



ESSENTIAL SOCCER ATTACKING DRILLS

20

FUNDAMENTAL DRILLS
FOR AN UNSTOPPABLE ATTACK

Copyright Notice - IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © eSoccerDrills.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

CONTENTS

INTRODUCTION	4
DRILL #1 – RUN TO THE NEAR POST	5
DRILL #2 – SCORE THE REBOUND	6
DRILL #3 – CROSS DRILL	7
DRILL #4 – PASSING RACE	8
DRILL #5 – SHORT CORNER	9
DRILL #6 – TURN AND SHOOT	10
DRILL #7 – FOUR ON TOP	11
DRILL #8 – CREATING SPACE	12
DRILL #9 – 18 YARD DRILL	13
DRILL #10 – GIVE AND GO	14
DRILL #11 – 3v1 ATTACK	15
DRILL #12 – GOAL TO GOAL ATTACK	16
DRILL #13 – DUAL CROSS PASSES	17
DRILL #14 – WALL PASSING	18
DRILL #15 – INCREASE SPEED OF PLAY	19
DRILL #16 – 3v2 FULL FIELD WEAVE	20
DRILL #17 – HALFBACK ATTACK	21
DRILL #18 – THROW-IN GIVE AND GET	22
DRILL #19 – CHIP AND CHARGE	23
DRILL #20 – THROUGH PASS	24
MORE RESOURCES	25

INTRODUCTION

Obviously there isn't a lot of scoring in soccer and many coaches wonder why their team is having a difficult time scoring with the limited chances they do get. Too often coaches are just throwing together short shooting drills at the beginning or end of practices and that just isn't going to cut it.

Any good coach must teach their team how to attack effectively in order to do two key things:

1. Control the ball to create opportunities to score.
2. Capitalize on those opportunities to actually score.

The main object of any attacking strategy should be to maintain control of the ball while looking to exploit the opponent's defense to open up scoring opportunities. To do this effectively, it takes everyone on the team working as one solid unit. If each player performs well in their respective roles the odds are much better that a goal will be scored.

To help everyone get on the same page and understand the importance of their individual roles it is important that you develop a scoring attitude and mentality. As a coach, players must be encouraged to shoot at every opportunity, even when performing attacking soccer drills at practice. If a player takes a shot, or makes a good pass, or takes time to control the ball and set up an attack, they should be recognized and motivated regardless of whether or not the ball ends up in the back of the net.

Here in Essential Soccer Attacking Drills there are 20 attacking drills that work on a variety of skills to help your players improve their attacking game. The skills that are emphasized include dribbling, passing, making runs, crossing the ball, trapping, creating space and shooting.

Some drills will be related to plays that can be run during games. All drills should be run at game speed unless the coach decides to slow things down in order to teach a specific skill or players aren't at the level needed to run drills at game speed.

Have fun and get your ATTACK on!

DRILL #1 – RUN TO THE NEAR POST

Skill Level: Beginner

Setup:

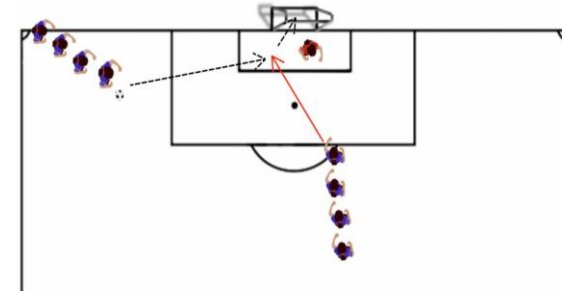
Make sure you have a goalie protecting the net. Set-up two lines of players. One line will begin at the penalty box line even with the far goal post, these will be the attackers. The other line will be on the other side of the field near the end line, they will be the servers.

Execution:

1. The attackers will run diagonally to the near post.
2. The server will either pass the ball on the ground or through the air.
3. The attacker must redirect the ball into the goal.
4. The attacker then goes to the serving line and the server goes to the attacking line.
5. The goalie should only look to stop the shot (redirection) and not the pass.
6. As this drill progresses the servers can back up and begin hitting corner kicks.

Coaching Tips:

- This drill will help players with crossing the ball and redirecting crosses into the goal. Also, goalies will get work stopping redirections.



Scoring from the corner is one of the best ways to put the ball in the goal and players will learn how to do that in this drill.

DRILL #2 – SCORE THE REBOUND

Skill Level: Beginner

Setup:

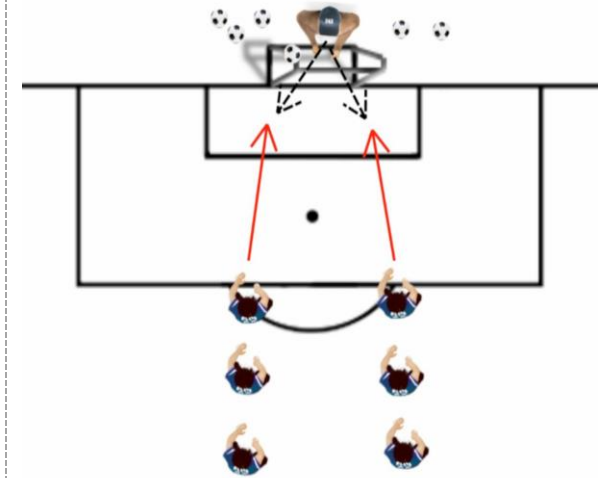
Create two lines of attackers on the 18. One line will be even with one goal post while the other line will be even with the other post.

Execution:

1. Players at the front of each line will sprint toward the goal.
2. A coach will be behind the goal with many balls. He may elect to have one player handing him balls.
3. As the players sprint toward the goal, the coach will throw a ball toward them. The coach can lob the ball up so they are forced to head the ball or the coach can throw the ball at their feet or somewhere in between.
4. The attackers must redirect the ball into the goal.
5. This is repeated and players return to the back of the line.
6. To start you might not want to have a goalie but to make it more difficult and once players are more experience you can add one.

Coaching Tips:

- Too often players stop attacking once the ball gets to the goalie. So if there is a rebound the attackers don't take advantage of it. This drill helps teach the players to keep attacking. It also helps them learn to control the rebound and/or one touch it into the goal.



This drill teaches players to attack the goal no matter when the ball is or how close the goalie may be.

DRILL #3 – CROSS DRILL

Skill Level: Beginner

Setup:

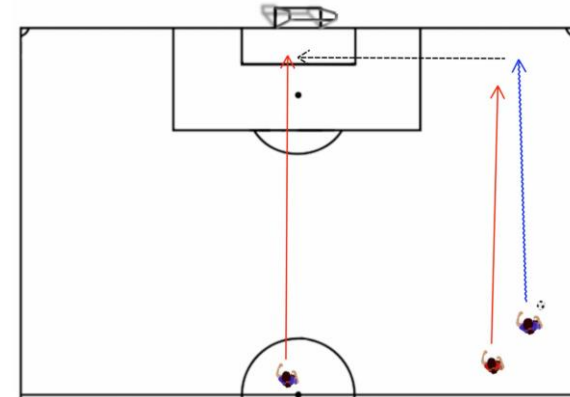
Have your players form three lines near midfield. One line on the far sideline, another line about five yards back and five yards towards the center, and the third line in the middle of the centerfield. The players on the sideline will all have a ball. The line next to them are defenders.

Execution:

1. When the coach blows the whistle, the player at the front of the outside line will dribble down the sideline.
2. The defenders will try to chase down the dribbler.
3. The line in the middle of the field will make a run toward the goal.
4. Once the dribbler gets near the corner the player will cross the ball and the player sprinting down the middle of the field will direct the ball into the goal.

Coaching Tips:

- This drill will teach players to dribble the ball as fast as possible. It will also help teach players how to make a run, how to cross the ball, and how to finish around the goal. Since a defender is trailing the play, the drill must be run at game speed.



Players will learn the basics of how to cross a ball, defend a cross, and score from a cross pass.

DRILL #4 – PASSING RACE

Skill Level: Beginner

Setup:

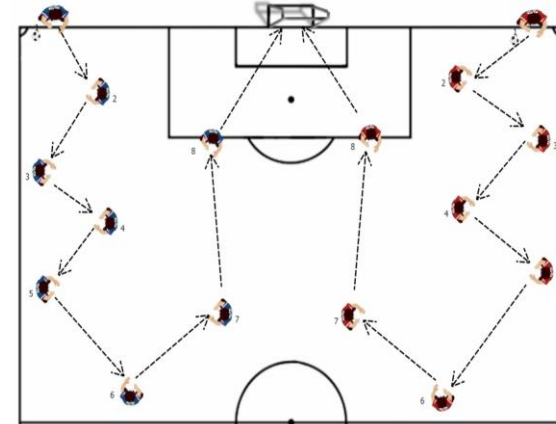
Divide the players into two teams of eight. Divide half the soccer field in half. Place one team on each side. They will be spaced out and staggered going from the end line, up to midfield, and then back down to the 18. The last player will be at the 18.

Execution:

1. Each team will race by passing the ball to each other.
2. The player on the end line starts with the ball.
3. He passes it to the next player who passes it to the next player and so on.
4. The ball should go all the way to midfield and then back to the 18.
5. The player at the 18 then takes a shot on goal.
6. The first team to put the ball in the goal wins.
7. The team that loses can be made to do something extra such as running sprints.

Coaching Tips:

- This drill teaches players to pass the ball quickly and accurately. Making the drill into a competition makes it fun while also helping the players improve their skills and putting them in a more pressured scenario.



This is fun relay race that allows players to practice their passing.

DRILL #5 – SHORT CORNER

Skill Level: Beginner

Setup:

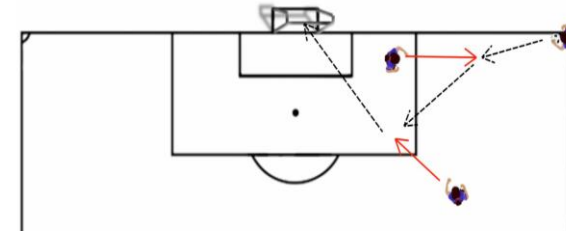
This is set up as a corner kick. So one player will be taking the corner kick, another player will be inside the box and another will be outside the corner of the 18 on the same side as the corner kick.

Execution:

1. The player inside the box will sprint toward the corner and receive the pass (the short corner).
2. As the ball is passed from the corner, the player outside the 18 will sprint into the box. The player taking the pass will one touch the ball to the other player sprinting into the box.
3. That player will then take a shot on goal.

Coaching Tips:

- This is a great drill to practice and use as a good corner play. This drill also works on timing between players, passing (including one touches), and shooting on goal.



Players get to practice corner kicks in this basic drill.

DRILL #6 – TURN AND SHOOT

Skill Level: Beginner

Setup:

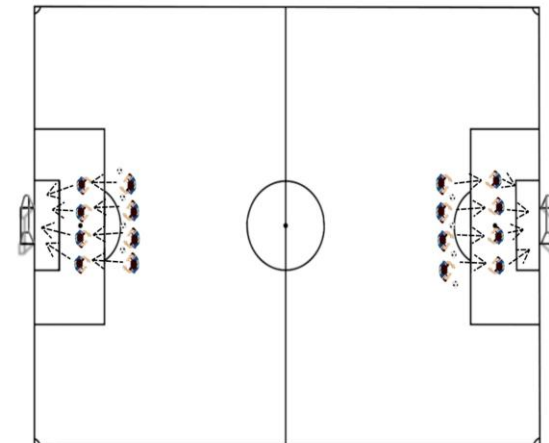
Divide your team into four pairs of four players. The pairs will line-up near the 18 on both sides of the field, two pairs at each 18. One line of players will be outside the 18 and facing the goal while the other players will have their backs to the goal and be inside the 18. They should be about 10 yards apart.

Execution:

1. The players outside the 18 will pass to their partner inside the 18.
2. Those players will trap the ball, turn, and fire at the goal.
3. After a few turns, players will switch roles.

Coaching Tips:

- Often players receive the ball with their backs to the goal. This drill will help them learn to receive the ball and quickly shoot. So the drill will work on passing, trapping, turning, and shooting.



Players get the chance to take shots at goal after receiving a pass.

DRILL #7 – FOUR ON TOP

Skill Level: Intermediate

Setup:

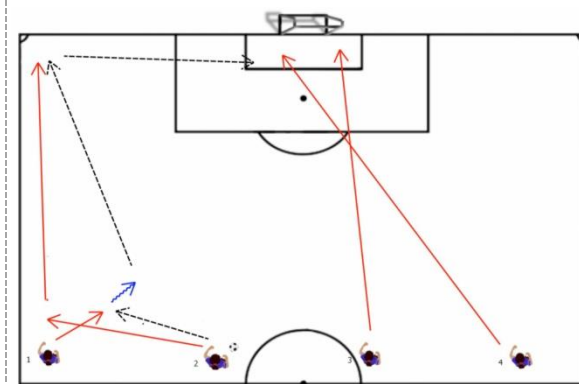
Make four lines of players at midfield with about 10 yards between each line. The attacker on the far left will be player #1. The player next to their right will be #2, the next player #3, and the attacker on the far right will be #4.

Execution:

1. Player #2 will begin with the ball.
2. They will pass the ball in front of player #1.
3. Then #2 will run in behind #1 and run to the corner.
4. Player #1 will take the pass and then pass the ball in front of #2 to the corner.
5. Once the first pass goes to player #1, players #3 and #4 will run to the goal. They will cross so that #4 runs near post while #3 runs far post.
6. Player #2 will cross the ball from the corner to players #3 and #4.
7. After completing the drill each player will move to the next line so #1 will go to #2, #2 to #3, and so on.
8. The next player in each line will step up and do the same drill.

Coaching Tips:

- It teaches them to attack as a unit. It also gives them practice attacking the goal, passing, crossing the ball, and redirecting crosses onto the goal.



This drill needs good communication between all players and helps them learn to attack from the side.

DRILL #8 – CREATING SPACE

Skill Level: Intermediate

Setup:

Place a goalie in the goal, two defenders and two forwards inside the penalty box, and nine remaining players in a semi-circle about 10 yards outside of the penalty box. Each player in the semi-circle will need a ball.

Execution:

1. The players with the balls will do toe touches on the ball until the coach calls their name. When the coach calls a player's name, that player must try to pass the ball into one of the forwards.
2. The two defenders will be guarding the two forwards.
3. Meanwhile the forwards are working to get open and create space and the defenders are trying to steal the ball.
4. If a pass gets into a forward then the forwards will try to score.
5. If the ball is taken by a defender then the defender will boom the ball and the passer must chase it down.
6. Players will rotate positions every couple of minutes.

Coaching Tips:

- Too often players have trouble creating space between themselves and their defender. This drill will help them learn to create space and offer a target to receive a ball from a passer.



This drill helps players work on attacking, passing, and defending which will help them improve their overall game skills.

DRILL #9 – 18 YARD DRILL

Skill Level: Intermediate

Setup:

Form three lines of players near one goal. Lines #1 and #3 will be at the 18 with #1 being even with the opposite goal post and #3 being at the corner of the box. Line #2 will be at the end line even with line #3.

Execution:

1. The first player in line #1 begins with the ball and passes to the first player in line #2.
2. Player #2 drop passes to player #3.
3. #3 crosses the ball to the far post where player #1 is sprinting.
4. #1 will then one touch the ball into the net.
5. Similar to other drills, start without a goalie but to increase the difficulty you may consider adding one.

Coaching Tips:

- This drill will help players work on passing, crossing, and finishing around the goal.



This drill will help players make quick timely passes and movements that allow them to set-up plays and score goals.

DRILL #10 – GIVE AND GO

Skill Level: Intermediate

Setup:

Set up two lines of players on opposite sides of the field near midfield. The first two players in the right line will be involved in the drill while just the first player in the line on the left will be involved.

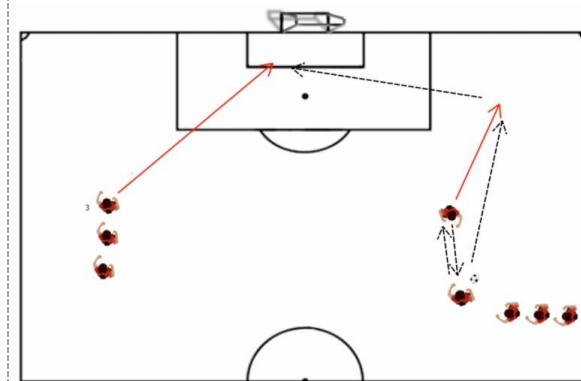
The first player in the line on the right will begin about 5 yards ahead of the second player in the line. The first player will be player #2 while the second player will be player #1. The player on the opposite side of the field is player #3.

Execution:

1. Player #1 will begin with the ball.
2. #1 will pass to #2 and then player #2 will pass back to player #1 (give) and then player #2 will sprint (go) toward the corner.
3. Player #1 will pass to the corner where #2 will run down the ball.
4. Meanwhile player #3 will run to the far post.
5. Player #2 will cross the ball and player #3 will direct the cross into the goal.

Coaching Tips:

- This drill helps teach players to work together. It also works on passing, crossing, and finishing.



Similar to other drills this helps players develop more attacking plays and skills.

DRILL #11 – 3v1 ATTACK

Skill Level: Intermediate

Setup:

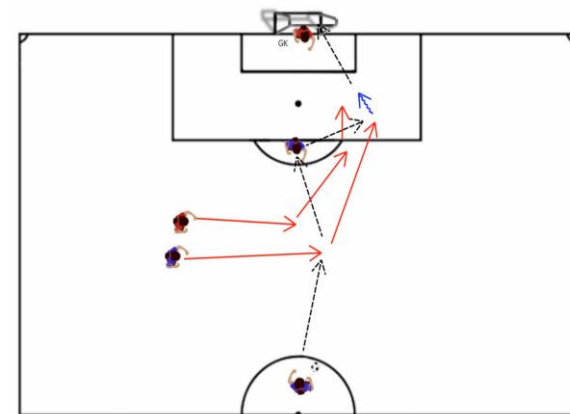
This drill will have two stationary attackers. One at center midfield and one at the 18 in the middle of the field. There will also be one mobile attacker and one defender marking the mobile attacker.

Execution:

1. The ball will start with the attacker near midfield.
2. The moving attacker must work to get open and receive the pass.
3. Once the moving attacker gets the ball they work one on one against the defender trying to score a goal.
4. The moving attacker can use either stationary attacker to pass the ball to a maximum of twice.
5. The moving attacker must create a shot and try to score a goal.

Coaching Tips:

- This play works on getting open and passing. It also helps a player learn to be creative and use his teammates during the game.



Players get experience both attacking and defending which allows you as a coach to maximize your time at practice.

DRILL #12 – GOAL TO GOAL ATTACK

Skill Level: Intermediate

Setup:

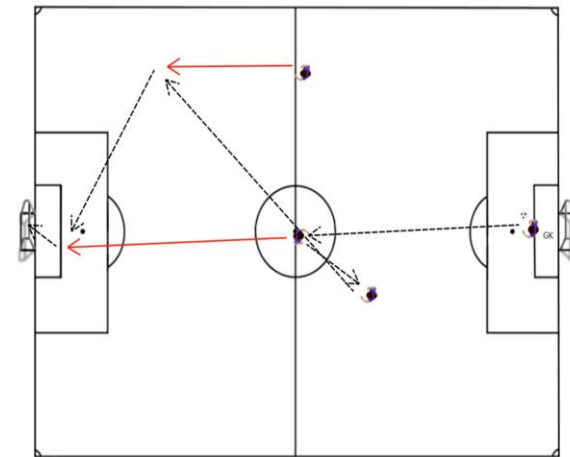
You will need a goalie and three attackers. Place one attacker at the very center of the field, one on the far right of the center line and the third on the defensive side ten yards behind midfield.

Execution:

1. This drill will begin with the goalie kicking the ball up the field.
2. The goalie will kick the ball to the attacker at the center of the field.
3. The attacker will trap the ball down and drop pass to the attacker on the defensive side of the field.
4. Meanwhile, the attacker on the right will make a run up the sideline.
5. He will get a long pass from the attacker on the defensive side of the field.
6. The attacker in the middle of the field will make a run at the far post after making the drop pass.
7. The attacker on the sideline will then cross the ball to the attacker making a run and that attacker will then direct the cross into the goal.
8. Each attacker should take turns at each position.

Coaching Tips:

- This drill helps the team go from end to end. This drill works on long passes, crosses, making runs, and finishing. It will work on the goalie punting the ball with accuracy and the attackers trapping the ball as well.



This is a great drill for teaching your players the transition game.

DRILL #13 – DUAL CROSS PASSES

Skill Level: Intermediate

Setup:

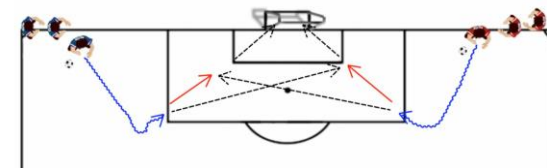
Form two lines near opposite corners on the same half of the field.

Execution:

1. The first player in each line will dribble out to the corners of the 18 yard box.
2. When each player gets to the corner they will pass the ball diagonally across the box.
3. Then each player will sprint into the box and shoot the ball that was passed by the other player.
4. Start without a goalie and to make it more difficult later on you may wish to have a goalie stand in the net and try to block shots.

Coaching Tips:

- Since each player must be aware of where the other player is and must make a good pass plus finish the other player's pass, this drill teaches players to concentrate and to know what their teammates are doing.



This drill teaches teamwork, ball handling, passing and finishing.

DRILL #14 – WALL PASSING

Skill Level: Intermediate

Setup:

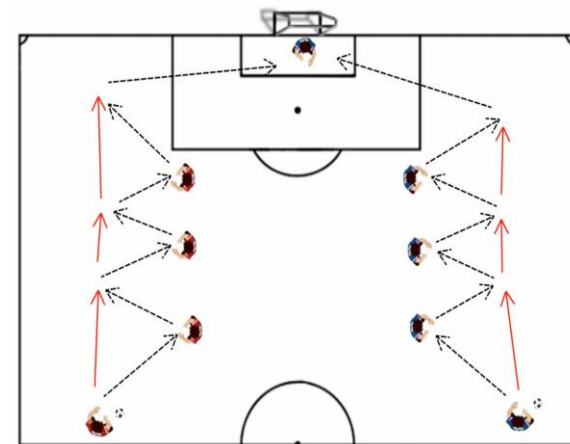
Create a line of players near each sideline. Both lines will be going but not at the exact same time. Also place three players about ten yards apart on each side of the field spaced out. These players will act as a wall and will be to the left of the line on the right and to the right of the line on the left. Place a goalkeeper in the net.

Execution:

1. The players at the beginning of each line will pass the ball to each player in the wall and sprint down the sideline as they go.
2. Each player in the wall will just one touch the ball to the player sprinting down the sideline.
3. The sprinting player will eventually get the pass from the last player in the wall and will be near the corner.
4. The player will cross the ball.
5. The ball should then be played by the goalie.
6. Each line needs to make sure they don't go at the same time so that the goalie has time to play each ball.
7. Also, after the sprinting player crosses the ball, he should become the last player in the wall. Each player in the wall moves up a spot so that the first player in the wall will go to the end of the line of sprinting players.

Coaching Tips:

- This drill will work on players conditioning, passing, running, trapping, and crossing the ball. It will also give the goalie a chance to work on stopping crosses.



Players get the chance to work on their one touches and their cross balls.

DRILL #15 – INCREASE SPEED OF PLAY

Skill Level: Advanced

Setup:

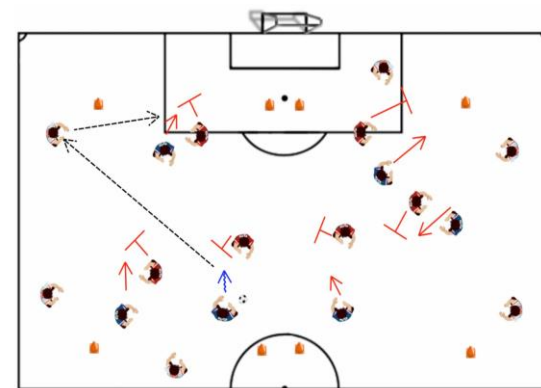
Place 4 cones in the middle of the field so that you create a box that is about 45 yards long and 30 yards wide. Two more cones should be placed at each end, about 2 yards apart; these will act as small goals. You will have 2 teams of 6 players inside the box and another 6 players outside the box.

Execution:

1. Each team tries to score a goal.
2. The players outside the box can be used by either team for passing help.
3. However, players outside must make long passes if they touch the ball more than once. They can make one touch passes at any length.
4. The first team to 3 wins and then the losers go outside the box.
5. The players outside the box go inside and take on the winners.

Coaching Tips:

- Too often a play begins to develop but before the offense realizes it, the defense takes the play away. Therefore the offense needs to become quicker. This drill will help with speeding up players' reactions and decisions.



Players will learn to use each other to create plays and score goals.

DRILL #16 – 3v2 FULL FIELD WEAVE

Skill Level: Advanced

Setup:

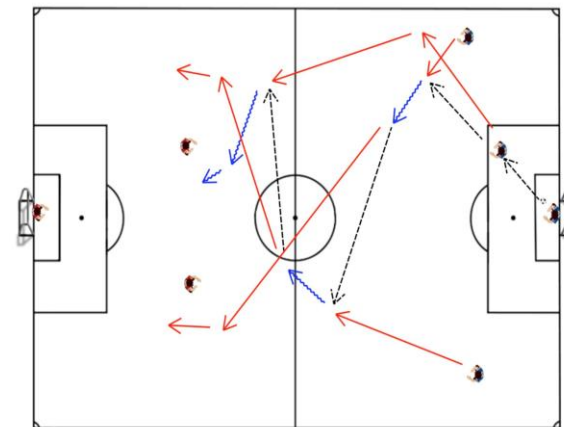
You will use the entire soccer field for this drill. Put a goalie in each goal. Have three attacking players spread out across the field around the 18 to begin. The players can be labeled #1, #2, and #3. Have two defenders at the other end of the field.

Execution:

1. Player #1 will begin in the middle of the field and take the beginning pass from the goalie.
2. After taking the pass, #1 will pass to #2.
3. #2 will move toward the center of the field and receive the pass while #1 goes behind him to the outside.
4. #2 will then pass to #3.
5. #3 will move toward the center of the field and receive the pass while #2 will run in behind him.
6. The players will continue to pass and weave until they cross midfield.
7. The drill will then become a 3 v 2.
8. The defenders will try to take the ball away. If they do the drill starts over going the other way.
9. The attackers will try to score the ball.

Coaching Tips:

- This is a great drill for several reasons:
- It's great for conditioning since attackers must run the entire length of the field. It teaches motion and lead passes on the defensive side of the field AND it helps with attacking and defending on the offensive side of the field.
- Overall it stresses teamwork and allows the players to practice in a game like situation.



Players are required to pass back forth and attack using the entire field which helps them develop teamwork.

DRILL #17 – HALFBACK ATTACK

Skill Level: Advanced

Setup:

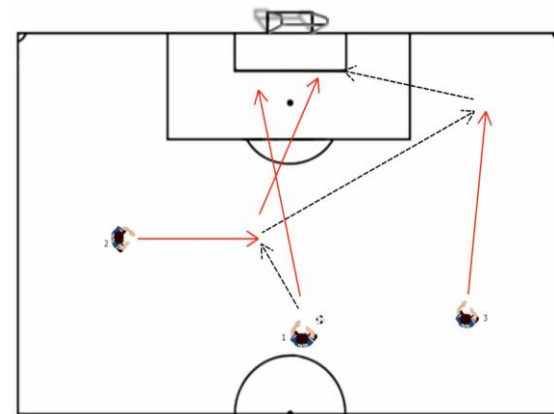
Divide your team into three lines. Line #1 will be near midfield and in the center of the field. Line #2 will be about 10 yards closer to the goal and near the left sideline. Line #3 will be even with player #1 but near the right sideline.

Execution:

1. The players at the front of each line will take part in the drill: Player #1, Player #2, Player #3.
2. Player #1 will begin with the ball.
3. Player #2 will sprint toward the center of the field.
4. Player #1 will pass to player #2.
5. Then player #2 will pass to player #3 making a run down the sideline.
6. After passing player #1 will run to the far goal post while player #2 will run to the near post.
7. Player #3 will cross the ball.
8. Players #1 and #2 will redirect the pass into the net.

Coaching Tips:

- This drill teaches players to work as a team. It also works on passing, making runs, crossing, and finishing.



Players may need to use their head, knee, or shoulder to redirect the cross pass with one touch into the net.

DRILL #18 – THROW-IN GIVE AND GET

Skill Level: Advanced

Setup:

Organize your team into two lines of players. Each line will be about 40 yards from the goal. One line will be even with the far goal post and the other line will be out of bounds on the other side of the field.

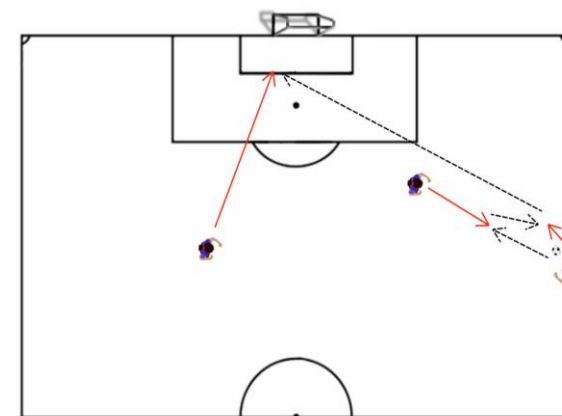
The first two players in the out of bounds line will participate in the drill. The first player in the out of bounds line will go near the 18 and the other player will throw-in the ball from 40 yards out. The thrower will be player #1, the player near the 18 will be player #2, and the player on the opposite side of the field will be player #3.

Execution:

1. Player #2 will sprint toward the ball.
2. Player #1 will throw-in to the player #2 and then step in- side the field.
3. Player #2 will trap the ball and pass back to player #1.
4. Player #1 will then send a looping pass into the box to player #3 who is sprinting toward the far post.

Coaching Tips:

- This is a great play to run for an out-of-bounds play and sets your team up for a good scoring position.



This drill works on the skills of throwing-in, making runs, passing, and finishing around the goal.

DRILL #19 – CHIP AND CHARGE

Skill Level: Advanced

Setup:

Set up three lines of players. One line will be parallel with the 18 and about 30 yards from the goal. Another line will be near midfield, near the center of the field, and even with the right goal post. The other line will be on the left side of the field.

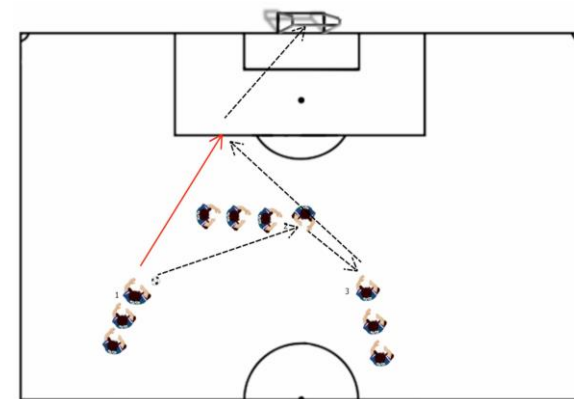
The player at the front of the left line will be player #1. The player at the front of the line parallel to the 18 will be player #2. The player at the front of the line in the center of the field will be player #3.

Execution:

1. Player #1 will begin with the ball.
2. #1 will pass to player #2 and then player #1 will make a run into the box.
3. Player #2 will one touch pass the ball to player #3.
4. Player #3 will chip the ball over the line of players that's parallel with the 18. The pass will be into the box to player #1 who is making a run.
5. Player #1 will finish directing the ball into the net.

Coaching Tips:

- This is a good drill to help with passing and making runs. It's very good for working on chip- ping the ball into the box. It also works on finishing and scoring. A variation of this drill can be used as a play for an indirect kick in the offensive zone.



This drill helps with kicking and receiving chip passes.

DRILL #20 – THROUGH PASS

Skill Level: Advanced

Setup:

Four cones, A soccer goal, A goalie, Six attackers, Five defenders

Set up four cones so that you create three zones. The first cones will be set on each sideline about 45 yards from the goal. The second pair of cones will be set on each sideline about 25 yards from the goal.

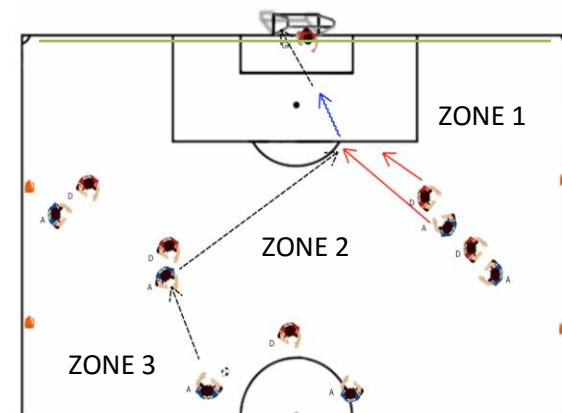
There will be two attackers and one defender in the Zone 3 outside of 45 yards. There will be four attackers and four defenders in Zone 2 between 45 and 25 yards out. There will also be a goalie. No one starts in Zone 1 except the goalie.

Execution:

1. The ball will start in the Zone 3 with one of the two attackers. The attackers must keep the ball away from the one defender.
2. Meanwhile, the attackers in Zone 2 will try to get open.
3. Once a player gets open, the ball can be passed to that player in the Zone 2.
4. Once the ball goes into the other zone then an attacker can make a run for Zone 1 toward the goal.
5. The ball can then be passed through to that player making a run.
6. Only that attacker can go for the goal and only the closest defender can chase the ball.
7. The attacker should try to score against the goalie and the pursuing defender.

Coaching Tips:

- This drill works on a through pass, which is key to attacking. It also helps work on passing in general and it helps players learn to get open and stay on sides.



Players gain valuable experience working on their through pass during this exercise.

Looking For More Soccer Coaching Resources?

Visit www.eSoccerDrills.com/products to check out our complete list of ebooks and videos.