

DRILLS



17. 3 Player Passing Drill



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 yrds 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



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



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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.

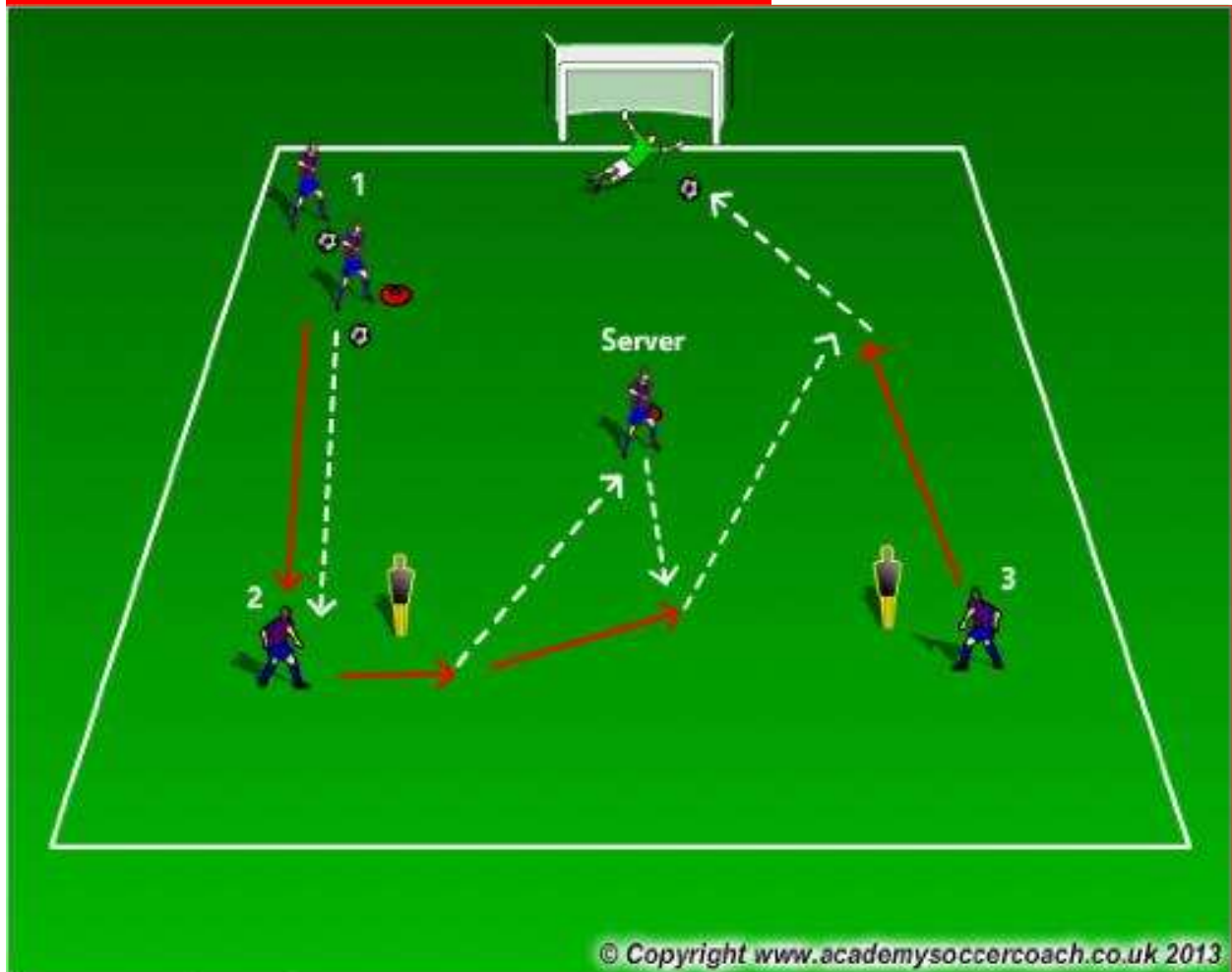
Player 1 plays to player 2 etc.

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, 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.

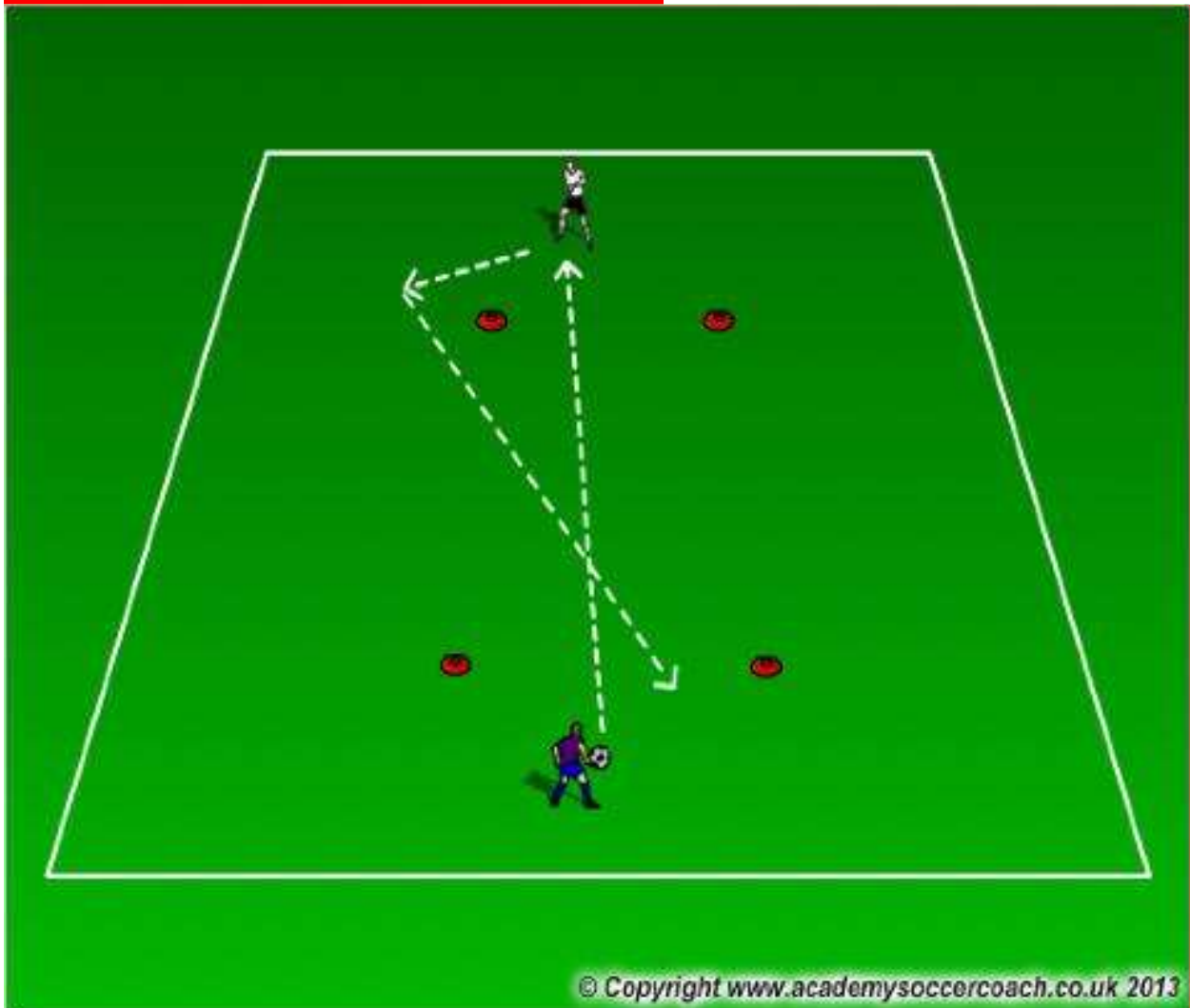
Repeat on the other side of the playing area.

Rotate server every few mins.

Prog.

Allow Server to follow in for rebounds.

32. Passing Gate Drill



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



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. RUN WITH THE BALL, CHANGE OF DIRECTION 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.