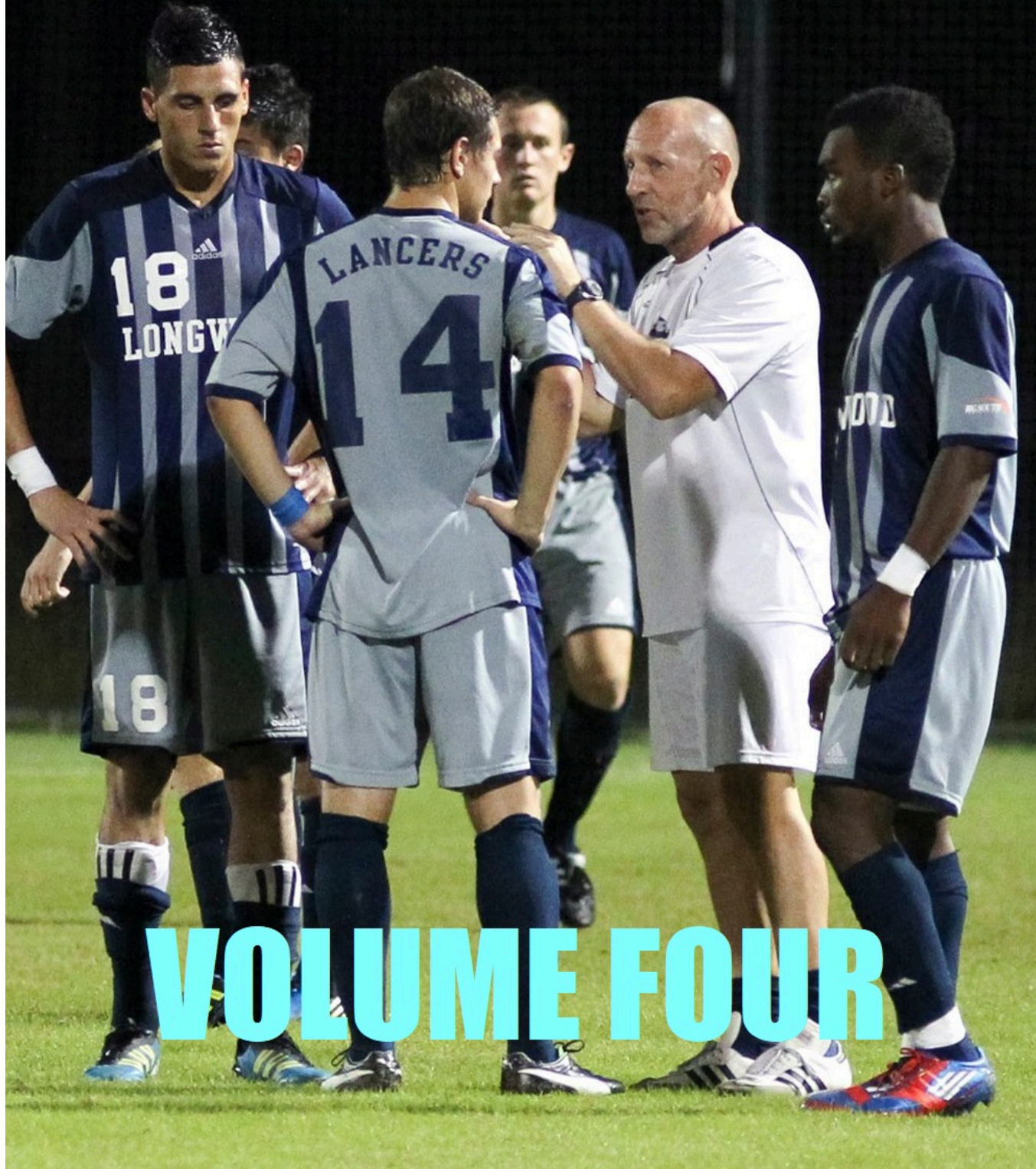


SMEDLEY'S BEST



VOLUME FOUR

SMEDLEY'S BEST

VOLUME 4

**-25 Drills and Games
from Smedley's Soccer Site
with Complimentary Video**



Bounce Back to Attack

Large Sided

Group Attacking



Procedure:

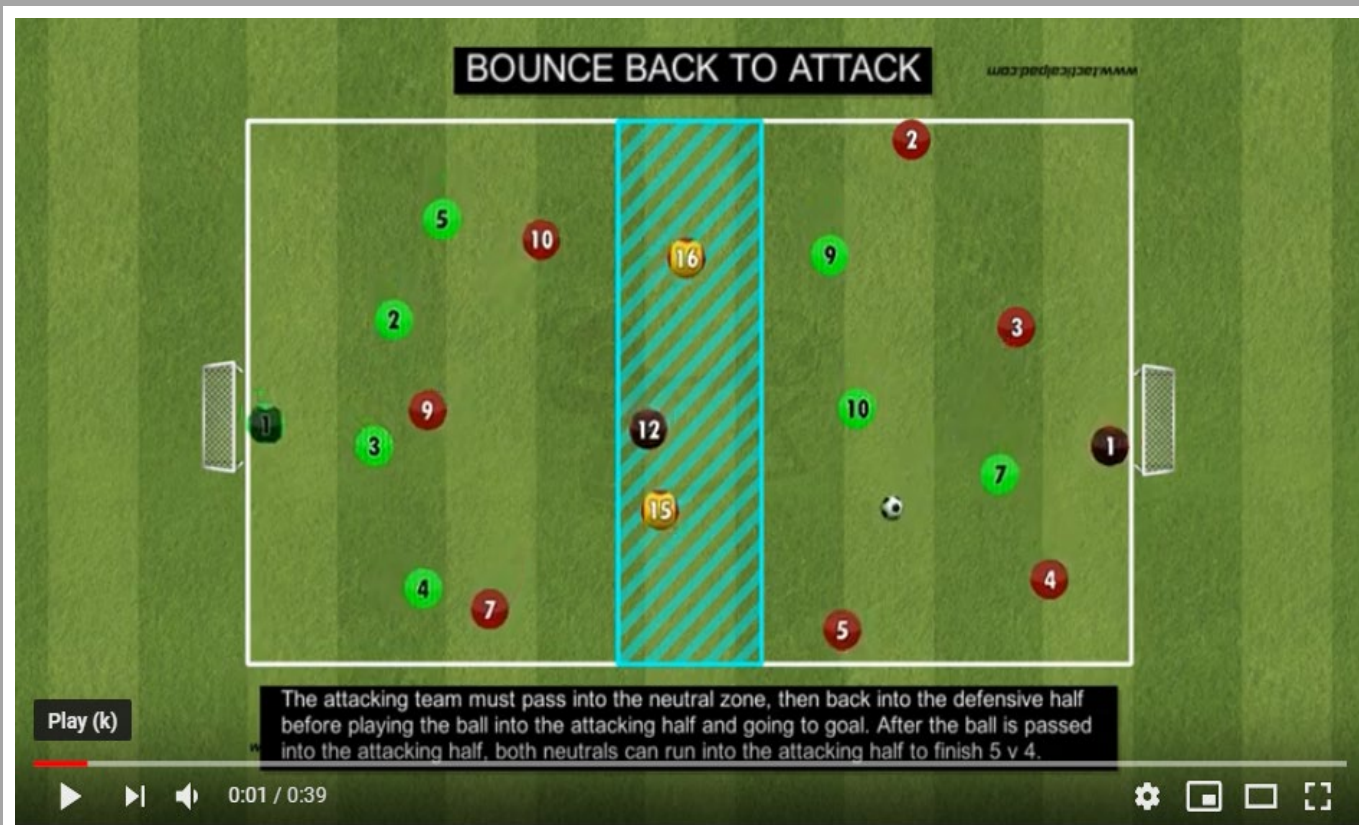
The teams play 4 v 3 in the defensive half and 3 v 4 in the attacking half. In between the two halves, two neutral attackers play 2 v 1 versus a neutral defender. In order to score, the attacking team must first play up to a neutral, who must pass the ball back into the defensive half. From there, the ball can be passed into the attacking half in order to score. As soon as the ball is played in, the two neutral attackers can run forward out of the neutral zone to attack 5 v 4. The neutral defender must always stay inside of the neutral zone. When the ball is turned over, the neutral attackers return to their zone for the re-start.

Coaching Points:

- 1 Creating Space – Use the entire zone and make checking runs back to the ball to get open.
- 2 Possession – Use the entire back half to create passing lanes. Use the goalkeeper as well.
- 3 Support – Use the neutrals as they enter the attacking half, force the defenders to step up.

Progressions/Regressions:

Progression 1 – The neutral defender can cross over after three passes are made in either half.

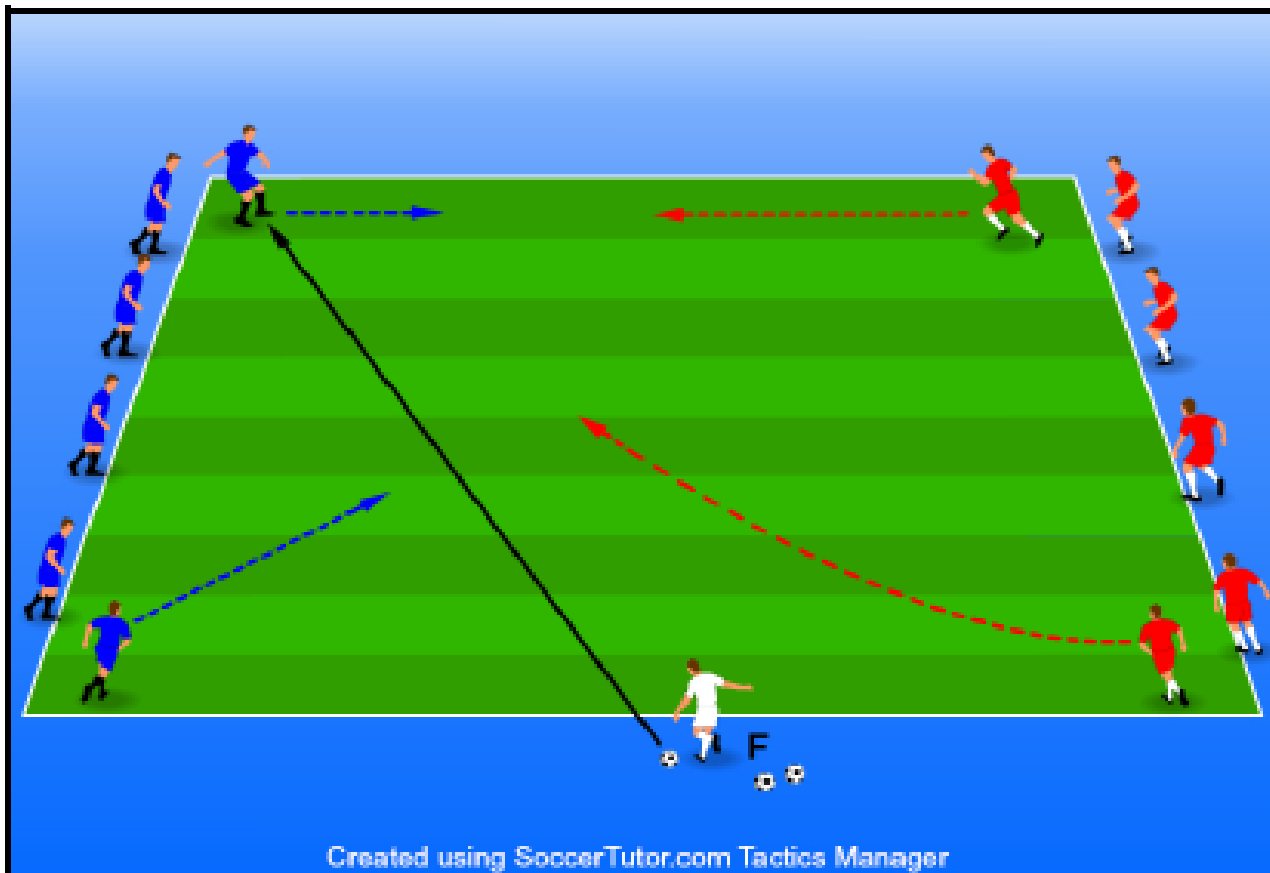


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2 v 2, Sideline Trap

Small Sided

Group Defending



Procedure:

The teams play 2 v 2, with 4-6 additional players stationed along the end line. The players start from the corners, and the Feeder starts play with a pass to any of the four players. From there, the attackers try to advance the ball across the field and dribble it over the opponent's end line. The defenders attempt to trap the ball along the sideline in order to win possession. Attackers are allowed to pass backwards to players on the end line, but the end line players are limited to one touch. Defenders on the end line are allowed one step into the field when tackling. When teams are scored on, they must sprint across the field and back.

Coaching Points:

- 1 **Communication** – The first shout sorts it out. Defenders must talk to each other.
- 2 **Angle of Approach** – The first defender forces play into the sideline to create a 1 v 1.
- 3 **Cover** – The second defender closes down the passing lane and creates a 1 v 2.

Progressions/Regressions:

Progression 1 – The attackers switch places with every pass back to the end line.



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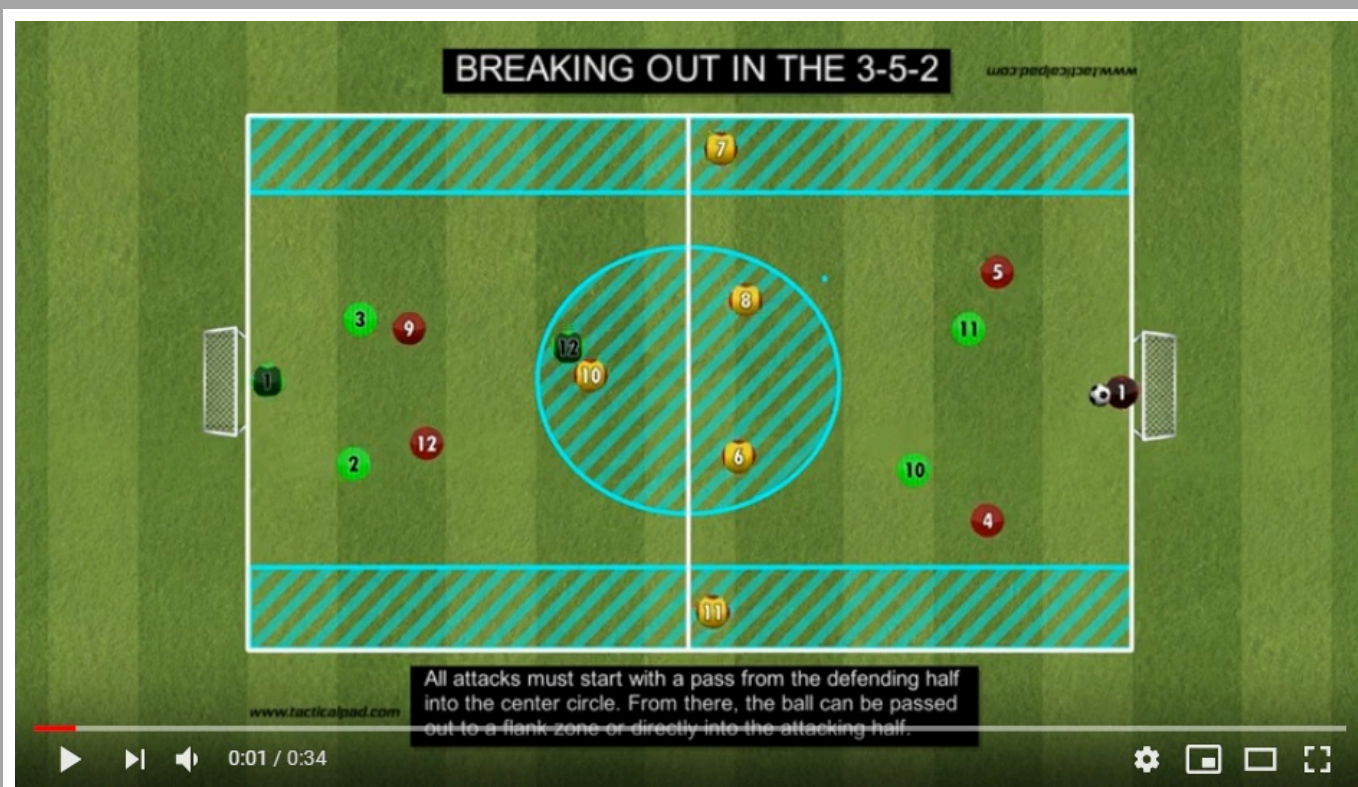
Group Attacking



The two teams play 2 v 2 in each half of the field with two neutral attackers moving up and down the wings inside of their flank zones. Also, three neutral attackers (use your central midfielders) play 3 v 1 against a neutral defender inside of the center circle. Each attack must begin with a pass from the defending half into the center circle. From the circle, the ball can be distributed into a flank zone or directly into the attacking half. Play continues 4 v 2, with the neutrals staying in the flank zones at all times. Players in the center circle must stay inside of the circle during play.

- 1 **Passing** – Play to the feet of the player in the center so that he can play one touch passes.
- 2 **Combination Play** – Look for the Up, Back, and Thru combo and time the runs accordingly.
- 3 **Creating Space** – Strikers should check away from the ball, and then run back into the space.

Progression 1 – Add a defender, allow neutral players to cross over with the pass.
Progression 2 – The neutral defender can leave the circle when passes are made to flank neutrals.



Click [here](#) for the You Tube video

Continuous 1 v 1, 2 v 1, or 2 v 2

Small Sided

Attacking



Procedure:

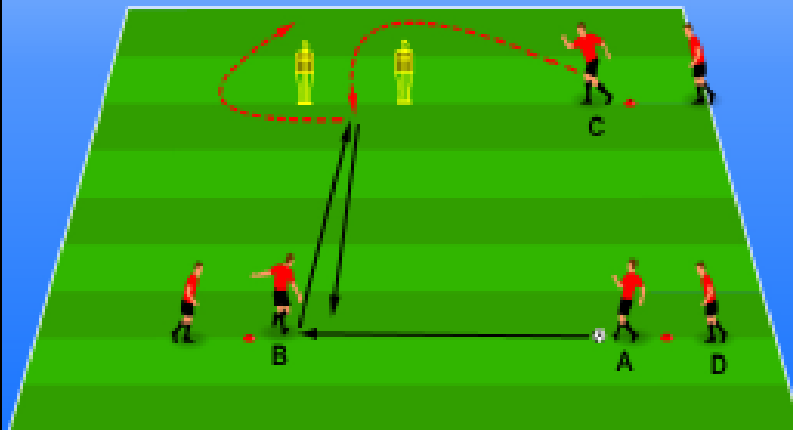
The two teams bring players onto the field from the end line in numbers determined by the coach. He can call on 1 or 2 attackers and 1 or 2 defenders at any time. Players are involved in two consecutive sequences. They come on to defend first, and then they stay on the field to attack in the other direction. Depending on what the coach calls, they may be by themselves or with a teammate. Play is continuous and demanding as the teams try to score in the two small goals set up on the end line. Defenders must allow the ball to cross midfield before they play it. After finishing their attack, players run back to the end line to await their next turn.

Coaching Points:

- 1 **Speed of Attack** – Drive at the defender with the dribble and force him into decisions and errors.
- 2 **Runs off the Ball** – Make runs to create passing combinations and fakes of combinations.
- 3 **Attacking** – Make sharp changes of speed and direction and force the defender to over commit.

Progressions/Regressions:

Progression 1 – Run the same drill with large goals and goalkeepers.

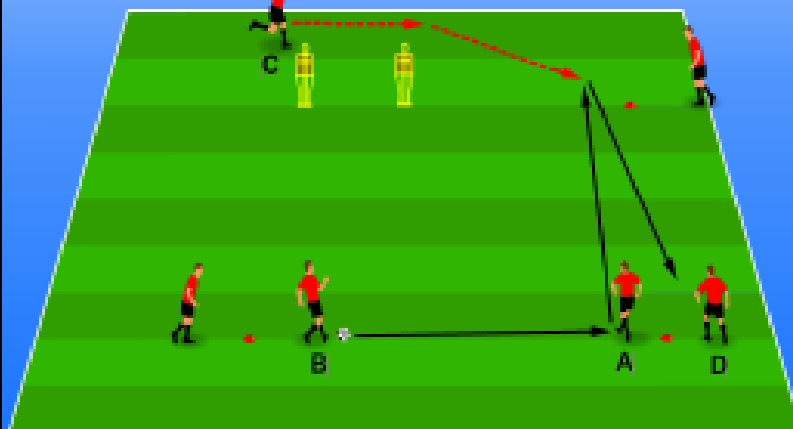
A

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Procedure:

Diagram A – To begin the drill, Player A takes a pass towards Player C, but plays to Player B instead. Player C holds his run, and then sprints in behind the first mannequin to receive the thru pass from Player B. Player C makes a return pass to Player B, and then runs around the first mannequin.

Diagram B – As Player C gets on the blind side of the mannequins again, Player B takes to him, and then passes to Player A. Player C holds his run again so that he can make the blind side run behind the second mannequin and receive the final pass from Player A. Player C → D for the re-start.

B

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Players making the blind side runs stay in that line. Players in the two passing lines switch lines with each turn. So groups of three will remain together during the drill. New players rotate into the line making the blind side runs every five minutes.

Coaching Points:

- 1 **Timing the Run** – Watch the combination develop. Be prepared to hold if a poor touch is made.
- 2 **Speed of Play** – Sprint into the open space, don't jog.
- 3 **Communication** – When it's time, show yourself and call for the ball.

Progressions:

- 1 **Add a third passing line** to the drill to the left of Player B for more passing options.

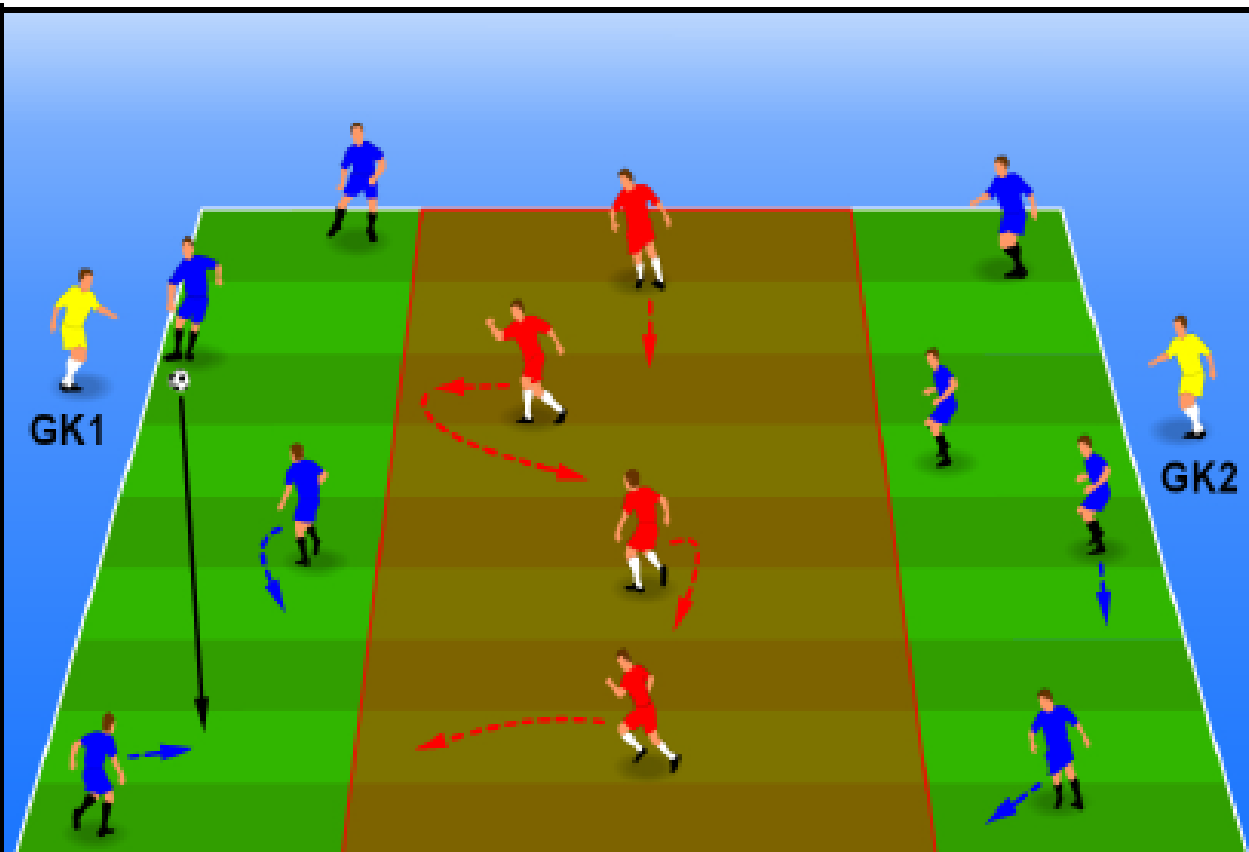


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First Shout Drill

Large Sided

Group Defending



Procedure:

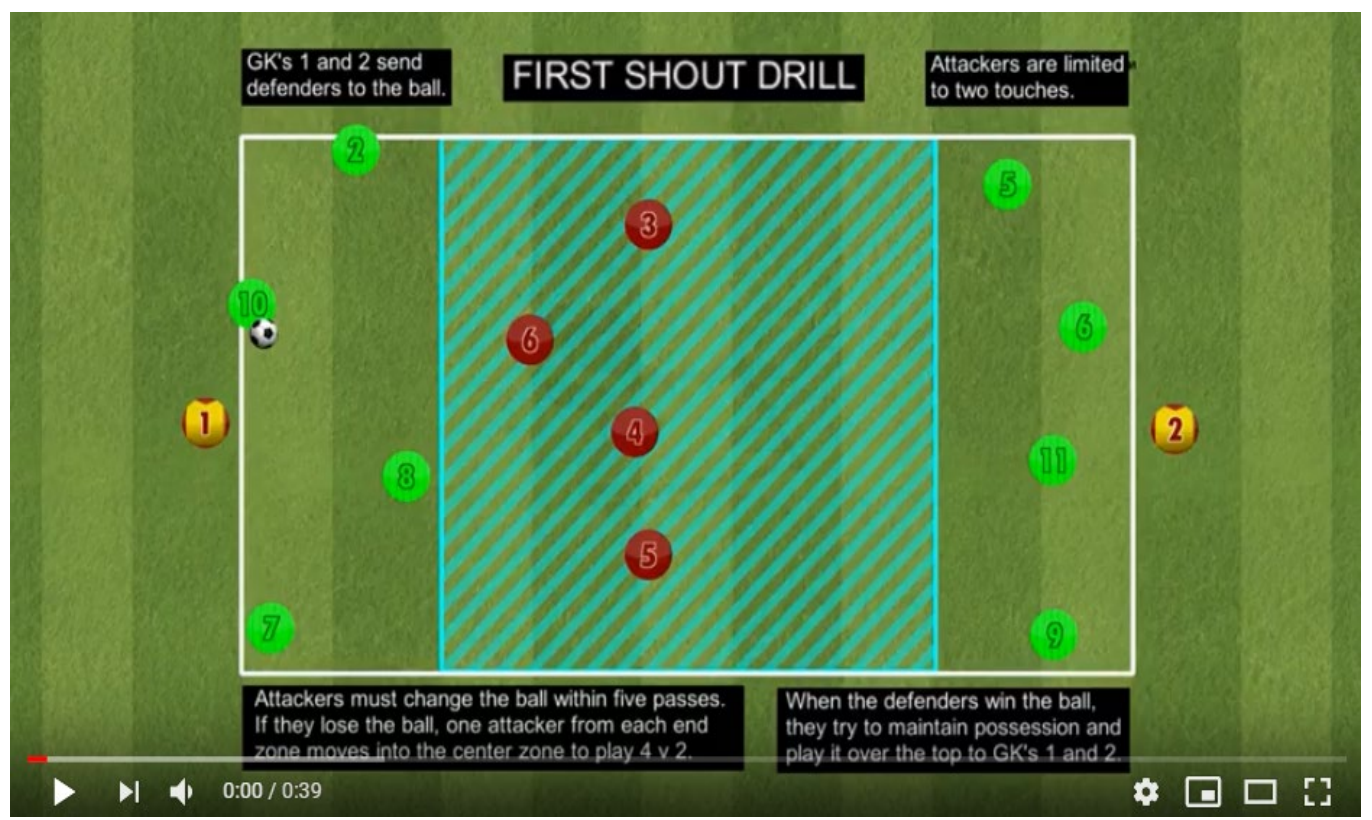
Four attackers play in each of the two end zones, and four defenders occupy the central zone. The players must stay inside of their zones during the drill. A goalkeeper is stationed behind each end line to communicate with the group of defenders. During play, the attackers score one point for changing the ball from one end zone to the other within five passes. Attackers are limited to two touches. When the defenders intercept a pass, they keep possession and play 4 v 2 in the central zone (one attacker is sent in from each end zone) and score one point by playing the ball out to either of the two goalkeepers. Attackers in the end zones try to intercept passes out to the GKs.

Coaching Points:

- 1 Communication – The first shout sorts it out. The GKs and defenders send players to the ball.
- 2 Cover – The second defender moves over to close down the passing lane.
- 3 Balance – The third defender must be wide enough to close down the sideline.

Progressions/Regressions:

Progression 1 – The attackers can score three points by dribbling the ball thru the central zone.



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Finishing Into 4 v 3

Small Sided

Group Attacking



Procedure:

The drill begins in front of the first goal with the attackers changing the ball from 1 → 2 → 3. The attack concludes with a cross and finish by the attacker who started the sequence. After striking the cross, the attacker picks up a ball from beside the first goal and attacks the second goal with the dribble. The three attackers and defenders at 4, 5, and 6 enter the field with the first dribble touch and play continues to completion from there. Upon completion, the attackers rotate from 1 → 2 → 3 → 4 → 5 → 6, and the other team begins the next sequence on goal (players defending the 2nd goal become attackers).

Coaching Points:

- 1 Receiving – Open up and take your first touch away from the passer.
- 2 Speed of Attack – Dribble at speed and force the defense into a poor decision.
- 3 Width – Stay wide as the defense compresses into the center and create 1 v 1's for yourself.

Progressions/Regressions:

Progression 1 – Call out numbers with the 2nd attack, creating 1 v 1's, 2 v 1's, 3 v 2's, or 4 v 3's.

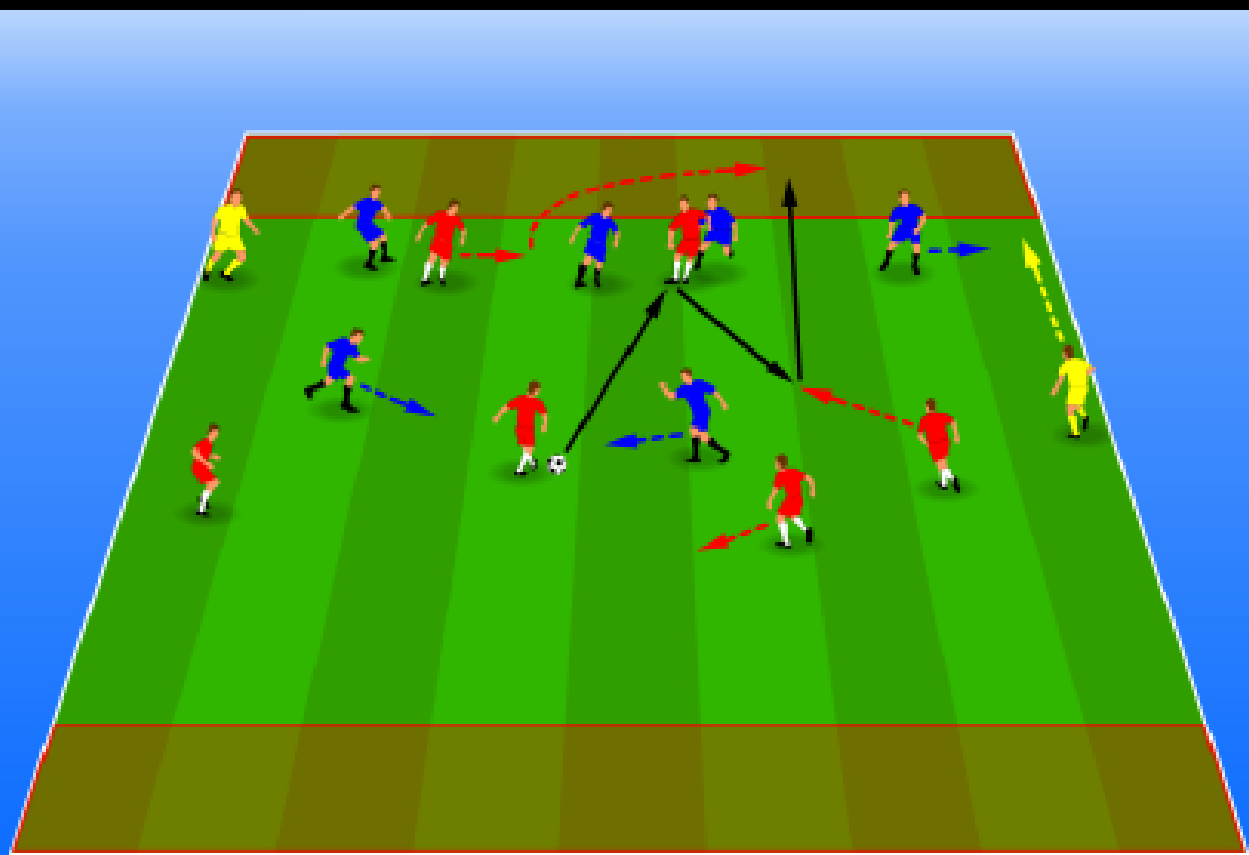


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Getting Behind the Defense

Large Sided

Group Attacking



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Procedure:

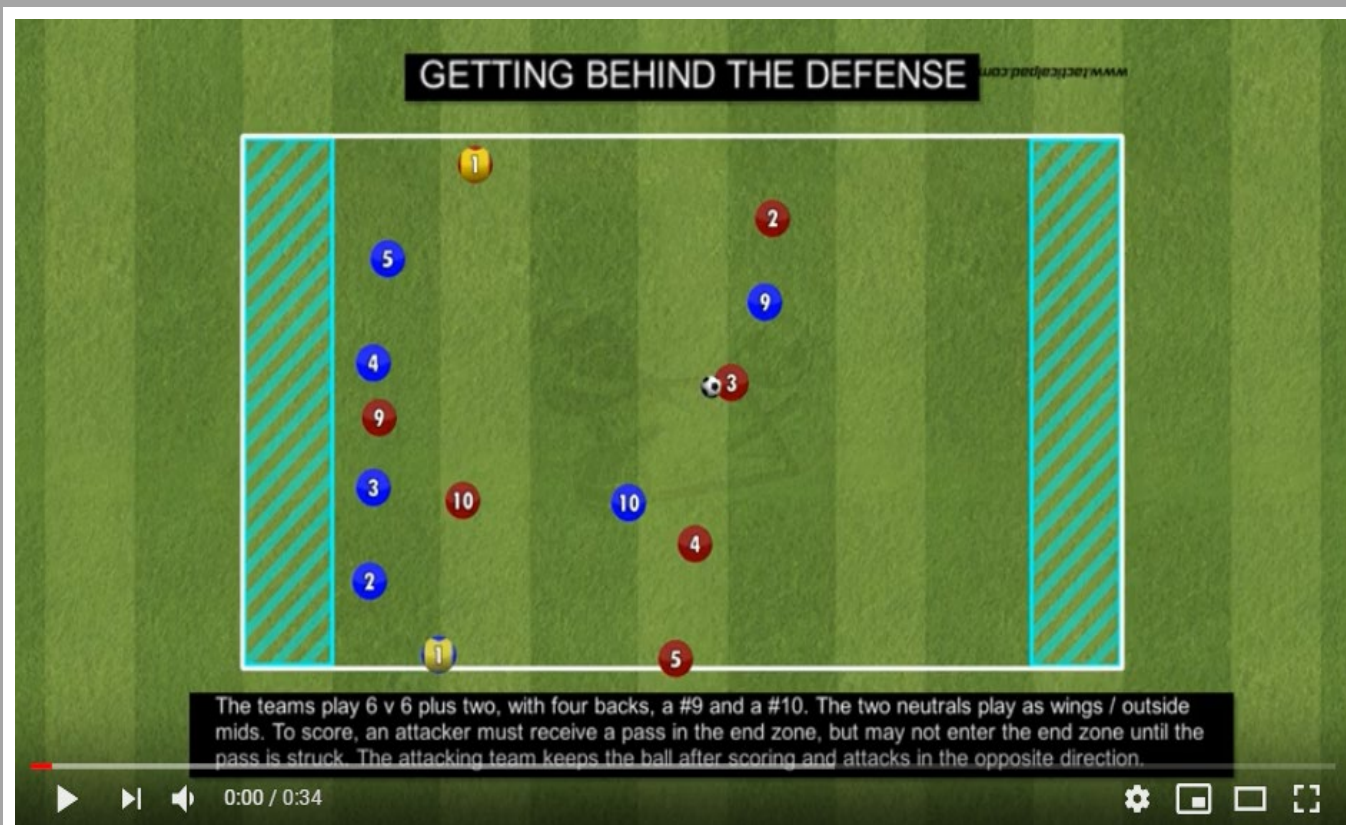
The two teams play 5 v 5 plus two on a large field. The two neutrals act as wings/outside midfielders, and both teams play with a back four, a #9, and a #10. To score, an attacker must receive a pass inside of the end zone and maintain possession. The attacker may not enter the end zone until the thru pass is struck. After scoring, the attacking team keeps the ball and attacks in the opposite direction.

Coaching Points:

- 1 Creating Space – Switch the field and force the back four to move towards the ball.
- 2 Blind Side Runs – Wait until the defender turns his head before making the run in behind.
- 3 The Thru Pass – As the defense steps up. Look to play a one touch pass thru or over the top.

Progressions/Regressions:

Progression 1 – Run the same drill with large goals and goalkeepers.



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Half Field to Goal w/2 v 1 Start

Large Sided

Group Attacking



Procedure:

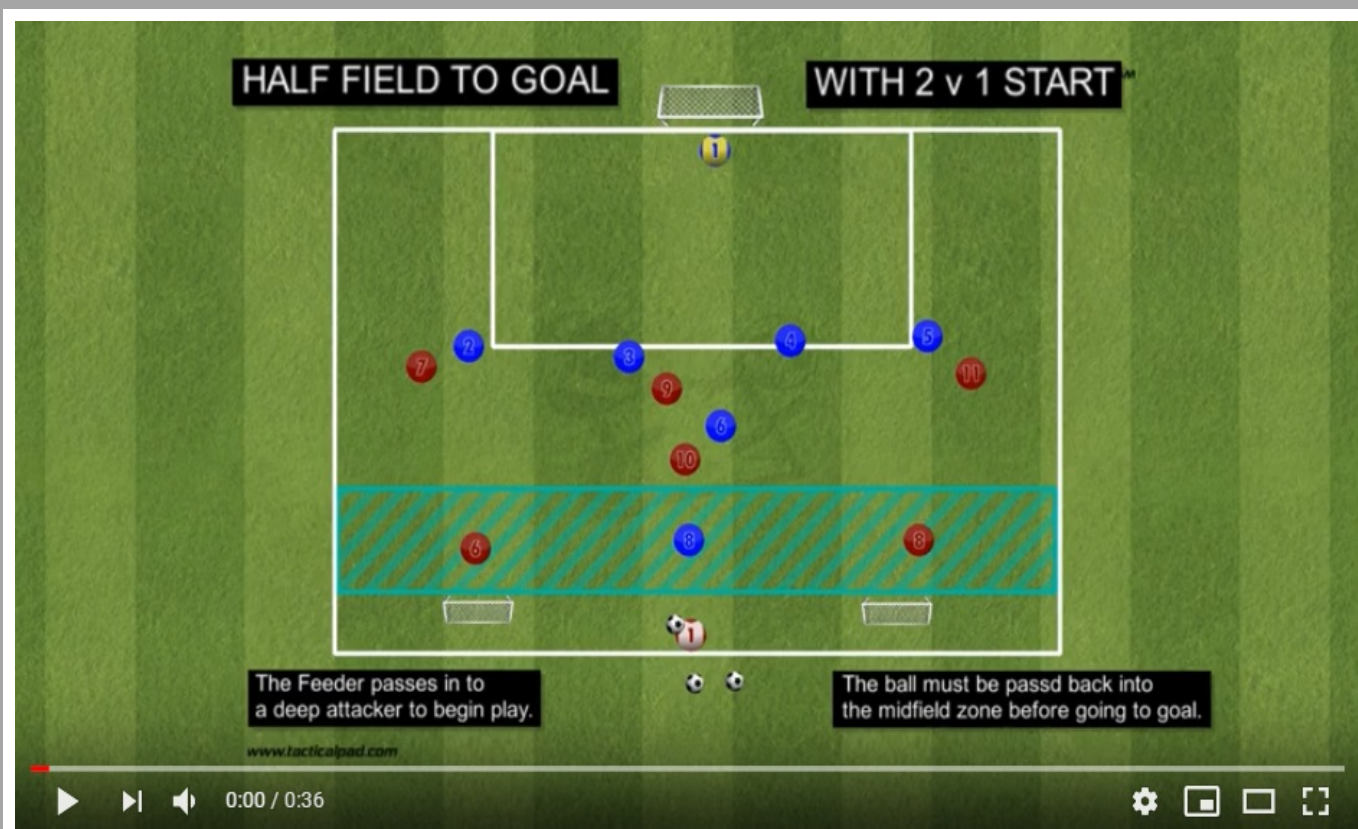
The teams play 6 v 6 on a half field, with a midfield zone running from sideline to sideline. The teams must start with a 2 v 1 inside of the zone. Play begins with a pass from the Feeder to any of the deep attackers. From there, the ball must be played back into the midfield zone before going to goal. If the defenders win the ball, they can score in the two small goals set out near the midfield line. The teams can switch places after each goal or they can switch roles every five minutes.

Coaching Points:

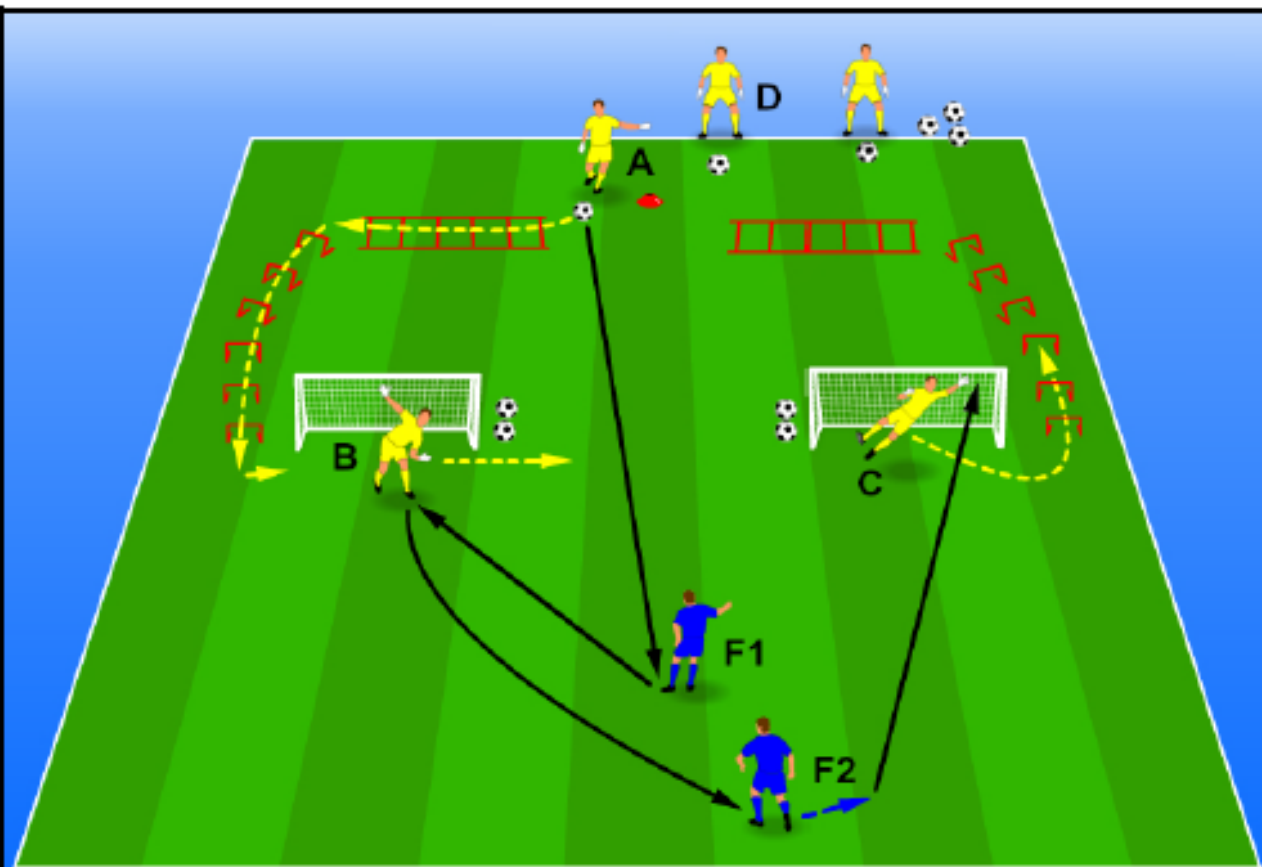
- 1 The Back Pass – After the back pass is made, look for thru runs as the defenders step up.
- 2 Creating Space – Make checking runs in behind defenders before moving towards the ball.
- 3 Technique – Keep the ball on the ground so that the next pass can be made first time.

Progressions/Regressions:

Progression 1 – Add a neutral attacker to create more overloads and scoring chances.



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Procedure:

Player A begins the drill with a pass up to F1. F1 can shoot on either goal (he chooses Player B in the diagram), and Player A runs the agility course towards Player B's goal. Player B makes the first save and distributes the ball out to F2. F2 then shoots on the other goal and Player C. The goalkeepers then rotate, with Player C running the agility course back to the start, Player B moving over to the other goal, and Player A taking his place in the open goal. Player D then begins the next sequence.

Coaching Points:

- 1 First Touch – Open up as you receive, create the best angle and distance for striking the ball.
- 2 Ball Striking – Hit a driven ball with backspin so that the receiver can make a good first touch.
- 3 Vision – Look up and spot the target before you drive the ball. Narrow your focus.

Progressions/Regressions:

Progression 1 – F1 and F2 play in combination before shooting on goal.

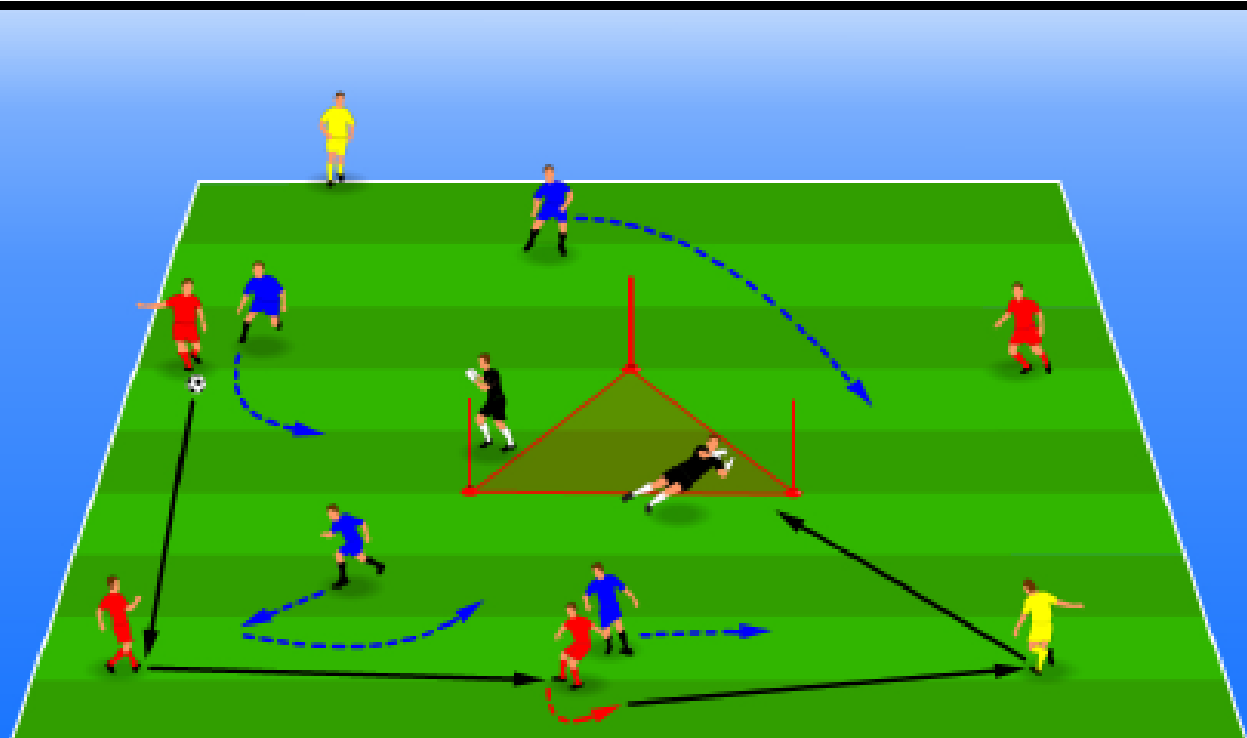


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Keepers Last Stand, Pt. 1

Large Sided

Group Attacking



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Procedure:

The two teams play 4 v 4 plus two on the small field. Points are scored on the large triangle goal in the center versus two goalkeepers. Shots must be below knee level to score. The keepers can be positioned anywhere inside of the triangle. The defensive players are allowed to run thru the goal area or stand inside of it during play, but the attackers are not allowed to enter the goal area. The neutrals are allowed to score unless that condition is changed by the coach.

Coaching Points:

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Patience – Hold the ball long enough to draw the defender, and then pass off to a teammate.
- 3 Decision Making – As defenders move to the ball, look to change it to the opposite side.

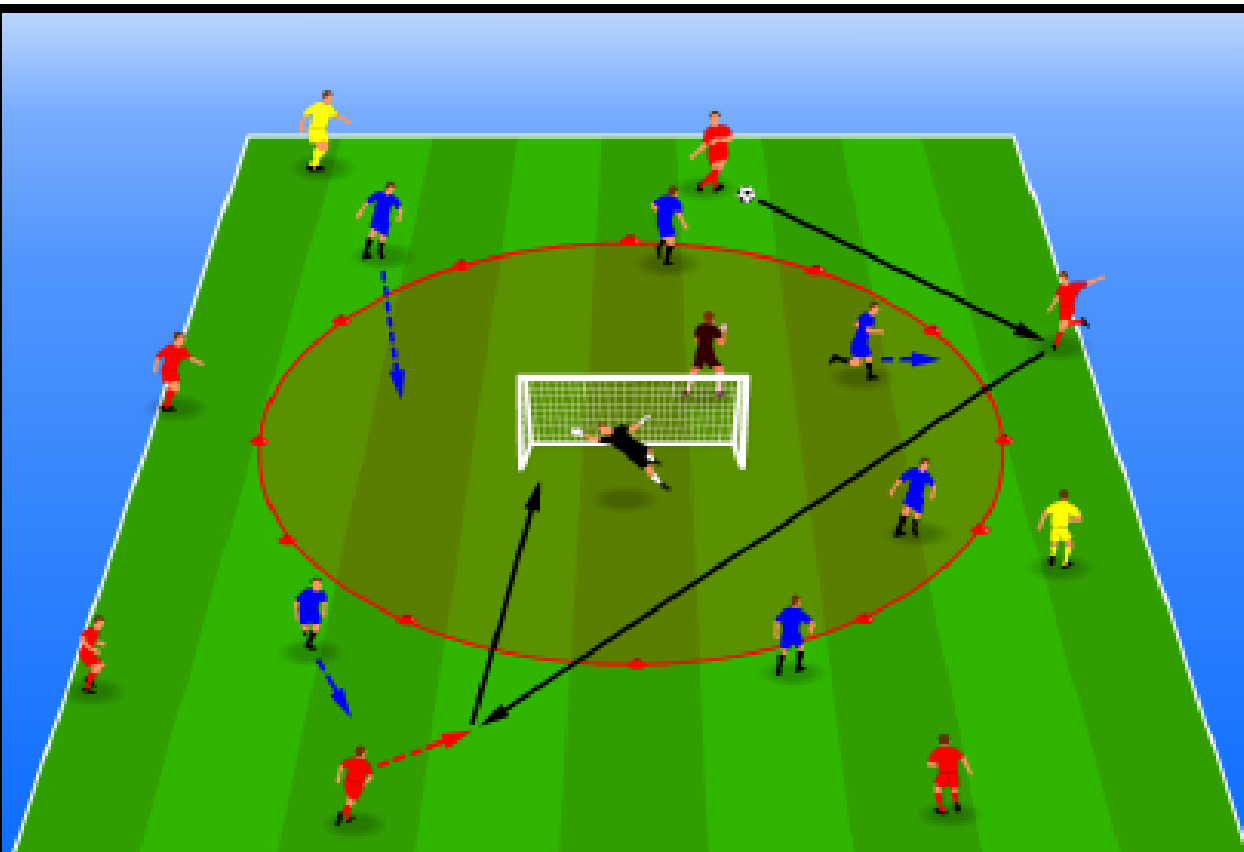
Progressions/Regressions:

Progression 1 – The defenders may not enter the triangle goal at any time.

Progression 2 – Use a large two-sided goal with two goalkeepers (Part 2 of this drill).



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Procedure:

The two teams play 6 v 6 plus two on the large field, looking to score in the large two-sided goal in the center. During play, the attackers are not allowed to enter the circle unless they are finishing a cross. Crosses must be finished first time. Defenders are allowed to play on the inside of the circle. When a goalkeeper wins possession, he re-starts play with a throw out to the team that was defending the previous attack.

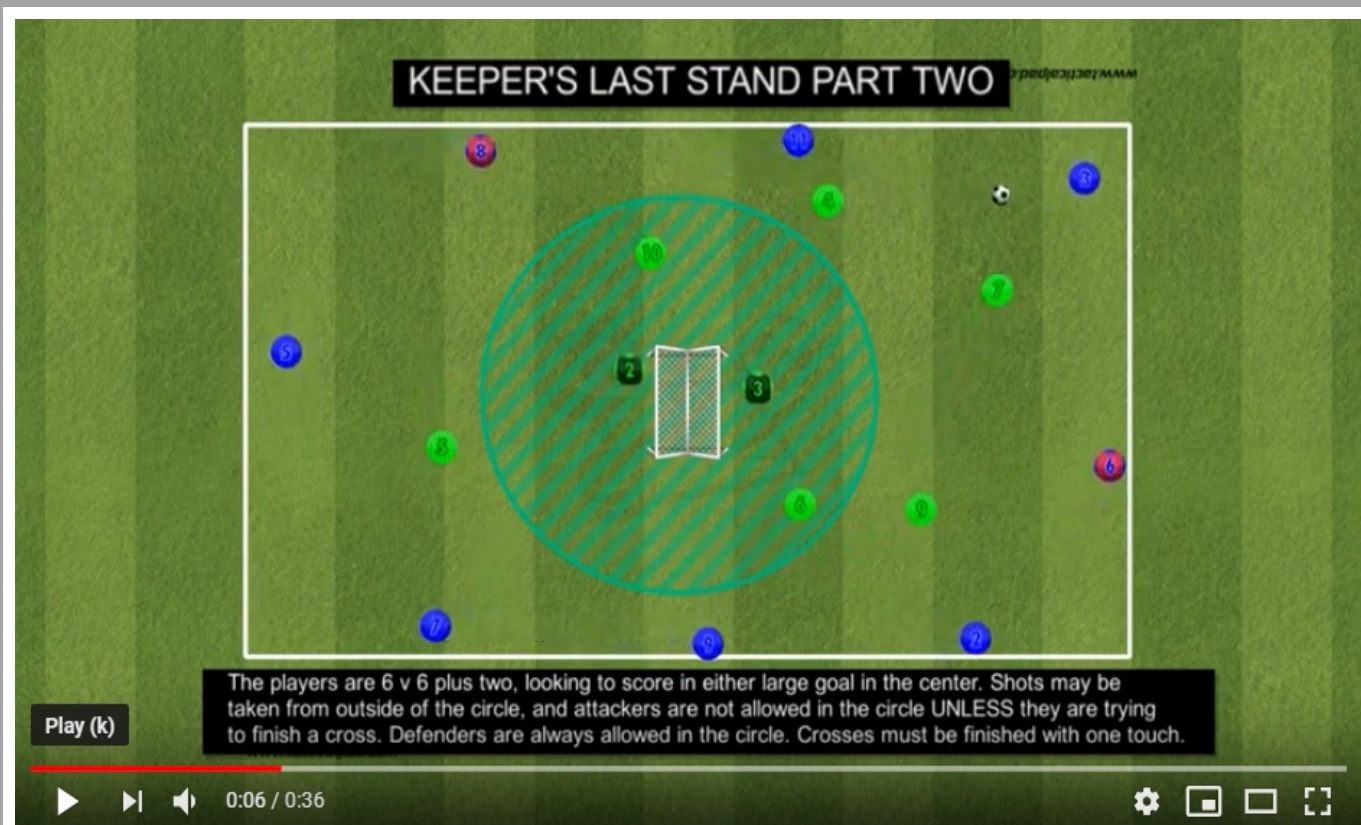
Coaching Points:

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Communication – Look to make eye contact with teammates on the opposite side of the field.
- 3 Decision Making – As defenders restrict space, look to make long passes to the opposite side.

Progressions/Regressions:

Progression 1 – Allow attackers to run into the circle to finish rebounds.

Progression 2 – Allow an attacker to make a run into the circle to receive and finish.

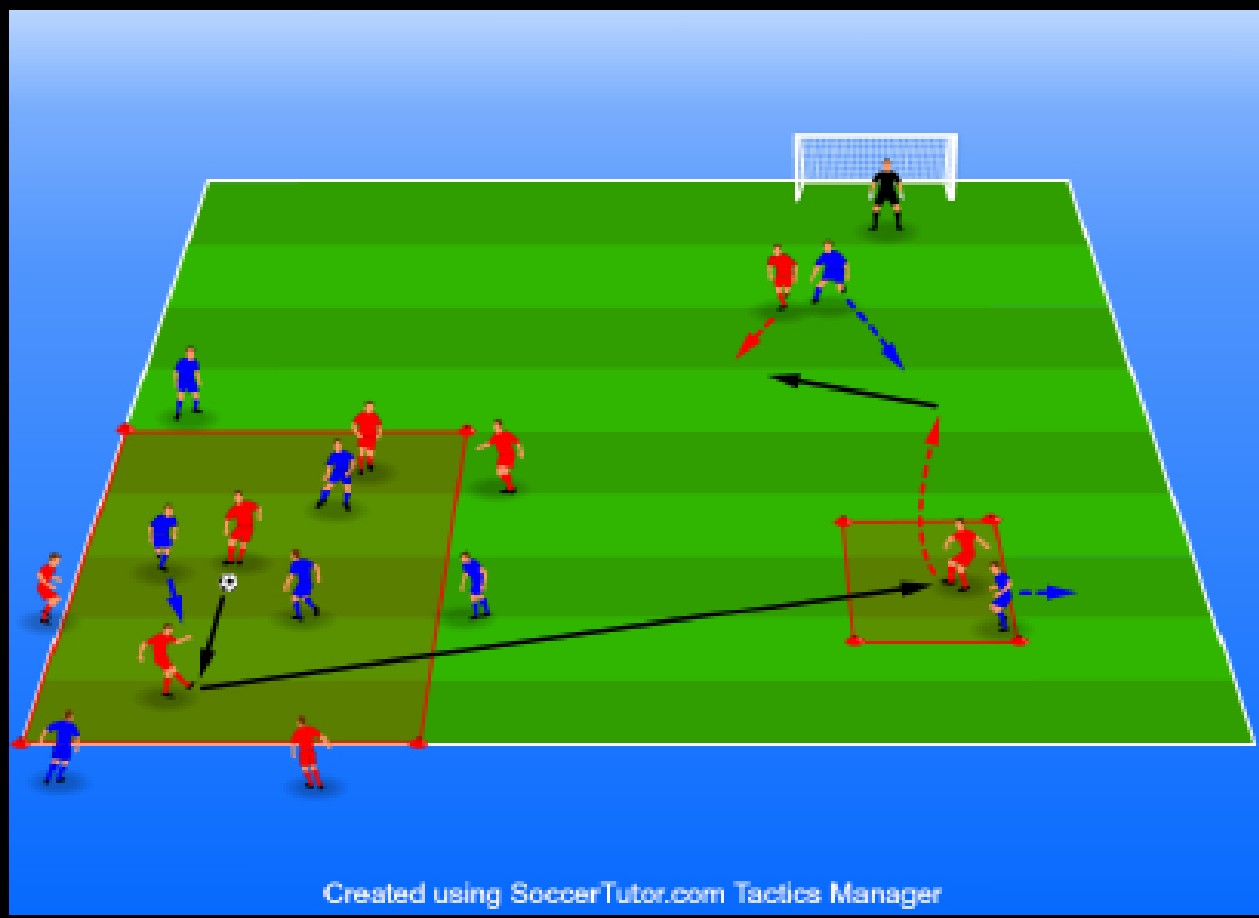


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Long Switch Into 2 v 1

Large Sided

Group Attacking



Procedure:

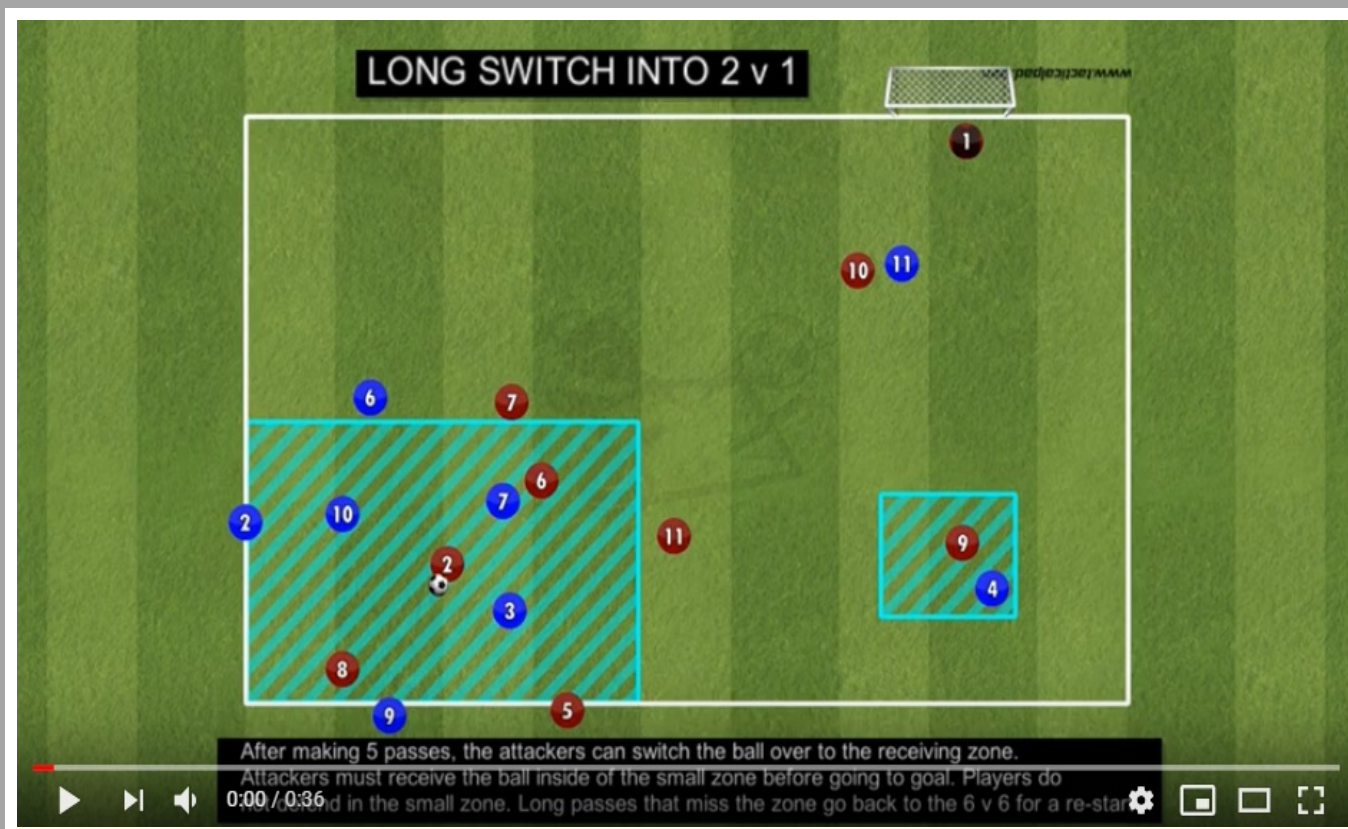
Play begins inside of the flank grid, where the players are 3 v 3 plus three. After the attackers make five consecutive passes, they can switch the ball over to their teammates in the small grid. The players in the small grid do not defend each other. However, the attacker must receive inside of the grid or play is re-started back out on the flank. After receiving the long pass, the attacker goes to goal to finish 2 v 1. After each attack on goal, the players in the flank grid switch out.

Coaching Points:

- 1 **Speed of Play** – Play one and two touch soccer and force the defenders to chase.
- 2 **Patience** – Possess the ball until a player has the time and space to make a long, driven pass.
- 3 **Finishing** – Take the dribble right at the defender at speed and put him back on his heels.

Progressions/Regressions:

Progression 1 – Progress to 3 v 2 and 4 v 3 to goal.

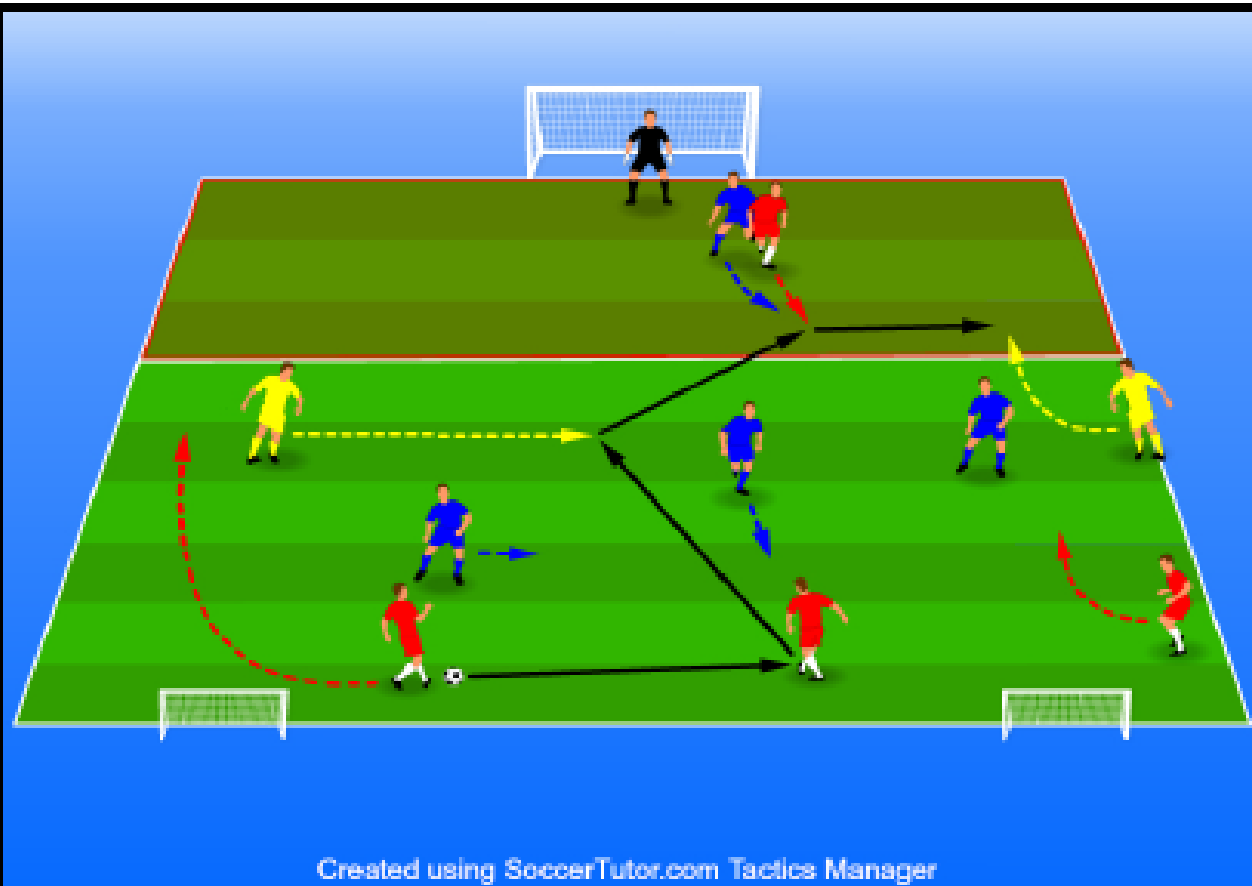


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Score it, Keep it!

Small Sided

Group Attacking



Procedure:

Play begins in the midfield zone, where the players are 3 v 3 plus two. From there, the attackers look to pass the ball into their teammate (a striker) playing 1 v 1 in the attacking zone. Once the ball is played in, all of the players can cross over and go to goal. If the defenders win the ball, they attack the two small goals at the top of the midfield zone. Whenever a team scores (in any goal), they keep possession and attack in the other direction. Goals scored on the big goal are worth two points, and goals scored on a small goal are worth one point.

Coaching Points:

- 1 Width – Use the entire midfield zone and force the defenders to chase.
- 2 Receiving – The striker may need to make two or three sharp runs in order to get open.
- 3 Finishing – If turned away from goal, pass backwards and build up numbers of attackers.

Progressions/Regressions:

Progression 1 – Play 2 v 2 in the attacking zone, the strikers may turn and go straight to goal.
Progression 2 – Before going to goal, the striker must pass back out into the midfield zone.



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***Procedure:***

The goalkeeper begins the drill with a hard pass between the cones set up on the 18. If the pass is well struck, Player A lets the ball go thru to Player B or Player C. If the pass is weak, Player A can control and shoot right away from inside of the 'D'. When the ball goes thru, the receiver (Player B in the diagram) plays it back up to Player A, who then drops it off for Player C or B to finish. Any variety of three player combinations can be used to set up a finish. After three shots, the goalkeeper switches out.

Coaching Points:

- 1 **First Touch** – Touch the ball forward and create a good angle to strike the pass.
- 2 **Ball Striking** – Take a big last step to the ball, and then hit a driven ball with the laces.
- 3 **Attitude** – Whether you chose to move left or right, to stay home or come out – be aggressive!

Progressions/Regressions:

Progression 1 – Allow the player on the 18 to turn and shoot when he receives.

Progression 2 – Add a defender and play 3 v 1 to goal, then 3 v 2.

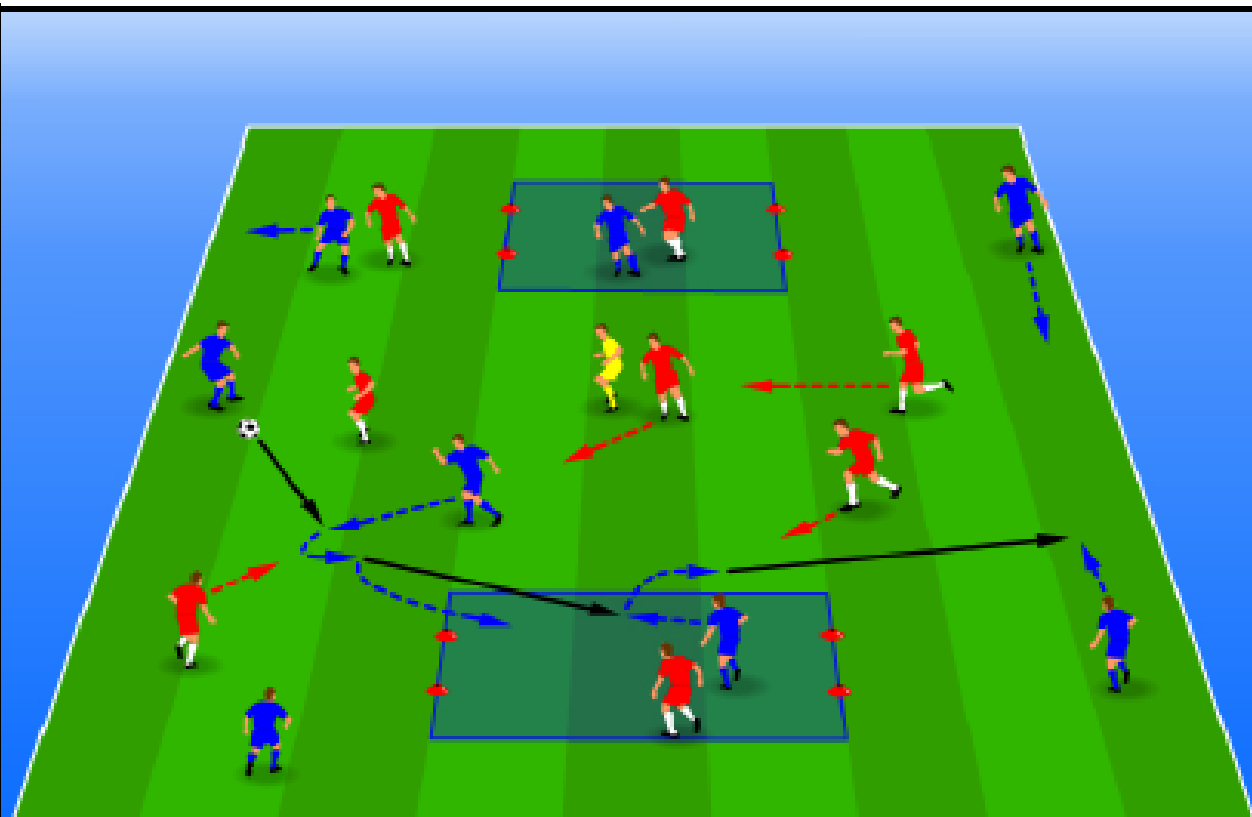


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Possession Into 1 v 1

Large Sided

Possession, 1 v 1



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Procedure:

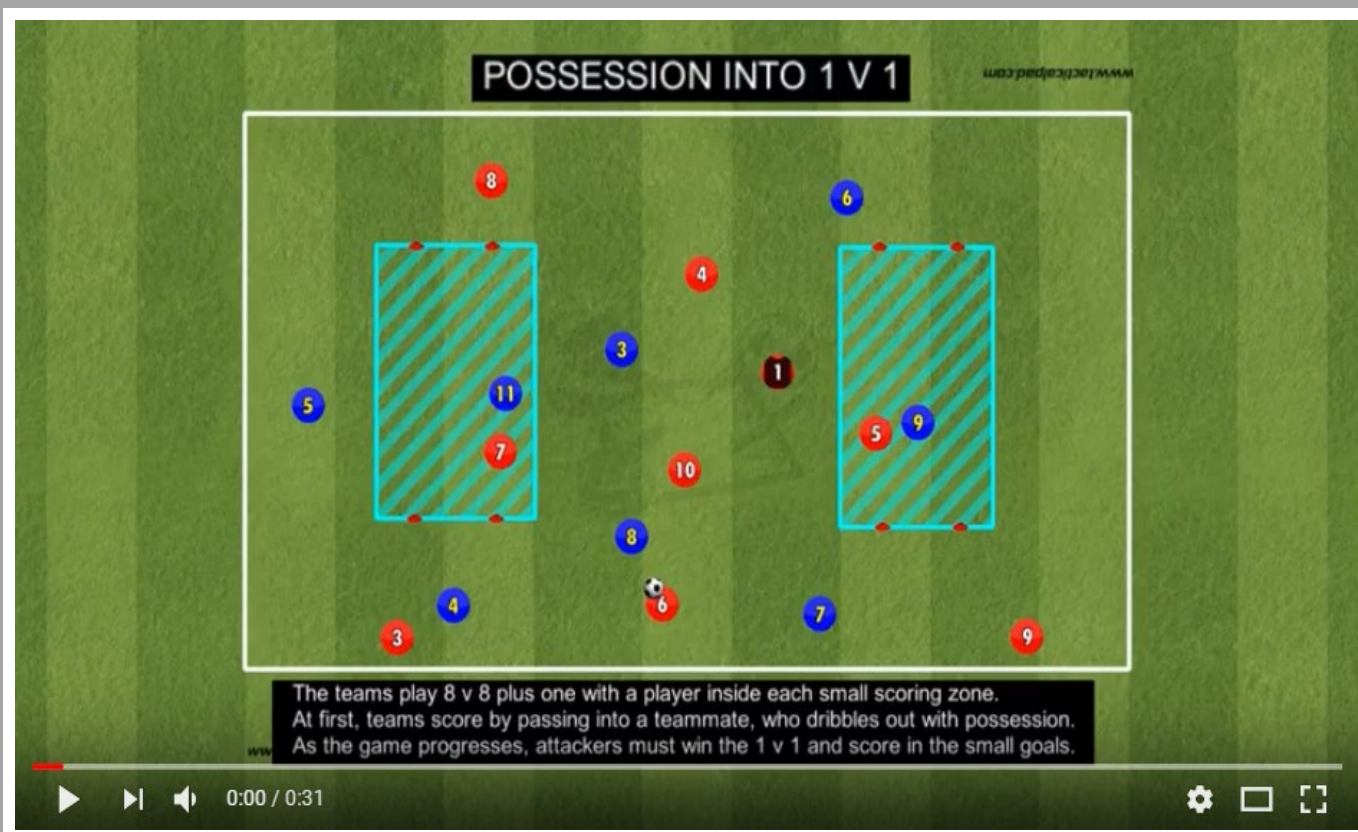
The teams play 8 v 8 plus one, with two scoring zones inside of the big field. Each team places a player inside of the scoring zones. At first, teams score by passing to a teammate inside of a scoring zone, where he must dribble out WITH POSSESSION. The passer then takes his place inside of the scoring zone. As the game progresses, teams score by passing into the scoring zone, where they teammate they passed to goes 1 v 1 and scores in the small goal. Games are played to 5 points, after which the players in the 1 v 1's switch out.

Coaching Points:

- 1 Speed of Play – Play in a 1-2 touch rhythm and get the ball off of your foot.
- 2 Decision Making – When an area closes down, keep possession and switch fields.
- 3 Transition – Do not 'switch off' during play, especially after changes of possession.

Progressions/Regressions:

Progression 1 – Enlarge the scoring zones and progress to 2 v 2's w/small goals.

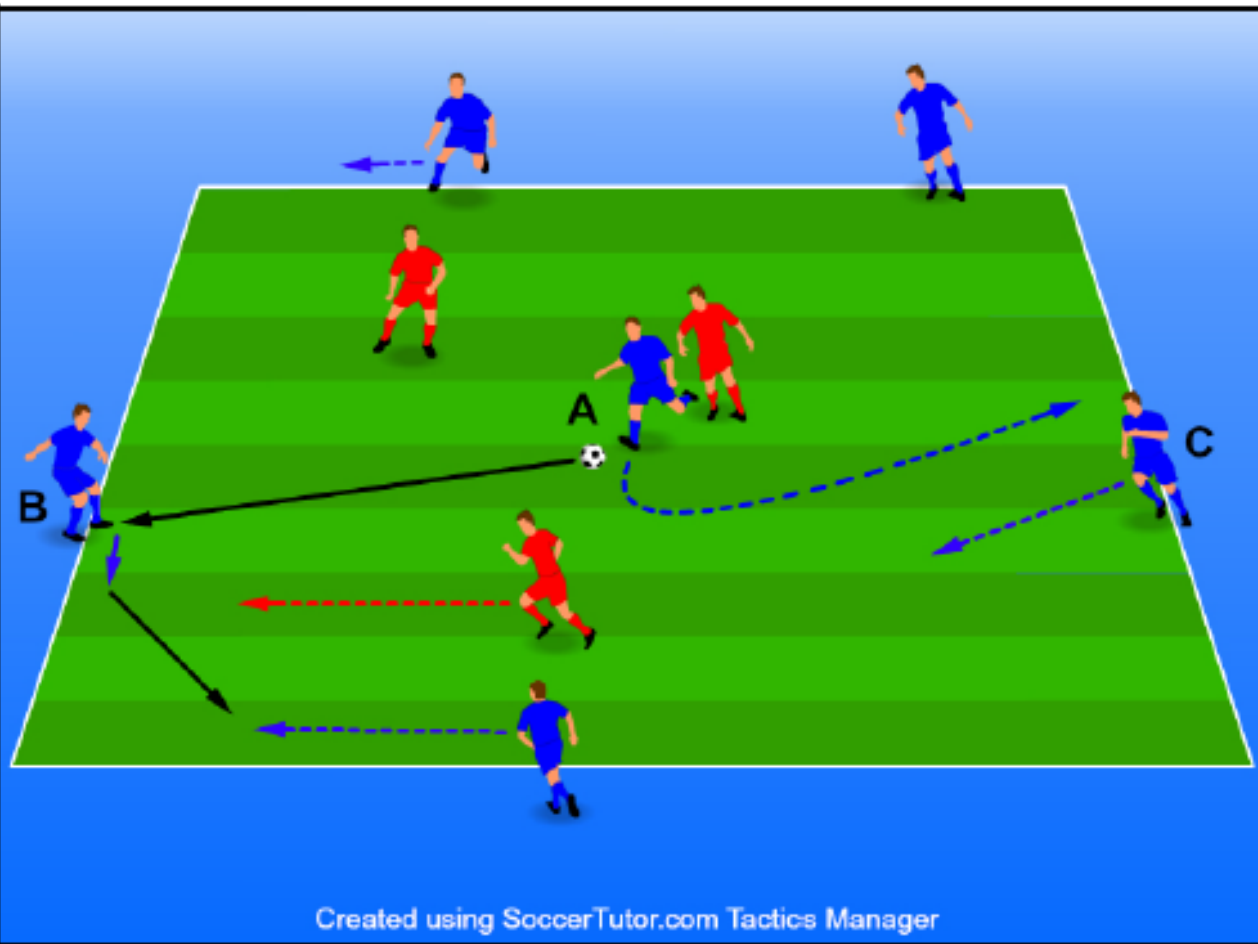


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Three Passes and Out

Small Sided

Possession, Support



Procedure:

The teams play 6 v 3 with one attacker playing on the inside of the grid. The attackers on the outside are limited to two touches. The attacker on the inside (Player A) must complete three passes to the outside (the third pass is made to Player B in the diagram) before he can switch out with a teammate (Player C). If the defenders win the ball, they play 3 v 1 with a two touch limit.

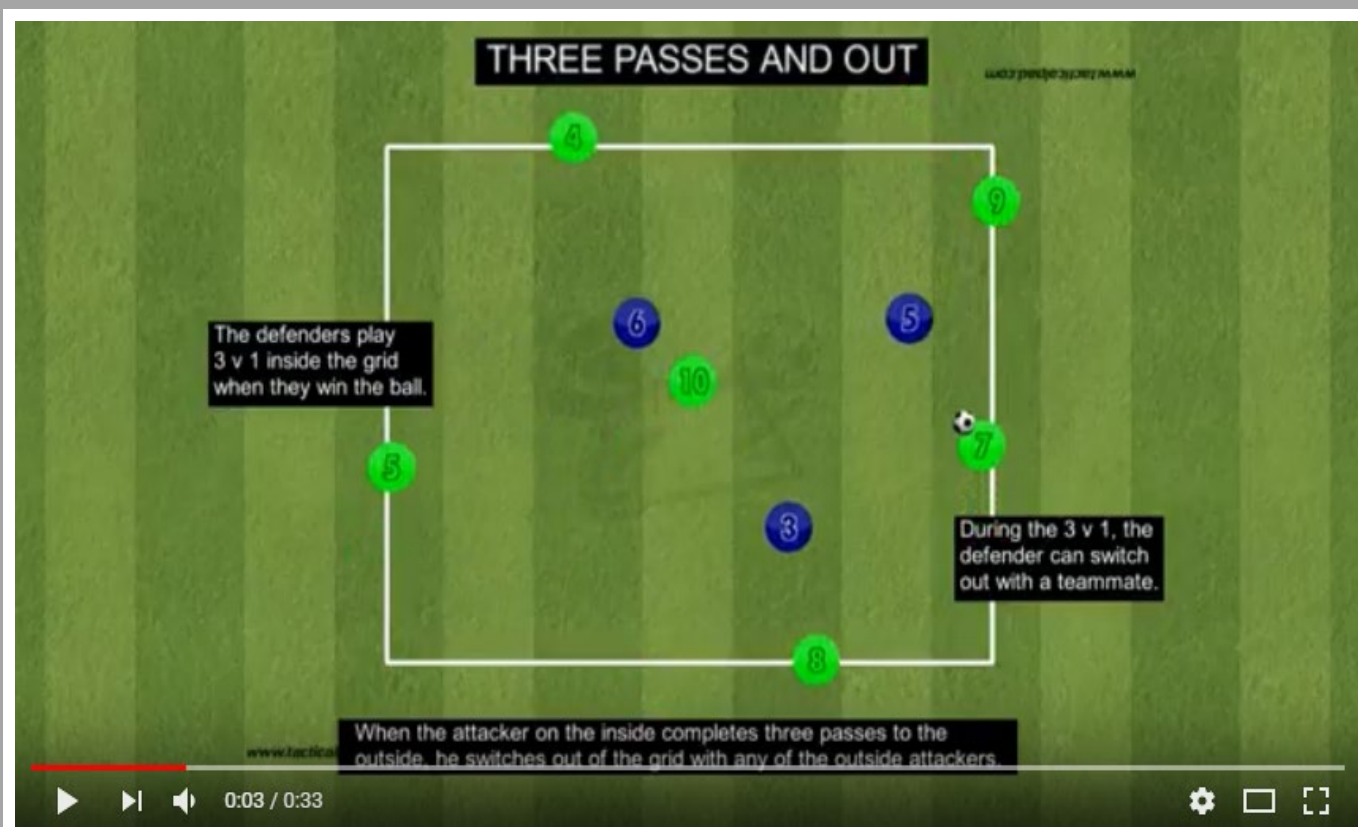
Coaching Points:

- 1 **Decision Making** – Look for one touch passes against the flow of play. Split the defenders.
- 2 **Support** – Balance the field and call for the ball as early as possible.
- 3 **Speed of Play** – Get the ball off of your foot before the defenders close down the space.

Progressions/Regressions:

Progression 1 – The attacker on the inside is limited to one touch.

Progression 2 – One pass and out. The inside attacker switches out every time he receives.



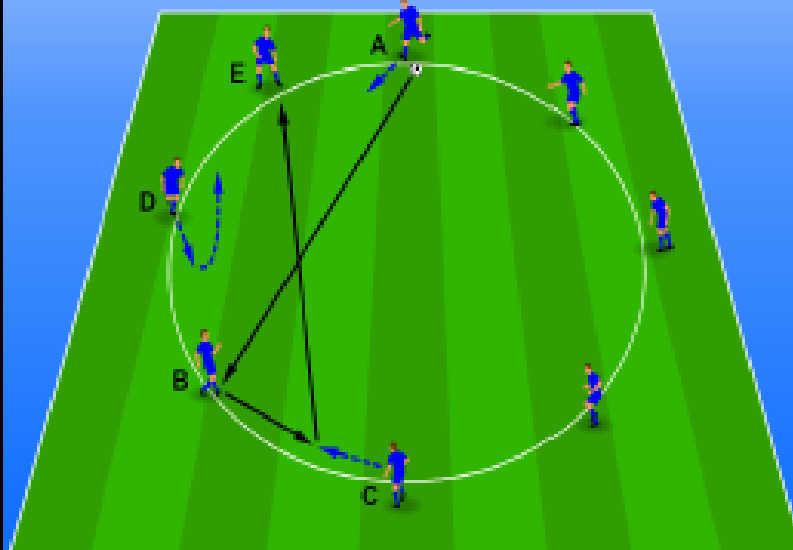
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Short, Long Circle

Fundamental

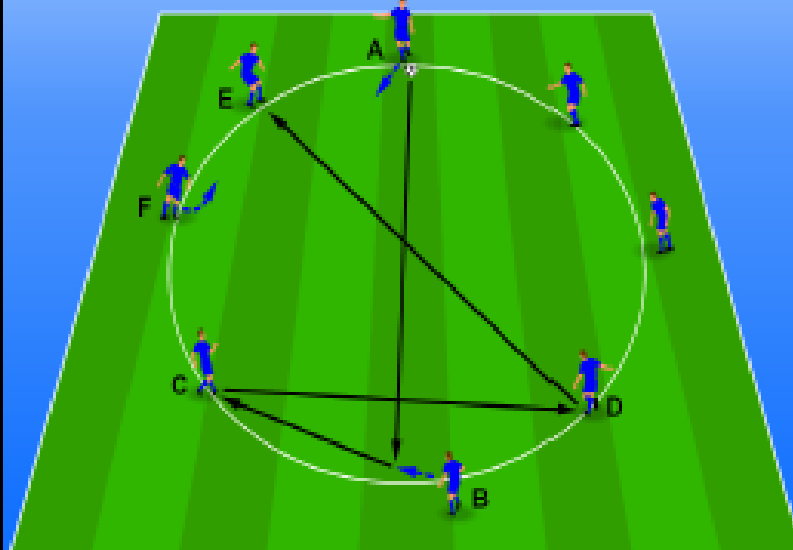
Passing and Receiving

A



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B



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Procedure:

Diagram A – In the first part of the drill, the players pass the ball around the circle in a short, long pattern. In the diagram, Player A passes to Player B, and the players next to him – Players C and D step inside the circle to show for the short pass. Player C gets the short pass, and plays the next ball long across the circle to Player E. Players D and A support the pass.

Diagram B – In the second part of the drill, both of the support players are involved in a short, short, long passing sequence. Player A plays the long pass to Player B as Players C and D move to support the ball. After Player C receives the short pass, he plays short across the circle to Player D, who then plays a long pass to Player E. Players A and F move to support Player E.

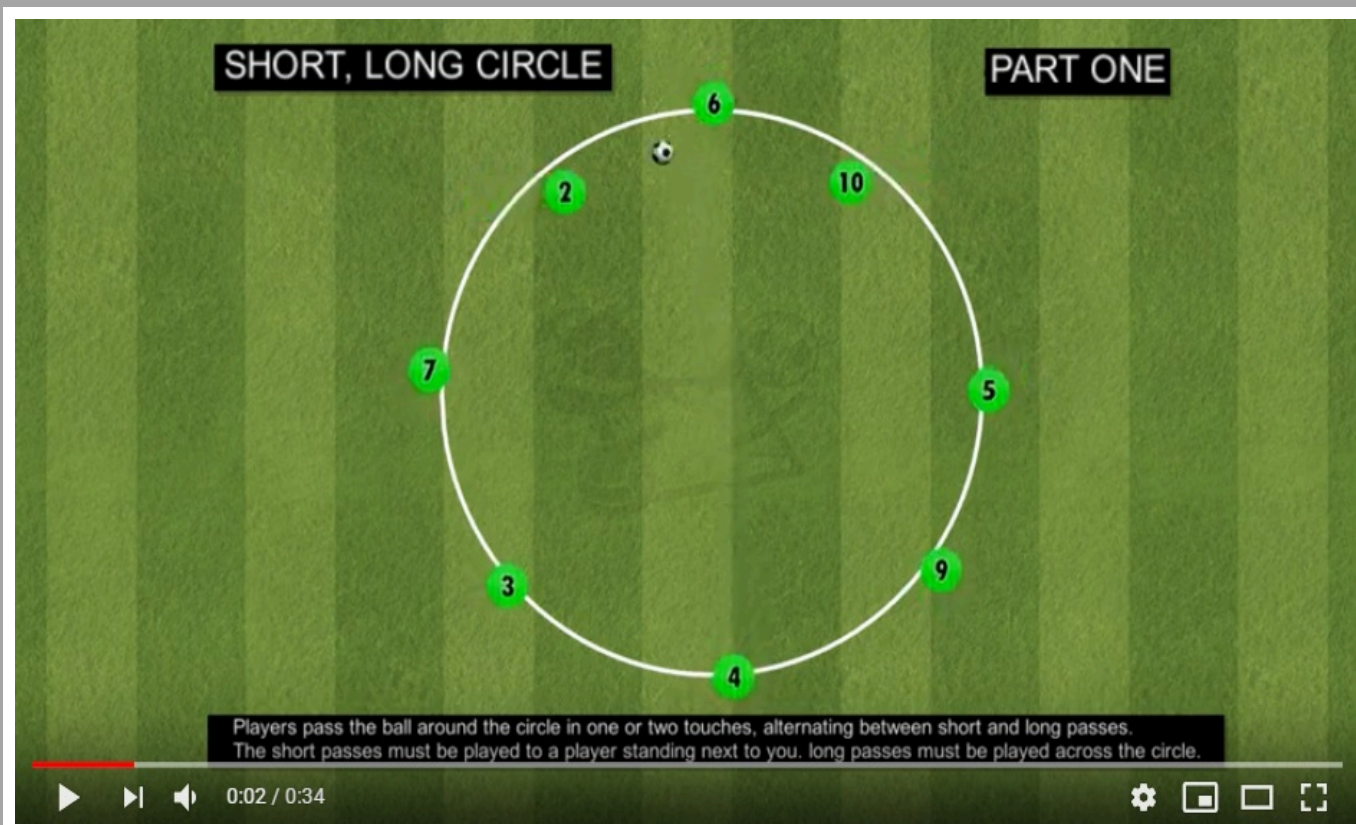
All passes are made in one or two touches. Long passes should be as long as possible.

Coaching Points:

- 1 **Preparation** – Open your stance, see the entire circle.
- 2 **Speed of Play** – Show for the short pass **BEFORE** the player receives the long pass.
- 3 **Communication** – Always be verbally involved in play.

Progressions:

- 1 **Limit certain players to one touch.** Or require that certain passes (long or short) be hit first time.



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Group Attacking



Progression 1 – Volley, half-volley, and header finishes only.



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Three Team Game, 5 v 3

Small Sided

Group Attacking



Procedure:

The three teams play 3 v 3 plus two on the small field. The two neutral players must stay inside of the flank zones during play. Defensive players must wait inside of their own half and they cannot play the ball until it crosses the midfield line. As soon as the defending team gets a touch, the attacking team goes off. They may not try to re-possess. After an attack is completed, the defending team is given possession of the ball and they attack in the opposite direction.

Coaching Points:

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Switching the Field – Play from sideline to sideline to create 1 v 1's and scoring chances.
- 3 Movement – Make runs deep into the attacking half and stretch the field.

Progressions/Regressions:

Progression 1 – Limit the number of passes made in the attacking half.

Progression 2 – Allow the defenders to cross over the midline, allow attackers to re-possess.

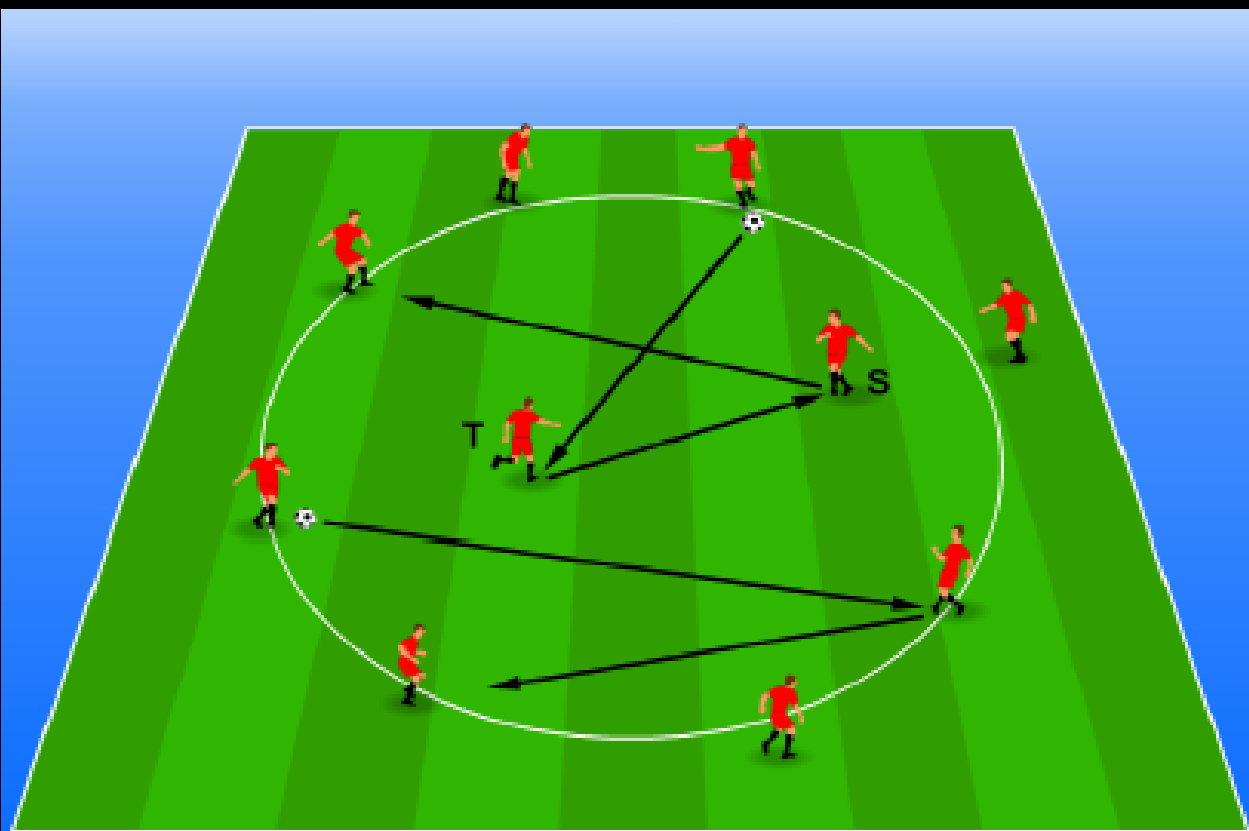


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Target and Support

Fundamental

Passing and Receiving



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Procedure:

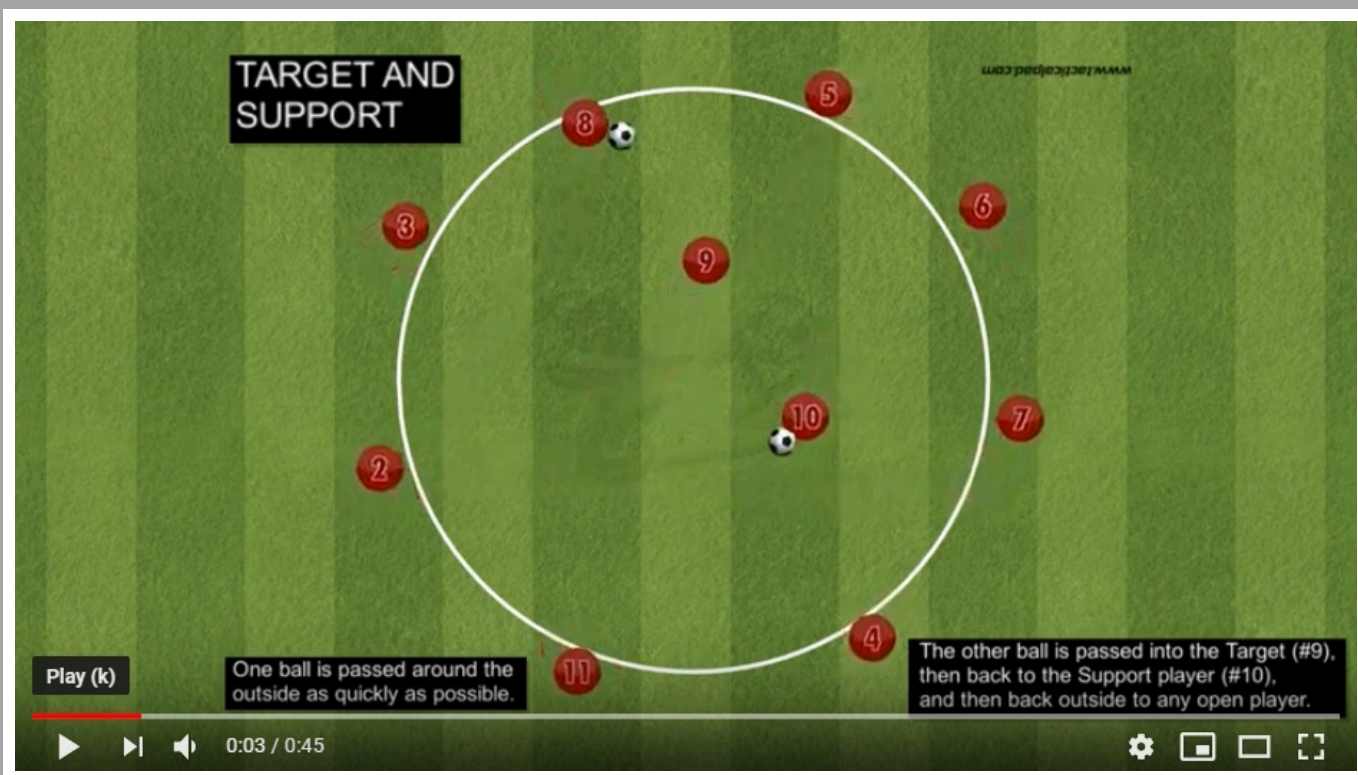
Eight players are stationed on the outside of the circle, and two players move freely on the inside. One player on the inside is designated as the Target player (T), and the other is designated as the Support player (S). Two balls are in play during the drill. One ball is shared by the outside players, who move the ball in any direction around the outside of the circle. The other ball is played from an outside player to the Target player. The Target then plays back to the Support player, who finishes the combination by playing it back outside to any open player. During the drill, the Target and Support players switch out every 60 seconds.

Coaching Points:

- 1 **Work Rate** – Inside players must create space and passing angles for the entire minute.
- 2 **Anticipation** – Watch each play develop and be able to predict the direction of play.
- 3 **Intensity** – Always be up on your toes and ready to receive and/or change your position/choice.

Progressions/Regressions:

Progression 1 – Either of the two players on the inside can be the target, and the other supports.

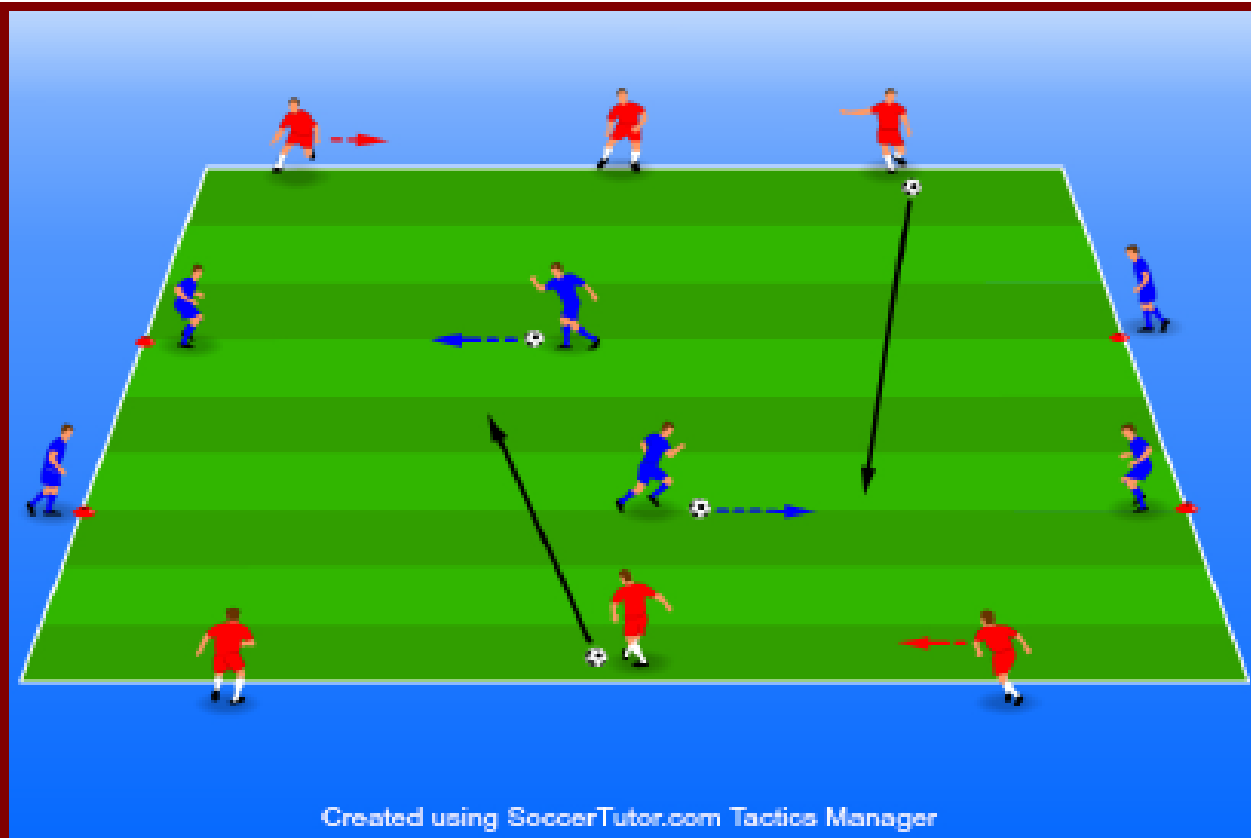


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Two Touch Passing Game

Fundamental

Passing



Procedure:

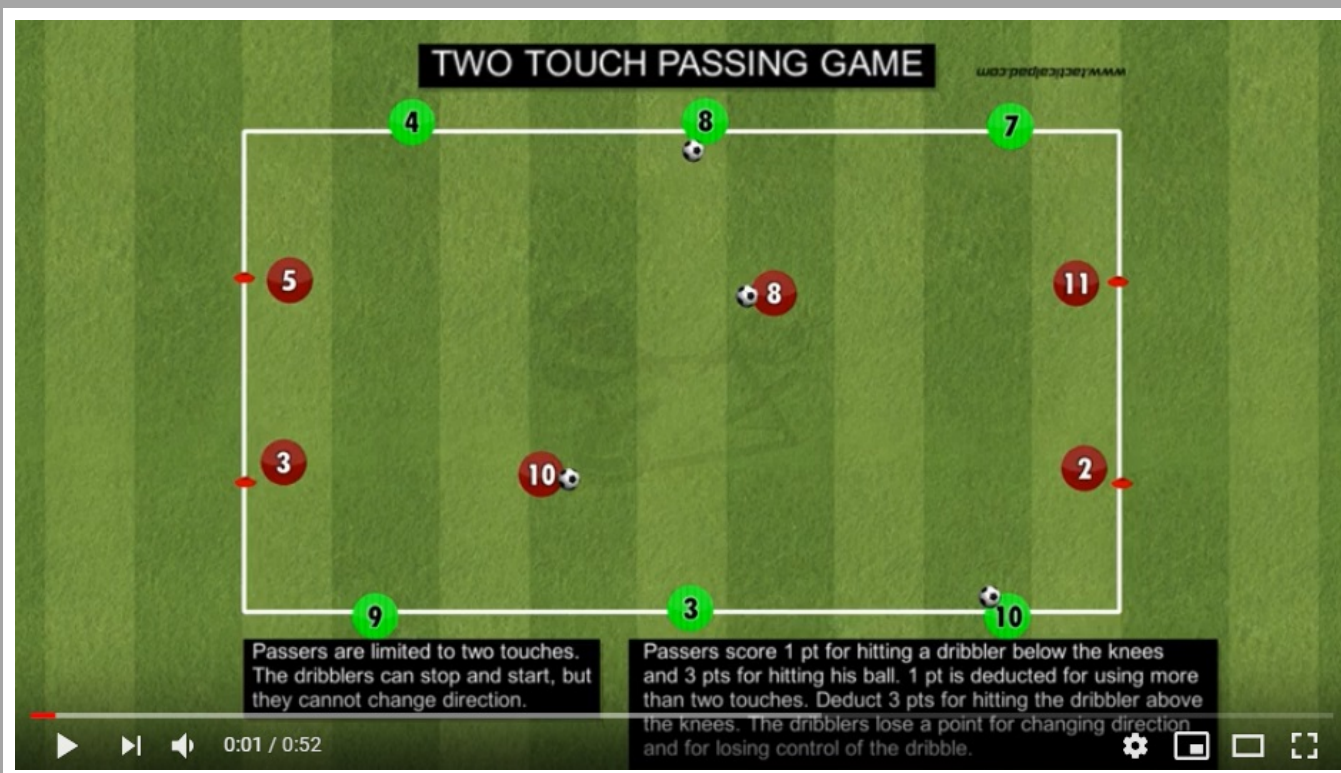
There are two teams of six players, a passing team and a dribbling team. The passers play two balls back and forth across the field and have a two touch limit. The dribblers have two shuttles, each dribbling a ball back and forth across the field. The dribblers may stop and start as they dribble but they may not change direction. The passers score 1 point for hitting a dribbler below the knees with a ball and 3 points for hitting their opponent's ball. 3 points are deducted from the passers for hitting a player above the knees. Also, 1 point is deducted from a passer for taking more than two touches. For the dribblers, 1 point is deducted for going backwards or sideways or for losing control of the dribble. During games, each team gets five minutes as the passing team.

Coaching Points:

- 1 Preparation – Be on your toes to receive the ball, and direct your first touch as you control it.
- 2 Ball Striking – Hit the top half of the ball in order to keep it on the ground.
- 3 The Driven Pass – Use the shoelaces to strike a long, hard pass with backspin.

Progressions/Regressions:

Progression 1 – Play on a smaller field (shorter passing distance) and limit passers to one touch.

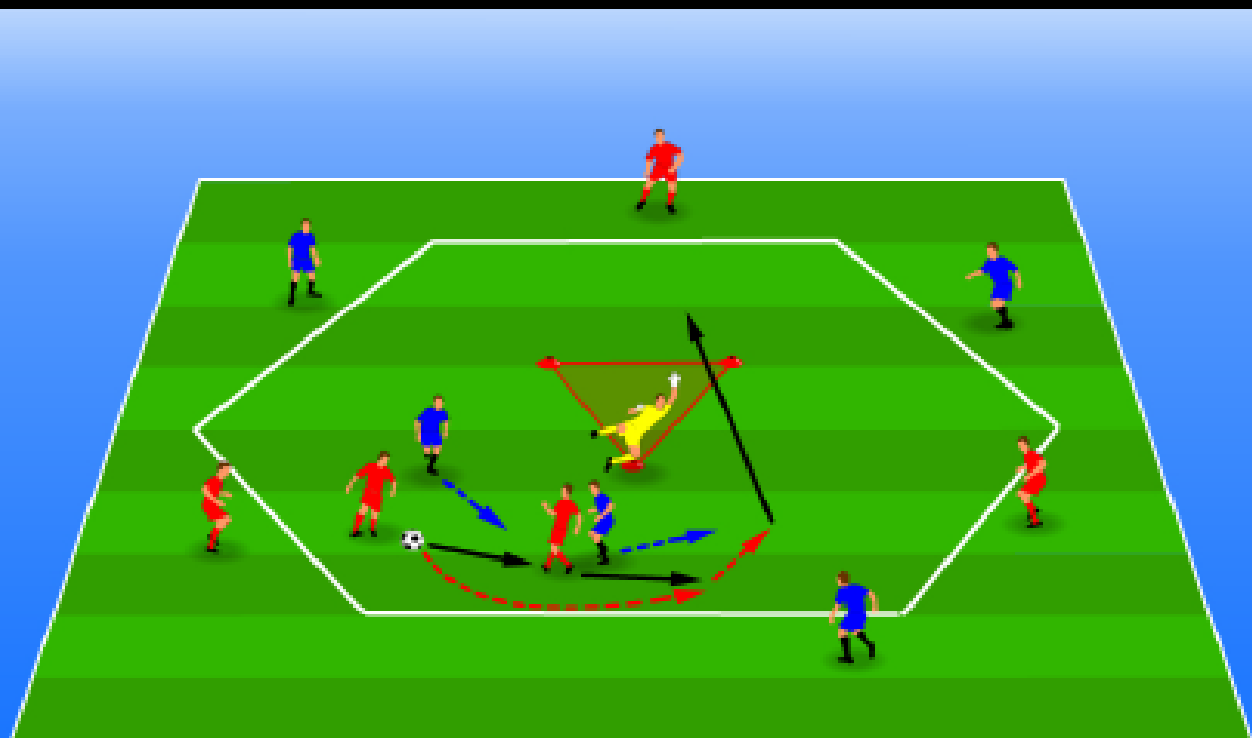


Click [here](#) for the You Tube video

2 v 2 With Triangle Goal

Small Sided

Group Attacking



Created using SoccerTutor.com Tactics Manager

Procedure:

The teams are 2 v 2 on the inside of the hexagon, trying to score on the triangle goal in the center. Three players from each team are stationed on the outside, playing within their section of the field. Outside players are only allowed one touch, but they can shoot on goal. For all players, shots must be struck below knee level to score. Games are played to three goals, after which the central players switch out with two teammates.

Coaching Points:

- 1 Receiving – The players may need to make two or three sharp runs in order to get open.
- 2 Finishing – If turned away from goal, pass the ball back outside and switch the field.
- 3 Movement – Inside players must look to create combinations (overlaps, takeovers).

Progressions/Regressions:

Progression 1 – Allow attackers to switch out with teammates during play.



Click [here](#) for the You Tube video

Thru Pass Game

Large Sided

Group Attacking



Procedure:

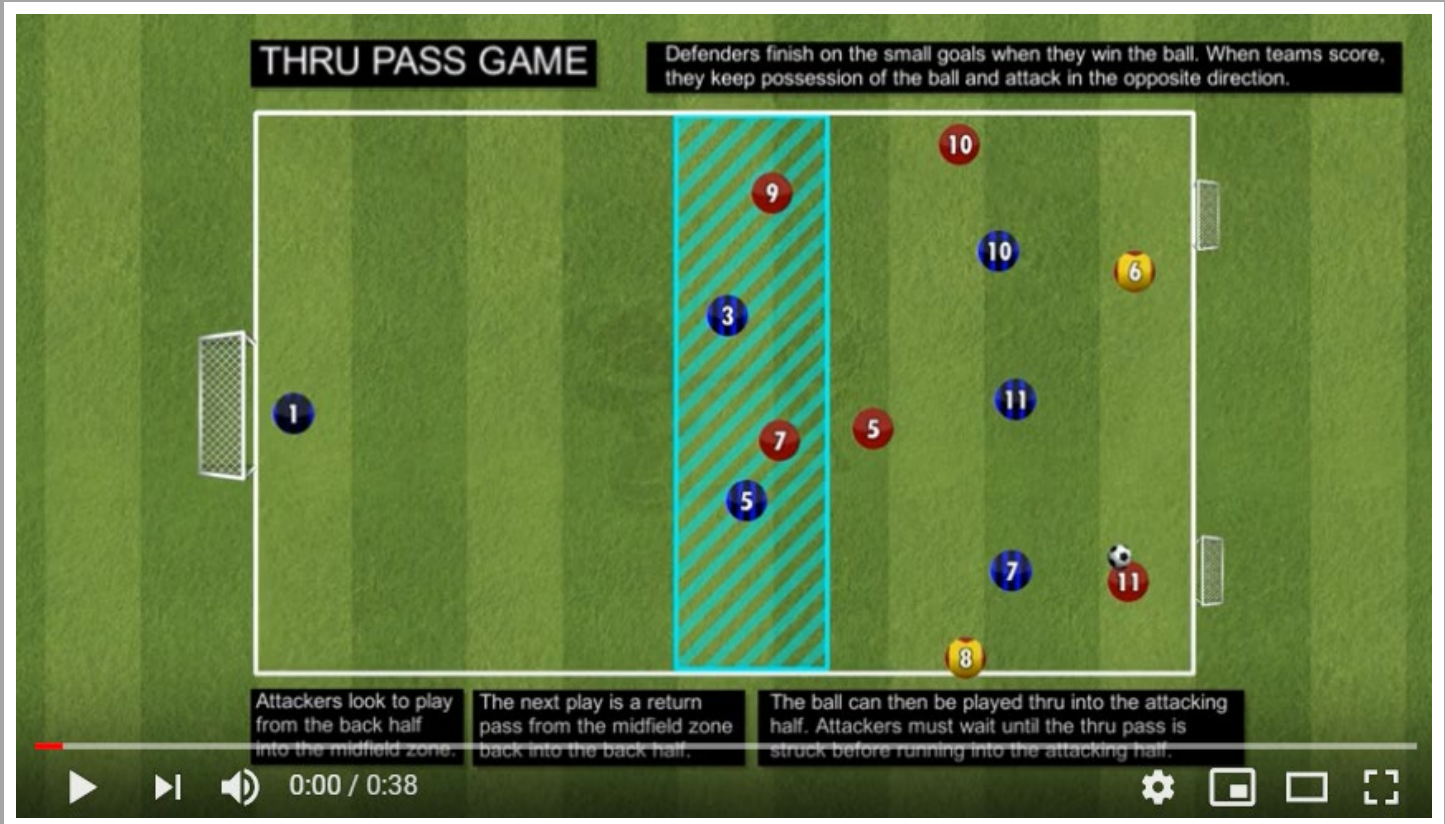
The teams are 3 v 3 plus two in the back half of the field, and 2 v 2 on the inside of the midfield zone. The attackers must pass from the back half into the midfield zone and then back out again before they can play the ball thru into the attacking half. Attackers must wait until the thru pass is struck before they can make runs into the attacking half. When the defenders win the ball, they can score in the two small goals at the top of the back half. Any time a team scores, they keep the ball and attack in the other direction.

Coaching Points:

- 1 Receiving – Players in the midfield zone need to make two or three runs in order to get open.
- 2 Timing the Thru Run – Start moving or leaning forward as soon as the back pass is made.
- 3 Finishing – Control the thru pass right away and get your head up to spot the goalkeeper.

Progressions/Regressions:

Progression 1 – Limit the number of passes that can be made in the back half before playing out.



Click [here](#) for the You Tube video

3 v 1 into 2 v 1, in Waves

Small Sided

Group Attacking



Procedure:

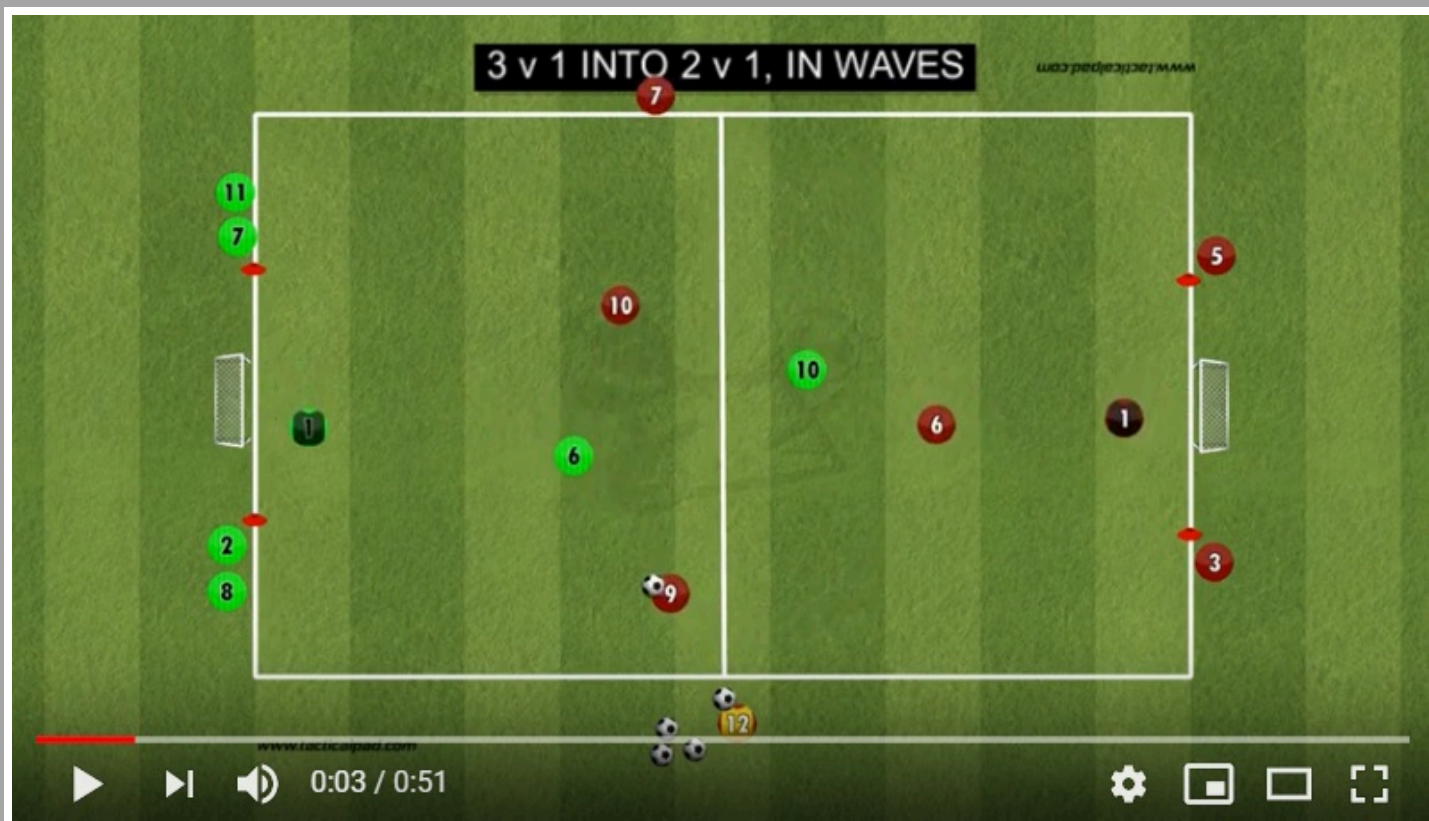
The attacking team starts with a 3 v 1 in the back half of the field, looking to pass to their teammate in the attacking half, playing 1 v 1. When the pass is made into the attacking half, one attacker can cross over to create the 2 v 1 to goal. The central players (Players A and B in blue and Players 1 and 2 in red) may not cross over. Teams attack in one direction until both pairs of outside players have finished on goal, and then the teams change direction. Central players always stay on the field during the drill, and they will get a chance to be both attacker and defender in both halves of the field.

Coaching Points:

- 1 Attacking – Push the dribble at speed down the middle of the field and commit the 1st defender.
- 2 Timing the Run – Hold the checking run back to the ball until your teammate can pass.
- 3 Finishing – Commit the last defender before setting up a teammate for a run at the goal.

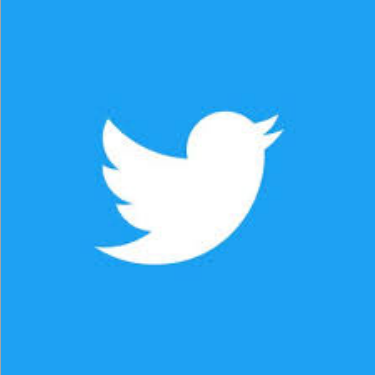
Progressions/Regressions:

Progression 1 – Add players into the attacking half and progress to 3 v 1 into 3 v 2.



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