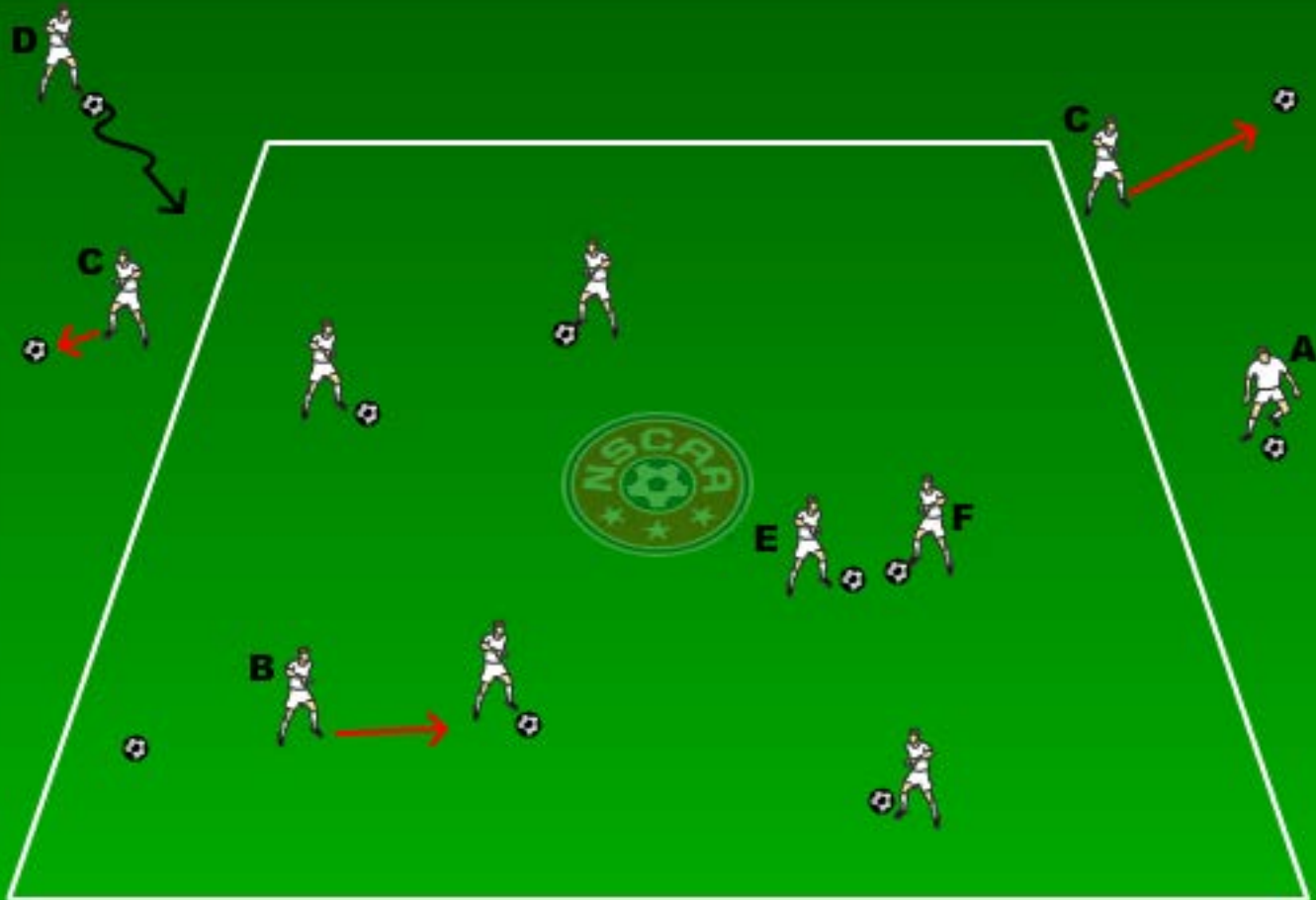




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**GATEKEEPER** Objective for the the players with the ball is to dribble through as many open gates as possible. A **WHITE** player in a gate means closed. A **WHITE** player to the side means the gate is open. **WHITE** gatekeepers do not defend only open or close the gate at the call of the coach.



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**KICK-OUT** Keep your ball in a kick others out. Sneak up on players (B). Confront players (E+F). If your ball is kicked out chase it (C). If you catch up to it and it is moving dribble back in (D). If you are too slow do 5 toe taps (A) and join back in. Game ends when the coach thinks it has slowed.

#1A



#2

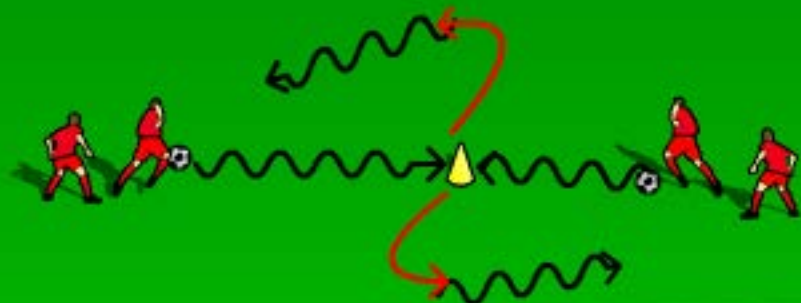


#1B



#4

#3



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#1A/1B one player tries to reach the cones one tries to mirror, with or without the ball. Fakes and feints, 15-20 secs.

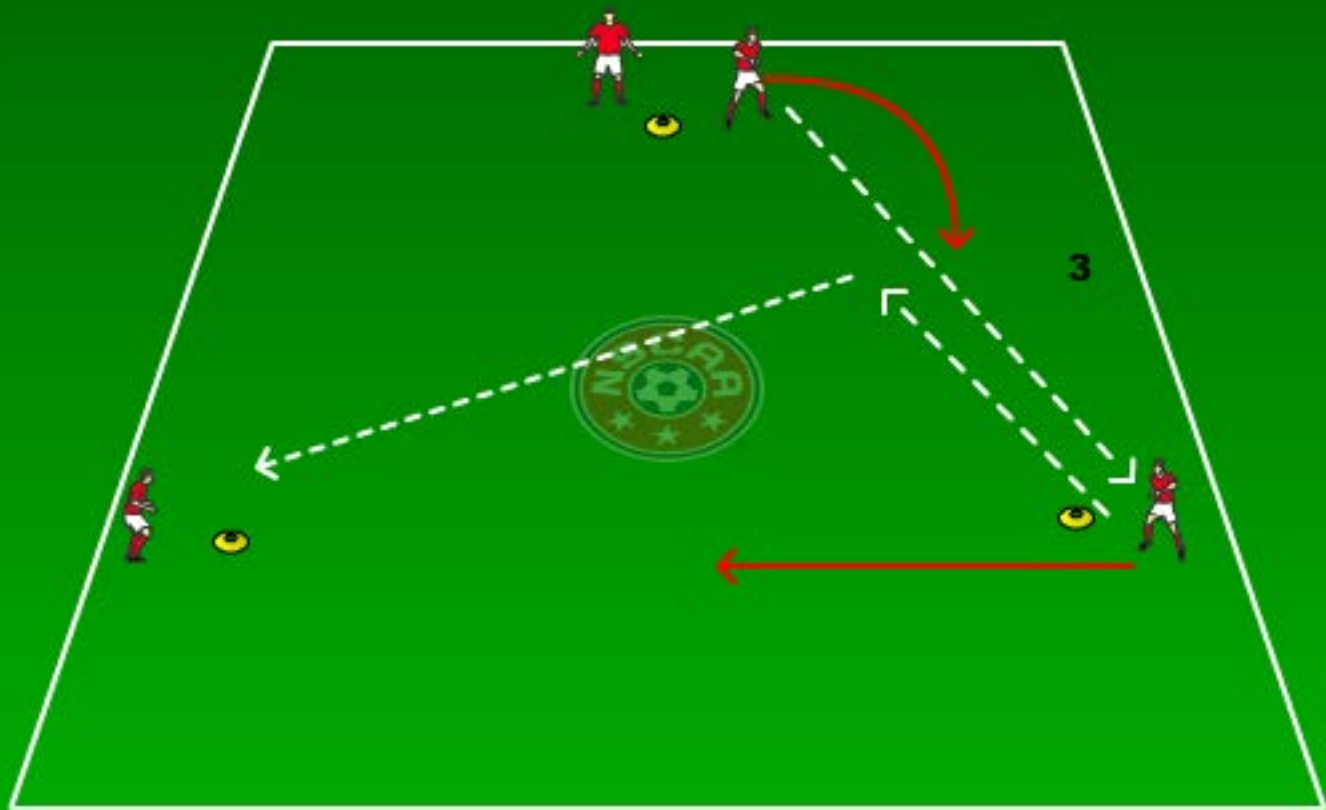
2# two players move side to side, 2 serve for tech repetition, 20-30 secs.

#3 Pass and move, 2 touch, different surfaces. #4 dribble at, then avoid, repeat



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**HOSPITAL TAG** Each player has a ball they must keep within playing distance. Players dribble their ball and try to tag others with their hands. If tagged the player must place their hand/"band-aid" on the tag and still dribble. You can take "band-aid" off to tag. Three tags you go to the hospital and do 5 toe taps to get completely fixed to rejoin the game.

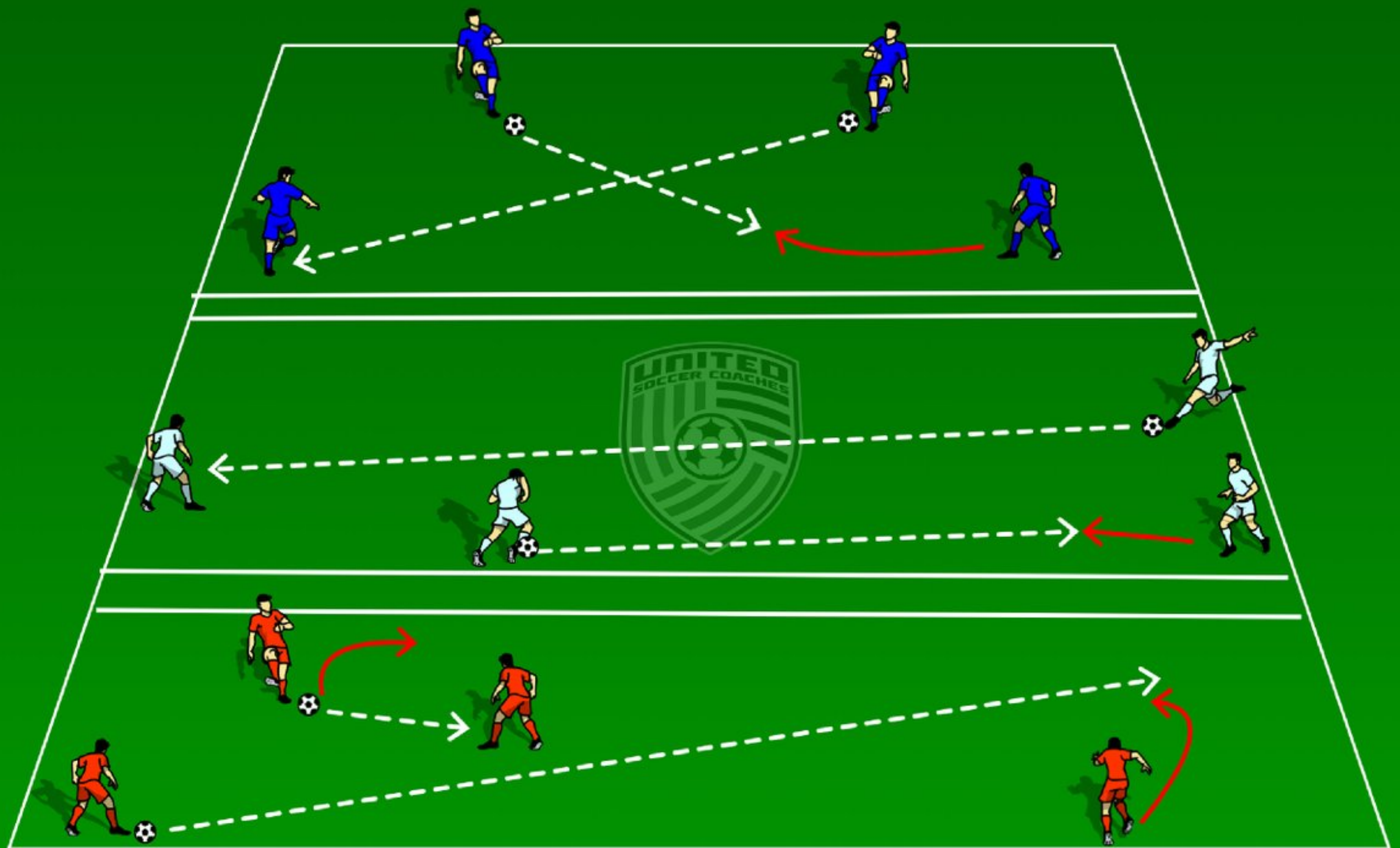


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**3. Pass and follow, receive return pass and play across grid**  
**Open body to next pass by moving hips and shoulders to target**



x3 10yds by 12yds



**ORGANIZATION** x3 4vs. 0 with 2 balls • Keep both balls moving • Keep all the players moving

**COACHING POINTS** Accuracy and weight of the pass • Receiving surface • Keep head up to find the ball • Move faster after delivering a pass • Do not move along the line of the pass you played.



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**Two technical skill challenges:**

- 1. Chip the ball over goal to a team mate for a finish 1/2 touch**
- 2. Horse shoes. Chip the ball to team mate for one touch control to drop ball closest to cone. Each round a point is awarded for the deftest touch**



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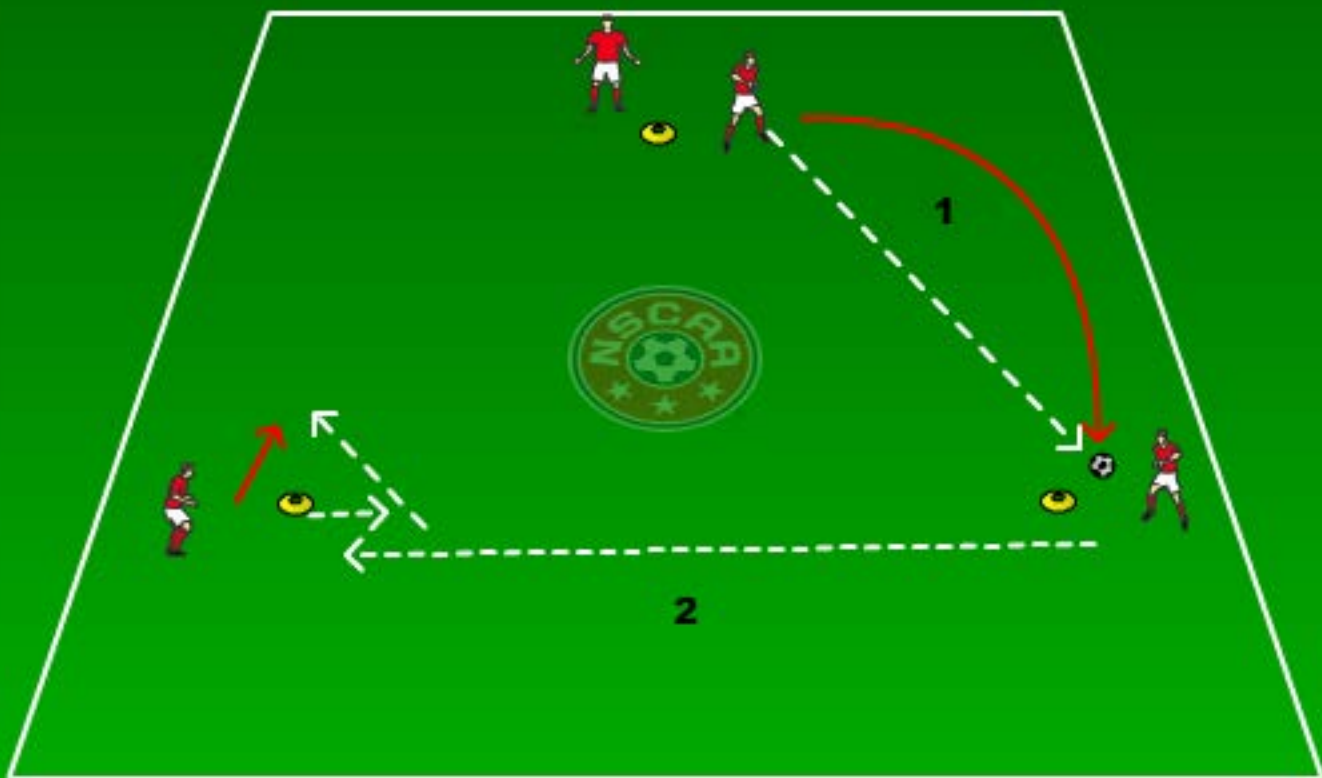
**2 to a ball using "calls" to create combinations**

**RED** Command to "turn" followed by an overlapping run

**ORANGE** Command is "wall" followed by showing to the ball to play a 1-2

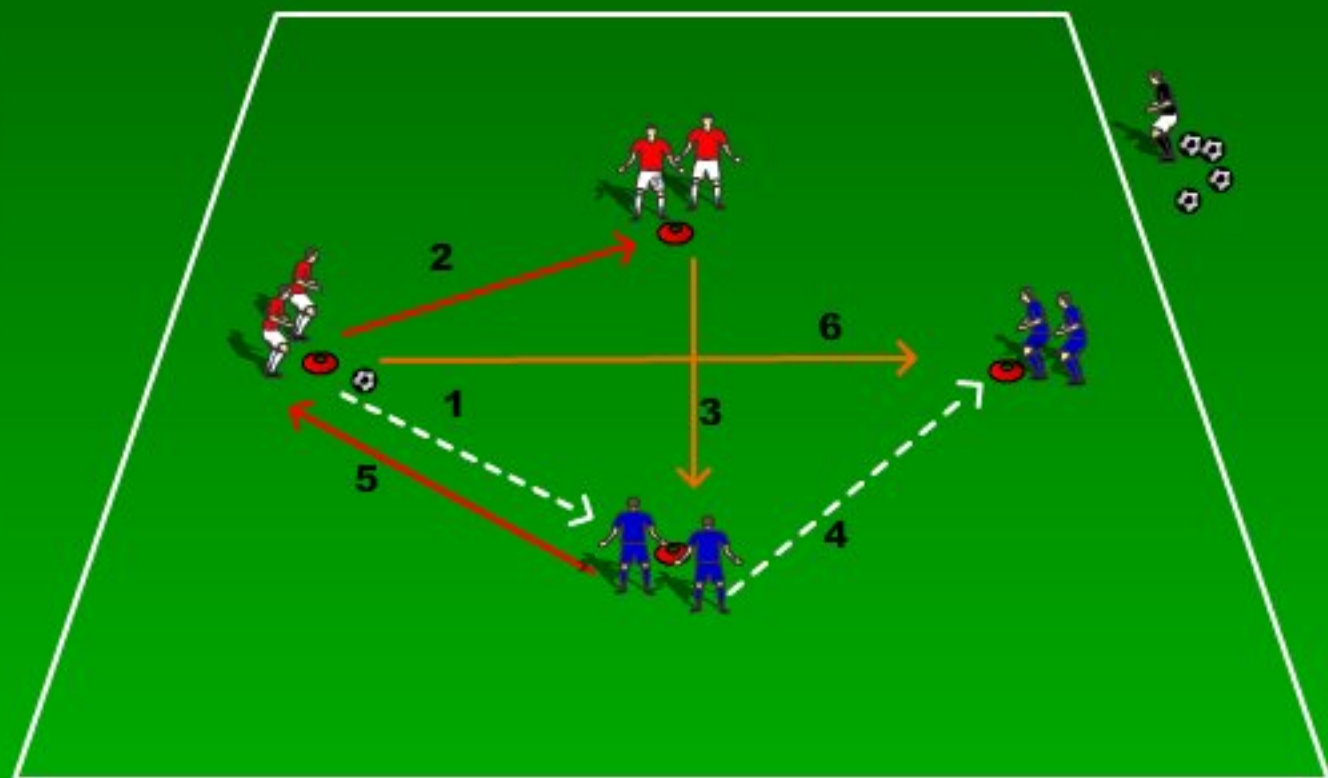
**BLUE** Command is "man on" followed by a supporting angle and a return pass





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1. Pass and follow pass. Receive across the body and away from pass
- Or
2. Pass long, short, short. Perform a 1-2 around the cone



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### Warm Up: Passing Diamond Opposite Pressures

**Set Up:** As Shown in a diamond with cones 12 paces apart. Manakins can be used.

**Directions:** Red one passes right (1) and runs left (2). Blue receives and follows the same pattern (4) and (5). As pass and movement is understood bring in opposite pressures (3) and (6) Switch up passes to left and right hand side, then Random pass with opposite run.

**Coaching Points:** Accuracy of pass. Receive the ball across the body in rear foot. Utilize feints/fakes. Pressure: Understand angle of approach, touch tight, Approach fast to slow and low. Get in sit in! Force the direction of the pass. Read pressure and angle of approach from direction of pass

Always run one way

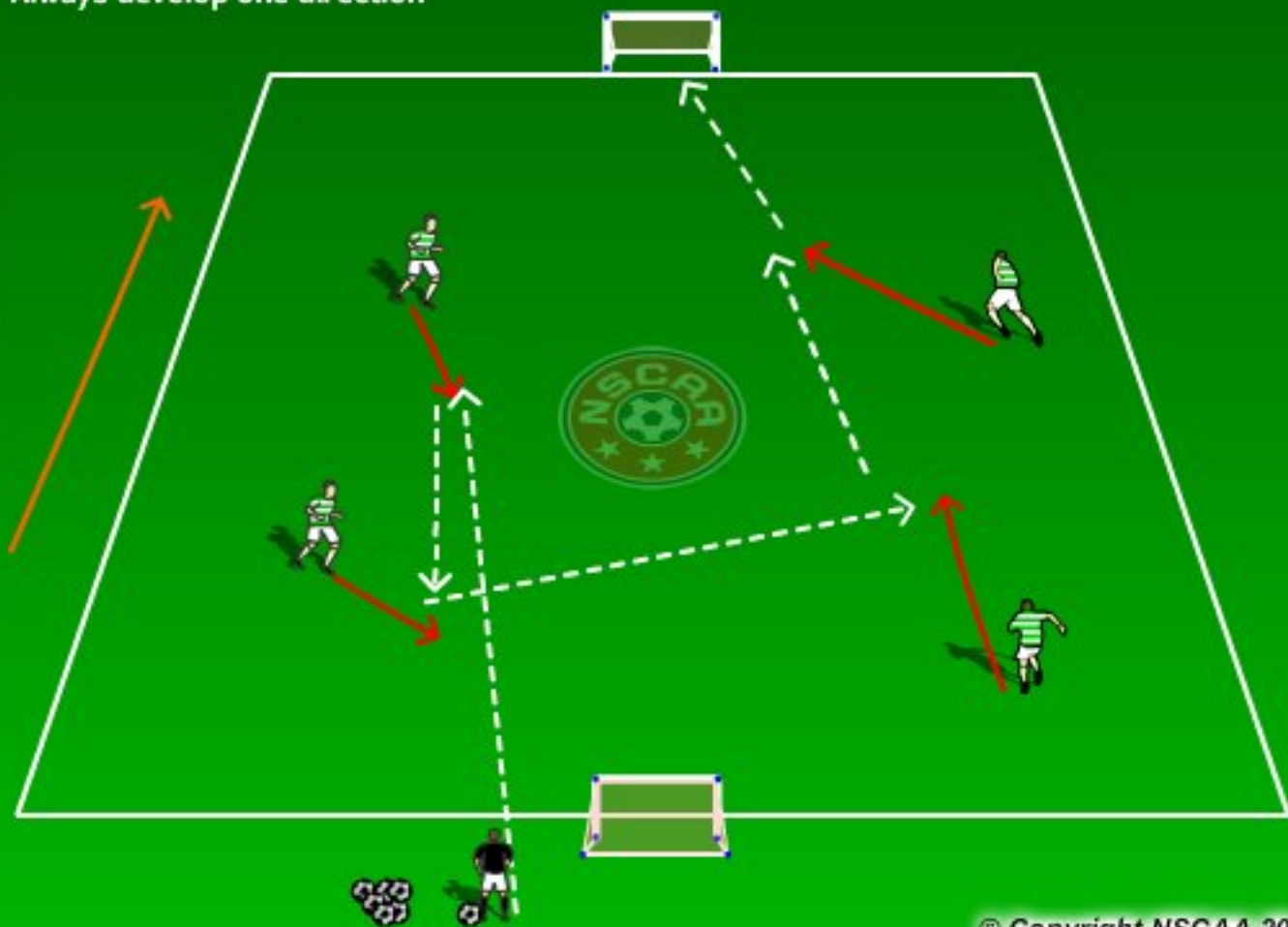


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**4v4 patterns in a diamond shape:**

**Coach to left side, left side to D, D to forward, forward to right side for a strike.  
As the pattern plays out all players move forward in to top half.  
Restart in same direction and modify patterns.**

Always develop one direction

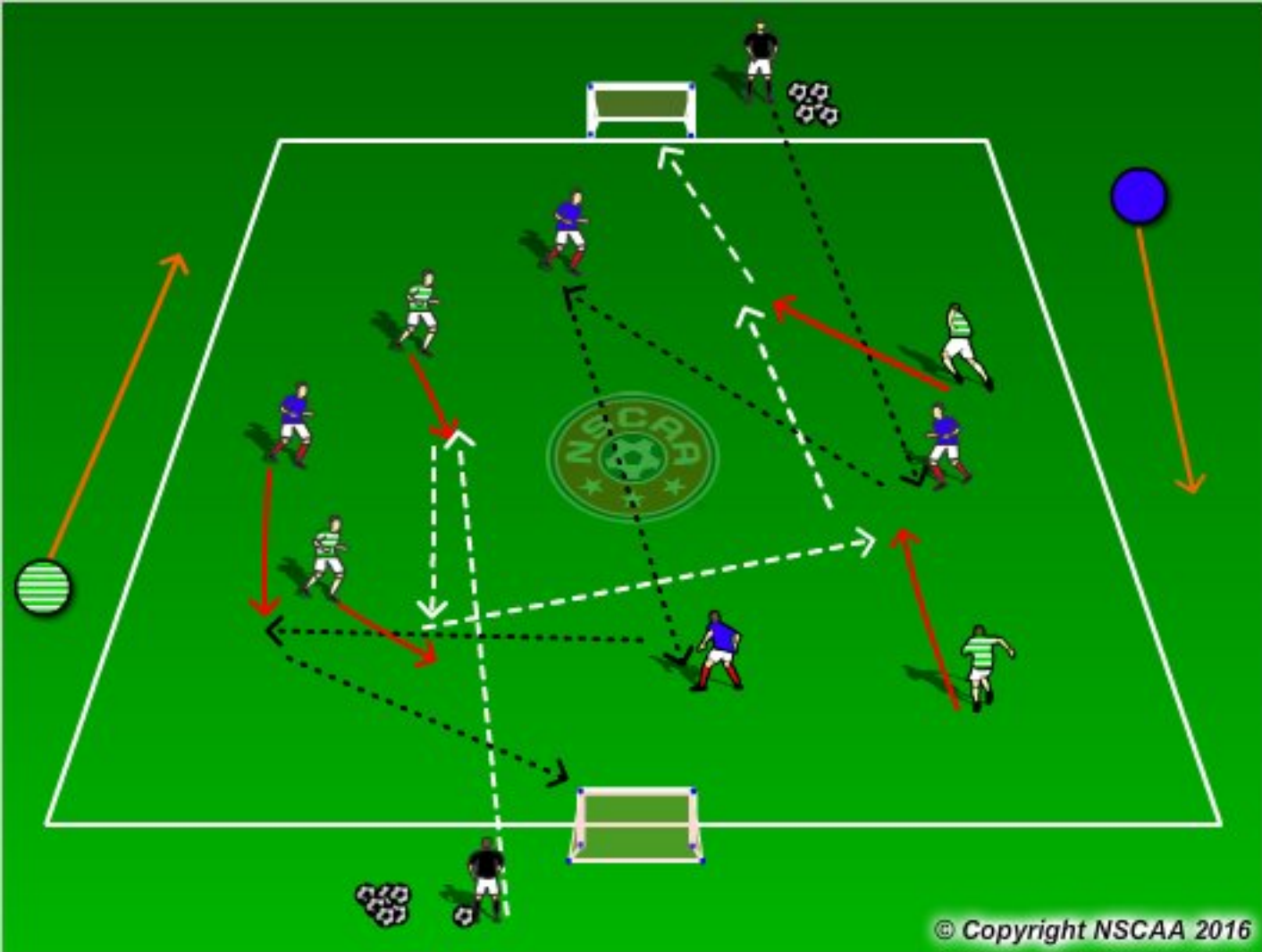


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4v4 square formation "push and pull". One flank check to and one flank stretches to create angles and depth.

Coach to LF, LF to LD, angled switch to RD, played on to RF cutting in. Have players move up in the pattern and then restart with coach.





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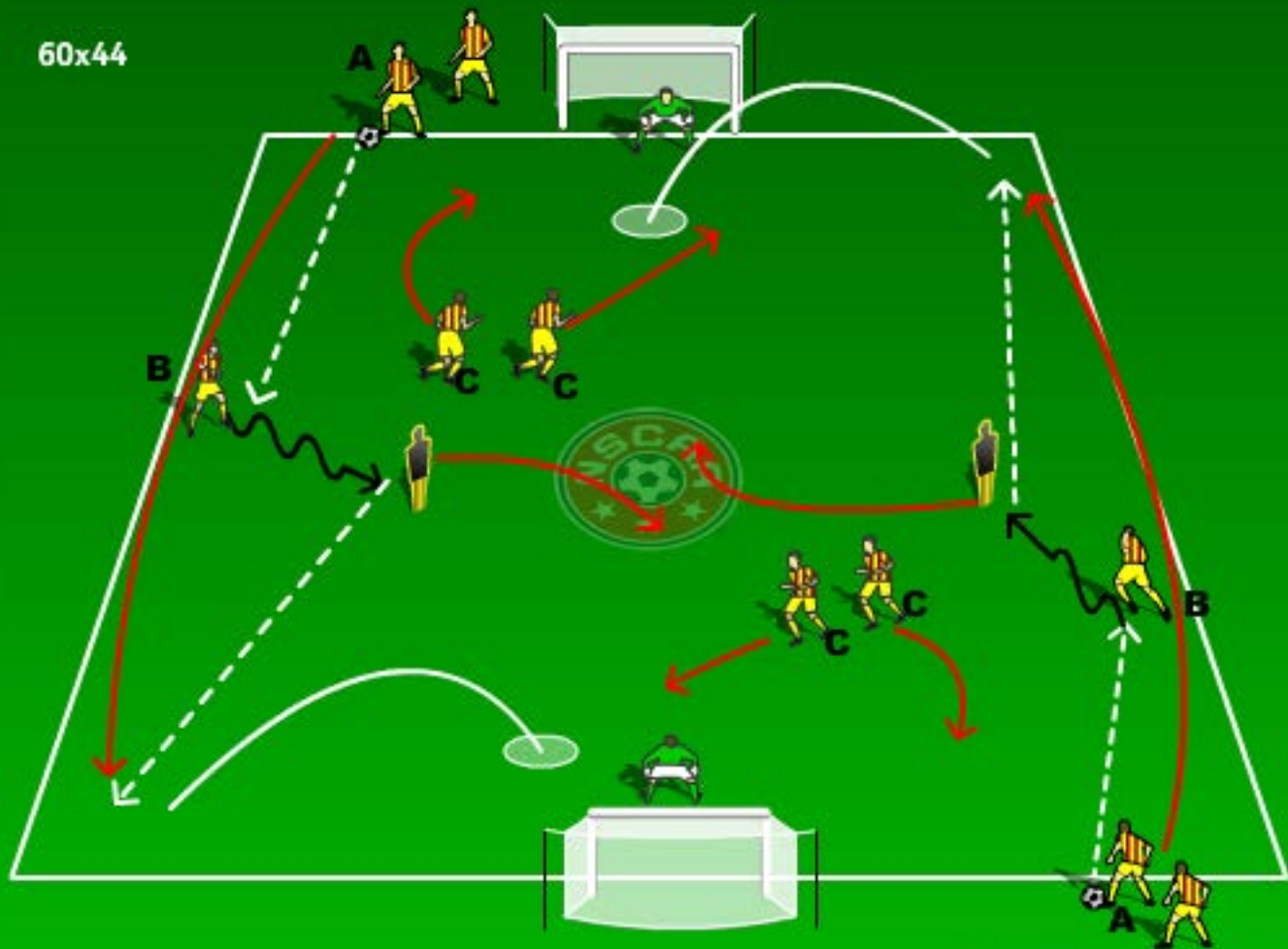
**Pattern play:**

Run patterns with two teams through each other.

and/or....

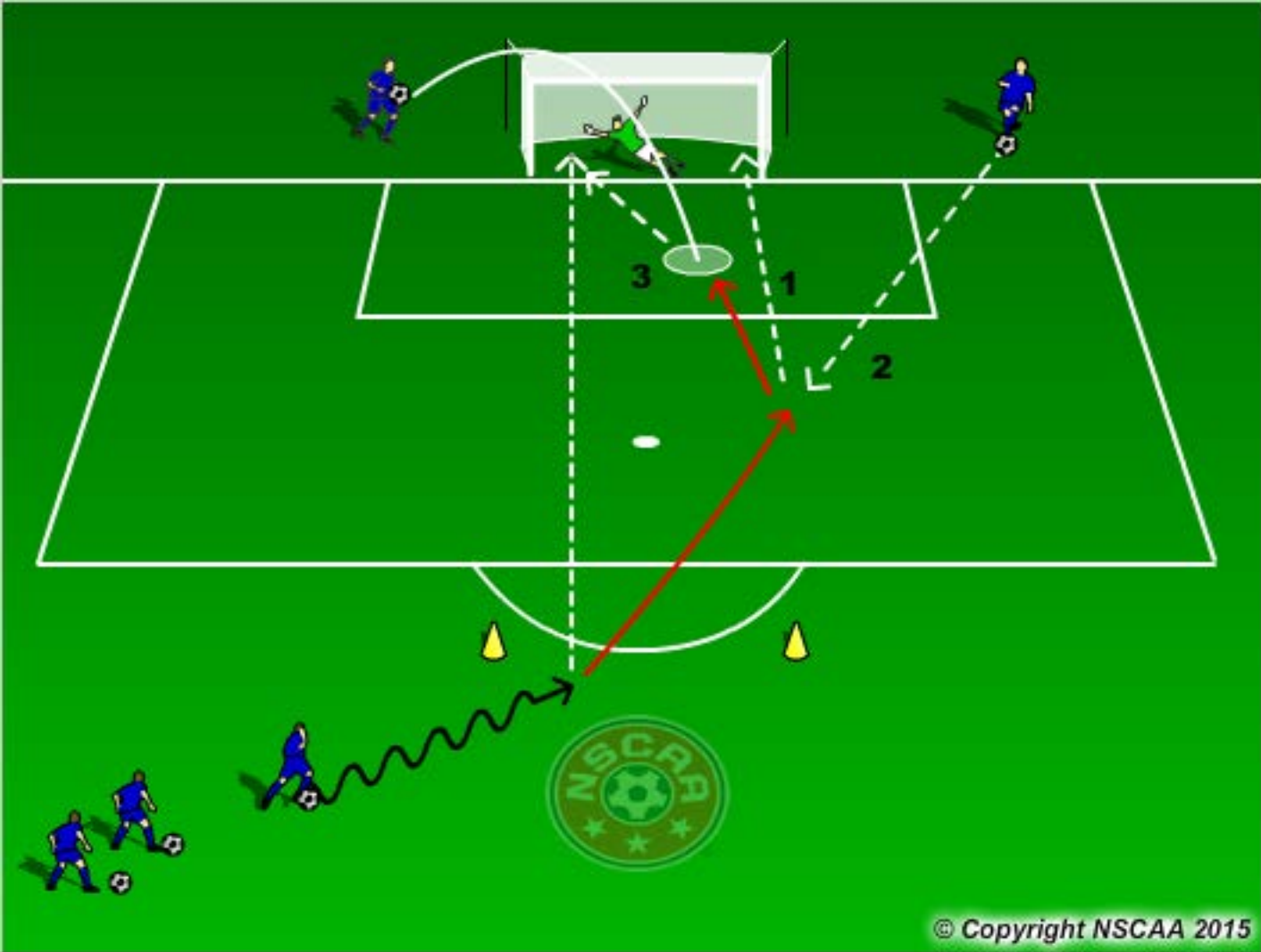
Introduce 1+ opponents to increase challenge.

60x44



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**Wing Play Activity:** A continuous activity that goes on clockwise/counter clockwise. Working both flanks Player A plays to B who cuts in. A overlaps and delivers a cross to N/F post runs by the the C Players. Player B joins in on the cross and then goes to the other line of players. A checks back to restart.



**HIT or MISS.....3 finishes at goal in quick succession.**

**1. Dribble and shot from 18-20 yards**

**2. Low finish off a serve at 8-10 yards**

**3. Header from a hand serve 6-8 yards**

**"Hit or Miss" for 0-3 goals then rotate.**



**Two man shot and cross finishing activity.**  
Part 1 ball is played and laid off for two runners who cross runs.  
Shot is taken and non shooter looks for any half saves  
Part 2 two runners cross runs again + attack N and F posts as cross comes in.





**Functional wide pattern play: Work one side at a time. Wide player finds a checking #8 for a give and go, then finds a checking #9/#10 for a give and go to the corner and a cross. #9 and #10 attack cross. Employ mannequins and then layer in live opponents.**