

# 800+ Soccer Training Drills For U13-U20: Soccer Football Practice Drills For Youth Coaching & Skills Training (Youth Soccer Coaching Drills Guide Book 6)

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It will help others to improve their players, teams and demystify the art of youth soccer coaching. Something that will take you only a few moments will help me out today and for years to come. Thank you.

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900+ Soccer Drills

## 1-2 Combination

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Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: Passing - Finishing

Description:

- first player passes and receives the ball from at least three different wall players before he passes into the mini goal with one touch
- next player starts as soon as the previous player makes his second pass

Variation:

- starting players must pass to all wall players
- play with only two wall players on each side
- wall players must play one touch
- adjust spacing depending on the age and ability of the group

Coaching Points: weight of pass, accuracy, vision, first touch

## 1-2 Passes

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: passing - dribbling

Description:

- players dribble around grid and play 1-2 wall passes with players at corners
- next player starts as soon previous player gets to second corner

- pass must be made at red cones as shown

Variation:

- specify how players must pass/ receive (left or right foot, inside or outside foot etc.)
- adjust spacing depending on the age and ability of the group

Coaching Points: weight of pass, accuracy, first touch, communication

## 1v1 Attacking Zone

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing - attacking - defending

Description:

- each team defends and attacks a goal with goalie
- play 4v4 in the middle zone
- one defender and one attacker in each end zone
- all players must stay in their zone
- players inside the middle zone attempt to pass to their striker who plays 1v1 versus a defender from the opposing team inside the attacking zone
- switch forward/defender

Variation:

- player who makes the pass to striker can move into attacking zone to create 2v1 situation
- play always starts in middle zone
- forward has to finish on first/second touch
- play 5v5, 6v6, 7v7 in the middle zone etc.
- limit number of touches
- adjust spacing depending on the age and ability of the group

## Coaching Points:

weight of pass, accuracy, disguise, quality of preparation touch, aggressive and positive mentality, vision and anticipation, placement versus power, positioning to gain an advantage

-

## 1v1 Chase

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - defending

### Description:

- attacker with the ball decides which cone to start from (left or right)
- defender always starts from cone in the middle
- on coach's command the attacker dribbles towards the goal with the defender chasing him trying to block his shot
- players switch roles every turn

### Variation:

- defender is allowed to score himself if he wins possession
- adjust spacing depending on the age and ability of the group

## Coaching Points:

get the shot off as quickly as possible , aggressive and positive mentality, eye on ball. accuracy over power, try to be deceptive with the shot, look to seal off defender

## 1v1 Coast To Coast

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: Dribbling

Description:

- on coach's command a specific player attempts to dribble to the opposite end line
- if the defender in the middle wins the ball, he switches roles with the attacker

Variation:

- start activity without balls as a warm up
- 2 players defend the middle and coach calls two players to dribble to opposite end line
- 2 defenders in the middle stay connected by holding a pinnie
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

change of direction and speed, deception, set up defender, protect the ball, vision, close control, soft touch

1v1 Corner Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling - Ball Control - Defending

Description:

- one team (attackers) practices juggling in the middle of the grid and the other team (defenders) inside the corner areas as shown
- on coach's command players in the corners put their ball just outside of the grid and the players in the middle dribble to one of the corners and attempt to enter the corner zone by dribbling around the defender

- players switch roles after each round

Variation:

- defenders can only move from side to side to defend the goal line
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: deception, set up defender, change of speed & direction, protect the ball, vision, close control

Defending: angle and speed of approach, body shape, balance, and foot positioning, control and restraint, delay and channel, timing and decision to tackle

1v1 Corner Mini Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: Dribbling, - Attacking - Defending

Description:

- each team behind its own goal line
- first player of each team play 1v1 until somebody scores on one of the two mini-goals or the ball goes out of bounce
- next set of players repeats sequence
- the team that scored last has their player dribble in the ball

Variation:

- play 2v2, 3v3 or 4v4
- play with a size 2 or 3 ball
- coach plays the game ball in (high/low throw, high/low pass)
- players attempt to dribble through one of their own two cone goals
- adjust spacing depending on the age and ability of the group

## Coaching Points:

deception, set up defender, change of speed & direction, protect the ball, vision, acceleration, close control

## 1v1 Dribbling Gates # 1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling - Attacking - Defending

### Description:

- the player with the ball tries to dribble through as many cone goals as possible
- players cannot go through the same goal twice in a row
- if the defender wins ball, he gives it back to the attacker
- switch roles after appr. 45-60 seconds
- play for 2-3 rounds
- player with most goals wins

### Variation:

- play in teams (3v3 with one ball)
- if the defender wins the ball he is allowed to score
- if a player beats the defender with a move, he is awarded an extra point

## Coaching Points:

Attacking: deception, set up defender, change of speed & direction, protect the ball, vision

Defending: control and restraint, delay and channel, deny turn

## 1v1 Dribbling Gates # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- players in possession try to score by dribbling through as many cone goals as possible
- players cannot go through same gate twice in a row
- if the defender gets possession of the ball he has to give it back to his partner right away
- switch roles after appr. 45-60 seconds

Variation:

- players score by stopping the ball between any cone goal
- defenders can also score on any goal (closest goal) if they win the ball
- if a player manages to dribble through all the cone goals he is awarded an extra point
- vary number and size of cone goals
- same rules as before but now play 3v3 or 4v4 with one ball
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: deception, set up defender, change of speed & direction, protect the ball, vision, close control

Defending: angle and speed of approach, body shape, balance, and foot positioning, control and restraint, delay and channel, deny turn, timing and decision to tackle

## 1v1 End Line Targets

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling

Description:

- target players can move from side to side along the end line to receive the ball
- players score by dribbling directly to the target player's feet
- next the target player becomes the attacker and tries to dribble to the target player on the opposite side
- the defender stays on until he scores on either target player
- the defender always starts from the halfway line with the attacker starting from one of the two end lines

Variation:

- defender is passive and switches roles with another player after appr. 2-3 minutes (attackers must beat him with a move to be awarded a point)
- defender is passive and becomes progressively more active
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: deception, set up defender, change of speed & direction, protect the ball, vision, close control

Defending: angle and speed of approach, body shape, balance, and foot positioning, control and restraint, delay and channel, deny turn, timing and decision to tackle

## 1v1 End Zone

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling

Description:

- play 1v1
- teams score a point by dribbling into opponent's end zone with control
- team that was scored on last always starts with the ball
- next pair comes on if a goal is scored or the ball goes out of bounce

Variation:

- play tournament (team with 10 points advances)
- players must stop the ball dead inside the end zone for the point to count
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: deception, set up defender, change of speed & direction, protect the ball, vision, close control

Defending: angle and speed of approach, (body shape, balance, and foot positioning), control and restraint, delay and channel, deny turn, timing and decision to tackle

## 1v1 Face Off

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (9-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling - Attacking - Defending

Description:

- game starts with a pass from a player to another player on the opposite line
- players try to dribble across opposite end line
- play continues until one player dribbles over end line
- rotate groups that start with the ball

Variation:

- players dribble the ball onto the field
- winner stays on to defend the next player coming from the end line he tried to score on (ball is dribbled onto the field)
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: change of direction and speed, deception, set up defender, protect the ball, vision, close control, creativity

Defending: closing down, angle and speed of approach, body shape, balance, and foot positioning, timing and decision to tackle

1v1 Finishing Drill # 1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - attacking - defending

Description:

- red players (attackers) blue players (defenders)
- red attacker and blue defender stand in the center of the grid as shown
- the coach plays the ball into the feet of the attacker who has to try to score on either goal

- the blue player attempts to block the shot or to play the ball out of bounce
- switch roles after 5-7 minutes

Variation:

- vary positions of the goals
- four touches maximum for attackers
- if the defender wins the ball they can try and score as well
- the coach varies how the ball is played in (thrown, high or low, backspin etc.)
- adjust spacing depending on the age and ability of the group

Coaching Points:

body mechanics and control of body, body position and balance, eye on ball, quality of preparation touch, contact surface, aggressive and positive mentality, vision and anticipation, placement versus power, positioning to gain an advantage

## 1v1 Finishing Drill # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: finishing - passing

Description:

- players stand (20yds away from goal) both facing towards the goal
- blue players have a ball and pass the ball between the red players' legs for them to run on to and take a shot on goal
- the red players follows the blue player to put pressure on him
- go through each pair and then reverse roles

Variation:

- both players start facing each other
- the player with the ball throws it over his partner's head

- limit number of touches
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

body mechanics and control of body, , body position and balance, eye on ball, quality of preparation touch, contact surface, aggressive and positive mentality, vision and anticipation, placement versus power, positioning to gain an advantage

#### 1v1 Finishing Drill # 3

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - dribbling

#### Description:

- first player in group (a) dribbles zig zag around cones and tries to hit the goalie
- same player now becomes the defender in a 1v1 against the player from group (b) who starts dribbling around cones shortly after the player from group (a)

#### Variation:

- specify how players must shoot (left or right foot, inside or laces, high or low etc.)
- defender can also try to score if he wins the ball
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

eye on ball, quality of preparation touch, contact surface, aggressive and positive mentality, vision and anticipation, placement versus power, deception, set up defender, protect the ball

#### 1v1 Finishing Drill # 4

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing - attacking - defending

Description:

- player 1 passes to player 2 who receives the ball and attempts to finish on goal
- player 1 follows his pass and becomes a defender who prevents a shot on goal
- next sequence repeats from the other side
- players switch roles after each turn
- switch goalies

Variation:

- shooter must finish on goal off his first touch
- pass-giver makes a throw-in to his partner
- pass-giver makes a lofted pass to the attacker
- set a time limit for the attacker to score
- adjust spacing depending on the age and ability of the group

Coaching Points:

Attacking: accurate passes, quick finish, get defender off balance, quality of preparation touch, aggressive and positive mentality, placement versus power

Defending: closing down – pressuring opponent, angle and speed of approach, delay and channel

1v1 Finishing Drill # 5

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling - Passing - Finishing - Attacking - Defending

Description:

- on coach's command players dribble around cones and pass into the mini goal
- the player whose teammate scores on the mini goal first gets to dribble towards the goal (first player on the other team becomes the defender)

Variation:

- allow defender to score if he wins the ball
- vary position of cones for players to dribble through
- adjust spacing depending on the age and ability of the group

Coaching Points:

close control, seal off defender, protect the ball, quick finish, weight of pass, accuracy, quality of preparation touch, aggressive and positive mentality, placement versus power

## 1v1 Finishing Drill # 6

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Finishing - Passing

Description:

- one player starts the sequence by passing to a player opposite from him
- both players then try to finish on a designated goal

Variation:

- play 2v2
- first player with the ball dribbles the ball in
- adjust spacing depending on the age and ability of the group

Coaching Points:

setting up defender, change of speed & direction, protecting the ball, quick finish, quality of preparation touch, contact surface, aggressive and positive mentality, placement versus power

## 1v1 Finishing Drill # 7

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- play 1v1 with two neutral players around the grid
- time limit for sequence is 30 sec.

Variation:

- play 2v2
- limit number of touches for neutrals
- vary number and position of neutral players
- each team has two neutrals positioned around the grid
- players must pass to a neutral before they can score
- player with the ball starts the sequence by passing to the other group
- adjust spacing depending on the age and ability of the group

Coaching Points:

setting up defender, change of speed & direction, protecting the ball, quick finish, quality of preparation touch, contact surface, aggressive and positive mentality, placement versus power, angle, distance and timing of support, decision making, verbal and visual communication

## 1v1 Four Cone Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

### Description:

- play 1v1
- players can score by dribbling through any cone goal
- coach distributes ball
- play continues until goal is scored or ball goes out of bounce

### Variation:

- play 2v2, 3v3, 4v4 etc.
- each team is assigned two goals
- vary ways of distribution (high, low, thrown etc.)
- players score by stopping the ball dead on opponent's goal line
- play without cone goals where players score by stopping the ball dead on one of the two opponent's assigned end lines
- adjust spacing depending on the age and ability of the group if necessary

### Coaching Points:

close control, set up defender, seal off defender, change of speed & direction, protect the ball

### 1v1 Goal Line Targets

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing

### Description:

- play 1v1
- the player with the ball attempts to pass the ball to a target on the opposite end line
- if the target receives a pass he switches roles with the passer and then tries to connect a pass to the target on the opposite end line

- if the defender wins the ball he tries to make a pass to player on the opposite side

#### Variation:

- passes can only be made past the middle line
- attacker can use player on his own end line for support
- adjust size of field if necessary

#### Coaching Points:

angle of support, decision making, verbal and visual communication, change of direction and speed, deception - set up defender - protect the ball - vision - close control - weight of pass - accuracy

#### 1v1 Goal Target Player # 1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing

#### Description:

- players try to dribble around the opponent and score by passing it through the cone goal to the target player
- players cannot pass to target player from inside the end zone
- direction of play changes if a goal is scored, ball goes out of bounds or the defender wins the ball
- players cannot score on same target twice in a row
- switch roles after 2-3 minutes

#### Variation:

- play 2v2, 3v3 etc.
- players lose possession automatically if they stand still or dribble backwards
- receiving player switches role with pass giver
- adjust spacing depending on the age and ability of the group

## Coaching Points:

deception - set up defender - protect the ball - vision - close control - agility and balance - change of direction and speed = weight of pass - accuracy - disguise

## 1v1 Goal Target Player # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing

### Description:

- players try to dribble around the opponent and score by passing it through the cone goal to the target player
- direction of play changes if a goal is scored, ball goes out of bounds or the defender wins the ball
- players cannot score on same target twice in a row
- switch roles after 2-3 minutes

### Variation:

- play 2v2, 3v3 etc.
- players lose possession automatically if they stand still or dribble backwards
- receiving player switches role with pass giver
- adjust spacing depending on the age and ability of the group

## Coaching Points:

deception - set up defender - protect the ball - vision - close control - agility and balance - change of direction and speed - weight of pass - accuracy - disguise

## 1v1 Hot Box

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- attacking player starts with the ball outside the grid
- defending player starts from inside the grid (appr. 5yds away)
- attacker enters the grid with the ball and scores by dribbling through a cone goal out of the grid with control of the ball
- if the defender wins the ball, it is given back to the attacker
- attacker cannot score on the same goal twice in a row

Variation:

- both players can score
- attackers score by stopping the ball dead on the cone goal line

Coaching Points:

agility and balance - contact surface of foot - change of direction and speed - deception - set up  
defender - protect the ball - vision - close control

1v1 Middle Cone Goal

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling

Description:

- 1v1 on middle cone goal
- players score by dribbling through cone goal from both sides
- rotate players after 2 minutes or 5 goals

Variation:

- each team can score only from one predetermined side
- if player beats defender with a move he is awarded an extra point
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

Attacking: set up defender - change of speed & direction - protect the ball - vision - close control

Defending: control and restraint - delay and channel - angle and speed of approach - body shape, balance, and foot positioning

#### 1v1 Mini Goal

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling - finishing - defending

#### Description:

- play 1v1
- attacker attempts to beat defender with a move to score one point
- two points for scoring a goal
- game continues until goal is scored, ball goes out of bounce or defender wins the ball

#### Variation:

- play with a passive defender who tries to block dribbler's path
- 2v2, 2v1
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

close control, change of speed & direction, attack front foot, get defender off balance

## 1v1 Number Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- play 1v1
- each goal is assigned a number from 1-3
- coach distributes the ball (high/low throw, high/low pass)
- when coach calls out a number players (1v1) can score by dribbling through the cone goal with that number
- play continues until goal is scored or ball goes out of bounce
- players keep rotating 1v1s

Variation:

- play with 2 or 4 cone goals
- play 2v2
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points: seal off defender - quick decision making - agility and balance - contact surface of foot - change of direction and speed - deception - set up defender - protect the ball - vision - close control

## 1v1 Practice Your Moves

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling

Description:

- players dribble in a clockwise direction towards the defender
- players beat the defender by performing a move of their choice
- switch roles after 2-4 minutes
- passive defenders

Variation:

- active defenders
- defenders can move only from side to side
- defender gets beaten with specific move (step over, scissor etc.)
- players must dribble in counterclockwise direction
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points: deception - set up defender - change of speed & direction - protect the ball - close control

## 1v1 Receiving Square

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing

Description:

- players inside squares move towards ball, receive it and dribble to next corner
- 2-3 defenders try to win possession once the attacker leaves the square (defender cannot intercept the pass)
- play is over once a player (attacker or defender) dribbles out of the grid and high fives the next player in line at the next corner
- defenders switch roles with the attacker that they took the ball from
- player at the corner follows his pass into square

### Variation:

- vary number of defenders
- play with passive defenders
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points: close control - change of speed & direction - communication - protect your ball - deception - set up defender - weight of pass - accuracy - good first touch

### 1v1 Scattered Cone Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling - attacking - defending

### Description:

- attackers vs. defenders
- attacking player attempts to dribble through defender's cone goal
- defending player attempts to win the ball and scores by dribbling through any of the two cone goals in a counterattack
- play continues until goal is scored or ball goes out of bounce
- goals can be scored from both sides
- teams switch roles after 5-8 minutes

### Variation:

- play starts with a pass from the defender to the attacker
- coach feeds the ball in (high/low throw, high/low pass)
- adjust spacing depending on the age and ability of the group if necessary

### Coaching Points:

change of direction and speed, deception, set up defender, protect the ball, vision, close control - soft touch

## 1v1 Through Cone Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - finishing

Description:

- players dribble through cone goal to take on defender in a 1v1 situation
- defender is allowed to enter through cone goal #2 once the attacker crosses through goal #1
- the defender cannot follow the attacker once he dribbles through cone goal #2
- next the attacker becomes the defender

Variation:

- defender only becomes an attacker if he wins the ball
- once the attacker dribbles through cone goal #2 he must finish on goal with his first touch
- adjust spacing depending on the age and ability of the group

Coaching Points:

accuracy over power - eye on ball - quality of preparation touch - contact surface - aggressive and positive mentality - change of direction and speed - deception - set up defender - protect the ball - close control

## 1v1 Triangle Duel

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- one attacking player and one defending player
- attacking scores a point by stopping the ball dead at any of the four cones in his half of the grid
- if defender wins the ball he gives it right back
- switch roles after 90 sec.
- rotate partners 2 (4) rounds

Variation:

- defender switches role with the attacker if he stops the ball dead at one of two designated cones
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: change of direction and speed - deception - set up defender - protect the ball - vision - close control

Defending: angle and speed of approach - body shape, balance, and foot positioning - control and restraint - delay and channel

1v1 Two Goal\_Finish

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: Dribbling - Attacking - Defending

Description:

- coach distributes ball and players from each team to play 1v1 until goal is scored or ball goes out of bounds
- players can score on either goal

Variation:

- play 2v2, 3v3, 4v4 etc.
- vary ways of distribution (high, low, thrown etc.)
- play with 2x cone goals on same goal line which players have to dribble through in order to score
- coach distributes ball and teammate of the player that wins the ball enters the game to make a 2v1
- play with only one large goal with goalie
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

Attacking: quick finish - seal off opponent - good first touch - deception - set up defender - change of speed & direction - protect the ball - vision - close control - soft touch

Defending: control and restraint - delay and channel - deny turn - angle and speed of approach - body shape, balance, and foot positioning - timing and decision to tackle

#### 1v1 Two Grids

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

#### Description:

□ coach distributes ball and players from each team play 1v1 until goal is scored or ball goes out of bounds

#### Variation:

□ coach distributes ball and teammate of the player that wins the ball enters the game to make a 2v1

□ adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

protect ball - change of speed & direction - vision - set up defender - close control - quick finish

## 1v1v1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- each player defends one goal and attacks the other two
- goals are scored by dribbling through the cone goal only
- goals can be scored from both sides

Variation:

- players can score an extra point by beating a defender with a move
- players can score by passing through the goal
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

switch point of attack - deception - set up defender - change of speed & direction - protect the ball  
- close control - vision - decision making

## 1v1v1 Variation

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- play 1v1v1
- the coach plays in the ball

- the players score by dribbling through their own cone goal
- repeat sequence with a new set of players
- the first team to reach 3 points wins

#### Variation:

- set a time limit for each game (i.e. 45 seconds)
- add a neutral player
- play 2v2v2
- players score by passing through their own cone goal to a teammate who controls the ball
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

Attacking: agility and balance - deception - set up defender - change of speed & direction - protect the ball

Defending: angle and speed of approach - body shape, balance, and foot positioning - control and restraint - delay and channel

1v1v1v1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling

#### Description:

- on coach's command one player from each team attempts to dribble a ball from the middle of the grid back to his/her corner
- each player who gets a ball to his/her corner with control is awarded a point
- next group of players repeats sequence

### Variation:

- play with three teams only
- player who gets his/her ball back first gets an extra point
- player who beats defender with move successfully gets an extra point
- vary the number of balls in the middle to make it easier/harder
- adjust spacing depending on the age and ability of the group if necessary

### Coaching Points:

agility and balance - contact surface of foot - deception - set up defender - change of speed & direction - protect the ball - vision - close control - soft touch

### 2v1 Attacking

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - attacking - defending

### Description:

- one defender and one attacker start inside the grid
- first player in line dribbles onto the grid to play a 2v1 with the other attacker and defender
- switch defenders after each sequence

### Variation:

- the player with the ball must make a pass to the other attacker to start the game
- add a another defender to create a 2v2 situation
- play 3v2
- attacker can make 4 passes max. adjust spacing depending on the age and ability of the group

### Coaching Points:

Attacking: quality of preparation touch - aggressive and positive mentality - vision and anticipation

- placement versus power - positioning to gain an advantage

Defending: angle and speed of approach - control and restraint - delay and channel - deny turn - timing and decision to tackle

## 2v1 Attacking Activity

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - attacking - defending

Description:

- one designated defender starts from his cone
- two attackers attempt to beat the defender and finish on goal

Variation:

- 2v0, 3v1, 3v2
- adjust spacing depending on the age and ability of the group

Coaching Points:

get the shot off as quickly as possible - aggressive and positive mentality - eye on ball - accuracy before power - try to be deceptive with the shot

## 2v1 Attacking Activity # 2

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - attacking - defending

Description:

- the first defender (red) starts out in the grid
- the first two players on the blue team attempt to score on the opposing goal in a 2v1 situation
- the player who shoots on goal now becomes the defender as shown
- the first two players in line for the red team now dribble the ball towards the new defender and attempt to score
- repeat sequence

Variation:

- attackers must connect 2 passes before they can score
- set a time limit for the attackers to score
- adjust spacing depending on the age and ability of the group

Coaching Points:

Attacking: accurate passes - quick finish - get defender off balance - quality of preparation touch - aggressive and positive mentality - placement versus power

Defending: closing down — pressuring opponent - angle and speed of approach - delay and channel - timing and decision to tackle

2v1 Plus Goalie

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- one player on each team acts as a goalkeeper who can only come out of the goal to support if his teammate is in possession of the ball
- goalies cannot score

- switch roles after 3-4 minutes

#### Variation:

- goalies can score
- limit number of touches
- players score by dribbling across opponent's end line with control (goalie must stay on end line to block attacker's path)
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

change of direction and speed - deception - set up defender - protect the ball - vision - angle, distance and timing of support - decision making - verbal and visual communication

## 2v2 Attacking

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - finishing - attacking - defending

#### Description:

- play starts with a pass from a defender on the goal line to an attacker
- defenders can enter the grid once the pass is received
- attackers receive the ball and dribble through cone goal to take on defenders in a 2v2 situation
- defenders can score by dribbling through cone goals
- if attackers don't score they switch roles with defenders

#### Variation:

- goal must be scored within 15 (20) seconds or both teams must leave the grid
- attackers start with the ball

□ attackers always become defenders after each sequence (next attackers dribble the ball onto the field)

□ adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

change of speed & direction - quick finish - vision - angle, distance and timing of support - decision making - verbal and visual communication

2v2 Attacking Counter Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

□ defenders pass the ball from their goal line to the attackers who come on the field through their cone goals

□ attackers (blue) score on goal with goalie

□ defenders score by dribbling through cone goals

□ play is continuous until ball goes out of bounce or goal is scored

□ attackers become defenders next round

Variation:

□ attackers only become defenders if they can't score

□ add a third attacker 3v2

□ adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: set up defender - change of speed & direction - protect the ball - vision - close control - supporting angle and distance to ball - create space for others - attack space behind defense - quality of preparation touch - aggressive and positive mentality - vision and anticipation - placement versus power

Defending: angle and distance of cover - change role of pressure and cover - visual and verbal

communication - control and restraint - delay and channel

2v2 Each Half

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - finishing

Description:

- 2v2 in each half
- each team defends and attacks one goal
- if defenders win the ball they can dribble across the halfway line to create a 3v2 situation
- defenders must return to their half if a shot is taken or possession is lost

Variation:

- play 2v3 in each half
- minimum of 2 touches
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

take on defender - quick finish - good first touch - attack open space- quick transitions

2v2 Each Half # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- play 2v2 in each half
- players must stay in their half

#### Variations:

- vary numbers in each half
- the player who makes a pass into the attacking half may follow it to support the other attackers
- one attacking player is allowed into the defending half to advance the ball into the attacking half
- limit number of touches
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

Attacking: quality of preparation touch - aggressive and positive mentality - vision and anticipation  
- placement versus power - quick transition - quick finish

Defending: control and restraint - delay and channel - angle and distance of cover - intercept pass  
- changing role of pressure and cover - visual and verbal communication

#### 2v2 End Line Dribble

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

#### Description:

- teams play 2v2
- one team form a line on one side of the grid with the other team on the opposite side
- coach plays the ball in
- teams score by dribbling across the opposing team's goal line
- if a goal is scored, the ball goes out of bounce or after 45 seconds next two pairs come onto

the field

- rotate partners and pairings
- team with most goals wins

Variation:

- play 1v1 or 3v3 etc.
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: angle, distance and timing of support - vision - body position — open to field - decision making - verbal and visual communication - change of direction and speed - deception - setting up defender - protecting the ball

Defending: angle and distance of cover - intercept passes - track recovery runs - change role of pressure and cover - visual and verbal communication

## 2v2 Finishing Activity

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- attackers vs. defenders
- play 2v2 inside the grid
- players from both teams around the grid as shown
- on coach's command a wall player from the attacking team plays the ball in to his teammates who attempt to score a goal
- switch roles only if the defending team clears the ball outside the grid
- if the shot is on target or a goal is scored the attacking team continues to attack

### Variation:

- play 3v3 inside the grid
- players on the outside must make a lofted pass to their teammates
- allow the attacking players to combine with their teammates on the outside
- allow the passer to enter grid to create a 3v2 situation
- allow the attacking player on the outside to enter the grid by dribbling to make it a 3v2 situation
- limit number of touches
- adjust spacing depending on the age and ability of the group

### Coaching Points:

Attacking: accurate passes - quick finish - aggressive and positive mentality - placement versus power - supporting angle and distance to ball - unbalancing the defense - create space for others - attack space behind defense

Defending: angle and speed of approach - delay and channel - intercept pass - deny turn - deny penetration - changing role of pressure and cover - visual and verbal communication

### 2v2 Shooting Game

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing - attacking - defending

### Description:

- play 2v2 with players from each team waiting on their goal line
- the game starts with a player making a pass across the middle line to a player from the other team
- next the other team plays the ball in

### Variation:

- play 1v1, 3v3 etc.

- limit number of touches
- teams must connect 2 passes before they can score
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

body mechanics and control of body - body position and balance - eye on ball - quality of preparation touch - contact surface - aggressive and positive mentality - vision and anticipation - placement versus power - positioning to gain an advantage

#### 2v2 Tournament

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

#### Description:

- 2v2 tournament in each grid
- game time (2-3 min.)
- teams score by dribbling across opponents goal line with control
- winner is promoted to next higher division
- loser is relegated to next lower division

#### Variation:

- play 1v1, 3v3
- teams score stopping the ball dead on opponents goal line
- touch restriction in first two divisions
- no forward passes allowed

#### Coaching Points:

Attacking: angle, distance and timing of support - vision - decision making - verbal and visual communication - change of direction and speed - deception - setting up defender - protecting the ball

Defending: angle and distance of cover - intercept passes - track recovery runs - change role of pressure and cover - visual and verbal communication

### 3 Shot Sequence

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- first shot: players shoots a dead ball which cannot bounce before it goes into the goal
- second shot: player receives a pass from the side as shown (finish with instep)
- third shot: player receives a pass from straight ahead as shown (finish with inside)
- player must finish on goal one-touch

Variation:

- switch sides
- specify how players must shoot (left or right foot, inside or laces, high or low etc.)
- adjust spacing depending on the age and ability of the group

Coaching Points:

body mechanics and control of body - body position and balance - eye on ball - quality of preparation touch - contact surface - aggressive and positive mentality - placement versus power

### 3 Zone Dribble

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling - ball control

Description:

- on coach's command players dribble into specific grid
- players practice juggling in grid # 3
- players practice a number of different moves in grid # 2
- players play ball tag in grid # 1

Variation:

- last player to switch the grid does 10 squat jumps (push ups etc.)
- vary activity in each zone (passing, flag tag, knee tag etc.)
- players swap balls before switching the grid
- specify how players must dribble (inside or outside of foot, left or right foot only etc.)
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

body mechanics - agility and balance - contact surface of foot - change of speed & direction - protect the ball - vision - close control - soft touch

### 3 Zone Passing

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing

Description:

- each pair has a player start in opposite zones
- one pair starts in the middle zone
- players must stay in their designated zones
- partners try to pass to each other through the middle zone

□ if a player in the middle zone intercepts a pass they switch roles with the pair that made the pass

□ players in the outer zones must try to keep the ball in bounce

Variation:

□ vary number players/pairs in middle zone

□ limit number of touches for players in the outer zones

□ specify how players must pass (left or right foot, inside or outside foot etc.)

□ adjust spacing depending on the age and ability of the group

Coaching Points:

angle, distance and timing of support - vision - decision making - verbal and visual communication  
- accuracy - weight of pass - first touch

3v1 Plus 4

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - possession

Description:

□ 3 attackers versus 1 defender play inside the grid

□ 4 target players are positioned around the grid

□ one outside player starts the game by passing to one of the attacking players

□ attacking players try to connect three passes before they attempt to score by passing and receiving a pass from a different outside player from which the first pass came

□ outside players must play one-touch

□ switch roles after 3-4 minutes or if defender intercepts the ball 5 times

Variation:

□ limit number of touches for attacking team

- play 3v2, 4v2 etc.
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

first touch away from pressure - create supporting angles - vision - body position – open to field - decision making - verbal and visual communication

3v2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: attacking - defending - dribbling

#### Description:

- three attackers defend three goals and defenders one (two) goal(s)
- two defenders rotate every 1-2 minutes or after every goal
- attackers always start with the ball on a dead play

#### Variation:

- play 4v3
- minimum of 3 touches for attackers
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

Attacking: set up defender - change of speed & direction - protect the ball - vision - close control - supporting angle and distance to ball - support position behind ball - support position in advance of the ball support position lateral to ball - combination play (1-2, double pass, overlap, take over) - create space for others - attack space behind defense

Defending: angle and distance of cover - changing role of pressure and cover - visual and verbal communication - control and restraint - delay and channel

## 3v2 Attacking

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - finishing - attacking - defending

Description:

- the attacking team (3 players) attempts to score on the goal with goalie
- the defending team (2 players) scores by dribbling across end line with support of the goalie as a third teammate
- play begins with a pass from the goal line by a defender to an attacker
- goals scored after having dribbled into end zone are awarded 2 points otherwise only 1 point
- if ball goes out of bounce it is dribbled back in
- no offside
- switch roles after 5-10 minutes

Variation:

- play 4v3, 5v4, 3v3, 4v4 etc.
- 2 defenders stay connected by holding a pinnie
- 2 pairs of defenders stay connected by holding a pinnie
- play with offside
- minimum of 2-3 touches for attackers
- adjust size of field if necessary

Coaching Points:

Attacking: deception - set up defender - change of speed & direction - protect the ball - close control - angle, distance and timing of support - vision - body position - open to field - decision making - verbal and visual communication

Defending: angle and speed of approach - body shape, balance, and foot positioning - control and restraint - delay and channel - angle and distance of cover - intercept pass - change role of pressure and cover - visual and verbal communication

## 3v2 Attacking # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- attacking team (3 players) tries to score on the goalkeeper
- defending team (2 players) scores by dribbling across end line
- attackers must dribble across halfway line before they can score
- if ball goes out of bounce, attacking team always starts with the ball from own end line (defenders start in defending half)
- switch roles after 5-10 minutes

Variation:

- play 4v3, 5v4, 3v3, 4v4 etc.
- one defender in each half (2v1 in defending zone, 1v1 in zone in front of goal)
- minimum of 2-4 touches for attackers
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

supporting angle and distance to ball - set up defender - attack open space - change of speed & direction - quick transitions - cover space - quick finish

## 3v2 Each Half

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- play 3v2 in each half
- players must stay in their designated half
- defending players can only defend with two men
- third defender drops back next to his goal until possession is won back or the attacking team scores

Variations:

- vary numbers in each half
- the player who makes a pass into the attacking half may follow it to support the other attackers
- one attacking player is allowed into the defending half to advance the ball into the attacking half
- limit number of touches
- adjust size of field if necessary

Coaching Points:

quality of preparation touch - aggressive and positive mentality - vision and anticipation - placement versus power - quick transition - quick finish - close down the shooter quickly - pressure the ball first and cut down the shooters angle

3v2 Finishing Activity

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - attacking - defending

Description:

- player 1 passes to player 2 who receives the ball and attempts to finish on goal with the help of the other two attackers (blue)
- player 1 follows his pass and becomes a defender who prevents a shot on goal with the help of another defender (red)
- the sequence is over if a goal is scored or the ball goes out of bounce
- sequence repeats with a new set of players 3v2
- switch goalies

#### Variation:

- play 2v2, 2v1 etc.
- attacking team must connect 2-3 passes before they can score
- pass-giver makes a lofted pass to the attacker
- set time limit for the attackers to score
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

Attacking: accurate passes - quick finish - aggressive and positive mentality - placement versus power - supporting angle and distance to ball - unbalancing the defense - create space for others - attack space behind defense

Defending: angle and speed of approach- delay and channel - intercept pass — deny turn — deny penetration - tracking — recovery runs - changing role of pressure and cover - visual and verbal communication — recognizing visual cues for decision making

#### 3v2 Finishing Practice

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing - attacking - defending

#### Description:

- play 3v2
- the three attackers attempt to score a goal

- the two defenders attempt to win the ball and pass to their target
- player at the end line opposite to the goal

Variation:

- the attacking players become the defenders for the next round if the defending team succeeds in getting the ball to the target player
- set a time limit for each sequence
- limit number of touches
- adjust spacing depending on the age and ability of the group

Coaching Points:

Attacking: quality of preparation touch - quick finish - unbalancing the defense - create space for others - attack space behind defense - aggressive and positive mentality - vision and anticipation - placement versus power - positioning to gain an advantage

Defending: angle and distance of cover - intercept pass (deny turn, deny penetration) - tracking (recovery runs etc.) - changing role of pressure and cover - visual and verbal communication

### 3v2 Multi Ball Attack

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: finishing - attacking - defending

Description:

- three attackers dribble simultaneously at two defenders attempting to finish on goal
- the defenders try to prevent attackers from scoring

Variation:

- allow an attacking player to support another attacker once he is rid of the ball
- play 2v1, 3v1, 3v3, 4v2, 4v3 etc.
- adjust spacing depending on the age and ability of the group

Coaching Points:

Attacking: quick finish - deception - setting up defender - quality of preparation touch - contact surface - aggressive and positive mentality - placement versus power

Defending: control and restraint - delay and channel - angle and distance of cover - changing role of - pressure and cover - visual and verbal communication

### 3v2 Plus Target Players

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

Description:

- play 3v2 in the middle
- 4 target players around the grid as shown
- target players start the game by passing a ball in to one of the attacking (red) players
- attacking team scores by passing to a target player through a different cone goal from which the first pass came
- defending team tries to keep possession for as long as possible
- play then restarts from the goal into which a goal was scored
- players switch roles after 5-10 minutes

Variation:

- play 3v1, 4v2, 2v2, 3v3 etc.
- defending team switches roles with the attackers if they keep the ball for 7 seconds
- limit number of touches for attackers
- goal must be scored with the first touch
- adjust spacing depending on the age and ability of the group

Coaching Points:

quality of preparation touch - contact surface - aggressive and positive mentality - vision and anticipation - placement versus power - positioning to gain an advantage - angle, distance and

timing of support - vision - body position – open to field - decision making - verbal and visual communication

### 3v3 Plus 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing - attacking - defending

Description:

- teams have to pass to one of the target players before dribbling through one of the two cone goals
- wall players can move from side to side along end line to receive the ball

Variation:

- both wall players have to touch the ball before a team can score
- minimum of 2-3 touches for field players
- maximum of 2-3 touches for wall players
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

angle, distance and timing of support - vision - decision making - verbal and visual communication - set up defender - change of speed & direction - protect the ball

### 3v3 Breakaway

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - finishing - attacking - defending

## Description:

- teams play 3v3 in designated area
- defending team scores by passing it to a teammate inside end zone (receiving player has to time his run into zone - he cannot wait for the ball inside the zone)
- attacking player who dribbles across defender's end line into the box can only be followed by one defender (or after attacker's first touch inside box)
- if the ball goes out of bounce it is dribbled back in
- switch roles after 5-10 minutes

## Variation:

- play 4v3, 5v4 etc.
- attacking player inside the box is free for a 1v1 with the goalie (no additional defender allowed inside the box)
- limit number of touches for attacker inside the box
- adjust size of field if necessary

## Coaching Points:

Attacking: set up defender - change of speed & direction - protect the ball - vision - close control - supporting angle and distance to ball - create space for others - quality of preparation touch - aggressive and positive mentality - vision and anticipation - placement versus power - quick finish

Defending: angle and distance of cover - change role of pressure and cover - visual and verbal communication - control and restraint - delay and channel

## 3v3 Dribbling

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

## Description:

- each team defends and attacks one end line

- teams score 2 points by dribbling through a cone goal
- 1 point for stopping the ball dead on end line next to a cone goal

Variation:

- play a tournament
- play with size 3 or 4 balls
- adjust spacing depending on the age and ability of the group

Coaching Points:

deception - set up defender - protect the ball - vision - close control - change of speed and direction - supporting angle and distance to ball - combination play - decision making

## 3v3 Dribbling # 2

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- each team defends one end line
- teams are awarded 2 points for dribbling through cone goal
- only one point is awarded for dribbling across end line next to cone goal

Variation:

- add neutral player
- play a tournament
- adjust spacing depending on the age and ability of the group

Coaching Points:

encourage risk taking - attack the open space - good first touch - change of speed and direction

3v3 Each Half

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- 3v3 in each half
- players must stay in their half
- each team defends and attacks one goal
- if defenders win the ball they can dribble across the halfway line to create a 4v3 situation
- defenders must return to their half if a shot is taken or possession is lost
- change direction of play every 5-10 minutes

Variation:

- minimum of 3 touches
- vary number of players in each half
- if a defender wins the ball he can pass and must follow his pass into attacking half (4v3)
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: deception - set up defender - change of speed & direction - protect the ball - close control - angle, distance and timing of support - vision - body position - open to field - decision making - verbal and visual communication

Defending: angle and speed of approach - control and restraint - delay and channel - angle and distance of cover - intercept pass - change role of pressure and cover - visual and verbal

communication

## 3v3 End Zone

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

Description:

- each team defends and attacks one end zone
- teams score by dribbling into end zone with control
- no forward passes allowed
- goal scorer has to make a penalty kick to make his goal count
- if ball goes out of bounce it is dribbled back in

Variation:

- play 4v3, 5v4, 3v3, 4v4 etc.
- each player has a man to defend and cannot defend unless their partner has the ball
- if goal scorer misses penalty kick opposing team is awarded a point
- game continues when goal scorer is taking penalty kick (2v3)
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking: attack open space - set up defender - change of speed & direction - protect the ball  
- vision - close control

Defending: angle and speed of approach - control and restraint - delay and channel - deny turn

## 3v3 Plus 3 Possession

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - possession

Description:

- 3v3 plus 3
- 2 teams (6v3) are responsible for keeping possession
- all players of the defending team must pick-up and hold a cone before they can start to defend
- if defending team (blue) wins the ball they drop the cones and the new defending team (the team that lost possession) picks up the cones and starts defending
- if a ball goes out of bounce the team that lost possession now becomes the defending team

Variation:

- play 4v2 etc.
- limit number of touches for teams in possession
- adjust spacing depending on the age and ability of the group

Coaching Points:

quick transitions - angle, distance and timing of support - vision - body position — open to field - decision making - verbal and visual communication

## 3v3 Plus Target Player

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing - attacking - defending

Description:

- play 3v3 with a ball feeder at the opposite side of the goal
- one team is attacking the goal while the other team is defending it
- if the ball goes out of bounce or a goal is scored the ball feeder always plays the ball back in to the attacking team
- teams switch roles if the defending wins the ball and completes a pass to the ball feeder

Variation:

- on coach's command the feeder can enter the grid and help the attacking team for 10-20 seconds
- vary how the ball is played in (high/low throw, high/low pass)
- limit number of touches (only for attackers)
- adjust spacing depending on the age and ability of the group

Coaching Points:

Attacking: unbalance the defense - create space for others - attack space behind defense - positioning to provide cover and balance

Defending: intercept pass - defend vital space (squeeze toward center) - defend space behind

### 3v3 Plus Wall Players

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - finishing - attacking - defending

Description:

- each team has target players positioned around grid as shown
- teams have to pass to a target player before they can score

Variation:

- target player is allowed to enter the grid for 10 seconds after connecting a pass to a teammate
- target players are limited to two touches
- target players on goal line are limited to one touch
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

accurate passes - quick decision making - quick finish - good angle of support - communication - vision

### 3v3 Plus Wall Players In Attacking Half

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - finishing - attacking - defending

#### Description:

- each team has target players positioned around grid as shown
- teams have to pass to a target player before they can score

#### Variation:

- target player is allowed to enter the grid for 10 seconds after connecting a pass to a teammate
- target players are limited to two touches
- target players on goal line are limited to one touch
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

accurate passes - quick decision making - quick finish - good angle of support - communication - vision

## 3v3 Through Pass

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - attacking - defending

Description:

- play 3v3 plus 2
- teams score by connecting at least two passes before making a pass outside the small grid which is received by a teammate or neutral player
- pass must be controlled before the ball leaves the large grid
- players cannot wait in target area to receive the pass

Variation:

- one player from the defending team can follow to prevent the pass from being controlled
- the receiver cannot make the run through the same gate as the pass
- limit number of touches
- adjust spacing depending on the age and ability of the group

Coaching Points:

angle, distance and timing of support - vision - body position — open to field - decision making - verbal and visual communication - shape of team to maintain possession - switch point of attack - create space for others - support position lateral to ball

## 3v3 Transition Game

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

### Description:

- all three teams on the grid
- teams score by dribbling through cone goal
- red team attacks gray team's goal
- if gray team wins the ball the red team is out of the game but remains on the field
- gray team now attacks blue team's goal
- scoring team stays on and direction of play changes

### Variation:

- play 2v2, 4v4 etc.
- minimum of 3 touches
- teams score by dribbling across opponent's end line
- adjust spacing depending on the age and ability of the group if necessary

### Coaching Points:

decision making - communication - quick finish - good first touch - attack open space - quick transition

### 3v3 w Cone Goals

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling - attacking - defending

### Description:

- teams score by dribbling through cone goals
- team cannot score on same cone goal twice in a row

### Variation:

- play 4v4, 5v5 etc.

- teams score by stopping the ball between any cone goal
- if a team manages to dribble through all the cone goals it is awarded an extra point
- vary number and size of cone goals
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

Attacking: deception - set up defender - change of speed & direction - protect the ball - close control - angle, distance and timing of support - vision - body position – open to field - decision making - verbal and visual communication

Defending: angle and speed of approach - body shape, balance, and foot positioning - control and restraint - delay and channel - timing and decision to tackle - angle and distance of cover - intercept pass - changing role of pressure and cover - visual and verbal communication

#### 3v3 w Moving Targets

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling - attacking - defending

#### Description:

- teams score by laying off the ball to one of the target players (players must dribble the ball directly to target player's feet)
- target players can move from side to side along end line to receive the ball
- target player then switches with field player

#### Variation:

- minimum of 2-3 touches
- one target player on each of the four sidelines (each team has two designated targets)
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

angle, distance and timing of support - body position – open to field - decision making - verbal and visual communication - agility and balance - contact surface of foot - change of direction

and speed - deception - set up defender - protect the ball - vision - close control

### 3v3 Sweeper

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing - finishing - attacking - defending

Description:

- each team defends and attacks 2 cone goals
- sweeper acts as a defender/goalie who cannot leave the end zone

Variation:

- allow sweeper to use his hands
- limit number of touches for field players and/or sweepers
- adjust spacing depending on the age and ability of the group

Coaching Points:

switch point of attack - awareness of goalkeeper's position - quick finish - attack open space - spread out attack - set up defender - protect the ball - vision

### 3v3 w Target Goals

[Click Here To View The Drill Animation!](#)

Age Group: (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - attacking - defending

Description:

- teams score by passing from outside the end zone to team's target player through either cone goal as shown

- target player switches with passer

Variation:

- limit number of touches
- play without end zones
- both target players are neutral
- add a third cone goal on each side
- adjust size of field if necessary

Coaching Points:

communication - constant movement - accuracy over power - timing of passes - good first touch

3v3 w Target Players

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - passing - finishing - attacking - defending

Description:

- play 3v3
- teams score by passing to the team's designated target player who receives the ball inside the target area
- target player cannot leave his area
- target player switches with pass giver

Variation:

- if the target player's team is not in possession he is allowed to support the opposing team from inside the target area
- limit number of touches
- adjust spacing depending on the age and ability of the group

## Coaching Points:

create space for others - spread out attack - supporting angle and distance to ball - combination play (1-2, double pass, overlap, take over) - weight of pass - accuracy - vision - first touch

## 4 Color Game

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing

Description:

- play with two or three balls to start
- 4 different groups of colors
- each group must pass to another color and receive from a third color

Variation:

- vary number of balls
- play with three groups
- limit number of touches
- specify how players must pass/receive (left or right foot, inside or outside foot, high or low etc.)
- adjust spacing depending on the age and ability of the group

Coaching Points:

angle, distance and timing of support - verbal and visual communication - weight of pass - accuracy - vision - first touch

## 4 Cone Goal Game

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling

Description:

- each team defends and attacks two goals
- teams score by dribbling through a gate

Variation:

- each team defends and attacks two adjacent goals
- three points for dribbling through a gate and one for passing through it
- minimum of three touches for the team that has the lead
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

change of direction and speed - deception - setting up defender - vision - close control - take on players

## 4 Corner Dynamic Dribbling

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs)

Emphasis: dribbling

Description:

- players dribble towards the middle cone
- all players should try to arrive at the middle cone at approximately the same time
- players perform a move, turn and explode back to their corner

- next players wait until the player has completed the turn at the middle cone
- drill is ongoing for 2-3 minutes

#### Variation:

- specify how players must dribble (inside or outside of foot, sole, left or right foot only etc.)
- specify which move to perform at the cone
- adjust spacing depending on the age and ability of the group if necessary

#### Coaching Points:

agility and balance - contact surface of foot - change of direction and speed - protect the ball - vision - close control

## 4 Corner Zones

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - attacking - defending

#### Description:

- each team attempts to dribble and lay off the ball to one of its target players in one of the corner zones (receiving target player must dribble the ball out of his zone and complete one pass to be awarded a point for his team - optional)
- serving player switches position with target player

#### Variation:

- play 4v2, 5v3 (2 neutrals for each team)
- all target players are neutral
- play with 2 balls simultaneously
- if targets are all neutral, team of targets come on the grid once they receive the ball (team of serving player switches out to become target players)
- minimum of 2-3 touches
- adjust size of field if necessary

## Coaching Points:

quick transition - change of speed & direction - attack open space - awareness - communication

## 4 Goal Game

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: finishing - passing

### Description:

- teams must connect 4 (5) passes before they can score on any of the four goals

### Variation:

- each team defends and attacks 2 goals
- add a neutral player
- a goal must come off a first touch shot
- limit number of touches
- adjust spacing depending on the age and ability of the group

## Coaching Points:

angle, distance and timing of support - decision making - verbal and visual communication - quality of preparation touch - aggressive and positive mentality - vision and anticipation - placement versus power

## 4 Goals w End Zones

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: dribbling - finishing - attacking - defending

Description:

- each team defends and attacks two mini goals
- players must dribble into opponent's end zone before they can score

Variation:

- attacker can be followed by a defender into end zone (until then no defenders allowed in end zone)
- one designated sweeper keeper in each end zone (attacker who dribbles into end zone goes 1v1 against sweeper keeper)
- adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

change of direction and speed - deception - set up defender - protect the ball - vision - angle, distance and timing of support - decision making - verbal and visual communication

4 Plus 1

[Click Here To View The Drill Animation!](#)

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Emphasis: passing - defending

Description:

- supporting players (gray) on the outside attempt to combine with a target player (red) in the middle
- defending player (white & blue) in the middle tries to intercept the ball
- switch target player in the middle if he completes 6 passes to players on the outside
- switch defender if he intercepts 3 passes

Variation:

- vary number of supporting players
- one touch passing for supporting players

- limit number of touches for player in the middle
- limit number of touches for supporting players
- adjust spacing depending on the age and ability of the group

#### Coaching Points:

constant movement - angle, distance and timing of support - vision - decision making - verbal and visual communication - weight of pass - accuracy - first touch \*

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