

Grade 1 + 2 Practice Sessions

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Dribbling Training Session

Set Up: (Picture Below)

Orange cones 20 yards apart with red cone in the middle.

Players will work 2 at a time and opposite to each other. Players at the front of the line will dribble with the ball to the other side, keeping to the left-hand side.

Coaching points:

Using different parts of both feet to manipulate the ball.

Looking ahead as well as at the ball.

Keeping the ball close enough to feet to still be in control.

Progression:

As they approach the red cone, can they perform a skill and burst with speed away.

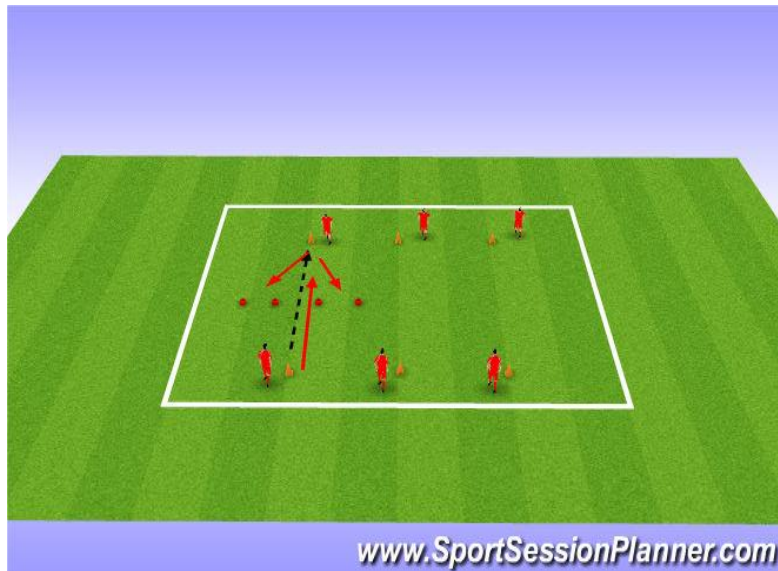
Can they get across to the other side faster than their partner.

Can they get across with as few touches as possible?

Organization:

Players have a ball each and wait in small groups behind each orange cone.

Spare balls with each station if need be.



1v1

Key Factors

Balls are all on one side with the Defense

Defense passes the ball through the middle of the 2 gates to the Attacker. The Attacker needs to dribble through either gate to score. Defense will close the ball down after the pass it to stop ATT's scoring.

Players swap roles every turn.

Coaching Points

Dribbling Training Session (Continued)

Positive first touch when receiving the ball from Defense - is out from under feet and a good distance from feet.

Can they meet the ball, move onto it so they are moving faster as DF approaches - therefore more difficult to defend?

Can the Defense close the ball down as quickly as possible, win it before ATT reaches the gates?

Progression:

Attacker must score in both gates to get their points.

Organization

Same distances as before, same layout except single red cone has been replaced by 2 small gates



End Zone Scrimmage_(Picture Above)

Key Factors

Normal rules of football in the center of the pitch.

To score, players have to dribble the ball into the end zone.

Coaching Points:

Can players make the pitch as big as possible when in possession of the ball - this will create more space for the ball carrier to dribble/run with the ball. Always want to encourage players to dribble with the ball.

If play is too congested on one side, can the players switch the ball to the other side.

Progression:

When one team scores, they keep the ball and need to score in the opposite end zone. They could potentially be playing back and forth until the other team wins the ball.

Organization

Pitch roughly the same size they play on matchday - 60x40.

Two endzones across the width of the pitch at either end.

5v5/6v6/7v7 - depending on how many players are at training

Will use one player as a 'floater' player if there is an odd number

Dribbling Training Session (Continued)



Scrimmage (Picture Above)

Key Factors

Normal game of football with goalkeepers.

If a player dribbles through a gate and the team score as a result - the goal is worth 5 points.

Coaching points

Encourage players to travel with the ball wherever possible. Highlight the importance of keeping width and switching the play.

Remember to encourage the players to score realistically, not to purposefully go through gates when shooting straight at goal is the easiest option.

Organization

End zones replace by goals.

4 gates placed out wide at either end.

Passing Session 1



Warmup (Picture Above)

Passing Gates

Simple drill to improve passing and teamwork!

Organization:

Split team into 2 groups (yellow & blue or whichever colors you have). All players pair up with a player in the opposite group. One ball per pair. Set up gates (coned goals) around your field.

How to Play:

Game starts with every yellow player having a ball. The blue player runs to a gate, yellow player follows. Yellow passes to blue in between the gate. On the release, yellow runs to a new gate, game continues.

Coaching Points:

Proper technique of passing - plant foot next to ball & pointing at target (teammate), ankle locked, pass with inside part of foot, follow through

Variations:

Pass ball twice at each gate (player that starts with ball is player dribbling from gate to gate)
Receive and pass with same foot | Receive across body and pass with opposite foot



Passing Session 1 (Continued)

Passing and Moving drill (Picture Above)

Organization:

Split team into 2 groups. One ball per group.

How to Play:

Your team is passing and moving within the grid. Player with the ball needs to pass to the closest open player. If you do not have the ball your job is to move to a space on the field to receive a pass. After completing a pass, continue to move in order to get the ball back.

Coaching Points:

Complete passes to your teammate's feet

Have proper body shape when receiving a pass

Use both your left and right foot when passing

Move with a purpose - either to receive a pass or create space for a teammate



2v1 Final Game (Picture Above)

Great way to end a practice with game-like situations that encourage passing.

Organization:

Team divides into 2 groups. Coach serves balls to the attacking team (offense). Offense starts up top. Defenders start near the goal.

How to Play:

Once ball is played onto field, 2 attacking players and 1 defender plays 2v1 to goal. This is a rapid-fire continuous game. Once a goal is scored, defender gains possession, or ball goes out of bounds; next game begins.

Coaching Points:

Complete accurate passes

Receive the ball effectively under pressure

Penetrate by dribbling or passing

Passing Training Session 2



Ball Manipulation (Picture Above)

Foundations

Toe Taps

Outside Inside Cut

Outside Sole

Sole Laces

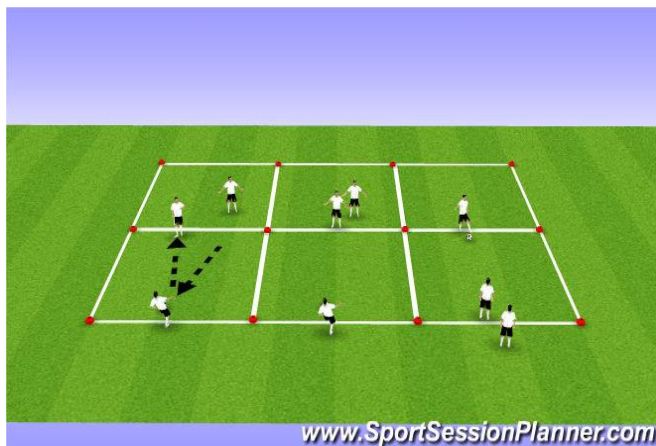
Laces Laces Stop Step

Laces Laces Fake

Laces Laces Circle

Progress to follow the leader

Talk to feet, try to get heads up, look for open space



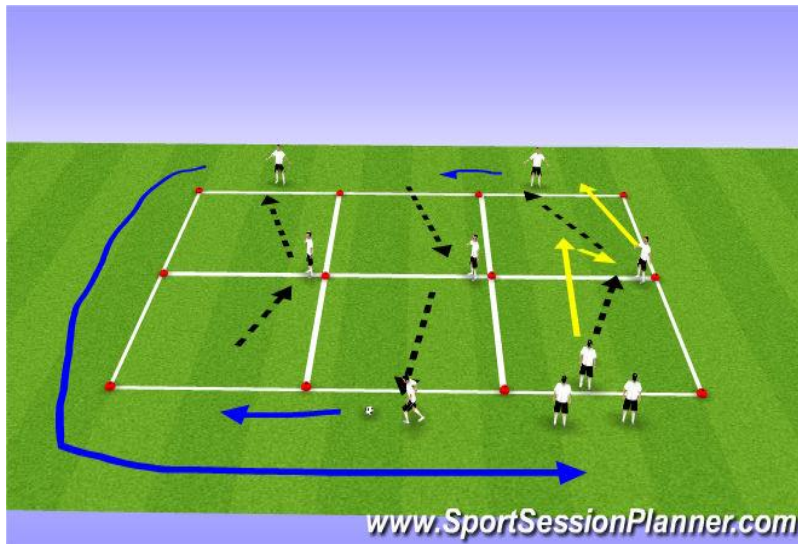
Passing Warm Up (Picture Above)

Pass across the square player receives across the body and plays it back across the square to the next person who does the same. Make sure players are using both feet. Keep the lines small so the players are busy, 3-5 players max.

Next receive pass with the outside of the foot and pass back with the same foot.

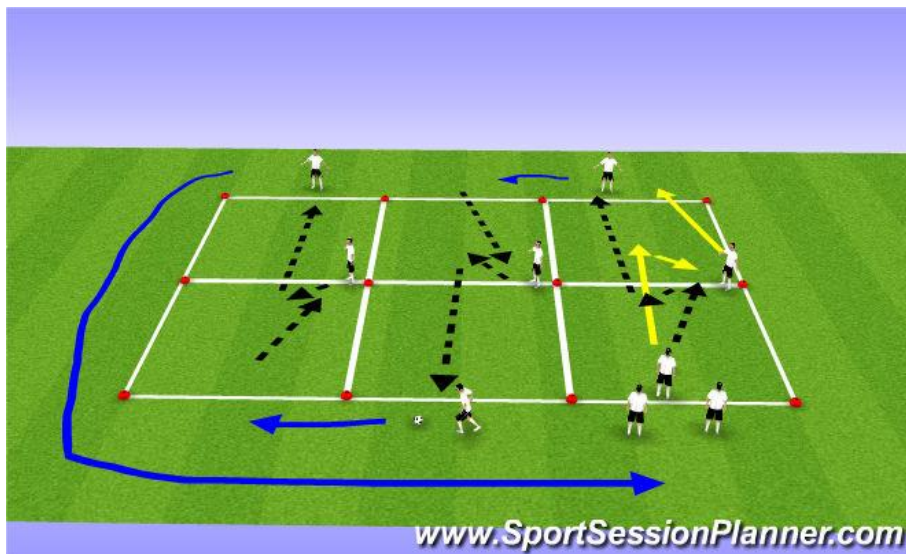
Lastly use one touch, weight of pass and speed of movement are important.

Passing Training Session 2 (Continued)



Pass and Move (Picture Above)

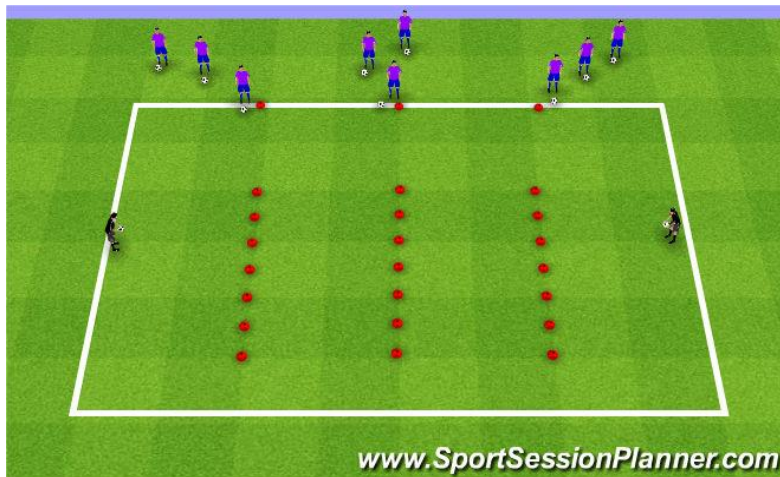
After end player passes into channel player, the end player runs into middle, past halfway to take "defender" away, checks back on angle, fixes shape to half turn, checks shoulder, eye contact, call, gesture, receive pass from end player on your back foot and pass out to opposite end player with your next touch. End player moves to next channel and repeats. Third end player dribbles all the way back to the start. End players should check up the line and then check back to receive the ball.



Pass, Set & Move (Picture Above)

Pass to middle player who sets for starting player to play ball out to opposite side. Make sure the set is angled back not square or forward.

1 v 1 Defending



Dribbling Warm Up (Picture Above)

Set up three lines

- 1- In and out using best foot
- 2- In and out using weak foot
- 3- In and out using both feet
- 4- In and out using outside of foot only
- 5- In and out using inside of foot only



1v1 (Picture Above)

Set up two grids, 25m x 10m with a goal at either end.

Structure

One Attacker, One defender. The attacker with the ball is placed slightly ahead of the defender. The Attacker must dribble through the cones while the defender must run around the outside cone. Ensure all players have a turn in being the defender.

1 v 1 Defending (Continued)

Emphasis

Defender must close the attacker down quickly when the ball is moving

Can the defender intercept the ball?

Defender to be touch tight. low and balanced

Defender must watch the ball

Defender to be patient and under control, forcing the attacker backwards

Correct timing of the tackle



Scrimmage (Picture Above)

Players placed on a field 35m x 20m into teams of 3v3 or 4v4

Procedure

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick, the defensive team must retreat to the halfway line, Allow the players to play

Emphasis

Dispersal

Support/Depth

Mobility

Penetration

Individualism

High Tempo

Shooting Session



King of the Ring (Picture Above)

Description:

1 ball each.

players must dribble around the box while protecting their soccer ball.

they must also try to kick out other player's soccer balls from the box.

if the players ball is kicked out of the square, they must chase the ball immediately. If they get to the ball before it stops then they can reenter straight away. If the ball stops before players gets to it, they must perform 4 toe taps.

Progression:

add in players without a soccer ball who can kick players ball out.

Coaching Points:

small touches when dribbling with soccer ball.

show players our back to protect our ball.

look to change speed with ball when player is close.

check shoulders to see where other players are.



Shooting Session (Continued)

Wreck it Ralph (Picture Above)

Description:

1 ball each.

1st Rep - 90 secs - players must dribble around the field, kicking the soccer ball to knock over the cones. Count how many cones we knock over. (players must pick cone back up to gain a point.)

2nd Rep - 90 secs - can we beat our score from Rep 1?

3rd Rep - 90 secs - split into 2 teams. One team will be Wreck it Ralph's who must knock over the cones with their soccer ball & the other team will be Fix it Felix's who must pick the cones back up.

4th Rep - 90 secs - change roles.

Coaching Points:

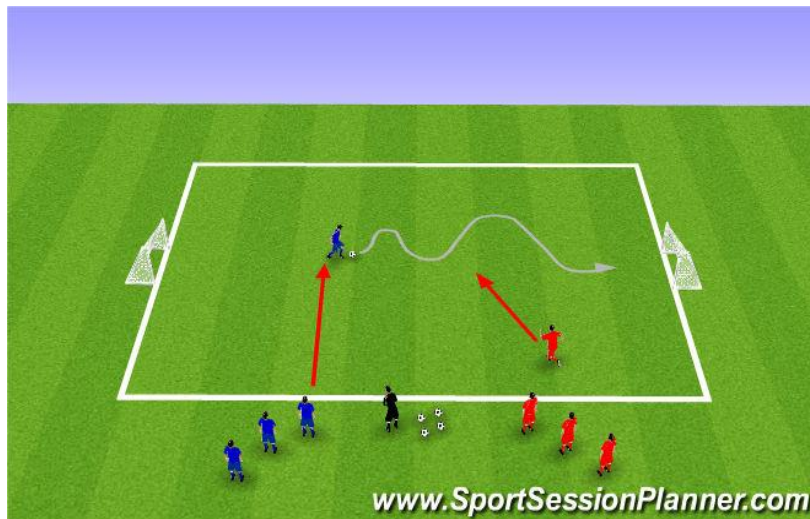
small touches when dribbling soccer ball.

use any part of our foot to dribble.

strike ball with laces & follow through with shooting leg.

standing foot planted beside the ball & toe pointing towards our target.

chest over the ball to keep ball down.



Get Outta Here (Picture Above)

Description:

Get Outta Here.

split into 2 teams.

soccer balls beside coach.

teams will stand either side of coach.

coach will pass the ball into the middle of the field & one player from each team must chase after the ball to score into the opposition's goal.

if the ball leaves the field or a goal is scored the coach will shout ' GET OUTTA HERE ' & players must join the back of their line.

Coaching Points:

small touches when dribbling soccer ball.

Shooting Session (Continued)

use any part of our foot to dribble.

strike ball with laces & follow through with shooting leg.

standing foot planted beside the ball & toe pointing towards our target.

chest over the ball to keep ball down.



Game (Picture Above)

Description:

> 4v4.

> allow the players to play.

> do not over coach.

Ball Mastery and Defending



Ball Mastery (Picture Above)

Organization:

- 20x20 area
- 4 center cones

Activity:

- Players split into 4 groups. Player starts by dribbling their ball towards the center cone and performs a move (Pull back, outside cut, inside cut, rolls, etc.).
- Players rotate between their dominant and non-dominant foot

Progressions/Variations:

- Add passing. Go to different lines.

Coaching Emphasis:

- Awareness of ball, space, and other players
- Close control of the ball
- Lots of touches
- Changes of direction/speed



Ball Mastery and Defending (Continued)

Defending Technique (Picture Above)

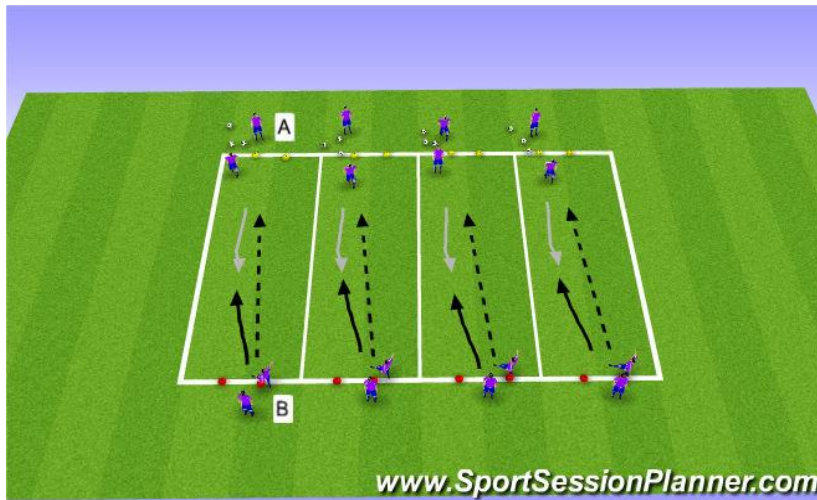
1. *Defender is passive.*
2. *Attacker looks to dribble from one end line to the other without trying to beat his partner.*
3. *Defender looks to keep attacker in front without trying to win the ball.*
4. *Players work on one side going one way and switch sides going back.*
5. *Players rotate roles once back at the start.*

Progressions:

1. Attacker looks to move more "actively," changing feet forcing defender to change with him.

Coaching Points:

- Keep the attacker in front.
- Proper body shape
- eyes on the ball
- Move/shuffle feet.
- Maintain appropriate distance - arm's length.



1v1 Defending (Picture Above)

Organization:

- See diagram for equipment and set-up
- 4 grids - 8 yards by 15 yards with 1 small goal on either end

Activity:

- Play starts when defender (Player A) passes to the attacker (Player B). As soon as the attacker touches the ball the defender can come out quickly and defend. If ball is won by the defender, can score on opposite goal. Play over if ball goes out.

Coaching Emphasis:

- Speed and angle of approach (CLOSE DOWN - SLOW DOWN)

Ball Mastery and Defending (Continued)

- Body position to threaten the ball (SIT DOWN)
- Patience when to win the ball (STAY DOWN)
- Know where goal is
- Keep eyes on the goal
- Can the attacker force the defender out wide away from goal?



4v4 Game (Picture Above)

Organization:

- 8-10 players
- See diagram for set-up and equipment
- Area of approximately 25x20m

Activity:

- 4v4/5v5 small-sided game

Coaching Emphasis:

- Speed of approach & angle when closing down
- Slow down & be ready for any quick moves by opponent
- Body shape - angled & use of arms for balance/blocking
- Read the play to be able to defend early

Attacking Principles



Warm-up (Picture Above)

Dribbling

Everyone dribbles with ball inside the 18-yard box.

-Inside of foot

-Outside of foot

-Turning

-scissors

-Sole of foot forward and backwards

-Roll overs

-Bells

-Right foot only

-Left foot only

-Tunnel

Static Stretching Exercises



Steal the Bacon (Picture Above)

Steal the Bacon

Coach yells number.

Attacking Principles (Continued)

Student-athlete with designated number goes to get the ball and dribbles back to the line for a point.

Focus on:

Dribbling inside. outside, sole of foot.

Technical and tactical:

1v1 situation



End Zone (Picture Above)

Dribble to Score-no passing

2 halves

1v1/2v1

Athletes must dribble to end line/shaded zone for a point.

Focus on:

-Dribbling

-Supporting pass

-Play quickly

-Field awareness



Attacking Principles (Continued)

Dribbling through Gates (Picture Above)

Dribbling through gates

30X30 grid

4v4/5v5+1/6v6

Student-athletes must dribble through gate for a point.

Student-athlete can't pass the ball through.

Restrictions

- 3 touches
- Right or left foot dribble only
- Center gate worth 2 points

Focus on:

- Ball control
- Keeping head up
- Dribble to space
- Get away from defender
- Work on technic



Game (Picture Above)

Scrimmage

Implement all dribbling skills

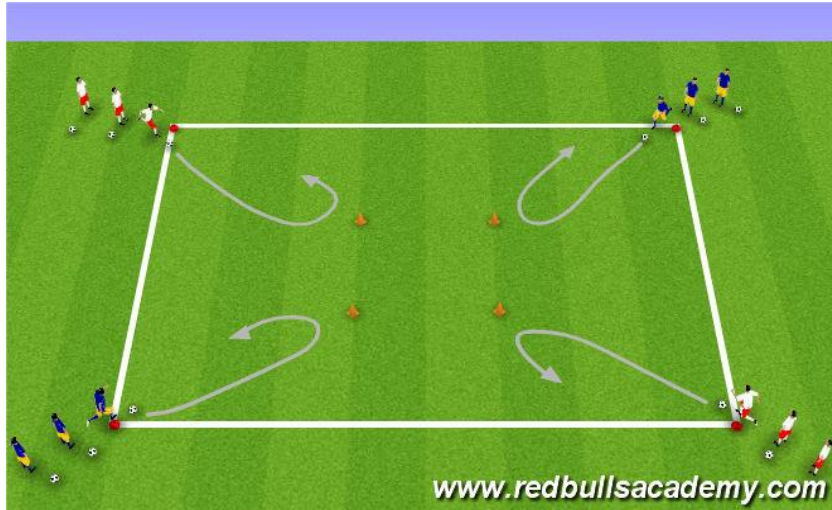
Look for technique

Inside Cut Turn and High Wave

Description

Learning Outcomes

1. Introduce inside cut turn to change direction.
2. Introduce high wave (stop-start).
3. Improve ability to disguise stop-start and turn.
4. Improve ability to exaggerate movements.
5. Improve mentality to attack space under control.



Technical Unopposed (Picture Above)

Organization:

1. Players set up as shown.
2. Every player with a ball.
3. Central cones 12yds from corners.

Instructions:

1. First player from each line dribbles to middle cone.
2. Upon arriving at middle cone, player performs inside cut turn.
3. Player accelerates back to the start.
4. Next player repeats the process.

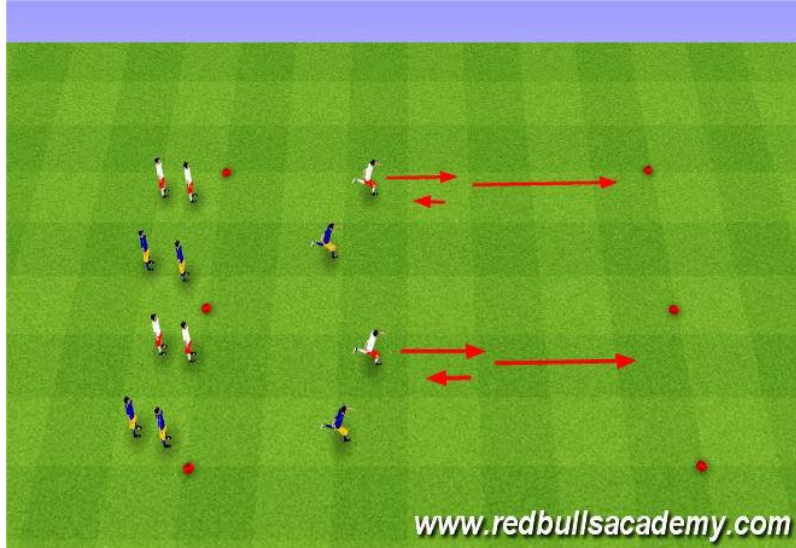
Coaching Points:

1. Head up to observe space.
2. Weight and direction of first touch.
3. Keep ball close- Messi touches.
4. Slow down on approach to cone.
5. Accelerate out of turn, picking head up.
6. Technical execution of inside cut:
 - * Step to side of ball with non-kicking foot
 - * Pivot on that foot
 - * Use inside of opposite foot to cut ball back

Inside Cut Turn and High Wave (Continued)

Progressions:

1. Ensure players work on both feet.



1v1 (Picture Above)

Organization:

1. 20x15 channels.
2. Players evenly distributed.
3. Two groups running at once.

Instructions:

1. One attacker and one defender.
2. Attacker looks to cross finish line arm's length ahead of the defender.
3. Defender looks to stay as close as possible to attacker.
4. Player's switch roles every time.

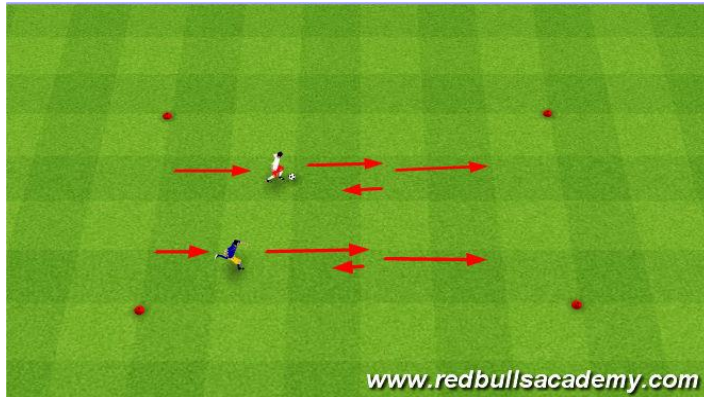
Coaching Points:

1. Attack space at speed.
2. Recognition of defender's position.
3. Defender behind you - accelerate forward
4. Alongside you (space ahead) - pretend to turn but keep going forward.
5. Alongside you (space behind) - turn/change direction.
6. Defender ahead of you - turn/change direction.

Progressions:

1. Add time limit.

Inside Cut Turn and High Wave (Continued)



Technical Semi – Opposed (Picture Above)

Organization:

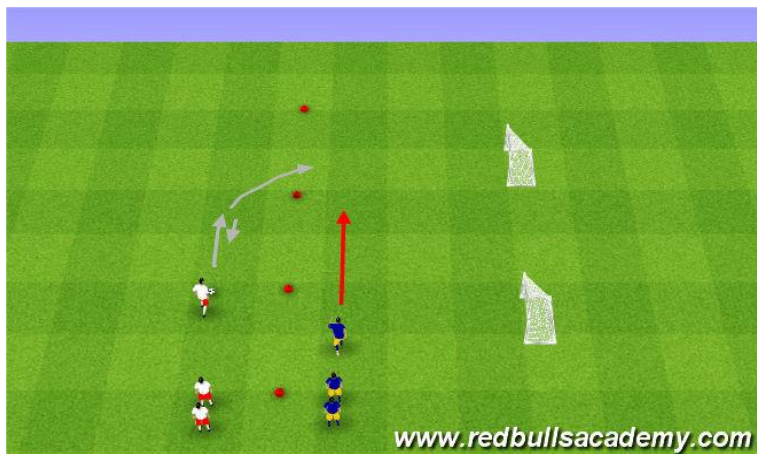
1. 20x15 channels.
2. Players evenly distributed with two groups running at once.

Instructions:

1. Attacker's dribble with defenders running alongside them, perform a stop start and continue to end.
2. At end, attacker turns, performs another stop start in the middle (this time with opposite foot).
3. Player's switch roles when they get back to the start.

Coaching Points:

1. Head up to observe space/defender.
2. Exaggerate movements to sell defender.
3. Weight and direction of final touch.
4. Acceleration out of stop-start and/or turn.
5. Technical execution of high wave:
 - * Fake to cut ball back with inside of foot
 - * Allow ball to continue forward
 - * Push ball forward with laces



Inside Cut Turn and High Wave (Continued)

1v1 Opposed (Picture Above)

Organization:

1. 30x20 area.
2. Two lines as shown.
3. Two goals at corners as shown.

Instructions:

1. Attacker looks to get across defender's line before finishing on goal.
2. Defender is live on attacker's first touch.
3. Rotate roles after 2-3 minutes.

Coaching Points:

1. Attack space ahead (bigger 1st touch).
2. Head up to see defender's position.
3. Protect ball (put body between defender and ball).
5. Positive shooting mentality.

Progressions:

1. Allow defender to counter after winning ball by crossing attacker's line.



3v3 Free Play (Picture Above)

Organization:

1. 30x20 area with goals.

Instructions:

1. Free play.
2. Restarts: kick-ins or dribble in.

Coaching Points:

1. Three lines of attack.
2. Angles and distance of support.
3. Decision-making of player on the ball.