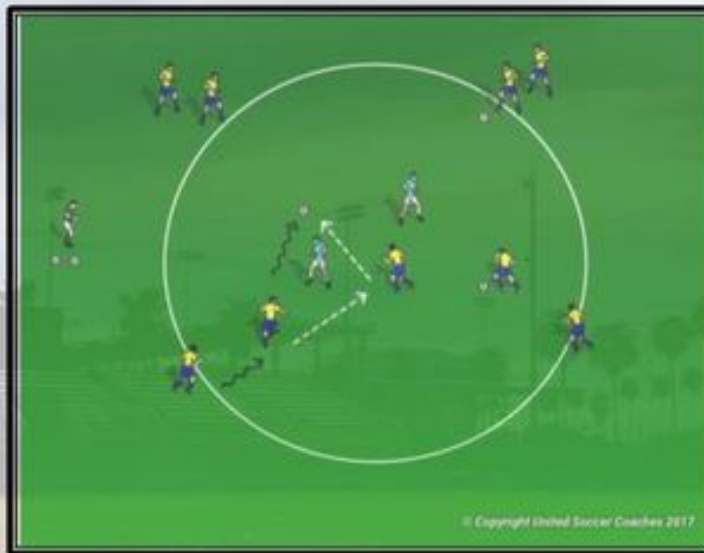


Soccer Practice Sessions

When to dribble, when to pass?

Area: Make a suitable size circle. 11 players are shown. Two defenders (who are holding a pinnie) are placed in the middle of the circle. One yellow is also placed in the middle. Outside the circle are 4 groups of two players. One group does not have a soccer ball



1. To start, the three players who have a ball dribble into the circle and must get to the opposite side.
2. They can either dribble past a defender or use the middle player (give and go) and then pass the ball to the next open player and follow it.
3. The defenders try to tackle. If they win the ball they drop their pinnie and swap places with the player who lost the ball.

Variation:

The middle player when receiving the ball can pass the ball out and follow it. The attacker that passed to them now stays in the middle.

Coaching points:

Field awareness

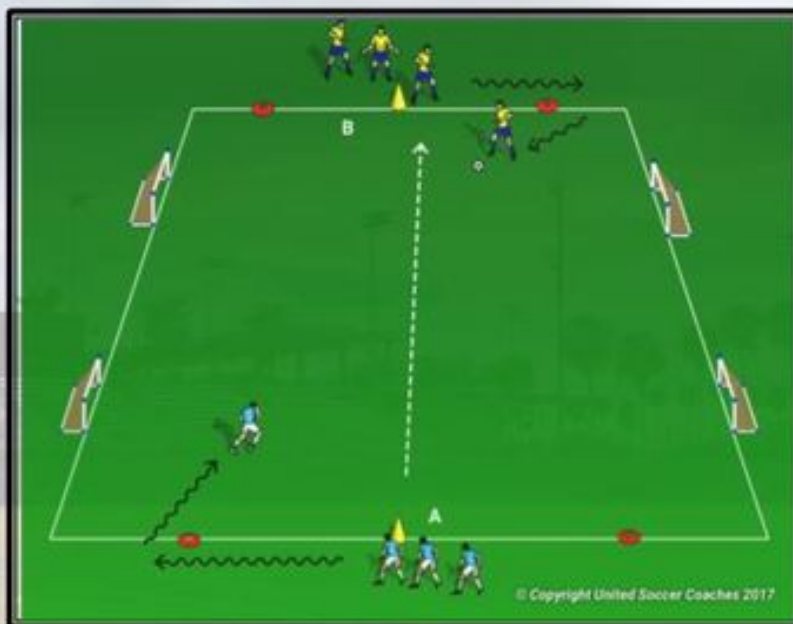
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SOCCER PRACTICE SESSIONS

1 v 1 - Competing

Area: 25x25 with four mini goals. Team A & B start in the middle of each end-line as shown. Four red cones are placed 10 yards from the center yellow cone. Team A has all the soccer balls.



1. The starting player from Team A passes the ball to the starting player from Team B. Player A now decides which cone to run round.
2. The receiving player B looks where Player A is running and then dribbles the ball round the opposite cone.
3. Player A defends the two goals closest to the cone they ran around. Player B attacks those two goals. If Player A wins the ball they attack the two goals the yellow team is defending.

Variation:

Have Team B start with the balls.

Add one goal at each end with goal-keepers.

Player with the ball determines which way the attack is going.

Go to 2v2, 3v3

Coaching points:

Allow the players to compete

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SOCCER PRACTICE SESSIONS

5v5v5 – Field awareness

Area: 30 x 45 with three teams 5v5v5. The coach has all the balls. The coach nominates a team to defend (yellow) Each yellow defender is holding a cone / disc.



1. The dark team and reds combine to play a 10 v 5.
2. When the yellow defending team win possession, all the defenders drop the cone.
3. The team that lost possession have to pick up a cone before they can defend as a unit.
4. 10 passes is a goal.

Variation:

Play without cones (Can be a little hectic when possession is won)

Coaching points:

Movement into space from the possession team

Pressing from the defenders

Communication

One and two touch passing. Move the ball quickly and accurately.

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SOCCER PRACTICE SESSIONS

Rondo with a purpose

Area: 20 x 25, 6 v 4 in favor of the blue team. A 5 yard channel is on either side of the playing area and a 10 yard goal is in the middle. An attacker must always be moving up and down the channeled area. Play starts with a 5v3 in one half of the field.



1. The coach serves in the ball to the blue team. 5v3 is played.
2. The blue team possess the ball for 3 or more passes. Once they see an opportunity to find the blue player in the opposite half, they do so.
3. If they transfer the ball from the outside channel they score one point, if they transfer the ball through the goal, they score two points.
4. Once the ball is transferred, 2 yellows and 4 blues move quickly into the opposite half. The Rondo continues.
5. If yellows win the ball they attempt to dribble outside the playing area.

Variation:

Switch the defenders.

Coaching points:

Quick passing and movement
Lots of one touch passing
Feints
Awareness

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SOCCER PRACTICE SESSIONS

Keep away

Area: 20 x 24 split in half. 4 blue players occupy the outer part of each playing area while two blue players occupy the middle. Four yellow defenders are in the playing area, two in each half. Four yellow defenders are on the outside.



1. The coach serves in the ball to the blue team. 6v2 is played.
2. The blue team possess the ball for 3 or more passes. Once they see an opportunity to pass to a blue player in the opposite half, they do so.
3. When they do this, the two middle blue players move into that playing area.
4. The two yellow defenders attempt to win the ball and pass it out of the playing area.
5. When the coach calls "CHANGE", the four yellow defenders on the outside quickly swap places with the four yellow defenders inside the playing area.

Variation:

Switch the defenders.

Coaching points:

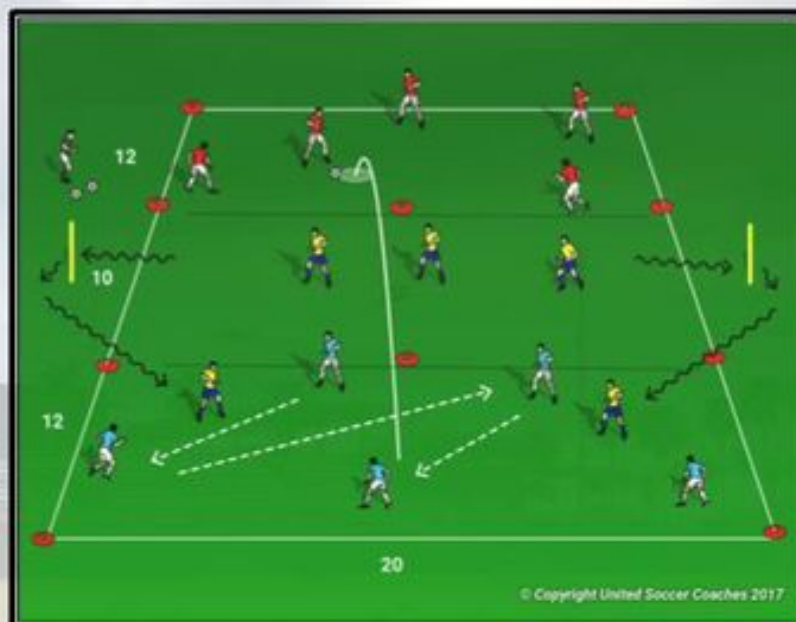
Quick passing and movement

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SOCCER PRACTICE SESSIONS

Passing short and then long

Area: 20 x 24 split in three zones. Two end zones at 12x20 and a middle zone 10x20. 5v5v5 is shown. Two yellow poles (cones) are placed 5 yards outside the playing area. Yellow defenders occupy the middle zone. The coach has all the soccer balls.



1. The coach serves in the ball to the blue team.
2. Two defenders enter that area. Before any defender enters the area they must sprint around a yellow pole.
3. The blues can transfer the ball over to the red team after 6 or more passes.
4. If they are successful, the yellow defenders go back into the center zone and two new defenders sprint around the poles and attempt to win the ball off the red team.
5. If the defenders win the ball they all now enter that zone while the team that lost the ball quickly enter the middle zone and send two defenders around the pole to defend against the opposite team. The coach passes the ball into the area.
6. The teams count how many times they transfer the ball over. First to 10 wins.

Variation:

10 passes then transfer the ball to the next team.
If the level of play is good, send in three defenders.
You may want to limit the passing to below head height.

Coaching points:

Field awareness. Passing – Think ahead. Communication

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SOCCER PRACTICE SESSIONS

Indoor Practice

Dribbling and shooting

Warm up – Exercise shows 12 players in a 10 x 20 area. The dark players all have a ball and the yellow players are in pairs and have one ball. Players do not have to have designated colors. This just helps with the explanation.

1. The dark players are split, 3 at each end line and run / dribble their ball from east to west, back and forth.
2. The yellow players that are in pairs go from north to south. The first player with the ball runs / dribbles the ball north, comes back and passes to their team mate, who then performs the same task.
3. Switch the roles of the players.

Variation:

The yellow players now stand facing each other and pass the ball to each other through the crowd without hitting anyone.

Coaching points:

Fun, energetic, competitive.
Try and not hit other balls.
Close ball control. Lift your head. To see what is going on.



Area: 20 x 20 with two goals. Designate three defenders. All other players have a ball each and are spread out equally on opposite corners.

1. One defender is on the middle cone while the other two rest by the coach.
2. Coach calls go! Two outside players go towards the goal they are facing, as shown.
3. The defender chooses which attacker they want to tackle.
4. One attacker has to dribble round the defender while the other player can run with the ball to goal.
5. When the exercise is over the coach puts in a new defender and shouts GO!

Variations:

If the defender wins the ball, they can go try and tackle the other player.

Once the attackers get past the halfway point, another defender can go in.

Coaching points:

Opposed you will dribble (more touches) Unopposed you will run with the ball (less touches)
Quick attack, drive forward.



SOCCER PRACTICE SESSIONS

Indoor Practice

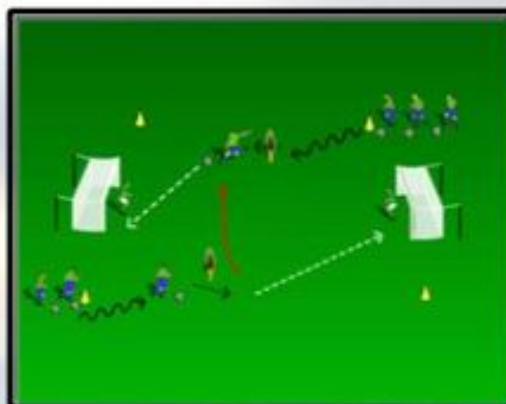
Counter attacking

Each player has a ball. Two groups start opposite each other. Two coaches stand in the area shown and act as a defender.

1. First player from each group dribbles towards the coach (or cone), performs a fake move and shoots at the goal.
2. They then get their ball and join the opposite group.
3. Move the teams to the other cone to work on their opposite foot.

Variation:

1. Red line: One player at a time. First player dribbles and shoots.
2. After they take the shot, the next player from the opposite group starts. The player who has taken the shot sprints across to tackle the shooting player. If the player gets tackled, or takes a shot, they then chase the player from the other team who has begun the exercise.
3. After the chase, they then join their own group.
4. So, "After a shot, you chase!"



Two teams plus goalkeepers. Three groups are placed on each end line as shown. The coach has all the balls.

1. The exercise starts with one team of three on the field (Green). The GK feeds them the ball. That player moves forward and shoots (unopposed).
2. Once a player takes a shot they must sprint to the end line and rejoin the game. The GK or coach now passes the ball to a yellow who play a quick counter attack in a 3v2 until the other defender recovers.
3. Once a yellow takes a shot a new three of greens enter the field quickly. The yellow shooter runs to the end line and defends.
4. The rotation is after an attack and a turn at defending, the three players rotate with a new three (or on the coaches call)

Coaching points:

Shooting

Communication

Quick passing and movement

The two defenders try to delay the play so the returning defender can recover.



SOCCER PRACTICE SESSIONS

Indoor Practice

Ball mastery - Dribbling

This exercise shows 9 players. To start the exercise, two players have a ball. The rest of the soccer balls are with the coach. The exercise starts with the two players with a ball dribbling around the area and trying to hit the other players below the knee.

1. This has to be done with a side foot pass.
2. If a player is hit below the knee they go and collect a ball from the coach and join as a chaser.
3. Play until all players have been hit.
4. Change starting hitters.

Coaching points:

The players with the ball must show energy, movement of the ball and quick turning reactions while chasing players. Do not allow this to get out of hand. Emphasize the importance of the pass. Pass with the side of your foot. The contact made on the ball is in the middle, not on the bottom. Aim for the legs. If players kick their ball out, they have to retrieve it.



Team A has all the balls.

1. The starting player from Team A passes the ball to the starting player from Team B. Player A now decides which cone to run round.
2. The receiving player B looks where Player A is running and then dribbles the ball round the opposite cone.
3. Player A defends the two goals closest to the cone they ran around. Player B attacks those two goals. If Player A wins the ball they attack the two goals the yellow team is defending.

Variation:

Have Team B start with the balls. Add one goal at each end with goal-keepers. Player with the ball determines which way the attack is going. Go to 2v2, 3v3

Coaching points:

Allow the players to compete



SOCCER PRACTICE SESSIONS

Indoor Practice

When to pass, shield, dribble or shoot?

This exercise shows 8 players. Two yellow defenders and six red attackers. All the red players have a soccer ball.

1. The exercise starts with the two yellows entering the area and attempting to kick all the balls out of the playing area.
2. The red players dribble and shield their ball from the yellow defenders. 1v1
3. If a red player's ball is kicked out, they now become a support player for the other red players. 2v1.
4. You will eventually end up with one soccer ball and a 6 v 2 will be played
5. Switch defenders.

Coaching points:

When a player loses the ball, they must look around the area for the players that need help – **Field awareness**.
Dribbling and shielding. Communication. If the last ball gets kicked out, bring in another ball and coach spacing & awareness.

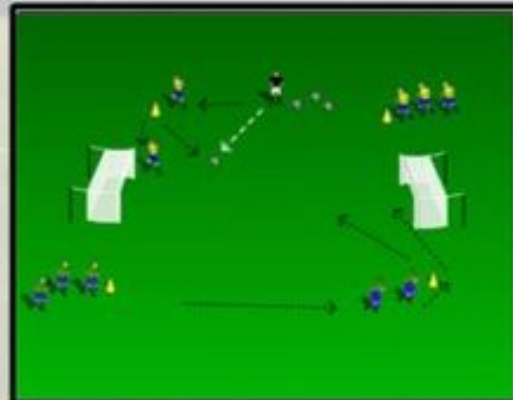


2 goals with no GK's. (you can have GK's if you wish)
Teams are placed at opposite ends as shown with a cone facing each team 30 yards away.

1. When the coach calls "TWO", 2 players from each team run around the opposite cone as fast as they can. The first player around the cone goes in goal as the GK.
2. The coach serves in the ball. A 1 v 1 is played.
3. Play until a goal is scored or until the ball goes out of bounds.
4. Players return back to their group and the coach calls out another number.

Variation:

Team work – Whatever number the coach calls, add 2 and take 1 away (add one) Players will communicate. Decision making



SOCCER PRACTICE SESSIONS

Pressing – Warm up

Area: In a 10 x 10 area have 8 players. Two players on each cone. The coach has all the soccer balls.



1. The coach serves in the ball (picture 1) The player opposite closes down the player receiving the ball.
2. The player receiving the ball passes to the left and runs to the right.
3. As you can see in picture 2. The player opposite closes the player down and the player passes to the left and runs to the right.
4. Keep repeating this pattern.

Variation:

Pass to the right and run to the left.

Coaching points:

Reacting when closing down the player receiving the ball.

Defensive stance – force the play in a certain direction.

You are preparing your players on reacting to pressing. Cues and triggers.

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SOCCER PRACTICE SESSIONS

Player rotation – Warm up

Area: Four 10 x 10 boxes with a 5 yard square on the inside. Five players for this exercise with one soccer ball.



1. The players pass the soccer ball between themselves.
2. Once a pass is made the passer changes places with another player left, right or in the center.
3. Players attempt to play the exercise by using two touches.
4. At any time in the exercise players can rotate. The key is the timing of the rotation.

Coaching points:

Players receive the ball across their body on the back foot in order to see the entire playing area.

Pass the ball to players that are ready to receive the ball. Weight, accuracy and timing of the pass.

Regardless of the movement, players should always be looking toward the center of the area and be able to see the ball at all times.

Variation:

Now remove the cones



SOCCER PRACTICE SESSIONS

Shooting

Area: 30x30 divided in half with goal and GK at each end. Two teams of 4 with 3 in one half vs. 1 attacker. Teams look to combine from GK in a 3 vs. 1 to shoot from within their own half. Player in the attacking half follows up for rebounds.



1. Play starts with the goal-keeper.
2. The yellows keep the ball away from the red player and when the opportunity comes to shoot, they take the shot.
3. When a shot is taken, their team mate in the opposite area follows in the shot in case the GK drops it.
4. You can play this with a floating player that plays in with the team in possession. You can also play 4v1, 5v2 etc if you have more players.

Variation:

Team in possession can now play to team mate in attacking half to finish, set back or dribble to combine in attacking half to finish.

Coaching points:

1. Communication
2. Awareness of ball, space, team mates and defenders
3. Quality and type of pass
4. Quality 1st touch
5. Body shape on receiving the ball
6. Combinations to unbalance defenders and play forward to finish
7. Movement to create space to combine
8. When to pass to feet and when to pass to space
9. Break defensive lines through combinations



SOCCER PRACTICE SESSIONS

High press

High press Area – 75 x 70 or full field. 8v8 with GK's is shown but you can play 11v11. A breakout line is placed 30 yards from the green teams goal. The coach is focusing on the green team. Green play a 2-4-1 formation (with attacking and defensive center midfielders)



1. The attack starts with the GK from the yellow team.
2. The aim for the yellow team is to play out from the back and get beyond the breakout line.
3. The defenders exerts high pressure on the ball to get the attackers heads down and prevent longer passes into space.
4. The green team aims to regain the ball near the opposition goal and quickly attack to score.

Coaching points: Defending green team

Look for 'trigger' signs to press

When possession is won players switch focus in order to attack. Is the yellow team 'out of balance'?

Communication and team work

Defensive awareness

Green team goal-keepers positioning (sweeper).



SOCCER PRACTICE SESSIONS

The Defensive Midfielder

Area – 40 x 70 playing area with two teams. Play 6 v 6. 3 v 3 in each attacking zone. The holding midfielder is in a 10 x 40 central zone. The group of 3 v 3 stay in their own half.



Holding midfielders role

1. (as shown) The red defenders attempt to get the ball to the red attackers.
2. The grey attackers and the holding midfielder play try to stop this.
3. If the holding midfielder blocks the pass, they start the attack again. If the grey attackers win the ball they can use the holding midfielder to keep possession.
4. If the ball is switched to the red attackers then the holding midfielder helps the reds in possession and attempts to stop the grey defenders getting the ball to the grey attackers.

Variation: You could add two holding midfielders and a defender to the middle zone.

Coaching points:

Holding midfielders positioning and communication

For more got to www.soccerpracticesessions.com



SOCCER PRACTICE SESSIONS

Pressing – Warm up

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Defensive stance – force the play in a certain direction.

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SOCCER PRACTICE SESSIONS



Rondo with a purpose

Area: 20 x 25, 6 v 4 in favor of the blue team. A 5 yard channel is on either side of the playing area and a 10 yard goal is in the middle. An attacker must always be moving up and down the channeled area. Play starts with a 5v3 in one half of the field.



1. The coach serves in the ball to the blue team. 5v3 is played.
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4. Once the ball is transferred, 2 yellows and 4 blues move quickly into the opposite half. The Rondo continues.
5. If yellows win the ball they attempt to dribble outside the playing area.

Variation:

Switch the defenders.

Coaching points:

Quick passing and movement

Lots of one touch passing

Feints

Awareness

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