

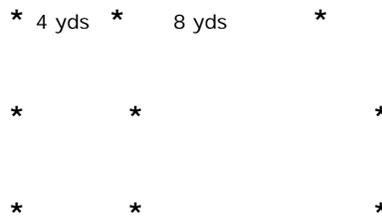
PRACTICE DRILLS & GAMES

CONDITIONING DRILLS (I)

Here is a list of soccer conditioning drills and games to do for 10 minutes or so. Some can go longer, but don't try them all in one practice!

DRIBBLE WARM-UP: dribble in box; at 'GO!', sprint to farthest line and back into box; at 'NUMBER!', form a group of that number; last ones to make it do 10 press-ups.

BOX RELAYS: set out enough grids of 9 cones that you can divide your team into groups of 3-4, each group with its own grid. The grid looks like this:



Each grid makes a little box and a big box. Run a series of relay races - 1. each runner goes around the small box and then the big box, with no ball, touching each cone with his/her hand as she passes it (best with flat cones); 2. each runner dribble around the small box, then the big box, and passes to the next runner after clearing the last corner; 3. each runner dribbles around the small box, then the big box, using a specified turn for each corner (pull-back/spin; tap behind standing foot; scissors; etc.). Alternate directions so they must use both feet! The purpose of having a little box and a big box is to vary the pace at which they must go to maintain control of the ball.

LANE RACES: set up 4-5 lanes with flat cones appx 35 yds long; straight dribble right, left, choice, cone weave right, left, choice

HORSESHOE: set out 8 cones in square (one at mid-side on each side); divide in groups; dribble & trot 7 gaps, then sprint one gap; next time 6 & 2, then 5 & 3, all the way to 7 sprint and 1 trot

AMOEBAS: small groups with 2 cones each; lead takes off and sprints until catches back up to end; new lead takes off; all w/ ball & dribbling; rest of group trots

SWITCH FIELD: groups of 3; pass from edge to edge; rotate every 2 minutes.

3-FLY: groups of 3 goal to goal for time; 3 times so each is in middle once; set limits such as 2-touch or 1-touch; cannot shoot until coach ok's

WALL PASS LADDER: stagger 6-8 players in zigzag; one takes a ball down the middle, passing and receiving wall from each side alternately

PASS RELAY RACE: one group at corners of box or pentagon; pass around perimeter to beat a runner from the other team; keep score by teams

TEAM RELAYS: set in team alignment; pass F LM CM RM RS LS LD CD RD W G; a runner goes the same path & tries to beat the ball; when runner is done, replaces a field player; from goalie, work back up in opposite sequence

PAIR PASS CHALLENGE: series of connected boxes (approx 10x10x6 boxes); D at back of each box; cannot leave back line until someone enters box; pairs try to go thru all boxes; who can go farthest?

DRIBBLE W/ FRONT CHALLENGE: in pairs, one in front is passive defender; each time D changes stance to adjust, A moves dribble to other side

DRIBBLE W/ REAR CHALLENGE: In pairs, D behind; A must dribble away & shield ball; change sides by touching with inside of foot closest to defender, then outside of foot away from defender; each time passive D changes sides.

5-BALL: set 5 balls in a row on the 18 yd box top line, spread within the edges of the circle; 2 girls start from opposite intersections of the 18 yd box and the restraining circle; at GO, they race diagonally to circle around a cone at the intersection of the end line and the goal box, loop around and straight back up to the intersection where their challenger started, and around to shoot the nearest ball. Back down the diagonal, around, and straight up, to shoot the second ball. Back down around and up to see who can get to the remaining ball and shoot it first. Great conditioning, tight turns, and shooting.

BALL! Coach with lots of balls stands in goal; two kids stand out between goal and 18 yd box. One team-mate is assigned to count shots on goal for one player, another counts the second player; other teammates shag loose balls; for 2 minutes the coach feeds balls and shouts 'BALL!' as he does; kids fight to shoot the live ball; if they go too far or take too long, just feed another ball! Begin by working them out away from the goal, gradually make the feeds closer to the goal until they are hitting headers, volleys, etc in the goal mouth. Manipulate the throws to keep things fairly close. This is easier with a count-down timer on your watch.

2V2: Use the penalty area as a boundary. 3 teams of 2; i.e. 2 reds, 2 blues, 2 yellows. GK in goal. Teammates line the 18 yard box with balls. Coach puts ball in play. It's always 2 attackers vs. 4 defenders. The ball and players may travel within the goal box, but shots must be taken outside of it. If a ball leaves playing area, nearest player on touch tosses another up, then shags. All balls caught by GK are restarted by GK. When one team scores, the other 2 swap out. LOTS of action, emphasis on shooting at the 1st chance, partner moving open in front of the goal.

TURN'N'GO: from front of goal, A faces goal with ball in front; D behind facing away & touching; when A goes, D turns to chase down before shoots

3V2+G: 1D in front, 1D behind; pass to space & overlap

3V3: with extras divided into 3's; whenever one team scores, the replacement team from the other end starts immediately with their own ball; they should try to 'fast break' against the team that just scored.

PROGRESSIVE SPRINTS: jog in line; last one sprints to front, then slows down; as soon as you are last, you start your sprint, so a sequence are sprinting

DRIBBLE SPRINTS: 1 min. Back/forth across goal box, then penalty box, then penalty to midline, then goal to midline, back down; who can do the most lengths in each 1 min. period?

CONDITIONING DRILLS (2)

These soccer specific conditioning drills are designed to develop your children's speed, agility, and timing over both short and long distances.

Please bear in mind that the emphasis should be on short charges of explosive speed rather than long distances - statistics show an average player will do 70% more short sprints than long ones in a 90 minute game.

INDIAN RUNNING FILE - Players jog around the field in pairs. The back pair must sprint to the front, outside the line of other players, then the next pair, and so on.

SHUTTLES, SPRINTING, BACKWARD AND SIDEWAYS SPRINTING - Arrange a line of cones 3 yards apart and 30 yards long. Players sprint to the 1st cone and then back; 2nd cone then back; and so on.

THE 5000 ENDURANCE RUNNING - Using the soccer field, player's first jog around the perimeter. When they return to the starting point they must sprint one side then jog the remainder, then two sides, three sides and full field sprint.

CIRCUIT TRAINING (30 seconds on each) - Arrange 5 stations; divide group into 5 equal teams and start 30 second drill. -a) Push ups. b) Burpees. c) Sit ups. d) Star Jumps. e) Bench Jumps.

UP AND DOWN THE CLOCK- 10 yd; 20 yd, 30 yd, 40 yd, and 50 yd sprints then walks back breathing deeply. Arrange cones in 10 yard distances; develop progressive long run sprinting and develop breathing for recovery.

HEADING ENDURANCE IN CIRCLE - Arrange 10-15 players in a circle; one player enters and goes for 30 seconds calling and heading balls back to the server. This can be

developed with two or even three players challenging for the same ball in the circle. This drill can also be used with passing and control topics.

POSTURE RUNNING - OVER CONES: Start at the end of the line cones; run over the top of the cones; lift your knees high. Purpose: To keep upper body and head still while running.

AGILITY RUNNING - AROUND CONES: Stand sideways to the line cones; start at the first cone and run between each cone sideways; use small; quick steps. Purpose: Improves forward movement and side movement.

SPEED STARTS- NO CONES: Begin a sprinter's starting position; use a two point stance and burst forward as quickly as possible; use a three point stance; use a four point stance. Purpose: Improves initial movement towards ball.

SPRINTS - NO CONES: Mark off 50 yards and 20 yards on the track; start in a three point position; run to finish and quickly change direction to run backwards; have a partner time each sprint.

UP AND DOWN DRILL - Objective: Improve speed by running short sprints forwards and backwards. Start at the end of the line of cones; sprint to the cone diagonally in front; go around the cone; back pedal to the opposite next cone; go around it; repeat the process; go through all the cones; jog back to the starting point. Look For: Explosiveness on first step; body straight and leaning forward; arm movement on sprints; arm movement on back pedalling.

RECOVERY STEP DRILL - Objective: To work on explosiveness. Have two lines of cones in a "zigzag" formation; cones must be seven or eight feet from each other; have at least eight cones on each line. Stand by the first cone; stay inside the two lines of cones thru the drill; touch the first cone and always facing forward go to the next cone by performing one cross-over step and a few side steps; get to the cone as fast as possible, touch it and go for the next one; repeat the process and finish touching every cone; jog back to the starting point. Look For: Bent knees, Explosive recovery.

FIRST STEP DRILL - Objective: To work on explosiveness, mainly on the first step. Have two lines of cones in a "zigzag" formation; cones must be seven or eight feet from each other; have at least eight cones on each line. Start at the end of one line of cones; sprint to the closest cone to the side; over-exaggerate the first step: if cone is to the left, left leg goes first and vice versa; decelerate as you get to the cone; turn and sprint to the next cone; repeat process until you finish weaving in and out thru the cones; jog back to the starting point. Look For: Powerful and explosive first step, pivoting and turning, arm movement, leaning forward.

CROSS OVER STEP DRILL - Touch cone and side step; stay lower-no feet bump; last cone sprint back (*Use also running backwards)

- A. Use same set up for going around cones, get low when going around cone and touch-sprint back.
- B. Same as 1) above - no touch cone ; sidestep around cone - sprint back.
- C. Sprint to first cone - back stepping to next - change speed sprint to next cone, etc. Spring back. (*Develop w/ball)
- D. Ski-skip drill in and out of cones, then sprint, jog back.
- E. High knees over cones.

ANATOMY DRIBBLING

A FUN SOCCER WARM UP THAT HELPS IMPROVE BASIC BALL CONTROL SKILLS

Focus: Dribbling, quick reaction

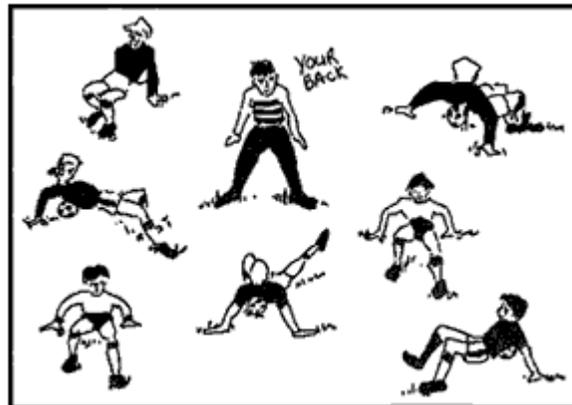
Area: 10 yard square

Players: Any number

Equipment: One ball for each player

Formation: Players dribble freely inside the square.

Procedure: While players dribble, coach calls out a body part such as "left foot". Players put that part of the body on the ball as quickly as possible. Let anticipation build between calls. Body parts can include hand, elbow, shoulder, nose, ear, knees, buns, etc.

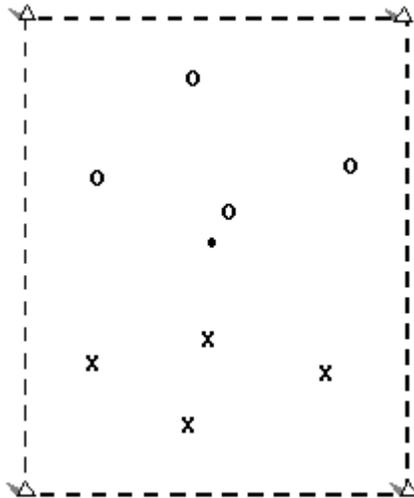


Variations:

- 1) Use two or more parts, such as "nose, right elbow and left knee".
- 2) For older players, include combinations that require teamwork such as "two left hands" or "six right feet and three knees".

ACROSS THE LINE

IMPROVES DRIBBLING, BALL CONTROL AND COMMUNICATION



Two teams play soccer on a field without goals. A point is scored when a player dribbles the ball over and stops the ball within three feet of the end line.

COACHING POINTS

"Push the ball into space" - move ahead into open space.

"Keep control of the ball" - when crossing the line.

"Pass the ball if a teammate is open for a pass" - passing is more efficient than dribbling.

"If you can't dribble forward, look to pass the ball backward" - use this game to teach players the concept of support.

VARIATIONS

Harder: Stop the ball on the end line for a point.

Easier: Vary the field size. Wider field makes it easier for the offensive team.

Make smaller teams (2 vs. 2 or even 1 vs. 1). Winning team stay on.

ELEVEN SOCCER COACHING GAMES THAT HELP IMPROVE PASSING SKILLS

PRESSURE PASSING

Set up a circle of cones about 10m in diameter (you can use the centre circle).

One player stands in the middle, the rest space themselves out equally around the edge of the circle. The player in the middle receives the ball from a player on the edge, controls it, turns and passes to another player. As soon as he or she passes the ball out, a second ball is played in from the edge of the circle. As soon as this ball is passed out to a player on the edge of the circle the first ball is played in again and so on.

The central player has to run quickly backwards and forwards to provide passes to the rest of the circle.

Swap players after one minute.

Stress the importance of good, crisp and accurate passing. Insist the central player gets their head up and looks at the target.

Vary the game by only allowing two touches, then one touch.

Played properly, this is an intensive and fun workout.

KEEP AWAY RING

Players pair up and stand across from each other around a circle of cones. One player or coach stands inside the circle and tries to intercept passes made between the players. Passes made between the players count as goals. Change the players in the circle after a pass is intercepted or after a short time.

CONE GAME

Players pair up and stand across from each other around a circle. Set up 6 or 8 cones in the middle of the circle as targets. Players try to knock over the cones in the middle with accurate passes.

TRIANGLE PASS

Set up a three player triangle. Each group has one ball. Players try to pass around the triangle shape. Make sure they reverse the direction of the passes from time to time.

After a certain level of proficiency is reached, add a defender to try and intercept the passes.

FOUR CORNER PASS

Set up a 10 yd. x 10 yd grid with cones at each of the corners. Four players work with one ball, one on each side of the grid. A fifth player defends inside the grid.

Players may only run on their sides of the grid between the cones. They then attempt to pass the ball across the grid. Change the middle defender frequently.

STAR WARS

This classic game is very exciting for younger players. Set up a 10 yd. x 20 yd. grid. Have all players' line up at one end prepared to run to the other end. The coach or player stands just outside the grid with several balls at the ready.

On command the players attempt to run to the end line while evading balls kicked at them by the coach. All shots should be kept below waist level. Players hit by shooting balls become additional shooters until only one player is left.

BASIC PASSING

Split the team up into partners, giving each pair a ball. Have the players pass and trap the ball, while you evaluate their skill. Later, introduce one touch control passing.

CIRCLE PASSING

Many of the basic circle games can be used to practice passing. Try using a circle with two players in the middle trying to intercept passes made by the girls on the outside. The player whose pass is intercepted goes into the middle.

TRIANGLES

This is a good way to reinforce basic passing skills with the added bonus of introducing vision and awareness.

Make some triangles on the field using small cones about ten yards apart.

To start the game, each cone has a player standing next to it. Player 1 passes to player 2 then immediately runs between player 2 and 3. Player 2 passes to player 3 and runs through the gap between player 3 and player 1. And so on.

Done properly, this is a fast game that reinforces the pass/move combination, makes players look carefully to find their next target and requires good passing technique. Just be careful the players don't all disappear out of sight!

RELAYS

You can use a passing and moving relay race with a set up like this:

F	F
E	E
D	D
A	A
B	B
C	C

The basic practice is A passing to D and running to the back of the line, D passing to B and so on. Practice this for a few minutes (watching for and praising correct technique) then add the requirement that players must shout out the name of the person they are passing to. If they don't, send them back and make them do it again.

Adding this rule has the following benefits.

- It makes the players talk,
- It makes them look up to see who they are passing to,
- If done at the start of a season, it helps introduce the new girls to each other and breaks down inhibitions.

This game can be made competitive by making the first team to do 30 passes the winner.

Many variations are possible – go from two touch to one touch, for example.

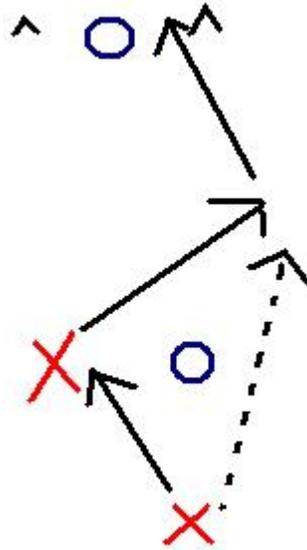
THREE BALL KEEP-AWAY

Start with two teams of equal numbers and three soccer balls. On your signal, players try to possess as many balls as possible.

On your second signal the play stops and the team in possession of two or more balls wins that round. Repeat several times.

In this game, players must be good passers of the ball to keep possession. They must also make decisions on where to run when they don't have the ball, when to pass or dribble, and whom to pass to.

GIVE AND GO



The first player plays a pass to his team-mate, makes a run and shoots on goal.

A simple 'give and go'. Basic stuff but very important. If your kids can do this quickly and accurately they will win more games than they lose - promise!

COACHING POINTS

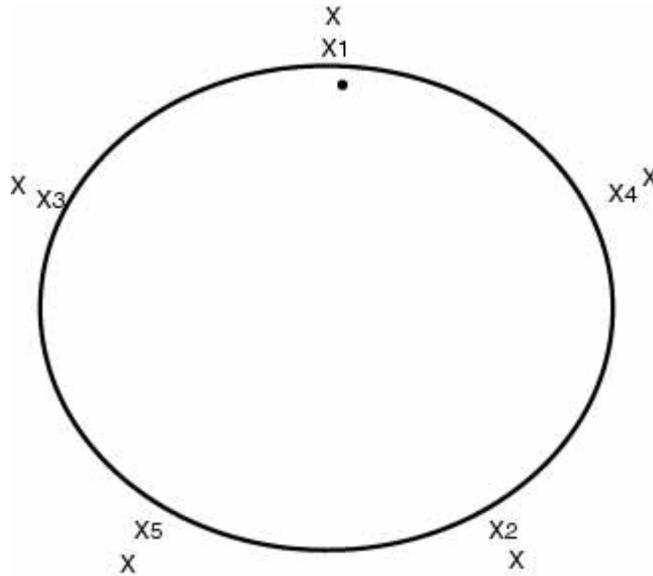
1. Make sure all passes are accurate. Don't play the ball first time if the ball is not an accurate one.
2. Timing the run so that the player arrives just as the ball does. But don't stand around waiting for it.
3. Correct shooting technique, i.e.,
Head over the ball, hit with laces and aim for the far post.

As a progression get the player knocking the ball off to follow the shot in.

CIRCLE PASSING

This is a good drill to use as a warm up before a match or training session or as part of a basic skills practice.

Start with 5 players in a circle with a 20yard diameter. Then have another player behind each of these players. See diagram below



X1 starts with the ball and passes to X2. X1 then sprints behind X2 (so it's a pass and follow the pass). X2 then passes to X3 and sprints and follows the pass. X3 then passes to X4 and does the same. X4 passes to X5 and then X5 passes to X1. After each pass the player follows the pass and goes to the back of that line.

Do this for 2-3 minutes and then add a second ball. Now the balls start with X1 and X4. While X1 is passing to X2, X4 is passing to X5. This will require a lot of movement, hard sprints, communication and vision.

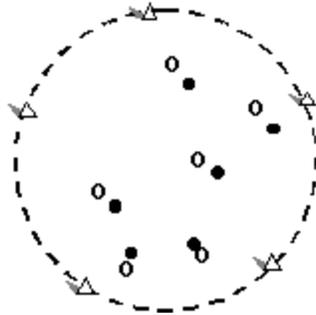
Next add one defender in the middle. The difference now is the players can pass in any direction they want. However, they still must follow their pass.

Next add a second defender so it's sort of a 5 v 2 game but with much more movement and confusion than normal (must like a real game of soccer).

There are other variation you can do with this type of activity with the biggest limitation being your imagination.

KICK IT OUT

A SIMPLE AND COMPETITIVE SOCCER COACHING WARM UP DRILL



Players dribble around the inside of a circle. On command, each player tries to keep possession of her/his own football while trying to kick the other players' balls out of the circle. The child whose ball is kicked out the fewest number of times in a set period (say, two minutes), wins the game.

COACHING POINTS

"Keep your heads up"- Players must always be aware what is happening around them.

"Keep dribbling" - no standing and watching allowed.

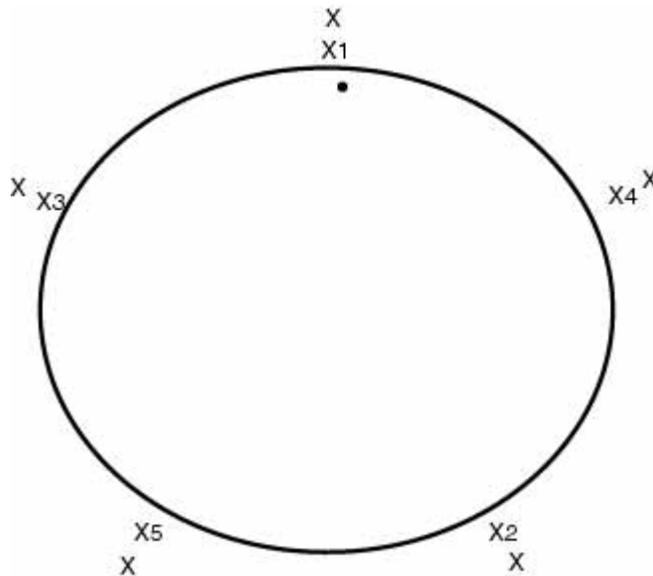
"Play the ball" - try not to kick the other players' legs!

"Use your body to protect the ball" - keep defenders a safe distance away from the ball.

PASSING AND MOVEMENT

A useful warm up before a match or training session or as part of a basic skills practice.

Start with 5 players in a circle with a 20 yard diameter. Then have another player behind each of these players. See diagram below



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WARM UP AND COOL DOWN - THE RIGHT WAY TO PREPARE YOUNG SOCCER PLAYERS FOR TRAINING/MATCHES AND COOL THEM DOWN AFTERWARDS.

Most coaches have changed with the times in regards to stretching players in training. For years, players would do a series of static stretches first and then go into their training regime. Then the idea of getting the players muscles warm first, stop and perform a series of static stretches, get the players back to running again only to stop and stretch another muscle group.

For the youngest ages, stretching is not important. For the older age groups coaches should incorporate some dynamic stretching along with setting a tone or a "sneak preview" for what the session is going to be about.

WARM UP

Dynamic or Functional Stretching is warming up the muscles specifically for the movements that will be used in the activities of the training session. It is the type of stretching that runners will often use before a race.

Each Functional exercise should be performed over a 15-20 yard area with a walking or jogging recovery.

Here are just some of the Functional Stretching exercises you can incorporate into your warm-up:

- **Lunge Walk**-Loosens up the hips. Lunge walk is when you take large steps keeping the chest up, looking straight ahead and moving the arms and legs together.
- **High Knees**-For hip flexor and ankle strength. Extend up to the toes and lift each thigh to a parallel position with the ground as you move forward.
- **Calf Walk**-For lower limb strength and Achilles flexibility. Extend the ankle on each step will warm up the calf muscles and Achilles ten don s.
- **Sideways running**-For lower limb strength, agility and flexibility.
- **Backwards skipping**-Same as above and works on strengthening quads and calf muscles.

COOL DOWN

should be done AFTER the training session in order to help speed up the recovery process. This is the cooling down stage. Cooling down are easy movements, light running, and more stretching. The cooling down stage of training is something that all coaches need to include as part of their training session.

This session will show a variety of activities to utilize in both the warm-up and cool down stages of the training session.