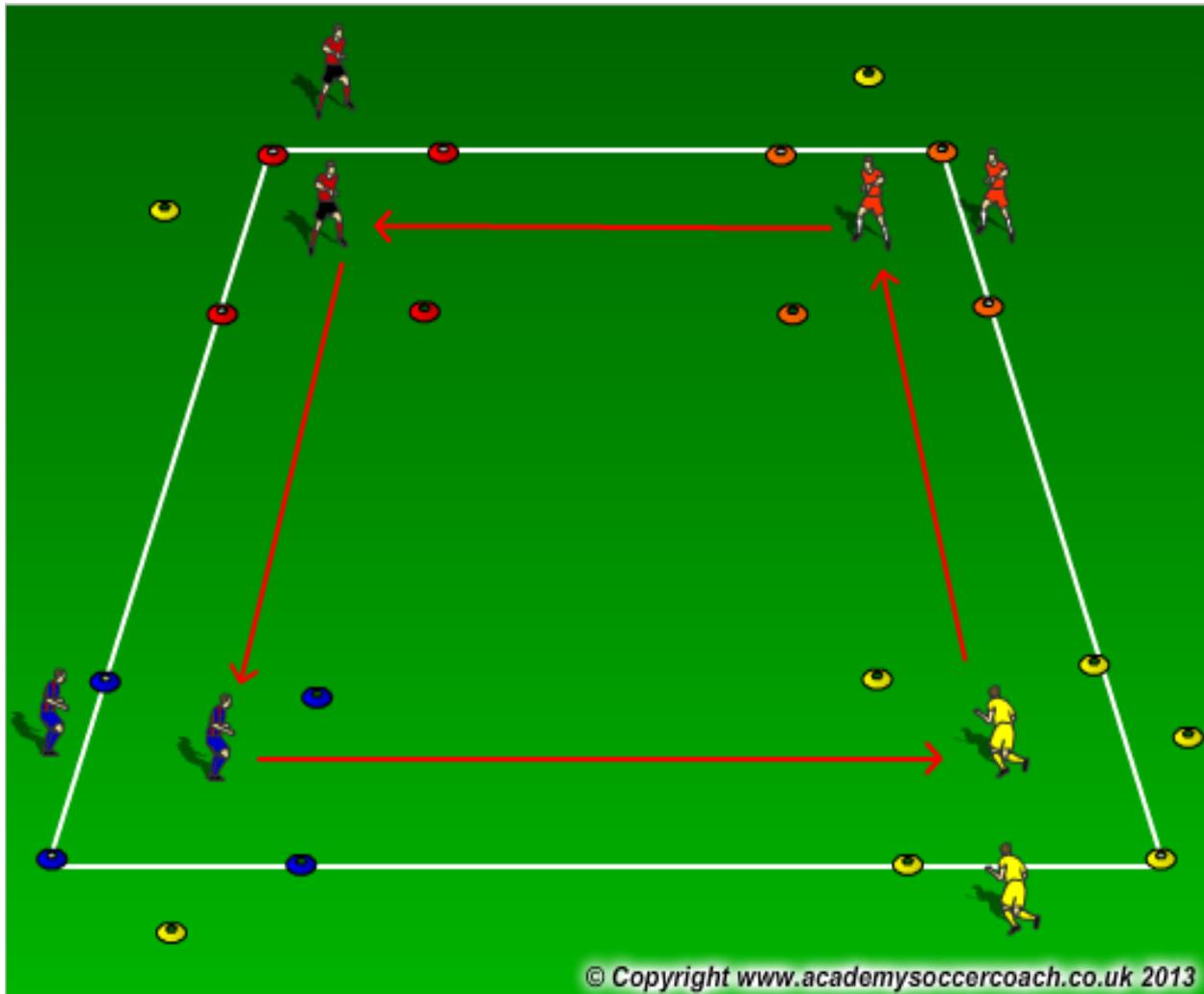
The servers should make sure of the quality of their pass.

Prog.

As previous but First ball is played on the ground, second ball is served in the air and should be controlled with the appropriate body part and volleyed back to server with out a ball.

20.

Coerver chase drill.



Set up four 4 yrd boxes approx 12-15 yds apart.

Split players into four groups, one group per sqr.

No balls.

Red player sprints to the next corner, tags blue player then joins blue team.

Blue sprints and tags yellow.

Sequence continues.

Progs.

1. After tag, player goes around yellow side cone and tries to catch or beat the player they have just released to the next corner(Cone position can be adjusted for competitive races).

2.Add ball(Dribbling) Back to original game but instead of tag, player stops ball for next player.

3.Add ball. Repeat Prog 1.

21. Coerver Dribbling diamond.



Set up a 12-15 yrd diamond as shown above.

2-4 players.

Each player has a ball and starts at a gate.

Players speed dribble through the gates .

Once back to their own gate they shoot to knock the ball off the cone in the centre.

1 pt for player who knocks ball off cone.

Progs.

1.Coach calls 'switch' players must change direction.

2.Player makes 'coerver' moves between cones.

3.Touch inside of cone.

22. Coerver passing diamond.



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Set up a 12-15 yrd diamond as shown above.

1-2 balls to start.

Players pass and follow their pass clockwise.

Players take first touch through yellow cone then pass to next player.

Progs.

1. Coach calls 'switch' players pass and move anti-clockwise.

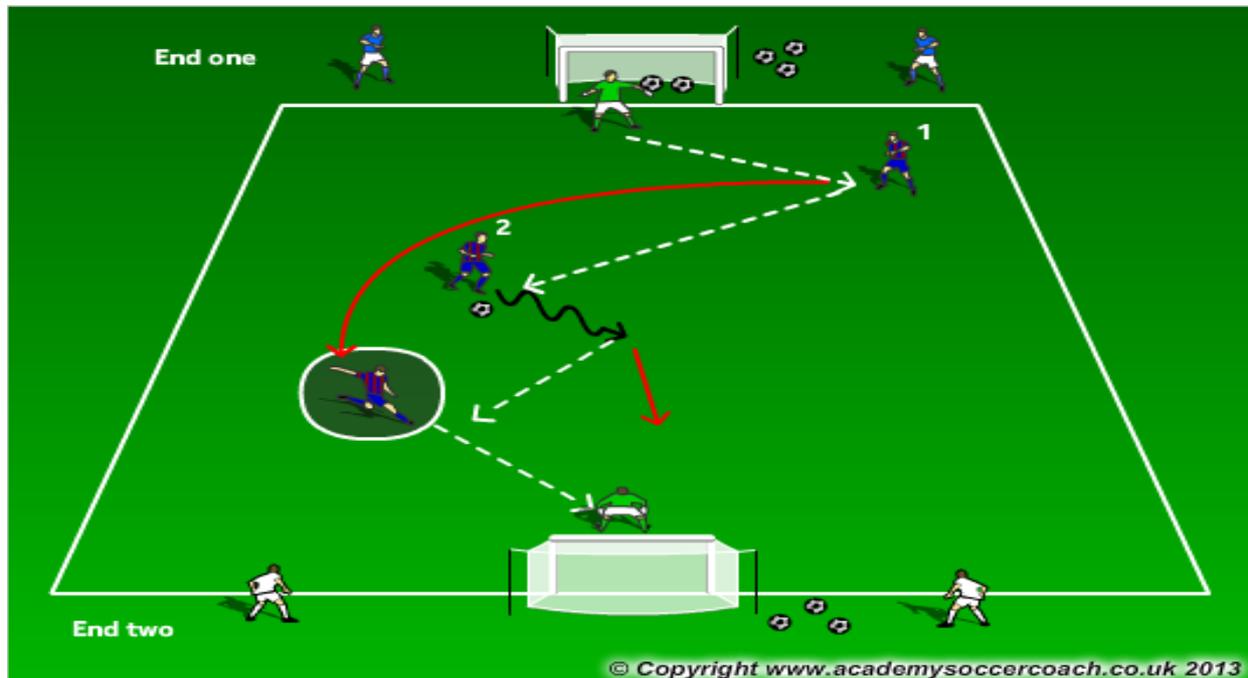
2. 3-4 balls.

3. Ltd touches.

4. Add 2-4 ltd pressure defenders in the center who press the ball at each cone on pass, begin again with 2 balls.

23.

Continuous shooting drill.



Set up playing area as shown above with a goal at each end + Gks.

Players in pairs, one either side of the goals.

Pairs split evenly between both goals.

On coaches call the first pair from End one move forward to receive a ball from the Gk.

The Gk can play to either player in this case player 1.

Player 1 plays a forward pass to player 2 then makes an overlapping run behind player 2.

Player 2 takes their touch towards the middle of the goal then lays off a pass for player 1.

Player 1 then shoots on goal first time and player 2 follows in for rebounds.

Once the ball is dead the waiting pair from End two goes.

Play continuous for a set time limit.

Coaching points -

Quality of pass/lay off.

Quality of touch towards middle of goal.

Speed of play.

Movement of overlapping and rebound player.

Quality of shot(Can players use either foot to shoot?)

Prog -

Allow players to be creative(Reverse pass etc)

Continuous Eliminate the Gk practice - Set up as prev.

1. Diagonal pass towards the corner from player 1 for player 2 to run onto then player 1 makes a run down the side(Gks cannot intercept ball).

Player 2 can then either shoot or use player 1 running in.

2. Player 1 receives ball from Gk then drives diagonally with the ball to the middle of the playing area then stops ball for on coming player 2 to shoot first time. Player 1 follows in for rebounds.

3. 3 players(Player 1 and 2 as before + an opposite end player as a target player).

Player 1 receives from Gk and plays a lofted diagonal ball to target man who lays off for on coming player 2 to shoot first time.

Player 1 follows in for rebounds.

24.

Ajax dribble square.



Set up a 15x15 yrd playing area as shown above.

1. Players dribble their ball from all four corners diagonally across the playing area at the same time (Remove centre cone).

2. Players dribble into the centre cone then cut at 45 degrees (Work both left and right).

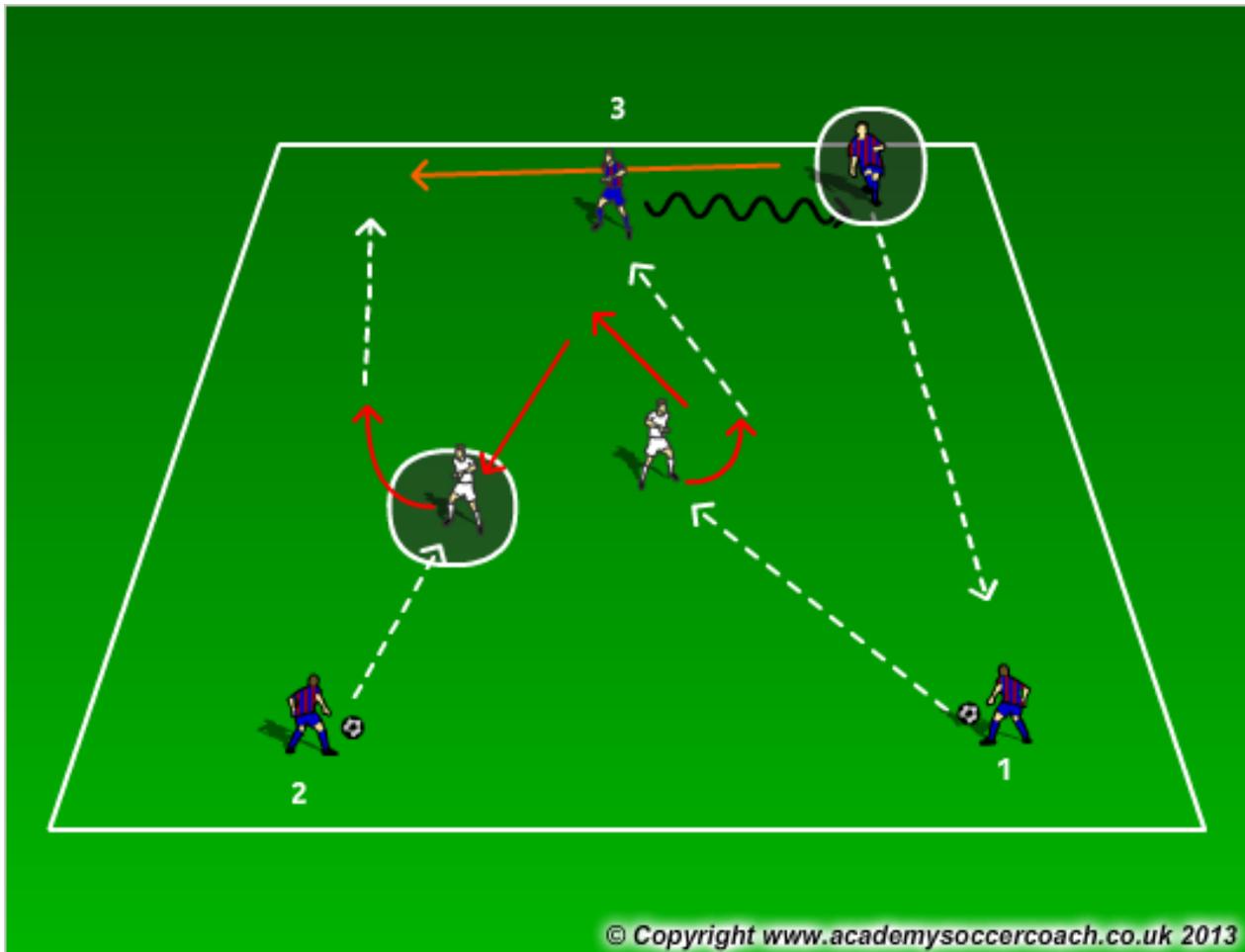
Cuts - Outside cut and inside cut.

3. Players dribble into centre cone then turn and dribble out to corner cone.

Turns - Drag back, Cruyff turn, side and drag back, reverse step over, roll step over.

25.

Dutch passing box.



Dutch turning box.

4 players.

3 servers - 2 at bottom of box with a ball each and 1 at top of box with out a ball.

1 player receiving in middle on a 3 touch limit but encourage 2 touch.

Player in middle makes movement to receive a pass from server one.

Using the weight of the pass they take a touch to turn to face server 3 and pass out.

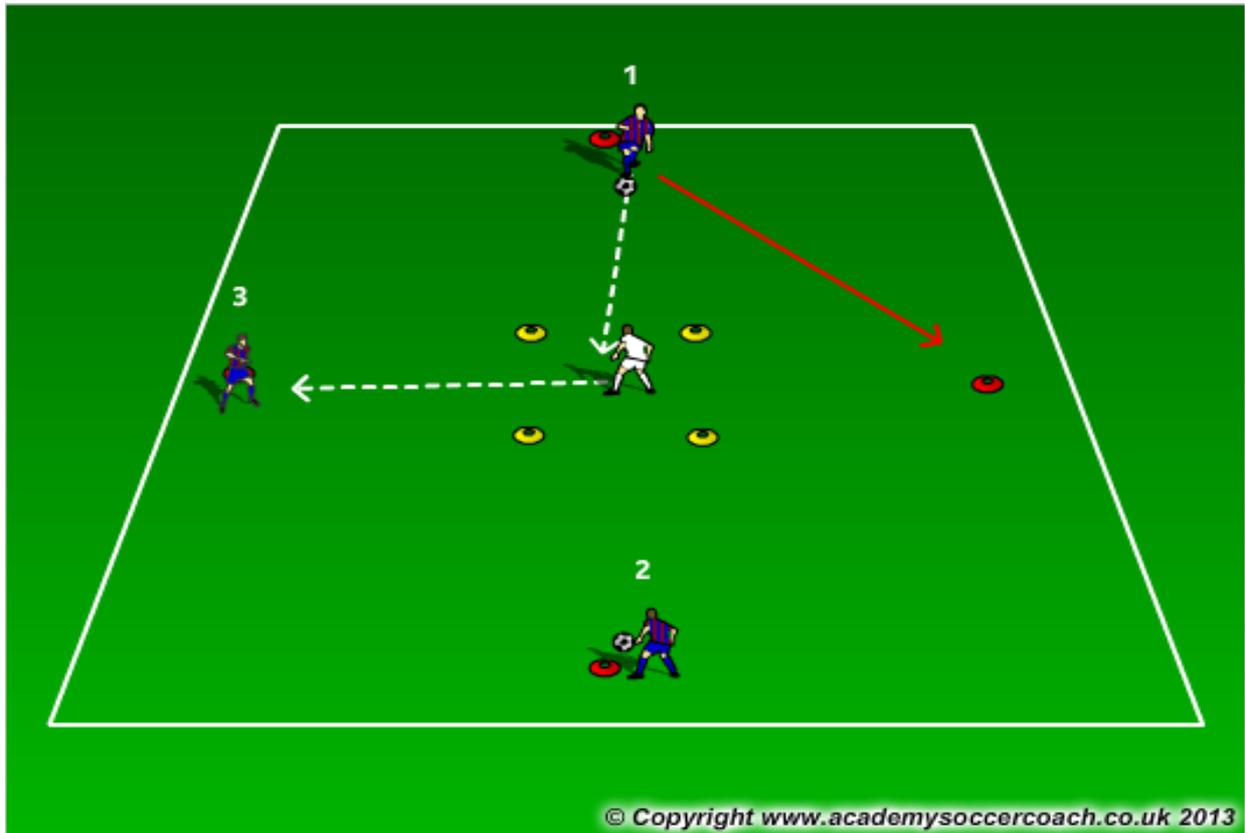
Middle player then makes a movement towards server 3 then turns to show for a pass from server 2.

Server 3 quickly passes ball back to server one then moves quickly across box to be ready to receive next pass from middle player.

Middle player again uses the weight of the pass from server 2 to take a touch and turn to face server 3.

Repeat process for 2-3 mins then have a 1 min break switching middle working player.

26. First touch in a tight space.



4 players.

2 balls.

Set up a 2 yrd sqr and place a marker cone on each side approx 6 yrds away.

1 player starts in the middle sqr(Receiver).

The other 3 players on outer markers.

Player 1 and 2 start with a ball each.

Player 1 starts play by passing into receiver.

Receiver takes a touch to towards player 3(Player without ball) and passes out.

Receiver then turns to receive next ball from player 2, takes touch towards player without a ball and plays out.

Play in short bursts then change receivers.

Progs.

1. After a server plays to receiver they can move to an empty marker cone. If server is going to move they must go as soon as they pass.

Receiver will need to check over shoulder to see where server has gone.

2. Servers play balls in at different heights so receivers can control with different parts of body(Chest, thigh, heads etc)

27. Dribble and skills drill.



Set up a playing area as shown above.

Split players into two groups.

Groups split evenly between two opposite end cones.

The first player on each cone has a ball.

On coaches call the first player on opposite end cones, from one group(White) dribble towards each other and do a COD move as demonstrated by coach around the middle obstacle(mannequin, bag of balls, cone etc).

Then pass out to their waiting team mate.

Once clear the next group(Stripes) repeat the process.

Each player does a set number of repetitions.

Moves are:

1. Feint left and push ball to the right.

2. Double scissors (left, right, out side of the right foot)

3. Feint to shoot(Foot goes over ball) then cut right using outside of right foot.

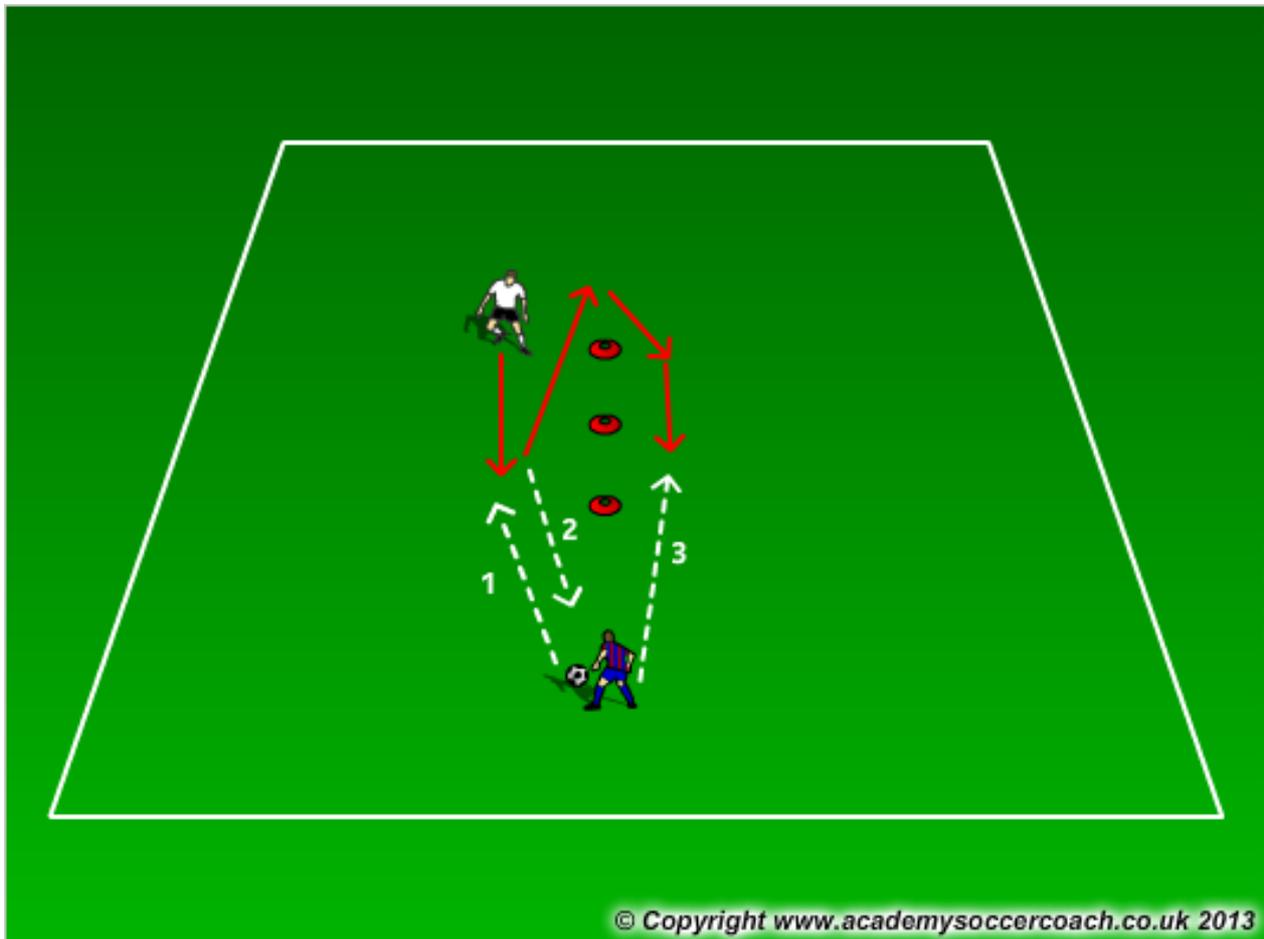
4. Inesta Double touch(Left to right foot)

5. 360 spin.

6. Set. Players dribble to right of obstacle and use inside of right foot to pass to each other.

28.

Pass and receive drill.



Players in pairs.

1 ball per pair.

3 flat cones in a short line.

One player is a server. One player works around the cones.

The player working must go forward to receive a pass then back pedal up and around the cones in order to receive another pass on the opposite side.

The players work for 30 seconds on the following:

1. First time pass back with left foot.

2. As above with right foot.

3. Bouncing serve and a half volley return with left foot.

4. As above with right foot.

5. Aerial serve and a volley return with left foot.

6. As above with right foot.

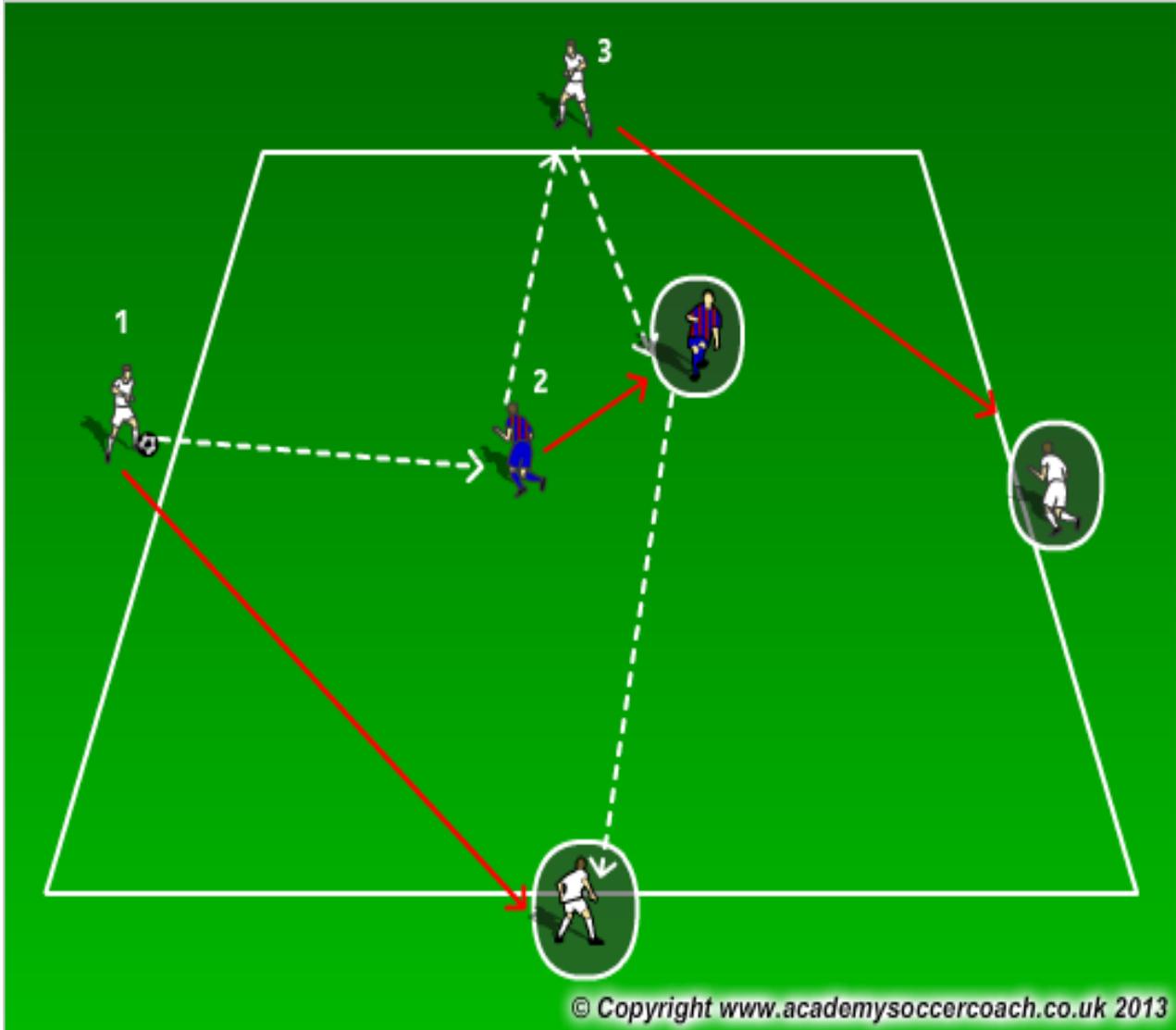
7. Aerial serve and head the ball back.

When sequence is complete swap player roles.

Make a competition to see which pair can complete the sequence without making a mistake.

29.

Quick play game.



3 players, 1 ball.

10 yrd playing area.

2 players start on the outside, 1 player in the middle.

Player 1 passes to player 2 then moves to an empty side of the sqr.

Player 2 passes to player 3.

Player 3 passes back to player 2 then moves to an empty side of the sqr.

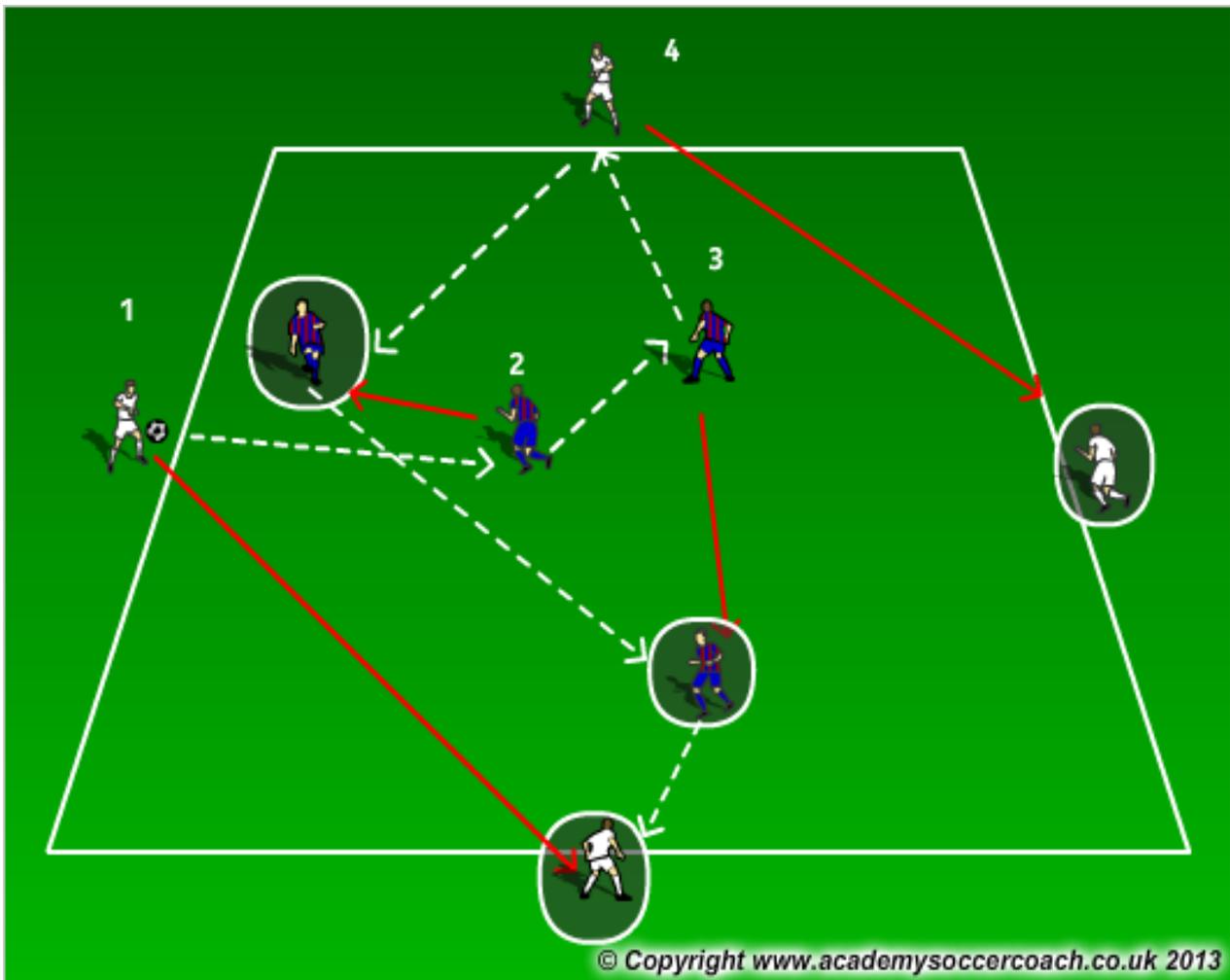
Player 2 passes out to player 1 etc.

Play in short bursts, swapping middle player each time.

Start players on two touch then progress to one touch.

30.

Quick support play.



4 players, 1 ball.

10 yrd playing area.

2 players start on the outside, 2 players working in the middle.

Player 1 plays a pass to player 2 then moves to an empty side of the area.

Player 2 plays to player 3 then moves to receive a pass from player 4.

Player 3 plays out to player 4 then moves to receive a pass from player 2.

Player 4 plays to player 2 then moves to an empty side of the playing area.

Player 2 plays to player 3 then moves to receive a pass from player 1.

Player 3 plays out to player 1 then moves to receive a pass from player 2.

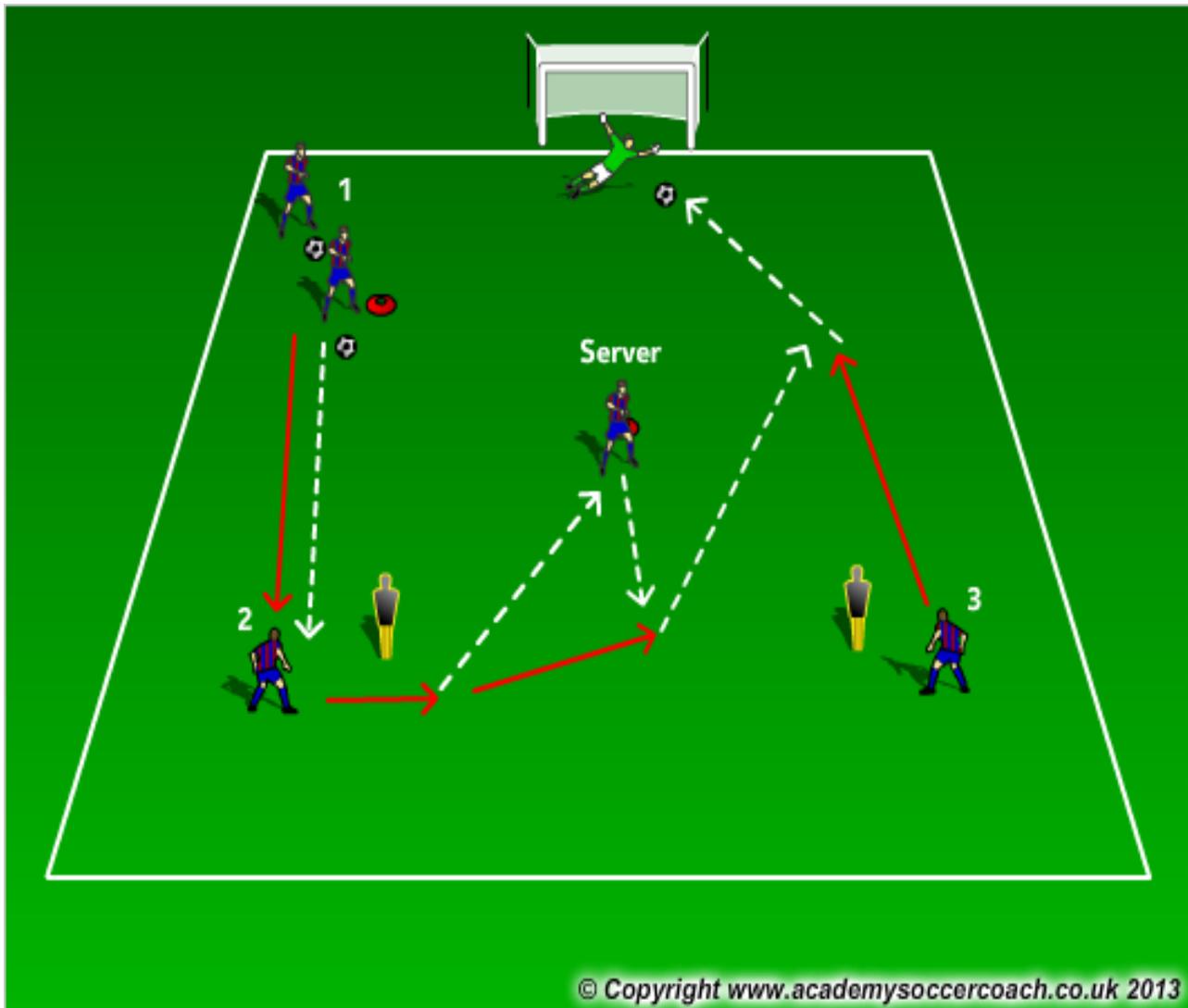
Player 1 plays to player 2 etc.

Repeat above process for 2-3 mins then change player roles.

Rotate middle players so each player receives from an outer player and plays out to an outer player.

Start 2 touch then progress to 1 touch.

31. Pass, set and shoot drill.



Set up as shown above.

3 active players + 1 server + Gk in goal.

Play starts by player 1 passing to player 2.

Player 2 takes the ball side on (one or two touches), taking it away/beyond the mannequin and plays a one-two with the server before sliding in a pass to player 3 who shoots first time.

All players except server + Gk rotate to the next station.

Repeat on the other side of the playing area.

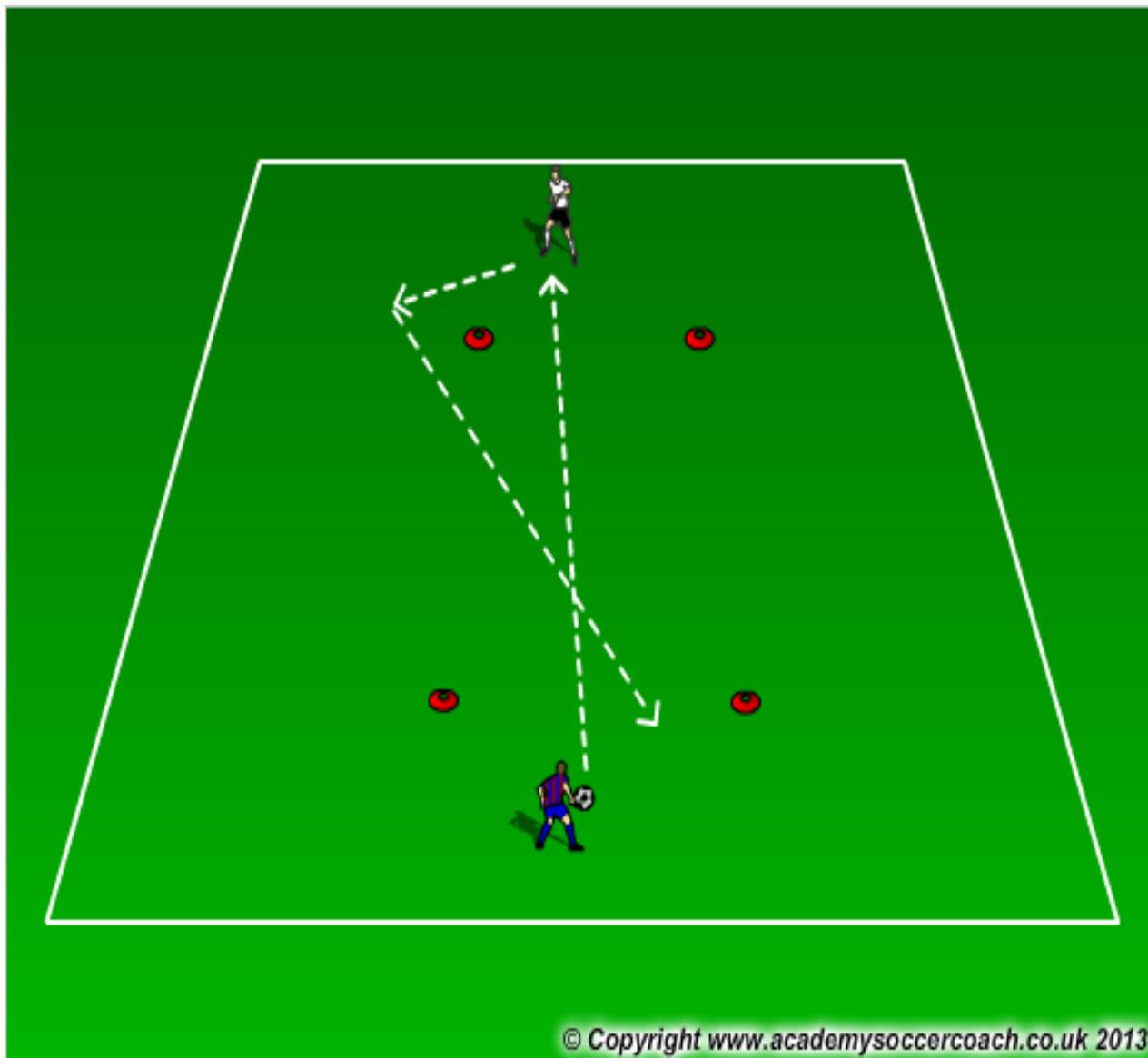
Rotate server every few mins.

Prog.

Allow Server to follow in for rebounds.

32.

Passing gate drill.



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3x5 yrd sqr.

2 players, 1 ball.

Players stand at opposite ends of the sqr.

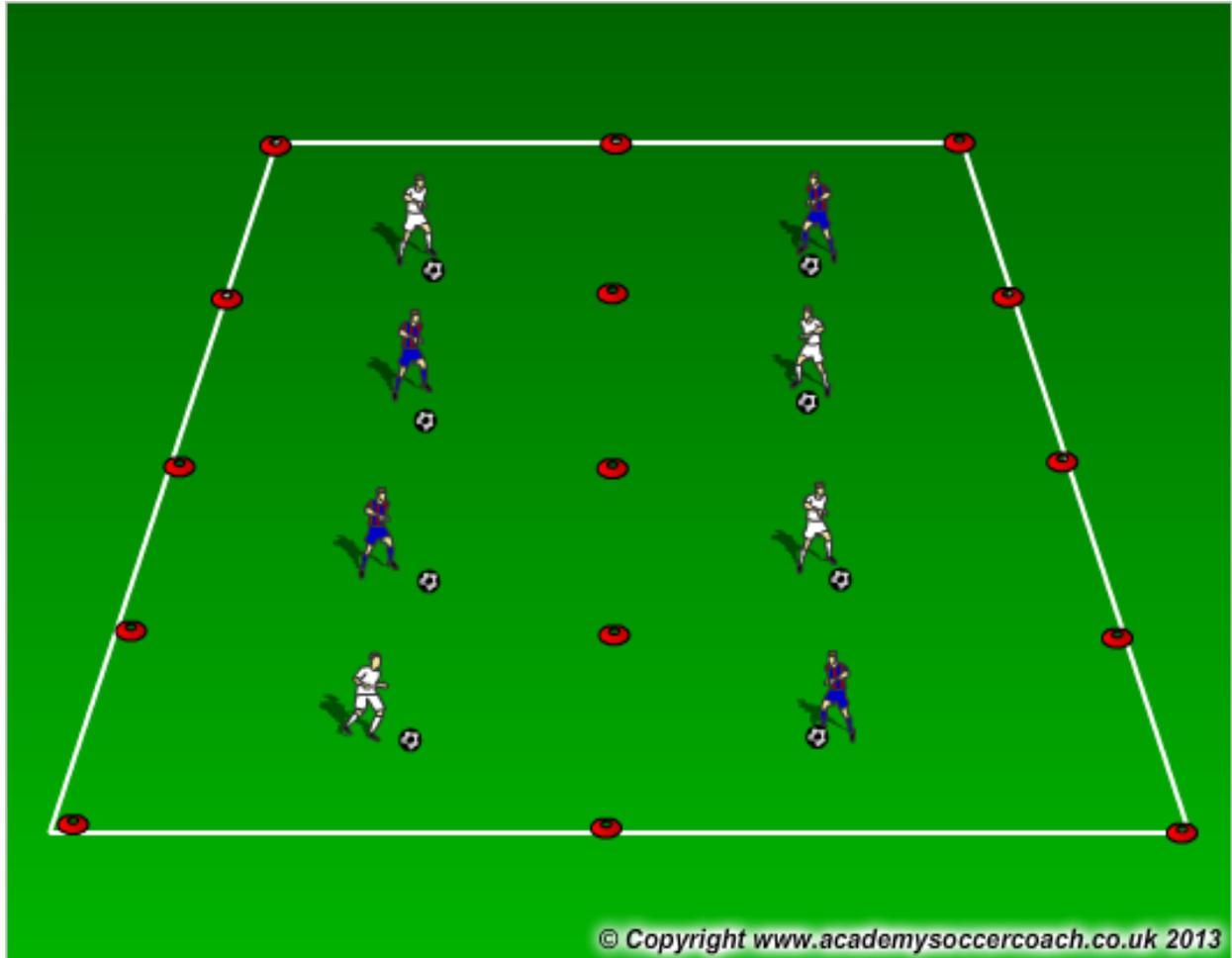
The players must take a touch to the side of the gate then pass through the middle of the gate.

Players must use both feet and various parts of the foot to control the ball and make the pass eg inside, outside and sole with both left and right feet.

Make a comp between pairs to see who can complete the most passes without making a mistake.

33.

Ball mastery drill.



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Basic Ball mastery.

1. Insides.

2. Ws - drag ball back and push diagonal across in front of other foot, Repeat.

3. Toe taps.

4. Sole Rolls - Roll ball from one foot to another using the sole of foot.

5. Both feet Pull pushes - Pull ball back with sole of foot and push forward with laces.

6. V's - Pull ball diagonal back across body and push outside with inside of foot with same foot. Repeat with opposite foot.

7. Triangles - Push ball out in front with one foot and drag back then across with other foot.

8. Sticky Feet - Roll ball left and right using only sole of foot.

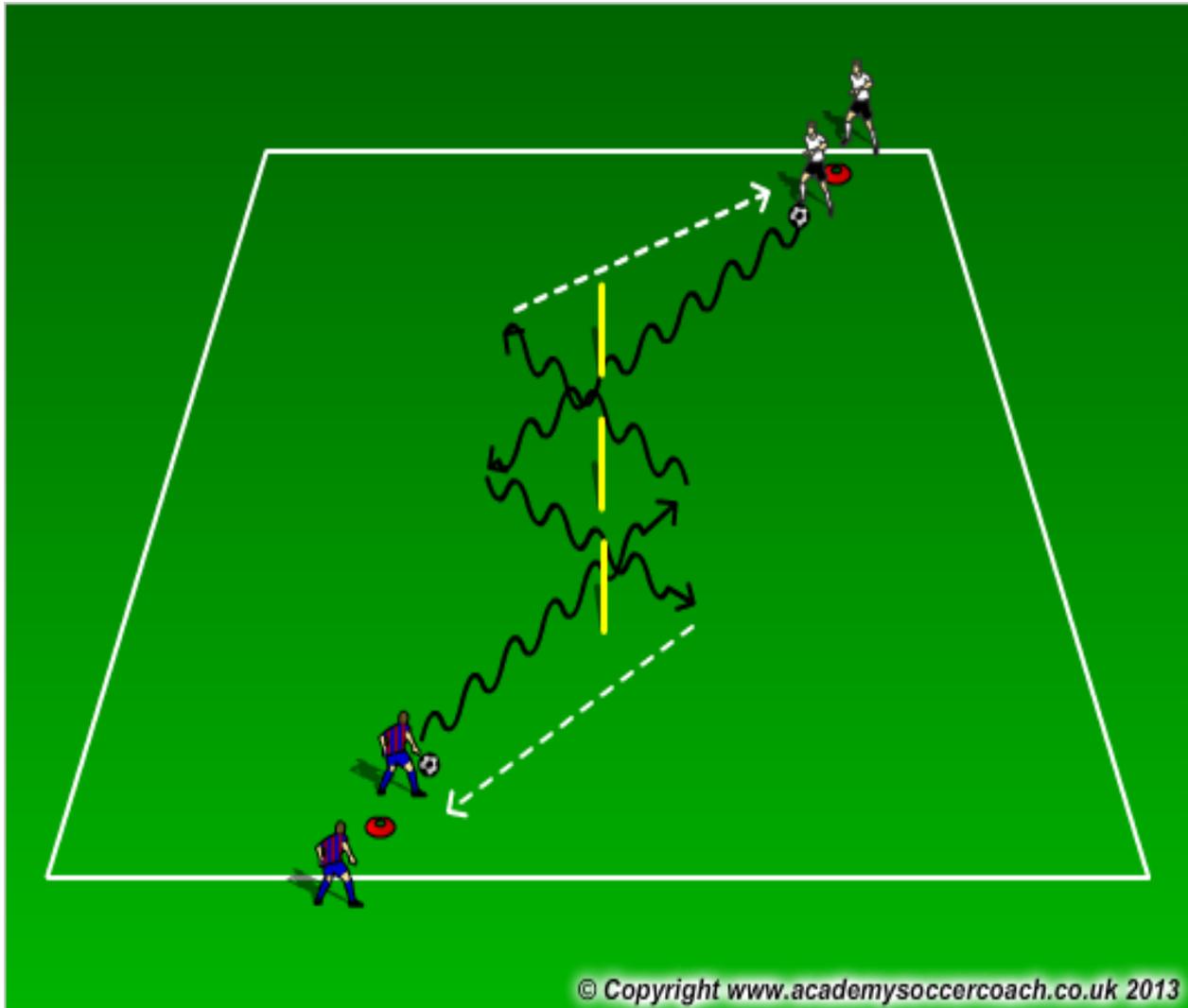
9. Double scissors.

10. Step overs.

11. Inside outsides - Push ball left and right using inside and outside of foot.

34.

RWTB, COD drill.



2 groups.

2 balls work simultaneously.

The players must dribble into the middle pole and then back out in order to pass to the opposite group.

Get players to run with the ball out of their feet and then slow down as they get to the middle pole in order to change direction.

Coaching points.

Get the ball out of your feet.

Head up and use the outside of leading foot.

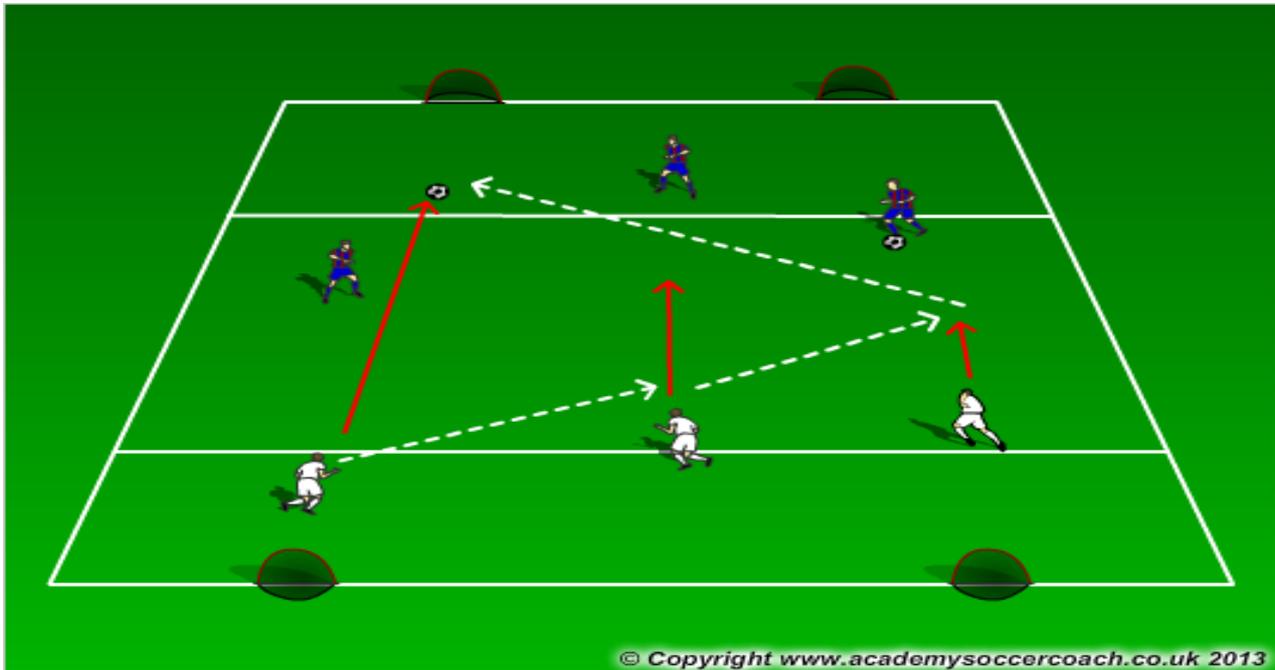
Slow down into the turn.

Use both feet and drive off into space.

Games.



35. 3v0 intro to mini soccer.



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Set up a 35x25 yrd playing area with two small goals approx 12 yrds apart on each endline and clear 8 yrd shooting zones at each end.

Split players into groups of three.

Each group has a ball.

Teams start one at a time then when players are familiar with games progress to two teams going at once from opposite ends(As diagram).

3v0 - Teams work the ball between them for one end to the other with the result being a shot on goal from behind the shooting line.

Each player must have at least one touch of the ball.

3v0 Interchange - To score a goal the three attacking players must interchange positions during the passing move, so when they score, each of them is in a different position than when they started.

3v0 Taking a pass on the run - A goal only counts if all passes are taken on the run, without stopping.

3v0 First time passing - A goal only counts if each player has made a first time pass, without using a first touch to control ball. Shot should also be first time hit.

3v0 Weaker foot - A goal only counts if each player makes at least one pass with their weaker foot.

3v0 Fast attack - Team to score a goal in fastest time wins.

Progs - 2 teams on one playing area.

3v1 - As above but use one team as defenders. One player in a shooting zone, two resting. Each team has ten attacks and each team takes a turn as defenders.

3v1+1 recovering defender - Three attackers play against one defender with another defender approx 8 yrds behind the attackers and the other defender resting. On the first touch of the attacking team the recovering defender can join in and attempt to stop the attack. Each team has 10 attacks. Rotate resting defender after each attack.

3v1 + 2 recovering defenders from behind - As above but no resting players.

3v1 + 2 recovering defenders from different positions(1 from behind, 1 from the side) - As above.

36. 3v1- 5v3 possession game.



Set up as above - size age appropriate.

Split players into a group of 5 and a group of 3.

Teams play 3v1 in the smaller sqr and 5v3 in the larger sqr.

Play starts in the smaller sqr with the team of 3 keeping possession against the lone defender.

If the defender wins the ball or causes a pass to leave the small sqr possession is transferred to the outer players.

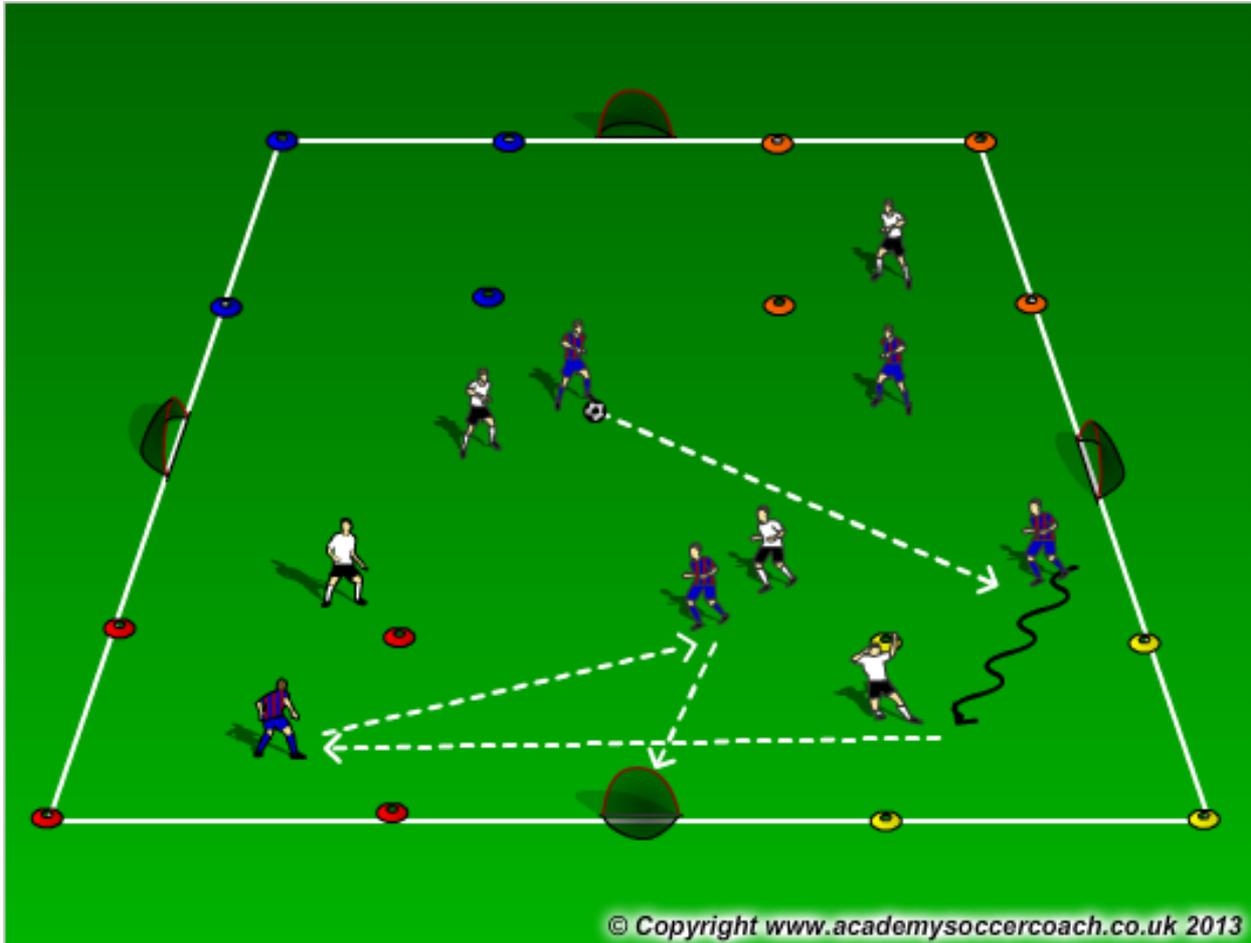
The outer players combine with their middle player to keep possession in a 5v3 game.

If the group of 3 win the ball they transfer play back into the middle smaller sqr.

Play in short bursts swapping lone middle player each time.

37.

4 colour sqr game.



Set up a 40x30 yrd playing area with a different colour sqr in each corner and a small goal on each side.

Split players into two teams.

Teams play a possession game, after a random time coach will call two colours (In this picture coach has called yellow and red).

Teams have to play the ball through the called colour sqrs before attempting to score in any one of the four mini goals.

Once a goal is scored or ball goes dead, coach serves a ball into the playing area and teams resume the possession game until coach calls to more colours.

Coach can call colours to dictate play eg if teams are crowding a goal, coach can call opposite colour sqrs to spread play out.

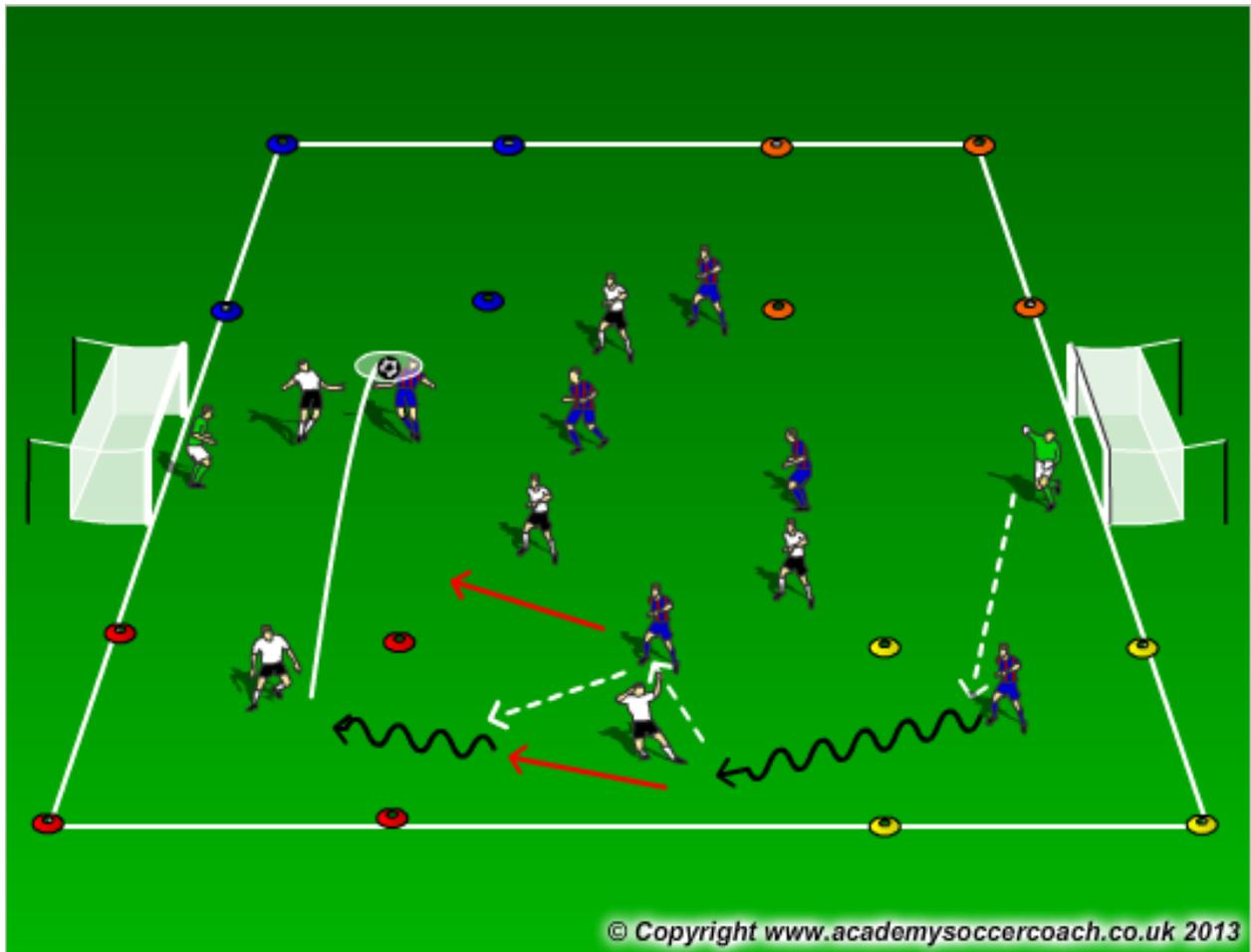
Progs.

Players cannot wait in a called sqr for a pass they must arrive at the same time as the ball.

Allow teams to discuss and choose their own two colour sqrs to play through and then tell coach in secret as to not let the other team know.

38.

4 colour tactic game.



Set up a 40x30 yrd playing area with a different colour sqr in each corner and an appropriate size goal on each end line.

Split players into two teams +Gks.

Teams play a possession game, after a random time coach will call two colours(In this picture coach has called yellow and red).

Teams must play the ball through the called colour sqrs before attempting to score.

Coach calls colours to dictate play eg yellow and red for wide play as shown in diagram or orange and yellow would mean stripes play out across their goal but whites must switch play from one side to the other before attacking etc.

Progs.

1.Coach in secret, as to not let the other team know, gives teams two colours to play through before attempting to score.

2.Allow teams to discuss their own tactics and tell coach in secret which two colours they have chosen before play restarts.

Discuss with players tactics chosen and reasons why.

39. 4 team possession game.



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Set up a 20/30x20/30 yrd playing area.

Split players into 4 teams of 3(In this case whites, stripes, yellows and reds).

Choose one team to start as defenders(In this case Reds).

The remaining teams attempt to keep possession of the ball under the following restrictions -

1. If players in possession make a mistake eg pass ball out of play, then that coloured team become defenders.
2. If defenders win/block/intercept the ball they swap roles with that coloured team.

Play game in 2-3 min bursts.

Progs.

1. Player in possession of the ball must pass to a different colour team.
2. Players must pass in a set sequence eg White, yellow, stripes etc.
3. Players must combine with a team mate before passing to a different colour team eg white, white, stripes, stripes, yellow etc.

40.

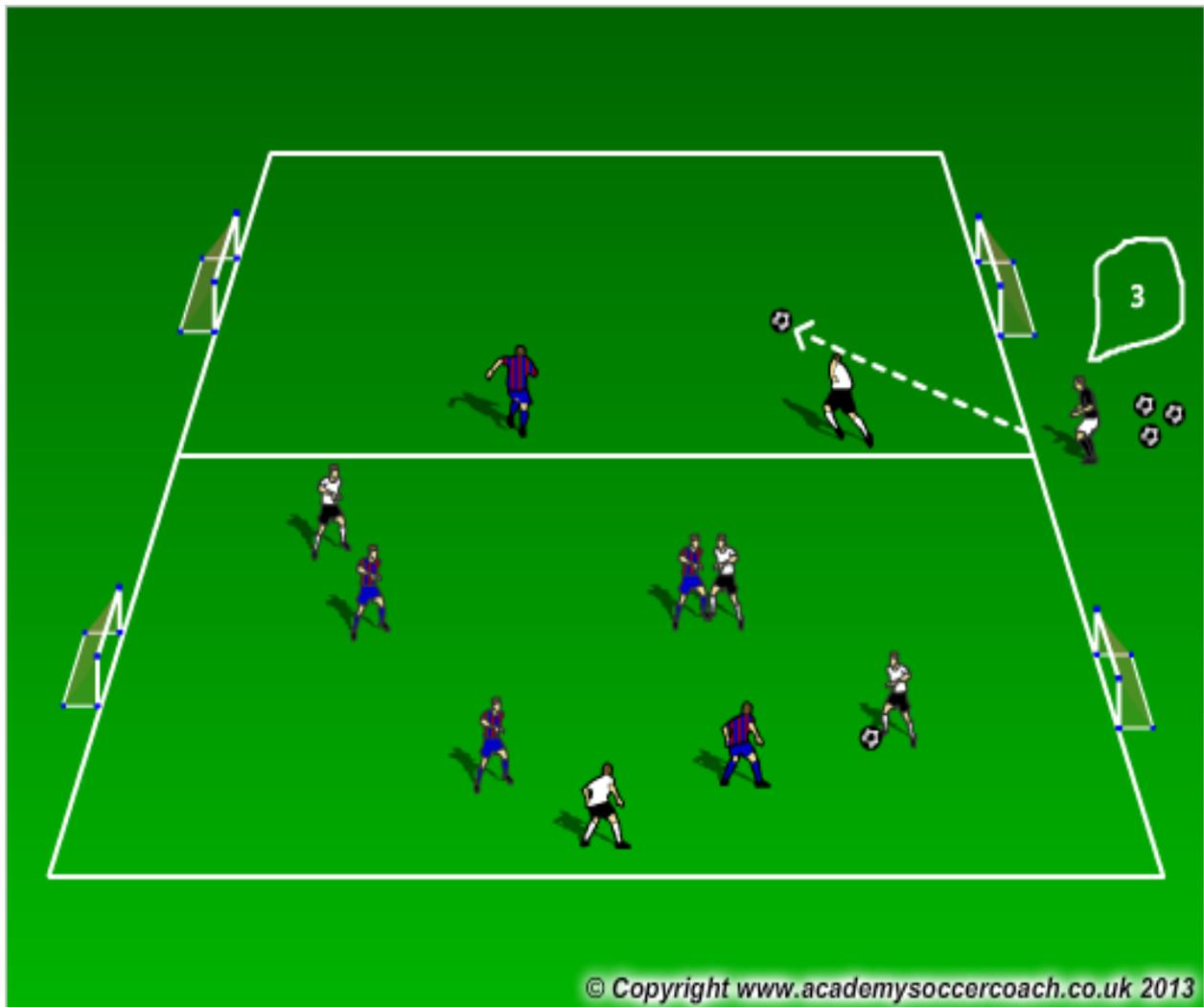
4 v 1,2,3,4 game.



Set up an appropriate size playing area with goals at each end + Gks.
Split players into 2 teams.
One team starts in the playing area (Stripes) and the other team starts on the outside(Whites).
When coach plays a ball into the stripes, whites send a player in to attempt to win the ball.
Stripes attempt to keep possession from whites and can use the Gks to do so.
Whites add player every 3 passes stripes make.
If whites win the ball they can score in either goal.
Teams swap roles after whites score a goal or stripes complete 3 passes with all whites players in play.

41.

Up and down game.



Set up a 50x60 yrd playing area split into 2 mini pitches with a goal at each end of both pitches.

Split players into 2 teams and number them (In this case 1-5).

Teams play a normal game on one of the pitches.

After 2 mins coach calls a number, that number players race onto the opposite pitch and play 1v1.

Coach plays a ball to the first player to reach the pitch.

Now we have 4v4 on one pitch and 1v1 on the other pitch.

Coach continues to call numbers at random with that number players switching to the opposite pitch each time.

The aim is to see how many goals are scored on both pitches at the end.

Team with the most goals at the end wins.

42.

4v4 mines game.



Set up an age appropriate size playing area with 'Mines' randomly placed around the area.

Mines can be tall cones, balls on flat cones etc.

Split players into 2 teams.

Teams play a normal game while trying to avoid the 'mines'.

If any member of a team accidentally knocks a mine over they must run to a skill zone and do a ball mastery skill of your choice (5 Toe taps, 5 side to sides etc)

Play continues with that players team a player short.

Progs.

1. Place mines strategically in playing area to dictate a style of play (Place mines out wide players will tend to play down the middle.)

2. Give teams 3 mines each and allow 30 seconds for them to place mines to make it more difficult for other team to score.

43.

Blockers game.



Set up a 35x35 yrd playing area with a 5 yrd zone around the inside.

Split players into 2 teams.

Teams choose 2 players to be target players and 2 players to be blockers the remaining players are passers.

Blockers play in the inner zone(Opposite a team mate).

Target players play on the end lines(Behind an opponent).

Passers play in the middle(in this case 3v3).

Teams play a directional game and score a point by passing out to their target players.

Blockers attempt to stop the pass and play back to their team mates.

Blockers can not stop a return pass from a target player to a team mate.

Target players return ball to a team mate.

Play for a set time limit, swapping player roles every time.

Progs.

1. Target players are on a limited touch rule.

2. Blockers can stop return passes from target players.

3. Teams only score points once a target player passes back to a team mate.

44.

4v4 Overload game.



4v4 overload game.

Set up a 30x20 yrd playing area with a goal at one end.

2 teams numbered 1-4.

One team starts as defenders with player 1 starting as the Gk and defend the goal on the end line.

The other team are attackers and wait on the opposite end line with a ball each.

On coaches call attacker 1 dribbles out and attempts to score in a 1v3 situation.

If they score their team gets a point if the defenders prevent a goal they get a point.

When the first ball is dead attacker 2 dribbles onto the playing area and combines with attacker 1 to make a 2v3 situation.

Play as before until all 4 attacks have been completed.

After each attack the next number defender takes their turn as Gk.

After the final ball is dead, teams swap roles.

The team with the most points after both teams have attacked, wins.

45. 4v4 + 1 possession game.



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Set up a 20x20 yrd playing area split into 4 10x10yrd sqrs.

Split players into Two teams of 4 + 1 neutral player.

One player from each team goes into one of the sqrs(1v1).

Players are 'locked' into their designated area.

The neutral player is the only player who can move through all four areas and supports the team on the ball.

Teams play a possession game and with the help of the neutral player attempt to score one point for every 5 passes completed.

Teams can play sqr to sqr or can use the neutral player.

Players should be encouraged to always be alive and work hard and use changes of speed and direction to get away from opponent and show for the ball.

Players should be encouraged to use correct body shape to shield the ball, takes touches into safe space.

Players should be encouraged to attempt to make movements to take opponents with them to create spaces for team mates.

46.

8v4 possession game.



8v4 possession game.

Split players into 3 teams of 4.

Two teams combine to keep the ball away from the other(In this case White and stripes combine against yellows).

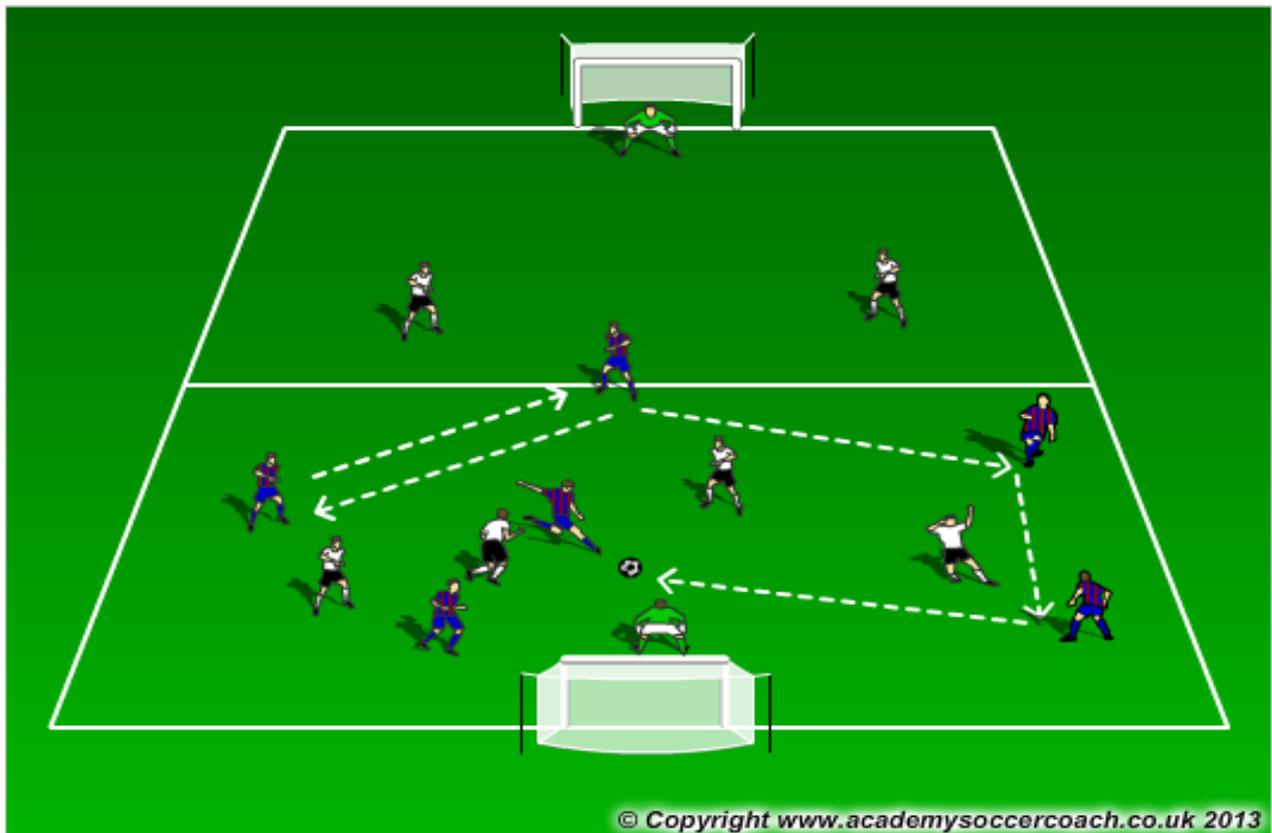
If yellows win the ball they combine with the other team to keep possession and the team yellow won the ball from become the new defenders.

Prog.

Make playing area bigger/smaller to make game easier/harder.

47.

Barca vs Bayern game.



Set up an appropriate size playing area with a goal at each end and a clear half way line.

Split players into 2 teams.

One team plays as Barca (possession) and the other team plays as Bayern (Counter attack).

Teams play a normal game with the following conditions -

1. For Barca to score a goal they must have all their outfield players in the opposition half and complete 5 passes before attempting to score.
2. Bayern must have 2 target players in the opposition half at all times and score by the remaining players winning the ball back and playing into their either of the 2 target players.

Once the ball has transferred to their target players all players can move into that half of the playing area.

The 2 target players cannot score but must combine to set up a forward running team mate.

Play 4x5 min games swapping team roles each time.

Coaching points -

Can Barca use their overload to keep possession and create shooting opportunities ?

Can Bayern counter attack fast and incisive to take advantage of the opposition being un-organised ?

48.

Back to base game.



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Set up a 30x30 yrd playing area with a 3-5yrd 'base' in each corner.

Split players into four teams and give them different coloured bibs to wear.

Each team is designated a corner base.

Coach stands on side line with a large supply of balls.

The aim of the game is for teams to get as many balls as possible into their base.

Coach starts play by serving 2-3 balls into the playing area.

All players are free to get possession of a ball and attempt to dribble it back to their base.

Coach keeps serving balls in at random until the supply has gone (Max approx 3 balls in play at any one time).

Team with the most balls in their base at the end wins.

Stationary balls in a base cannot be stolen.

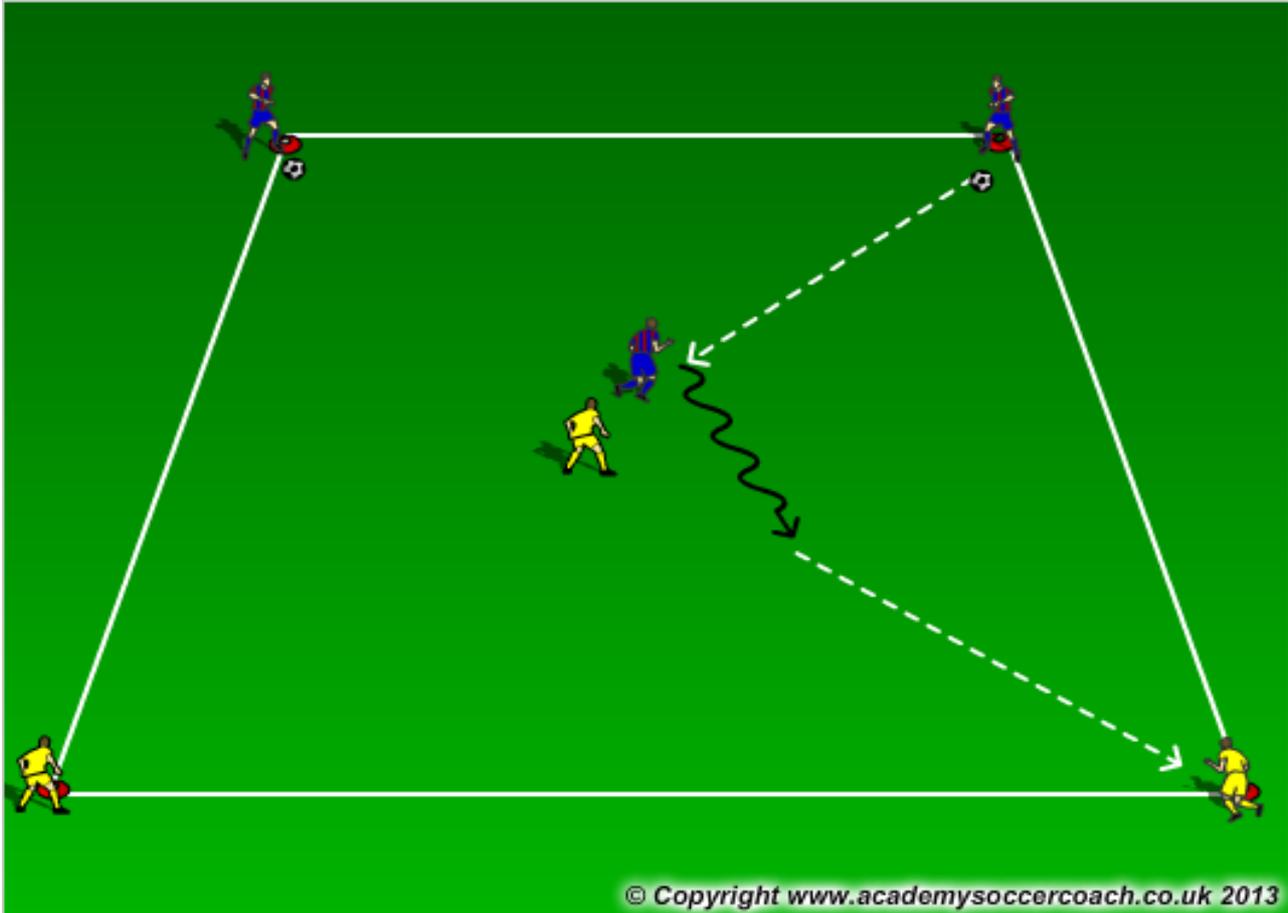
Players are encouraged to steal any ball not stationary in a base.

If a ball leaves the playing area it is dead, players should leave it and return to the game.

Serve balls in different ways (Rolling, bouncing etc).

49.

Beat your marker.



Set up an appropriate size playing area.

Split players into groups of 6.

One player on each of the corners of the playing area and two players in the middle.

Two of the corner players start with a ball.

The middle players play 1v1 and coach nominates a player to start as the attacker the other player starts as the defender.

The attacker must use changes of speed/direction to create enough space to receive a pass from a corner player, beat the defender and play out to a corner player without a ball.

They then move to receive from the other corner player with a ball.

If the defender wins the ball they play out to a corner player without a ball and become the attacker.

A point is awarded for every pass out to a corner player.

Play in short bursts, swapping middle players each time.

Player with the most points, wins.

50. Break out and hold up.



Set up a 35x15 yrd playing area with 10yrd endzones and a mini/target goal on each end line.

Split players into 2 teams.

Teams attack and defend a mini goal.

Teams play 4v4/5v5 in the middle third and attempt to complete 3 or more consecutive passes before a team mate can break out into the end zone they are attacking.

The player who receives the ball in the attacking third must then hold it up until a team mate joins them in the zone.

At the same time, one defender can enter the zone and attempt to prevent a goal being scored.

Play for a set time limit or first team to a set score wins.

Progs.

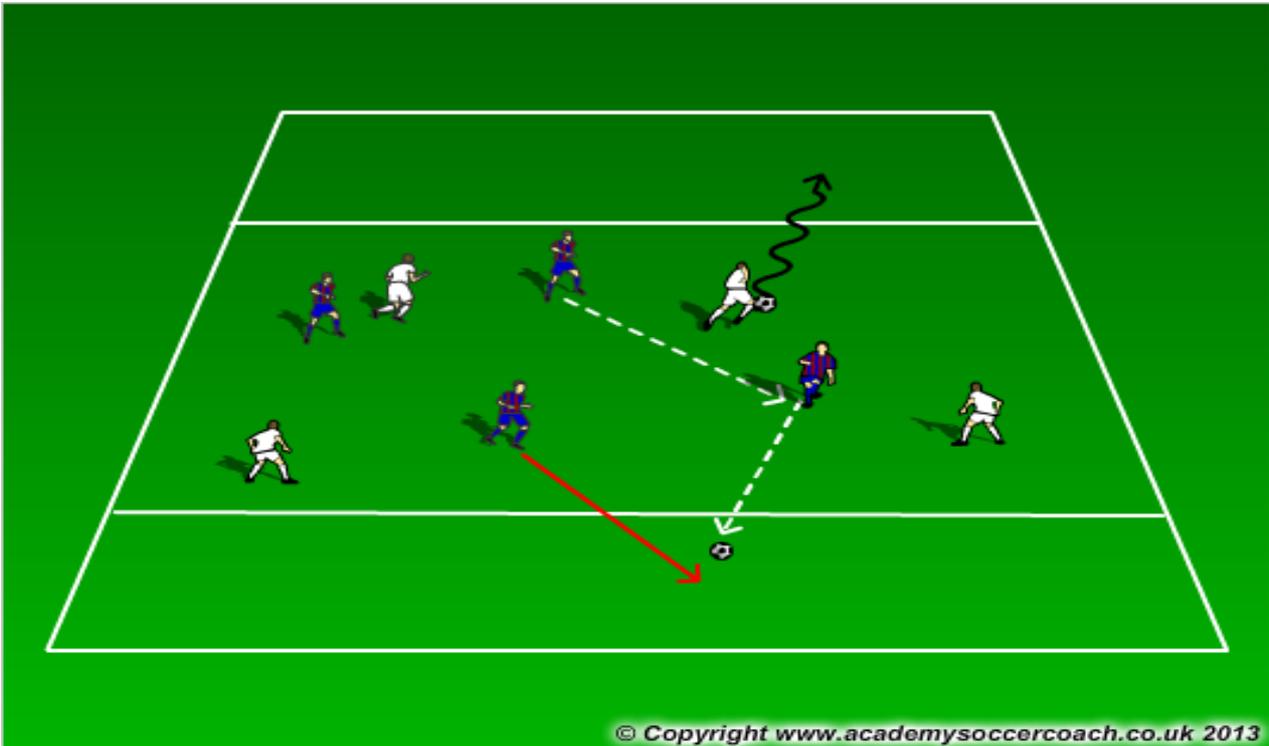
1. To make game easier/harder make the middle third bigger/smaller and reduce the passing requirements to two.

2. Play a one touch limit in the attacking thirds.

3. Make passing requirements larger 5+ passes before a team mate can make a run.

4. Add full size goals + gks to each end line.

51. Classic end zone game.



Classic Endzone game.

Set up an appropriate size playing area with a 7yd zone at each end.

2 teams.

Both team attempt to score points by getting the ball from one end zone to the other by passing(Stripes) or dribbling(whites).

Once a point is scored, the team that scored must immediately attack the opposite end zone.

The end zones are free, only the attacking team can enter these areas.

Encourage players to not stand and wait in end zones for passes and to make a run into the end zone as the ball is played.

Progs.

1. Put a target player from each team in opposite end zones.

Both teams attempt to pass to their target player.

If they achieve it, the passing player joins their team mate in the end zone.

First team to get all their players off the pitch wins.

2. As above except play pass out/go out.

If a player passes to their target player in an end zone they follow their pass and replace their team mate as the target player.

Play first team to have all players be a target player.

3. Put goals on end lines and play a normal game with the rule that goals can only be scored from outside the endzone.

4. As above but players are not allowed in endzones when shots are taken but can follow in for rebounds.

5. Create a bit of chaos by having four endzones instead of two.

One team attacks the end zones north and south and the other team attacks the east and west end zones.

52.

Combination to shoot.



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Set up a 35x25 yrd playing area as shown above.

Split players into two teams(In this case 5v5+Gks).

Any spare players can play as a magic player who plays for the team in possession.

Teams play 4 defenders v 1 attacker in each half of the playing area.

Players are locked into their half.

Gks start the game by passing to one of their defenders.

The aim is for defenders to combine to create shooting opportunities from their own half.

The attacker can only score from rebounds.

Play in short bursts swapping the attacker each time.

Progs.

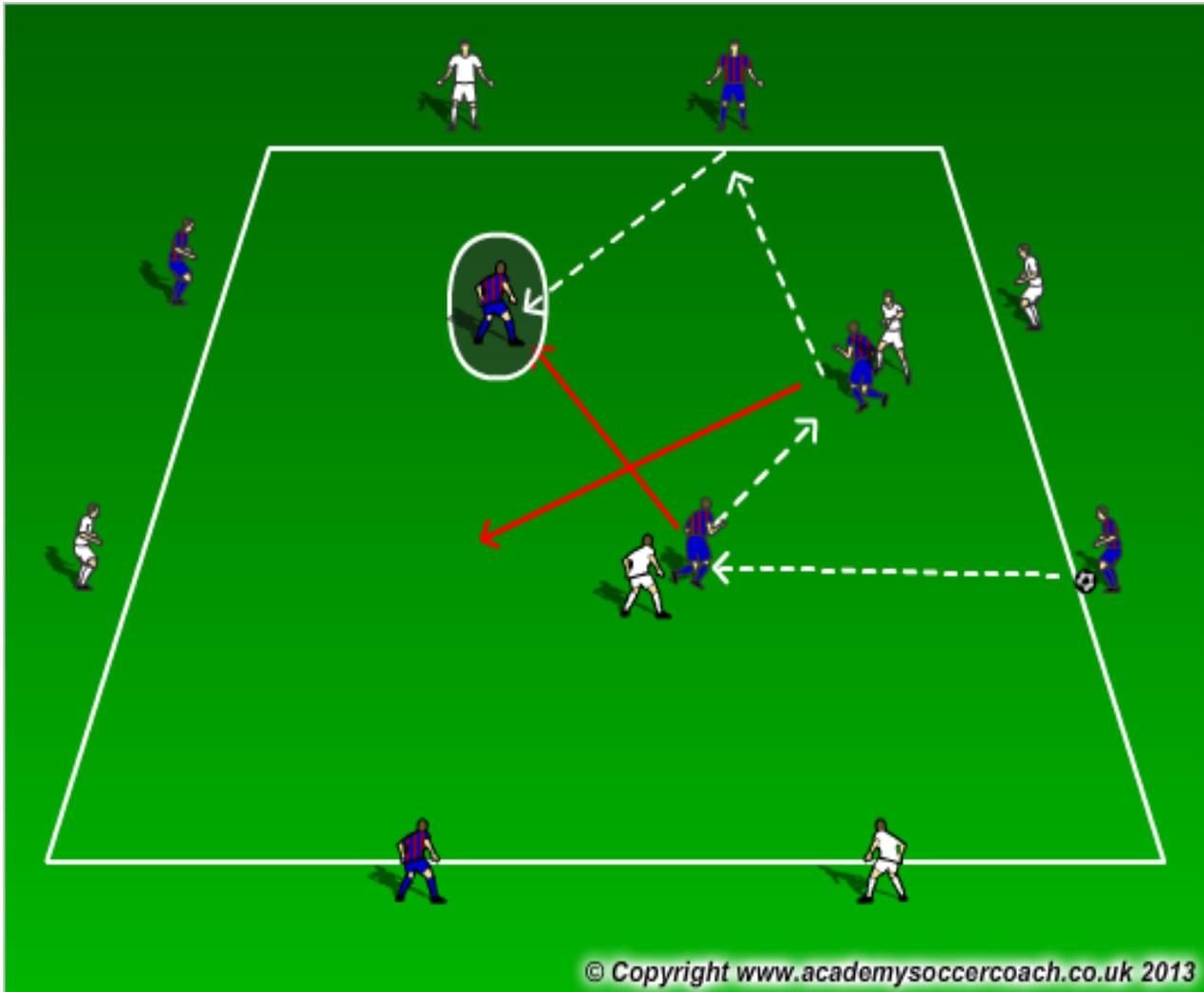
1. Allow defenders to play into their attacker. They can either follow their pass and join them in the attack or allow another team mate to enter the other half and join the attack.

If there is space to dribble(drive) into the other half then players are also allowed to do this.

2. 3v2 in each half.

53.

Combo support game.



Set up a 30x30 yrd playing area.

2 teams of 6 players.

One player from each team starts on each side of the playing area.

2v2 in the middle.

Teams play a possession game and score points for every time they can receive a pass from an outer team mate, combine with middle player and play out to another outer team mate.

Any of the two middle players can receive from an outer player with the other becoming the support player.

If players cannot combine with their middle team mate they can use outer team mates to keep possession.

Play in short bursts swapping middle players each time.

Start on 2-3 touch limit and progress to 1 touch.

54.

Continental game.



Set up a 40x20yrd playing area with a large goal at one end and two smaller goals at the other.

Have a large supply of balls by/in the large goal.

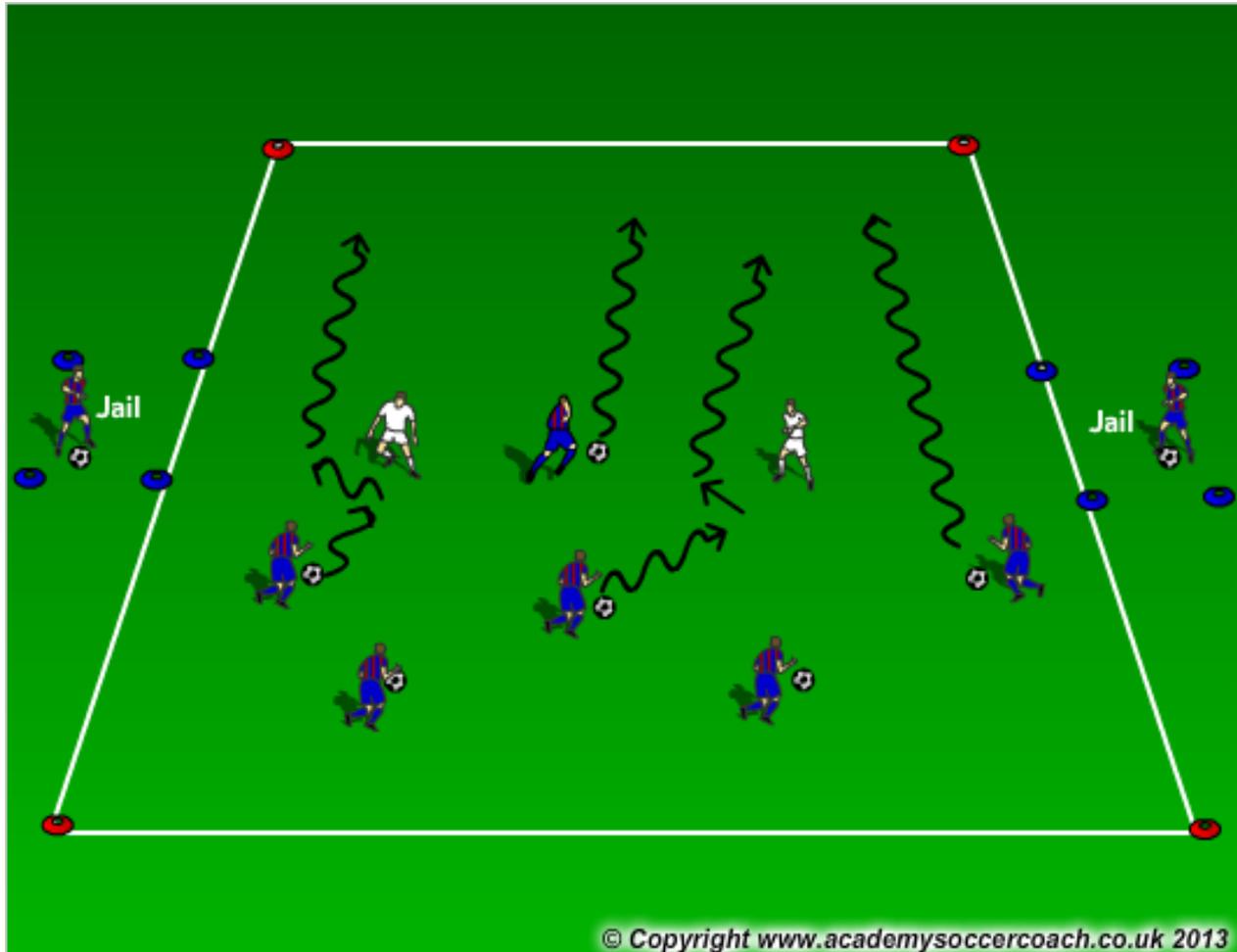
Split players into 2 teams + 1 Gk who plays in the large goal.

Play a normal game with one condition. Every time the ball goes out of play or a goal is scored the game is restarted by the Gk who either rolls or throws the ball out(No Kicks).

Play in 5 min bursts with outfield players swapping ends each time.

55.

Cops and robbers.



Set up playing area as shown above.

Choose 2 players to be cops they start in the middle of the playing area facing the start line.

The remaining players(Robbers) have a ball each and line up on the start line facing the cops.

The aim is for the robbers to dribble their ball to the other side of the playing area without a cop getting their ball.

If a cop gets a robbers ball, the robber must retrieve their ball and go to jail. Once in jail, robbers can do ball mastery skills(Toe taps, side to sides etc).

Robbers repeat crossings until there are only 2 left.

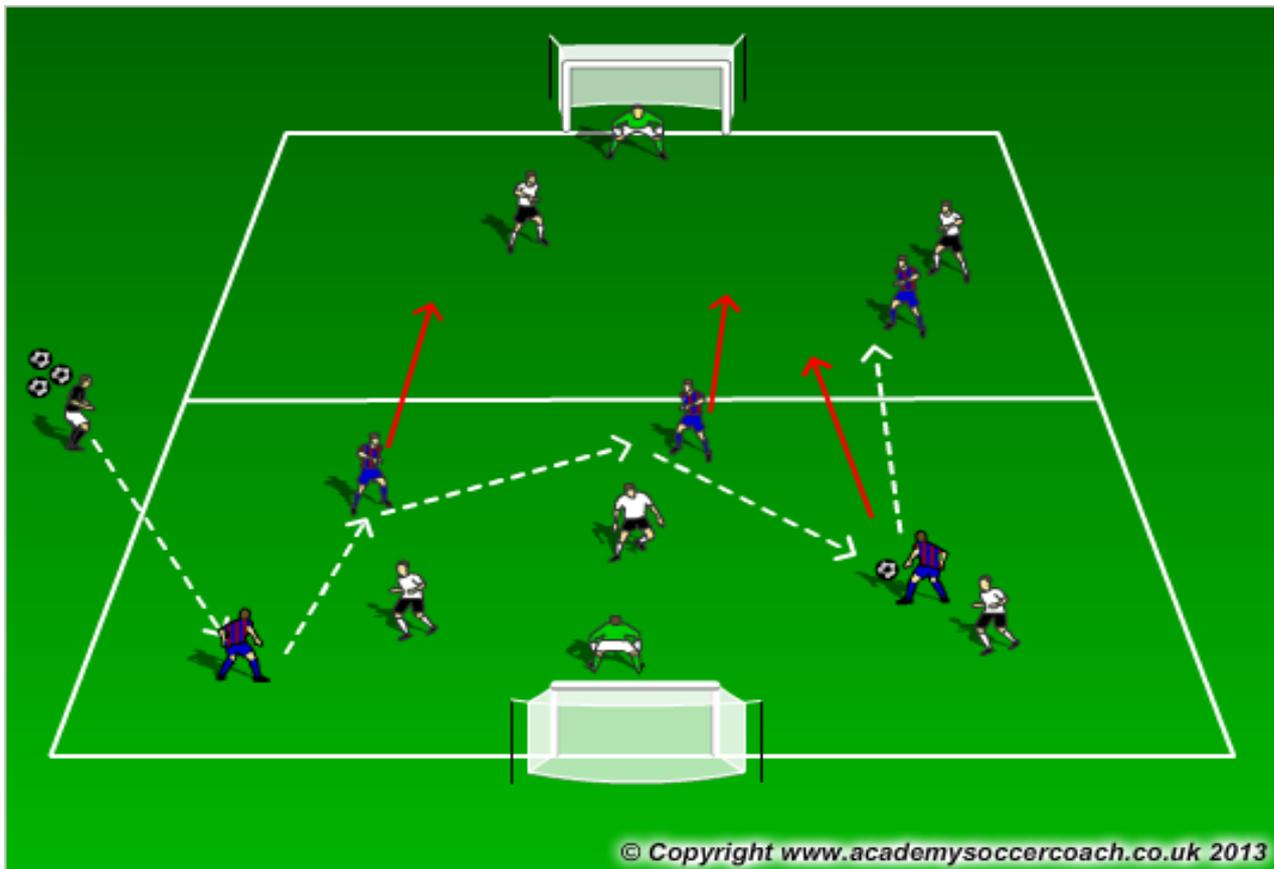
They become the new cops.

Robbers in jail can be released if all the other robbers can get across to the other side without a cop taking their ball.

If they achieve this the robbers in jail shout 'Jail break' and join the other robbers.

56.

Draw them in game.



Set up an appropriate size playing area with a clear half way line marked out. Split players into 2 teams.

Teams attack and defend a goal each (In this case stripes are defending the bottom goal).

Teams set up 4 defenders v 1 attacker in each half.

Players are 'locked' into their halves.

Coach passes a ball into one of the teams and that team begin attempting to keep the ball from the lone attacker (Teams can use their Gk).

After every 5 passes another defender enters the opposition half (4v2).

Teams keep the ball until they feel they can break out and create a chance to score by passing/dribbling forward into the opposition half.

All the defenders who have gone into the opposition half to attempt to win the ball are 'locked' until the attack is over.

Once the attack is over the teams reset 4v1 in each half.

If the defenders entering the opposition half manage to win the ball they can shoot on goal.

Play for a set time limit or first team to a set score wins.

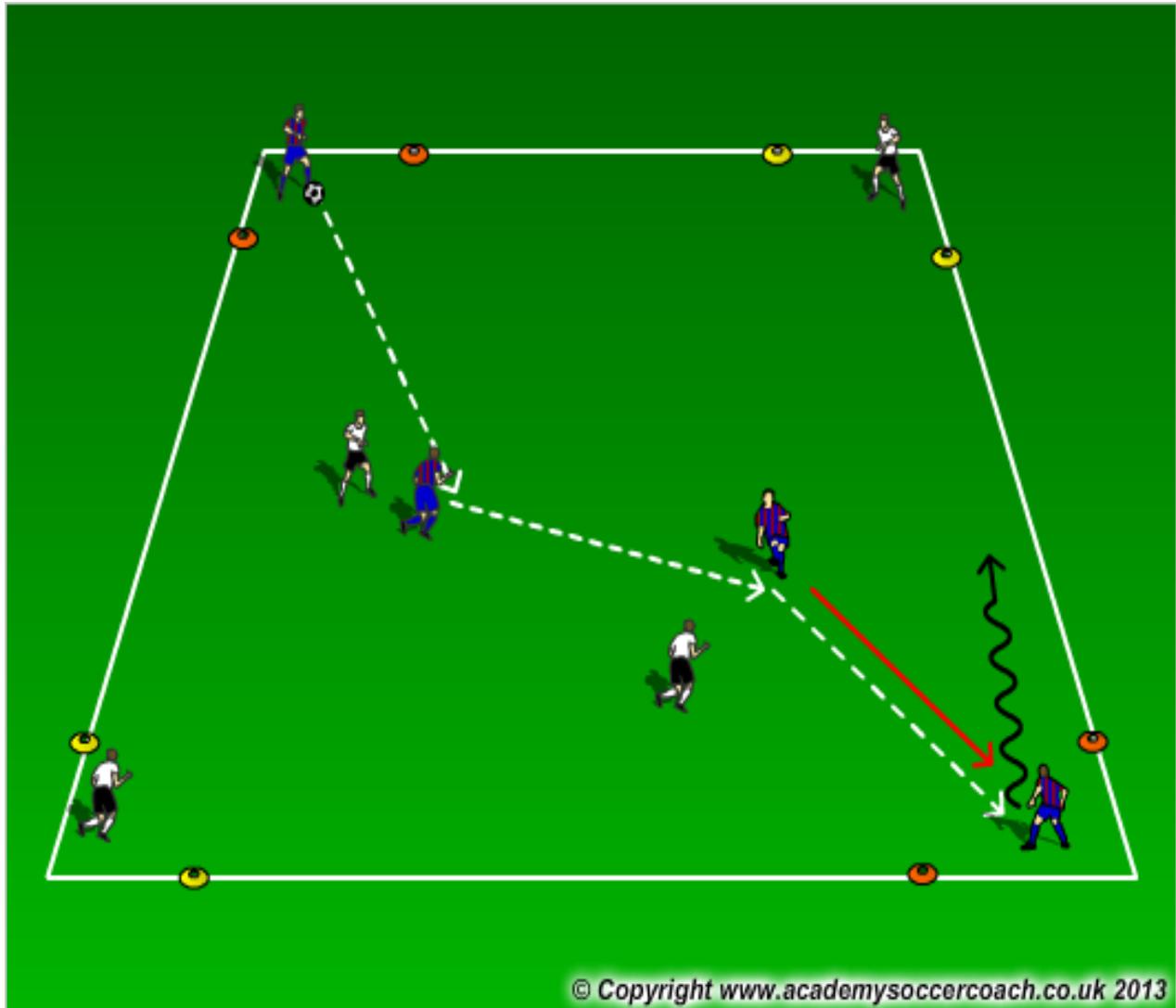
Prog.

1. Defenders can re-enter their own half on attackers first touch.

2. Instead of play resetting when an attack breaks down the defenders can counter the attackers using their players left in the opposition half.

57.

Corner gate game.



Set up a 20x20 yrd playing area with same colour gates diagonal opposite each other in corners(Orange and yellow).

Split players into two teams and designate the teams a colour gate.

Teams choose 2 players to go into their designated gates.

If there is an extra player they can be used as a neutral player who plays for the team with the ball.

Teams score points by passing out to a team mate waiting in a corner gate, receiving player then dribbles in and is replaced by passing out player.

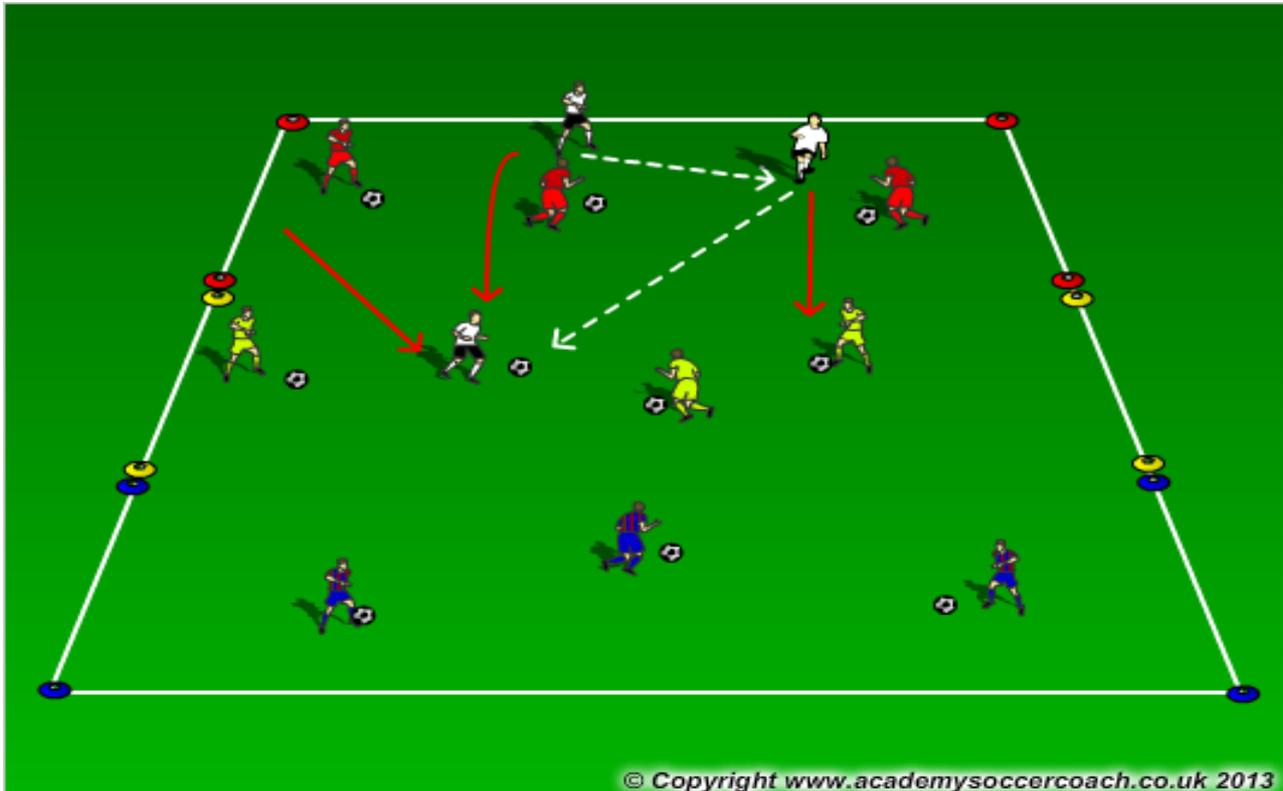
Neutral player can score by passing out but cannot replace the player in the gate.

Corner players should be encouraged to drive into the playing area at pace.

Players should be encouraged to play the game at a quick tempo.

58.

Dribblers vs passers.



Set up an appropriate size playing area split into three zones.

Split players 4 teams(In this case four teams of three).

Three teams start as dribblers and each player has a ball each.

The other team start as passers and have one ball between them.

The three dribbling teams choose a zone each and begin dribbling around their chosen zone, doing ball mastery skills, tricks, cod moves etc as they go.

The passing team(Whites) start on one end of the playing area and on coaches call enter the first zone.

The passing team attempt to make at least three passes before moving the ball into the next zone.

The passing teams aim is to get through all three zones as quickly as possible.

The dribblers can add light interference but can not tackle/block the passing team.

Once through the passing team swap roles with one of the dribbling teams.

Each team plays as passers once, the team with the quickest time wins.

Progs.

1. Dribblers aim is to now slow down the passing team by adding more pressure/interference.

2. Passers attempt to get the ball through all three zones and back again, scoring a point for each zone they get through.

Dribblers attempt to steal the passers ball.

If they achieve this they swap team roles with the passers.

Play for a set time limit, the team with the most points at the end wins.

59.

Messi dribbling sqr.



Set up an appropriate size 'Messi' dribbling sqr for the amount of players you have as shown above (In this case 9 u8s in a 20x20 yrd sqr). Split players into 3-4 teams and each team has a designated colour corner cone.

In each corner leave enough bibs for each player.

Every player has a ball and begins dribbling their ball around the messi sqr avoiding the obstacles as they go.

On coaches call all players dribble out of the sqr, run with their ball to their teams designated corner and put a bib on (If players are very young ask parents/helpers to stand by a corner each to help the players put bibs on). First team to get their bibs on wins a point.

Players return with their ball to the Messi sqr and continue dribbling their ball avoiding the obstacles.

On coaches call they repeat as previous except this time they take their bibs off.

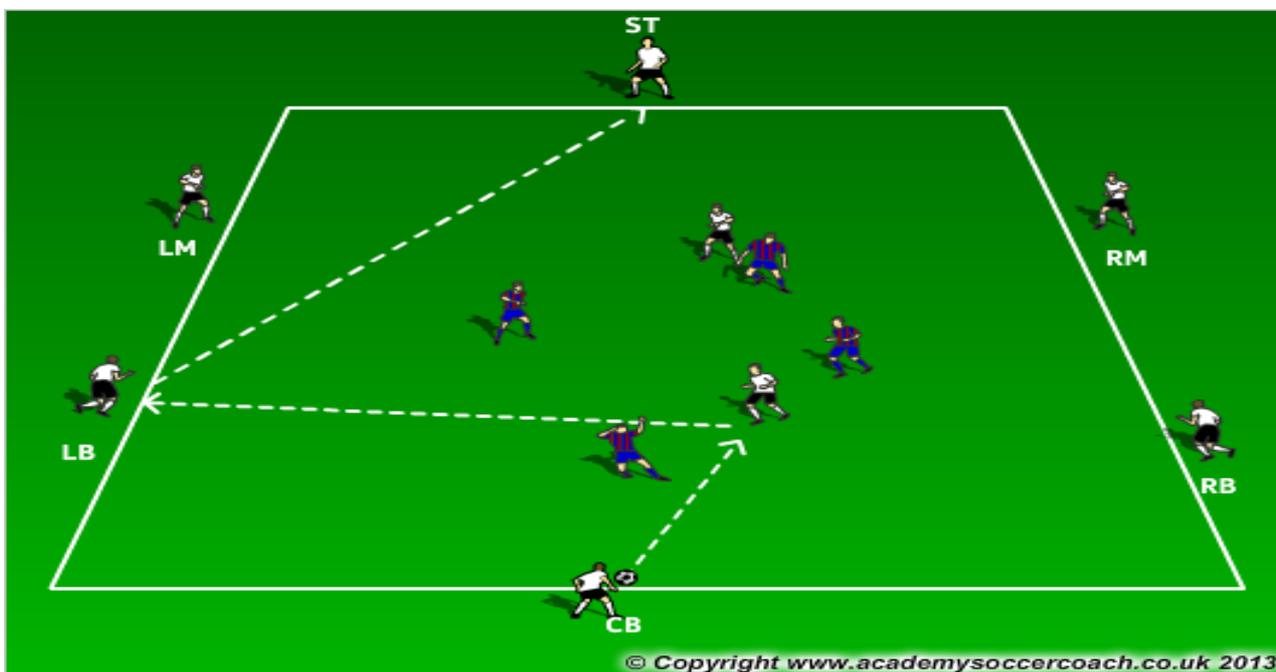
Repeat for a set time limit or first team to a set score wins.

Prog.

1. When players reach their corner they must do set ball skills eg 10 toe-taps, 10 side to sides, 5 kick ups etc.

2. On coaches call players leave the sqr and race to be the first player to tag coach. That players team is awarded a point.

60. Possession in formation.



Set up an appropriate size playing area.

Split players into two groups (In this case 8v4)

Ask the group of 8 to spread out around the playing area in a basic shape and in the positions they might be in during a game (as shown in diagram) with two players in the middle.

The group of 4 play in the middle and are defenders.

The aim of the game is for the both groups to keep possession of the ball using their number advantage (Whites 8v4, Stripes 4v2) and score 1 point for every 5 passes.

Players on the outside cannot enter the playing area but can move along their line.

Outer players are on 2 touch limit.

Inner players are on unlimited touches.

Outer players are un-opposed but can still be pressured.

If stripes make 10+ consecutive passes allow one more outer player to enter the playing area to help win the ball.

As soon as the ball is played out that player must get back into position as quickly as possible.

Play in short bursts, swapping middle players each time.

Progs.

Whites only get a point if one of their five passes is through one of their middle players.

Coaching points -

Whites -

Outer players to create support angles.

Inner players to use movement to create space for and receive passes.

Inner players to use correct body shape to play out first time.

Keep a basic shape.

Quality of pass (Weight/Accuracy/Type).

Stripes-

Work together to cut off passing options.

Once ball is won, quickly find a shape to help keep it.

Quality of pass.

61. Forward passing game.



Set up 50x30 yrd playing area with a 15 yrd zone at each end + appropriate size goals.

Split players into 2 teams.

Teams play a SSG where by the ball must go forward in the middle zone until it reaches the 15 yrd zone.

This is the only area where the ball can be moved backwards.

If the ball goes backwards anywhere else its a free kick to the other team.

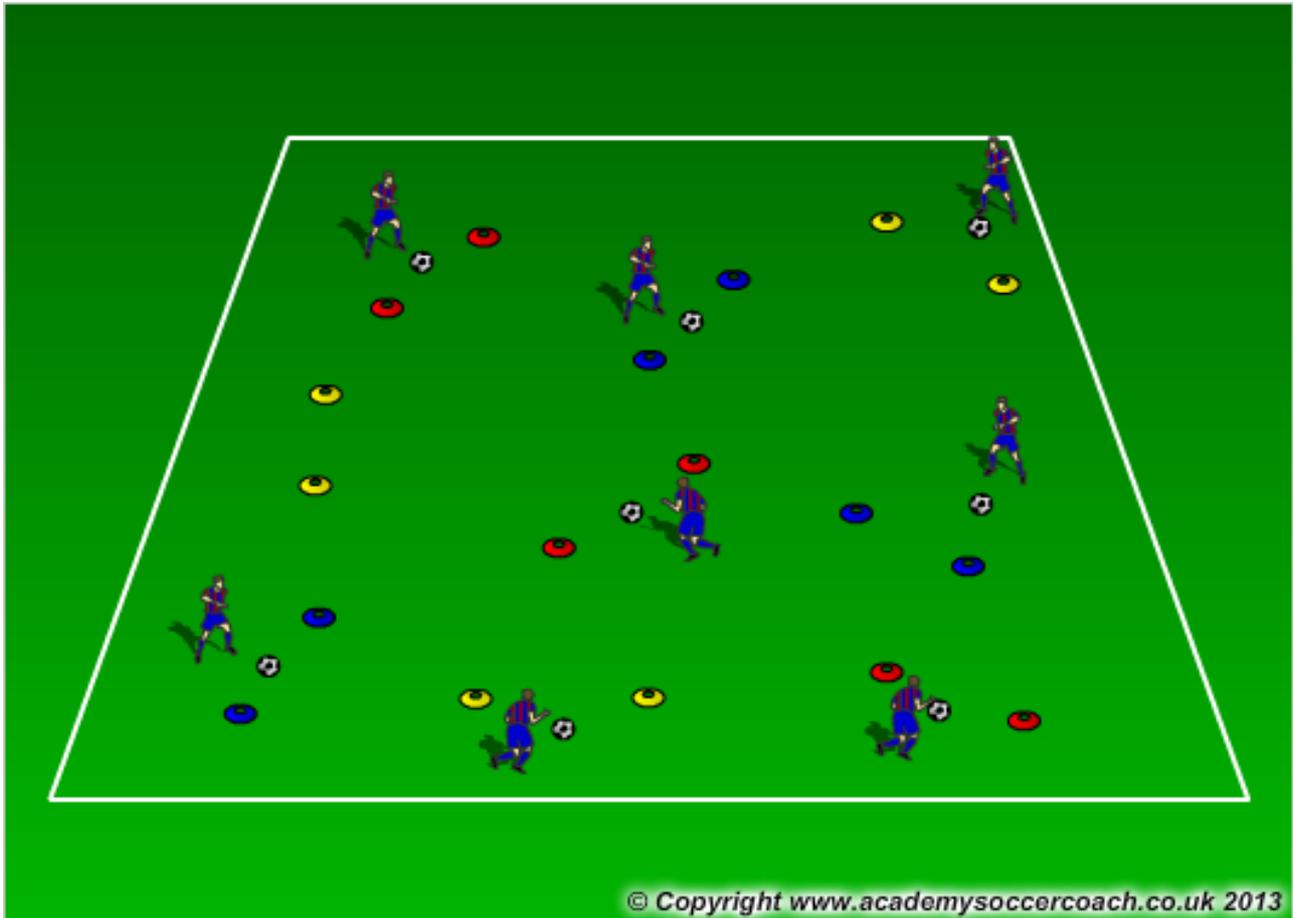
Attacking players should be encouraged to be positive and get forward to break into space.

Prog.

Limit players to 1-2 touches in middle, end zones or both.

62.

Gate game.



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Set up an appropriate size playing area with a series of gates marked out with cones approx 2 yards apart (More gates than players).

Each player has a ball each and has a set time limit to dribble through as many gates as possible.

Players are challenged to use first their right foot and then their left foot.

Make game competitive by awarding a point for every gate gone through.

Progs.

1. Spread gates out, fewer gates, smaller gates.

2. Players do a turn/cod move when going through the gate(Cruyff turn, drag back etc).

3.Add players to be blockers who stand between the gates to stop dribblers going through.

4.Players work in pairs with one ball and pass the ball to one another through the gates.

5.Coach calls a series of colour gates (Red, blue,yellow etc).

6.To encourage players to lift their heads when dribbling coach holds up the colour of the gates above their heads

63. Get the ball and play out.



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Set up an appropriate size playing area.

Split players into 3 groups.

One group play as defenders the other two groups play as dribblers and have a ball each (In this case 8v4).

The players defenders attempt to win a ball from one of the dribblers and pass out to coach.

Coach moves randomly around outside of playing area.

If dribblers lose their ball they become a support player for remaining dribblers.

Play either for a set time limit, count how many balls played out, then switch defenders.

Defending group with most balls played out wins.

Or play to see which defending group can get all balls played out the fastest.

Or play

64.

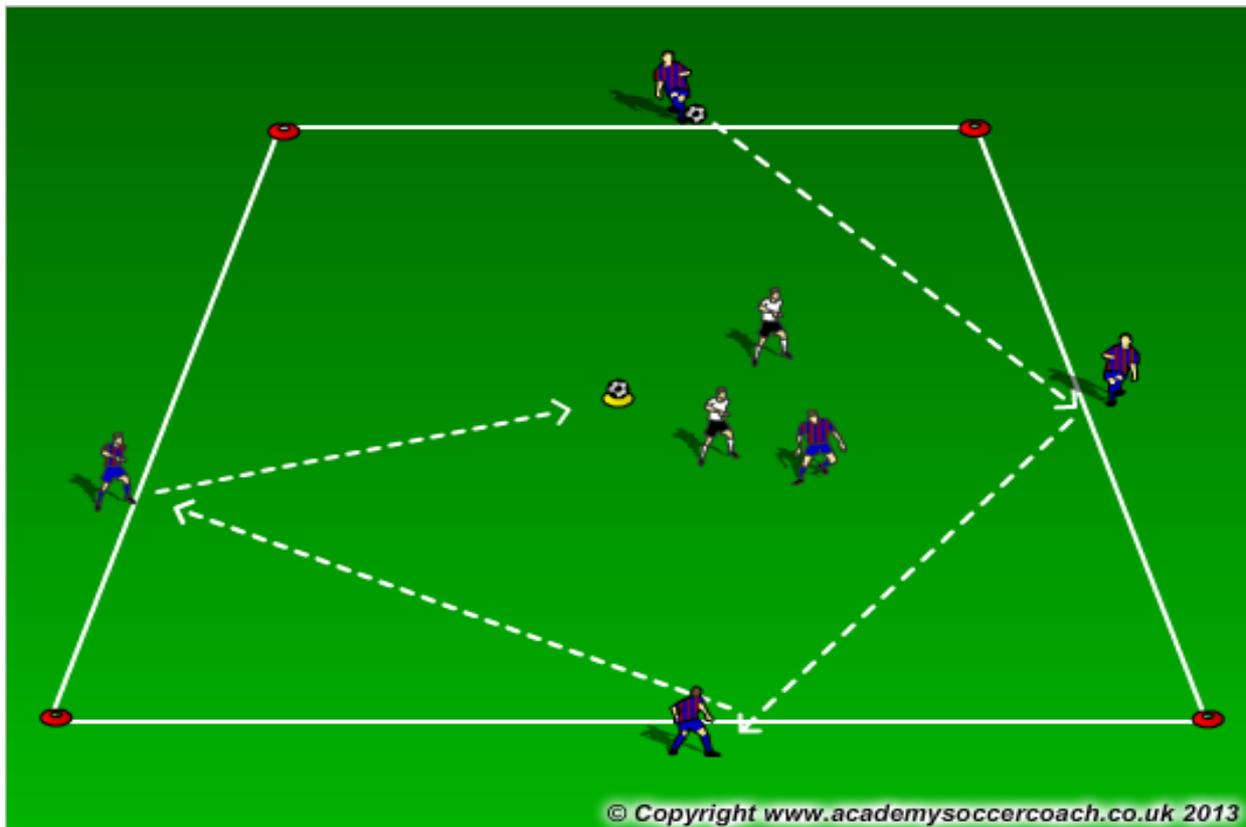
Gladiator.



Set up a playing area as shown above.
Choose 2 players to start as defenders and 1 player to start as Gk.
Rest of the players have a ball each and wait at the opposite side of the playing area to the goal.
Each defender has a zone each to defend and the defenders must start on the end line of their zone.
The Attackers attempt to dribble through the zones(one at a time) and score past the goalie.
Defenders/goalie can only engage attackers once theyve entered their zone.
As soon as attackis over next attacker goes.
Play a few rounds then swap player roles.
Encourage attackers to demo their skills and tricks.
Encourage attackers to dribble at pace and attack the space.
Encourage defenders to engage attacker quickly, slowing on approach, knees bent and not to dive in and commit themselves.
Encourage Gk to narrow angle and make goal small.
Prog.
Attackers go in pairs 1 ball per pair.

65.

Hit the target game.



Set up a 20x20 yrd playing area with a target in the middle(In this case a ball on a cone).

Split players into a group of 5 attackers and 2 defenders.

Attackers have one player on each side of the playing area and one in the middle.

The two defenders both play in the middle.

The attackers combine to attempt to hit the middle target.

Attackers score a point for every 5 completed passes or a point for hitting the target.

Defenders score a point if they can win the ball and either hit the middle target or dribble the ball around one of the four corner cones.

Play in short bursts, swapping middle players each time.

Outer players should be encouraged to use lots of movement to create passing angles and to play quick passes to create openings to hit the target.

Inner attacker should be encouraged to show for the ball and use correct body shape to receive/turn to play out to a team mate or have a shot at the target or shield/protect the ball.

Defenders should be encouraged to work together to attempt to cut off passing angles/intercept passes and then work together to hit the target or dribble around a cone.

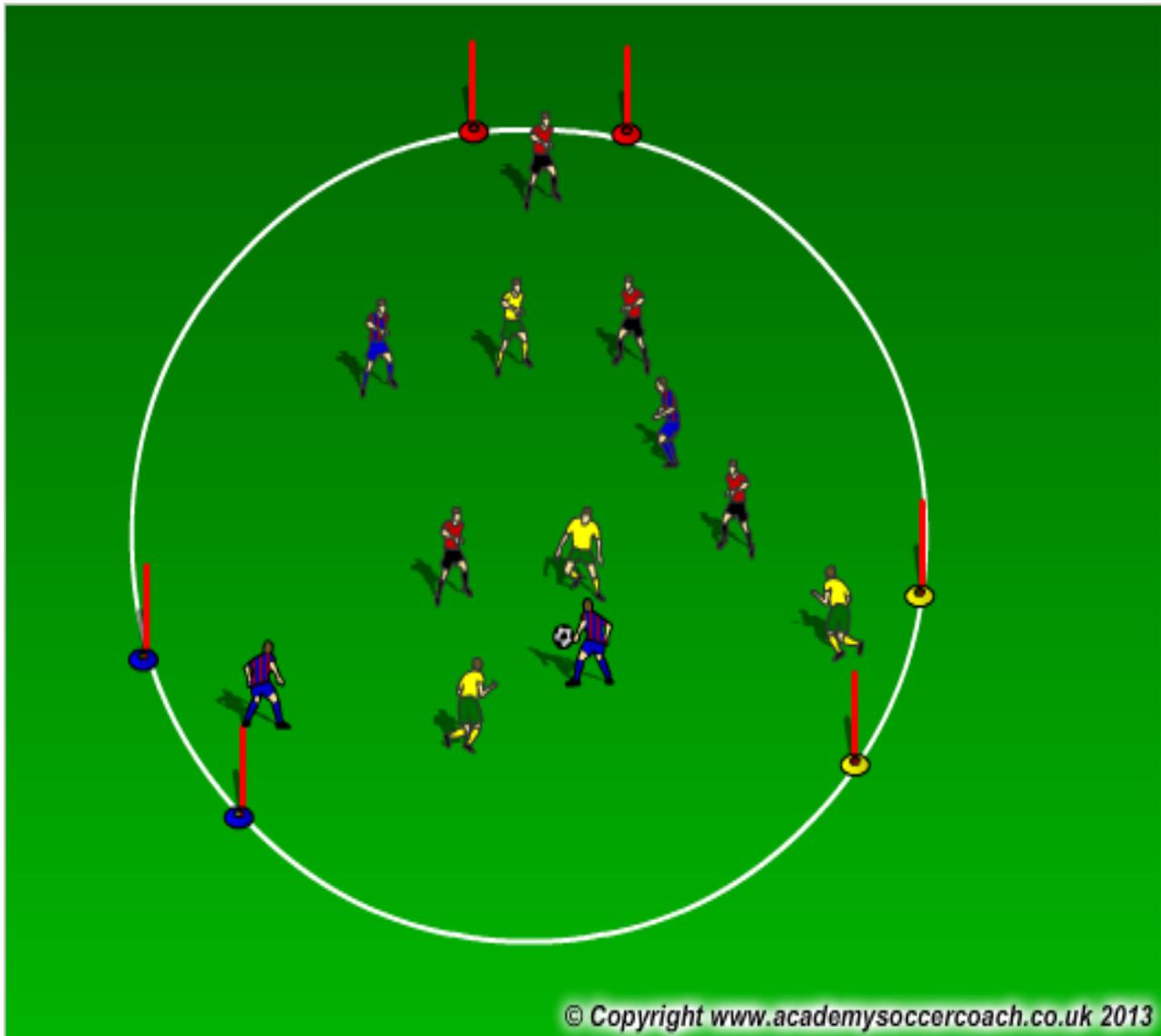
All players should be encouraged to scan the area at all opportunities.

Progs.

Outer players on 2 touch limit then 1 touch limit.

66.

Knock out game.



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Set up a 25yrd dia circle playing area with three goals spaced evenly around the edge.

Split players into three teams.

Each team defends one goal and attacks the other two.

Each team starts with five lives.

Every time they concede a goal they lose a life.

When that team gets to zero they are out.

Prog.

Allow the first team out to join forces with one of the other teams. This way players learn how to cope in numbers up/down situations.

67. Moving goal posts game.



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Set up an appropriate size playing area.

Split players into 2 teams + 4 players to be moving goals.

The 4 players pair up to make the goals and hold a pole or keep a bib tight between them and move randomly around the playing area.

The teams then compete to attempt to score through either one of the moving goals.

Play for a set time limit then swap players to be moving goals.

Progs.

1. Teams score by passing to a team mate through the goals.

2. Add a second ball.

3. Split players into 3 teams. Each team chooses 2 players to be their moving goals. Each team defends their own goal and attacks the other two.

68.

Numbers game.



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Set up an appropriate size playing area with 10 yrd finishing zones and goals at each end (In this case we're using age appropriate goals + Gks but we could use 2 mini goals at each end etc).

Split players into two teams with each team starting on opposite end lines.

Number the players 1-? (In this case 1-3).

Coach calls a number and serves a ball into the playing area, that player from each team runs out and attempts to win the ball and dribble past their opponent to shoot on goal.

Team with most goals at end wins.

Progs.

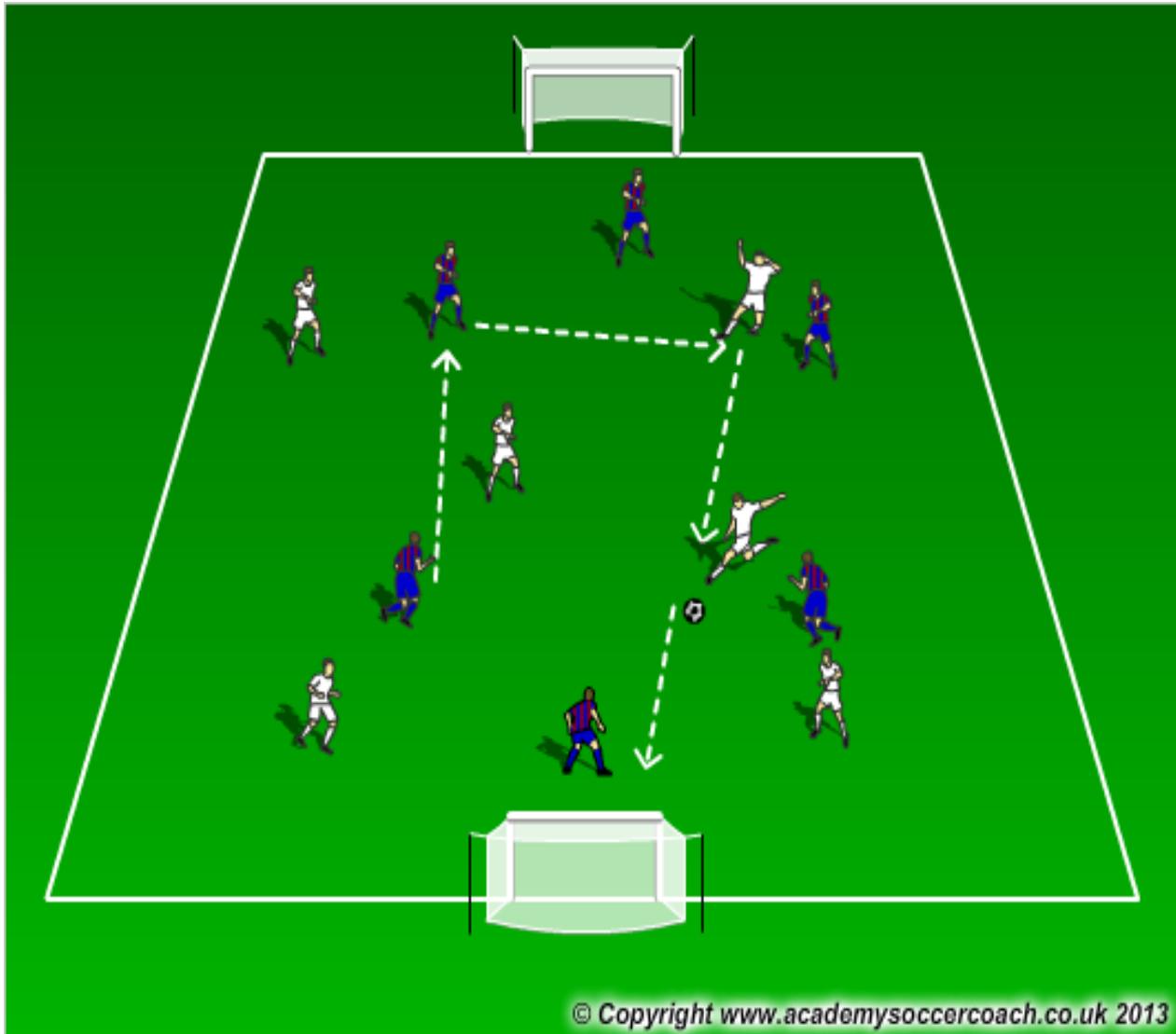
Add a support player in the middle zone to help the player with the ball.

2v2, 3v3, 4v4.

Add a defender to each finishing zone.

69.

Passers vs shooters.



Set up a 40x30yrd playing area with a goal at each end.

Split players into 2 teams.

One team starts with the ball and attempts to keep possession of the ball(Passers).

The other team work together to win the ball and shoot on goal(Shooters).

Each team plays for 5 mins in each role.

Passers score a point for every 5 passes made.

Shooters score a point for every goal scored.

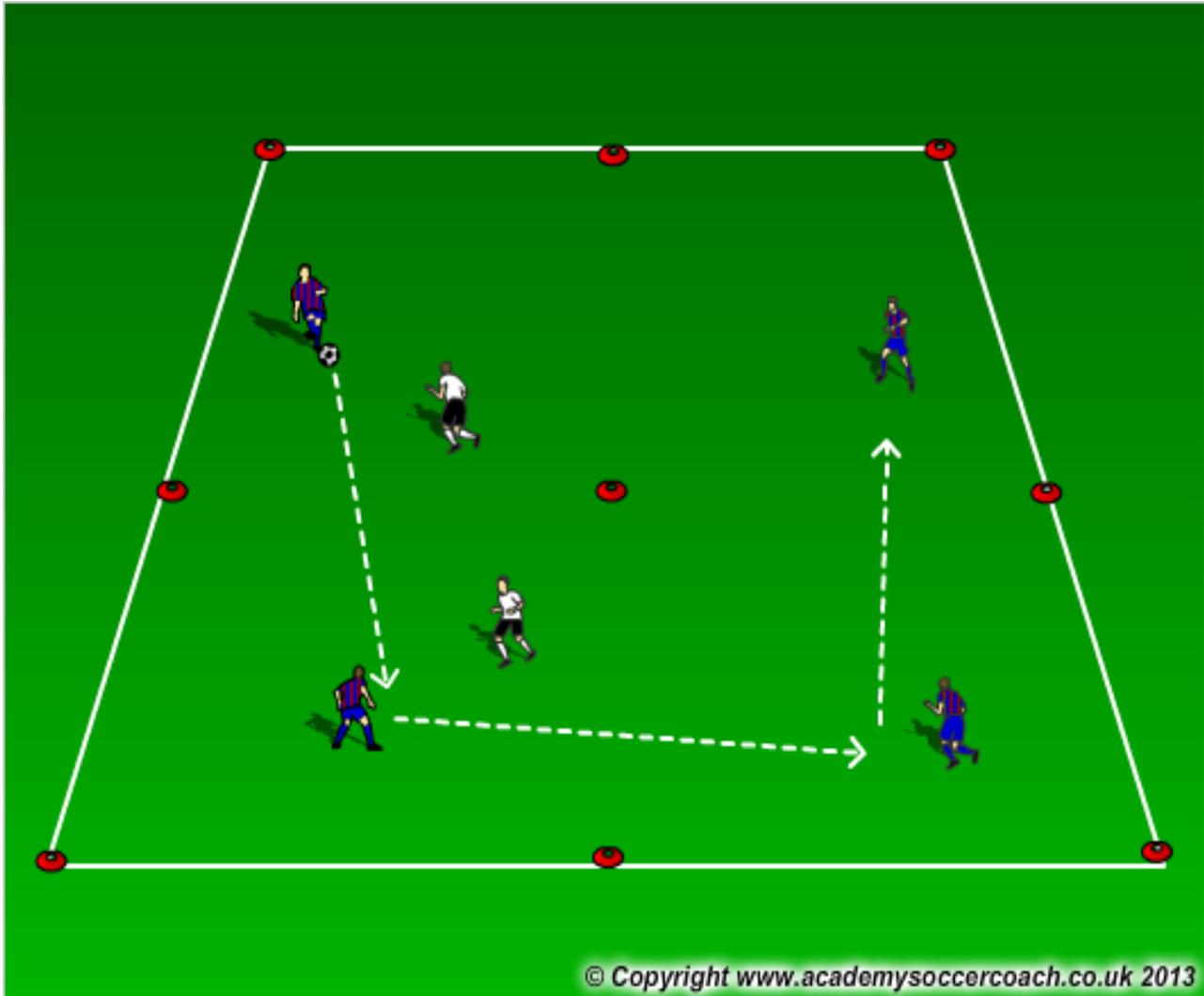
If ball goes dead the passers always re start with the ball.

Prog.

If coach calls 'switch' teams swap roles.

70.

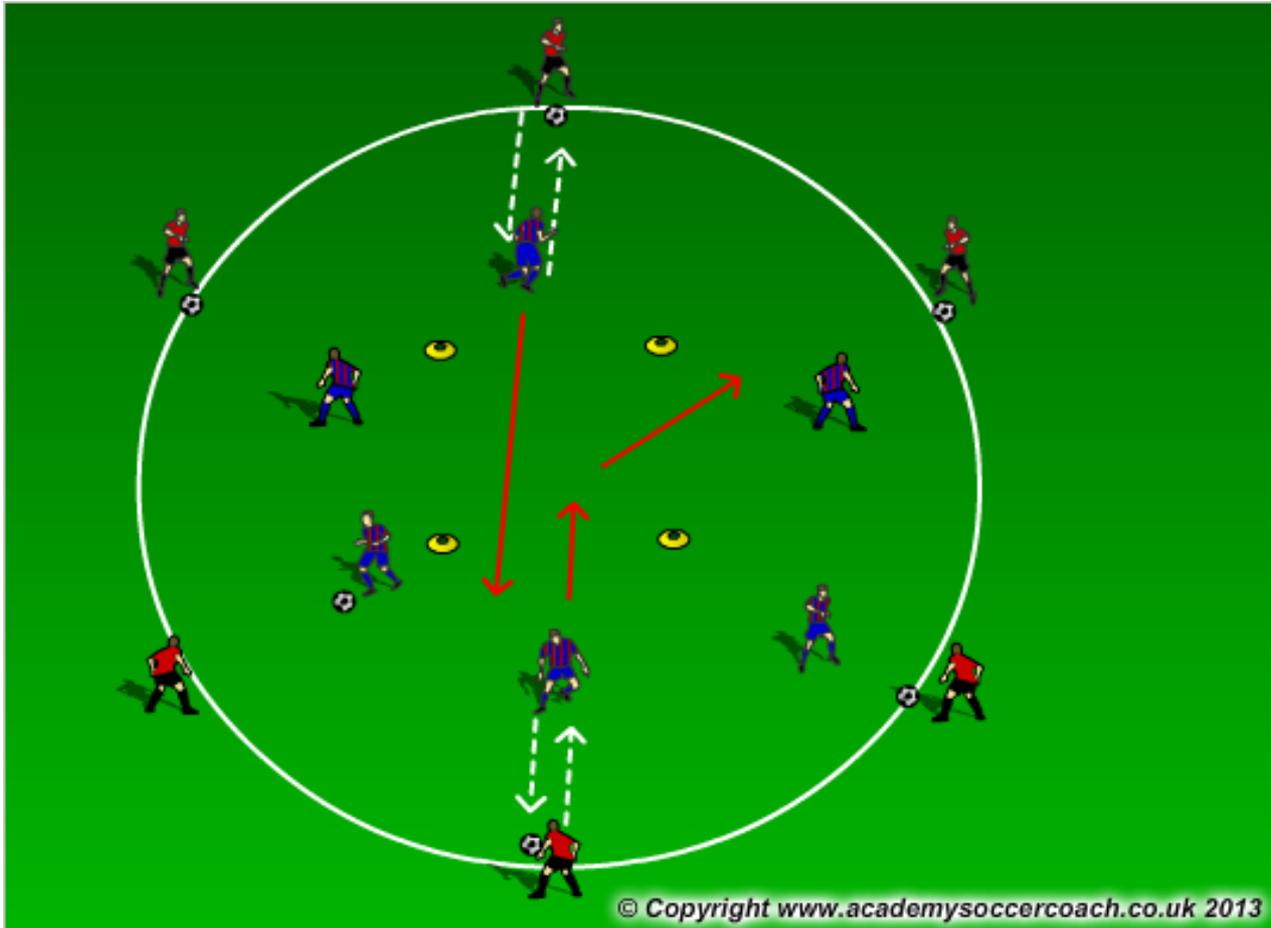
Possession square.



Set up a 20x20yrd playing area, split into four sqrs.
Players in groups of 6(4 attackers and 2 defenders).
Attackers try to keep possession from the defenders.
Attackers get a point for every set amount of passes.
Defenders try to stop them and get a point for every time they can break up possession and can move anywhere in the playing area.
Attackers are locked into their sqr.
The first team to a set score wins.
Progs.
1.Reduce size of playing area.
2.Restrict passers to 2-3 touches.
3.Make game 5v2 or 4v3 by adding a passer or defender.

71.

Pass and move circle.



Set up a 25yrd dia circle with a sqr in the middle.

Split players into two groups.

One group spread out evenly around the outside of the circle with a ball each.

The other group start in the sqr facing an outer player.

On coaches call the inside players run to an outer player, receive a pass, return the ball then move quickly through the middle sqr to another outer player and repeat the process.

Switch players every few mins.

Progs.

1. Receive ball and return one touch.

2. Receive ball with left foot and return it with the right and vice versa.

3. Receive ball with one surface of the foot and return it with another.

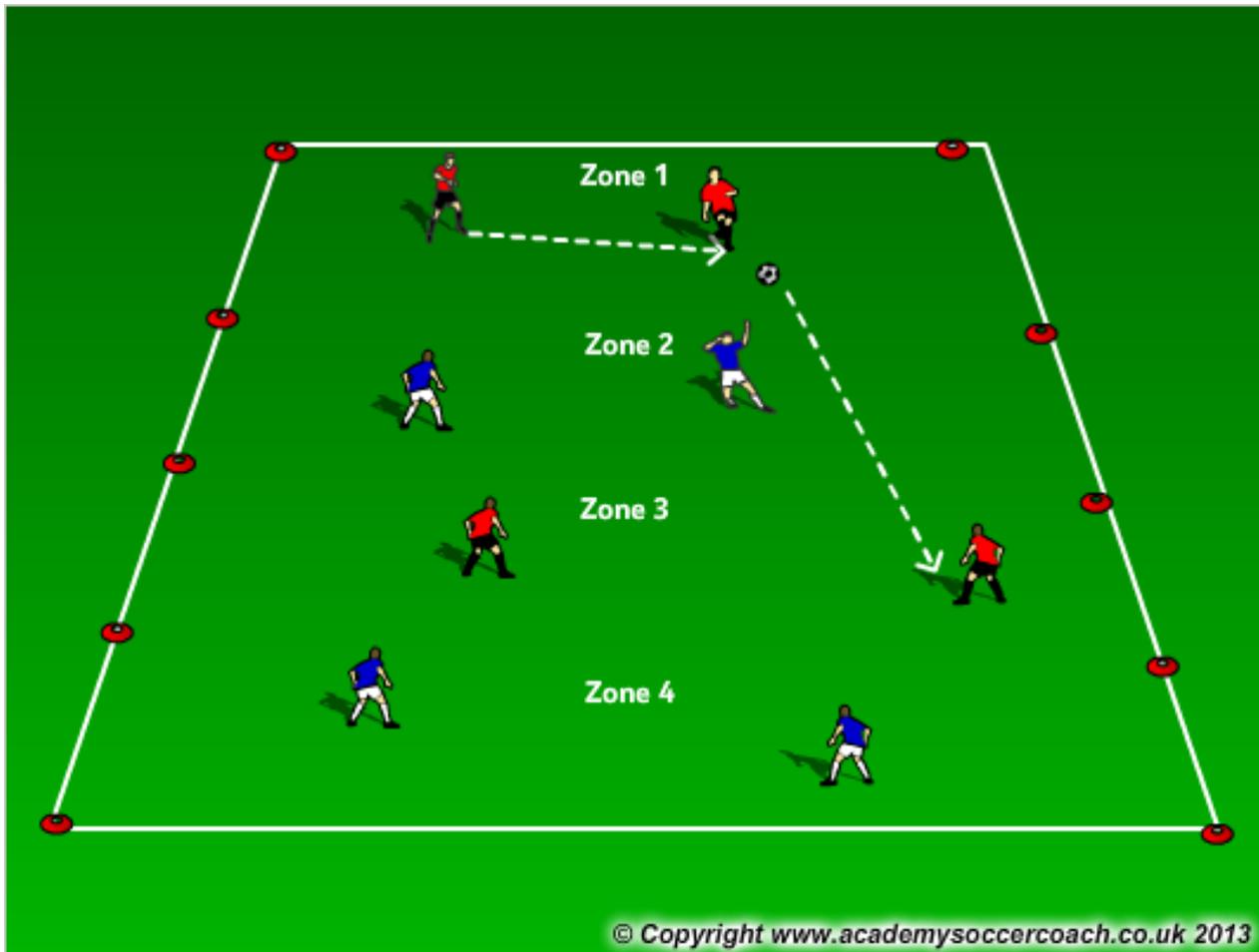
4. Ball served in at different heights to use different body parts to control ball before returning it.

5. As above except inner players have a ball each instead of outer players. Now inner players dribble their ball through the middle sqr before passing out.

6. Play out/go out.

72.

Play it through game.



Set up a 40x20yrd playing area split into 4 zones.

Split players into 2 teams(In this case 4v4).

Team one(Red) play in zone 1 + 3 and team two(Blue) play in zones 2+4.

Players are 'locked' into their zones.

The players in zone 1 start with the ball and attempt to pass to their team mates in zone 3.

If successful the players in zone 3 attempt to pass the ball back to their team mates in zone 1.

If their opponents in zone 2 or 4 intercept the ball they pass to their team mates in the opposite zone.

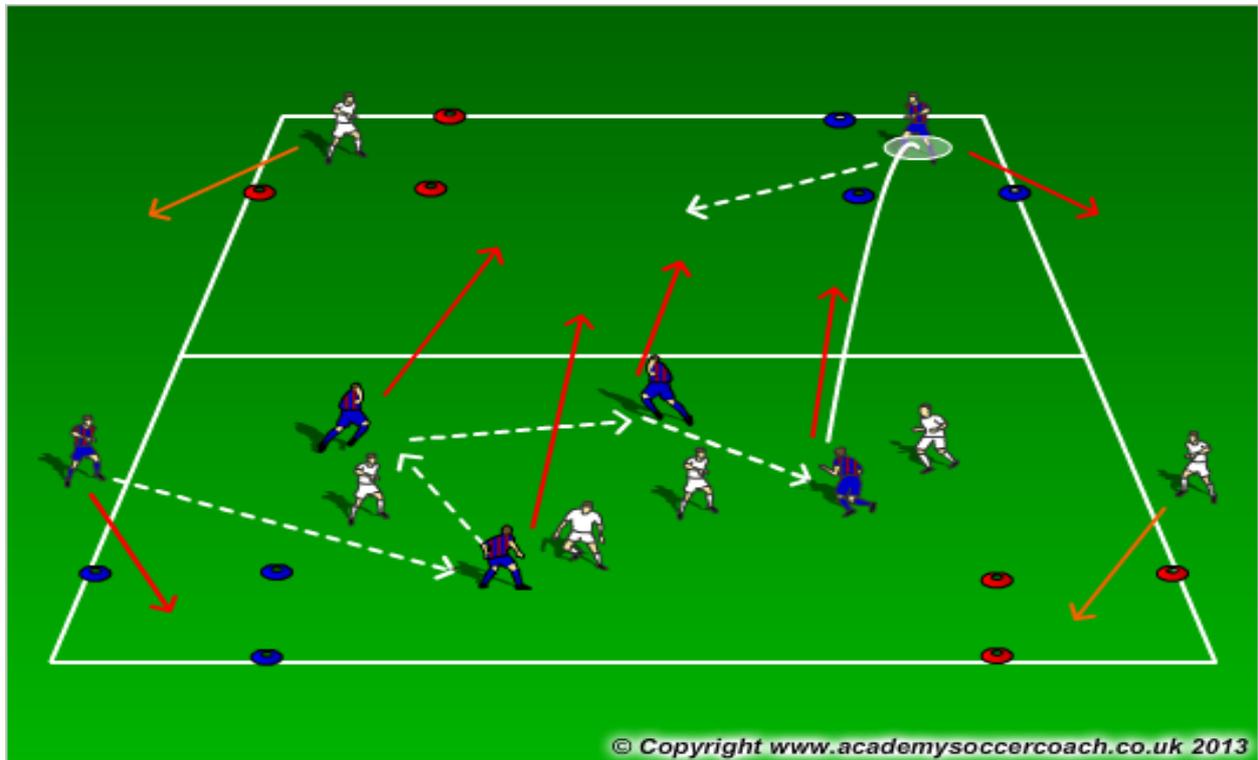
Points are scored for every completed pass.

Play first team to 10 points wins.

Prog.

Allow players to dribble the ball across. Teams must always have 2 players in their designated zones so if they attempt to dribble across a team mate from the opposite zone must run into the other zone(if a player dribbles from zone 1 to zone 3, a player from zone 3 must move to zone 1)

73. Quick counter and support.



Set up an appropriate size playing area with diagonal opposite same colour corner zones.

Split players into 2 teams.

Each team is designated a colour corner zone.

Each team chooses a target player to go into each of their designated corner zones.

The teams start in a half of the playing area each.

Coach plays a ball into one of the teams.

As soon as the ball is played by coach the team in the opposite half move to attempt to win the ball.

The 2 corner zone players move to the side of the playing area and become unopposed support players.

Teams attempt to make 3 passes before transferring the ball into their target player.

On transfer of the ball all players move into the opposite half in support of the ball.

The 2 support side players now go into their corner box to become target players.

The receiving target player has 2 touches then attempts to find an advancing team mate.

The 2 target players then become support side players.

Repeat process as before.

Teams are awarded 1 pt for every transfer.

Play in short bursts then switch target/support players.

Prog.

Add appropriate size goals + Gks to end lines.

Play as before except teams now attempt to score goals.

If ball goes dead or a goal is scored, coach plays a new ball in.

74. Quick dribble and shoot.



Set up an appropriate size playing area with targets or a goal at each end and 10 yrd finishing zone at each end.

Split players into two teams.

Each team starts in a finishing zone and has a ball each.

Players dribbles around their zone using all parts of their feet and do skills, turns etc.

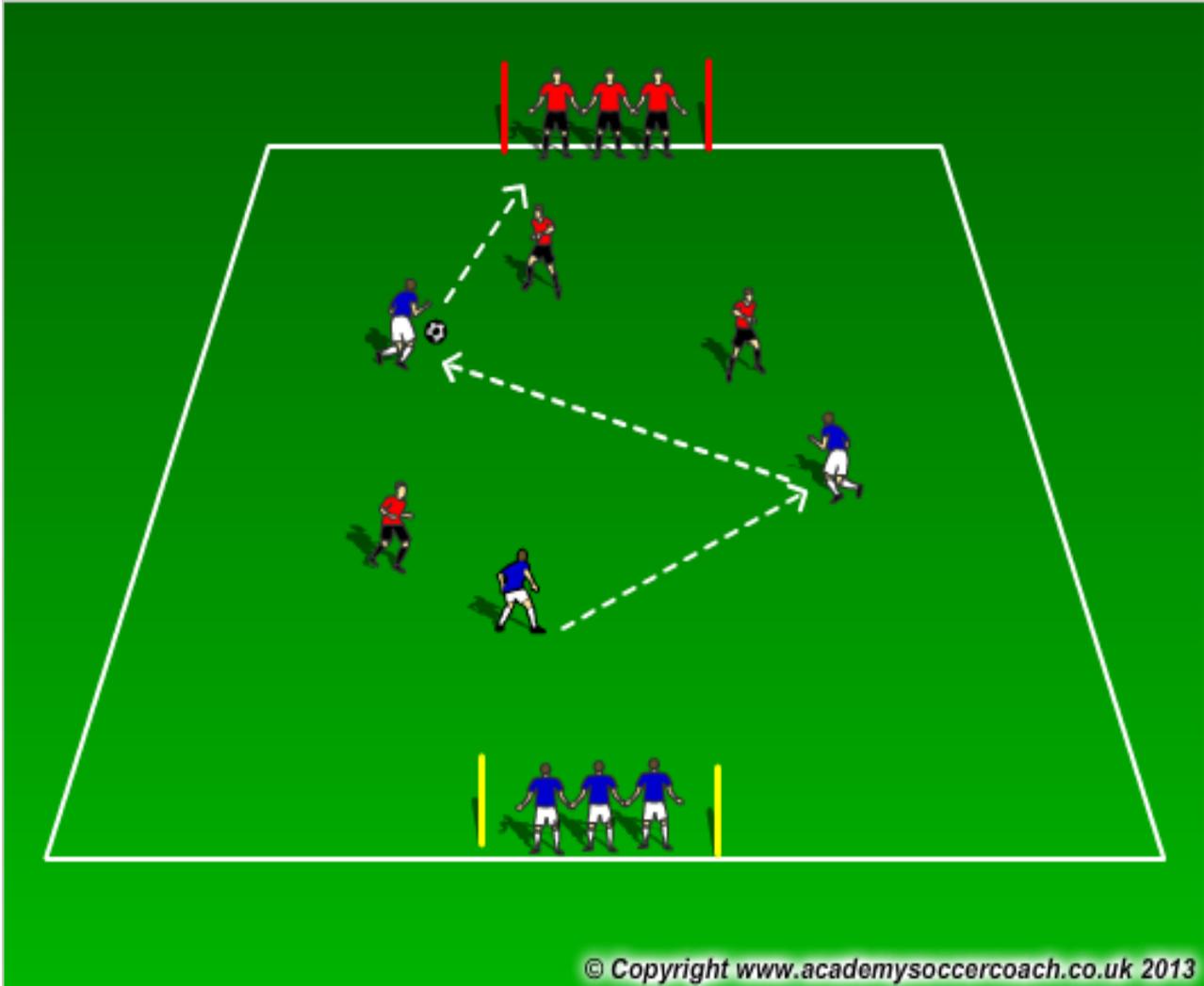
On coaches call all players dribble their ball towards their opponents goal and shoot the ball into the net.

Teams are not allowed to defend their goal.

Team that scores the most goals or hits the most targets wins.

75.

Stampede game.



Set up a 30x20 yrd playing area with a goal at each end.

Split players into two teams.

Each team attacks and defends a goal.

Half the team go in goal where they link arms to form a chain.

The other half of the team attempt to score past the chain who try to stop shots with their bodies.

Every few mins coach calls 'Stampede'.

This is the signal for the players on the pitch to leave the ball and swap places with their team mates in goal to form a new chain.

The old chain unlink arms and stampede onto the pitch.

Goals and saves are both worth a point.

Play first team to a set score wins or play for a set time limit.

76. Target passing game.



Set up a 30x20yrd playing area.

2 teams.

The two teams play in different directions (Stripes - east to west and whites - north to south).

Each team chooses two players to start on each end as a target.

The aim of the game is to get the ball from one target player to the other without losing possession.

Points are awarded for every successful play.

Play first team to a set score wins or for a set time limit.

Progs.

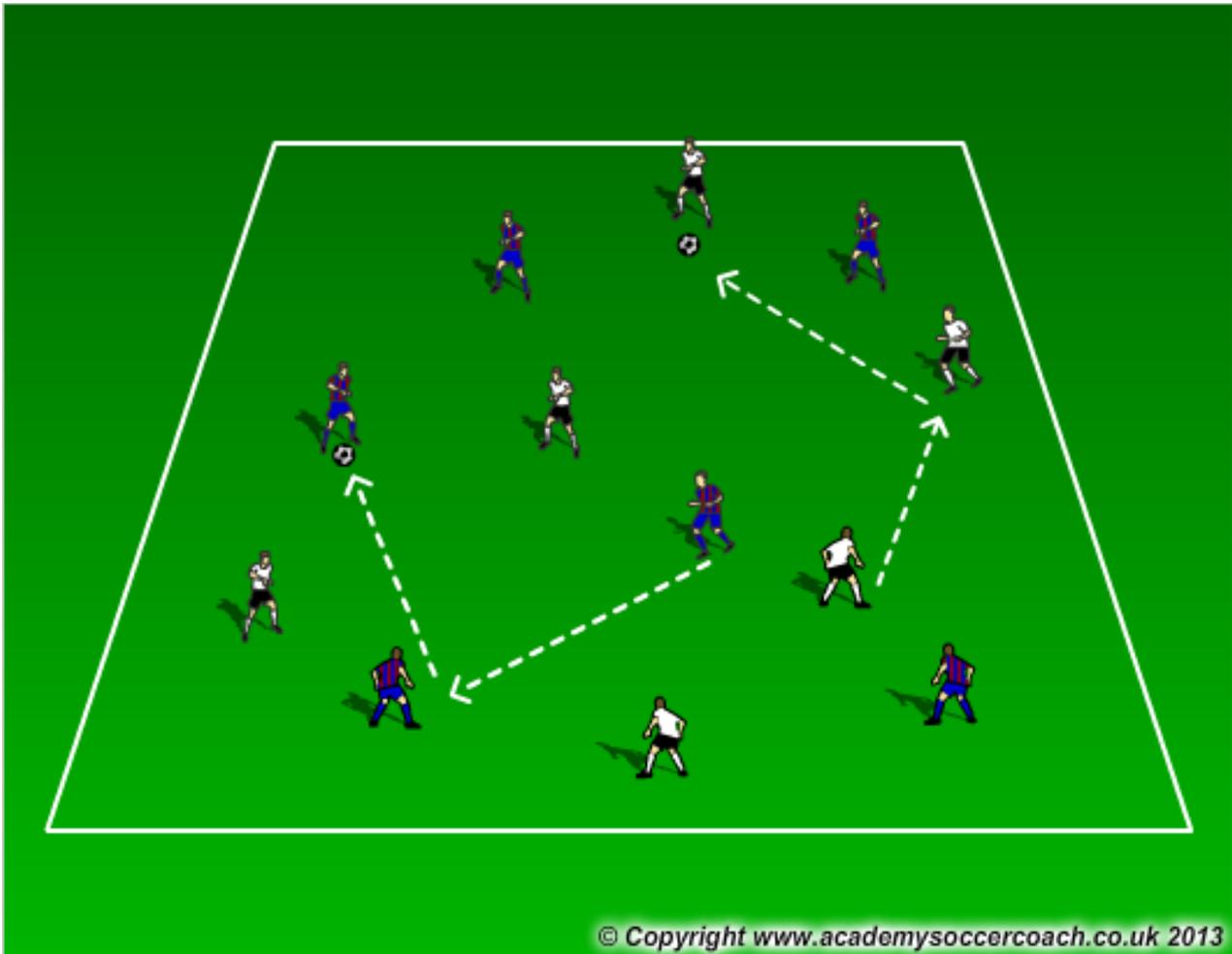
1. As above but now Play out, go out (player passing out to target, follows pass and replaces team mate as the target).

2. As above but first team to get all players out to be target players and complete 3 passes, wins.

3. Play a 2-3 touch limit.

77.

Thinking game.



Set up a 30x30yrd playing area.

Split players into 2 teams(In this case 6v6).

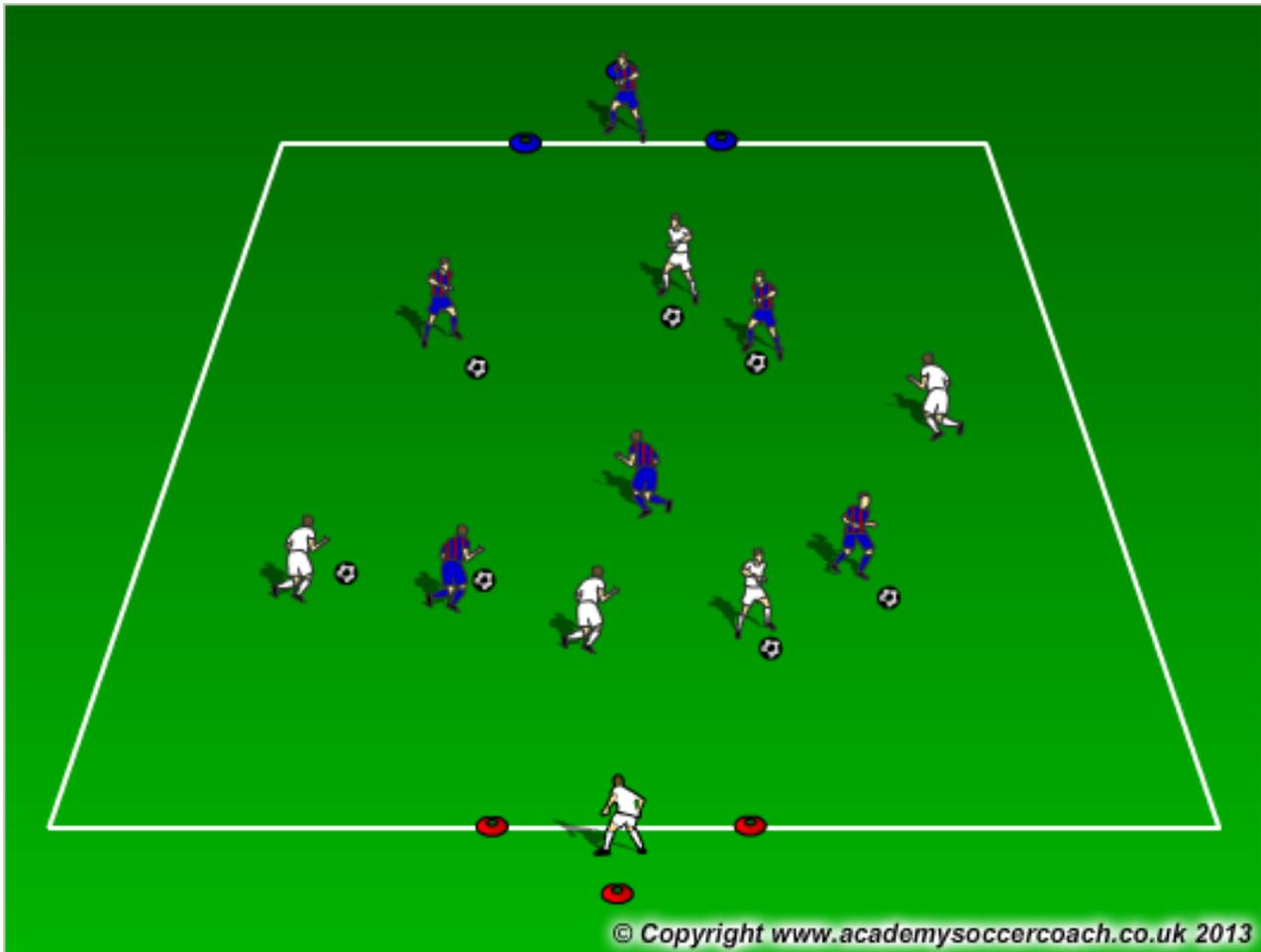
Each team has a ball each and passes in a one touch-two touch sequence. The passer must remind the receiver how many touches they have.

Progs.

1. Both teams have 2 balls each and pass free play.
2. Both teams have 2 balls each and pass in a one touch-two touch sequence. Again the passer must remind the reciever of how many touches they have.
3. 1 ball between both teams. Stripes can only pass to whites and whites can only pass to stripes. The passer must remind the receiver what colour they must pass to next.
4. 2 balls between both teams. Stripes can only pass to whites and whites can only pass to stripes. The passer must remind the receiver what colour they must pass to next.
5. Free play 6v6 no restrictions. 1 point for every 5 consecutive passes.

78.

Toy story game.



Topic-Ball skills: Game 2- Buzz Lightyear to the rescue.

Set up a 30x30 yrd playing area with a small 'star command' on opposite sides.

Players split into two teams.

Each team chooses a player to be Buzz Lightyear and a star command for Buzz to start in.

The remaining players have a ball each and start in the playing area.

Players dribble around the playing area attempting to hit an opposing players ball or player below the knees.

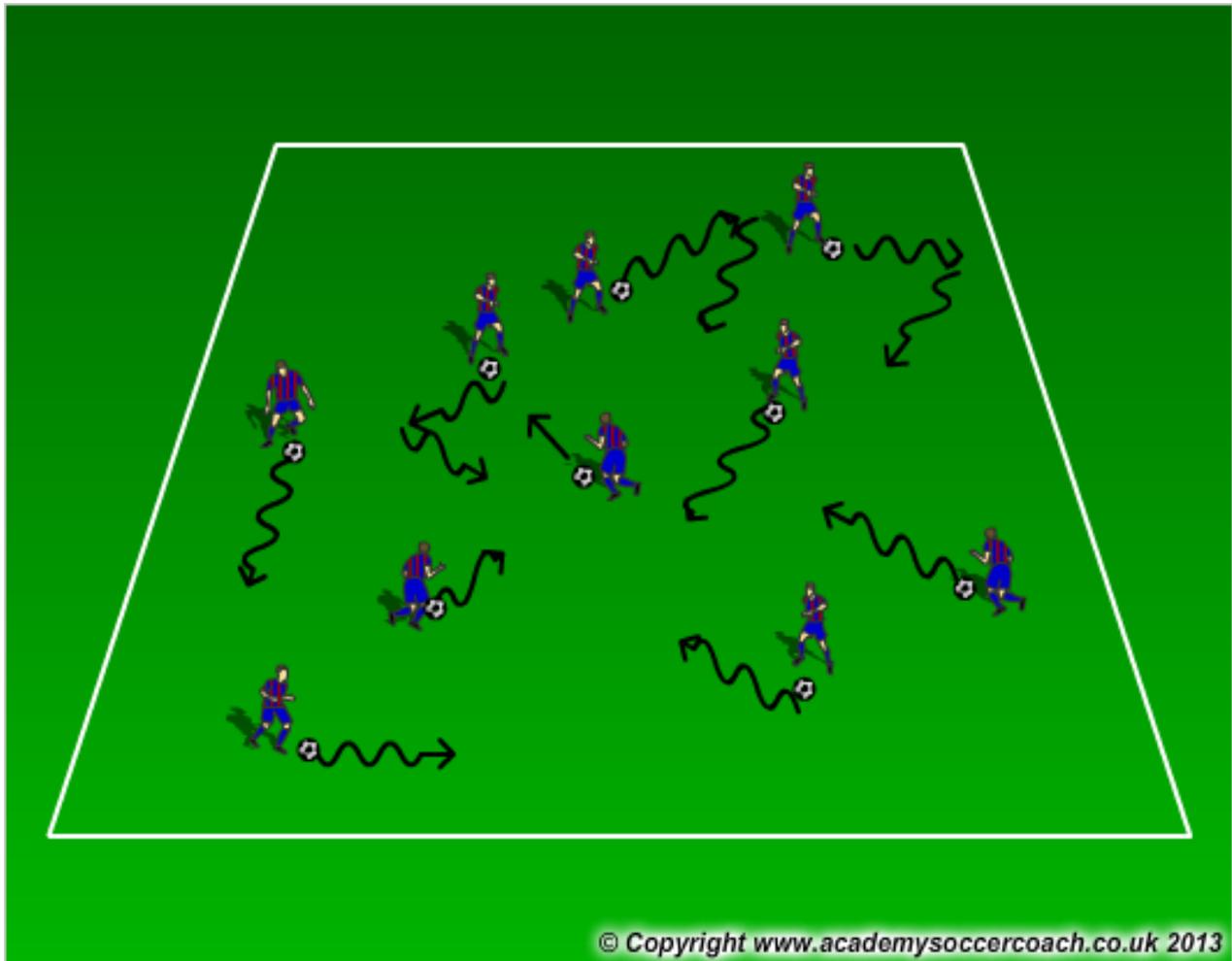
Once hit a player must go down on one knee and wait to be 'rescued' by their Buzz Lightyear before rejoining the game.

A team wins by hitting an opposing teams Buzz Lightyear below the knees when out of Star command or when all of the opposing players are down.

Switch Buzz Lightyears.

79.

Dribbling game.



Topic-Ball skills: Warmup - Dribbling

Set up a 30x30 yrd playing area.

Each player has a ball each.

Players dribble around the playing area attempting to 'paint' the entire area with their ball.

Players are encouraged/challenged to use both feet and all surfaces of their feet.

Players are encouraged/challenged to use changes of speed/direction.

On coaches call players perform the 'move of the day'(COD turn determined by coach eg scissors, drag back, cruyff etc).

Coach calls out numbers for different skills:

'Ten!' Inside turn.

'Twenty!' Outside turn.

'Thirty!' Players switch balls.

'Forty!' Keepy uppies.

80. Dribbling + defenders.



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Topic-Ball skills: Game 1 - Dribbling cont. with added defenders.

Set up a 30x30 yrd playing area.

Each player has a ball each except two players who are defenders.

Players dribble their ball around the playing area.

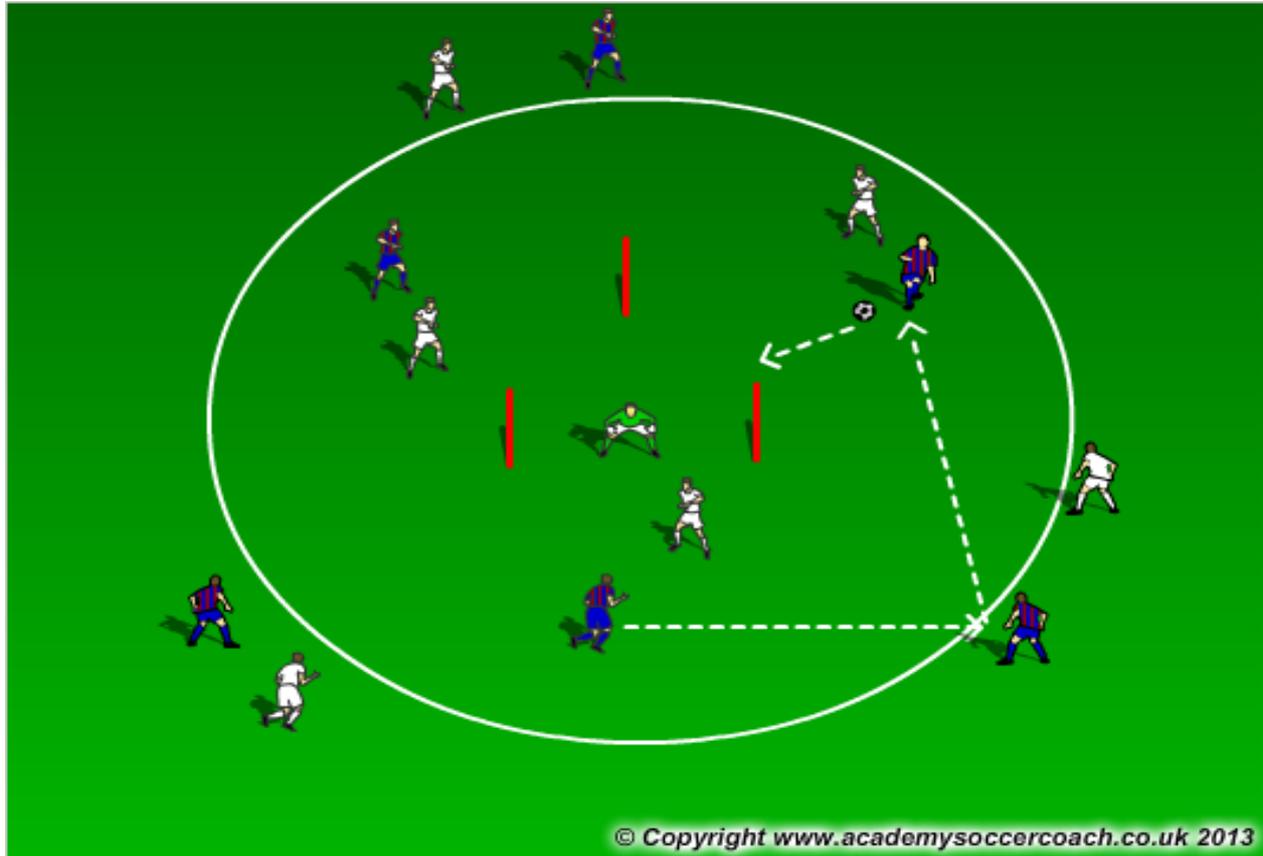
On coaches call the defenders attempt to clear balls from the playing area.

If a defender successfully clears a ball, the attacking player who lost the ball supports other attacking players.

See how many balls the defenders can clear in two mins.

Switch defenders.

81. Triangle goal game.



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Set up an appropriate size playing area with a triangle goal in the middle. Split players into 2 teams + Gk(In this case 6v6+1 Gk).

Three players from each team start on the outside of the circle and are unopposed and play on two touches.

The remaining players play 3v3 in the middle.

Coach starts play by passing to one of the middle players.

That team(Stripes in this case) are the attackers and they attempt to score in the triangle goal.

To help them achieve this they can use their outer players to keep possession and create a 6v3.

The other team are defenders(Whites) and they attempt to win the ball and play out to one of their outer players.

If they achieve this the whites outer players go into the playing area, the whites inner players go to the outside and whites now become the attacking team.

Stripes now become the defending team with their inner players now trying to win the ball back and play out.

Play for a set time limit or first team to a set score wins.

Prog.

Outer players on a one touch limit.

82.

Dribbling, rwtb game.



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Set up a 30x30 yrd playing area with a 5yrd x 5yrd zone in each corner and a 5 yrd x 5 yrd diamond zone in the middle.

Each player begins with a ball.

Players spread out inside the playing area and must dribble to each corner zone via the middle diamond zone.

Players return to the middle diamond zone once they have visited all four corner zones.

Prog.

1. Players must visit all five zones but not in any order.

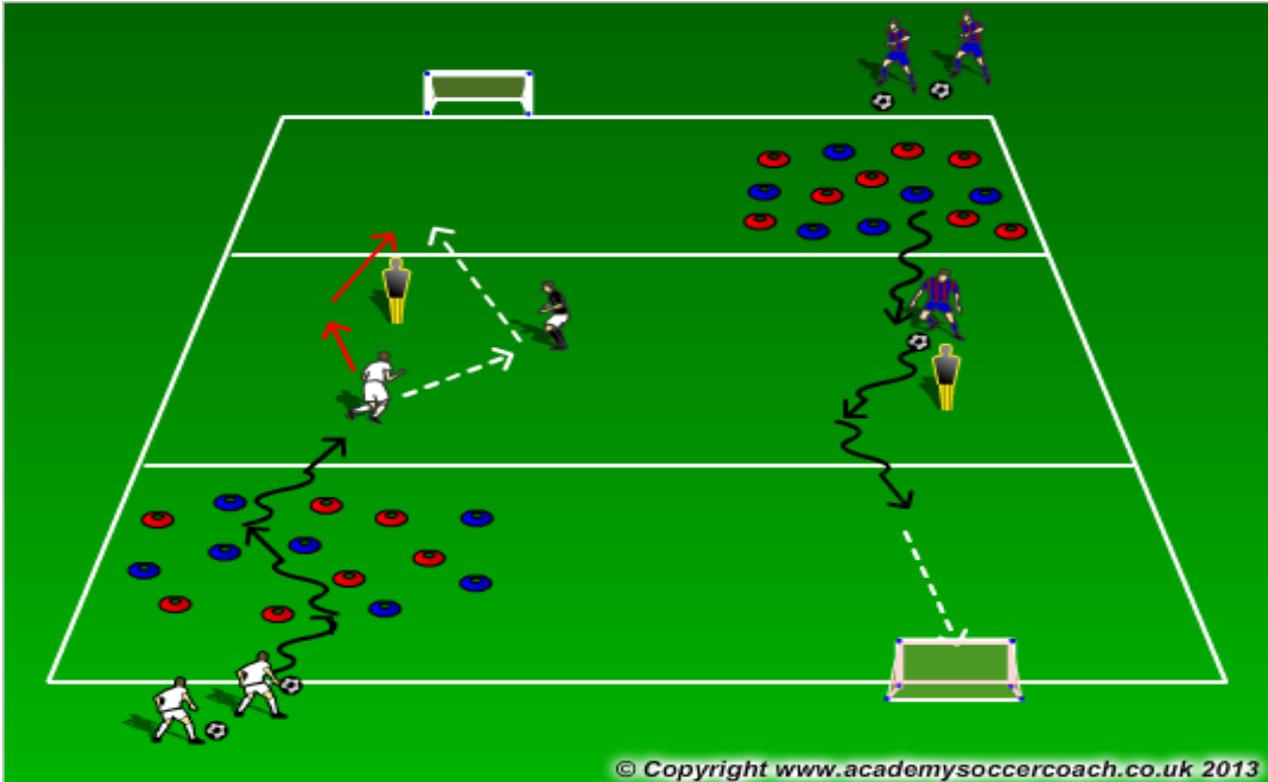
There can only be a maximum of two players in a zone at any one time.

Players must play with their heads up and scan the area for available zones.

2. Add defenders(As diagram). Defenders can move in the playing area but cannot go in any of the zones. The defenders attempt to win the ball and score in any one of the mini goals. The dribblers evade the defenders by moving into the zones but they cannot stay longer than 5 seconds.

If a player loses their ball they can return to the game by either winning their ball back before the defender shoots or by completing a task eg 10 toe-taps.

83. Dribble and finish game.



Playing area split into three zones.

Zone 1 - Messi cone dribbling(All surfaces of both feet)

Zone 2 - COD moves/skills to beat mannequin(Inesta double touch, scissors etc).

Zone 3 - Finishing zone.

Split players evenly between the two start points.

Each player has a ball each.

Players take it in turns to go through the 3 zones.

After their shot on goal they retrieve their ball and go to the back of the next line.

Once a player enters the finishing zone the next player can go.

Progs.

1. Time how quick players can get through zones. Can they beat their best time ?

2. Add bounce players to middle zone. Players dribble towards mannequin play a quick bounce pass, continue round mannequin and shoot on goal.

3.Remove mannequin and bounce player from middle zone and add a defender.

Defender starts on endl ine of zone 2(Closest to goal) and cannot attempt to win ball until dribbler enters zone 2.

Defenders must stay in zone 2.

After each play the dribbler becomes the new defender, the old defender retrieves the ball, becomes a new dribbler and joins the back of the next line.

4.As prog 3 but add bounce players.

5.Add bigger goals + gks to zone 3.

84. Switch the play game.



u8s session - 4 goal basic switch play game.

Appropriate size playing area with a goal in each corner.

Split players into two teams.

Normal game with teams attacking two goals and defending two goals.

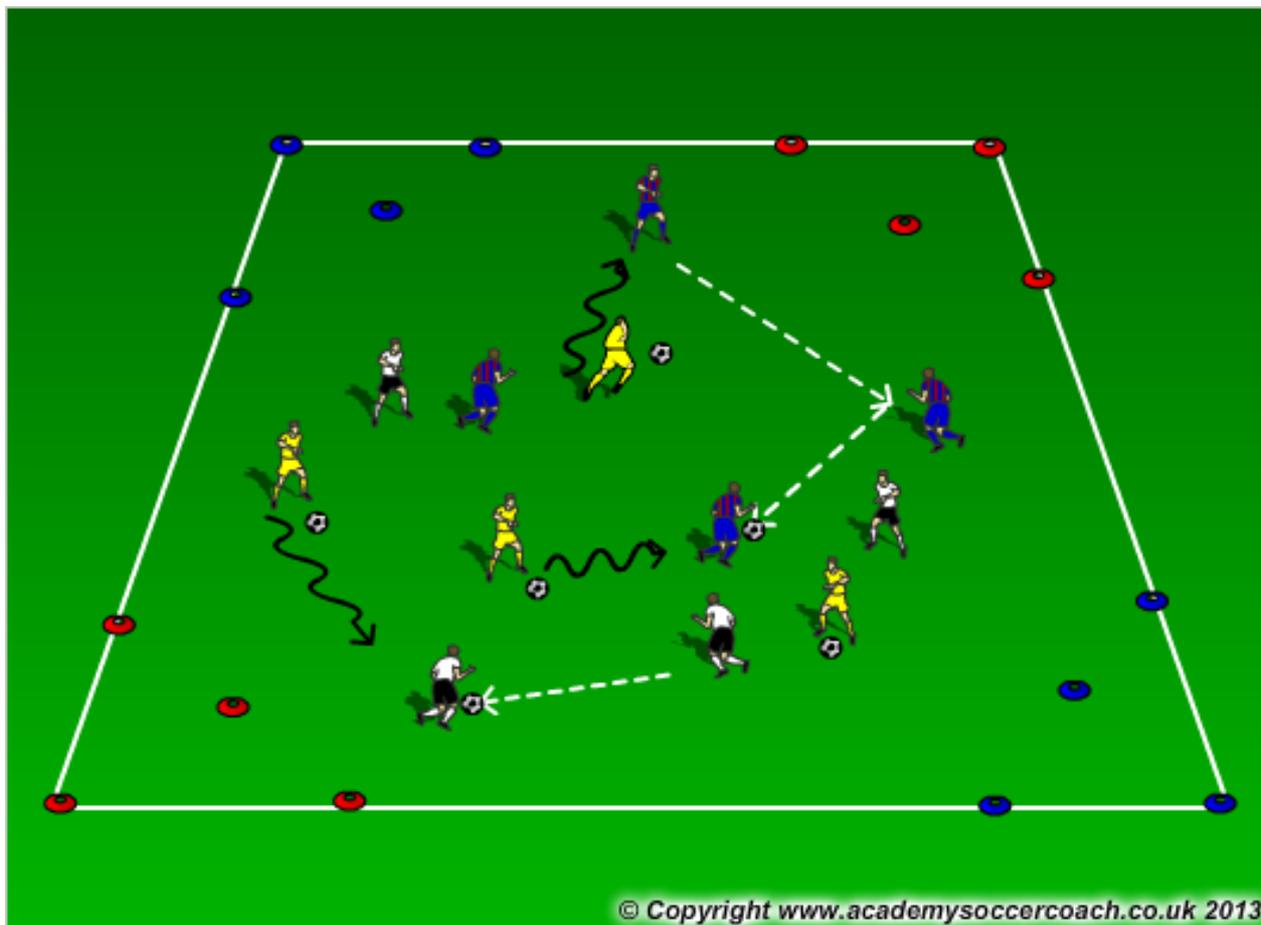
Encourage 1v1s and attacking overloads.

Encourage players to look for space.

Encourage quick play(dribbling or passing) to exploit space across the playing area.

85.

Dribblers and passers.



U8s session - Dribblers vs passers with safe zones.

Set up an appropriate size playing area with corner 'safe' zones.

Split players into three groups.

One team are dribblers(In this case yellows) and they have a ball each.

The other teams are passers and have one ball per team.

The teams with a ball attempt to keep the ball away from the tagging(dribbling) players by either passing or by dribbling.

The tagging team attempt to tag the player with the ball.

Once they acheive this they swap roles with the team of that player.

Players under pressure can dribble the ball into a safe zone but can only stay their for a max of 10 seconds.

Prog.

1. Give passing teams a 2-3 touch challenge.

2. Remove balls from tagging team.

86.

School yard game.



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u8s session - School yard chaos game.

Appropriate size playing area with a goal in each corner.

Split players into four teams (In this case yellow, white, blue and stripes).

Each team is designated a goal to defend.

2 mini matches playing at the same time.

To start the teams facing diagonal opposite each other play each other (yellow v blue and Stripes v white).

Play for a few mins then change mini matches to teams playing directly opposite each other (Stripes v blue and yellow v white)

Again play for a few mins then change mini matches so all teams have played each other once.

Progs.

1. Free for all - Coach serves a ball into the playing area. The teams battle it out for possession and defend their designated goal and attack the other three.

2. As above but play multi ball.

87.

Taggers game.



U8s session - Warmup

Set up an appropriate size playing area with corner zones with a supply of balls in.

Split players into three groups.

One team are taggers and the others must avoid being tagged.

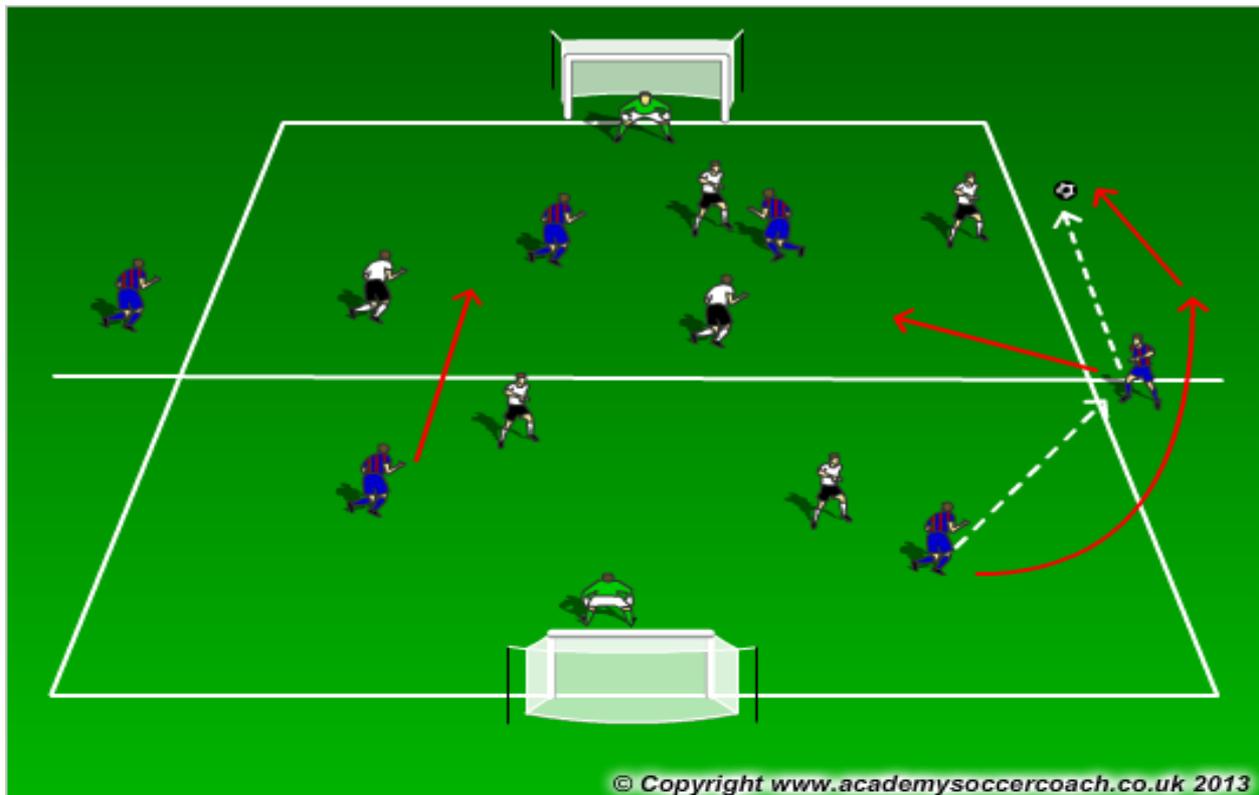
Rotate tagging team every 2-3 mins.

If a player is tagged they must do a balance position for 5 seconds (on one leg, one hand and one foot on the floor, etc think the game twister for ideas).

Progs.

1. Once caught a player must go to one of the corner zones and must perform a skill before rejoining the game (5 toe-taps, 5 side to sides, 5 kick ups etc).
2. All players have a ball each. Now if tagged players must balance using their ball (Sit on ball with legs together and straight out with arms out like plane wings, one foot on ground one hand on ball, etc)
3. As prog one but all players with a ball.

88. Wingers v counter atts.



Set up a 40x30 yrd playing area with 5 yrd channels for the wingers.
Split players into 2 teams.

One team will play with wingers(Stripes) the other play with target players(Whites).

Teams play a normal game but with the following conditions -

Wingers -

Goals must be scored from crosses.

Team must have a player in each of the channels.

Channels are safe zones.

To score a player in the central zone must play a pass out to a winger and make an overlapping run past the winger.

The winger holds up the ball and lays it off to the overlapping player for them to cross, then joins play in the central zone.

The crossing player becomes the new winger.

For a goal to count ALL players must be in the opposition half.

Counter Attackers -

Team must have 2 target players in the opposition half.

When a team mate wins the ball they must play to a target player or build up play to reach a target player.

The target players cannot score but must set up one of their team mates running into the oppositions half to score.

ALL Players must be in the opposition half for a goal to count.

When a player passes forward to a target player they must follow their pass and replaces them as a target player.

Play 4 x 5 min games, swapping team roles each time.

Horst Wein pentathlon.



89.

Game one.



U8s Pentathlon Game 1 - 3v3 - 1 player is sweeper.

Set up a 30x20 yrd playing area with a 6 yrd finishing zone at each end and two mini goals approx 15 yrds apart.

Split players into teams of 3 or 4.

Teams choose 1 player to play as sweeper.

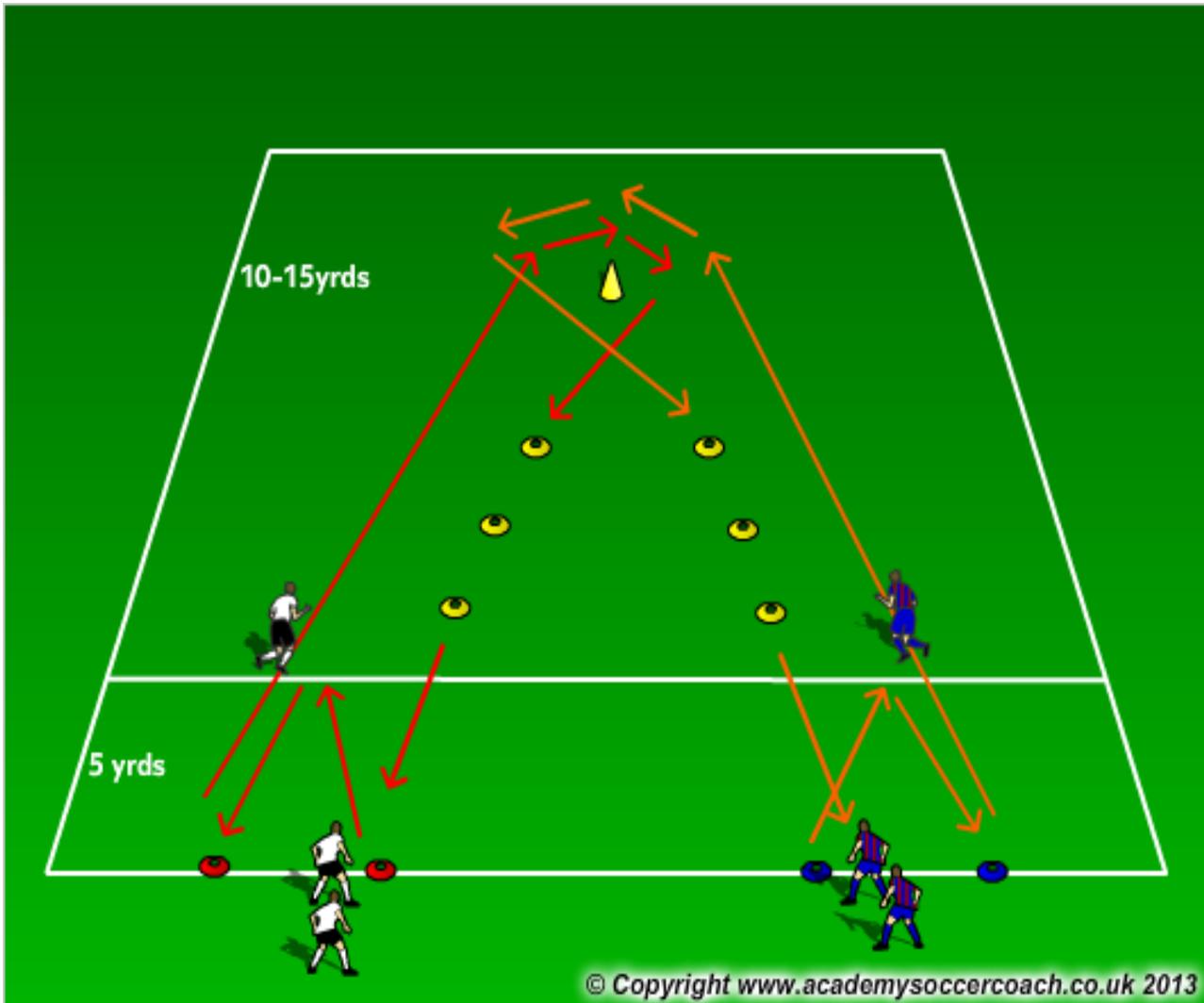
That player is 'locked' in their own finishing zone and covers their team mates.

The remaining players play 2v2/3v3 and attempt to score in either of the oppositions two mini goals.

Play 3 x 3 min games with a 1 min break in between, swapping sweeper each time.

90.

Game two.



U8s Pentathlon Game 2 - Co-ordination Relay.

Set up a playing area as shown above.

Split players into 2 teams.

Teams stand in a line at first cone.

On coaches call the first player from each team sprints to 5yrd line, touches it with foot, sprints back to 2nd cone and touches it with hand then runs up and round top middle cone.

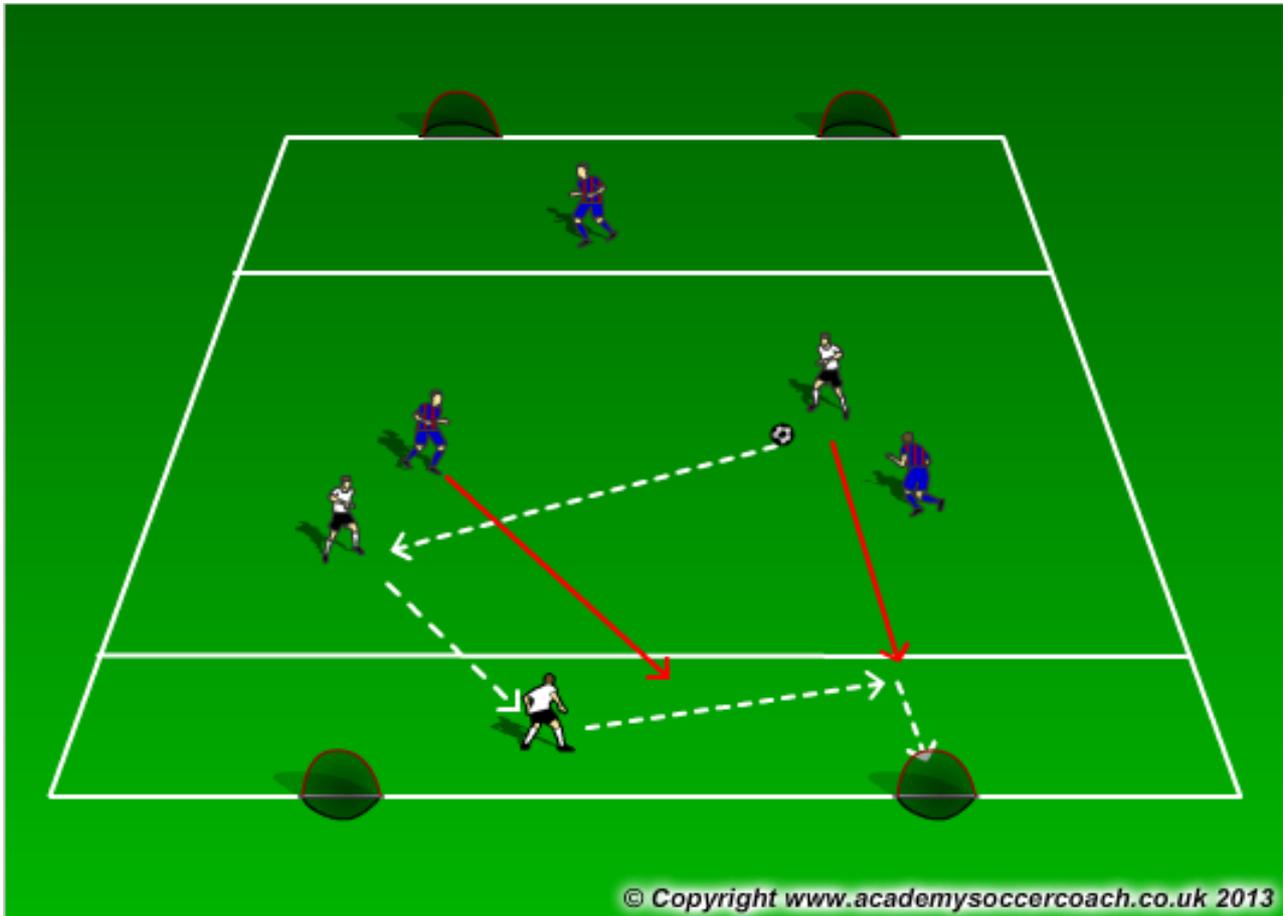
On way back players jump over cones then sprint back to start to tag team mate.

Each player goes twice.

Content when players get to cones can be changed eg side steps through cones instead of jumps, feet together jumps over cones etc.

91.

Game three.



U8s Pentathlon Game 3 - 3v3 - 1 player is an attacker.

Set up a 30x20 yrd playing area with a 6 yrd finishing zone at each end and two mini goals approx 15 yrds apart.

Split players into teams of 3 or 4.

Teams choose 1 player to play as an attacker in the opposition finishing zone and play 2v2/3v3 in the middle zone.

Goals must be scored in the finishing zone.

Players are locked into their designated zones.

Teams attempt to pass to their attacker who makes movements to find space and is available to receive a pass to score.

Prog.

Only attacker is now locked into their zone.

Attacker can now not score but must link up with a team mate to create a chance to score.

Only one defending player is allowed into the finishing zone to attempt to stop the goal.

Play 3 x 3 min games with a 1 min break in between, swapping attackers each time.

92.

Game four.



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U8s Pentatlon Game 4 - Tag two robbers.

Set up an approx 10x10 yrd sqr with a gate at one side.

Split players into 2 teams.

1 team starts as Cops and the other team are robbers.

Robbers start in the sqr and the cops line up behind the gate.

On coaches call the first Cop runs into the sqr and attempts to tag two robbers as quickly as possible.

If robbers leave sqr it counts as a tag.

Once cop as tagged two robbers they run back and tag next team mate.

Once each cop has had a turn the teams swap roles.

Coach times each team, the team that tags all players in the shorest time wins.

93.

Game five.



U8s Pentathlon Game 5 - 3v3 - Mini soccer.

Set up a 30x20 yrd playing area with a 6 yrd finishing zone at each end and two mini goals approx 15 yrds apart.

Split players into teams of 3 or 4.

Teams play 3v3/4v4 mini soccer.

Goals must be scored in the finishing zone.

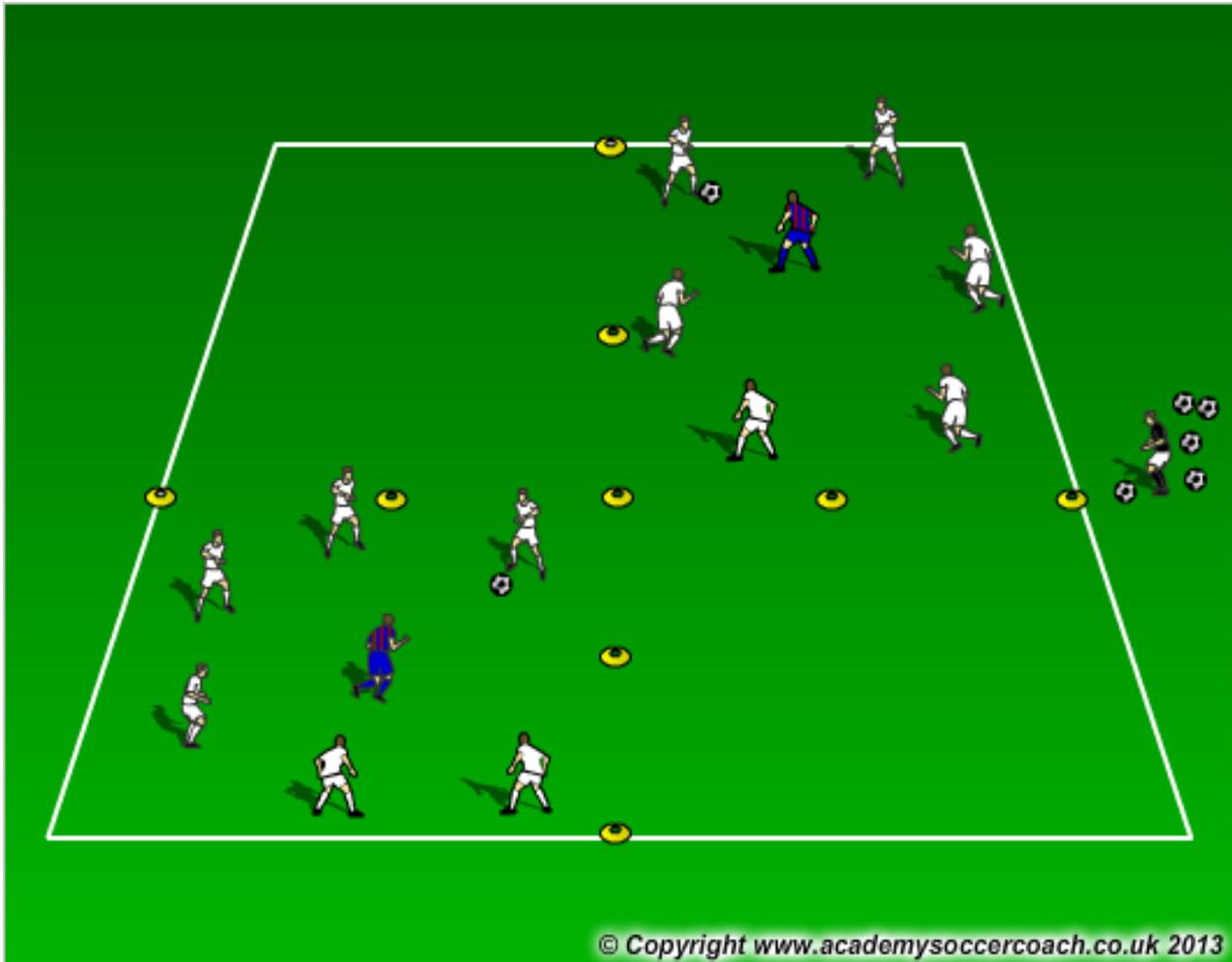
Play 3 x 3 min games with a one min breaks.

Rondo session.



94.

Part one.



Rondo session. Part 1.

Set up a 40x40 yrd playing area split into 4 sqrs.

Split players into 2 groups, 1 ball per group.

1 player starts as a defender (bib in hand) and remaining players play a keep away game.

If the defender intercepts or deflects a pass they drop their bib and becomes a passer and are replaced as the defender by last passer to touch the ball.

Passers are limited to 2 touches (More touches for younger players).

Play in short bursts to keep players fresh.

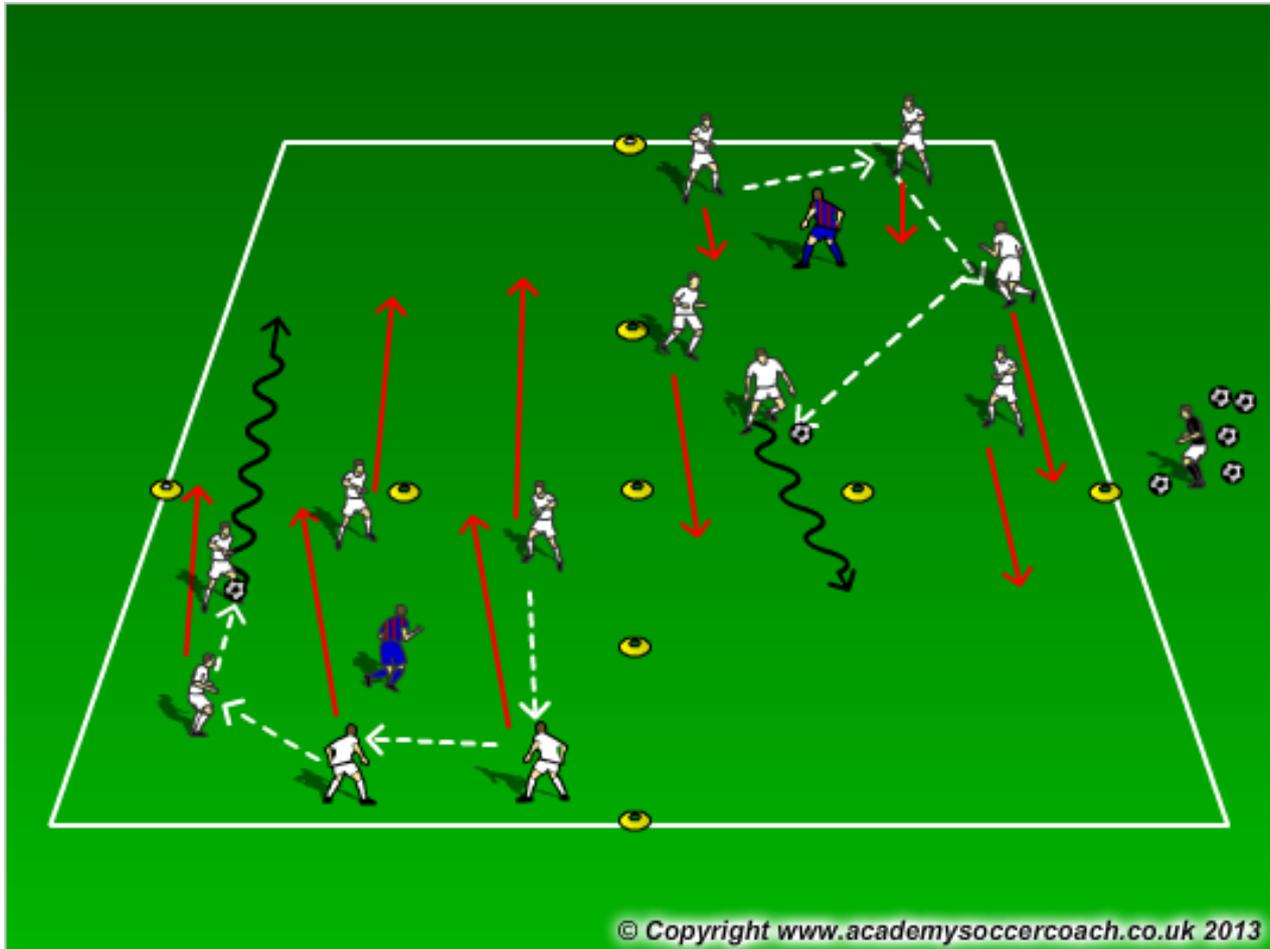
Prog.

1. Play 5v2 Rondo. Passers on a 3 touch limit.

2. Back to 6v1. After making a pass the player does an age appropriate physical exercise (jumping jack, take a knee, dynamic movement etc) before being available to receive another pass.

95.

Part two.



Rondo session. Part 2.

Set up a 40x40 yrd playing area split into 4 sqrs.

Split players into 2 groups, 1 ball per group.

Each group starts in one of the sqrs.

1 player starts as a defender(bib in hand) and remaining players play a keep away game.

If the defender intercepts or deflects a pass they drop their bib and is replaced by the last passing player to touch the ball.

Passers are on a 2 touch limit(More touches for younger players).

Passers attempt to make 3 or more passes before transferring to an empty sqr in the playing area.

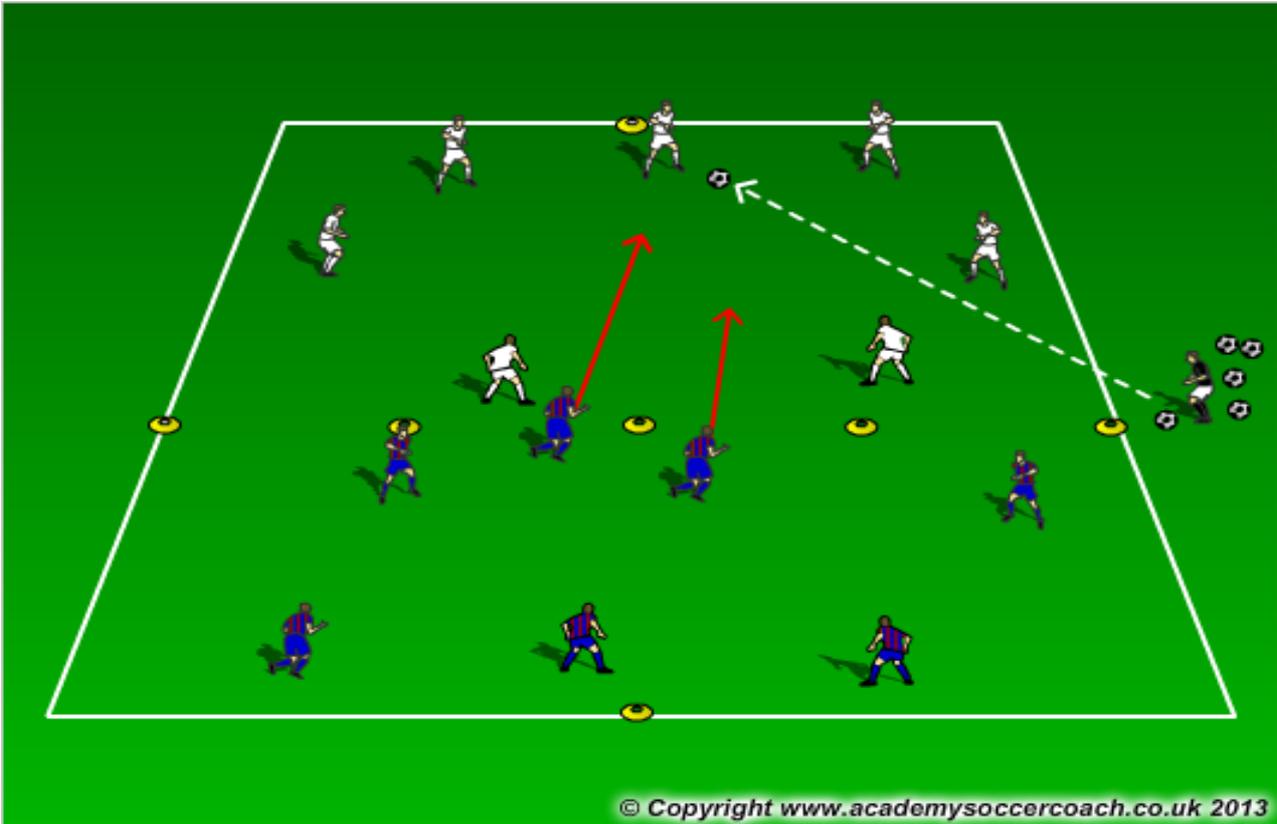
Play in short bursts to keep players fresh.

Prog.

Play 5v2 Rondo. Players on a 3 touch limit.

96.

Part three.



Rondo session. Part 3.

Remove two cones from the playing area to create two halves.

Players still in their original two groups.

Each group starts in a half.

Coach starts play by passing a ball into one of the groups.

At the same time 2 players from the other group run into the half to apply pressure and attempt to win the ball.

Once they achieve this they play the ball into their team mates waiting in the other half.

As the ball transfers 2 players from the other team run to apply pressure and attempt to regain possession.

When ball goes dead, coach plays a new ball in.

Play in short bursts to keep players fresh.

Prog.

1. Players number themselves 1-7. Play as previous except now when defenders apply pressure they go in number order(1+2,3+4,5+6,7+1 etc).

2. 2 balls in play. Play as previous except now the team waiting for their defenders to win the ball play a pass and move game.

Pressing players don't have to pass the ball across they can dribble across.

3. Groups send 3 defenders.

97.

Part four.



Rondo session. Part 4(Directional game).

Playing area as part 3.

Players still in their original two groups.

Each group starts in a half.

Coach starts play by passing a ball into one of the groups.

As they do so 2 players from the receiving group step out to become target players.

At the same time the other group sends 2 players to attempt to win the ball. The group in possession attempt to pass the ball from target player to target player(1 point for every successful transfer, 3 points if every member of the group touches the ball).

Once the defenders win the ball they transfer it to their waiting group(pass or dribble).

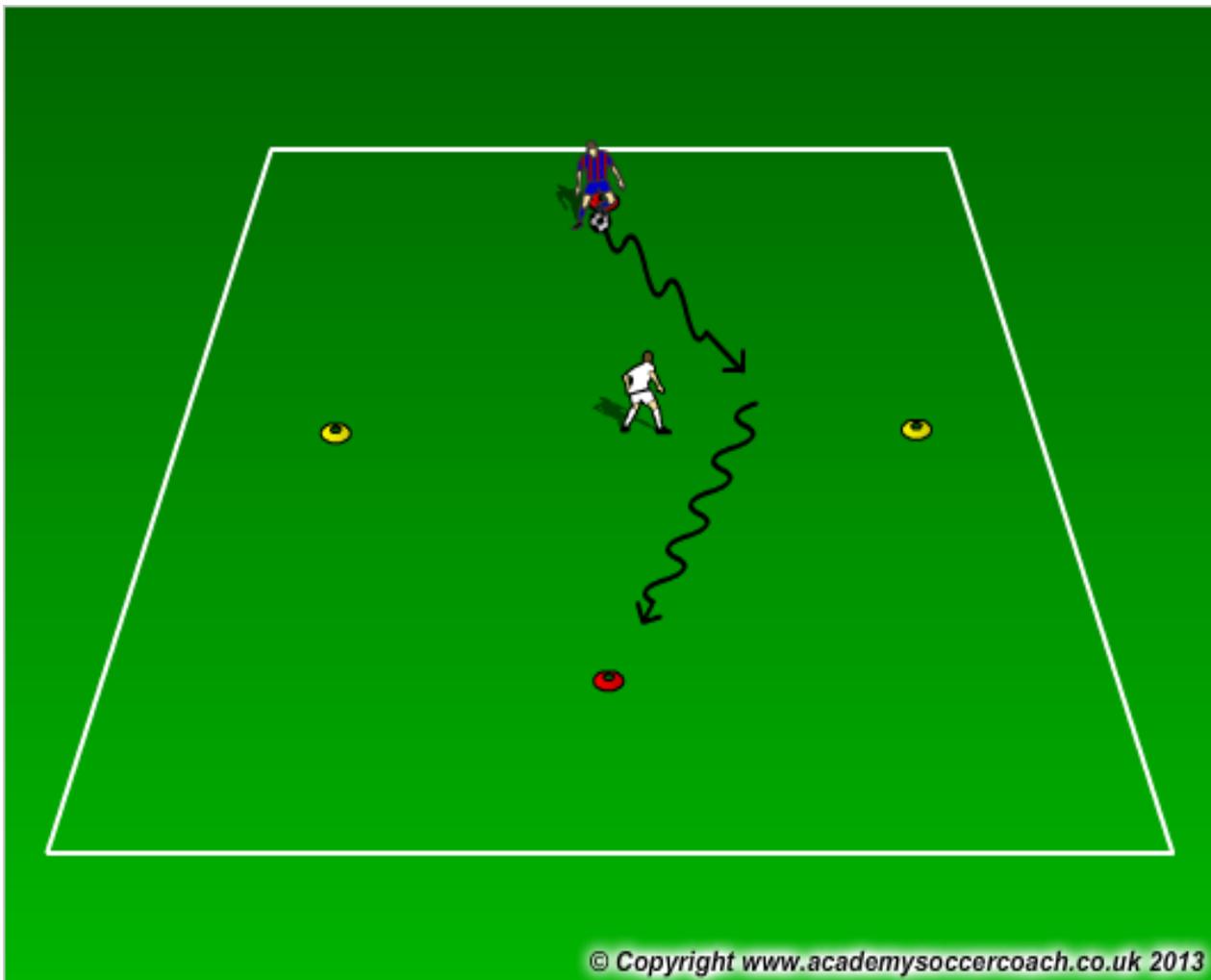
As the ball transfers 2 players step out to become target players and 2 defenders run to attempt to win the ball back.

Play for a set time limit, group with most points at end wins.

Rene Meulenstein session.



98. Continuous 1v1 part one.



Continuous 1v1 Part 1.

2 players.

Player one(stripes) starts with a ball and waits on a red cone.

Player two(white) starts as a defender and waits between the two yellow cones.

The object of the game is to dribble from red cone to red cone continuously without being tackled by the defender.

If player 2 wins the ball they dribble out to a red cone and are replaced as the defender by player 1.

Play in short bursts to keep players fresh.

99.

Continuous 1v1 (2v2).



Continuous 1v1 Part 2 (2v2).

4 players(2 Pairs).

Pair one(stripes) start on a red cone each, one player with a ball.

Pair two(whites) start between two yellow cones each.

Defenders can only move side to side between their yellow cones.

The object of the game is to dribble from red cone to red cone then pass to your partner without being tackled by either of the two defenders.

If either of the two defenders wins the ball they go out to a red cone each and are replaced between the yellow cones by pair one.

Play in short bursts to keep players fresh.

Prog.

Pair one now both start at one of the red cones and play 2v1 red cone to red cone continuously without losing the ball to one of the defenders(Pair two).

As previous defenders can only move side to side between their two yellow cones.

If any of the two defenders win the ball they become the attackers and are replaced between the yellow cones by pair one.

100. Directional 1-2 passing.



Directional 1-2 passing.

4 players.

Players on one touch limit.

1 player on each of the end cones.

2 players start in the middle.

Player 1(Red) starts with the ball and passes to player 2(White).

Player 2 passes to player 3(Blue) then applies light pressure to player 4(Stripes).

Player 3 passes to player 4.

Player 4 passes back to player 3 then moves to receive a bounce pass from player 3.

After the bounce pass player 3 applies light pressure to player 1.

Player 4 passes to player 1.

Player 1 passes back to player 4.

Player 4 plays a bounce pass to player 1 then applies light pressure to player 2.

Play continuous in short bursts to keep players fresh.

Start slowly then get quicker the more comfortable the players get with the drill.

101.

2v2 end zone game.



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Directional 1-2 passing continued. 2v2 End zone game.

4 players(paired up).

Create a small playing area using the cones from passing drill.

Each pair attacks and defends an end zone.

Points are scored by either dribbling into the endzone or passing to their partner making a run into the end zone(Players should not stand and wait in the end zone).

Players should be encouraged to use what they have just learned previously in the session.

Prog.

Play 3v3/4v4.