



ESSENTIAL SOCCER PRACTICE PLANS

15

PRE-DESIGNED PLANS
TO SAVE YOU TIME AND ENERGY

 **PDF**

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INTRODUCTION - HOW TO USE THE PRACTICE PLANS

Welcome to Essential Soccer Practice Plans!

This resource was designed to help you save time and energy, by providing you with simple, step by step practice schedules you can quickly and easily implement with your team.

There are 15 pre-designed practice plans included:

- Five Basic practices, 60 minutes in length, which primarily focus on fundamental drills and skills for novice players or can act as refreshers of basic skills for more advanced players.
- Five Intermediate practices, 90 minutes in length, which have a mixture of basic and intermediate drills along with more time for scenario play.
- Five Advanced practices, 90 minutes in length, which include advanced strategies and techniques of the game as well as more time for modified scrimmages and game play.

You can, of course customize any of these practice plans to create your own. You can make them longer by adding an outlined cool down or warm up phase if needed. We've included three blank templates at the end, which you can feel free to use however you please.

A few quick notes...

1. Practice blocks will typically run 10-20 minutes per drill. You can adjust the timing if your team needs more time to work on a specific skill or more practice in a game-like scenario.
2. Practices are broken down into 4 Phases. Each Phase has a different purpose and is essential to running an effective practice. It is important to be able add variations to drills or games to progress the players through the different phases and to create game-like opportunities:
 - a. Phase 1 – use a basic drill to get the body loose and warm and to introduce the focus for the practice; a static warm up isn't an effective use of time.
 - b. Phase 2 – another drill that helps re-emphasize Phase 1 and adds complexity to the skills being taught.
 - c. Phase 3 – typically a small sided game that groups the players in teams and allows them to practice the skills learned earlier in a more fast-paced environment.
 - d. Phase 4 – divide your players evenly and give them time to play; you can set-up game like scenarios or simple scrimmages but emphasize the use of skills practiced and learned in the earlier phases.
3. Water breaks are included in the practice plans. Use common sense to add additional water breaks on hot days or make longer breaks if necessary.

Alright, let's get started!

Basic Soccer Training #1: Dribbling

Team

Date

Phase 1 - 0:00-0:10

Dribbling

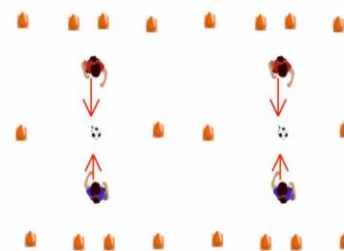
- Set up a 20 x 20 yd. box using cones (change the size of the box depending on number of players).
- Have all the players dribbling in the space cutting, turning, and pulling moves.
- When the coach holds up a number between 1 and 5 and players are to shout out the number they see.
- **Encourage players to dribble with their head up, and try to make moves to separate themselves from players around them**



Phase 2 - 0:10-0:30

Dribbling to Create Space

- Set up a few 10 x 15 yd. boxes. Have 4 players assigned to each box.
- Players will play one vs. one.
- They have to dribble over an end line to score.
- The defender has to start on his or her end line before applying pressure.
- Have players play for 1 min and then switch.
- Change to 2 vs. 2 after each group player has done 3 rotations.
- **Encourage the attacking player to make a move before the defender comes instead of waiting for the defender to apply pressure**

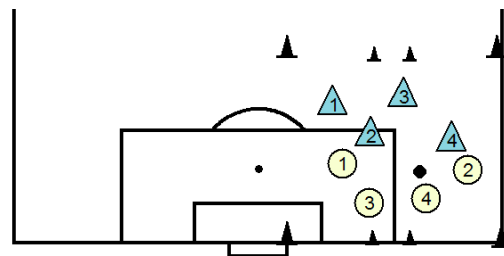


WATER BREAK - 30 SECONDS

Phase 3 - 0:30-0:45

Dribbling in Game-like Situations

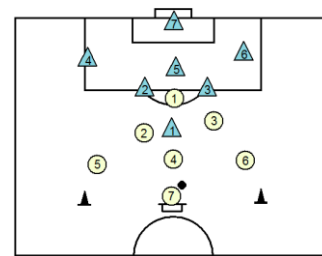
- Create a 40 x 30 box with two 3 yd. goals at each end.
- Give teams directions and let them play.
- To score they can dribble over the end-line for 1 point, pass through the goal for 2 points, or dribble through the goal for 5 points.
- **Remind players to use the skills they practiced earlier**



Phase 4 - 0:45-1:00

Play and Apply

- Split the teams evenly.
- Specify which team is going which direction and allow them to play.
- Depending on the number of players you have you can make the field bigger or smaller.
- **Look for opportunities to apply what you have coached in a game-like situation and reward players for using the skills and techniques that were taught in practice in a game-like situation**



COOL DOWN AND STRETCH

Basic Soccer Training #2: Shooting

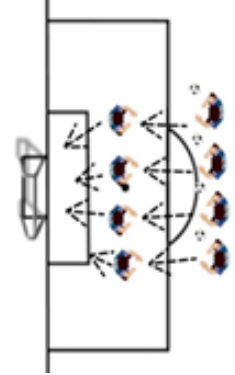
Team

Date

Phase 1 - 0:00-0:10

Turn and Shoot

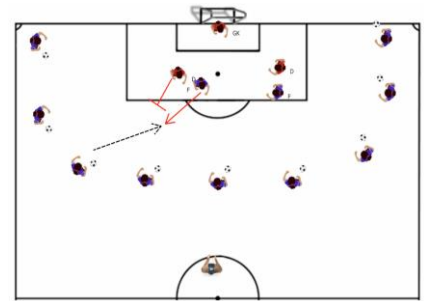
- Divide your team into four pairs of four players.
- The pairs will line-up near the 18 on both sides of the field, two pairs at each 18.
- One line of players will be outside the 18 facing the goal while the other players will have their backs to the goal and be inside the 18.
- They should be about 10 yds. apart.
- The players outside the 18 will pass to their partner inside the 18.
- Those players will trap the ball, turn, and fire at the goal.
- After a few turns, players will switch roles.
- **Instruct the shooting player to have their head down, planted foot bent, and to follow through the kick landing on their kicking foot**



Phase 2 - 0:10-0:30

Creating Space

- 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.
- The two defenders will be guarding the two forwards.
- Meanwhile the forwards are working to get open, create space, and shoot.
- If the ball is taken by a defender then the defender will clear the ball.
- Forward players will rotate to defense and defense will come off.
- Two new forwards will then come in.

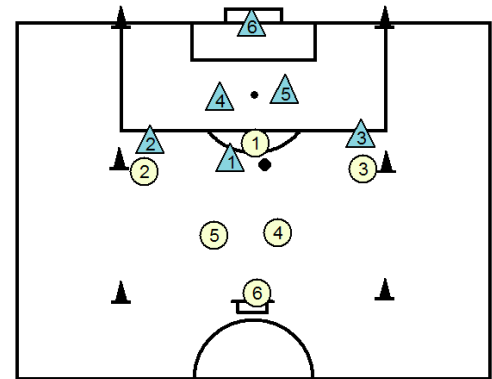


WATER BREAK - 30 SECONDS

Phase 3 and 4 - 0:30-1:00

5 vs 5 King of the Field

- Set up two goals in a field the size of two 18 yd. boxes.
- 5v5 with goalies, you can adjust your numbers according to the number of players you have.
- The first team to score two goals or whoever is ahead after 2 minutes of play wins and a new team comes on.
- If a game is tied after two minutes then the team that was on the longest stays on the field.
- Make sure the teams that are not playing are getting plenty of water and are shagging the balls.
- **This is a game where there can be a lot of opportunities for players to shoot; encourage players to use good technique**



COOL DOWN AND STRETCH

Basic Soccer Training #3: Defending

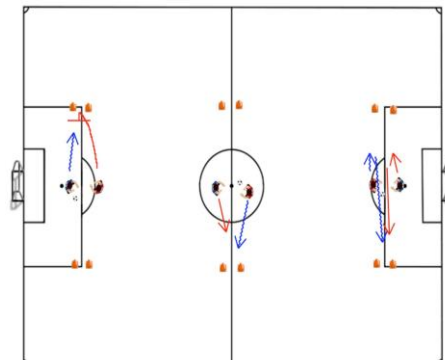
Team

Date

Phase 1 - 0:00-0:10

Run The Line

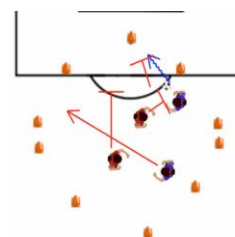
- Set up two mini goals no more than 15 yds. apart.
- For 1 minute one player will try to dribble to one of the goals and put the ball in the between the goal.
- The other player will play defense. However, the line will divide defender from attacker and the defender can't cross over the line to stop the goal attempt until directly in front of the goal.
- The attacker will try to beat the defender to either goal.
- If the attacker feels the defender has the edge then the attacker can change directions and go for the other goal at any time.
- This is an exhausting activity. Make sure to give at least a 20 second break before you go again.



Phase 2 - 0:10-0:30

Pressure Scrimmage

- Set up a field about 20x15 yds.
- Put small goals at each end about 1 yd. apart.
- Play 2 vs 2 and object of the game is to try and score as many points as you can in 1 minute and 30 seconds.
- Defenders are to try and apply pressure on the ball while the other player provides cover as seen in diagram. Try and force attacking team into a corner so you can double team.

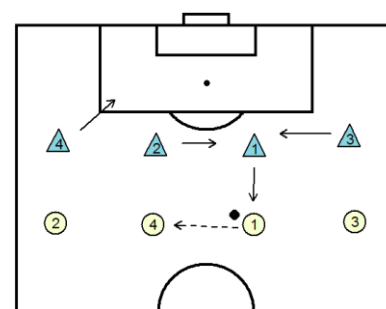


WATER BREAK - 30 SECONDS

Phase 3 - 0:30-0:40

Pressure, Cover, Balance

- You will have 4 defenders (triangles) facing 4 attackers (circles).
- Attackers will pass from side to side between their teammates.
- If attacker 1 has the ball then defender 1 has to apply pressure, while 2 and 3 provide cover and 4 provides balance.
- If the ball is passed to attacker 2 then defender 2 provides pressure while 1 and 4 provide cover and 3 provides balance (see diagram).
- Have players line up and have offense move to defense and defense go to the attacking line.



Phase 4 - 0:45-1:00

Play and Apply

- Set up two goals and play half field.
- You can make the field smaller you bigger depending on the number of players you have. Half field is good for 8vs8 or 7v7.
- **Remind players to apply pressure, cover, and balance in a game setting**



COOL DOWN AND STRETCH

Basic Soccer Training #4: Attacking

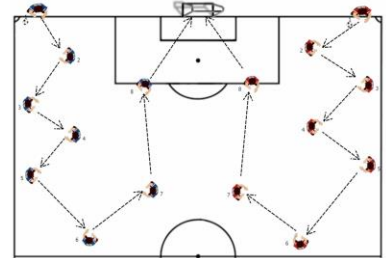
Team

Date

Phase 1 - 0:00-0:10

Passing Race

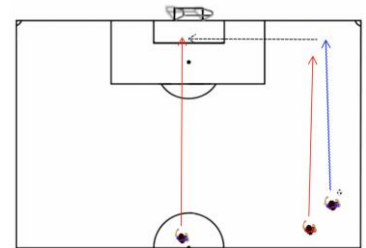
- Each team will race by passing the ball to each other.
- The player on the end line starts with the ball. He passes it to the next player who passes it to the next player and so on.
- The ball should go all the way to midfield and then back to the 18.
- The player at the 18 then takes a shot on goal.
- The first team to put the ball in the goal wins.



Phase 2 - 0:10-0:30

Cross Drill

- Player at the front of the outside line will dribble down the sideline.
- The defenders will try to chase down the dribbler.
- The line in the middle of the field will make a run toward the goal.
- Once dribbler feels they are in a good position, they will cross it to the player making a run.
- **Once players understand this, add two lines making runs and a defender in the box. Add more as players understand the game more**

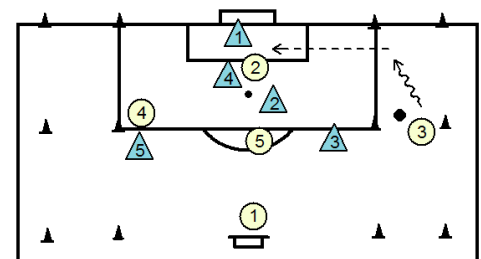


WATER BREAK - 30 SECONDS

Phase 3 - 0:30-0:45

5 vs 5 Channel Play

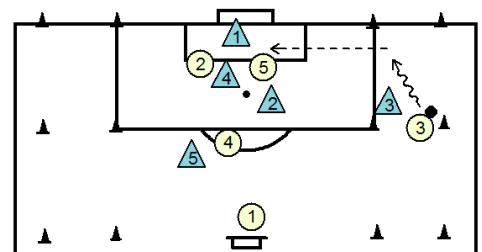
- Set up a field about 40x60 yds. Have a 5 yd. channel on each side (see diagram).
- Separate into teams of five with a goalie on each team.
- Play a normal game but you cannot be defended from inside the channel. If you score on a cross then it is worth 3 points. Normal goal is worth 1 point.
- Play in between 3 and 5 minute games and then switch teams.
- **Encourage players to make runs in the box and to score a lot of goals. Also focus on having the crosser send in good balls**



Phase 4 - 0:45-1:00

Play and Apply

- Continue to play the same game but now add to it.
- Each team can now defend with one player at a time in the channel and can send two attacking players at the goal at the same time to help each other out.
- Play 3 minute games and then switch teams.
- **Let the winning team stay on to create healthy competition**



COOL DOWN AND STRETCH

Basic Soccer Training #5: Passing

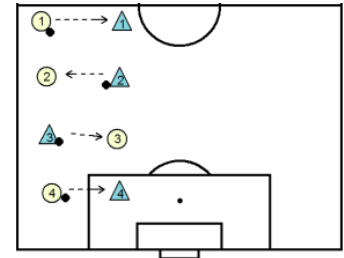
Team

Date

Phase 1 - 0:00-0:10

Passing and Receiving

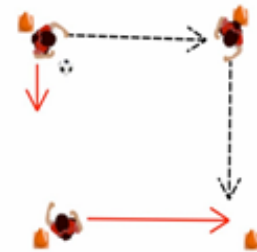
- Have two rows of players line up across from each other about 8 to 10 yds. apart, depending on their skill level.
- With the players facing each other, they must pass the ball back and forth, focusing on: passing the ball using the instep of their foot and stopping the ball for ball control.
- Have the players complete 10 passes each back and forth.



Phase 2 - 0:10-0:25

Angle of Support

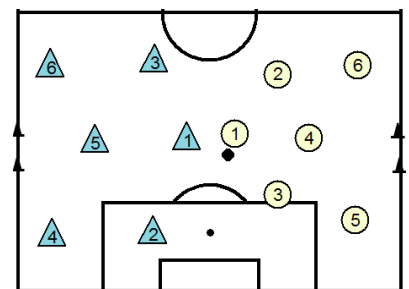
- Set the cones up in a square with each side being about 10 yds. in length.
- Three players will be inside and next to one of the cones and one player will start with the ball.
- The other two players must be at the cones next to the player with the ball.
- The player with the ball will pass to one of the other players.
- Once the pass is made, the other player not receiving the ball must sprint to the other cone so that once again there are players on each cone next to the player with the ball.
- To make this drill a little more challenging, a defender can be put inside the cones.



Phase 3 - 0:25-0:45

Equalizer

- On one half of the field, put 6v6.
- Each side will have a small cone goal.
- Direct the players to play like in a regular soccer game, however, once one team scores, then that team cannot score again until the other side scores.
- The team that has the lead must continue to pass the ball around the field, keeping it away from the other team.
- They also need to defend against the other team and prevent them scoring but they are not allowed to score.

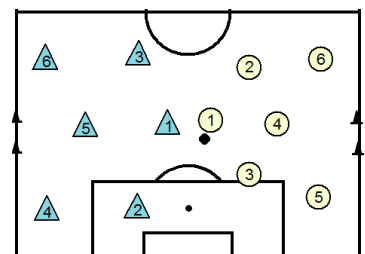


WATER BREAK - 30 SECONDS

Phase 4 - 0:45-1:00

Equalizer 2.0

- Continue to play the same game but add goalies on each goal and make the goals bigger. This will make it a bit more game-like.
- Once one team scores then the other team has 5 minutes to equalize or they lose.
- **Remind players to focus on proper passing technique**



COOL DOWN AND STRETCH

Intermediate Soccer Training #1: Dribbling

Team

Date

Phase 1 - 0:00-0:15

- Cone off an area of about 20x20 yds. and give each player a ball inside that area.
- They must dribble the ball around the inside of the box, while trying to knock the ball away from other players in the square.
- The players will be removed from the ring if they leave their ball to kick another ball out.
- The last player standing wins.

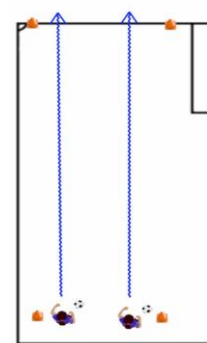
King of the Ring



Phase 2 - 0:15-0:30

- Set up two teams in two lines, and extend the area that the players dribble the ball from 10 yds. to 40 yds.
- Have one player in each line start.
- They have to dribble to the line, turn around and then dribble back.
- Once they get back to the beginning, the next player takes over and repeats.
- Once a team is finished they have to kneel or sit down.
- The team with everyone sitting first wins. Do this a couple times.
- **Help players focus on the difference between dribbling in a small space where you are touching the ball a lot and a speed dribble where you knock the ball out and run**

Long Dribble Relay

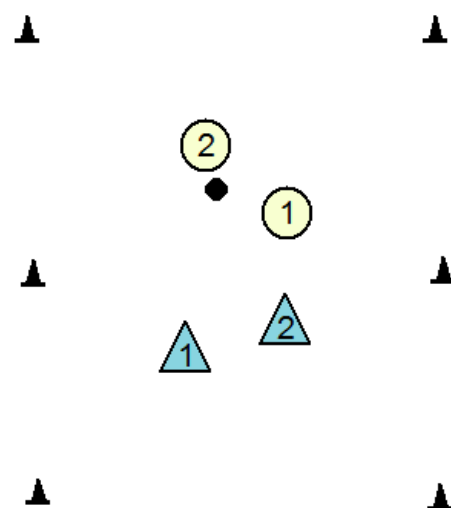


WATER BREAK - 30 SECONDS

Phase 3 - 0:30-0:55

2 vs 2 & 3 vs 3 Tournament

- Set up small 30x20 yd. fields.
- Have players get into groups of two.
- In order to score players must dribble under control over the end line.
- They cannot pass it over to score.
- Play 2 minute games and have the winning team move up and the losing team move down.
- Do this for about 10 minutes.
- Then get players into groups of three.
- For the last 15 minutes of this phase play 3 vs 3 following the same model.
- **Changing the numbers makes the space small so you can help coach speed/long dribble and dribbling in a small space with lots of touches**

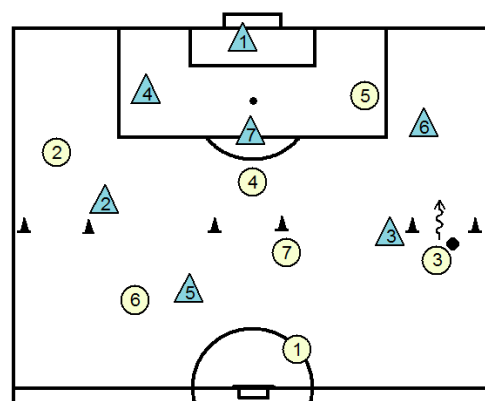


WATER BREAK - 1 MINUTE

Phase 4 - 0:55-1:30

Play and Apply

- Divide teams evenly and play half field.
- Set up three gates as seen on the diagram.
- If a team scores then the goal is worth 1 point.
- If they dribble through at least one of the gates and score, the goal is worth 3 points.
- If they dribble through two gates and score, then it is worth 5 points.
- If they dribble through all three and score then it is worth 10 points.
- Do this for 15 minutes and then take a short 10-20 second water break.
- Take the gates away and continue to let them play.
- **Help players understand when to use a long/speed dribble and when to use a short dribble with lots of touches**



COOL DOWN AND STRETCH

Intermediate Soccer Training #2: Shooting

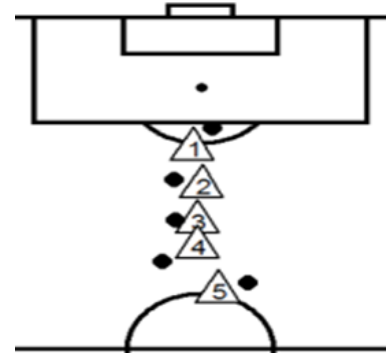
Team

Date

Phase 1 - 0:00-0:15

The Big Kick

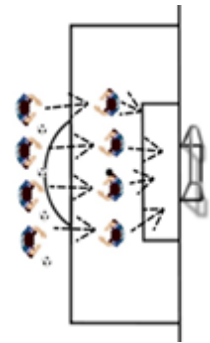
- Set up a couple of nets or goals and two lines of players equipped with balls at each one.
- Show the players how to go through the proper shooting form by planting the foot, creating a contact point, and then following through.
- Have the players do this and get them to kick the ball at the net.
- Most young players will want to try and kick the ball hard.
- Get them to slow down and try to keep things under control so they can learn to kick properly.
- **You can ensure players that they will learn to kick it harder once they learn how to kick it properly**



Phase 2 - 0:15-0:30

Turn and Shoot

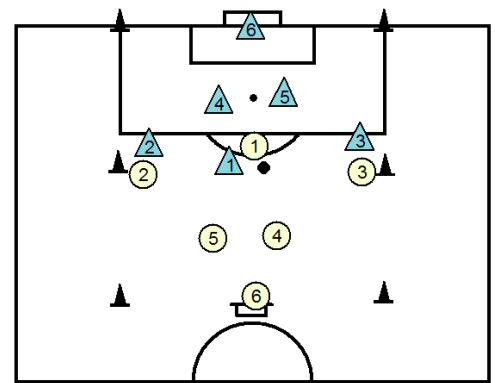
- Divide your team into four pairs of four players.
- The pairs will line-up near the 18 on both sides of the field, two pairs at each 18.
- One line of players will be outside the 18 and facing the goal while the other players will have their backs to the goal and be inside the 18.
- They should be about 10 yds. apart.
- The players outside the 18 will pass to their partner inside the 18.
- Those players will trap the ball, turn, and fire at the goal.
- After a few turns, players will switch roles.
- **Instruct the shooting player to have their head down, planted foot bent, and to follow through the kick landing on their kicking foot**



Phase 3 - 0:30-1:00

5 vs 5 King of the Field

- Set up two goals in a field the size of two 18 yd. boxes.
- 5v5 with goalies, you can adjust your numbers according to the number of players you have.
- The first team to score two goals or whoever is ahead after 2 minutes of play wins and a new team comes on.
- If a game is tied after two minutes then the team that was on the longest stays on the field.
- Make sure the teams that are not playing are getting plenty of water and are shagging the balls.
- **This is a game where there can be a lot of opportunities for players to shoot; encourage players to use good technique**

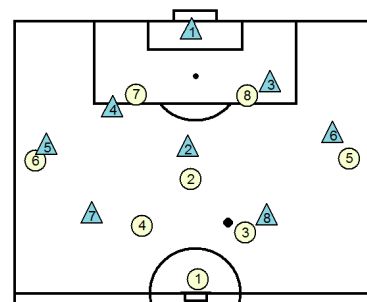


WATER BREAK - 2 MINUTES

Phase 4 - 1:00-1:30

Play and Apply

- Set up a Goal at half field and split up teams.
- Play eight 7 vs 7 or 8 vs 8. Whatever your numbers permit. Adjust the field length and width as you see fit.
- Play two 15 minute halves and switch sides.
- **Allow players to play and encourage them to shoot a lot, practicing proper technique and strength**



COOL DOWN AND STRETCH

Intermediate Soccer Training #3: Defending

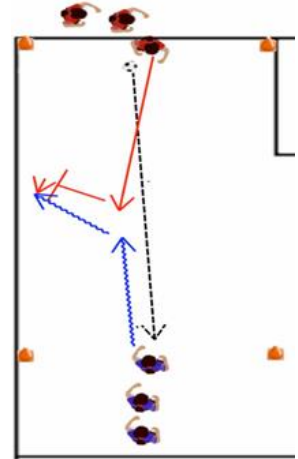
Team

Date

Phase 1 - 0:00-0:15

Side Alley Drill

- Place four cones on one side of the field. One where the side of the 18 yd. box meets the end line, another in the corner, and two others about 40 yds. up field and even with the first cones.
- Have your players form two lines. One line beginning at the end line with the ball, this will be the defensive line. The other line will begin near midfield where the cones are and will be the offensive line
- The defensive player will pass the ball out to the offensive player.
- The offensive player will take the ball and run forward dribbling the ball.
- The defender will run out and try to force the ball carrier toward the sideline.
- Then the defender should attempt a slide tackle to take the ball away or at least knock it out of bounds.
- The offensive player should try to dribble all the way to the end line.



Phase 2 - 0:15-0:35

One Third Defense

- Make a play area that is about 30x20 yds. Then divide the players into two teams of six players.
- Send two players on each team to the other side of the field to be defenders. This will set up a four on two scenario on each of the smaller fields.
- The attackers must try to score without a goalie. Every goal is one point.
- The defenders must try to steal the ball and kick it out of the play area. Every time they do a point is deducted from the other team's total.
- Let the players play for 5 minutes and then change defenders.
- Make sure all players play defense at least once.

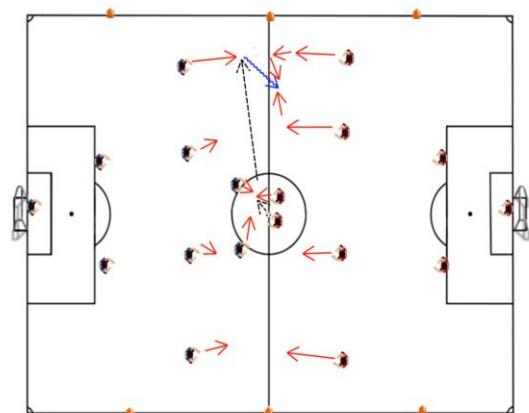


WATER BREAK - 1 MINUTE

Phase 3 - 0:35-1:00

Defensive Pressure

- Place six cones on sidelines of the field to divide it into quarters. Divide your players into two even teams each with one goalie.
- If you have enough to do eight players plus a goalie on each team that is preferred.
- Teams are awarded 5 points for scoring a goal and a variety of points for stealing the ball.
- A ball that is stolen in the last defensive quarter is 1 point.
- A ball that is stolen in the next defensive quarter is 2 points.
- A stolen ball in the farthest offensive quarter is 3 points.
- A ball stolen in the offensive quarter near the goal is 4 points.
- The first team to 20 points wins.
- **Since points are awarded for stealing the ball, encourage players to try to steal the ball as soon as possible**

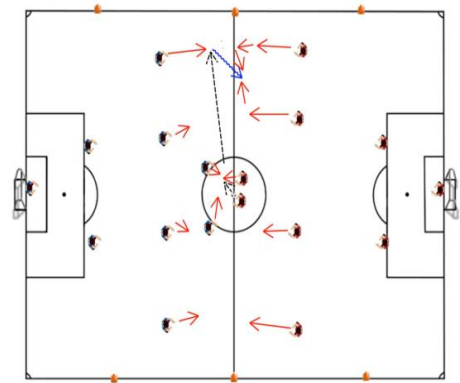


WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

Play and Apply

- Continue playing as you were.
- However, eliminate the quarters and allow players to play freely.
- Give 3 points for a goal scored.
- Give 2 points for a ball stolen on the offensive half.
- Give 1 point for a ball stolen on the defensive half.
- You can set a time limit and the team with the most points at the end of the time limit wins.
- **Encourage players to defend as a team, not by themselves and to still apply what has been taught in practice**



COOL DOWN AND STRETCH

Intermediate Soccer Training #4: Attacking

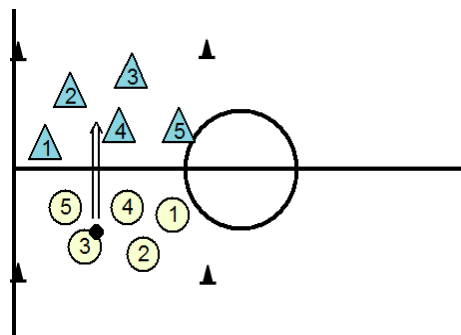
Team

Date

Phase 1 - 0:00-0:15

Soccer Tennis

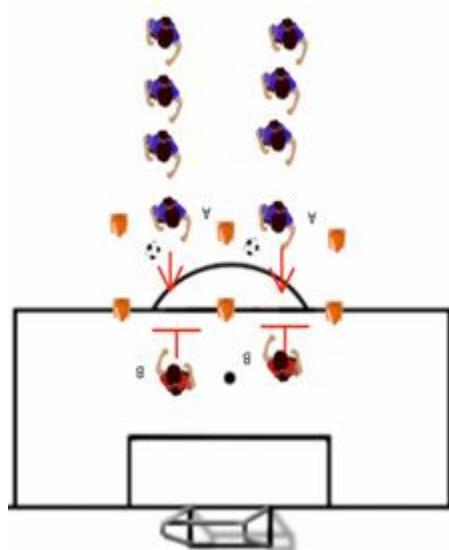
- Create a 20x20 yd. area and then divide it in half with a rope, net, or line.
- Put five players on each side of the rope. Only one ball is needed.
- The game starts with the ball being kicked or lofted over the rope to the other side.
- A player must approach the ball, prepare to kick it, and then kick it accurately to the other side of the rope.
- If a player kicks it outside of the 20x20 area, then the other side scores a point.
- First team to any set number of points wins and the losing team has to do pushups, sprints, or rotates out.



Phase 2 - 0:15-0:35

Quick Transition

- Place two defenders inside the penalty area facing away from the goal. Organize two lines of attackers outside of the penalty box facing the goal. Mark off an area with cones in front of the lines of attackers. They must stay in that area during the drill.
- The first player in the attacking line comes down towards the defender.
- They must make one quick move to get by the defender and then take a shot.
- The defender tries to make a tackle and clear the ball away.
- Once the first attacker has made a move and the ball has been shot or tackled away, the defender must immediately turn around and play defense for the next player in line.
- Have each player cycle through the entire line of attackers. The next attacker should come immediately.
- **Encourage attacking players to make one or two quick moves and have a shot quickly. Attack with speed and urgency**



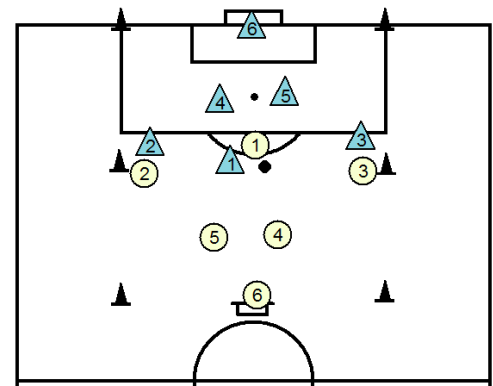
WATER BREAK - 30 SECONDS

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Phase 3 - 0:35-1:00

5 vs 5 King of the Field

- Set up two goals in a field the size of two 18 yd. boxes.
- 5v5 with goalies, you can adjust your numbers according to the number of players you have.
- First team to score two goals or who is ever ahead after 2 minutes wins and new team comes on. If a game is tied after two minutes then the team that was on the longest stays on the field.
- Make sure the teams that are not playing are getting plenty of water and are shagging the balls.
- **This is a game where there can be a lot of opportunities for players to shoot; encourage players to use good technique**

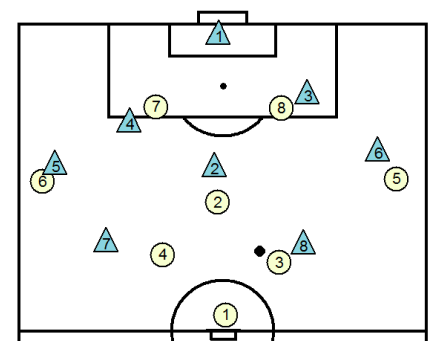


WATER BREAK - 2 MINUTES

Phase 4 - 1:00-1:30

Scenario Play

- Set up a scrimmage with two equal teams.
- Choose one team to be down 1-0 and give them 6 minutes to try and score. The team that is ahead 1-0 should try to keep possession and pass the ball or delay the game.
- The team that is down a goal should be taking some risks in order to tie up the game. If the team ties up the game then allow them to keep playing until time is up and have both teams continue to try and win.
- Allow both teams to be in these scenarios (up a goal or down a goal or tied).
- **This creates a real game situation and gives one team the opportunity to attack in a game-like situation**



COOL DOWN AND STRETCH

Intermediate Soccer Training #5: Passing

Team

Date

Phase 1 - 0:00-0:15

Control the Volley

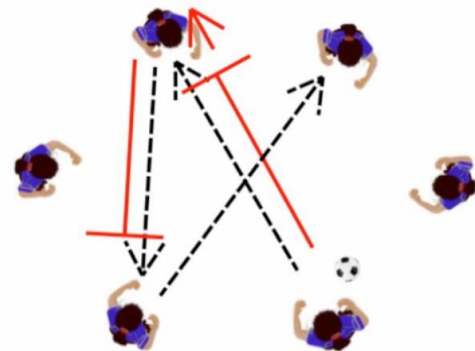
- Arrange your players into groups of three players and make sure each group has two balls.
- There will be a player in the middle of two players.
- There should be about 10 yds. separating each of the players.
- The two players on the ends should each have a ball.
- The player in the middle will step toward one player on the end.
- That player will serve the ball on the ground to the player in the middle. The player has to one touch the ball back.
- Then the player in the middle turns and goes back toward the other player on the other end and repeats the process.
- Have each group repeat this several times and then rotate positions so every player gets a chance to take the volleys in the middle.
- After they have gone through have the group do it again but the player should have the ball in their hands and should serve the ball in the air to the player in the middle.



Phase 2 - 0:15-0:35

Circle Drill

- Organize the players into groups of six players and have them form a circle. Make sure each group of six has one ball.
- One player will begin by passing the ball across the circle to another player.
- The passer will then run across and put pressure on the player who just received the ball.
- The player who received the ball must either one touch the ball to another player or trap the ball and pass to another player.
- Then that player goes to put pressure on the next player who is receiving the ball.
- This continues until every player has touched the ball at least once.

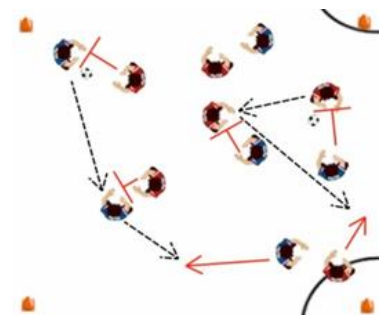


WATER BREAK - 30 SECONDS

Phase 3 - 0:35-1:00

Keep Away

- Form a small area with four cones; a square with sides 25 yds. in length should work.
- Divide players into two teams of six. Give each team one ball.
- The goal is for each team to keep possession of their own ball and try to take away possession from the other team at the same time.
- Every time a team steals the ball that is 1 point.
- When a team reaches 5 points they win.
- For more advanced games one or two more balls can be used.

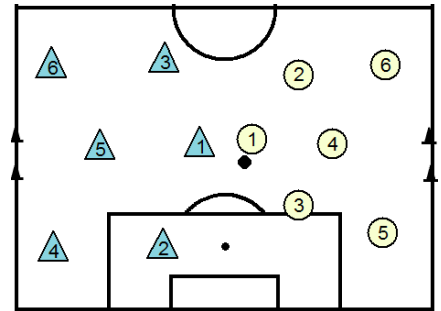


WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

Equalizer

- On one half of the field, put 6v6. Each side will have a small cone goal.
- Direct the players to play like in a regular soccer game, however, once one team scores, then that team cannot score again until the other side scores.
- The team that has the lead must continue to pass the ball around the field, keeping it away from the other team. They also need to defend against the other team and prevent them scoring but they are not allowed to score.
- Play two 15 minute halves.
- **This will encourage a team that scores to pass well and keep possession in order to win the game**



COOL DOWN AND STRETCH

Advanced Soccer Training #1: Defending Zonally

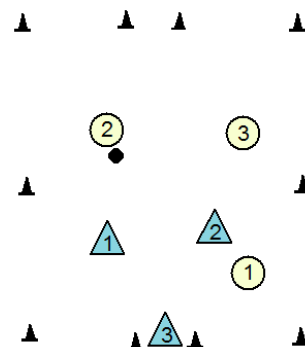
Team

Date

Phase 1 - 0:00-0:15

3 vs 3 King of the Field

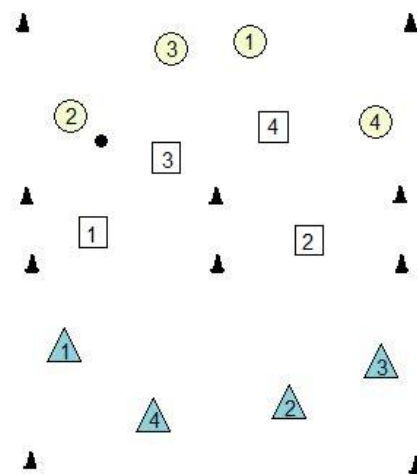
- Make a 15 x 10 yd. field with two goals at each end about 2.5 yds. Wide and divide the players into teams of 3.
- When playing, the team without the ball has to have one player play goalie while the other two defend, once a team steals the ball they have to have their goalie touch it before they can score.
- The team that is now defending has to have one player play goalie.
- Play 2 minute games and have the winning teams move up to the championship field and losing teams move down.
- **It's important to have whoever is playing goalie directing the defenders where to go and when to apply pressure**



Phase 2 - 0:15-0:35

4 vs 4 vs 4

- Create a 45x30 yd. box with a 5 yd. channel in the middle. Separate players into teams of 4 with 3 teams on to start.
- The coach will play a ball in to either team.
- Circles will try and keep the ball and pass it through the 5 yd. channel on the ground to the Triangles. Once Triangles get the ball they try to keep it and pass back through the channel.
- The Squares start as defenders and must have 2 players in the channel and they should move and try to prevent the teams from passing the ball through the channel. The other 2 players can chase after the ball applying pressure.
- If they steal the ball or knock it out, then the team that lost it becomes the defenders and play continues in the other box.
- Award teams points for knocking the ball out and for completing passes to the other box.
- **Teach players to communicate defensively and try to guide the offense where they want them to go**

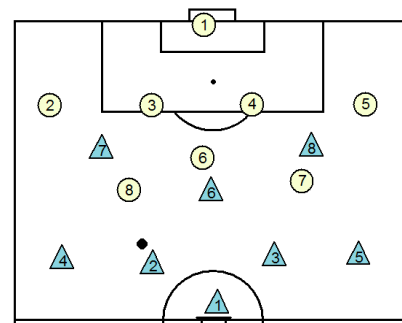


WATER BREAK - 2 MINUTES

Phase 3 - 0:35-1:00

Tactical Defensive Focus

- Set up your offense (Triangles) and defense (Circles).
- Put your defensive team into the shape you want on the field and place at least three midfielders in front of them.
- Have the ball start at the half way line and have the offense attack and try to score on the defense.
- **Teach players when to step to the ball and when to step up as a team. Encourage them to communicate and help one another defend as a team. Zonal Defending is very important and encouraging your back line to keep a flat line and step together will help the defense be effective in matches**

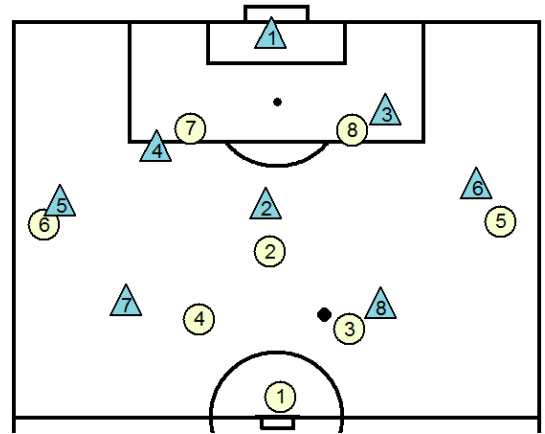


WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

Scenario Play

- Set up a scrimmage with two equal teams.
- Choose one team to be down 1-0 and give them 6 minutes to try and score. The team that is ahead 1-0 should try to keep possession and pass the ball or delay the game.
- The team that is down a goal should be taking some risks in order to tie up the game. If the team ties up the game then allow them to keep playing until time is up and have both teams continue to try and win.
- Allow both teams to be in these scenarios (up a goal or down a goal or tied).
- **This creates a real game situation and gives one team the opportunity to practice zonal defense in a game-like situation**



COOL DOWN AND STRETCH

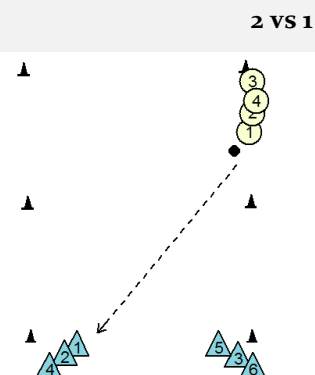
Advanced Soccer Training #2: Defending Against Counter Attack

Team

Date

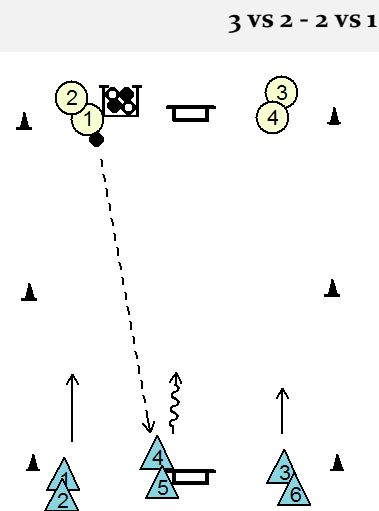
Phase 1 - 0:00-0:15

- Set up a 30 x 20 box with cones.
- Have the defenders (circles) start with the ball and pass it to one of the 2 attackers (triangles) at the top of the box.
- The 2 attackers will do their best to try and beat the defender and dribble over the end line to score. The defender will try to create a 1 v 1 situation and force a player out of bounds or kick it out.
- **Teach players that all they need to do in this situation is slow down the attacking players and try to force them away from the goal**



Phase 2 - 0:15-0:35

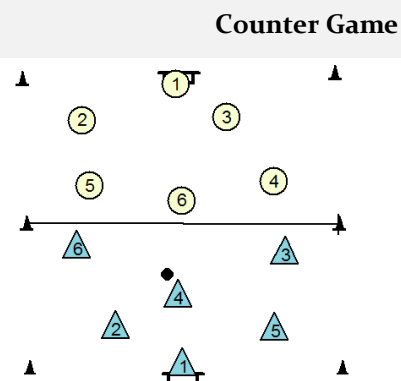
- Set up two goals on a field 50 x 40 yd. Have goalies in each goal.
- Divide the team evenly and have them go to opposite ends. One end will form two lines the other will form three lines.
- The one player from the line of two will send a ball to the team of three. The team of three will attack 3 vs 2 and try to score.
- Once a shot is taken or ball is kicked out then the person who shot or lost the ball becomes the defender and the two that were defending become the attackers and play 2 vs 1 and try to score at the other end.
- Play for 5 minutes and then switch sides so both teams have the chance to play in both scenarios.
- **Teach players that to force the attacking team away from the goal and try to create 2 vs 2 or 2 vs 1 in your favor when defending a man down**



WATER BREAK - 1 MINUTE

Phase 3 - 0:35-1:00

- Set up a 50 x 40 yd. field with a distinct half line, two goals, and goalies.
- Divide into teams of 5 or 6 and play.
- In order to score your whole team as to be in your attacking half.
- Team with the most goals in 4 minutes wins.
- **The hope for this drill is to commit a lot of players forward so there will be a natural opportunity for the opposing team to counter and this will allow you as the coach to teach necessary components of defending a counter attack**

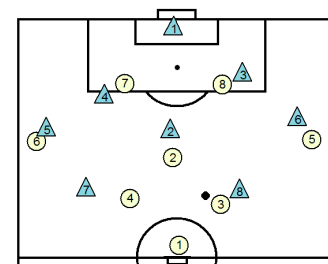


WATER BREAK - 2 MINUTES

Phase 4 - 1:00-1:30

Play and Apply

- Divide the team evenly.
- Play a half field scrimmage.
- Play two 15 minute halves.
- **Look for opportunities to coach the counter attack situation and paint the picture of how it will look in a game**



COOL DOWN AND STRETCH

Advanced Soccer Training #3: Creating Scoring Chances

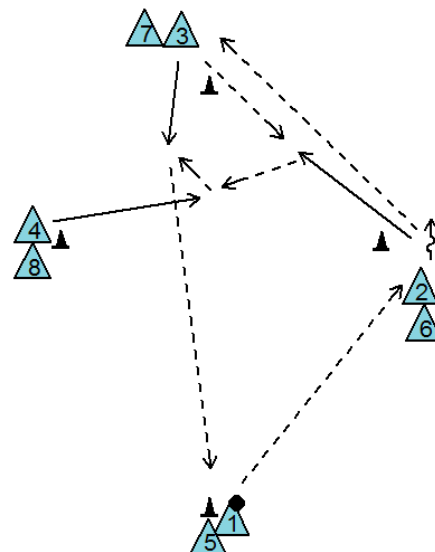
Team

Date

Phase 1 - 0:00-0:15

Pattern Passing

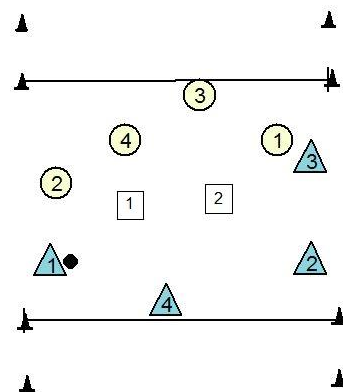
- Set up four cones in a diamond. The bottom cone should be about 25 yds. apart from the top cone. The side cones should be about 15 yds. apart. The side cones should be about 10 yds. away from the top cones at an angle as seen on the diagram.
- You will have 4 players participating with a line by each cone. Players are marked with triangles and the steps are marked with circles.
- Player 1 will start with the ball and pass to player 2.
- Player 2 will receive the ball and take a preparation touch and then pass to player 3. Player 3 will then one touch it back to player 2.
- Player 2 will pass to player 4 while simultaneously player 4 is checking to the ball as seen in the diagram.
- Player 4 will one touch it (lay off) to player 3.
- Player 3 will meet the ball and pass a long hard ball on the ground to player 1. The pattern will then start again.
- Have players rotate in a circle so they get to be at each cone spot.



Phase 2 - 0:15-0:35

Box Game

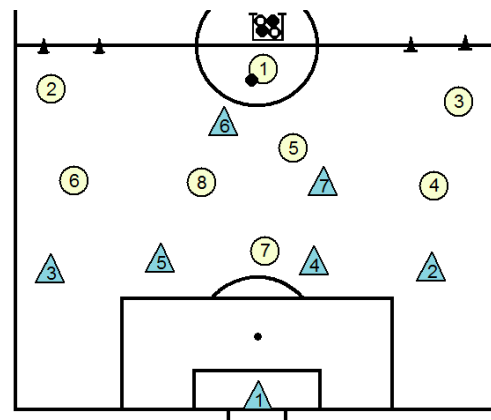
- Set up a 40 x 20 yd. space with 2.5 yd. end zones on each end.
- There are 2 teams of 4 players and 2 neutral (all time offense) players (usually center mids).
- You score by either passing to your teammate in the end zone or by dribbling in under control without dribbling out of bounds or stopping the ball. The end zone line is an offside line so players can't just stand in the end zone. If you score you kick the ball back to your team and your team continues the play (make it take it).
- Play 2 minute games or first to 2 points wins. Rotate teams in and keep them active while they are playing.



Phase 3 - 0:35-1:00

8 vs 7

- Set up two small goals at the half line.
- The attacking team (circles) will have eight field players: 2 outside backs (#2, #3), 2 wing forward and 1 center forward (#4, #5, #6), and 3 center midfielders (#1, #7, #8).
- The defending team (triangles) will play with 6 field players and 1 goalie (4 backs, and 2 center mids).
- The defense scores by passing or dribbling through the cones and they are awarded 2 points. The attack scores on a goal.
- Play for 10 to 15 minutes and then switch players as needed.
- **Encourage attacking players to play the center forward and make runs off or support the other attackers**



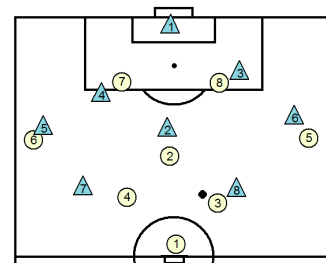
WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

- Play a scrimmage with as many players as you have available (8v8 or 7 v7).
- Play two 15 minute halves and switch sides.
- **Apply the principles talked about in practice and help players recognize when they did something right. Paint the picture of what it will look like in a game**

COOL DOWN AND STRETCH

Play and Apply



Advanced Soccer Training #4: Creating Scoring Chances from Wide

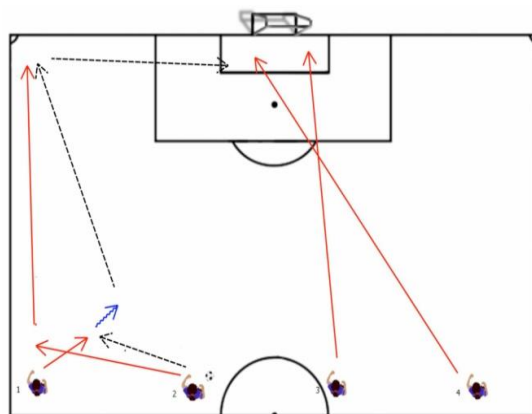
Team

Date

Phase 1 - 0:00-0:15

Four on Top

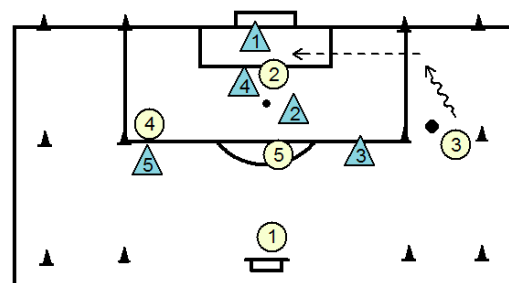
- Make four lines of players at midfield with about 10 yds. between each line. The attacker on the far left will be player #1. The player on their right will be #2, the next player #3, and the attacker on the far right will be #4.
- Player #2 will begin with the ball. They will pass the ball in front of player #1. Then #2 will run in behind #1 and run to the corner.
- Player #1 will take the pass and then pass the ball in front of #2 to the corner.
- 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.
- Player #2 will cross the ball from the corner to players #3 and #4.
- Afterwards each player will move to the next line. The next player in each line will step up and do the same drill.
- After about five minutes add a defender and then add a goalie.



Phase 2 - 0:15-0:35

5 vs 5 Channel Play

- Set up a field about 40x60 yds. Have a 5 yd. channel on each side (see diagram).
- Separate into teams of five with a goalie on each team.
- Play a normal game but you cannot be defended from inside the channel. If you score on a cross then it is worth 3 points. Normal goal is worth 1 point.
- Play in between 3 and 5 minute games and then switch teams.
- **Encourage players to make runs in the box and to score a lot of goals. Also focus on having the crosser send in good balls**



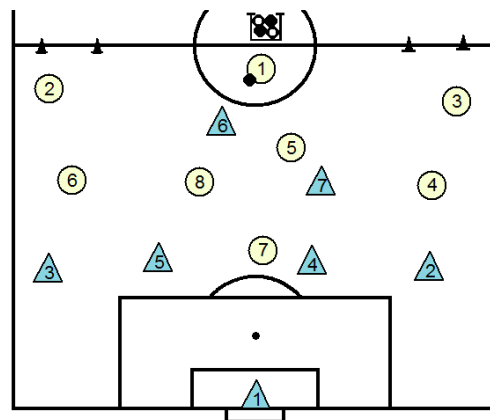
WATER BREAK - 1 MINUTE

(cont'd on next page)

Phase 3 - 0:35-1:00

8 vs 7

- Set up two small goals at the half line.
- The attacking team (circles) will have eight field players: 2 outside backs (#2, #3), 2 wing forwards and 1 center forward (#4, #5, #6), and 3 center midfielders (#1, #7, #8).
- The defending team (triangles) will play with 6 field players and 1 goalie (4 backs, and 2 center mids).
- The defense scores by passing or dribbling through the cones and they are awarded 2 points. The attack scores on a goal.
- Play for 10 to 15 minutes and then switch players as needed.
- **Encourage attacking players to play the center forward and make runs off or support the other attackers**

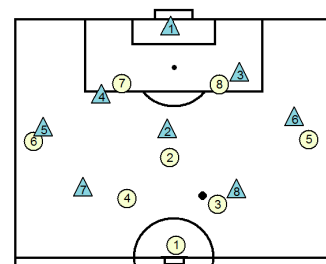


WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

Play and Apply

- Play a scrimmage with as many players as you have available (8v8 or 7 v7).
- Play two 15 minute halves and switch sides.
- **Apply principles talked about in practice and help players recognize when they did something right. Paint the picture of what it will look like in a game**



COOL DOWN AND STRETCH

Advanced Soccer Training #5: Building out of the Back

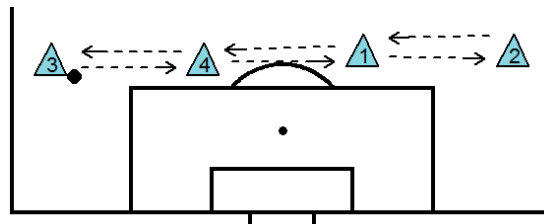
Team

Date

Phase 1 - 0:00-0:15

Pattern Passing

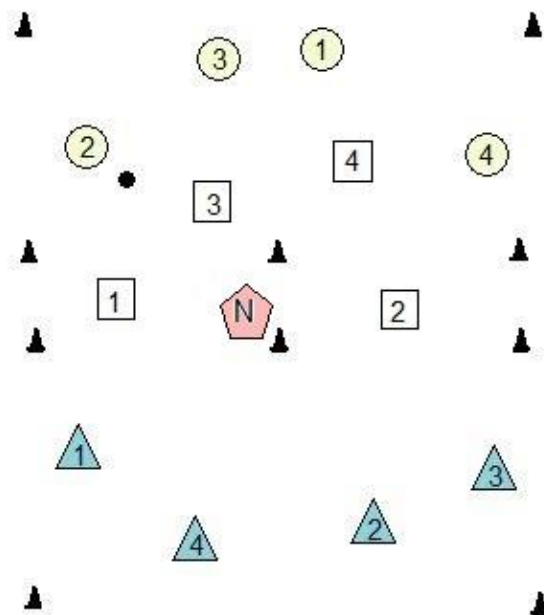
- Have your players in groups of four and have them line up all across the field as seen in the diagram.
- The ball will start with one player on the end and they will pass it to the player next to them and go down and come back as quickly as they can while staying under control.
- After a couple of times, have them try to race the other groups passing it to each player down to the other end and then back.
- The losing teams do push-ups or sit-ups.
- You can also time them and try to see who can do it in less than 20 seconds.



Phase 2 - 0:15-0:35

4 vs 4 vs 4 Neutral

- Create a 45x30 yd. box with a 5 yd. channel in the middle. Separate players into teams of 4 with 3 teams on to start and 1 neutral player (all time offense).
- The coach will play a ball in to either team.
- Circles will try and keep the ball and pass it through the 5 yd. channel on the ground to the Triangles. Once Triangles get the ball they try to keep it and pass back through the channel. If they pass it to the neutral player in the middle channel and the neutral player completes a pass, then it is one point.
- The Squares start as defenders and must have 2 players in the channel and they should move and try to prevent the teams from passing the ball through the channel. The other 2 players can chase after the ball applying pressure.
- If they steal the ball or knock it out, then the team that lost it becomes the defenders and play continues in the other box.
- Award teams points for knocking the ball out and for completing passes to the other box.
- **Teach players to communicate defensively and try to guide the offense where they want them to go**



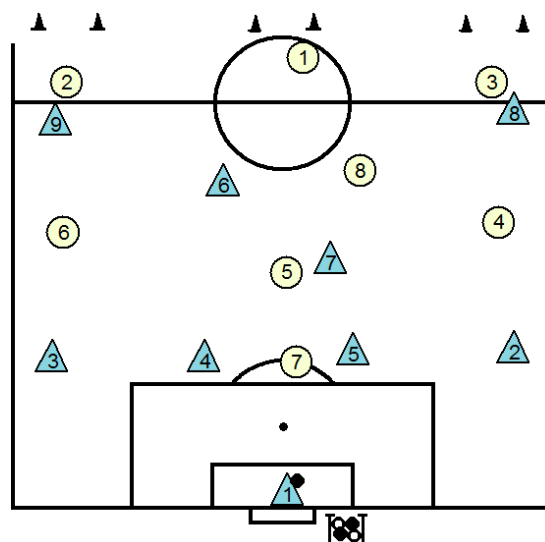
WATER BREAK - 1 MINUTE

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Phase 3 - 0:35-1:00

9 vs 8 Build Out

- Set up three small goals at about 10 yds. beyond the half line.
- The attacking team (circles) will have eight field players: 2 outside backs (#2, #3), 2 wing forwards and 1 center forward (#4, #5, #6), and 3 center midfielders (#1, #7, #8).
- The defending team (triangles) will play with 8 field players and 1 goalie (4 backs, 3 center mids, and 2 wing forwards).
- The defense scores by passing or dribbling through the cones and they are awarded 2 points. The attack scores on a goal.
- Every time a team scores the ball will start with the goalie. The goalie cannot punt the ball. They have to try and play the ball out of the back.
- Play for 10 to 15 minutes and then switch players as needed.
- **Do not get upset when the defense continues to turn the ball over, be encouraging and help them see the options they have to play with**

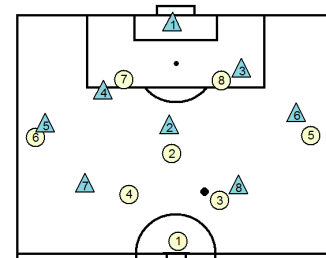


WATER BREAK - 1 MINUTE

Phase 4 - 1:00-1:30

Play and Apply

- Play a scrimmage with as many players as you have available (8v8 or 7 v7).
- Play two 15 minute halves and switch sides.
- **Apply principles talked about in practice and help players recognize when they did something right. Paint the picture of what it will look like in a game**



COOL DOWN AND STRETCH

BASIC SOCCER PRACTICE PLAN (60 MINUTES)

Team

Date

Phase 1 -

Phase 2 -

WATER BREAK -

Phase 3 -

Phase 4 -

COOL DOWN AND STRETCH

INTERMEDIATE SOCCER PRACTICE PLAN (90 MINUTES)

Team

Date

Phase 1 -

Phase 2 -

WATER BREAK -

Phase 3 -

WATER BREAK -

Phase 4 -

COOL DOWN AND STRETCH

ADVANCED SOCCER PRACTICE PLAN (90-120 MINUTES)

Team

Date

Phase 1 -

Phase 2 -

WATER BREAK -

Phase 3 -

WATER BREAK -

Phase 4 -

COOL DOWN AND STRETCH

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