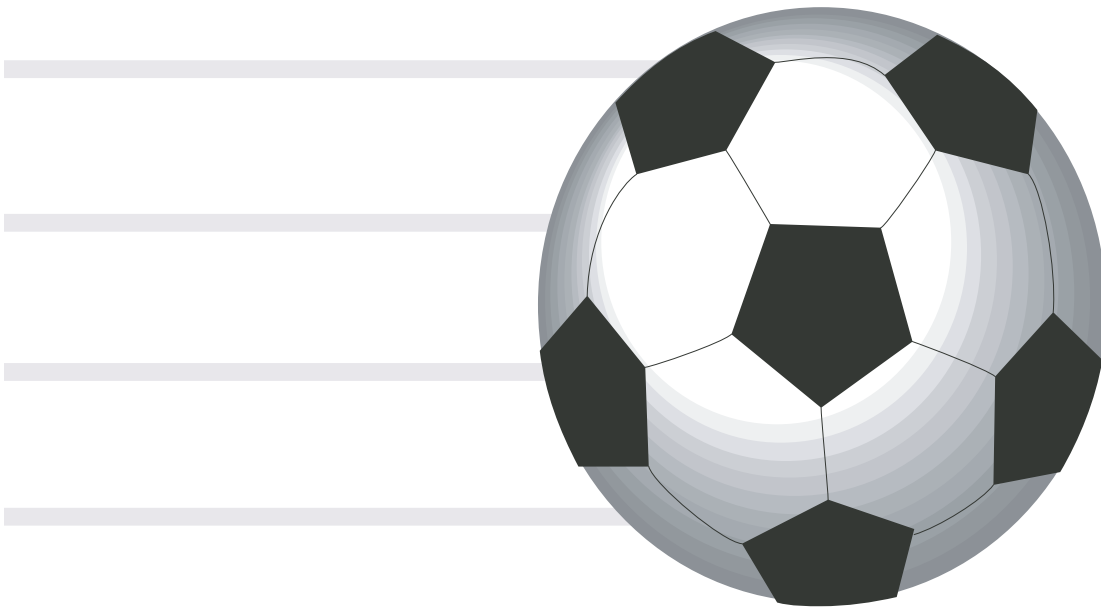


PRINT & GO
PRACTICE PLANS & DRILLS



YOUTH FOUNDATION
BASIC SKILLS AND TACTICS

TABLE OF CONTENTS

Acknowledgement	4
Introduction	5
Our Philosophy	6
Usage Recommendations	7
Practices Summary Matrix	8
Season Practice Sequences	9
Print & Go Practices	10
• # 1 Shooting, Ball Control, Flank Attack	11
• # 2 Moves, 1v1	12
• # 3 Shooting, Speed, Change of Direction	13
• # 4 Shooting, Reaction, Scoring	14
• # 5 Passing, Dribbling, Shooting	15
• # 6 Flank Attack, Shooting, Anticipation	16
• # 7 Defending, Agility, Speed	17
• # 8 Moves, Passing, Transition Play	18
• # 9 Moves, Shooting, Flank Attack	19
• #10 Moves, Passing, Reaction	20
Practicebuilder Warm Ups	21
• # 1 Dribbling, Receiving the Ball	22
• # 2 Change of Direction, Moves	23
• # 3 Dribbling, Moves	24
• # 4 Dribbling, Receiving, Reaction	25
• # 5 Dribbling, Overlap Passing, Reaction	26
• # 6 Anticipation, Dribbling	27
• # 7 Agility, Dribbling	28
• # 8 Moves #1	29
• # 9 Moves #2	30
• #10 Moves, Reaction	31
Practicebuilder Technical Drills	32
• # 1 Change of Direction, Dribble and Shoot	33
• # 2 Change of Direction, Cut Backs	34
• # 3 Dribble and Shoot #1	35
• # 4 Dribble and Shoot #2	36
• # 5 Overlap Runs with 2v1, scoring	37
• # 6 Pass and Shoot	38
• # 7 Defending 2 Goals	39
• # 8 4 v 2 Passing	40
• # 9 Dribble and Shoot #3	41
• #10 3 v 6 Defending	42

TABLE OF CONTENTS

Practicebuilder Fitness Drills	43
• # 1 Run-Sprint-Shoot	44
• # 2 Cooper Test Run	45
• # 3 Change of Direction Sprints	46
• # 4 Reaction Sprints	47
• # 5 Reaction Dribble and Sprints	48
• # 6 Sprints, 1 v 1, Shoot	49
• # 7 Pass, Turn, Sprint, Pass in rectangle	50
• # 8 Pass, Turn, Sprint, Pass in Straight Line	51
• # 9 Jump and Shoot	52
• #10 2 v 2 + N, Fast Break	53
Practicebuilder Tactical Drills	54
• # 1 Flank Attack with Switching Play	55
• # 2 1 v 1 with Change of Direction	56
• # 3 Fast Break Attack	57
• # 4 Fake Defender and Shoot	58
• # 5 3 v 3 Penetration, Passing, Shooting	59
• # 6 Flank Attack #1	60
• # 7 Defending 1 v 1	61
• # 8 Transition Play	62
• # 9 Flank Attack #2	63
• #10 Pass and Follow	64
Practicebuilder Scrimmage Drills	65
• # 1 4 v 2 on 2 Goals	66
• # 2 3 v 3 on 2 Goals	67
• # 3 4 v 4 on 4 Goals	68
• # 4 4+GK v 4+GK on 2 Goals	69
• # 5 4 v 4 on 4 Goals w.GK	70
• # 6 6 v 4 with GK on 3 Goals	71
• # 7 4 v 2, no Goals	72
• # 8 5+GK v 5+GK on 2 Goals, ½ Field	73
• # 9 6+GK v 6+GK on 2 Goals, ½ Field	74
• #10 3 v 3 on 4Goals with GK	75

ACKNOWLEDGEMENTS

This book is dedicated to all coaches, players, parents and officials without whose passion for soccer the greatest game in the world could not exist.

We thank all the teams, players and coaches that have participated in developing the practice sessions and used them on the field them to make sure they work.

Introduction

The idea for Print & Go practices and PracticeBuilder came from a recognition that something was missing for soccer coaches amongst all the training materials and resources available.

No doubt you have heard that a coach must have a practice plan when going to run a practice. If you are like most coaches, you probably have books and videos full of drills and practice ideas. If you are like most coaches, you also rush from work to the practice field desperately trying to write a practice plan in your head (hopefully not on paper while driving), organizing and visualizing drills and things to say. Maybe you even brought some books or photocopies of drills with you. Maybe you even roughed out a plan the night before on a piece of paper. No matter what, you either spent significant time researching and writing or significant time scrambling.

What about the next practice? What about a season plan? What about the team's needs and focus? Fitness training: yes or no? During practice or separate sessions? Scrimmages? Speed and mental training? Where are the drills for that? How about flexibility? Any difference between age groups?

To help you focus your time on deciding what is important for your team to work on we thought it would be a good idea to do the research and the writing for you. So we have developed a set of 10 complete practice sessions and a tool to develop hundreds of additional sessions. All you need to do is to decide on a focus for the season and a theme for each practice. The printed material is supplemented by pictures of stretches and moves and by the tips published on our website www.soccerpracticebooks.com.

This is the first in hopefully a series of Print & Go practice sessions and PracticeBuilder tools.

We recommend this set for youth teams (11 and older) up to and including High School and College teams.

These practices and drills have been run with 10-12 year old boys' teams; 14-16 year old girls' teams and College teams.

We hope you will enjoy your season.

Our Philosophy

Practices need to be fun for players and coaches. Drills must be interesting and vary across skills, tactics, strategies, mental and physical fitness and team building.

Players need to be busy with a ball at all times to maximize the number of touches they get with the ball.

Practices must flow and time must not be wasted by the coach setting up or thinking about drills.

Practices and drills must have a purpose.

We suggest you schedule 2 hours for the practice with the hope to start 15 minutes after the scheduled start time and allowing for breaks. That way, the 1-1/2 hour sessions will fit nicely without the stress of late-comers messing things up. If the practice starts on time and flows well, use any extra time at the end for additional scrimmages. You will be very popular with the players.

We suggest that each practice starts with a brief meeting between coaches and players in which the theme of the practice is communicated to the players.

Then start with a warm up. You will notice that our warm-ups already incorporate the theme of the practice, lots of ball work, fitness and thinking exercises in a purely soccer way. No repetitive running, not many exercises without a ball and if so, then they are fun and challenging.

We have cushioned the fitness section between technical and tactical drills. The reason is that we want players to be properly warmed up for skill work, but then challenge their stamina and mind by requiring technical skills after fitness work.

End with a scrimmage and feel free to adapt them or change them to suit your team's needs.

After the practice, have a quick meeting again for going over the practice briefly, invite comments from the players, congratulate them on their effort and improvement and make any announcements regarding upcoming events.

During the drills, be patient. Observe and intervene only when needed. Keep your comments positive, to the point and brief. Speak loudly and clearly. It is better to demonstrate a drill or a concept than to give a speech. Never yell at a player or use derogatory language.

All drills are designed to be conducted on ½ field, but most can be expanded to full field if space is available. This would be particularly true for full field scrimmages.

Print & Go Practices – Usage Recommendations

We have developed a matrix for the 10 sessions showing the focus of the practice and of each of the drills in the practice. Please study the matrix to become familiar with the content of each session and drill.

On the matrix page is a box suggesting various ways to sequence these sessions. Chose the emphasis for your next 10 practices (which could be a season or pre-season) and study the sequence suggested. Of course, you are free to develop your own sequence. Refer to the individual practice sheets or the individual PracticeBuilder drill sheets for a better understanding. Write comments on the drill sheets.

We suggest you visualize the drills to make sure you understand how they will flow. If necessary, set them up in your living room and walk through them.

Keep a clean copy of the book at home and put the pages you take to the practice with you in clear plastic sheet protectors to protect them from water or other disturbances (you know what can happen to papers).

PracticeBuilder – Usage Recommendations

The PracticeBuilder was designed for two purposes.

Firstly, to have a “bigger picture” of the exercises to work from and to allow you to make notes of what or whom you want to observe before you start the drill and notes of what you learnt from the drill. The pages fit nicely on a clipboard.

Secondly, we wanted to make it easy for you to create your own practices by simply pulling a number of drills and arranging them in a sequence that meets your needs.

We recommend that you stick with our general practice philosophy and at a minimum suggest you start with a warm-up and end with a scrimmage. In between, you can design whichever way. If your team needs 4 fitness sessions and no technical/tactical work- go for it. You want to work three shooting related sessions- they are ready to go.

Feedback

We always look for ways to improve. So any suggestions are welcome. Please E-mail them to coach@soccerpracticebooks.com.

Practice #	Practice Focus	Warm-Up Focus	Technical Drill	Fitness Focus	Tactical Drill	Scrimmage Focus
1	Shooting Ball Control Flank Attack	Dribbling Receiving the Ball	Change of direction dribble and shoot	Run-sprint-shoot	Flank attack with switching play	4 v 4 on 2 goals
2	Moves 1 v 1	Change of direction moves	Change of direction: cut-backs	Cooper test (12 min) run	1 v 1 with change of direction	3 v 3 on 2 goals
3	Shooting Speed Change of direction	Dribbling Moves	Dribble and shoot #1	Change of direction sprints	fast break attack	4 v 4 on 4 goals
4	Shooting Reaction Scoring	Dribbling Receiving the Ball Reaction	Dribble and shoot #2	Reaction sprints	Fake defender and shoot	4+GK v. 4+GK on 2 goals
5	Passing Dribbling Shooting	Dribbling Overlap passing Reaction	Overlap runs with 2 v 1 plus scoring	Reaction dribble and sprint	3 v 3 penetration passing and shooting	4 v 4 on 4 goals with GK
6	Flank attack Shooting Anticipation	Anticipation Dribble	Pass and shoot	sprint- 1 v 1 - shoot	Flank attack #1	6 v 4+GK on 3 goals
7	Defending Agility Speed	Agility dribble	Defending 2 goals	pass-tum-sprint-pass in rectangle	Defending 1 v 1	4 v 2 no goals
8	Moves Passing Transition play	Moves	4 v 2 passing	pass-tum-sprint-pass straight line	transition play	5+GK v 5+GK on 2 goals 1/2 dd
9	Moves Shooting Flank Attack	Moves	Dribble and shoot #3	Jump and shoot	Flank attack #2	6+GK v 6+GK on 2 goals 1/2 dd
10	Moves Passing Reaction	Moves Reaction	Defending 3 v 6	2 v 2+N fast break	Pass and follow	3 v 3 on 4 goals w.GK

Practice sequence Suggestions

Coaching Emphasis

Practice Sequence

Moves

8-9-2-6-10-1-3-4-5-7

Passing

5-8-10-6-1-8-3-4-7-9

Shooting

3-4-9-6-1-2-5-7-8-10

Defending

7-10-4-3-1-2-8-9-5-6

Flank Attack

6-9-1-2-3-4-5-7-8-10

Endurance

2-10-7-8-1-5-6-9-4-3

Speed

3-6-5-1-4-9-2-7-8-10

Strength

9-6-3-5-8-10-7-4-2-1

Pre-season Build

1-2-3-6-7-8-4-9-10-5

Youth Foundation

 Print & Go

Practices



Youth Foundation practice # 1



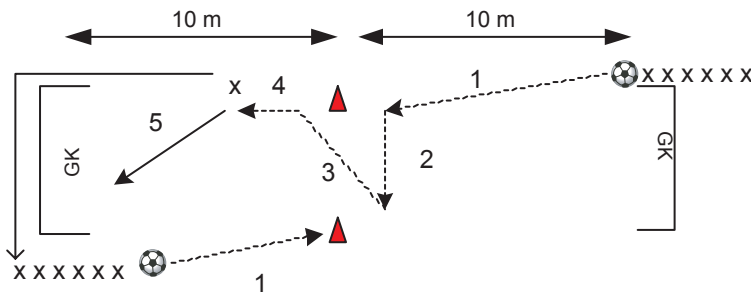
Practice Focus: Shooting, Ball Control, Flank Attack

Time: 1.5-2 hrs including arrival/leaving

Warm-Ups: Dribbling & Receiving the Ball (30 min)

1. Each player dribble a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa.
Alternate positions.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn".
"man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

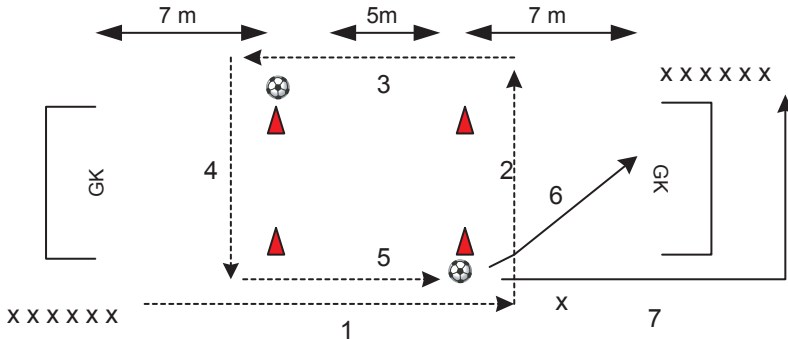
Technical Skill: Change of Direction Dribble and Shoot. (15min)



1. x dribbles ball to cone
2. x changes direction and dribbles to opposite cone
3. x changes direction and dribbles diagonally across, wide of the net.
4. x sets up shot with one last touch
5. x shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

Fitness Focus: Run-Sprint-Shoot. (15 min)



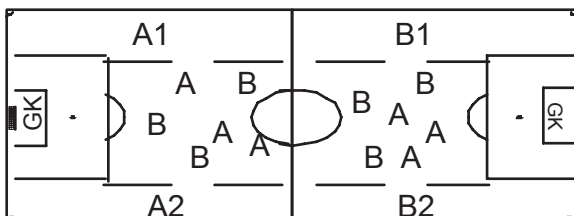
1. x half sprints to second cone
2. x sidesteps to cone across
3. x runs backwards to 4th cone
4. x sidesteps to cone 1
5. x sprints to ball
6. x shoots ball on target
7. x sprints to back of other line

Both lines do drill at same time, avoiding collisions.

Coach/helper replaces ball for next shot

Tactical Drill: Flank Attack with Switching Play. (30 min)

- B plays left to right, A right to left
- A1/A2 and B1/B2 stay in their lanes
- Ball must be played to lane players first before goal can be scored



vary rules to suit your team's progress

Scrimmage: 4 v 4 on 2 goals. (30 min)

Choose 4v.4 small games and set up small fields. Vary rules as to number of touches ,player position, moves.etc. before goal can be scored or play full field scrimmage with a particular tactical objective.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 2



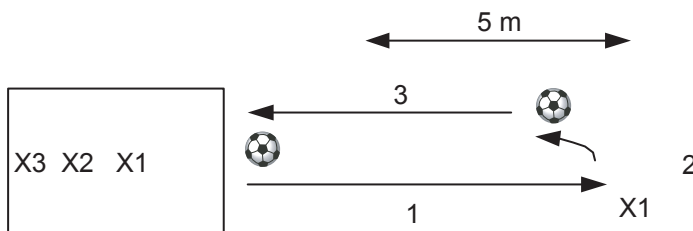
Emphasis: Moves, 1 vs 1

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Change of Direction Moves. (30 min)

1. Each player dribbles a ball around perimeter of field twice .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. While dribbling slowly, execute scissors move (sweep right foot across front of ball and plant, take ball away with outside of left foot in opposite direction) against an imaginary defender. Alternate feet.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, execute scissors move vs. passive partner. Alternate.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. In pairs, execute scissors move vs. active defender.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Drill 15 Min: Change of Direction, Cut-Backs



Groups of 3

1. x1 passes ball 3-5 m out and sprints after it
2. x1 cuts ball back with inside foot
3. x1 passes ball to x2 and sprints to end of line
4. x2 repeats

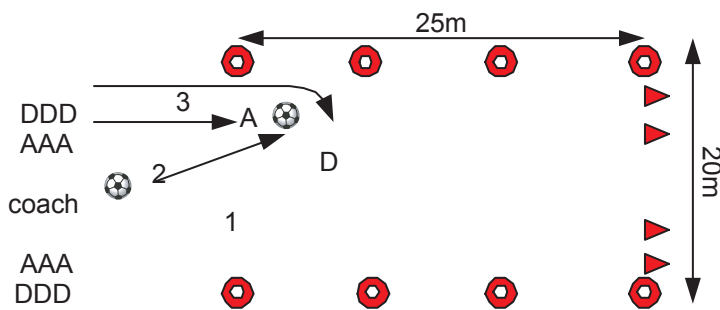
Ask players to execute quick turn with outside of foot and flicking straight back with sole of foot in step 2.

Fitness Focus: Cooper Test

Cooper Test: 12 minute run around field, record # of laps for each player.

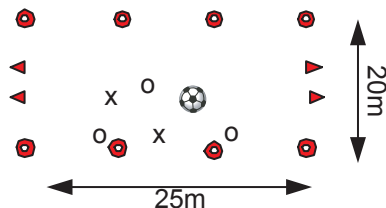
Depending on age and competitiveness of team, variations more suitable can be chosen. The important thing is to have players work at an elevated heart rate for at least 12 minutes.

Tactical Drill: 1 v 1 Change of Direction. (15-30min)



- 1.Coach passes ball diagonal to either attacker A
 2. A sprints to get control of ball.
 3. Defender D sprints to beat A to ball or, to get goalside of A (shown).
 4. A now plays 1v1 against B on either goal.
 5. Either player can score.
 6. A goal or coach's call ends 1v1. Players jog back around outside field to opposite line.
 - 7.Coach restarts game on other side.
- Coach decides to set up 1 or 2 fields depending on # of players available.

Scrimmage: 15-30 min: 3 v 3 on 2 goal



- 1.Divide team into small teams of 3 and set up a field for each 6 players.(18 players-3 fields)
- 2.Play 3 v 3 in tournament format, 2 min.games.
3. Emphasize 1 v 1 moves to set up a pass or shot on goal.
4. Goals must be scored from inside opponent's half

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 3



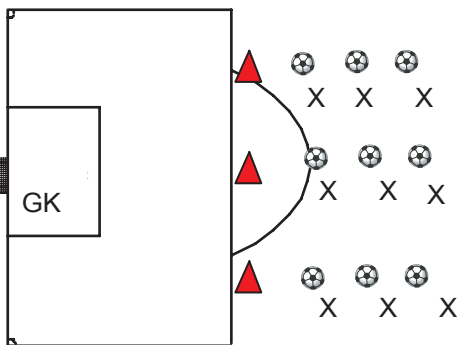
Emphasis: Shooting, Speed and Change of Direction

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Dribbling, Moves. (30 min)

1. Form lines of 8 players and jog around 1/2 field. Last player weaves through line to front, etc.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Tap ball 3-4 times between feet, then drag 1/4 turn to right with sole of foot. Repeat w.left/right turns on command.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Dribble ball across feet pushing it forward with laces, stopping with sole of foot, pushing forward,etc.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Repeat exercise 1 above, except each player has a ball and last player must dribble-weave to front.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Skill:Dribble and Shoot #1. (15 min)

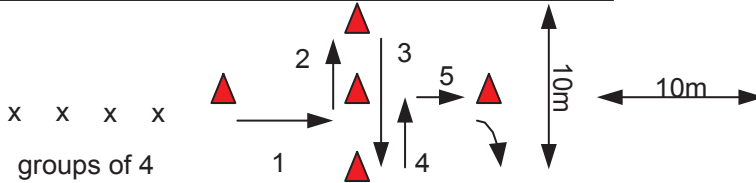


1. Dribble to cone.
2. Make a move on cone into the penalty box.
3. Finish with a shot on net with your first touch inside penalty box.

It is important to make sure that the last touch into the penalty box is diagonal and away from shooting foot to set up the shot.

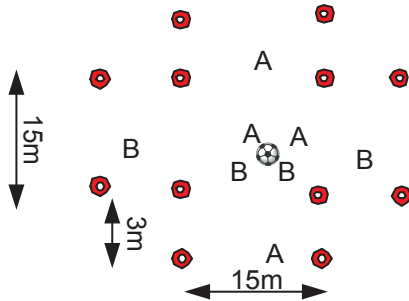
If groups are too large and players stand around, set up a second/third goal with cones.

Fitness Focus: Change of Direction Sprints. (15 min)



1. player sprints from 1st to 2nd cone and makes sharp turn to left.
2. Sprints to 3rd cone, sharp reverse turn.
3. Sprints to 4th cone, sharp reverse turn
4. Sprints back to 3rd cone, sharp turn right
5. Sprints to 5th cone, turns and jogs back

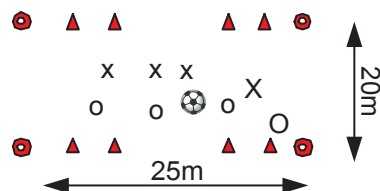
Tactical Drill: Fast Break Attack. (15-30 min)



1. teams A/B play against each other inside 15m x 15m grid.
2. each time a player in opposing 3m deep endzones.
3. players must pass into either endzone from within 2m and stay in endzone as target player.
4. Endzone player breaks out fast to start his team playing into opposite endzone.

1 pt for each successful pass. Team w. 10 pts wins.

Scrimmage: 4 vs 4 on 4 Goals. (15-30 min.)



1. 4 v.4 play
2. teams score by dribbling ball in either goal in opposing end. (goals are 2m wide).
3. team that scores restarts play by playing ball in from sideline
4. rotate teams of four or set up two fields

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 4



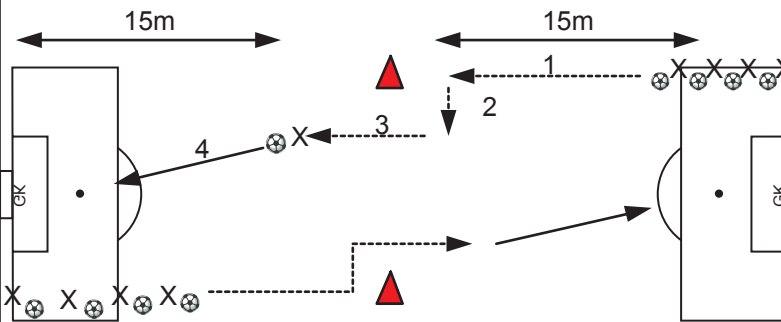
Emphasis: Shooting, Reaction and Scoring

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Dribbling, Receiving the Ball, Reaction. (30 min.)

1. Spread cones around field (2 per player) and ask each player to dribble towards a cone, change direction at cone.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. groups of 4: X1 ----5m--- O1 x1/x2 tosses ball to o1/o2 who plays it back to x1/x2 with one/ two touches
X2 O2 O1 and O2 change place, X1 now tosses to O2, X2/O1
repeat and have X and O change roles
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. 25mx25 grid, each player dribble a ball. On coach's command, players exchange balls.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Repeat exercise 5 above, except that 2 players don't have a ball to start.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Skill: Dribble and Shoot #2 (15min)



1. Dribble to cone.
2. Make a move on cone
3. Cut in on net
4. Set up a shot on net with your next touch and shoot.
5. Go to end of opposite line

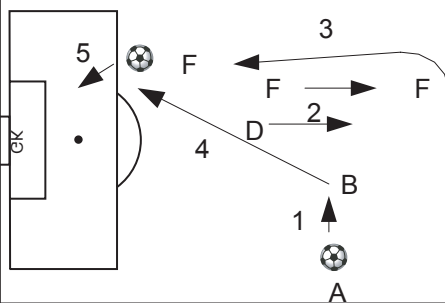
Set up as many areas for drill as you need to keep players moving as much as possible.

Fitness Focus: Reaction Sprints. (15 min)



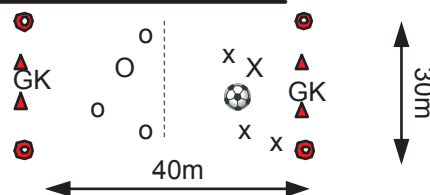
1. Players line up on one side of a row of cones or towels or any low obstacle.
2. Players jump sideways over cones.
3. On coach's command "left" or "right" players sprint 10m to their right or left.

Tactical Drill: Fake Defender and Shoot (15-30 min)



1. A1 passes to B who receives ball and turns with it facing direction (4).
 2. At the time A passes, F sprints back, being covered goalside by D, both F and D facing spot between A2 and goal.
 3. At any time F quickly changes direction and sprints into space towards net, losing D.
 4. B passes into F run.
 5. F finishes with shot.
- This is attacking drill, so D must stay with F

Scrimmage: 4+GK vs 4+GK on 2 Goals. (15-30 min)



1. 4 v.4 play with GK on regular size goal
 2. teams must score by first passing ball back into own half and shooting from own half.
- Depending on age and strength of players, shorten the field to increase success of shot getting in goal.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 5



Emphasis: Passing, Dribbling and Shooting

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Dribbling, Overlap Passing, Reaction (30 min.)

1. Dribble ball randomly around field using the inside and outside of either foot.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)

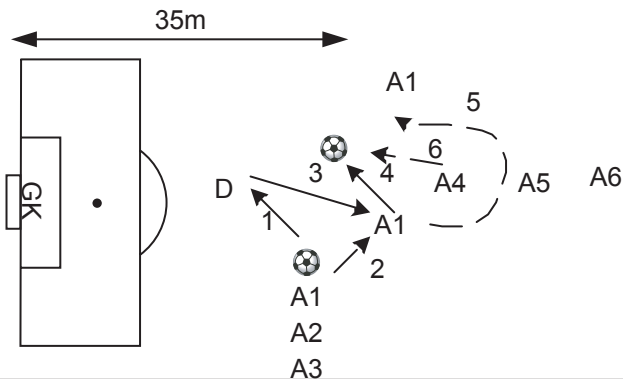


X2 passes ball to X1 who touches it to the right

X2 runs around X1 and passes ball with one touch to X3
X3 passes to X1, X2 runs to his/her starting spot
repeat 10 times and change roles

4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In partners. One player dribbles ball, changing direction. Partner shadows him/her. Change roles.
6. Hamstring stretch. (hold 20 seconds each side, 3 reps/side)
7. Ball one step distance between partners. On a command, both players try to pull ball back.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

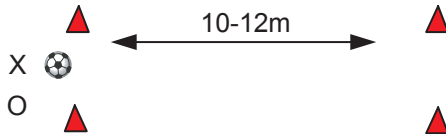
Technical Skill: Overlap Run with 2 vs 1 Plus Scoring. (15min)



1. A1 passes to D and
2. times run towards A4
3. D one touch passes back into A1 run
4. A1 passes into run of A4 and
5. overlaps A4
6. A1 and A4 play 2v1 vs D ending with shot on net

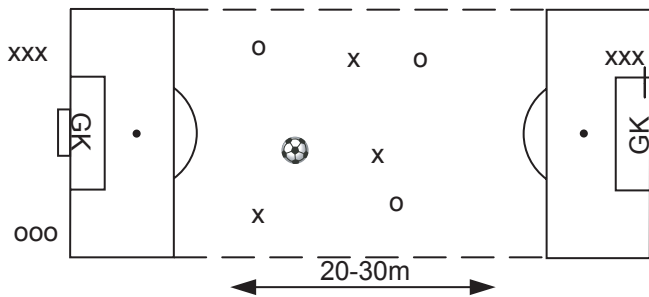
This drill may take some time to get right due to the precise timing of passes & runs required.

Fitness Focus: Reaction Dribble and Sprint. (15 min)



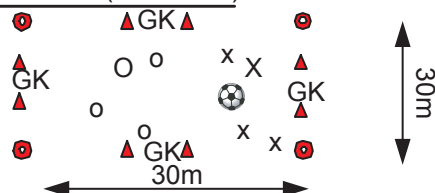
1. X has ball and decides when to start dribble across opposite endline.
2. O waits until X starts and then sprints trying to beat X to the endline
3. Change roles every 5 turns

Tactical Drill: 3 vs 3 Penetration, Passing and Shooting. (15-30 min)



1. 2 teams of 3 play between penalty boxes.
2. each team can score on either goal
3. teams score by releasing their own player into the penalty box with a pass or by dribbling into box.
4. Once in penalty box, player cannot be attacked and must finish with shot on net.
5. A player from the team that has taken a shot waiting by the post now takes a ball and dribbles into center area where play restarts.

Scrimmage: 4vs 4 on 4 Goals wit GK (15-30 min)



1. teams of 4. 2 teams scrimmage, one team provides 4 goalkeepers.
2. team X and team O each score on opposite goals (i.e. O scores on east/west goals, x on north/south)
3. Alternate teams through goal.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 6



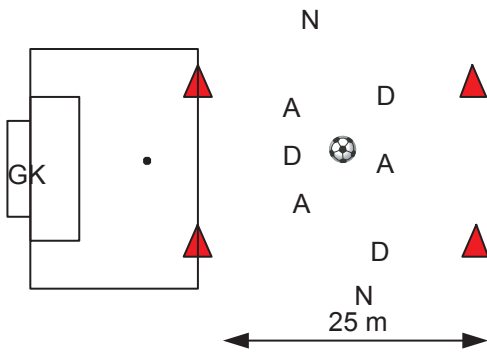
Emphasis: Flank Attack, Shooting and Anticipation

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Anticipation, Dribble. (30 min.)

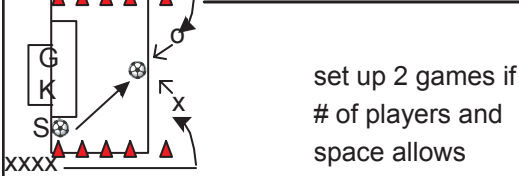
1. Each player with ball. On the spot, do push/pull move, then do it while dribbling across field and back.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Groups of five in 20x20 m grids. Each player gets a number from 1-5. Players must pass in numerical sequence. Emphasize moving to be ready to accept ball, and moving into space after passing. Everyone needs to read plays and know when his/her turn is coming up.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Place 8 (3m wide) goals randomly across 1/2 field. Divide team into two groups and play 2 minute games. Team in possession scores a point by passing through any goal to a team-mate. Cannot score in same goal twice in a row.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Player with partner. Player with ball attacks and tries to execute a move to beat partner. Change roles
8. Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Skill: Pass and Shoot.(15min)



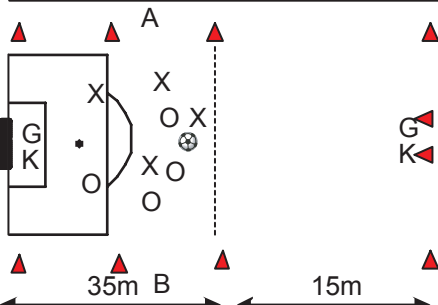
1. Play 3v3 in grid using Neutral players (N) as support players. A starts with ball.
 2. A must play ball into area with a pass to a team-mate running into area.
 3. Once in area, A must shoot on 1st or 2nd touch.
 4. Defenders cannot follow into area.
 5. After goal or change of possession in grid, defenders try to score.
- Depending on number of players, set up two fields, or rotate players in groups of 3. Rotate neutral players as well.

Fitness Focus: Sprint, 1 vs 1, and Shoot. (15 min)



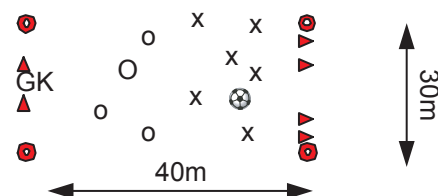
1. On command from server (S), player from each side (x and o) sprints outside of cones.
2. Server plays ball towards top of box, and x and o fight for possession and play 1v1 on net.
3. After shot players return to end of line
4. Server varies (low pass, bouncing, etc.)

Tactical Drill: Flank Attack #1. (15-30 min)



1. 4v4 in 40x35m grid. Two outside areas A and B
 2. X attacks goal and O defends.
 3. X must pass ball to team-mate into area A or B before they can score.
 4. Defenders (O) cannot enter area A or B.
 5. Once X has possession in area A or B they can cross ball into area for X to score.
 6. If defenders win ball, they fast break attack on far goal.
- Make up teams of four and rotate.

Scrimmage: 6 vs 4 + GK on 3 Goals. (15-30 min)



1. 6 v.4 plus GK on a regular size goal
 2. After goal by X or after winning ball, O breaks to score on either of two wide (3m) goals.
- Divide team up and rotate through roles.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 7

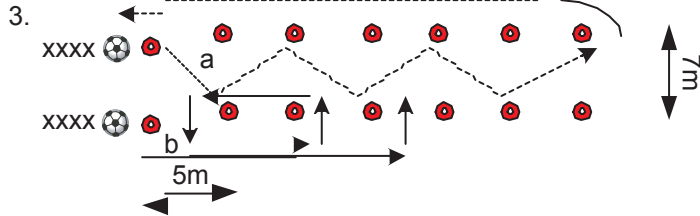


Emphasis: Defending, Agility and Speed

Time: 1.5-2 hrs including arrival/leaving

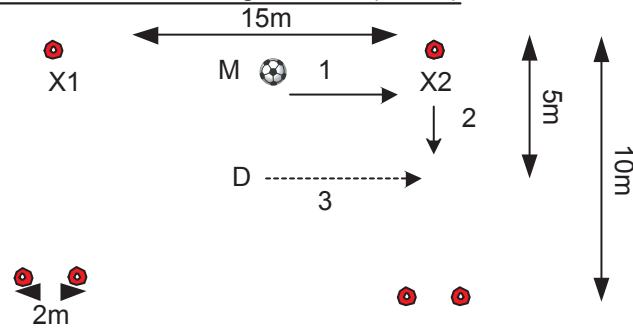
Warm-Up: Agility Dribble. (30 min.)

1. Each player dribble a ball across field tapping it diagonally forward with outside/inside of same foot. Alternate feet.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)



- a. both lines dribble diagonally across from cone to cone and back to end of line outside cones.- quad stretch
- b. both lines dribble ball outside 3 cones, drag sideways across 3rd cone, drag it backwards 2 cones, drag it across sideways, dribble forward 3 cones, etc., dribble back after last cones.- hamstring/heel stretches in between.

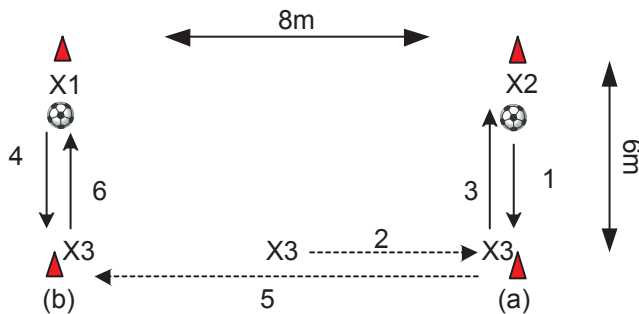
Technical Skill: Defending 2 Goals. (15min)



1. M starts with ball and passes to either X1 or X2 waiting at cones.
2. X1 or X2 either shoot on small goals or, if goal blocked by D, pass back to M who quickly decides whether to pass to X1 or X2.
3. D hustles across to block shots on goals.

Stress communication to get many clear shots. Rotate players through positions.

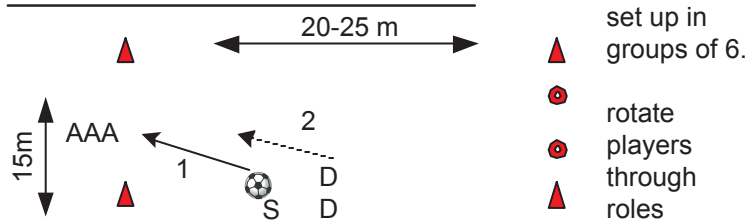
Fitness Focus: Pass-Turn-Sprint-Pass Rectangle. (15 min)



1. X2 passes ball towards cone (a) across.
2. X3 sprints toward cone (a)
3. X3 one touch passes ball back to X2 and turns to face cone (b)
4. X1 passes ball towards cone (b) across as soon as X3 has turned.
5. X3 sprints towards cone (b)
6. X3 one touches ball back to X1

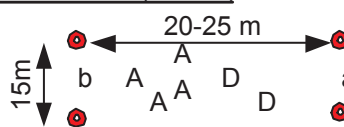
Keep doing this for 60 seconds and rotate players through positions. Emphasize timing of passes and runs to cones.

Tactical Drill: Defending 1 vs 1. (20 min)



1. Server (S) passes ball to attacker (A) who attacks ball.
2. Defender (D) sprints to close down attacker.
3. A and D play 1v1 on goal.
4. Instruct defender to stay goalside, delay attacker, eye on ball, 1-2 arms length distance, diagonal stance to force attacker wide, tackle ball only when attacker loses control of ball.

Scrimmage: 4 vs 2 no Goals. (30 min)



1. 4 attackers v 2 defenders
2. attackers must dribble across defenders endline (a) to score.
3. defenders get 1 point for winning ball, 2pts for clearing across attackers endline (b)

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 8

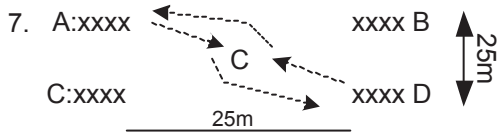


Emphasis: Moves, Passing and Transition Play

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Moves #1. (30 min.)

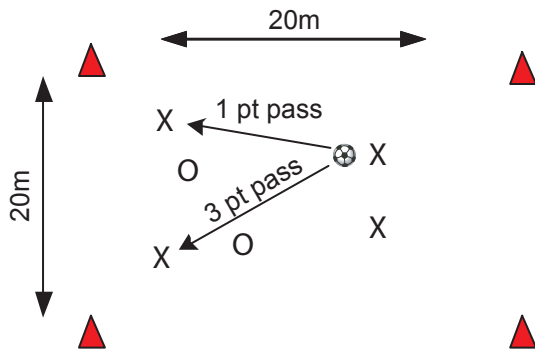
1. With a partner (3-5 m apart) and a ball, run around 1/2 field twice passing ball diagonally forward to each other.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Side drag/push move . Drag ball with sole of foot across body, then push in opposite direction with outside of foot.
4. Hamstring stretch.
5. Repeat side drag/push move with cones. After pushing ball w. outside foot, player now accelerates forward past cone.
6. Quad stretch (hold 20 seconds each side, 3 reps/side)



1. Coach (C) faces player from line A/D or B/C who now dribble at coach and make a move to get by low pressure defending coach.
2. Coach keeps rotating to face different players and diagonally opposite players start dribbling at coach.
3. Ask players to try side drag/push move amongst others

8. Heel stretch

Technical Skill: 4 vs 2 Passing (15 min)



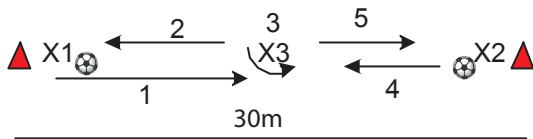
1. 4 v 2 in 20m x 20m grid.
2. group of 4 keeps possession and scores 1 point for completed pass and 3 points for pass completed between defenders.

Rotate defenders every 3 minutes.

Emphasize movement, passing into space, angles of support (triangles in particular) and communication.

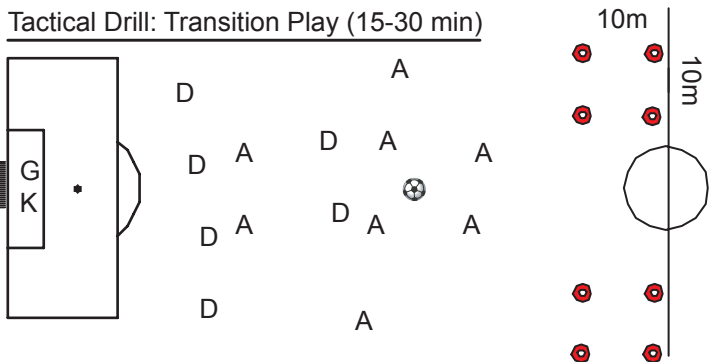
Keep track of points for possession teams.

Fitness Focus: Pass-Turn-Sprint-Pass: Straight Line (15 min)



1. X1 passes to X3 who attacks ball.
 2. X3 one touches ball back to X1
 3. X3 immediately turns to face X2
 4. X2 passes to X3 as X3 is turning.
 5. X3 attacks ball, one touches to X2, etc.
- Rotate players every 60 seconds.

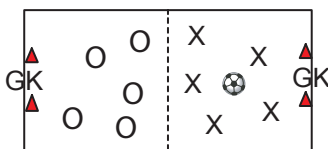
Tactical Drill: Transition Play (15-30 min)



1. 8 v. 6+GK - 1/2 field.
2. Attackers (A) try to score on goal.
3. Defenders (D) upon winning ball must play it out into one of squares at the center line to score a point, 2 points if they pass it to another defender in the square.

This drill can be set-up in many combinations varying number of attackers and defenders as well as instruction based on team strategy.

Scrimmage Focus: 5+GK vs 5+GK on 2 Goals 1/2 Field.



1/2 field scrimmage 5 v 5 on full size goals.

With enough players rotate teams every 3 minutes.

Emphasize running and passing into space, 1v1 near goals followed by shots.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 9

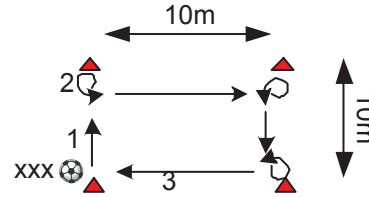


Emphasis: Moves, Shooting and Flank Attack

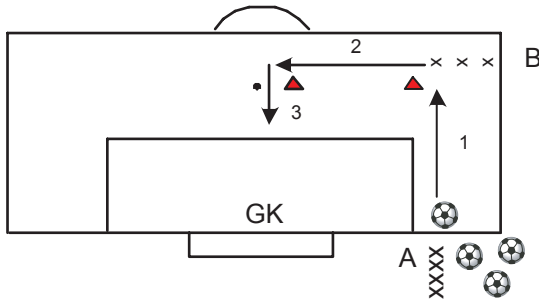
Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Moves #2. (30 min.)

1. Dribble ball around 1/2 field twice weaving back and forth over goal-side-center lines.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Each player with ball. Stand beside ball and hop with both feet sideways over ball and back. 3 sets of 20.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Each player with ball. Execute push/pull move (for pictures, click on moves on practice page). Step on ball with sole of foot; pull back with sole; push to side with outside of same foot. Do stationary and while dribbling.
6. Hamstring stretch (hold 20 seconds each side, 3 reps/side).
7. Twist-off move around cones
 1. Dribble to cone. 2. twist 3/4 turn at cone and dribble to next cone. Repeat 3. pass to next player
8. Heel stretch (hold 20 seconds each side 3 reps/side)

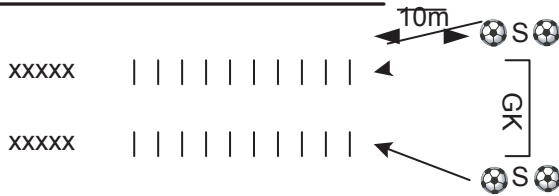


Technical Skill: Dribble and Shoot #3. (15min)



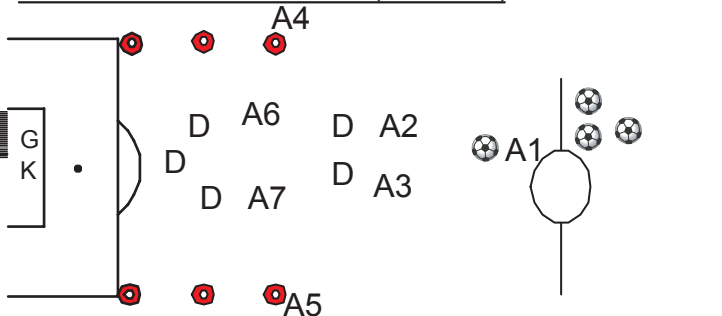
1. Player from group A passes to player in group B. Player from A follows pass and sprints to end of line B.
2. Player from group B receives ball and dribbles outside cones.
3. After second cone, player cuts to net and shoots. After shot player sprints around back of net to end of line A.

Fitness Focus: Jump and Shoot. (15 min)



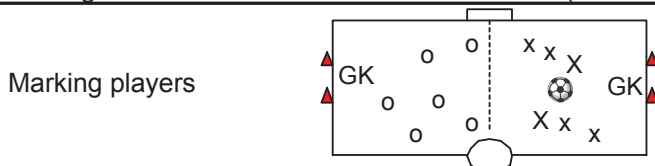
1. 10m from net, put 10 flat cones or rolled towels ~ 50 cm apart. Players from both rows:
2. run single step over obstacle.
3. After last obstacle, server (S) passes ball for shot on net. Alternate servers.
4. Repeat with side step, double leg hop forward, 3 hops forward/2 backward

Tactical Drill: Flank Attack #2. (15-30 min)



1. A1 starts with ball and plays it to A2 or A3
2. A2/A3 receive ball and turn for a pass into run of A4/A5.
3. A4/A5 receive ball in space and dribble outside cones close to goal line and cross ball into penalty box.
4. Strikers A6/A7 time run into box to get shot or header on net.
5. Defenders (D) are active at all times.

Scrimmage: 6+GK vs 6+GK on 2 Goals 1/2 Field. (15-30 min)



1. Play across 1/2 field 6 v 6 on full size goals.
2. Every player of attacking team must be in opponent's half before goal can be scored.
3. When attacking team loses ball, every player must run goalside of their player to mark.
4. Emphasize communication to cover attackers

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Youth Foundation practice # 10



Emphasis: Moves, Passing and Reaction

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Moves, Reaction (30 min.)

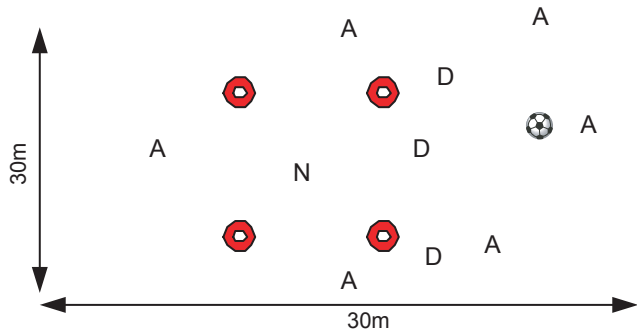
1. Groups of 3 with ball run and pass ball across field 4 times (crossover runs, weaves)
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
Each player tap ball between feet while bouncing, drag ball 1/4 turn, repeat tapping, turning.
3. Shadow dribble:

X1 → 6m →

X2

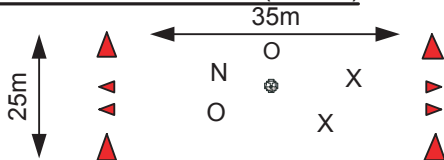
X1 dribbles between cones changing direction often.
X2 shadows X1
change roles every 60 sec
4. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
5. In pairs, execute scissors move vs. passive defender.
6. Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Skill: 3 v 6 defending. (15min)



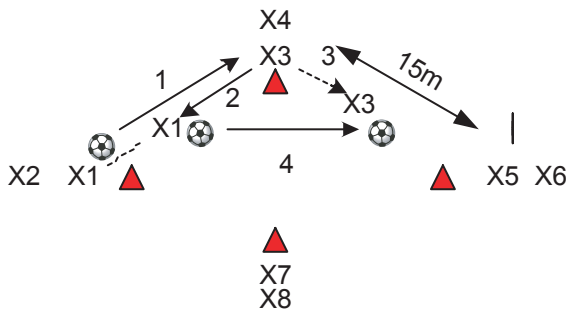
1. 6 attackers v 3 defenders in 30x30m grid
2. One neutral (N) inside 5x5m grid.
3. Attackers get points for passing to neutral player in grid.
4. Defenders get point for getting control of ball.
5. When defenders get control, play restarts with attackers.
6. Rotate players through positions every 3 minutes.

Fitness Focus: 2 vs 2+N Fast Break. (15 min)



1. 2 v 2+N on two small goals.
2. Neutral player plays with team in possession creating 3 v 2.
3. 3 minute games
4. Rotate every player through neutral position

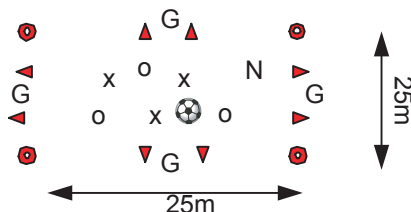
Tactical Drill: Pass and Follow. (15-30 min)



1. X1 passes ball to X3 and follows pass.
2. X3 one touch passes back to X1
3. X3 starts running towards X5
4. X1 passes into run of X3 and then X1 runs behind X4
5. X3 passes to X5 (same as step 1) and the play continues until timing of passes and runs works smoothly.

You may have to try this before practice to understand how drill works.

Scrimmage: 3 vs 3 on 4 Goals with GK. (15-30 min.)



1. 3.v.3 +N playing on opposite goals w. GK.
2. 3 minute games, rotate players through positions
3. Neutral player plays with team in possession

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

Youth Foundation



Warm-Ups



Practice Builder



Team: _____

Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Ups 1: Dribbling & Receiving the Ball (30 min)

1. Each player dribble a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa.
Alternate positions.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn".
"man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)



Practice Builder



Team: _____

Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 2: Change of Direction Moves. (30 min)

1. Each player dribbles a ball around perimeter of field twice .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. While dribbling slowly, execute scissor move (sweep right foot across front of ball and plant, take ball away with outside of left foot in opposite direction) against an imaginary defender. Alternate feet.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, execute scissors move vs. passive partner. Alternate.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. In pairs, execute scissors move vs. active defender.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)



Practice Builder



Team: _____

Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 3: Dribbling, Moves. (30 min.)

1. Form lines of 8 players and jog around 1/2 field. Last player weaves through line to front, etc.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Tap ball 3-4 times between feet, then drag 1/4 turn to right with sole of foot. Repeat
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Dribble ball across feet pushing it forward with laces, stopping with sole of foot, pushing forward, etc.
6. Hamstring stretch. (hold 20 seconds each side, 3 reps/side)
7. Repeat exercise 1 above, except each player has a ball and last player must dribble-weave to front.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)



Practice Builder



Team: _____

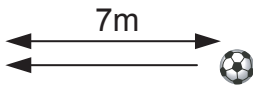
Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 5: Dribbling, Overlap Passing, Reaction. (30 min.)

1. Dribble ball randomly around field using the inside and outside of either foot.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. groups of 3: X1  X2X3 X2 passes ball to X1 who touches it to the right
X2 runs around X1 and passes ball with one touch to X3
X3 passes to X1, X2 runs to his/her starting spot
repeat 10 times and change roles
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In partners. One player dribbles ball, changing direction. Partner shadows him/her. Change roles.
6. Hamstring stretch. (hold 20 seconds each side, 3 reps/side)
7. Ball one step distance between partners. On a command, both players try to pull ball back.
8. Heel stretch (hold 20 seconds each side, 3 reps/side)



Practice Builder



Team: _____

Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 6: Anticipation, Dribble. (30 min.)

1. Each player with ball. On the spot, do push/pull move, then do it while dribbling across field and back.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Groups of five in 20x20 m grids. Each player gets a number from 1-5. Players must pass in numerical sequence. Emphasize moving to be ready to accept ball, and moving into space after passing. Everyone needs to read plays and know when his/her turn is coming up.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Place 8 (3m wide) goals randomly across 1/2 field. Divide team into two groups and play 2 minute games. Team in possession scores a point by passing through any goal to a team-mate. Cannot score in same goal twice in a row.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Player with partner. Player with ball attacks and tries to execute a move to beat partner. Change roles
8. Heel stretch (hold 20 seconds each side, 3 reps/side)



Practice Builder



Team: _____

Date: _____

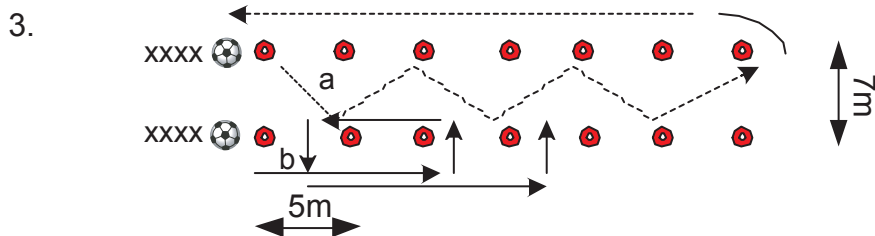
Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 7: Agility Dribbling. (30 min.)

1. Each player dribble a ball across field tapping it diagonally forward with outside/inside of same foot. Alternate feet.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)



- a. both lines dribble diagonally across from cone to cone and back to end of line outside cones.
- quad stretch
- b. both lines dribble ball outside 3 cones, drag sideways across 3rd cone, drag it backwards 2 cones, drag it across sideways, dribble forward 3 cones, etc., dribble back after last cones.
- hamstring/heel stretches in between.



Practice Builder



Team: _____

Date: _____

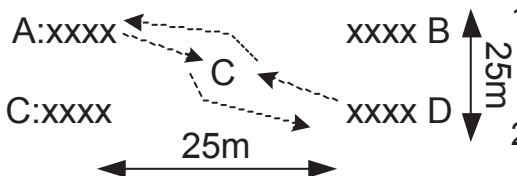
Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 8: Moves #1. (30 min.)

1. With a partner (3-5 m apart) and a ball, run around 1/2 field twice passing ball diagonally forward to each other.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Each player with ball execute side drag/push move (see moves section for pictures). Sole of foot on ball, drag ball across body, push in opposite direction with outside of same foot.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)



1. Coach (C) faces player from line A/D or B/C who now dribble at coach and make a move to get by low pressure defending coach.
2. Coach keeps rotating to face different players and diagonally opposite players start dribbling at coach.

5. Stop above exercise and do hamstring and quad stretches (hold 20 secs, 3 reps/side)



Practice Builder



Team: _____

Date: _____

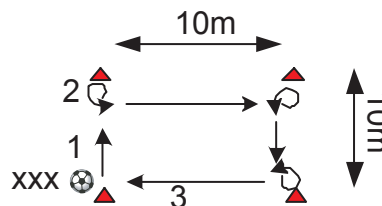
Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 9: Moves #2. (30 min.)

1. Dribble ball around 1/2 field twice weaving back and forth over goal-side-center lines.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Each player with ball. Stand beside ball and hop with both feet sideways over ball and back. 3 sets of 20.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. Each player with ball. Execute push/pull move (for pictures, click on moves on practice page). Step on ball with sole of foot; pull back with sole; push to side with outside of same foot. Do stationary and while dribbling.
6. Hamstring stretch (hold 20 seconds each side, 3 reps/side).
7. Twist-off move around cones
 1. Dribble to cone.
 2. twist 3/4turn at cone and dribble to next cone. Repeat
 3. pass to next player
8. Heel stretch (hold 20 seconds each side 3 reps/side)





Practice Builder



Team: _____

Date: _____

Warm-Up

Things to observe: _____

Notes: _____

Warm-Up 10: Moves, Reaction. (30 min.)

1. Groups of 3 with ball run and pass ball across field 4 times (crossover runs, weaves)
2. Runners stretch (hold 20 seconds each side, 3 reps/side). Each player tap ball between feet while bouncing, drag ball 1/4 turn, repeat tapping, turning.
3. Shadow dribble:

X1	$\xrightarrow{6m}$	▶	X1 dribbles between cones changing direction often.
X2		▲	X2 shadows X1 change roles every 60 sec
4. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
5. In pairs, execute scissors move vs. passive defender.
6. Heel stretch (hold 20 seconds each side, 3 reps/side)

Youth Foundation



Technical Skills



Practice Builder



Team: _____

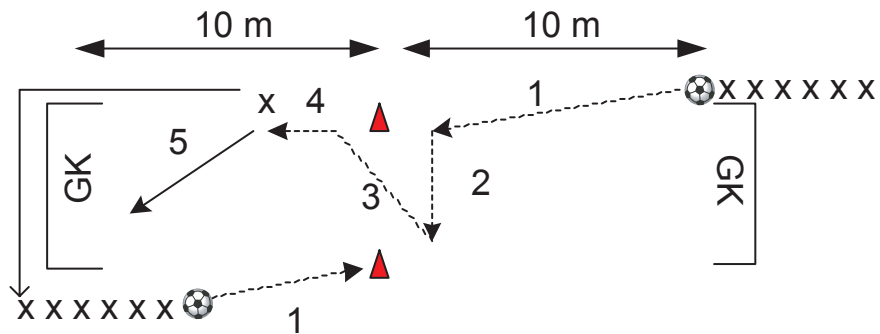
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 1: Change of Direction Dribble and Shoot. (15min)



1. x dribbles ball to cone
 2. x changes direction and dribbles to opposite cone
 3. x changes direction and dribbles diagonally across, wide of the net.
 4. x sets up shot with one last touch
 5. x shoots and runs to end of opposite line
- Both lines do drill at same time avoiding collision at center by looking up.



Practice Builder



Team: _____

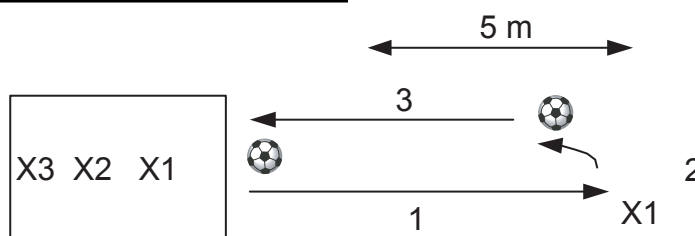
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 2: Change of Direction, Cut-Backs (15 min)



Groups of 3

1. x1 passes ball 3-5 m out and sprints after it
2. x1 cuts ball back with inside foot
3. x1 passes ball to x2 and sprints to end of line
4. x2 repeats

Ask players to execute quick turn with outside of foot and flicking straight back with sole of foot in step 2.



Practice Builder



Team: _____

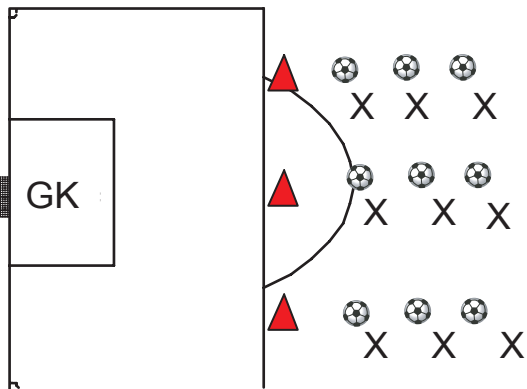
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 3: Dribble and Shoot #1. (15 min)



1. Dribble to cone.
2. Make a move on cone into the penalty box.
3. Finish with a shot on net with your first touch inside penalty box.

It is important to make sure that the last touch into the penalty box is diagonal and away from shooting foot to set up the shot.

If groups are too large and players stand around, set up a second/third goal with cones.



Practice Builder



Team: _____

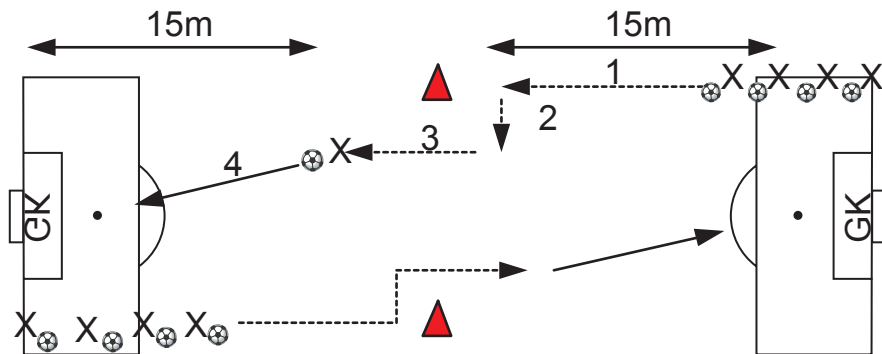
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 4: Dribble and Shoot #2. (15 min)



1. Dribble to cone.
2. Make a move on cone
3. Cut in on net
4. Set up a shot on net with your next touch and shoot.
5. Go to end of opposite line

Set up as many areas for drill as you need to keep players moving as much as possible.



Practice Builder



Team: _____

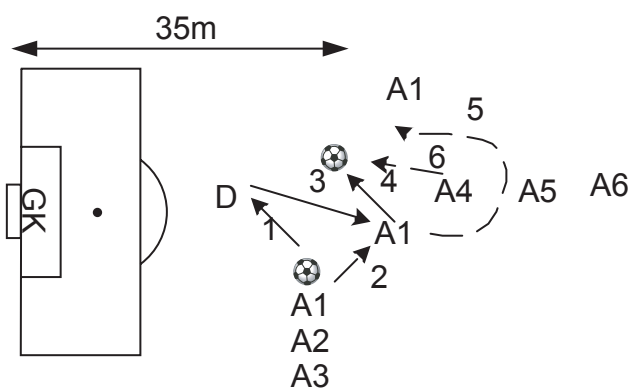
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 5: Overlap Runs with 2 vs 1 Plus Scoring. (15min)



1. A1 passes to D and
2. times run towards A4
3. D one touch passes back into A1 run
4. A1 passes into run of A4 and
5. overlaps A4
6. A1 and A4 play 2v1 vs D ending with shot on net

This drill may take some time to get right due to the precise timing of passes & runs required.



Practice Builder



Team: _____

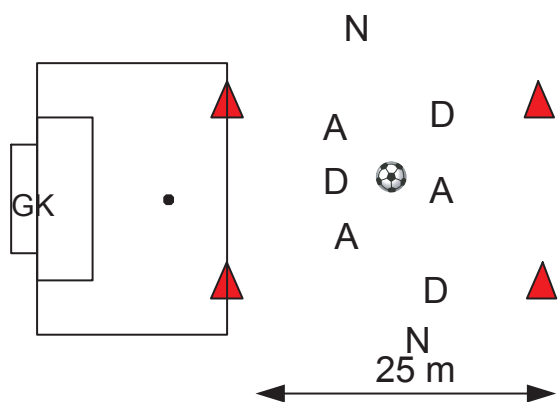
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 6: Pass and Shoot. (15min)



1. Play 3v3 in grid using Neutral players (N) as support players. A starts with ball.
2. A must play ball into area with a pass to a team-mate running into area.
3. Once in area, A must shoot on 1st or 2nd touch.
4. Defenders cannot follow into area.
5. After goal or change of possession in grid, defenders try to score.

Depending on number of players, set up two fields, or rotate players in groups of 3. Rotate neutral players as well.



Practice Builder



Team: _____

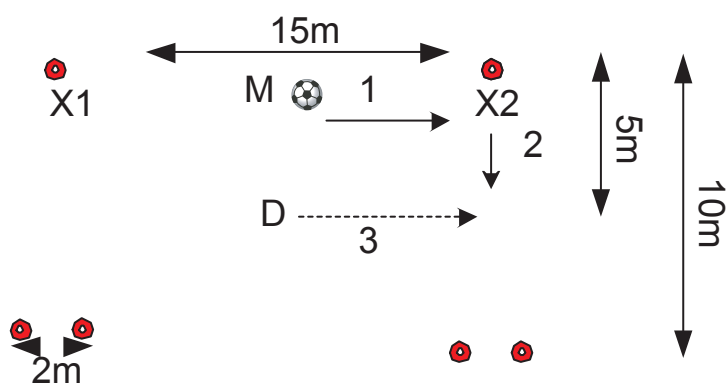
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 7: Defending 2 Goals. (15min)



1. M starts with ball and passes to either X1 or X2 waiting at cones.
2. X1 or X2 either shoot on small goals or, if goal blocked by D, pass back to M who quickly decides whether to pass to X1 or X2.
3. D hustles across to block shots on goals.

Stress communication to get many clear shots. Rotate players through positions.



Practice Builder



Team: _____

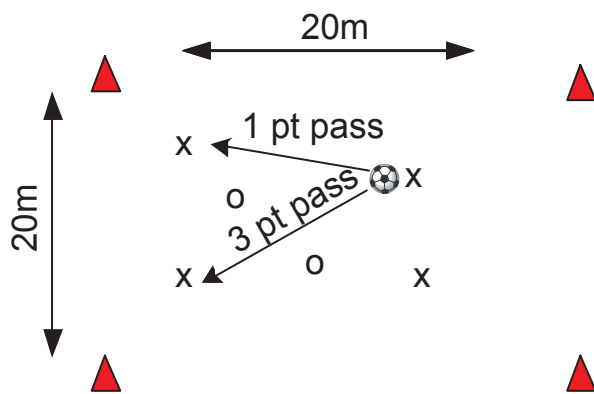
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 8: 4 vs 2 Passing. (15min)



1. 4 v 2 in 20m x 20m grid.

2. group of 4 keeps possession and scores 1 point for completed pass and 3 points for pass completed between defenders.

Rotate defenders every 3 minutes.

Emphasize movement, passing into space, angles of support (triangles in particular) and communication.

Keep track of points for possession teams.



Practice Builder



Team: _____

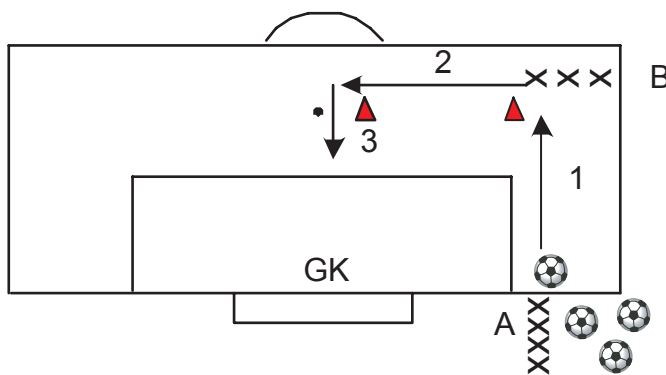
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 9: Dribbling and Shoot #3. (15min)



1. Player from group A passes to player in group B. Player from A follows pass and sprints to end of line B.
2. Player from group B receives ball and dribbles outside cones.
3. After second cone, player cuts to net and shoots. After shot player sprints around back of net to end of line A.



Practice Builder



Team: _____

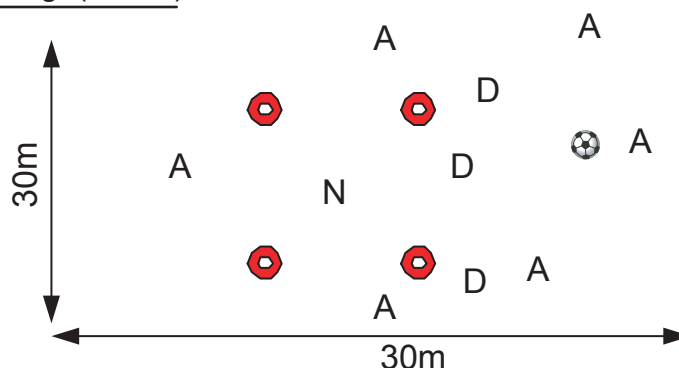
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 10: 3 v 6 Defending. (15min)



1. 6 attackers v 3 defenders in 30x30m grid
2. One neutral (N) inside 5x5m grid.
3. Attackers get points for passing to neutral player in grid.
4. Defenders get point for getting control of ball.
5. When defenders get control, play restarts with attackers.
6. Rotate players through positions every 3 minutes.

Youth Foundation



Fitness Drills



Practice Builder



Team: _____

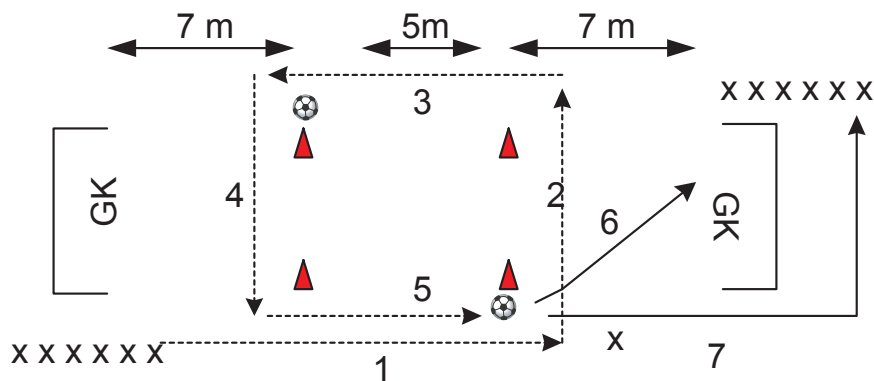
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 1: Run-Sprint-Shoot. (15 min)



1. x half sprints to second cone
2. x sidesteps to cone across
3. x runs backwards to 4th cone
4. x sidesteps to cone 1
5. x sprints to ball
6. x shoots ball on target
7. x sprints to back of other line

Both lines do drill at same time, avoiding collisions.

Coach/helper replaces ball for next shot



Practice Builder



Team: _____

Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 2: Cooper Test Run. (12 min)

Cooper Test: 12 minute run around field, record # of laps for each player.

Depending on age and competitiveness of team, variations more suitable can be chosen.
The important thing is to have players work at an elevated heart rate for at least 12 minutes.



Practice Builder



Team: _____

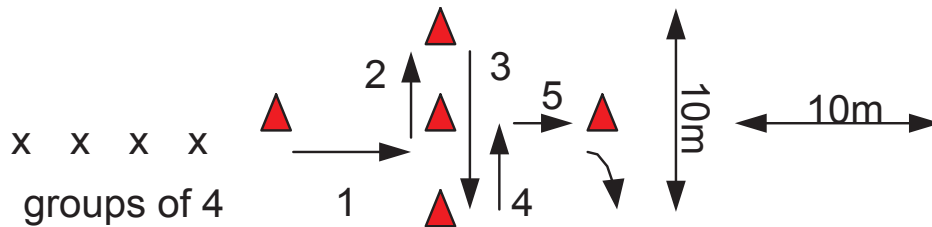
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 3: Change of Direction Sprints. (15 min)



1. player sprints from 1st to 2nd cone and makes sharp turn to left.
2. Sprints to 3rd cone, sharp reverse turn.
3. Sprints to 4th cone, sharp reverse turn
4. Sprints back to 3rd cone, sharp turn right
5. Sprints to 5th cone, turns and jogs back



Practice Builder



Team: _____

Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 4: Reaction Sprints. (15 min)



1. Players line up on one side of a row of cones or towels or any low obstacle.
2. Players jump sideways over cones.
3. On coach's command "left" or "right" players sprint 10m to their right or left.



Practice Builder



Team: _____

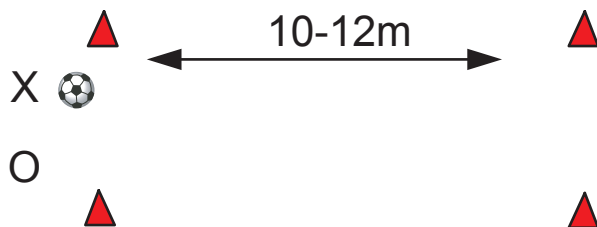
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 5: Reaction Dribble and Sprint. (15 min)



1. X has ball and decides when to start dribble across opposite endline.
2. O waits until X starts and then sprints trying to beat X to the endline
3. Change roles every 5 turns



Practice Builder



Team: _____

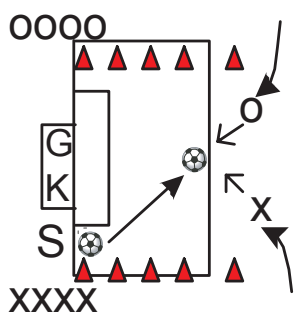
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 6: Sprint, 1 vs 1, Shoot. (15 min)



set up 2 games if # of players and space allows

1. On command from server (S), player from each side (x and o) sprints outside of cones.
2. Server plays ball towards top of box, and x and o fight for possession and play 1v1 on net.
3. After shot players return to end of line
4. Server varies (low pass, bouncing, etc.)



Practice Builder



Team: _____

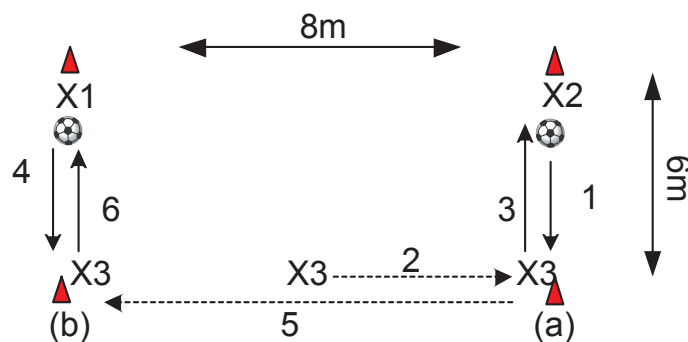
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 7: Pass-Turn-Sprint-Pass Rectangle. (15 min)



1. X2 passes ball towards cone (a) across.
2. X3 sprints toward cone (a)
3. X3 one touch passes ball back to X2 and turns to face cone (b)
4. X1 passes ball towards cone (b) across as soon as X3 has turned.
5. X3 sprints towards cone (b)
6. X3 one touches ball back to X1

Keep doing this for 60 seconds and rotate players through positions. Emphasize timing of passes and runs to cones.



Practice Builder



Team: _____

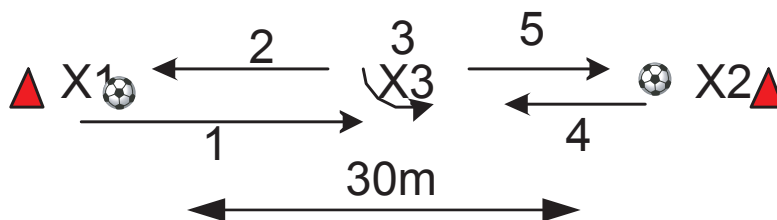
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 8: Pass-Turn-Sprint-Pass: Straight Line (15 min)



1. X1 passes to X3 who attacks ball.
2. X3 one touches ball back to X1
3. X3 immediately turns to face X2
4. X2 passes to X3 as X3 is turning.
5. X3 attacks ball, one touches to X2, etc.

Rotate players every 60 seconds.



Practice Builder



Team: _____

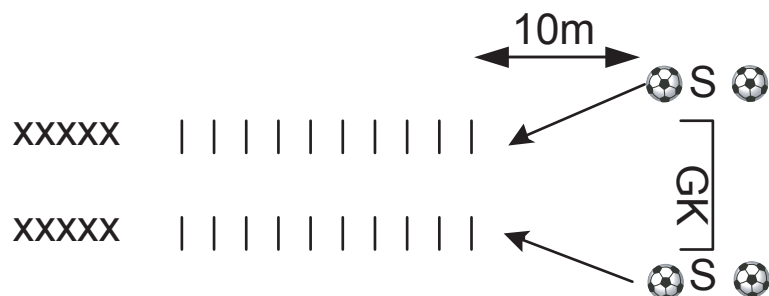
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 9: Jump and Shoot. (15 min)



1. 10m from net, put 10 flat cones or rolled towels ~ 50 cm apart. Players from both rows:
2. Run single step over obstacle.
3. After last obstacle, server (S) passes ball for shot on net. Alternate servers.
4. Repeat with side step, double leg hop forward, 3 hops forward/2 backward



Practice Builder



Team: _____

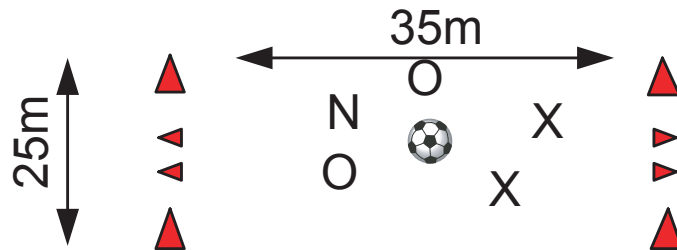
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 10: 2 vs 2+N Fast Break. (15 min)



1. 2 v 2+N on two small goals.
2. Neutral player plays with team in possession creating 3 v 2.
3. 3 minute games
4. Rotate every player through neutral position

Youth Foundation



Tactical Drills



Practice Builder



Team: _____

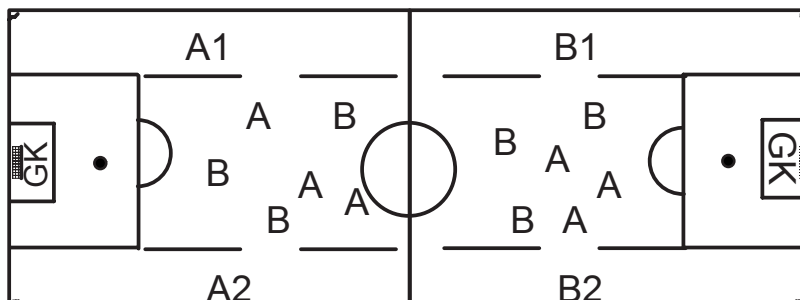
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 1: Flank Attack with Switching Play. (30 min)



1. B plays left to right, A right to left.
2. A1/A2 and B1/B2 stay in their lanes.
3. Ball must be played to lane players first before goal can be scored.

Vary rules to suit your team's progress



Practice Builder



Team: _____

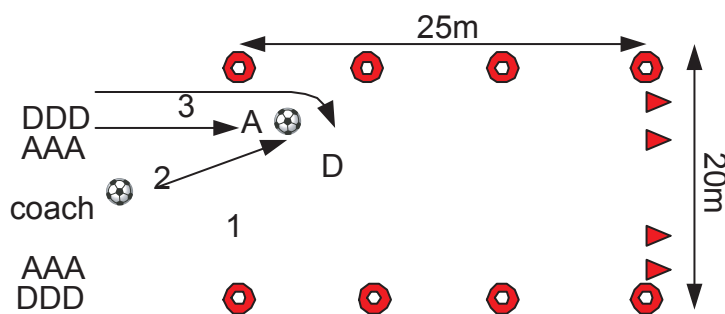
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 2: 1 v 1 Change of Direction. (15-30min)



1. Coach passes ball diagonal to either attacker A
2. A sprints to get control of ball.
3. Defender D sprints to beat A to ball or, to get goalside of A (shown).
4. A now plays 1v1 against B on either goal.
5. Either player can score.
6. A goal or coach's call ends 1v1. Players jog back around outside field to opposite line.
7. Coach restarts game on other side.

Coach decides to set up 1 or 2 fields depending on # of players available.



Practice Builder



Team: _____

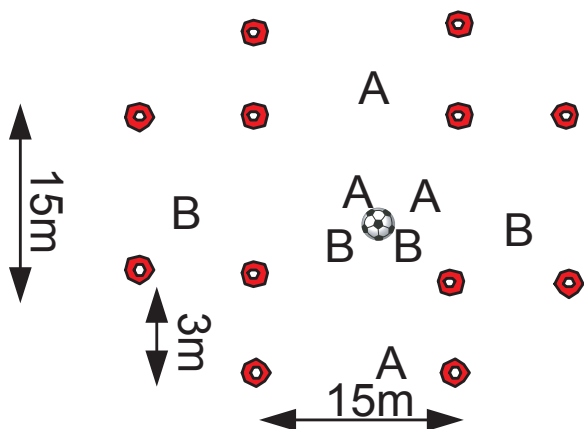
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 3: Fast Break Attack. (15-30 min)



1. teams A/B play against each other inside 15m x 15m grid.
2. each time has a player in opposing 3m deep endzones
3. players must pass into either endzone from within 2m and stay in endzone as target player.
4. Endzone player breaks out fast to start his team playing into opposite endzone.

1 pt for each successful pass. Team w. 10 pts wins.



Practice Builder



Team: _____

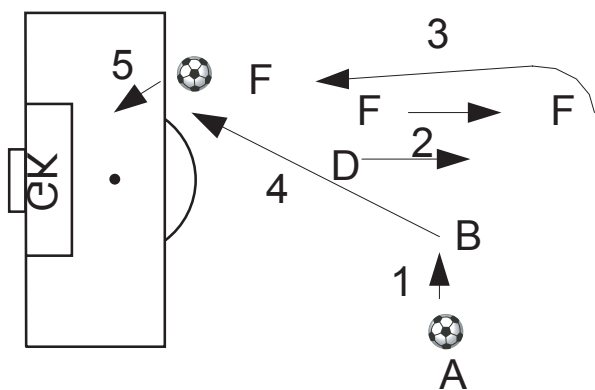
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 4: Fake Defender and Shoot (15-30 min)



1. A1 passes to B who receives ball and turns with it facing direction (4).
2. At the time A passes, F sprints back, being covered goalside by D, both F and D facing spot between A2 and goal.
3. At any time F quickly changes direction and sprints into space towards net, losing D.
4. B passes into F run.
5. F finishes with shot.

This is attacking drill, so D must stay with F



Practice Builder



Team: _____

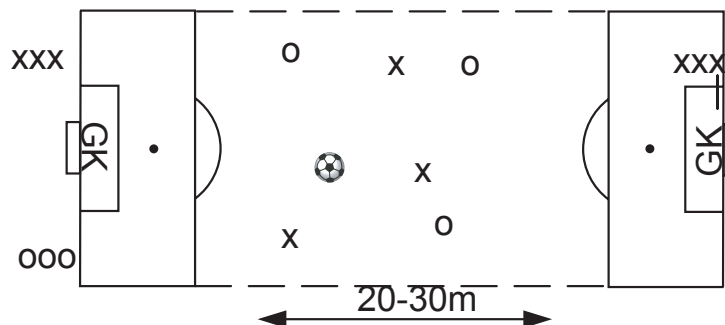
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 5: 3 vs 3 Penetration, Passing and Shooting. (15-30 min)



1. 2 teams of 3 play between penalty boxes.
2. each team can score on either goal
3. teams score by releasing their own player into the penalty box with a pass or by dribbling into box.
4. Once in penalty box, player cannot be attacked and must finish with shot on net.
5. A player from the team that has taken a shot waiting by the post now takes a ball and dribbles into center area where play restarts.



Practice Builder



Team: _____

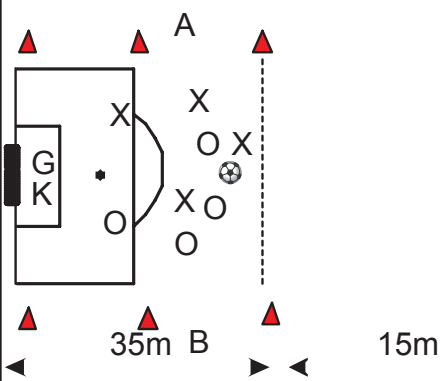
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 6: Flank Attack #1. (15-30 min)



1. 4v4 in 40x35m grid. Two outside areas A and B
 2. X attacks goal and O defends.
 3. X must pass ball to team-mate into area A or B before they can score.
 4. Defenders (O) cannot enter area A or B.
 5. Once X has possession in area A or B they can cross ball into area for X to score.
 6. If defenders win ball, they fast break attack on far goal.
- Make up teams of four and rotate.



Practice Builder



Team: _____

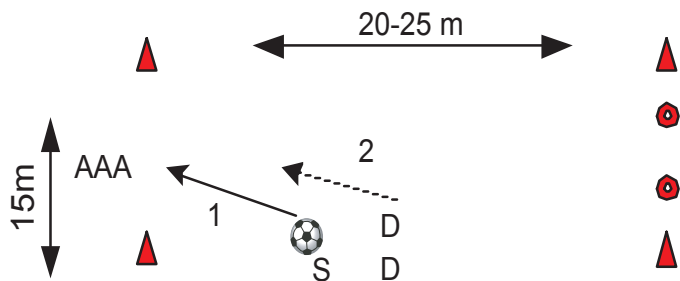
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 7: Defending 1 vs 1. (20 min)



set up in groups of 6.
rotate players through roles

1. Server (S) passes ball to attacker (A) who attacks ball.
2. Defender (D) sprints to close down attacker.
3. A and D play 1v1 on goal.
4. Instruct defender to stay goalside, delay attacker, eye on ball, 1-2 arms length distance, diagonal stance to force attacker wide, tackle ball only when attacker loses control of ball.



Practice Builder



Team: _____

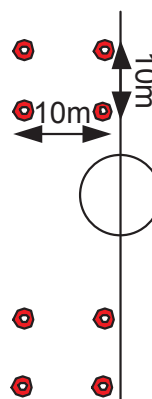
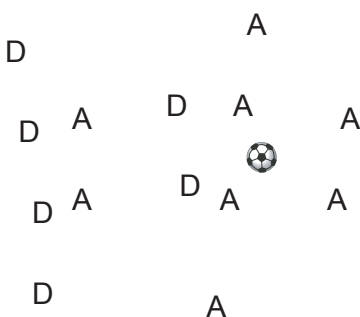
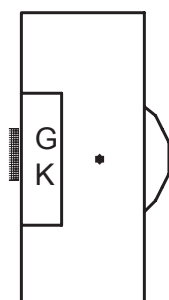
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 8: Transition Play (15-30 min)



1. 8 v. 6+GK - 1/2 field.
2. Attackers (A) try to score on goal.
3. Defenders (D) upon winning ball must play it out into one of squares at the center line to score a point, 2 points if they pass it to another defender in the square.

This drill can be set-up in many combinations varying number of attackers and defenders as well as instruction based on team strategy.



Practice Builder



Team: _____

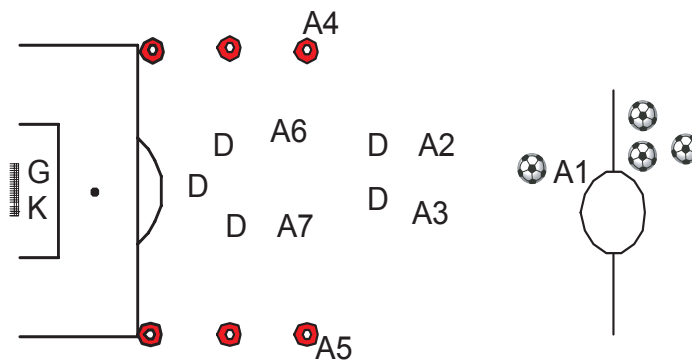
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 9: Flank Attack #2. (15-30 min)



1. A1 starts with ball and plays it to A2 or A3
2. A2/A3 receive ball and turn for a pass into run of A4/A5.
3. A4/A5 receive ball in space and dribble outside cones close to goal line and cross ball into penalty box.
4. Strikers A6/A7 time run into box to get shot or header on net.
5. Defenders (D) are active at all times.



Practice Builder



Team: _____

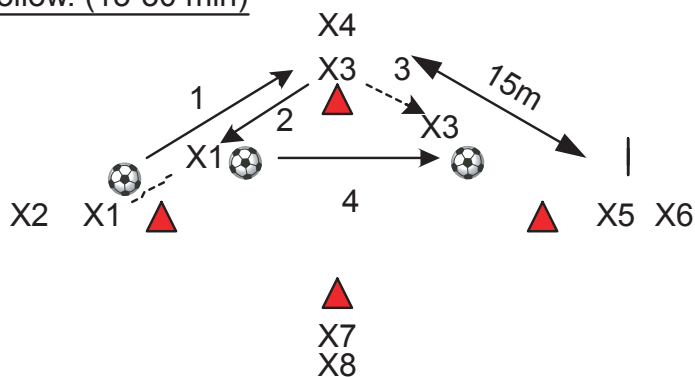
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 10: Pass and Follow. (15-30 min)



1. X1 passes ball to X3 and follows pass.
2. X3 one touch passes back to X1
3. X3 starts running towards X5
4. X1 passes into run of X3 and then X1 runs behind X4
5. X3 passes to X5 (same as step 1) and the play continues until timing of passes and runs works smoothly.

You may have to try this before practice to understand how drill works.

Youth Foundation



Scrimmage Focus



Practice Builder



Team: _____

Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 1: 4 v 4 on 2 goals. (30 min)

Choose 4v.4 small games and set up small fields. Vary rules as to number of touches ,player position, moves.etc. before goal can be scored or play full field scrimmage with a particular tactical objective.



Practice Builder



Team: _____

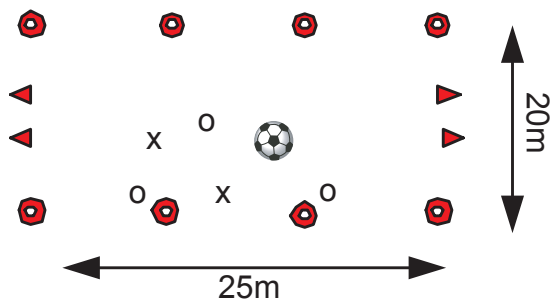
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 2: 15-30 min: 3 v 3 on 2 goal



1. Divide team into small teams of 3 and set up a field for each 6 players. (18 players-3 fields)
2. Play 3 v 3 in tournament format, 2 min. games.
3. Emphasize 1 v 1 moves to set up a pass or shot on goal.
4. Goals must be scored from inside opponent's half



Practice Builder



Team: _____

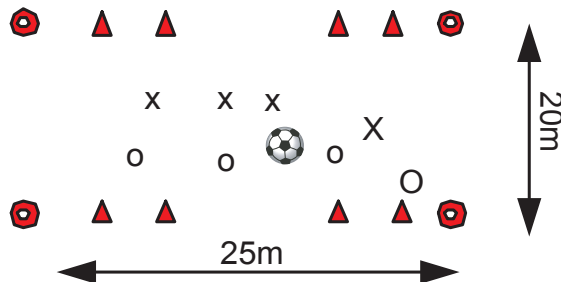
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 3: 4 vs 4 on 4 Goals. (15-30 min.)



1.4 v.4 play

2. Teams score by dribbling ball in either goal in opposing end. (goals are 2m wide).

3. Team that scores restarts play by playing ball in from sideline

4. Rotate teams of four or set up two fields



Practice Builder



Team: _____

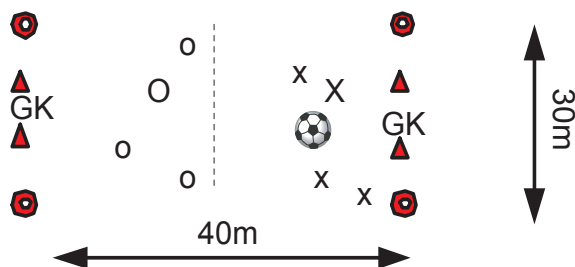
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 4: 4+GK vs 4+GK on 2 Goals. (15-30 min)



1.4 v.4 play with GK on regular size goal

2. teams must score by first passing ball back into own half and shooting from own half.

Depending on age and strength of players, shorten the field to increase success of shot getting in goal.



Practice Builder



Team: _____

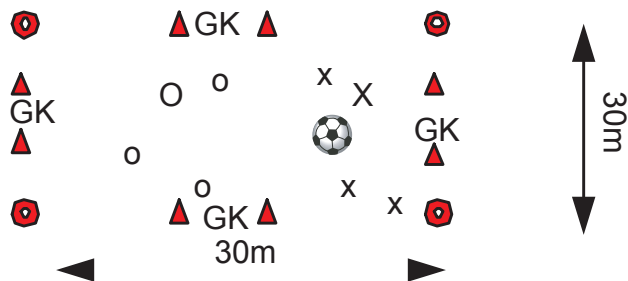
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 5: 4vs 4 on 4 Goals wit GK (15-30 min)



1. Teams of 4. 2 teams scrimmage, one team provides 4 goalkeepers.
2. Team X and team O each score on opposite goals (i.e. O scores on east/west goals, x on north/south)
3. Alternate teams through goal.



Practice Builder



Team: _____

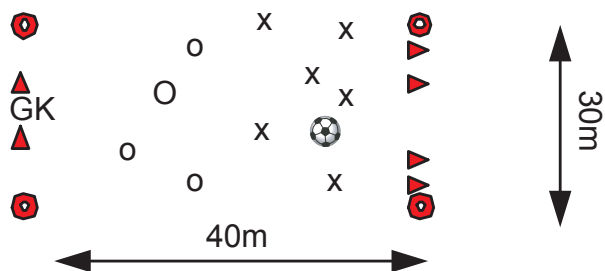
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 6: 6 vs 4 + GK on 3 Goals. (15-30 min)



1. 6 v.4 plus GK on a regular size goal

2. After goal by X or after winning ball, O breaks to score on either of two wide (3m) goals.

Divide team up and rotate through roles.



Practice Builder



Team: _____

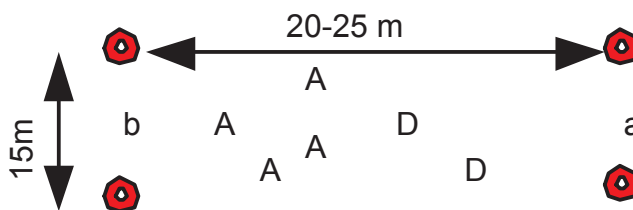
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 7: 4 vs 2 no Goals. (30 min)



1. 4 attackers v 2 defenders
2. attackers must dribble across defenders endline (a) to score.
3. defenders get 1 point for winning ball, 2pts for clearing across attackers endline (b)



Practice Builder



Team: _____

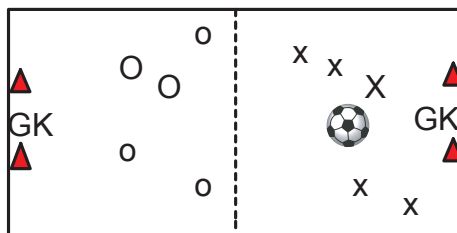
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 8: 5+GK vs 5+GK on 2 Goals 1/2 Field.



1/2 field scrimmage 5 vs 5 on full size goals.

With enough players rotate teams every 3 minutes.

Emphasize running and passing into space, 1 vs 1 near goals followed by shots.



Practice Builder



Team: _____

Date: _____

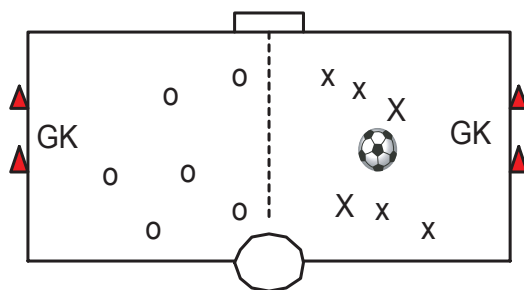
Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 9: 6+GK vs 6+GK on 2 Goals 1/2 Field. (15-30 min)

Marking players



1. Play across 1/2 field 6 v 6 on full size goals.
2. Every player of attacking team must be in opponent's half before goal can be scored.
3. When attacking team loses ball, every player must run goalside of their player to mark.
4. Emphasize communication to cover attackers



Practice Builder



Team: _____

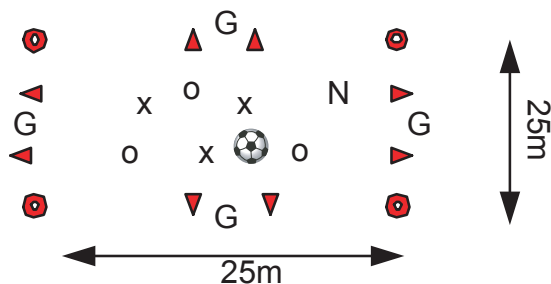
Date: _____

Scrimmage Focus

Things to observe: _____

Notes: _____

Scrimmage 10: 3 vs 3 on 4 Goals with GK. (15-30 min.)



1. 3.v.3 +N playing on opposite goals w. GK.
2. 3 minute games, rotate players through positions.
3. Neutral player plays with team in possession