

## SOCCKER DRILLS 2

### Drill 1: Keeping the ball

Format: 10x20 with short 'end zones' along each short side  
4v4 with emphasis on maintaining possession and using turns or playing ball back to teammate in neutral zone  
Adjust size of area if necessary  
Players cannot be challenged in their own endzone

### Drill 2: 5v5 with side zones

Format: as in #1 or larger, with side zones added along long sides of area up to line of endzone  
Players may not be challenged in side zones, but cannot enter them without the ball  
Encourages players to try to cut inside from flank positions

### Drill 3: With goal

Format: as in #2, but with two goals and GK's  
Players can only shoot from inside main grid

## RECEIVING BALL ON THE HALF TURN

### Drill 1: Circle work

Format: Players form circle with single player in middle  
Middle player receives pass from outside player on half turn, then passes to another outside Player  
All players follow their pass  
Progress to 2-touch restriction on inside players, 1-touch on outside  
Progress to second ball

### Drill 2: Line work

Format: Grid with 4 channels, each channel 10x20, total area 40x20  
Ball and players will move up and down the channels before returning to starting point  
Players start in appropriate end and middle of each channel  
Introduce 2<sup>nd</sup> or 3<sup>rd</sup> ball  
Encourage middle players to move away from oncoming ball before moving toward it

### Drill 3: Zonal work

Format: 20x40 area;

X	O	X
X	X	X
X	O	X

Central player receives ball from one end and tries to play ball to other end with minimum number of touches

Defenders restricted to their zones, trying to intercept balls coming in toward or out from central player

Rotate central player every minute

### Drill 4: Open stance

Format: 20x20 area with short end zones on two ends

Two teams, 3v3 with two players in each end zone  
Teams play independently of each other with one ball each, trying to link from zone to zone with a minimum number of touches  
Players should look to receive ball side on, with totally open stance  
Encourage players to receive with back foot  
Restrictions/ progressions: player making final pass to end zone cannot receive pass back

#### Drill 5: With side players

Format: as in #4  
Introduce one player on each side restricted to one touch  
Central players changed to play 2v2  
Players playing to end zone cannot receive ball back  
Progress to requiring all players to have a touch before advancing to other side  
Progress to restrict all players to 1 touch  
Players in center should assess passing options

#### Drill 6: With goals

Format: as in #5, but goal + GK in each end zone  
Introduce two endzones  
3v3 with each team having one attacker in opponent's endzone who cannot shoot, but must set up teammate for shot

### DEFENDING PLAY

#### Drill 1: Closing down

Format: 10x20m grid, 3 attackers with three balls, 2 defenders  
Defenders take turns trying to close down two of the balls

#### Drill 2: On the line

Format: 10x20m grid, 1 defender restricted to a central line, 4 attackers at each corner  
Defender tries to intercept passes  
Restrict attackers to grounded balls only and they should remain at the back of the grid

#### Drill 3: Two on the line

Format: 20x20m grid, 2 defenders restricted to a central line, 4 attackers remain at each corner and 2 additional attackers on each side are introduced  
Side players are restricted to one touch and must play the ball back

#### Drill 4: Three defenders

Format: 20x30m grid, 3 defenders on a line, 3 attackers on both ends plus 2 attacking side players  
This time one defender can leave the line and pressure the ball, but 2 must remain  
It is important that the pressuring defender not follow the ball across the line of attackers

#### Drill 5: Three defenders two midfield

Format: 36x44m grid with 1 goal and GK  
2v3 in each half with 2 supporting side players  
Wide players can only play back  
If defenders win ball, they can score with a controlled pass to target player beyond 'midfield' line

## COUNTERATTACKING AND SHOOTING

### Drill 1: Miss a man

Format: Half field with goal and GK

Two lines of 4 begin from either edge of penalty area

Passing sequence of 'miss a man' done along each line before final player lays ball off for shot

### Drill 2: Set up and shoot

Format: Goal + GK, 2 servers at either corner

Groups of shooters at each corner of penalty area

Servers drive balls to far group, who attempt to lay ball off to near group for shot

### Drill 3: Set up and shoot

Format: Goal + GK, 3 groups approx. at each corner of penalty area and at "D"

Sequence is pass, set up, shoot then rotate groups

### Drill 4: Set up and shoot

Format: Goal + GK, 4 groups approx. 1 flank, each corner of penalty area and beyond "D"

Sequence is flank to near player, 1-2 then long to opposite side, then pass back centrally for set up to oncoming shooter

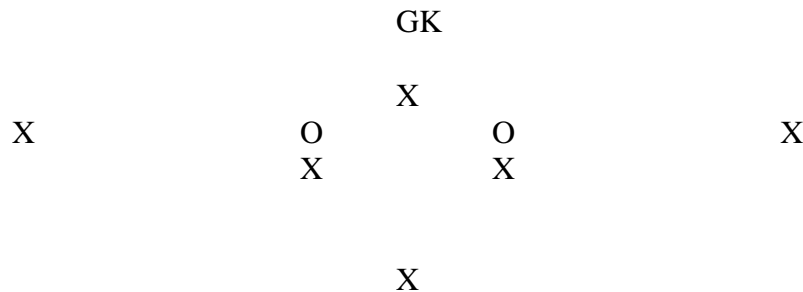
### Drill 5: Defender midfield forward routine

Format: Goal + GK, 1 group midway along one flank, another group at opposite corner of Midfield

Player three in shooting line plays through legs of 2 to player 1, 1 lays off to 2 then makes run, 2 Plays long pass to flank who sets up 1 for shot

### Drill 6: Intercept and attack

Format:



Server plays into 2 defenders who interchange passes until intercepted by attackers

Attackers should the play wide then forward as quickly as possible before setting up a shot.

### Drill 7: Intercept and attack

Format: as in #6

Introduce a defender against the center forward.

After regaining possession, attackers can now play either wide or directly to forward.

Drill 8: Match related

Format:

GK

O                      O  
X                      X

O                      O                      O  
X                      X                      X

Half pitch with two counterattacking target goals at midfield

Defenders near midfield interchange passes until attackers intercept.

Attackers then try to play forward as quickly as possible to strike at goal.

If defenders regain possession, they can score on either of the counterattacking goals.

Drill 9: Full match

Format: to two goals with GK's, 2v3 in each half, 2 small gates at either side of midfield.

One team can counterattack and score at the goal in the opposite half upon regaining possession, the second team must pass through midfield gates before crossing midfield.

Drill 10: Good team play

Format: half field or less, 2 goals with GK's , 4v4 in area