



ESSENTIAL SOCCER SKILLS AND DRILLS

28

FUNDAMENTAL DRILLS
FOR SUCCESSFUL SOCCER

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	5
<i>DRIBBLING & BALL CONTROL</i>	
DRILL #1 – SHORT DRIBBLE	6
DRILL #2 – LONG DRIBBLE	7
DRILL #3 – FINGER SPACEMAN	8
DRILL #4 – TRUCK & TRAILER	9
DRILL #5 – Z TURNS	10
DRILL #6 – ONE ON ONE	11
DRILL #7 – ONE TOUCH, ONE BOUNCE	12
DRILL #8 – BREAK THE CONCENTRATION	13
<i>PASSING & RECEIVING</i>	
DRILL #9 – INSIDE THE FOOT	14
DRILL #10 – HIT THE RUNNER	15
DRILL #11 – THREE STEP PASSING	16
DRILL #12 – SOCCER TENNIS	17
DRILL #13 – DISTANCE PASSING	18
DRILL #14 – PASSING RELAY	19
DRILL #15 – ROTATING PASSING SQAURE	20
DRILL #16 – EQUALIZER	21
<i>(Continued)</i>	

CONTENTS CONT'D

DEFENSE

DRILL #17 – DEFENSE AWAY	22
DRILL #18 – QUICK TRANSITION	23
DRILL #19 – CHASE THE BALL	24
DRILL #20 – DENY THE PASS	25
DRILL #21 – CORNER TRAP	26
DRILL #22 – USE THE GOALKEEPER	27

SHOOTING

DRILL #23 – TARGET SHOOTING (1 ST LEVEL)	28
DRILL #24 – THE BIG KICK	29
DRILL #25 – TARGET SHOOTING (2 ND LEVEL)	30
DRILL #26 – SHOOTING BOX	31
DRILL #27 – TARGET SHOOTING (3 RD LEVEL)	32
DRILL #28 – SOCCER COMBO	33
MORE RESOURCES	34

INTRODUCTION

Perfect practice makes perfect.

We have all heard that saying, and it really is true. Repetition of skills in the right way is the best way to get your players to perform better. Knowing what to do when the opportunity presents itself is one of the hallmarks of a good player. The more you practice, the more inclined your players are to do the right thing at the right time.

Skill development is essential to having a good team.

Coaching your players through the activities included in Essential Soccer Skills & Drills is going to help your players continue to develop their playing habits and improve their overall skill level.

We have divided this guide into four different skill areas that you can focus on:

- Dribbling & Ball Control
- Passing & Receiving
- Defense
- Shooting

Each of these skill areas will help your players improve in their individual and team skills and will help your team as a whole have the necessary abilities to be a well rounded, complete team.

As a coach, it is also important that you are able to alter a drill to your teams needs. This could be to increase competition, raise the complexity, or create more game like scenarios. Some ways that you can alter a drill include:

- Add or subtract players (e.g. add a goalie, remove a defender)
- Add or subtract neutral players (e.g. a static passing player outside the cones)
- Reduce or enlarge the playing area, grid size, or coned distance
- Change the touch restrictions (e.g. can only pass with 2 touches)
- Make new ways to score points (e.g. 10 passes = 1 goal, 3 defensive traps = 1 point)

DRIBBLING & BALL CONTROL DRILLS

DRILL #1 – SHORT DRIBBLE

Skill Level: Beginner

Purpose:

This drill teaches players the importance of dribbling and moving the ball into the opposing teams territory. This is a skill that must be mastered for success.

Setup:

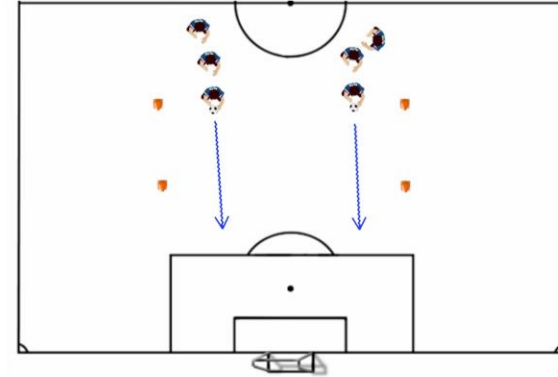
In this drill you can set up a couple of lines with an area of about 10 yards to work with. This will be a shorter dribble distance.

Execution:

1. Line up your players into two or more lines.
2. Have them work the ball back and forth between their feet for a space of about 10 yards.
3. Once they've completed the 10 yards have them return to the back of the line.
4. Cycle each player through 4-6 times to give sufficient repetitions.

Coaching Tips:

- It's important to have them start in a short area because this will build up the dexterity in both of the feet and will get them comfortable in short compact spaces.
- You can shorten up the area if you want, and you can also ask the kids to try and keep their head up as they try to dribble the ball in that area.
- With a little bit of repetition, your players will soon master the skill of dribbling in a short area, using both feet to handle the ball.



Players learn how to dribble in compact spaces and move the ball towards the goal.

DRILL #2 – LONG DRIBBLE

Skill Level: Beginner

Purpose:

As a child is bursting down the field and they have to be able to carry the ball with them. The short dribble requires too much attention and lacks speed.

Setup:

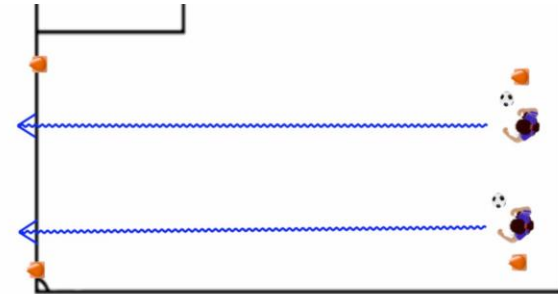
Set up two lines, and extend the area that the players dribble the ball from 10 yards to 40 yards.

Execution:

1. Have one player in each line start with their dominant leg and kick the ball several yards in front of them and run after it.
2. Once your players can simultaneously kick and run (dribbling), then you can try it with their non-dominant leg.
3. Have them wait at the end of the 10-40 yard distance and once each player has gone down, have the players go back to the starting position doing the same dribbling drill.
4. Cycle through several times until each player has had multiple repetitions.

Coaching Tips:

- In order to build the long dribbling skills of your players they need to be taught to kick the ball far enough ahead of them, in stride, so they can take a few full strides when they run.
- With practice kids will naturally learn to kick the ball far enough in front of them so they can run with the ball, rather than have to short dribble the ball ahead of them – taking much longer.



Players naturally learn to kick the ball far enough ahead of them so they can progress down field.

DRILL #3 – FINGER SPACEMAN (GAME)

Skill Level: Intermediate

Purpose:

This is a great drill to build continued learning and reinforcement of dribbling with your head up.

Setup:

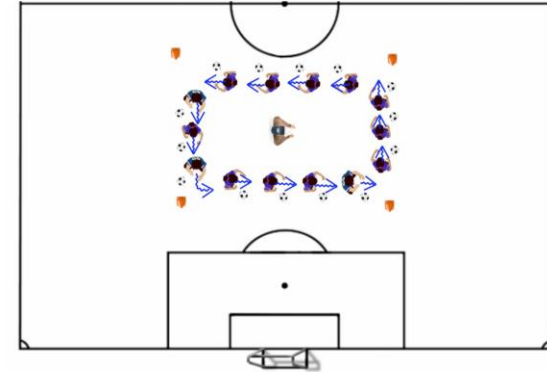
Place four cones in a 30 yard by 30 yard area. Give all of the players inside the square a ball. The coach will be in the middle of the square.

Execution:

1. Give each player a ball and make sure they are evenly spaced out, ready to dribble.
2. When the coach blows the whistle, the players will dribble around the square, maintaining space and keeping their head up.
3. At different intervals the coach will hold up his or her hand and display a certain number of fingers. The players must shout out the number of fingers the coach is holding up.
4. Players who don't see it, or aren't looking up at the hand, are eliminated.
5. After eliminating a few players, you can make the square smaller, emphasizing shorter ball control skills.

Coaching Tips:

- Players are going to continue to develop their ball control skills. Along with that players will get the knack for being able to dribble the ball with their heads up.



Players work on developing ball control while keep their heads up for proper field awareness.

DRILL #4 – TRUCK & TRAILER

Skill Level: Intermediate

Purpose:

In this ball control drill, players are forced to mimic the direction of the person in front of them as a trailer follows it's truck.

Setup:

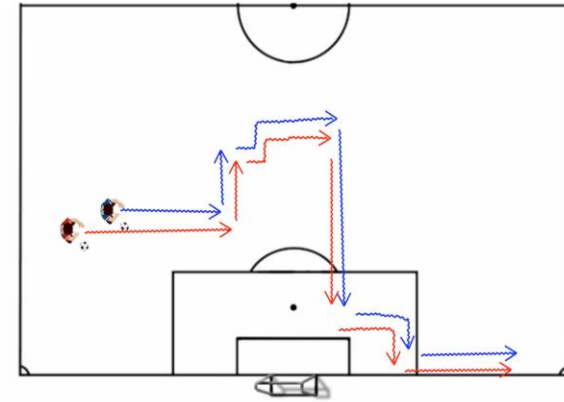
Two players are partnered together with two balls.

Execution:

1. As a truck and trailer would do, one player must follow the other.
2. The player in front is the truck and must dribble the ball, change directions, sprint, stop, turn the ball, and any other desired movements.
3. The player behind is the trailer and must keep within a few short paces of the truck.
4. To complicate the drill further, add a tandem trailer.

Coaching Tips:

- This forces a player to watch what the player ahead of them is doing, but also to maintain control of the ball so they can follow the player close enough.
- You might think this drill is simple, but it can actually be used at all levels. It is far more difficult than a coach might think, but it develops excellent ball control skills.



This drill will help players learn to work in close quarters and to quickly react to what others are doing and still keep control of the ball.

DRILL #5 – Z TURNS

Skill Level: Intermediate

Purpose:

This is a drill that will teach players to gain control of the ball and maintain it while changing directions.

Setup:

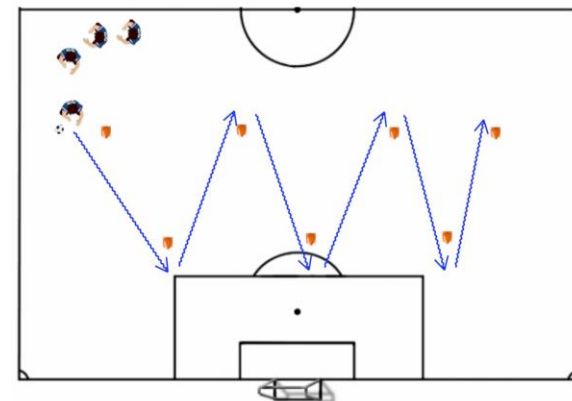
You will need to set up a cone course similar to the one shown in the diagram that will facilitate players moving from side to side. Two lines can be set up so players can get more repetitions.

Execution:

1. When the coach blows the whistle the players in front of the lines will start through the cones course first.
2. After the first players have passed the first two cones, the next players can go.
3. Each player will need to dribble with both feet to keep control of the ball as they advance through the cone course and should have as few stops as possible.

Coaching Tips:

- Encourage the players to stay in control and go at a pass that will allow them to make minimal or no stops.
- When done properly and after several repetitions the players will see an increase in ball control using both feet when dribbling.



Players learn to dribble with both feet while turning up field and around defenders.

DRILL #6 – ONE ON ONE (GAME)

Skill Level: Advanced

Purpose:

This is a good old fashioned game that pits two players against one another. One on one skills are important to develop, both for ball control and for ball handling.

Setup:

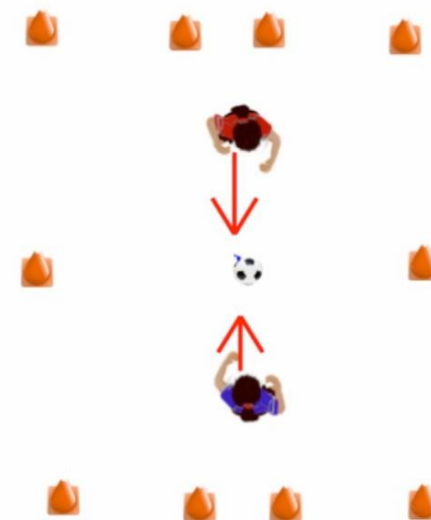
Pair players up with opponents of equal skill. Give each player an area of about 10 yards wide by 20 yards long. Put a small goal at the end of each side with cones.

Execution:

1. The players need to get the ball away from each other and try to get it into their opponent's goal.
2. Players must be no further than a couple of uncontested steps away from their opponent's goal in order to score.
3. Kicks from the other side of the playing area do not count as goals.
4. The first player to 3-5 points wins. You can adjust the time or number of points accordingly.

Coaching Tips:

- Emphasize keeping the ball protected, good ball control, and dribbling skills.
- Help the players understand that this is just a microcosm of the game situation that needs to be understood and perfected for players to get to the top of their game.



Players will be able to build their one on one skills and get the feeling of playing in a tense game situation.

DRILL #7 – ONE TOUCH, ONE BOUNCE (JUGGLING)

Skill Level: Advanced

Purpose:

This is a drill that builds a player's body and eye coordination, and their ball control skills over time.

Setup:

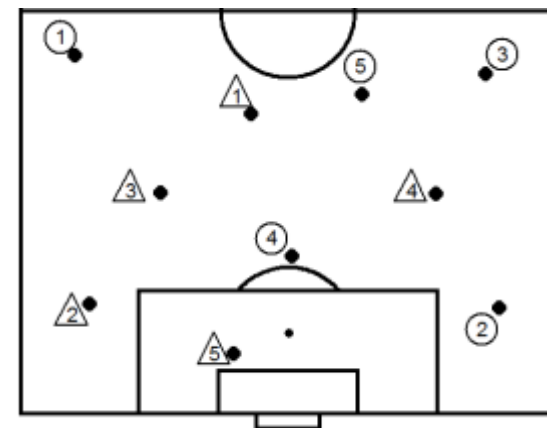
Each player gets his or her own ball and they need an area of about 5 yards by 5 yards.

Execution:

1. Have the player contact the ball with an area of their body (shoulder, knee, toe, head) and kick or touch the ball about waist height.
2. Then the player needs to let the ball bounce on the ground.
3. Then they hit the ball again with one of the other areas of the body, let it bounce, and repeat.
4. Have each player do this 20 times.
5. Increase the difficulty over time by increasing the number of touches in a row (2 touches, one bounce, 3 touches, one bounce, etc.) and have them alternate feet.

Coaching Tips:

- Many veteran soccer players will be familiar with this one mainly because they have probably done it since they were kids. But, it is a great ball control drill.



This is a great drill for players to practice and improve their juggling and ball control.

DRILL #8 – BREAK THE CONCENTRATION

Skill Level: Advanced

Purpose:

Players must understand how to be aware of the action around you in order to keep 100% control of the ball and this exercise will help them improve their awareness.

Setup:

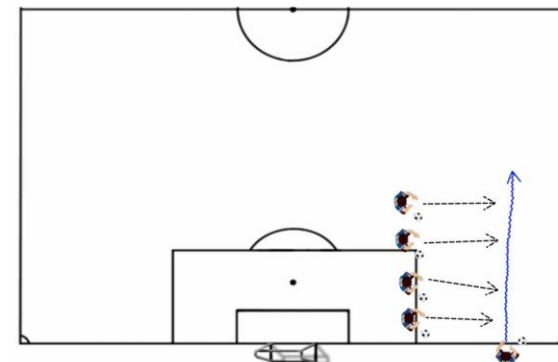
Four passers staggered over a 20-yard straightaway. Each of the passers has a ball. There will be one dribbler at the start of the 20 yards.

Execution:

1. The object of the game is to try and break the concentration of the player dribbling the ball along the 20-yard course.
2. The passers will kick their ball towards the player dribbling the ball at half pace down the field.
3. The ball carrier should attempt to dodge (or field, if they can) the balls that are being kicked at them.
4. All of this while maintaining control of the ball.
5. Rotate the passers and dribblers so that each player gets to dribble at least twice.

Coaching Tips:

- Stress to your players that this requires good ball control skills, keeping the head up, and good dribbling.
- There are a lot of distractions during a game, and a player must be able to maintain their focus and be able to react quickly to the certain situations during the game. They'll learn that in this drill, or they will get hit with the ball.



Players work on ball control and reacting quickly without losing focus.

PASSING & RECEIVING DRILLS

DRILL #9 – INSIDE THE FOOT

Skill Level: Beginner

Purpose:

This is the primary passing area used by soccer players and should be learned properly at an early age.

Setup:

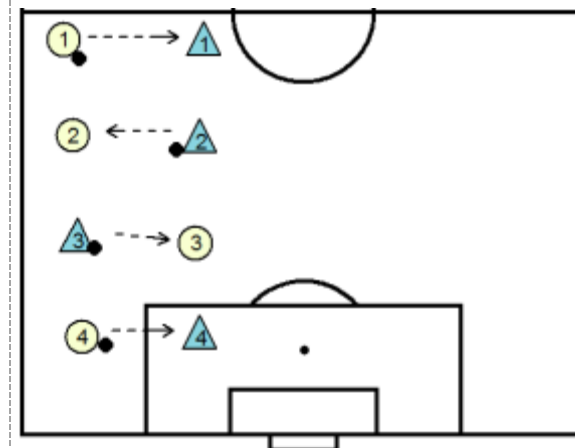
Have two rows of players line up across from each other about 8 to 10 yards apart, depending on their skill level.

Execution:

1. 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.
2. Have the players complete 10 passes each back and forth.
3. To provide them with more experience with different players, have one line rotate so they have the chance to pass with other players.

Coaching Tips:

- This is a basic skill to learn for younger players (nonetheless important), and the drill itself is just as basic.
- Players will soon learn the appropriate area they need to contact the ball and continue working on pass reception and ball control.



Players will learn the basics of passing the ball using the proper foot technique.

DRILL #10 – HIT THE RUNNER

Skill Level: Beginner

Purpose:

This is a similar drill to long pass control and learning to pass receive on the run, but this one focuses on how to pass properly to players that are running.

Setup:

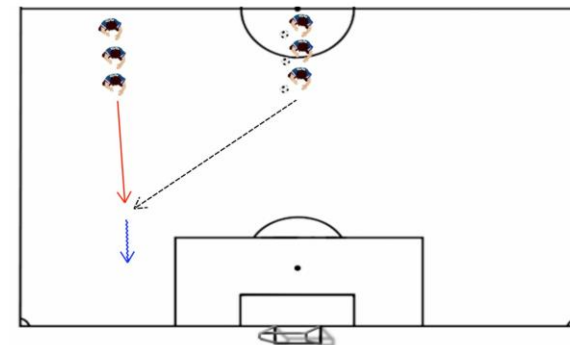
Two lines - one with passers and one with runners. You can have two separate groups for this if you have the numbers.

Execution:

1. Explain that each player needs to lead the runner with the pass in order for them to get it in stride.
2. Show them how much harder it is to receive the ball if it is behind you than in front of you.
3. As the runner takes off, the player will have to try and gauge the speed of the runner and send a pass to that player.
4. The runners should try and vary their speed - not always running as fast as they can, but sometimes just jogging and other times maybe just standing still in the line.

Coaching Tips:

- Although the focus of this drill is passing, it is beneficial to make sure the runners are also working on their pass control skills by stopping the ball and gaining control.



As the marbles game helped players learn stationary accuracy, this drill will help them learn to pass accurately to a player that is moving.

DRILL #11 – THREE STEP PASSING

Skill Level: Intermediate

Purpose:

Rarely do soccer players ever use just one skill over and over again. Learning to use skills simultaneously is key to increasing their level of play.

Setup:

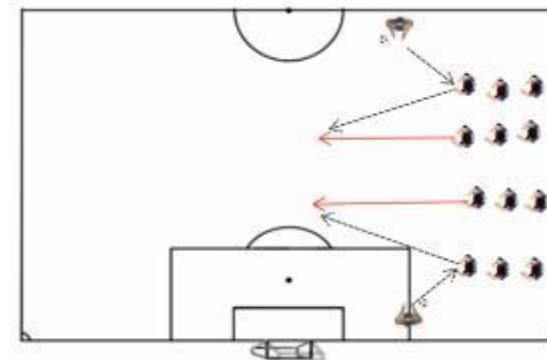
You can have two lines of players that can participate in this drill. A coach will be needed at each line to conduct the drill.

Execution:

1. The coach will pass the ball from many angles and heights
2. The player must stop the ball, control it, and then make a pass back to the coach.
3. In order to make the drill more difficult, you might consider adding another line to have running players receiving the passes so the player has to stop, control and then pass it to another player from the running line.

Coaching Tips:

- Getting a pass, controlling it, and then making another pass to a player is something that will happen regularly during the games. Players have to be able to make these transitions quickly to take advantage of game time situations.



Players will start to put together several skills at once. They will be able to use their skills simultaneously during a game.

DRILL #12 – SOCCER TENNIS (GAME)

Skill Level: Intermediate

Purpose:

Proper form and control when kicking the ball is crucial to maintain the ball control and knowing where the ball is going to go. This drill enables players to do just that.

Setup:

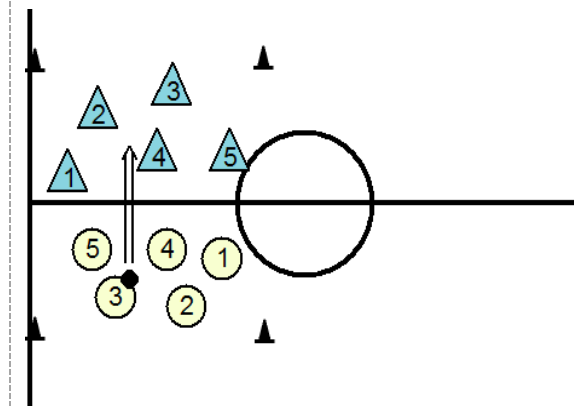
Create a 20-yard by 20-yard area and then divide it in half with a rope, net, or line. Put five players on each side of the rope. Only one ball is needed.

Execution:

1. The game starts with the ball being kicked or lofted over the rope to the other side.
2. A player must approach the ball, prepare to kick it, and then kick it accurately to the other side of the rope.
3. If a player kicks it outside of the 20x20 area, then the other side scores a point.
4. First team to any set number of points wins and the losing team has to do pushups, sprints, or something else.

Coaching Tips:

- Sometimes if the ball is bouncing around and players run up to the ball, they get so excited about the chance to kick the ball that their coordination goes out the window. In this game of soccer tennis the idea is to get players to prepare to kick the ball, and then to kick it accurately to the other side of the net.
- The anxiety of approaching the ball, preparing and kicking will dissipate over time. The more time one spends on this drill the more comfortable they will become in getting the ball.



This game requires that players kick the ball in the air with control in a closer area.

DRILL #13 – DISTANCE PASSING

Skill Level: Intermediate

Purpose:

Being able to judge how much leg you need to put on a pass is key.

Setup:

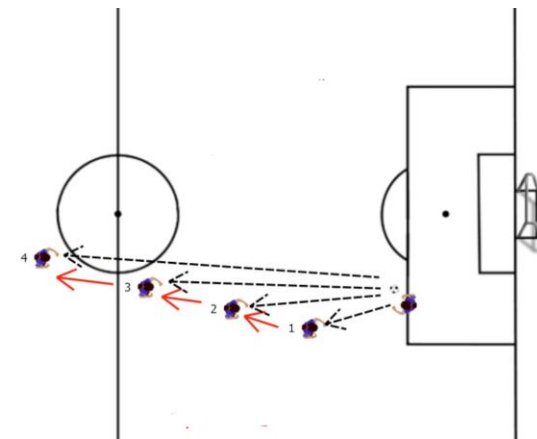
Have the players get into two lines - one for pass receivers and another for passers. The line with the passers will need to have soccer balls.

Execution:

1. Have the pass receivers start off at about 10 yards away and the passers must hit them with a pass. This is the simple part of the drill.
2. Next, have the receivers go to 20 yards away, then 40, then even 60 yards to see how accurate your players can be. They will soon understand what kind of kicking power is needed for the different lengths.

Coaching Tips:

- Your players will be able to more accurately judge how much power each pass requires, and they will build leg strength for longer kicks. This is also a good opportunity for pass receivers to hone their skills.



Players will learn to determine proper leg strength depending on the distance of their teammates.

DRILL #14 – PASSING RELAY

Skill Level: Advanced

Purpose:

Making quick, targeted passes is a great skill for your team to develop. This relay will reinforce that element.

Setup:

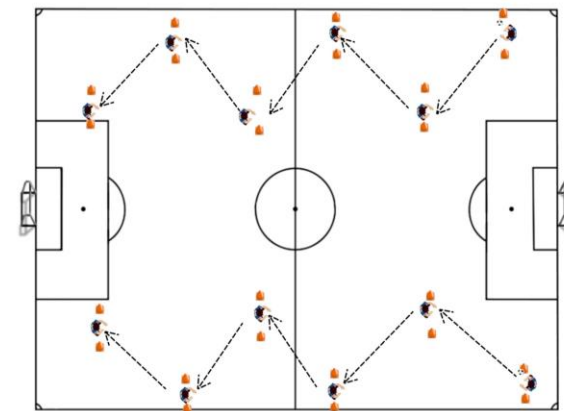
Set up a course of alternating cones in a slalom-type course. Players should also be staggered so the passes have to go through the middle of the cones.

Execution:

1. Players pass the ball between the two cones to the player at the staggered position closest to them. The object of this drill is to make the passes through the cones, as quickly and accurately as possible up the course and then back.
2. The team that does the course the quickest wins the relay.
3. You can increase competition by providing a reward for the winning team or by punishing the losing team with pushups or sprints.

Coaching Tips:

- This is a great drill for increasing passing accuracy and for learning to pass quickly after gaining control.



This is a game that can get the players engaged in passing accurately and quickly.

DRILL #15 – ROTATING PASSING SQAURE

Skill Level: Advanced

Purpose:

Players are moving during a game more often than not and they need to use their passing and receiving skills while on the run. This drill helps them improve that at a higher level.

Setup:

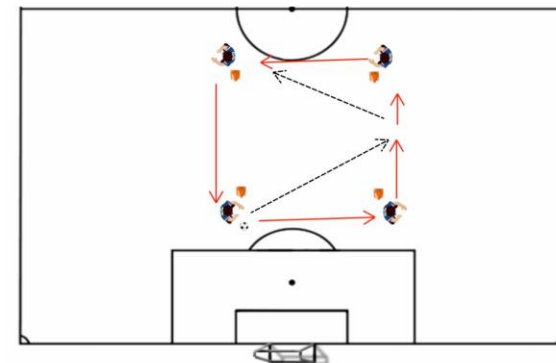
You need to set up a square with four cones. The cones should be about 10 yards apart to start, and then you can move them 20 yards apart. Four players should be at each square, with one player starting at each corner.

Execution:

1. One player will start with a ball.
2. Another player will run around the outside of the square and the starting player will pass them the ball.
3. They must control the ball, pass to another player and continue running.
4. The cycle continues as players run around the square.
5. The player passing the ball must pass it across the square to the opposing side and as the players start moving, they will be running to get to the passes, they must control it, and then pass it across again.

Coaching Tips:

- The idea is to get players to learn to pass and receive the ball while they are running. You can increase the speed of the drill as players get better, and you can penalize players with pushups or sprints, if they lose control of the ball.



Players will build skills when they begin passing on the run and receiving the ball.

DRILL # 16 – EQUALIZER (GAME)

Skill Level: Advanced

Purpose:

This is a glorified game of keep away, but it has a unique twist that keeps the players engaged.

Setup:

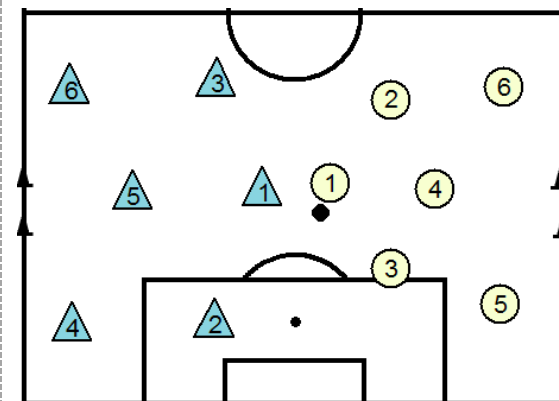
In one half of the field, put six players against six players. Each side will have a small cone goal.

Execution:

1. The drill is played just like a regular soccer game, however there is something distinctly different about it.
2. Once one team scores, then that team cannot score again until the other side scores.
3. The team that has the lead must continue to pass the ball around the field with 6 players, keeping it away from the other team, and defending against the other team scoring but they are not allowed to score.

Coaching Tips:

- Along with getting closer to full game play, this forces the team that has the lead to work as a team and to focus on passing the ball accurately and working on skills like shielding and ball control.



This is a great game that helps players learn teamwork and passing.

DEFENSIVE DRILLS

DRILL #17 – DEFENSE AWAY

Skill Level: Beginner

Setup:

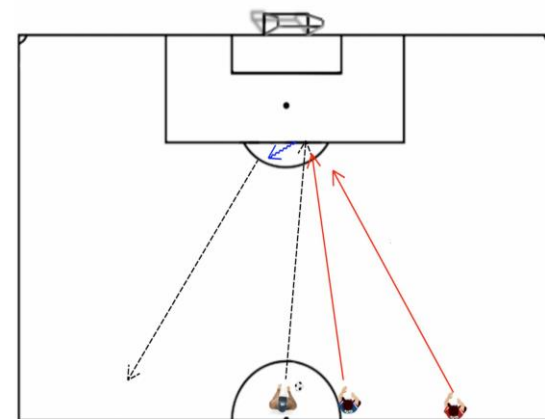
Organize a line of attackers standing at midfield between the sideline and the circle and another line of defenders at midfield at the side of the circle. Have a coach stand in the circle with a bunch of balls.

Execution:

1. The coach will kick or throw a ball at the goal and blow the whistle.
2. The first player in each line will sprint toward the ball.
3. Since the defending line is closer the defender should get there first.
4. When the defender gets to the ball he must turn with the ball and kick it back up-field (if there's time) or boom the ball out of bounds (if the attacker is pressuring).
5. If the attacker gets to the ball first then the defender must try to steal the ball or block the shot.

Coaching Tips:

- This drill teaches defenders to clear the ball as soon as possible. The defender should clear the ball to the side. This drill also teaches defenders to decide exactly what to do with the ball according to how much direct pressure is being applied.



Defenders learn to act based on the offensive pressure and learn to make good quick decisions.

DRILL #18 – QUICK TRANSITION

Skill Level: Beginner

Purpose:

This drill is about the transition from offense to defense.

Setup:

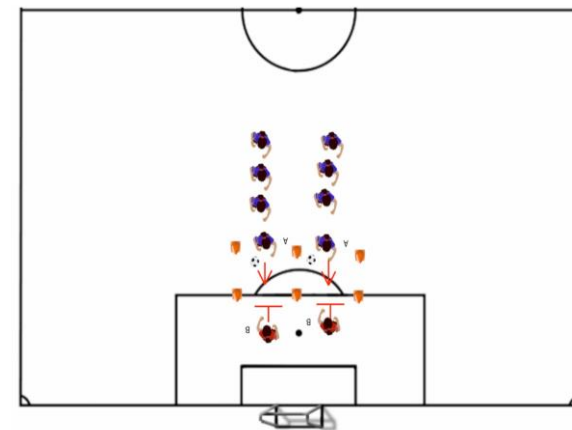
Place two defenders inside the penalty area facing away from the goal. Organize two lines of attackers outside of the penalty box facing the goal. Mark off an area with cones in front of the lines of attackers. They must stay in that area during the drill.

Execution:

1. The first player in the attacking line comes down towards the defender.
2. They must make one quick move to get by the defender and then take a shot.
3. The defender tries to make a tackle and clear the ball away.
4. 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.
5. Have each player cycle through the entire line of attackers. The next attacker should come immediately.

Coaching Tips:

- As a coach, you need to keep this drill going quickly, and avoid having the players slow it down trying to make moves around the defender.
- Attackers will learn to make a quick move on offense, and then turn back to defend a common play in soccer.



This is a quick offensive and then transition to defense drill for your team.

DRILL #19 – CHASE THE BALL

Skill Level: Intermediate

Purpose:

Chasing after a loose ball and then transitioning to offense and defense is key in soccer. The purpose of this drill is to help with that offensive and defensive transition.

Setup:

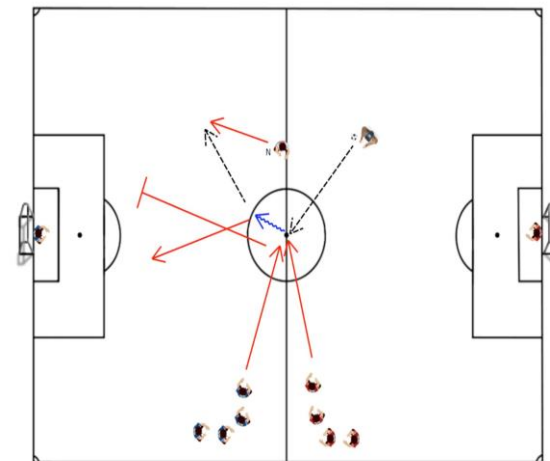
Place a goalkeeper in each goal. Divide your remaining players into three teams. Two teams will line up on their sides of the field near the sideline and will play against each other. The third team will line up on the opposite side of the field exactly on the midfield line and will be the neutral players.

Execution:

1. The coach will toss the ball into the middle of the field and the first player in line for each of the two competing teams will sprint after the ball once it is thrown.
2. The first player to reach the ball is on offense with the neutral player, and the other is on defense.
3. Each player will turn and attack the opposing players goal. Likewise if on defense the player will try to defend their teams goal.
4. Once one player secures the ball and goes on offense, they must take no more than 15 seconds to execute a play with the neutral player.
5. If a goal is scored, that player then turns around and plays defense.
6. The other player is now on offense with the neutral player attacking the opposite goal.
7. Each time the entire drill is executed, all players rotate, except for goalkeepers.

Coaching Tips:

- Your players will learn to sprint quickly to gain control of loose balls and make a quick transition to offense and defense.



This is a great drill for players to practice chasing after the ball and making game like transitions.

DRILL #20 – DENY THE PASS

Skill Level: Intermediate

Purpose:

An important skill for defenders in order to increase their chance of success against oncoming attackers is learning to deny the pass.

Setup:

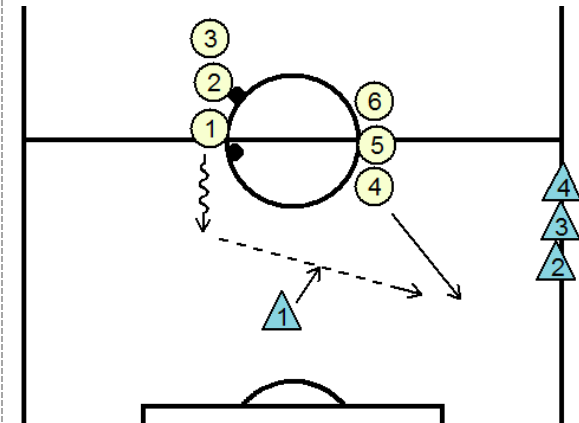
Create three lines. One line of defenders and two lines of forwards. Two forwards will go up against one defender.

Execution:

1. The trailing forward will control the ball and start slowly dribbling it up the field.
2. On the whistle, the leading forward will break to an area for a pass.
3. The defender must recognize where the pass is going to go and try to shield the forward from the pass.
4. To make the drill more complex, you can add another defender and the forwards can try to execute a give and go.
5. The second defender will try to deny the return pass to the trailing forward when they shoot back up the middle.

Coaching Tips:

- Defenders should be careful not to commit to fakes, but to be patient and wait to deny the player the pass. They need to keep an eye on their opponent's body and the ball in order to shield them from receiving the pass.
- Learning to deny the pass is one skill that will help a team contain offensive-minded soccer opponents.



This is a good drill that teaches the defender to adapt to and look for the pass.

DRILL #21 – CORNER TRAP

Skill Level: Advanced

Purpose:

Trapping is an effective defensive tactic that can force errors by attacking players. At the core of this drill is defense. This is very similar to a trap play in basketball or hockey, when you force a player into an area where the defenders cut off movement and passing lanes.

Setup:

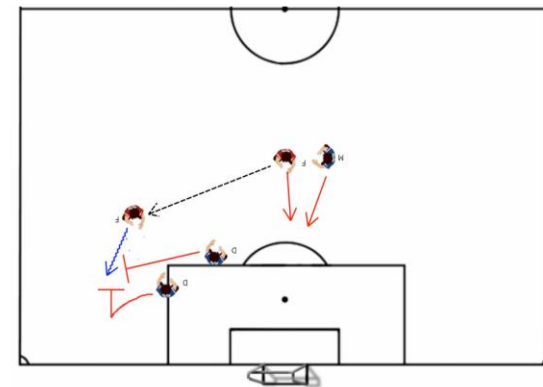
Separate your team into two groups, one at each goal with a goal keeper in net. Set up each side with two defenders and one midfielder on defense playing against two attacking players.

Execution:

1. The offense starts with the ball at about midfield.
2. Their objective is to break down the sidelines then loop a crossing pass to the other forward for a shot.
3. The defenders are going to try to trap the forward to prevent the crossing pass.
4. The midfielder will try to intercept an errant pass to the other forward.
5. If the offense has a good shot they should look to score.
6. If the defense is able to trap the forward and force a backward pass they win and the drill should be repeated.

Coaching Tips:

- This is a defensive tactic that will work especially well against forward units that only have three forwards. When the forward is forced into the corner with a trap, often times the only pass they have is back to a midfielder.



Defensive players learn to trap and force backwards passing and offensive players learn to make quick cross passes.

DRILL #22 – USE THE GOALKEEPER (3 IN 1 DRILL)

Skill Level: Advanced

Purpose:

Your goalkeeper can act as an excellent extra defender that can be utilized in much the same way as another playing defender.

Setup:

Place a goalkeeper in the net. Each aspect of this drill will require different players and a slightly different set up. You will need at least two defenders and two forwards.

Execution:

Drill 1: Opposite toss

1. Getting your goalkeeper involved in setting up a transition, or to help clear the ball from the defensive zone is important. Here's one way to get your goalkeeper to be the extra defender:
2. The left defender will bring the ball from the corner up the field level with the penalty box line extended.
3. An opposing forward will provide slight pressure to simulate a game situation.
4. The defender will kick the ball into the penalty area to the goalkeeper.
5. The goalkeeper will control the ball and will sling the ball to the defender on the other side of the field.

Drill 2: Pressure the keeper

1. In this variation, have the defender pass the ball immediately to the keeper.
2. Then have a forward quickly pressure the keeper while he or she is trying to make a play.
3. Have the other defender open so they can unload the ball quickly.

Drill 3: Keeper pass support

1. The goalkeeper will start with the ball and the defenders will make their way back to provide the pass support.
2. Once put into play by the goaltender the team will play the ball forward.
3. Then the coach will toss another ball to the goalkeeper.
4. The defenders must recognize this and come back for pass support once again.
5. Add forwards to make this more difficult for defenders.

Coaching Tips:

- Using the keeper adds another element of transition success to a soccer team. Often what will happen is the forwards and mid-fielders will cheat to one side when a ball is being brought up by a defender. Drill 1 changes the direction quickly and might catch your opponent's midfield off-guard.
- Your goalkeeper will experience pressure from one or more forwards during the course of the game when they are handling the ball. Training your keeper to handle the pressure is important and is taught in Drill 2.
- Drill 3 will help your defensive players and midfielders recognize the need for pass support.



This is a three in one drill with variations that teach players to utilize and support the goal keeper in various ways.

SHOOTING DRILLS

DRILL #23 – TARGET SHOOTING (1ST LEVEL)

Skill Level: Beginner

Purpose:

Learning accuracy is a great tool for players to develop at an early stage. This drill helps them find the range that is essential in scoring goals.

Setup:

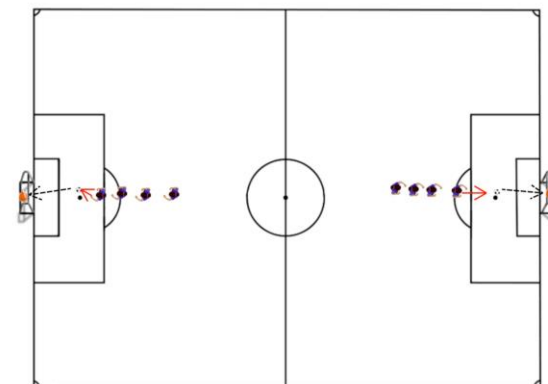
Set up a series of goals (maybe three or four) so players can get the most chances at shooting for the targets. Divide the players up into groups at each net or goal.

Execution:

1. Set up a target inside the goal. It could be a cone, a box, or a device that knocks over when a player hits it.
2. Each player will have a chance to hit the target from about 10 yards out.
3. Each rotation that the players go through, you move the target to a different area of the net so they have to adjust their shooting.
4. The next step is to move the players back a bit so they have to kick the ball harder and farther to get it to the target.

Coaching Tips:

- As the players get more experienced and this becomes easier, you can increase the difficulty level by increasing the size of the goals and by placing a goalie or obstacle in the way of the target.



Players will learn to develop a 'range' for certain areas of the net.

DRILL #24 – THE BIG KICK

Skill Level: Beginner

Purpose:

Players should learn the proper shooting technique early on so they can build power as they gain experience with the game.

Setup:

You need a couple of nets or goals and two lines of players equipped with balls.

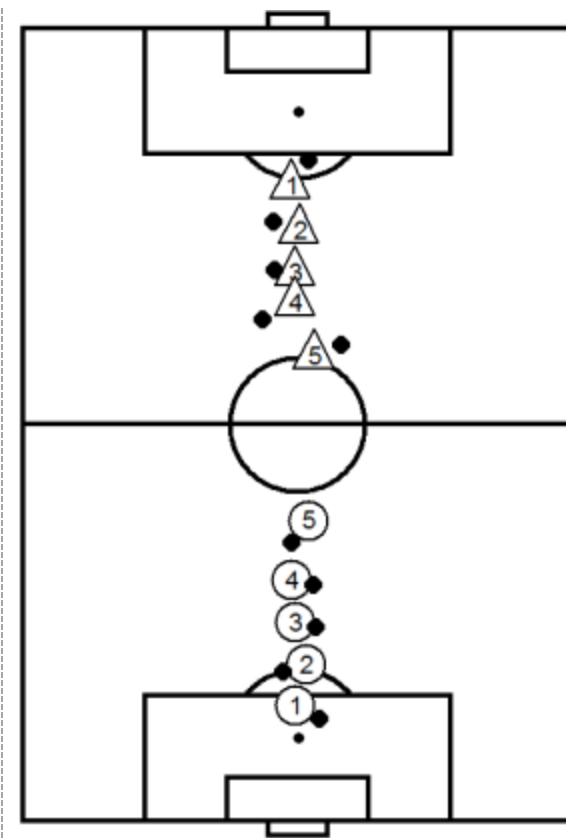
Execution:

1. Show the players how to go through the proper shooting form by planting foot, creating a contact point and then following through.
2. Have the players do this and get them to kick the ball at the net. Most younger players will want to try and kick the ball hard, but get them to slow down and try to keep things under control so they can learn to kick properly.
3. You can ensure the players that they will learn to kick it harder once they learn how to kick it properly.

Coaching Tips:

Ultimately this is a drill that teaches kids the fundamentals of shooting the ball. Power and accuracy will come down the road.

Often times, younger players will simply stride into the ball when they are running in order to kick it. While the intent is good, learning to do this properly starts with learning the proper stationary kick.



This simple drill helps players learn to control their kick and shot towards the net.

DRILL #25 – TARGET SHOOTING (2ND LEVEL)

Skill Level: Intermediate

Purpose:

Hitting targets on the ground is easy (1 level), but players need to start hitting parts of the net different targets.

Setup:

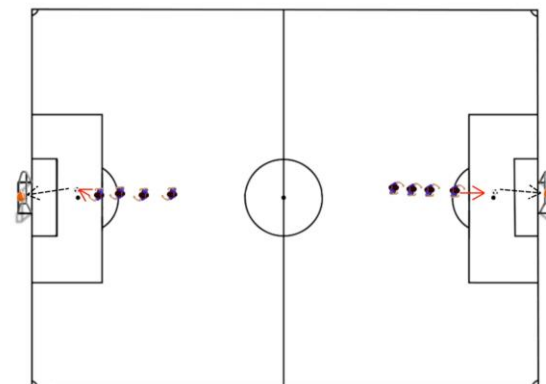
You will need to have a way to separate off a section of a full sized net for players to aim at. You can divide the team into two groups.

Execution:

1. Attach your target or target area to the net or define the area the players have to hit.
2. The players then need to kick the ball and hit that designated area.
3. Start this drill at 15 yards, move the target around, and then you can move the players back as they get better.

Coaching Tips:

- With the variation in shooting areas, your players will start to really fine tune their accuracy skills.
- This is pretty straight forward and will lead directly into the third level of target shooting when you can add in a goalkeeper if you want to, in order to take shots from the players.



Similar to Level 1, this drill helps players direct the shot to certain parts of the net.

DRILL #26 – SHOOTING BOX

Skill Level: Intermediate

Purpose:

This drill works on a player's shooting and awareness during a game.

Setup:

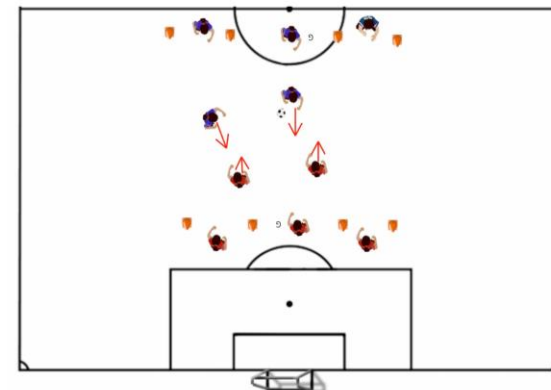
Divide players into teams of five, with one goalie in each group. Cone off a 25-yard by 25-yard area to do this drill.

Execution:

1. Each side will have a goal area, with a goalie minding the net.
2. Two players from each team will play two on two, while the other two players on the team will cover goal lines between the corner cones.
3. If the ball is kicked and misses the net, the players on the end lines will attempt to get the ball back to their players inside the coned box.
4. Rotate players from the goal lines into the coned area to switch the two on two play and provide every player with the opportunity to improve.

Coaching Tips:

- The overall result will be more shooting practice on the goalie, and it will keep players into the game as they watch for the ball on the goal line.



Players will learn to apply multiple game scenario skills.

DRILL #27 – TARGET SHOOTING (3RD LEVEL)

Skill Level: Advanced

Purpose:

Hitting targets on the ground is easy, and hitting the net without a goalie is not that tough either. Now you get work on a real goalie which is a game time situation.

Setup:

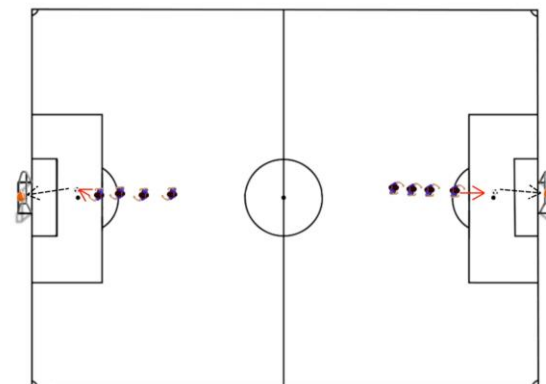
Divide the team into two sides and have a goalie in each net.

Execution:

1. The players need to pick a target in the net and try to foil the goalie in net.
2. Start these drills at 15 yards, and then you can move the players back to build shooting skill and accuracy from various distances.
3. To add variation to this drill, you can put the targets up and have players try to hit them while the goalie is in the net.
4. Another thing that can be done is to move the shooting alley from the center, to the right or the left.

Coaching Tips:

- With the variation in shooting areas, your players will start to really fine tune their accuracy skills. Increasing the distance in the players' kicks will also start to build good leg strength.



This is a great drill for players to take their scoring and shooting to the next level.

DRILL #28 – SOCCER COMBO DRILL

Skill Level: Advanced

Purpose:

Soccer is a live game where players are constantly changing and doing different things during game play. This drill helps to simulate a player going through those various situations.

Setup:

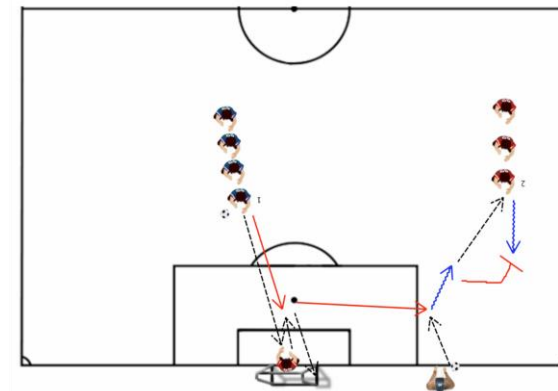
At one end of the field place a goalkeeper in goal and create two equal lines. Set up Line 1 about 10 yards outside of the 18 and Line 2 on the opposite side of the field near the sideline.

Execution:

1. The first player in Line 1 will shoot the ball on goal and immediately follow their shot for a rebound.
2. The coach will then pass a ball to them that they must control and dribble up field.
3. They will make a forward pass to the player in Line 2 and will immediately go on defense.
4. The player in Line 2 will receive the pass and rush back up field to execute a one on one play and will try and score.
5. The new defender will try to make a tackle and steal the ball.
6. Once completed the player from Line 1 will go to the back of Line 2, and the Line 2 player will go to the back of Line 1.

Coaching Tips:

- This is a five part drill and must be done as quickly as possible by the player. It can be used as a conditioning drill as much as a skills drill. It should take no more than 30 second to complete each player.



Several technical and game play areas are worked on, including shooting, rebounding, receiving a pass and dribbling, making a pass and then defending are all practice within this one drill.

Looking For More Soccer Coaching Resources?

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