



WSA Tryout drills explained

Category: Technical: Movement off the ball
Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

1v1 to goal (15 mins)

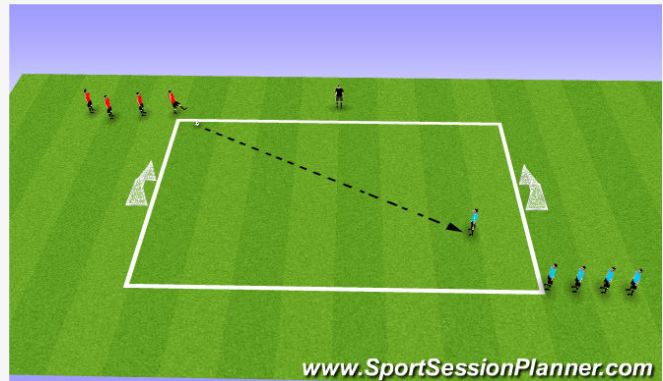
Organization

20 x 30 grid,

Players are split into 2 groups, 1 attacking group and 1 Defending Groups. players rotate after each go. Players in red are passing the ball down to the blue team, who receives the ball, once the blue teams player takes their first touch the red player can leave and become a defender. if the defender wins the ball they can try and score a goal.

Coaching Points

1. Good First touch - out of there feet, but still under control
2. Attack the defender and make a quick decision on what skill and how we want to attack the defender, and accelerate passed the defender.
3. Be aggressive - both players should be attacking the ball and use body strength - shoulder to shoulder
4. Score a goal - Head up find the net!!



Possession (10 mins)

Organization

30 x 30 Square,

Split group into smaller groups (no more than 4 players in a group)

Players pass and move inside the square - encourage 1 or 2 touch passing, encourage players to be creative try flicks and tricks.

Coaching Points

1. Support players on the ball. Offer them different options.
2. Can we use the full field?
3. Can we move the ball quick?



2 v 2 Field 6

Organization

20 x 20 square with a goal at each end. The coach will have a the balls, and will distribute them into the game.

Split the group in to 2 teams, have them diagonal to each other. The coach will throw a ball in and shout "go" the first two players from each line will run in and play 2v2 and try and score in the goal furthest away from them.

Aim of the drill -

To develop player's ability to make decisions in an attacking situation, pass, shoot or dribble. It will also help develop player's ability to defend in as a pair.

Coaching Points

1. Do we shoot, pass or dribble? or if we are defending do we close the player with the ball?
2. Can we support our team mate - create space? separate if we are attackers, work together if we are defenders?
3. If the defending pair win the ball, can we counter attack? and can the other two reorganize and defend.



Combination part 1 (15 mins)

Organization

Player 1 passes to player 2.

Player 2 checks in to receive the ball from player 1 - player 2 takes a first touch towards player 3, and then passes to player 3.

Player 3 receives the ball and passes to player 4.

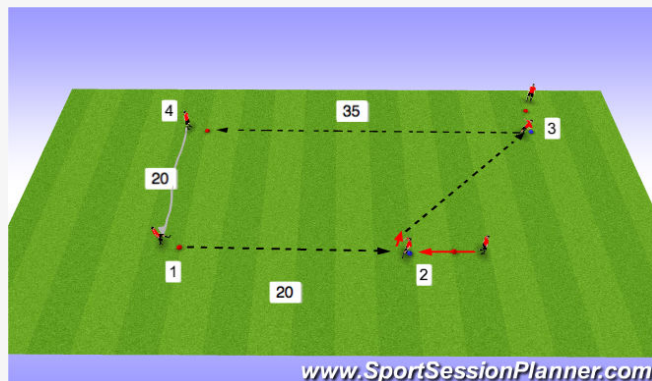
Player 4 dribbles over and restarts the drill.

Coaching Points

1. Minimize the touches possible 3 or 2?

2. Check in and out at cone 2 and 3, can we time it to receive the ball and have additional space between the defender and the player receiving the ball?

3. Pass selection - 1 to 2- inside of the foot, 2-3 driven or inside of the foot. 3-4 probably a driven pass.



Combination part 2 (15 mins)

Organization 2

Same set up as before, add a small gate about 10 yards behind player 2.

Change the pattern, Player 1 passes to player 2, who sets the ball back to player 1, player 1 then plays a diagonal pass to player 3.

Pattern

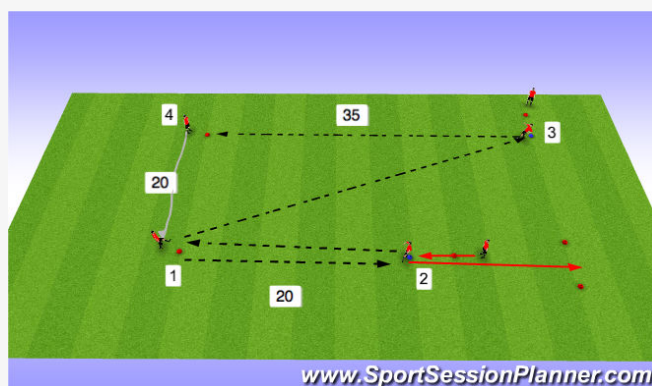
1. After player 2 sets the ball back to player 1, they should spin and sprint through the gate behind them.

2. Player decision - If possible player 1 should drive the ball first time across to player 3.

Coaching Points

1. Weight and accuracy of the pass, decision pass type - driven, inside of the foot.

2. Head, shoulder knee over the ball. This will keep the ball low.



Turning Field 3

Organization

20 x 20 square with a cone in the center, with a 5x5 square surrounding the cone.

Split the group up into 2 or 3 lines, each player needs a ball.

Players will need to dribble up a complete turn once they reach the middle square. the player will then dribble back and the next in line will go.

Aim of the drill -

Is to help develop the players ability to turn and change direction quickly, while keeping the ball under control

Coaching Points

1. Can we keep the ball under control, when dribbling forwards

2. Can we get our head up and recognize where we are - and make the turn?

3. Once we have completed the turn, can we accelerate away at speed - to get separation from the defender?

4. Can we keep the ball under control as we return?

Turns

1. Insidehook 2. Outsidehook 3. Dragback 4. Cruyff Turn

