

DFB DEVELOPMENTAL TRAINING (AGES 10-14)

Guidelines for intermediate training:

1. Build a technical-tactical foundation with games and exercises
2. Individual training before team success
3. Promote creativity, responsibility and a love for the game.
4. Playful conditioning training
 - a. Mobility/agility
 - b. Game action speed
 - c. Endurance
5. The coach demonstrates, explains and corrects.

Ball Coordination Training

1. pull ball back with sole behind standing leg, play in other direction
2. while dribbling, change direction with outside of foot, progress to accelerate after change of direction
3. while dribbling, change direction with inside of foot
4. play ball across back of body with inside
5. step over, pivot on same, play in other direction with opposite inside
6. pull ball from side-to-side across front of body with sole
7. juggle on ground between insides of feet, occasionally pull ball to side with sole
8. juggle on ground between inside of feet, occasionally pull over ball with sole twice in a row
9. shot fake – play across back of body with same inside
10. shot fake – change direction with same outside
11. cut across front of body with inside, play away with opposite outside
12. pull across front of body with sole, play away with opposite outside
13. step over ball, play away with same outside

Individual Training in Soccer Basics

1. practice dribbling
 - a. dribbling through par course with cone goals
 - b. dribbling around one of the cones at each goal of par course
 - c. pull ball back wards through goal with sole in a par course
 - d. dribble through goal, change direction and dribble back through goal (focus on tempo changes)
 - e. 1v1 through specific goals
 - f. 1v1 through any goals on par course
 - g. drbbling through par course in figure 8's around cones
 - h. kick ball through an open goal, run around cone to control it
 - i. dribble through cones with quick acceleration
2. practice combination play
 - a. passing through goals in par course
 - b. add two defenders for whole group
 - c. wall pass through goal
 - d. free combination play in groups of three

- i. control the ball, then change direction
 - ii. two-touch combination play
 - iii. control the ball, dribble at high speed
 - iv. free combination play with short passes in the air
 - e. pass through goal – control ball – dribble through another goal
 - f. pass through goal – control the ball with inside – dribble through another goal
 - g. pass through goal – control the ball with outside – dribble through another goal
 - h. throw ball over goal – control with thigh – dribble through another goal
 - i. throw ball over goal – control with chest – dribble through another goal
 - j. throw ball over goal – control with inside – dribble through another goal
- 3. shooting and blocking goals
 - a. 1st GK receives grounded pass, rolls ball back on ground to passer, who controls and shoots on 2nd GK
 - b. 1st GK receives lofted pass, throws lofted return for passer to control and shoot on 2nd GK
 - c. drop kick with instep to 1st GK, roll ball onto passer's path for 1st time shot on 2nd GK
 - d. as 'c' above, but add wall for player to pass off of before shot
 - e. 1 of 2 players throws in to GK, who punches away for 1v1 to shot
- 4. ball control training
 - a. receive with back to goal, practice various turns and shoot
 - b. receiving pass on chest before shooting
 - c. receiving passes with inside of foot
 - d. receiving passes with thigh
 - e. receiving passes on ground under pressure > to combine with passer in 2v1
 - f. receiving thrown lofted ball under pressure > to combine with passer in 2v1
- 5. variable shooting training
 - a. from two lines next to two goals: dribble toward each other, play ball forward to partner, turn and shoot
 - b. long lofted pass from partner, control dribble and shoot
 - c. two shots in rapid succession
 - d. 1st shooting - control of lofted pass – 2nd shooting
 - e. 1v1 attack and defense
 - i. 1v1 facing the goal
 - 1. defenders should arrive quickly but under control
 - 2. try to force attacker outside
 - 3. attackers should use change of pace and then quickly go to goal
 - ii. 1v1 facing away from goal
 - 1. defenders should try to prevent turn
 - 2. defenders must be able to see ball
 - 3. attempt tackle on turn

4. attackers should shield ball with body
5. attackers should turn quickly, feint and go to goal
- iii. 1v1 getting open and passing
6. Heading exercises
 - a. Serve ball to yourself, then head toward goal with GK
 - b. Head ball served by GK
 - c. Jumping header after serve by GK
 - d. Diving header after serve by GK
 - e. 2v2 heading game, serves by partner
7. Feinting
 - a. Scissors
 - i. Apply in 1v1 situation, with defender initially at 50%

Technical-tactical Exercises for Small Groups

1. 1v1 on two side-by-side goals with GK's, defender starts between goals, 30m counterline (always give defenders a chance to counterattack)
2. pass in the air from goal line, control, 1v1 and shoot on either goal
3. 2v2 on two side-by-side goals with GK's
 - a. overlaps
 - b. diagonal run behind 1st defender
 - c. wall pass
4. alternating 4v2 on two goals
5. 4v4 on two goals with GK's
6. 4v4 with two extra players on each side
7. 4v 2+2 on two goals (4 attackers can score on either goal)
8. 4v4 with two neutral players over each endline
9. 4v4 with two side-by-side goals with GK and 35 m counterline

From the 4v4 Practice Game to the 11v11 Match

1. elements of the 4v4 game
 - a. dribbling
 - b. ball control
 - c. passing and getting open
 - d. shooting
 - e. crossing
 - f. heading
 - g. defensive organization