

Technical Warm Up

• 1 Dribbling

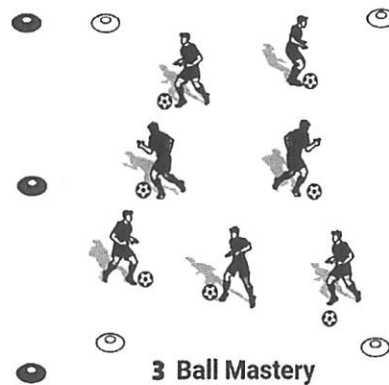
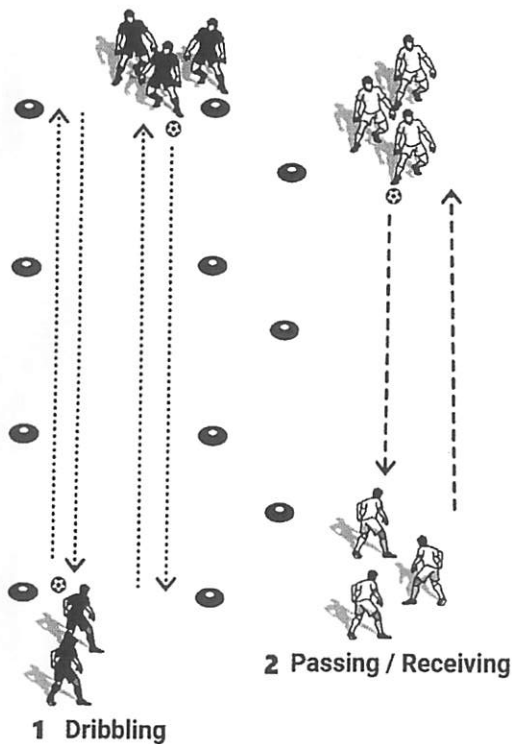
- Speed Dribbling, Controlled Touches, Measured Touches, Turning

• 2 Passing / Receiving

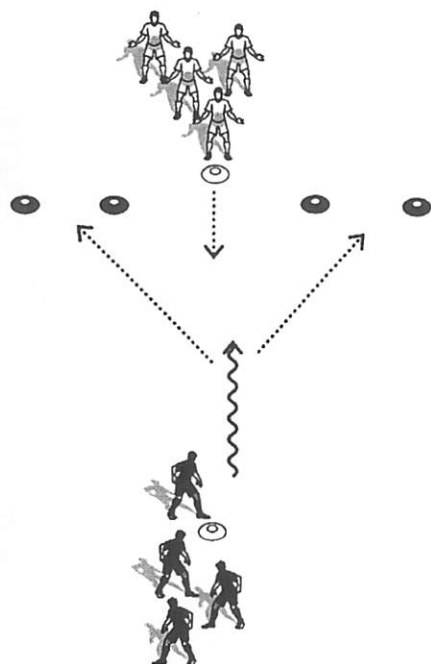
- Push Pass – One Touch, Two Touch, L/R Foot only, Left foot to Right foot, Outside of foot...

• 3 Ball Mastery

- Have players perform various ball mastery exercises inside the grid – Foundation (fwd, backward, sideways), inside-outside, toe taps, various dribbling techniques & turns, scoops, cuts etc....any kind of ball movement that requires fine and controlled touches.



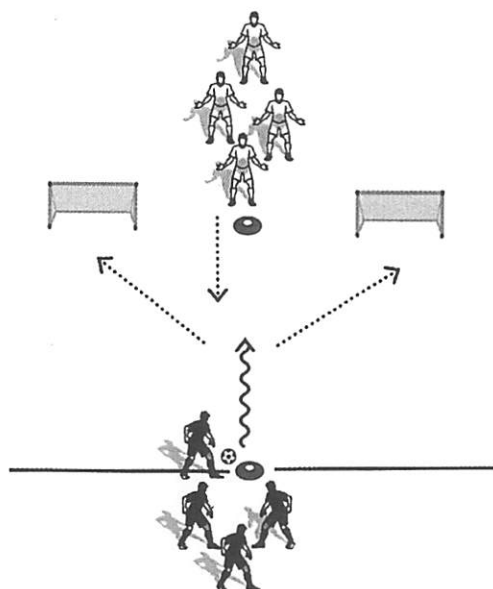
1v1 (to Gates and to Goal)



1 1v1 to gates without ball (TAG)

2 Stationary 1v1 to gates with ball

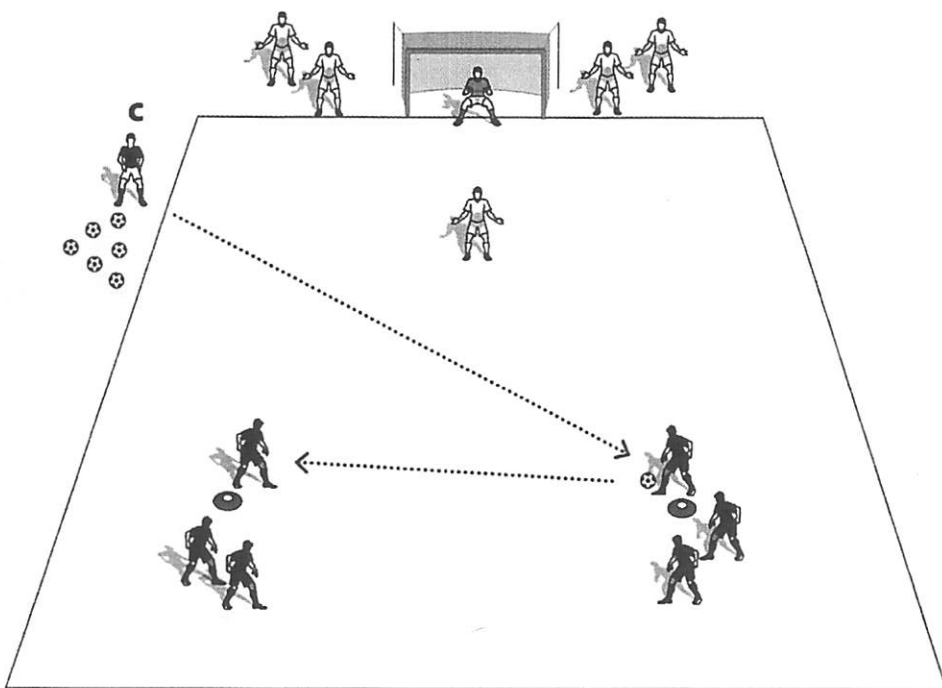
3 1v1 to goal



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- **1 TAG** — Without a ball, attacking player attempts to run through cones/Gates without being tagged by defender – This teaches attacking players that they control the direction they want to attack in and how speed is an important factor.
- **2 Stationary Ball** — Similar to “Tag” we now add a ball to the drill making it more soccer specific.....defender is not allowed to move until attacking player touches ball. Encourage attacking player to use fakes/feints to “wrong foot” or off balance the defender before attempting to score on the two small goals.
- **3 To Goal** — Straight up 1v1 to goal. Attacking player has two small goals to attack. Encourage attacking player to run at the defender at speed. If defender wins the ball from the attacking player. He/she attempts to dribble the ball over the starting line to end rep.

2v1 to Goal

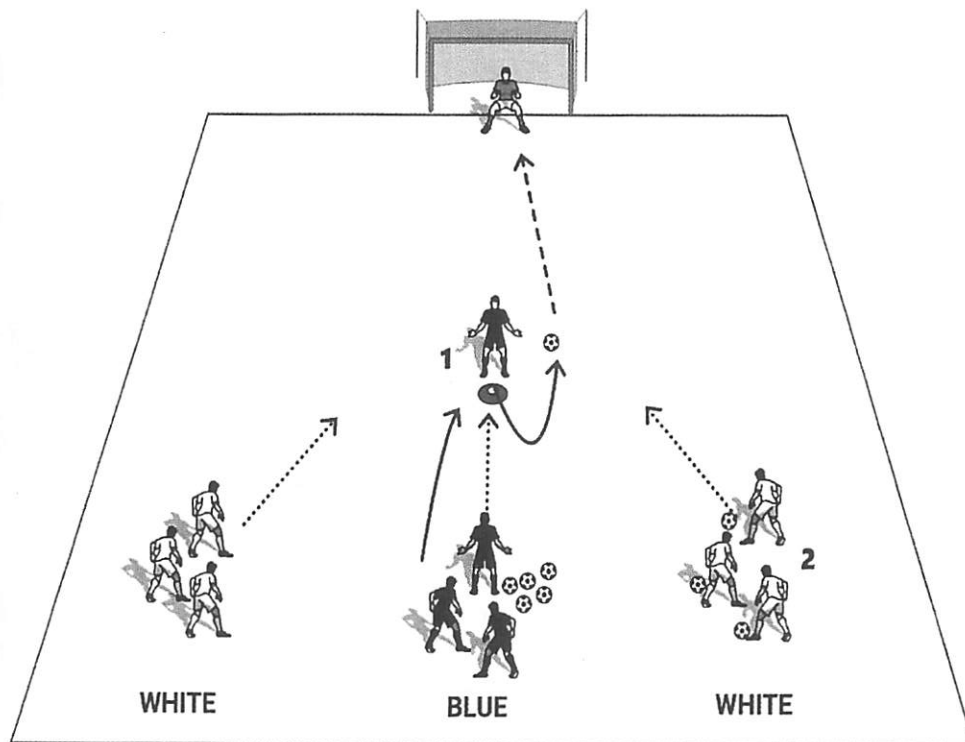


- Coach starts exercise by passing a ball out to the two attacking players facing the large goal. One defender is positioned approximately 5 yards from the receiving pair. Once the two attacking players receive the ball, they attack the goal (2 vs 1) attempting to score. If the defender wins the ball, he/she simply attempts to dribble the ball freely to the top of the exercise ending that cycle.

Coaching Points

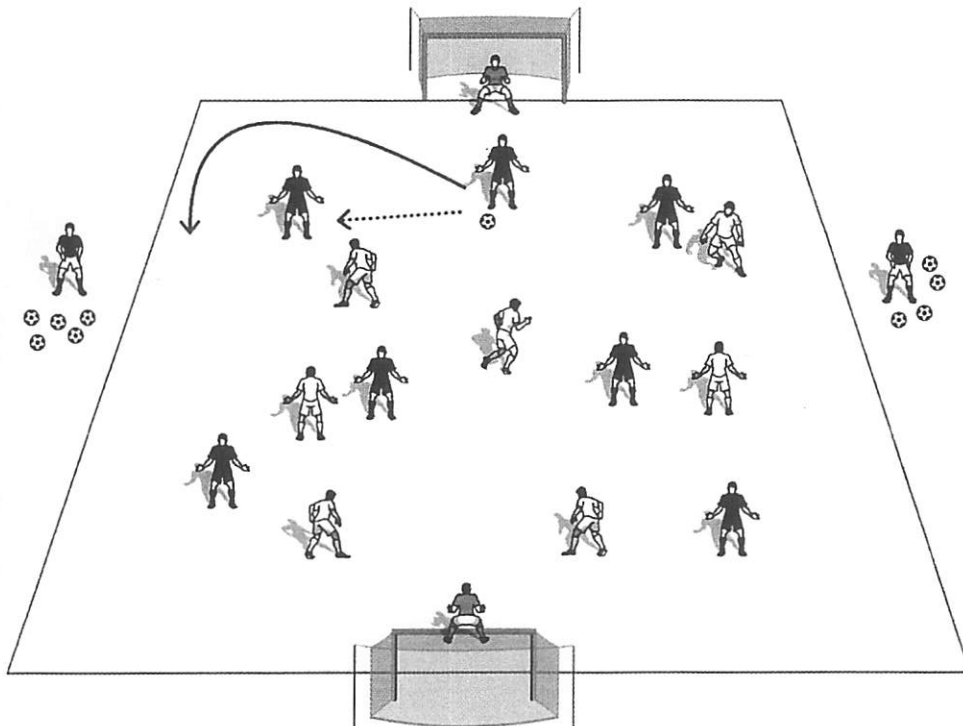
- Player with ball should attack the defender with speed but also “read” what the defenders positioning is dictating
- Player “off the ball” should also be “reading the game” and deciding how he/she can create a numerical advantage to attacking the goal/defender and score.
- Options – Overlapping run, stay wide and provide a safe passing angle, support play for a 1-2/wall pass, perform a take over.
- Rotate groups from attacking to defending every 5 minutes or so....

1 vs None / 2 vs 1 to Goal



- The first player in the blue line passes the ball to his/her teammate who turns with the ball and shoots on goal. The player who passed the ball replaces the player who shot the ball.
- After shooting on goal, the player then immediately must turn and defend 2 players from the white team in a 2 vs 1 situation attacking the large goal. If the defender wins the ball he/she simply looks to play the ball back towards the line of players where the exercise started. Players refill the lines they came from until the allotted time expires for exercise cycle. Suggestion would be 3-4 minutes. Keep score the number of goals for each team making it a competition.
- **Coaching Points**
- Encourage players to “read” the game – How can I create the best numerical advantage to create a scoring chance? Overlapping run? Stay wide yet providing a safe angle? Try to perform a 1-2/wall pass? Take over? Use this exercise to get players to “think” the game.

8v8 to Goal vs Combination Play



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- Play 8v8/7v7.....whatever numbers you have to utilize for this final activity.
- Assign one team as the team who can score on any goal
- The other team can score only by performing any sort of combination play such as an overlapping run, take over, 1-2 etc.....For every combination play performed they receive a point.
- *you could also assign the team that attacks the large goals the opportunity to score also by performing combination play as well as goals on the large nets.
- Cycles/rotations can last 3-5 minutes in length before switching roles. Carry scores over.
- **Coaching Points**
- Help players recognize as many of the combination play opportunities as possible, even if it the most obvious.....the object of this activity is to help players carry over the lessons learned in the previous activities to better help them “read the game” and improve their overall Soccer IQ