

## 1v1 Pressure

Player 1 passes to player 2.

Player 2 tries to dribble across the area using footwork to get past defense and across the line.

Player 1 makes a curved run and uses a proper defensive stance to force ball carrier to middle of area and not allow ball carrier over the line.

### Coaching Points

Defensive stance:

- feet wider than shoulders.
- knees bent.
- one foot in front of the other.
- hips open to direction you want ball to go.
- 60% of weight on back foot.
- front foot should be easily moveable.
- elbows bent so arms are out for balance.
- you should look like you're surfing.

Do not reach out or "stab" at the ball.

Don't add too much pressure or you'll get beat.

Wait for ball carrier to make mistake, then take to ball or kick it away.

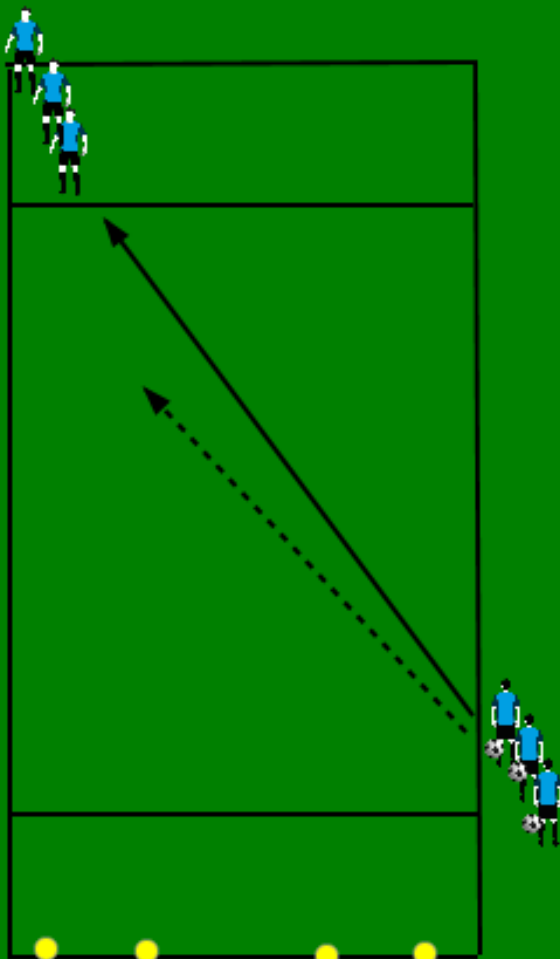
### 2v2 Pressure-Cover

Remove middle lines and continue above.

1 defender add pressure and 1 covers.

Cover Defender denies through ball.

Pressure-cover switch when ball is passed.



## 1v1's

Player 1 passes to player 2.  
Player 1 adds pressure and defends.  
Player 2 uses footskills to get to other end.  
Player 2 can score through either set of cones,  
but not until player is in endzone.  
If defender gains possession,  
score by dribbling into other endzone.

## Coaching Points

Keep ball close.  
Use moves, pullbacks, fakes.  
Sell move to fake defender.  
Put moves together if first move doesn't work.  
Good time to work on creativity.

## 3 Player Finishing - Overlaps



### Coaching points

Don't watch shot, get to next position fast.  
Call for ball and show desired location of pass.  
When 1 goes wide, don't be offside.  
Give good cross in air for last shot.  
Look up and pick spot before shot.

2 Drives and takes shot at the 18 yard line.  
2 then goes to 1's side of 18 yard line.  
1 plays ball to feet of 2.  
1 makes overlap run to middle.  
2 lead passes 1 for shot.  
1 runs wide to 3's side of field.  
2 runs back to middle of 18 yard line.  
3 passes to 2.  
3 makes overlap run to far post.  
2 passes wide to 1.  
1 crosses to 3 for shot.  
Rotate to next line

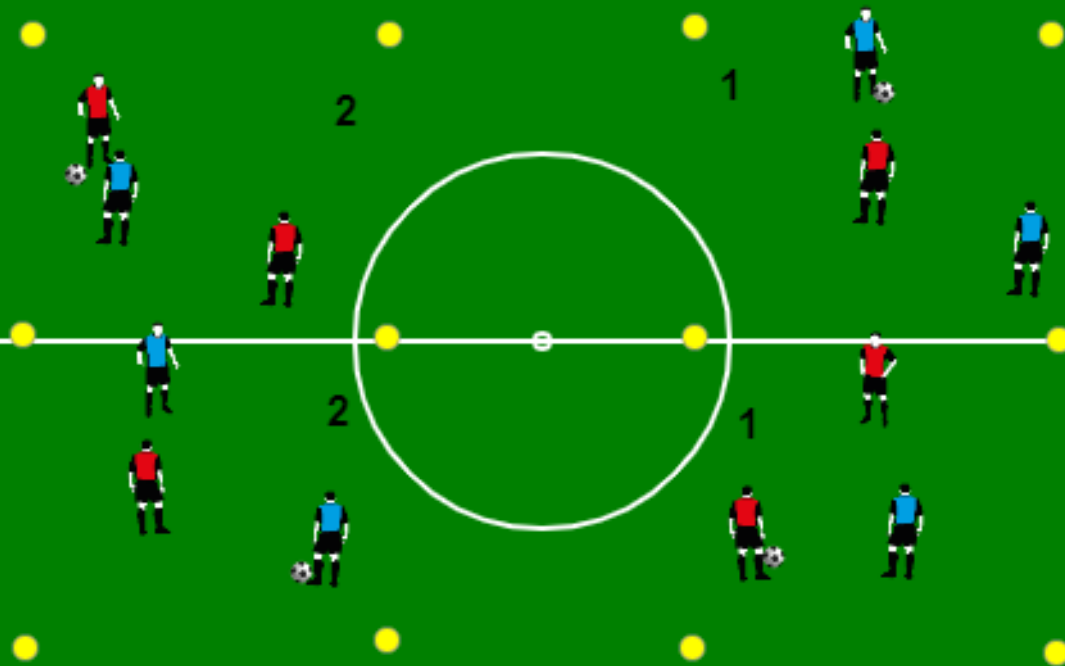


## 2v1 to 3v3 Fast Break

### Coaching Points

Get wide fast to create gaps  
Communicate runs and passes  
Make moves before defense  
gets organized

Start with 2v1 in 4 squares -  
2 on each end numbered 1 & 2  
Possess for about 1 minute  
Coach call out number 1 or 2  
That starts a 3v3 to each goal  
with ball from that square  
Coach calls out 3  
That starts 6v6 to designated end  
All 4 balls in play  
Create shot within 7 seconds



## 3 Box Game

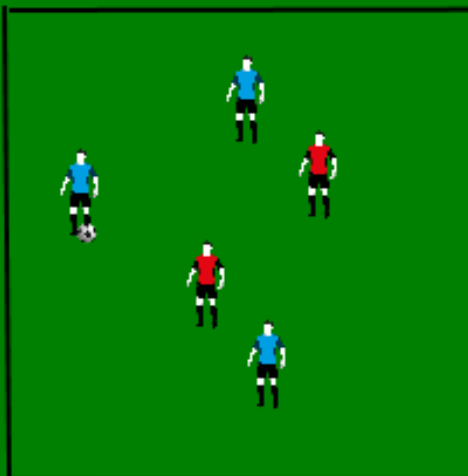
- 3 teams of 4.
- 8 v 4 possession with direction.
- 2 teams work together to move ball from one end to the other.
- Teams shift boxes when ball gets to lone player in box 3.
- Box 3 becomes box 1.
- Play for 5 minutes and switch defensive teams.

## Coaching Points

- Use triangles for combination passes.
- Find space and passing lanes.
- Communicate.
- Don't force passes.
- Make 3 passes per box, or play fast.
- Anticipate direction of next pass.
- Open hips and receive with back foot to move ball in desired direction.

Defense to work on Pressure/Cover

Box 1 - 3v2



Box 2 - 4v2



Box 3 - 1 player stays as target

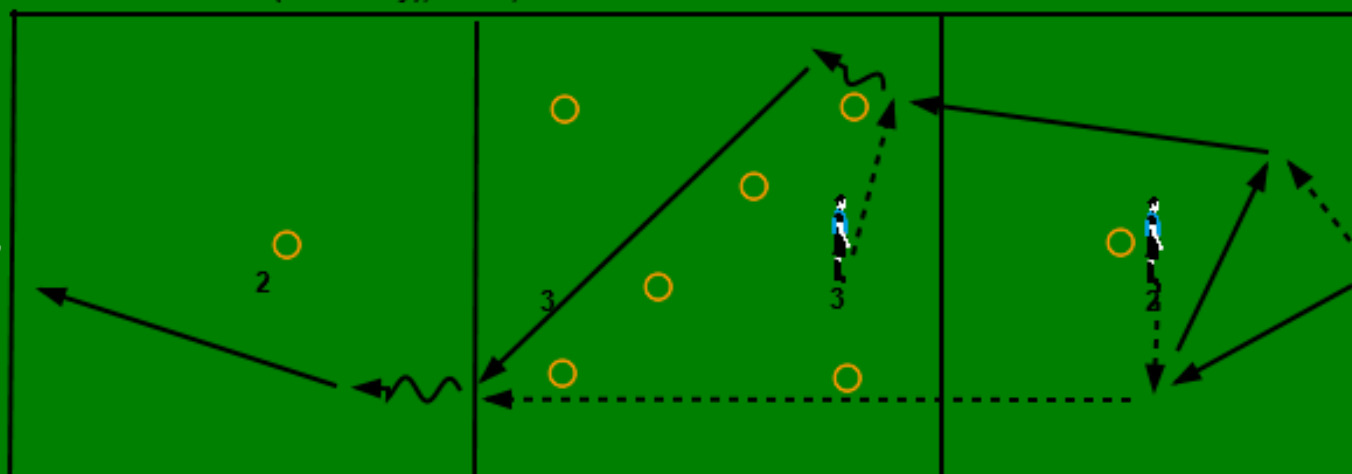


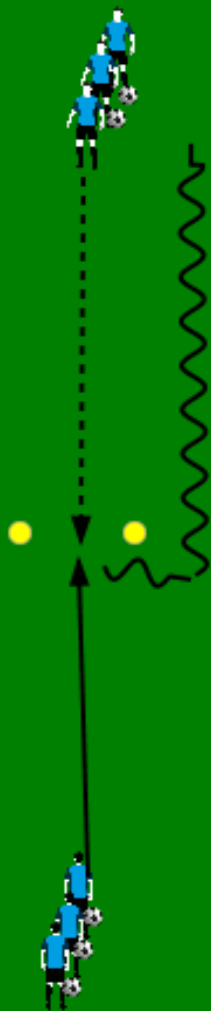
### 3 Box Give and Go Progression

- 3 boxes equal size.
- 5 cones (defenders) in middle box.
- 1 cone in center of each end box.
- Player 2 checks out to either side.
- Player 3 checks to opposite side and fronts a cone.
- Player 1 plays to player 2 and steps in.
- Player 2 passes ball back to feet of player 1.
- Player 2 then makes run down sideline.
- Player 1 passes to feet of player 3
- Player 3 turns outside and lead passes to player 2.
- Player 2 receives and passes to feet of next player 1.
- Switch sides, go both directions.
- Rotation: 1 to 3 (other way), 3 to 2, 2 to end of line.

### Coaching Points:

- Be in position to shield ball from defender.
- Find passing lane through cones.
- Runner stay outside of cones.
- Communicate where you want ball.





## Turning

Player 1 runs to space between cones.  
Player 2 passes to player 1  
Player 1 receives, turns around a cone  
and dribbles back to end of line.  
Player 2 then runs to space between cones.  
Pattern continues.

## Progress to add pressure.

Player 1 starts between the cones.  
Player 1 runs to tag player 3.  
Player 3 follows player 1 to space between cones.  
Player 2 passes to player 1.  
Player 1 receives and turns under pressure  
and dribbles to back to end of line.  
Player 3 runs to tag player 2.  
Player 1 passes ball to player 3  
Player 3 turns under pressure  
and dribbles ball to end of line.  
Pattern continues.

## Coaching Points

Time run and pass to meet at cones.  
Wide feet for balance against pressure on back.  
Fake one way to get defender to lean, and go other way.



## Triangles

### 1-2-3

Player 1 passes to player 2, then runs to that position.

Player 2 receives ball and passes to player 3, then runs to that position.

Player 3 receives ball and passes to player 1, then runs to the end of the line.

#### Coaching notes:

Go to the right, then to the left. 2 times each.

Check out to space and call for ball to receive.

Open hips and receive with back foot in direction of next pass.

The cones are defenders, keep ball away.

#### Progression:

Receive with back to defender and shield ball.

Move on to Triangles 1-2-1-2-3 Give and go with throughball.



## Triangle Slalom

Start with player between 2 cones with ball  
Coach/Server starts in the middle  
Player does touches, roll overs, bells, pull backs, etc  
Coach says color of cone at base of one of the poles  
Player dribbles around the pole with that color,  
then dribbles through slalom and back to start

### Progress To

Coach quietly holds up colored cone  
Player sees the cone and goes to matching pole

Coach goes to one side for give and go on return



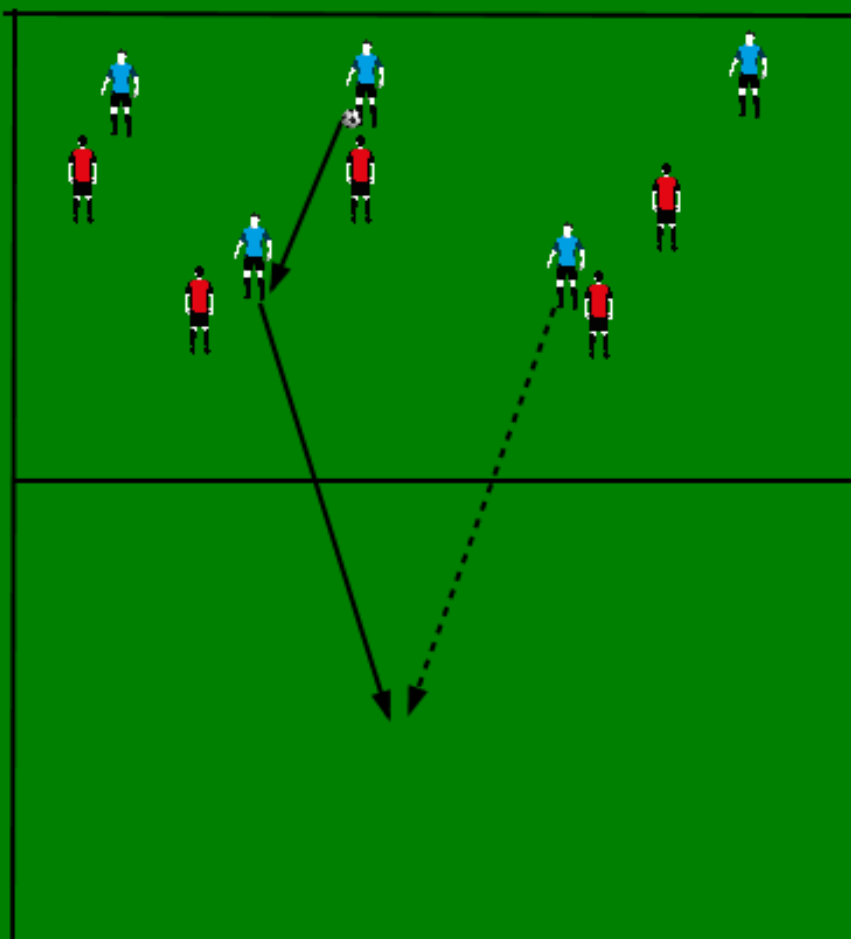


## Trap and Control Triangle

Dribble in either direction to corner cone.  
Use a footskill move of your choice and turn.  
Dribble past center cones.  
Pull back, use "L Turn".  
Pass to next player.  
Continue pattern.

## Coaching Points

Dribble with top outside of foot to keep close.  
Visualize move before making it.  
Sell your move with a good fake.  
Look up and find target before passing.  
Next player calls for ball and dictates location of pass..



## Throughball Release

2 defenders pressure/cover.  
Other defenders stay in middle zone.

After 2 to 3 passes, player off ball looks for opportunity to make run and call for throughball.

Player with ball finds passing lane to give throughball.

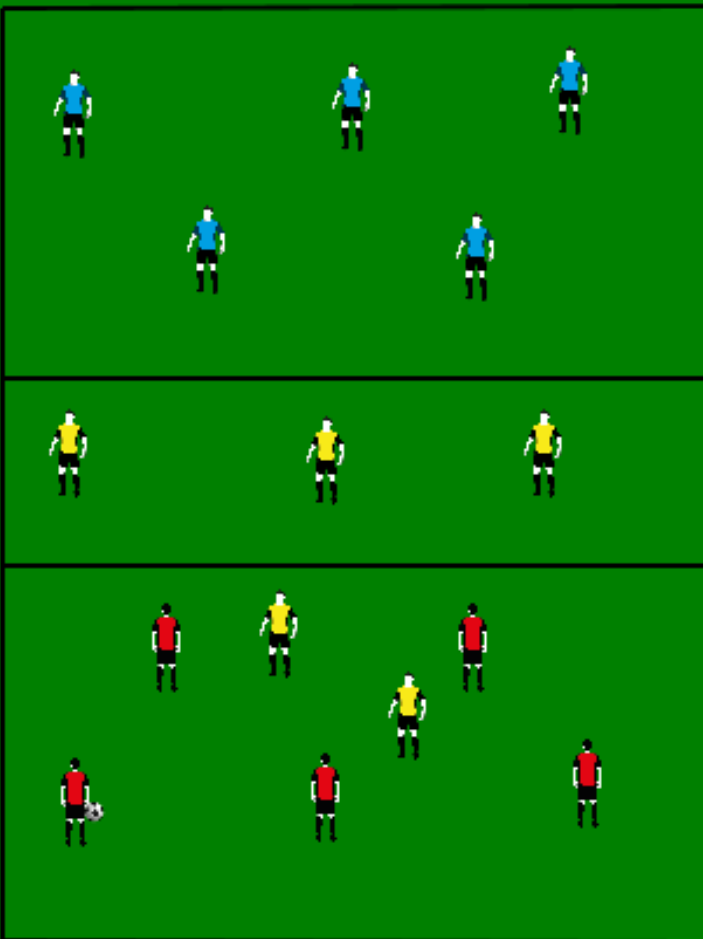
Offence switch to other side.

If Defense wins ball, pass to open teammate and go to other side to play offence.

Team that lost ball is now on defense.

### Coaching Notes:

Find space and be available.  
Communicate.  
Locate and use passing lane.  
Fast transition.



## Switching Play

3 teams, 1 in each area.  
Middle team is on defense.  
Possess and pass ball at least 4 times.  
Then look to switch ball to other end.  
2 defenders add pressure.  
Players in middle try to close passing lanes.  
If offence loses possession,  
play ball to other side and keep playing.  
Defense team changes after 5 minutes.

## Coaching Points:

Defenders play pressure/cover.  
If you have 3 Keepers, assign 1 to each team.  
Keepers in middle area can use hands  
to knock down crosses.  
Keep crosses low.  
Identify and use passing lanes.  
Don't force cross, make extra pass if needed.  
Find space, communicate, use good technique.

## Strikers Option



Striker (9) moves to corner of box and calls for ball.

Wing (7) passes to feet of 9.

10 crashes front post not allowing keeper to get ball.

11 crashes far post.

Option #1, 9 turns and dribbles outside to cross or drop to 7.

7 runs in direction of front post, but stops inside box for drop pass.

Option #2, 9 turns inside for back door pass to 11, or lead pass to 7.

7 runs outside in direction of end line for lead pass and cross.

9 fakes run inside to lose defender, and stays high in box for drop pass.

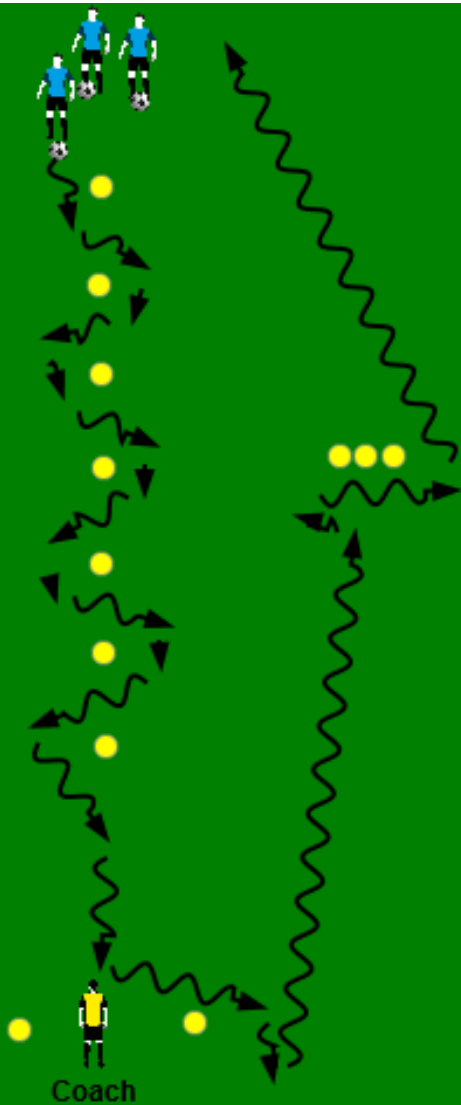
### Coaching Points

9 makes good fake and turn.

7 reacts and moves opposite of 9.

11 makes curved run to confuse defender.

Call for ball and show desired location of pass.



## Slalom

Players dribble through cones.  
 Then dribble fast to the coach.  
 Dribble through coaches cones.  
 Pullback, turn, and attack line of cones.  
 Perform footskill without slowing and go to line.

## Progress to

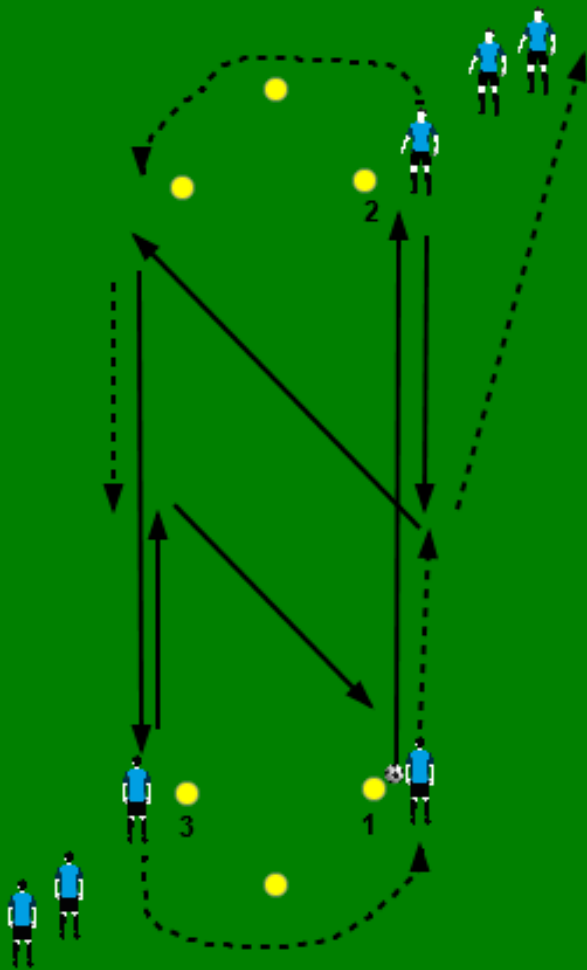
Coach calls move and points in a direction.  
 Player must perform required move in pointed direction.  
 Set up 2 to 3 lines for races.

## Suggested Moves

Side step  
 Scissors  
 Step over (Rivelino)  
 Roll over - step over  
 Roulette

## Slalom Dribble Moves

Favorite foot  
 Non favorite foot  
 Inside through/outside up  
 Outside through/inside up  
 Rollovers  
 L Turn  
 Inside/inside - fast



## Short Short Long Warm Up

1 makes long pass to 2 and follows.  
 2 drop passes to 1 and rolls around cones.  
 1 gives lead pass near cone to 2 and goes to end of line  
 2 makes long pass to 3 and follows.  
 3 drop passes to 2 and rolls around cones.  
 2 gives lead pass near cone to 3 and goes to end of line.  
 Pattern continues.

## Coaching Points

Good passing to feet.  
 Soft receive with back foot .  
 Time run and pass.  
 Direct pass to receive near cone so there is room.  
 Runner calls for ball and shows where to direct pass.  
 Start with 2 touches, progress to 1 touch.

## Advancing Warm Up

3 players run to goal while passing  
Ball starts on the wing - player 1  
1 passes to 2  
2 passes back to 1  
1 passes to 3  
3 passes to 2  
2 passes back to 3  
3 passes to 1  
Rotate to next line  
Pattern - 1-2-1-3-2-3

### Coaching points

This is a warm up, not a fast break.  
Don't lead too far.

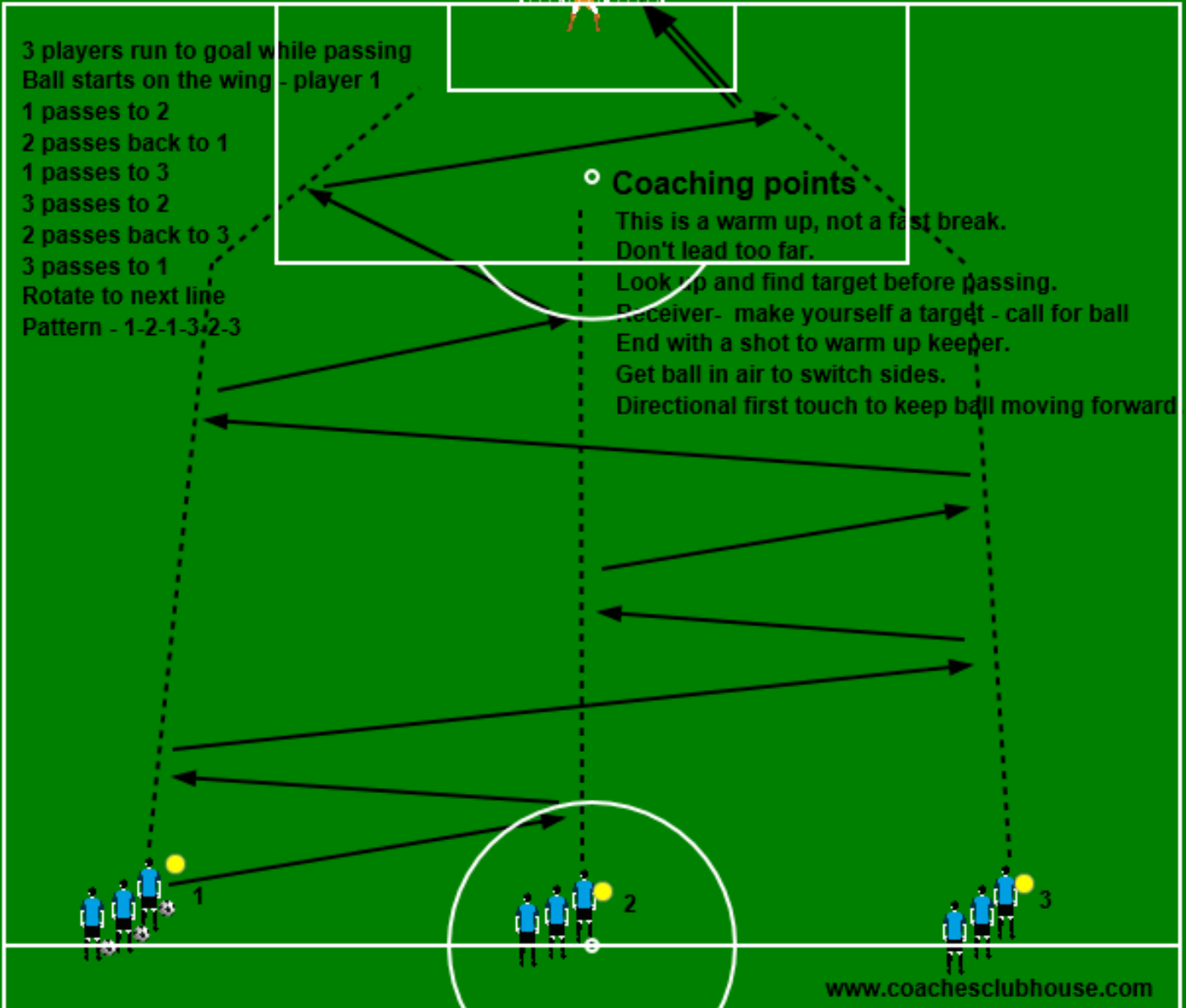
Look up and find target before passing.

Receiver- make yourself a target - call for ball

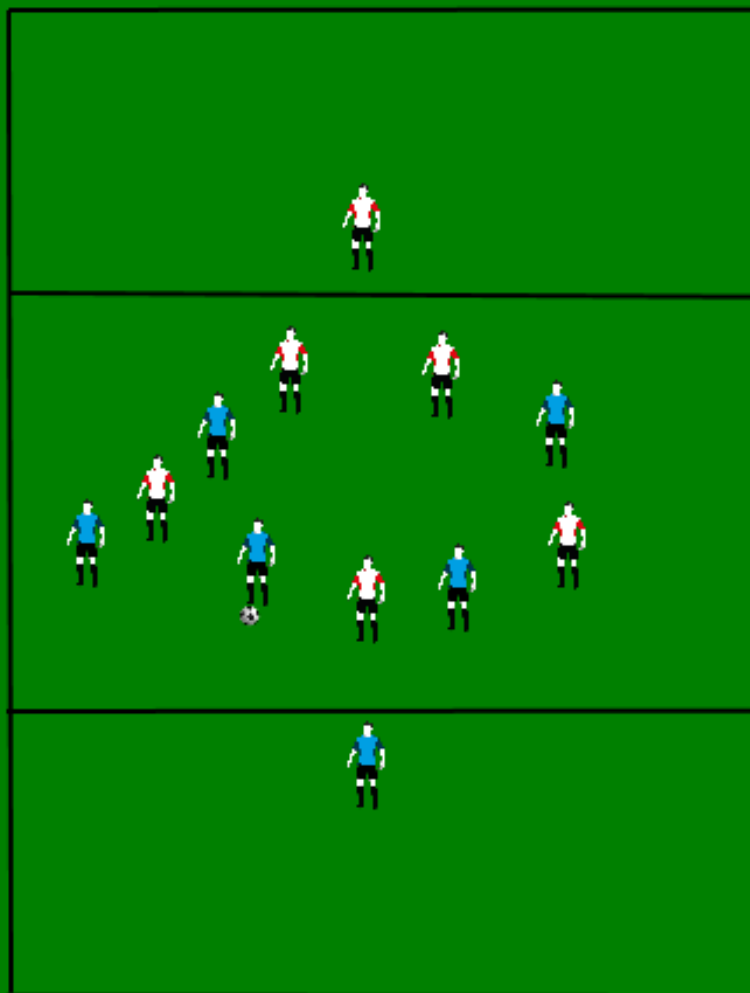
End with a shot to warm up keeper.

Get ball in air to switch sides.

Directional first touch to keep ball moving forward





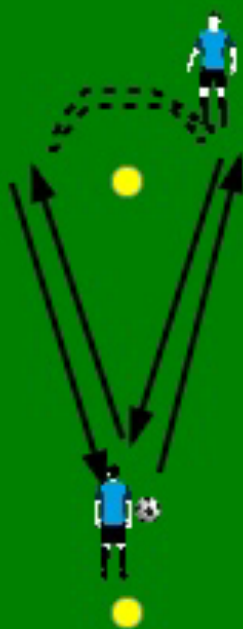


## Release to Final Third

2 Teams - use neutral player if needed.  
1 defensive player in final third.  
Offence can use 2/3 of field to possess.  
Look for opportunity to make run.  
Communicate run with ball carrier.  
Pass ball through passing lane.  
Runner goes to ball and retrieves for point.  
If other team wins ball.  
play must go to middle before final pass.  
Runner can't cross into final third  
before pass is made

## Coaching Points

Use width to open up middle.  
Get defender between you and the ball.  
Communicate verbally or visually.  
Make run when defender looks to find ball.  
Switch sides and find space.  
Patience, do not force bad pass.



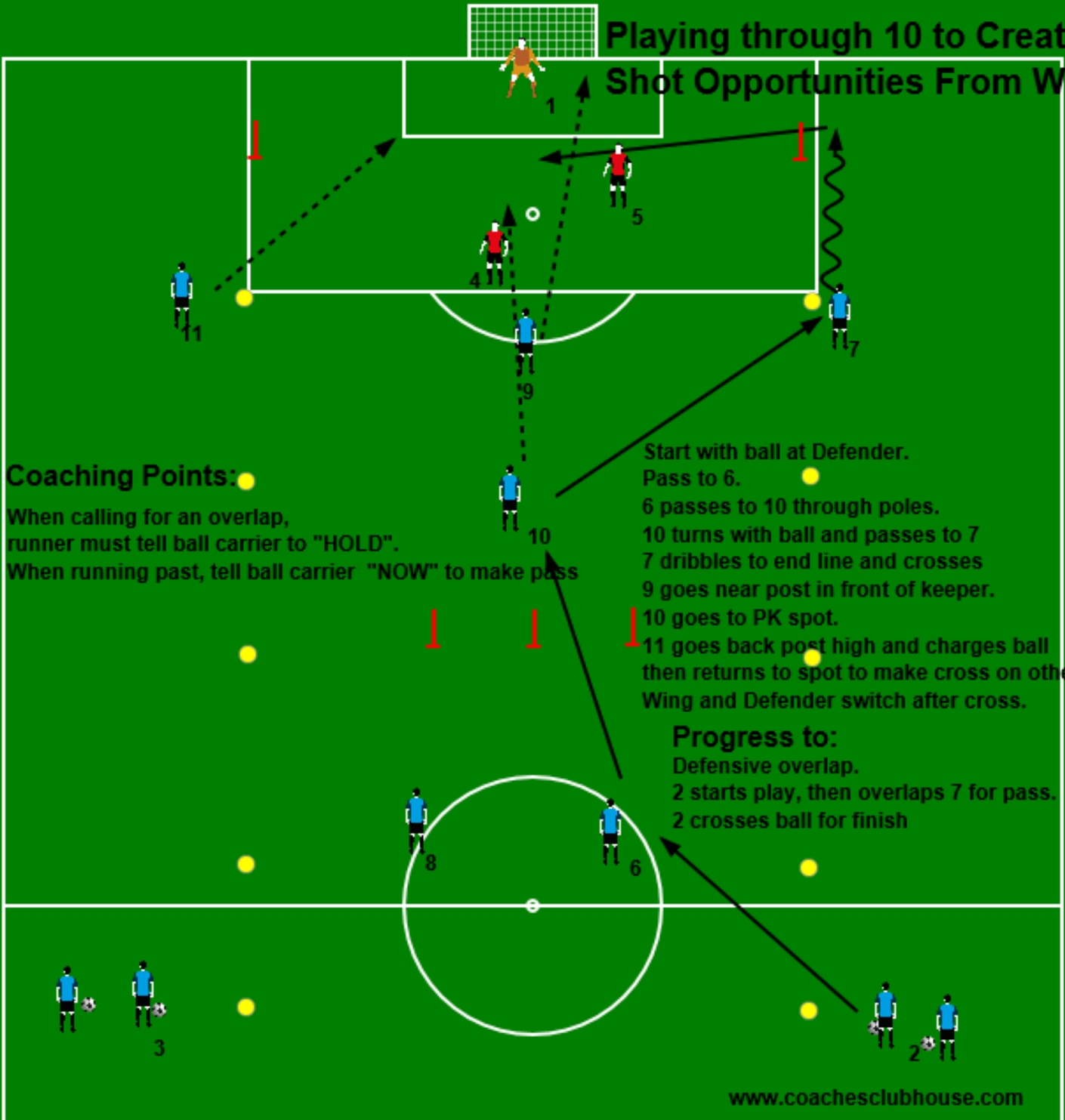
## Quick Pass to Both Feet

Player 1 Stands still in front of cone  
Player 2 moves side to side around cone  
Player 1 passes to outside foot of player 2  
Player 2 receives and passes back to player 1  
Player 1 then passes to other side of cone  
Play to 10 passes on each foot and switch  
4 repetitions for each player

### Coaching points:

Make curved run around cone  
Move sideways, back, and forward  
Keep feet moving, on toes  
Try for one touch  
Must make good passes  
Move feet, don't reach

## Playing through 10 to Create Shot Opportunities From Wide



### Coaching Points:

When calling for an overlap, runner must tell ball carrier to "HOLD".

When running past, tell ball carrier "NOW" to make pass

Start with ball at Defender.

Pass to 6.

6 passes to 10 through poles.

10 turns with ball and passes to 7

7 dribbles to end line and crosses

9 goes near post in front of keeper.

10 goes to PK spot.

11 goes back post high and charges ball then returns to spot to make cross on other side

Wing and Defender switch after cross.

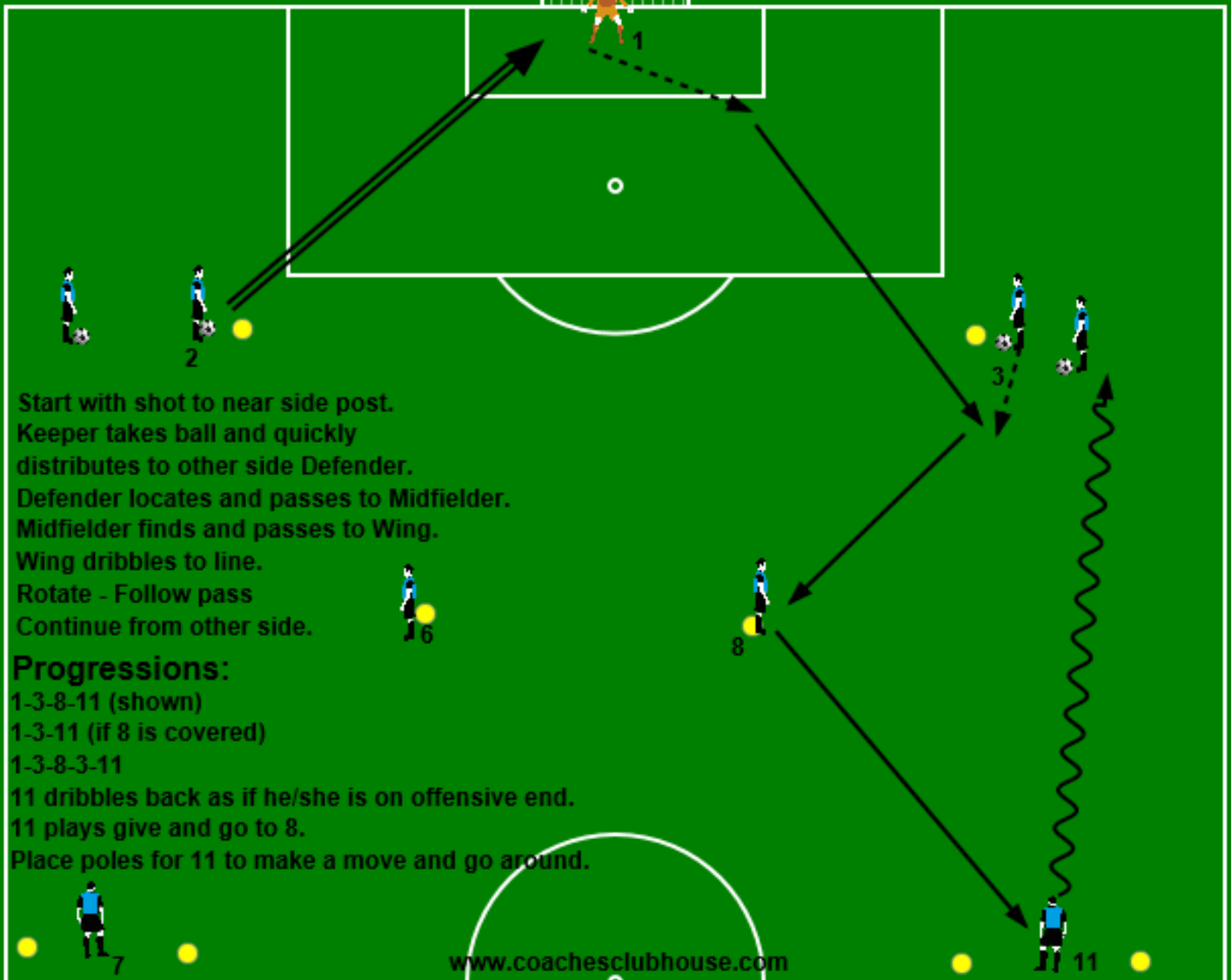
### Progress to:

Defensive overlap.

2 starts play, then overlaps 7 for pass.

2 crosses ball for finish

## Playing out of the back 1





## Passing Triangles

Player 1 passes to player 2 and follows pass.  
Player 3 makes run around cones.  
Player 2 lays off pass to player 3.  
Player 3 dribbles to middle and passes to other side..  
Repeat.

## Coaching Points

Player 3 communicates direction of run.  
Keep ball close when dribbling.  
Good crisp passes, good first touch.



## Passing in 3's or more

Assign number 1-3 to players.

Pass in sequence.

1 passes to 2.

2 passes to 3.

3 passes to 1.

Move around and find space.

Know where the ball is coming from.

Know where you are passing to.

Be aware of other players.

Locate and use passing lanes.

## Coaching Points:

Move around and find space.

Communicate to direct pass.

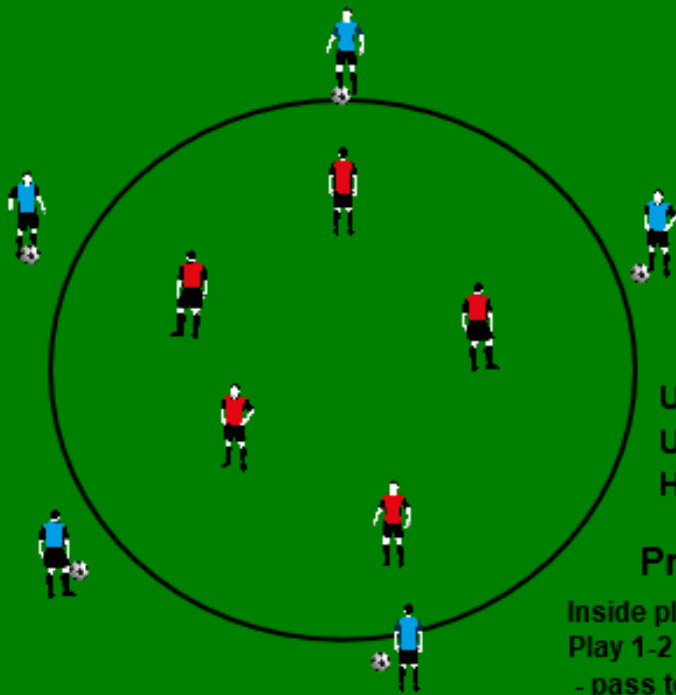
Know where the ball is coming from.

Know where your target is before receiving ball.

Be aware of other players in your way.

Locate and use passing lanes.

Use multiple teams to close passing lanes.



## Passing Circle

Half of the team in a circle/square, the rest inside  
Outside players with ball, hand toss to:  
Both feet - Laces. Both feet - inside foot.  
Jumping headers.  
Running headers (keep feet moving and don't jump)  
Sideways jumping header (both sides)  
Foot pass to each foot

U6 - U8 do the dribbling and passing,  
U10 - U12 do all dribbling, passing, and combinations  
Heading should not be done until U13 and up

### Progress to:

Inside players with balls:  
Play 1-2 with open player (give and go)  
- pass to outside player  
- move to either side and show/call for ball  
- dribble through middle and find open player outside  
Play 1-2-3 switch with outside player  
- same as 1-2, but outside player makes run inside and calls for ball

### Coaching points:

Jump high with both feet and drive ball with your head  
Use chest to foot to return low pass  
Move fast and change fast  
30 seconds of hard play, 5 seconds to switch  
Head up and locate target  
Keep ball close and protect through middle  
Use foot skills  
Don't wait for an outside player to get open, find another player already open

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## Pass and Go To Space

Pass ball to partner.  
Check back and to either side.  
Check to ball to receive and repeat.



## Coaching Points

Stay on toes and keep feet moving.  
Pass ball and move back. keep eye on partner.  
Call for ball to one side and move that way.  
When ball is passed to you, move to the ball.  
Try for 1 and 2 touches.



## Partner Ball Tag

2 Players are "it" and work together  
Tag a player and they are out  
You must have the ball in your hands to tag  
Pass and move to separate a player  
Close in and make the tag

## Coaching Points

Communicate with hands and words  
Make the catch before you try to tag  
Keep balance to change direction quickly  
Open players move fast and find space  
Use footwork to fake and move

## Lose Defender and Link Up

Players on outside each have a ball.  
1v1 on inside.  
Offensive player in middle moves to get open.  
Receive pass from outside  
Make 1 or 2 touch pass back.  
Fake and go to another passer.  
Defender pressures and tries to deflect pass.  
2 minutes and switch

## Coaching Points

Lean into defender to keep balance while receiving.  
Know where defender is by keeping a touch.  
Call for ball to feet.  
Go to ball, don't wait on it to come to you.

## Progression

At least 1 player on outside without ball.  
Inside player receives and turns to pass to player without ball.  
Open player on outside calls for ball and moves on line to get open.

## Give and Go to the Corner

7 passes to feet of 9.

9 passes to corner.

7 collects ball and crosses.

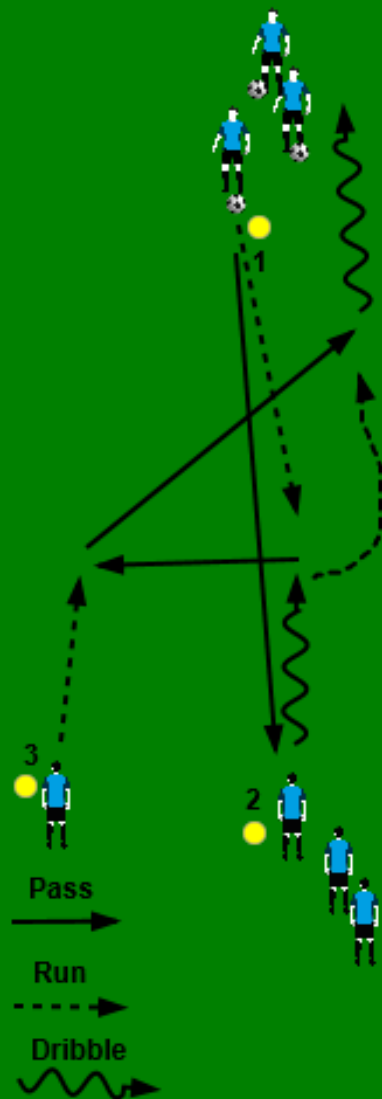
9 delays run to confuse defender.

10 runs to the goal line and takes position in front of keeper to prevent keeper from directly receiving ball.

11 stays wide until even with penalty box. Then runs to post.

Keep crosses outside the goalie box, aim for penalty marker





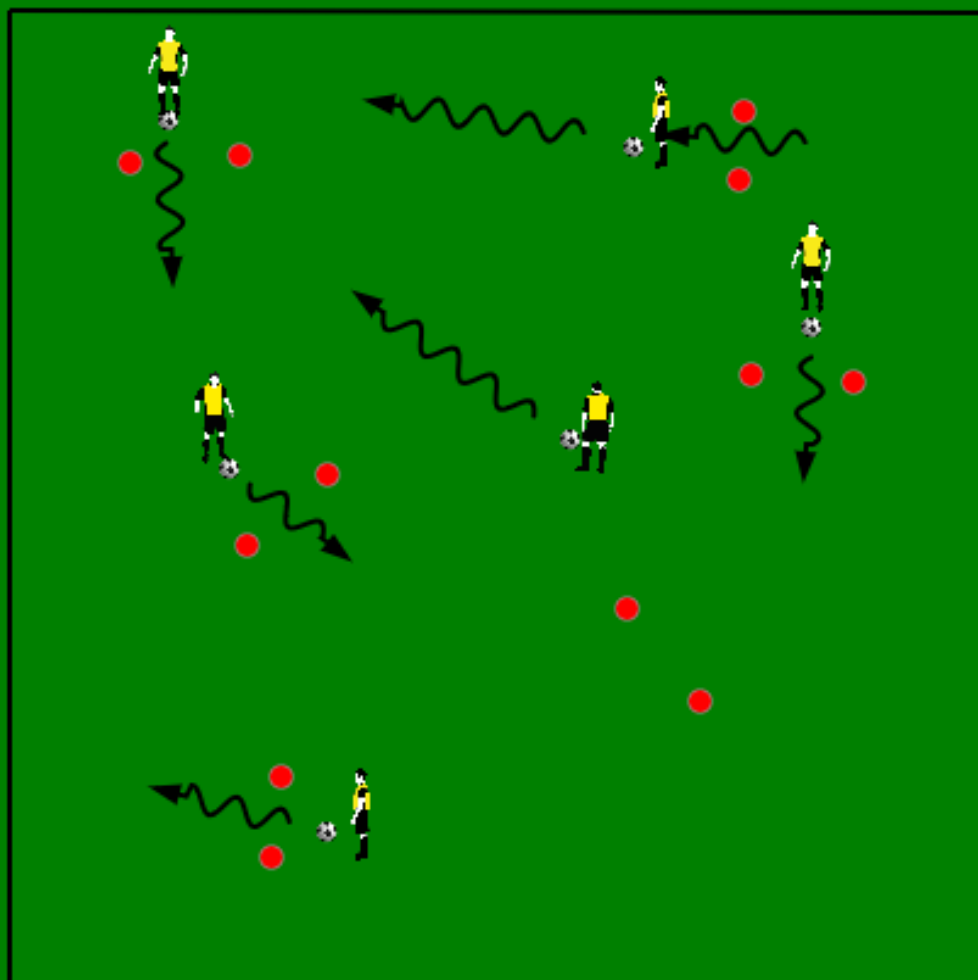
## Give and Go

- Player 1 passes to player 2.
- Player 1 closes distance to add pressure.
- Player 2 dribbles toward other end.
- Player 3 stays even with player 2.
- Player 2 dribbles until defender commits.
- Player 2 passes to feet of player 3, using outside of closest foot.
- Player 2 then runs around the other side of defender.
- Player 3 lead passes player 2.
- Player 2 dribbles to 1
- Player 1 goes to 3.
- Player 3 goes to 2.

## Coaching Points

- Player 3 communicates play.
- Runner calls for pass in front.
- Time run and pass.
- Defender must commit to ball carrier.

20x20



## Gates

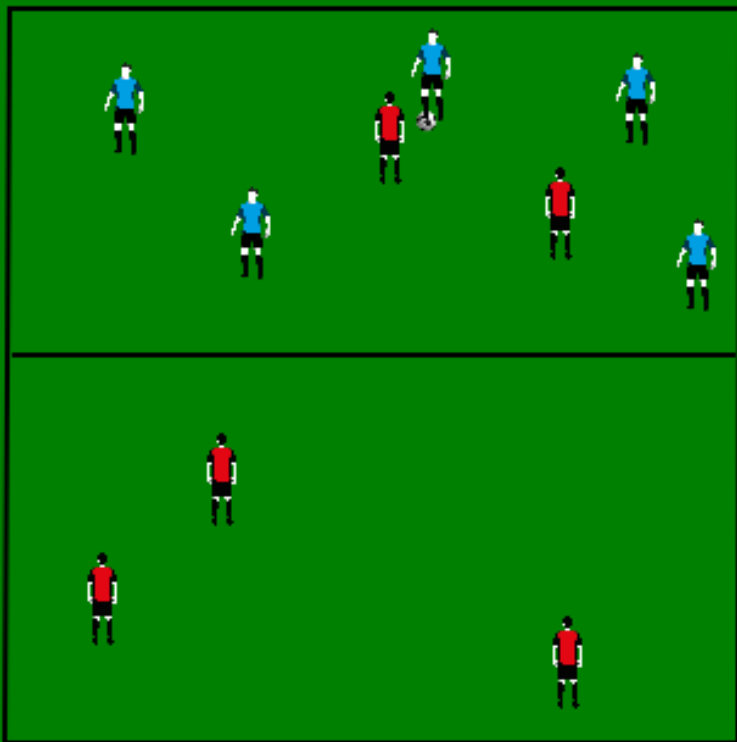
90 seconds - 2 to 3 times each

Players dribble their ball through gates made of cones

Progress to:  
2 player teams  
pass to teammate through gate  
move to another gate

Progress to:  
have 2 players play defense  
lose ball to defense = you're out  
last team in wins

Progress to:  
2 teams, gates are goals  
Dribble or pass through  
for point  
Limit touches  
Stress passing  
Constant moving with  
and without ball



## Gain and Keep Possession Defensive

30yds x 30yds or larger for more players.  
Possession game.

One team passes and possesses the ball.  
The other team sends 2 players to defend.  
5 passes equals a point.

After 5 passes, defense sends another player.

When defense gains possession,  
make quick transition to other side.

That team now passes and possesses.

The other team sends 2 players to defend.

### Coaching Points

Pressure/Cover

Defenders close in quick

Curve your approach

Cover player's position depends on curved approach

Get ball and pass to other side fast

Communicate positioning and approach

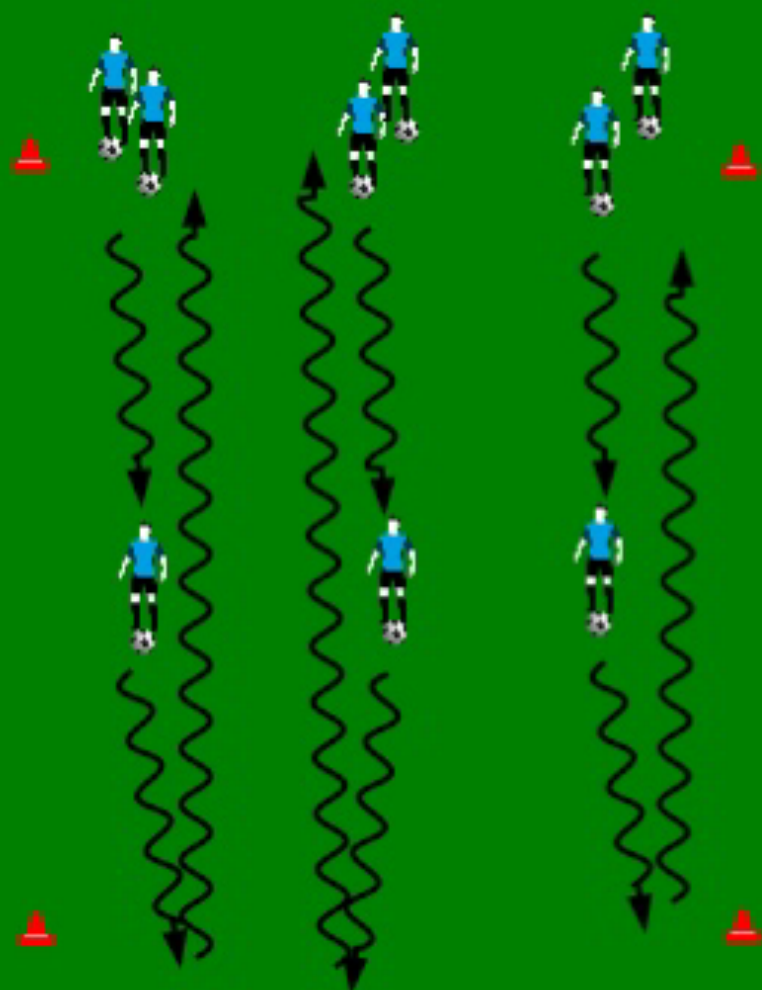
## Freeze Tag

1 or 2 players are "it"  
Tag a player, that player freezes and holds their ball high above their head  
Other players can "unfreeze" by kicking their ball through the frozen player's legs  
Play 2 to 3 times

## Coaching Points

Head up, don't run into other players  
Keep balance to change direction quickly  
Move fast and find space





## Footwork Dribble

Dribble down and back using:

- 2 touch - inside, outside - right foot
- 2 touch - inside, outside - left foot
- Roll over, bell, bell
- Outside, inside, scissor
- Dribble, roll over, and go
- Dribble, roll over, step over
- Dribble, step over

## Coaching points

- Dribble with 3 smallest toes
- Touch with every step
- Come out of move at an angle to get past defender
- Speed up - Explode out of move

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## First Touch Triangle

Make a triangle 3 to 5 yards apart  
2 players play wide of the triangle  
1 passes to the other.

Receive the ball with 1 touch

Send the ball past a cone and pass back  
You can go in either direction

Other player reacts to receiving player  
and moves the opposite way

## Coaching Points

React and move quickly

Open body up to receive

Receive with different parts of foot

## First Touch Square

5 x 5 Squares.

2 players per square on opposite sides.

Receive pass, sending ball in desired direction with first touch.

Pass to other player with second touch outside of corner cone.

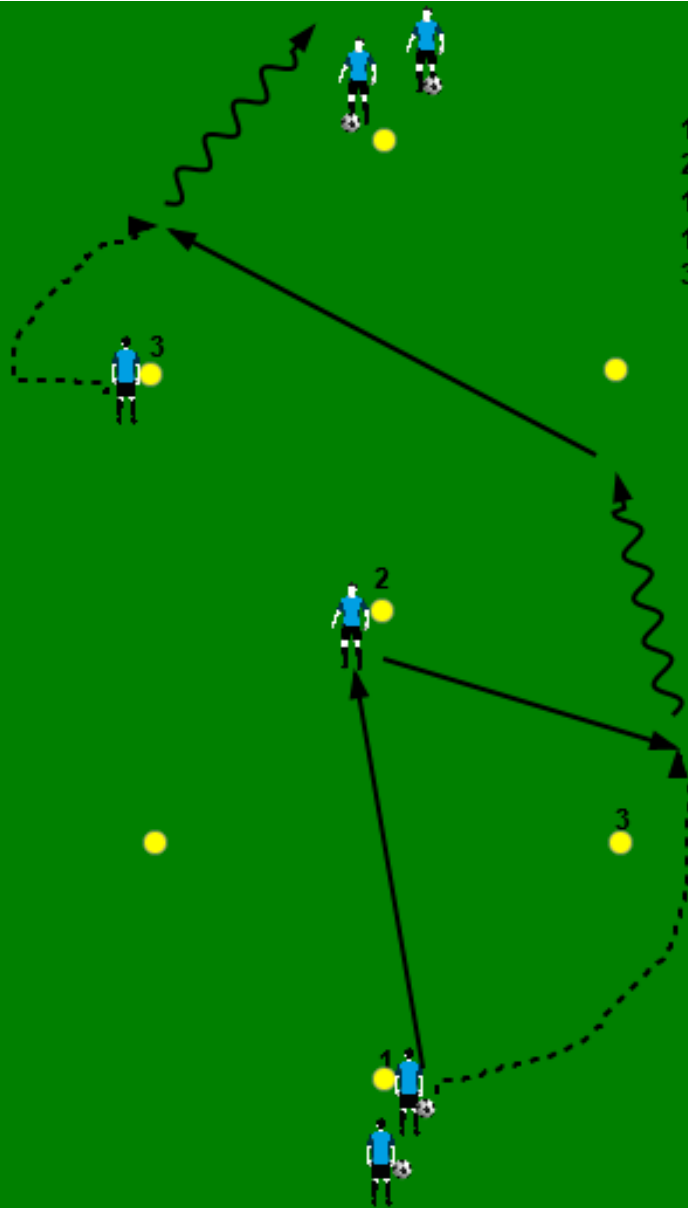


### Work on receiving with:

inside of foot,  
outside of foot,  
rollover,  
fake,  
around defender.

### Coaching Points:

Good technique and communicate.  
Open body to intended direction.  
Keep ball close and in front of you.



## Final Pass

- 1 passes to 2 and runs around cone.
- 2 gives lead pass to 1 on back side of cone.
- 1 collects ball on the run and takes a dribble.
- 1 gives lead pass to 3 behind cone.
- 3 collects ball on the run and dribbles to end of line

**Coaching Points:**  
 3 Checks wide to confuse defender.  
 Time your runs/passes.  
 Call for ball and direct pass.  
 Stay on sides.



## Endzone Targets 3v3+3

20yds x 30yds or larger for more players.  
 3 neutral players. 1 in middle, 1 in each endzone.  
 Move the ball from one endzone to the other for a point.  
 Team keeps ball and scoring points until defence gains possession.  
 When a team wins ball, play quickly to either end to start.  
 When a team loses ball, apply immediate pressure.  
 Endzone players play from side to side to receive.  
 Players with ball finds passing lanes to move ball.  
 Players without ball moves to find space.  
 Look for opportunities to get ball behind defence.

### Coaching points:

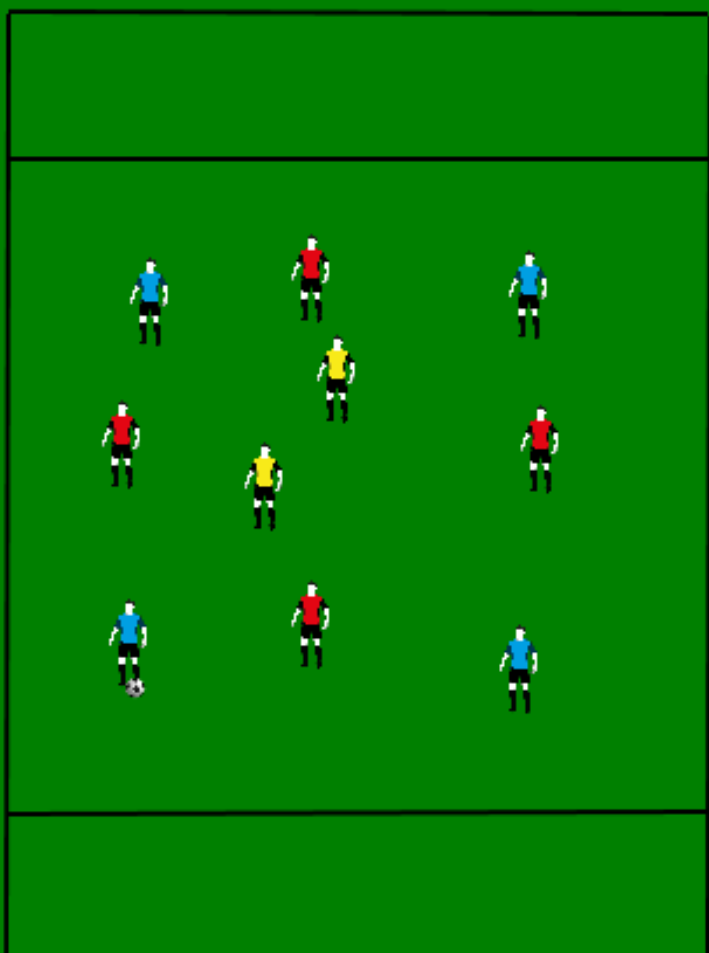
This can be used to work on many different things.  
 Triangle/diamond shape in smaller area with rotation.  
 Communicate verbally and visually.  
 Call for ball and show where you want ball to go.  
 Someone always provide support.  
 Proper touches while dribbling, passing, receiving.  
 Proper body shape and open hips to receive ball.

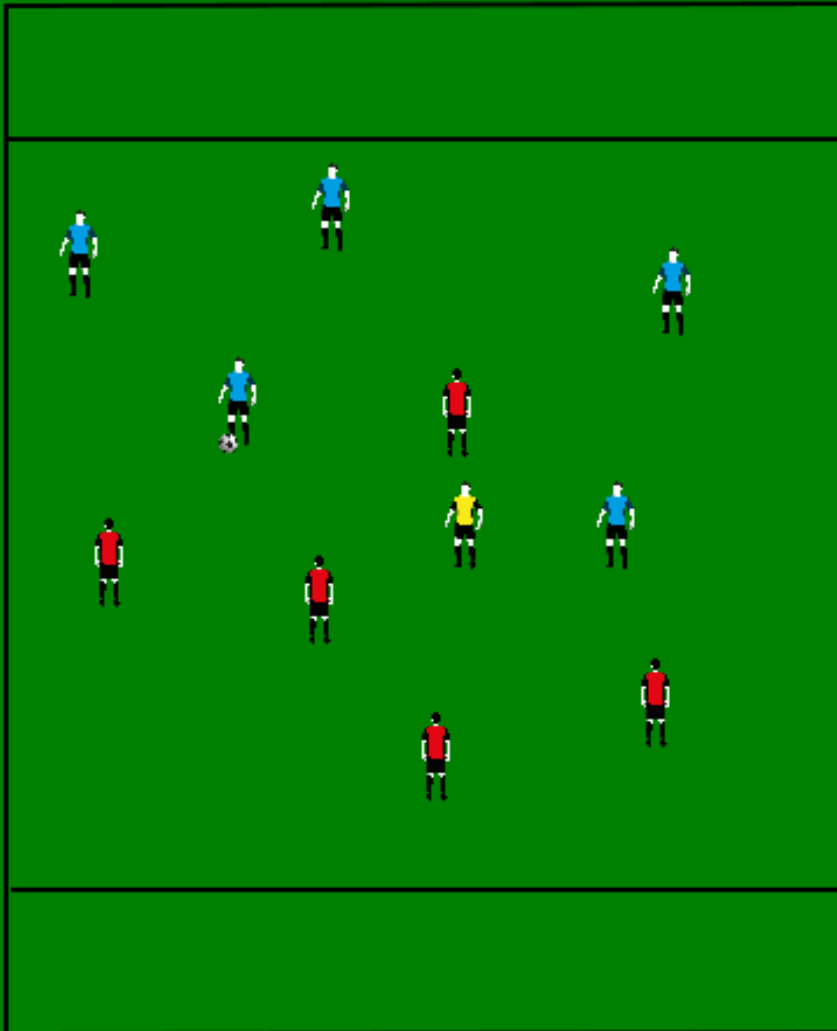
## Endzone Receiving with Wing Play

2 teams in middle with neutral players and wings.  
Play possession end to end.  
Players must receive ball in endzone for point.  
Scoring team keeps ball and goes other way.  
Use wings to spread out defense.  
Do not defend wings.  
Wings play 2 touches maximum.

## Coaching Points

Communicate.  
Find space and passing lanes.  
Look for opportunity to get ball past defence.





## Endzone Receiving

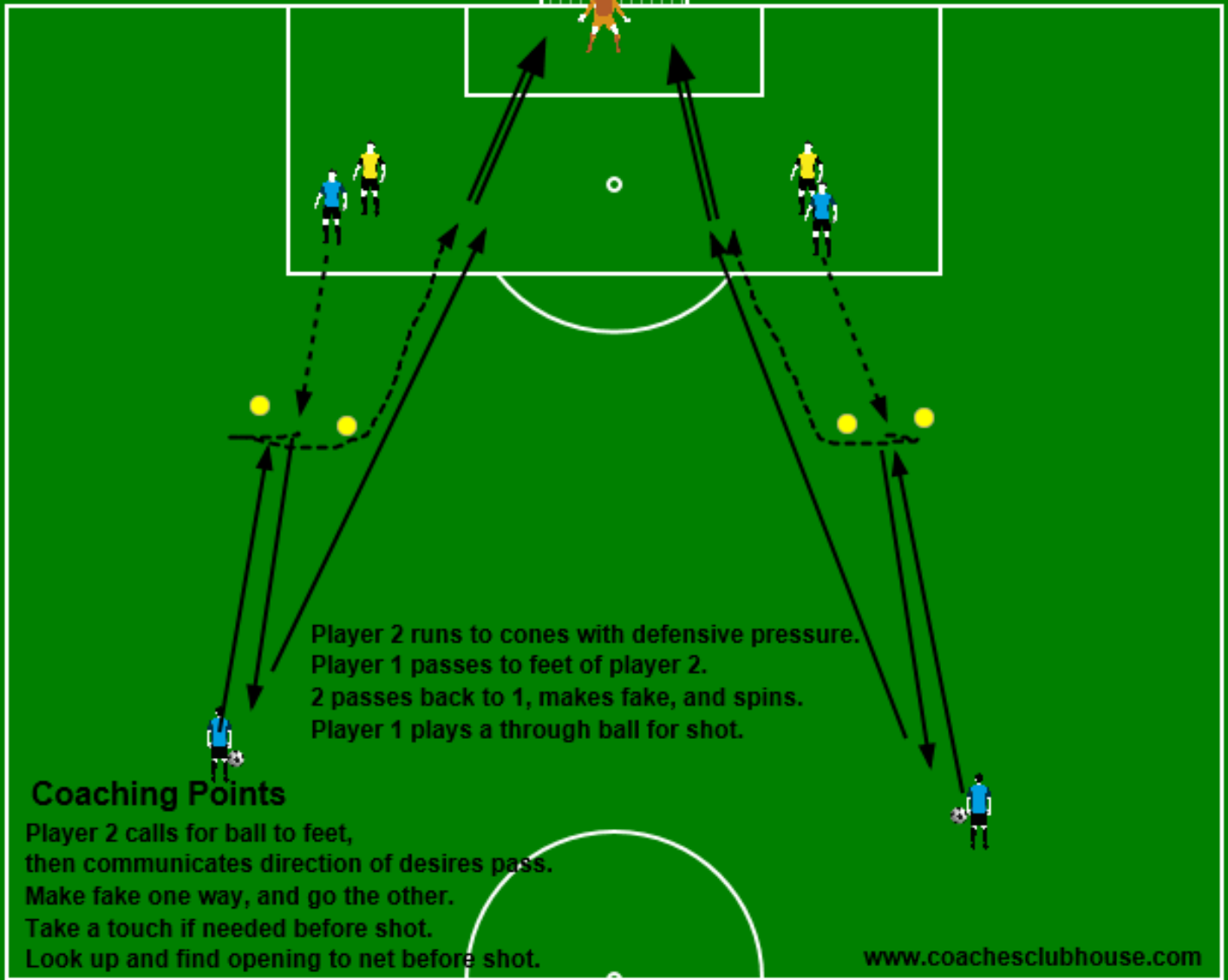
Short sided scrimmage.  
Player must run into endzone and receive ball after it was kicked.  
Players can not enter endzone before the ball is passed (like staying onsides).  
Scoring team may retain possession and play to other end, or designate endzones and play one direction per team.  
Play 1 or 2 neutral players to overload offence.

### Coaching Points:

This activity is all about good technique.

Good passes.  
Receive properly.  
Communicate.  
Find space and passing lanes.  
look for opportunity to make run and get ball behind the defense.

## Drop and Through Ball





### **Dribbling In Small Area**

**All players with a ball**

**Dribble all over inside area**

**Add cones to avoid**

**Teach how to dribble**

**Use smallest 3 toes to push the ball**

**Teach simple pull back and turn**

**Teach turning with outside of foot**

**Go to cones to do turns around**

**Have kids dribble around a cone,  
then call out:**

**Turn - for pull back and turn**

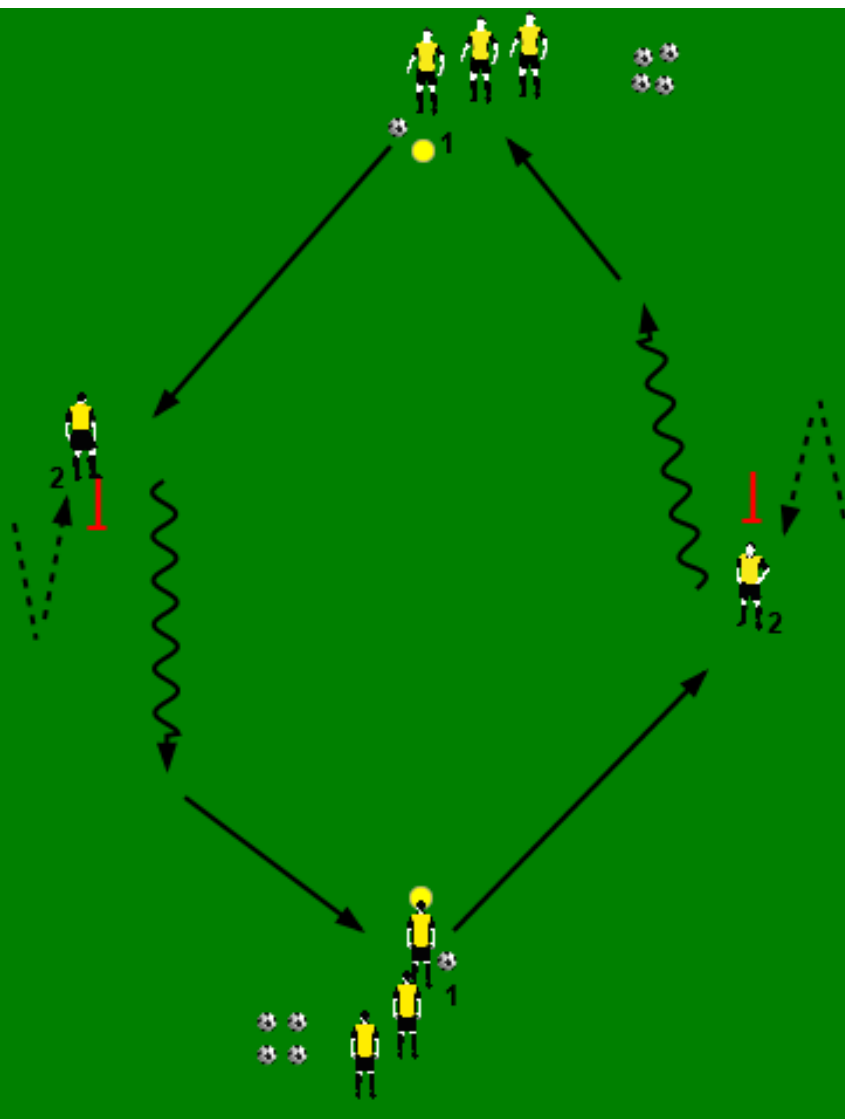
**Stop - Stop ball with bottom of foot**

**Head, hand, knee, sit, elbow -**

**Stop ball with that body part**

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### **Diamonds To Find Space**

Balls start on both ends  
Player 2 check away and back to ball  
Player 1 plays ball to feet of player 2  
Player 2 receives, turns, and dribbles  
Player 2 passes to player 1  
Follow pass

### **Coaching Points**

Move quickly to next spot  
Receive with directional first touch  
Keep ball close  
Call and show for pass

### **Progress To**

Check to and call for lead pass  
Give and go  
Add this to standard "Diamond Training"

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## Diamonds

### 1-2-3-4

Player 1 passes to Player 2, then runs to that position. Player 2 passes to player 3, then runs to that position. Player 3 passes to player 4, then runs to that position. Player 4 passes to player 1, then runs to that position or back of the line.

### Progress to:

1-2-1-3-2-3-4

1-2-3-2-4-3-4

1-3-1-2-3-2 both ways

### Coaching points:

Check out to space and call for the ball.

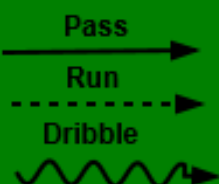
Open hips and receive ball with back foot in direction of next pass.

The cones are defenders, keep ball away.

Make hard and accurate passes.

Receive with a light touch to keep under control.

Play at game speed.





## Diamond Wall Passing

4 players minimum.

Player 1 passes to player 2 in the middle.

Player 2 dribbles around line of cones.

Player 1 makes a curves run around the other side .

Player 2 lead passes to player 1.

Player 1 passes to next player.

Player 1 goes to middle to begin again.

Player 2 goes to end of line

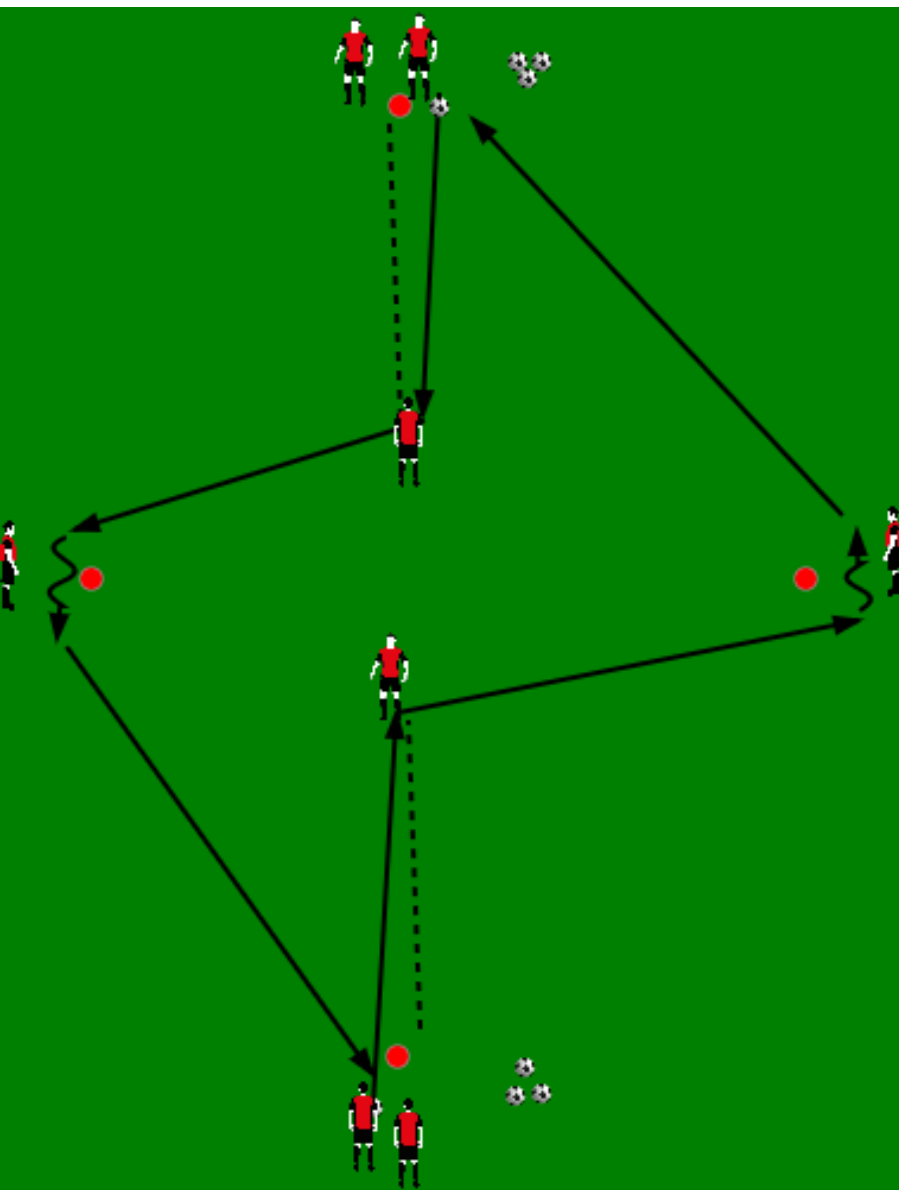
## Coaching Points

Time run and pass so runner doesn't have to slow down.

After passing to next player, get to middle quickly.

Player in middle selects direction.

Player 1 reacts and runs around the other direction.



## Diamond Passing - In and Out Cut Pass

Start with players in the middle  
 2 balls at a time - 1 on each end  
 Pass to the player in the middle  
 Middle player gives cut pass to side player  
 Side player checks up and back to receive  
 One touch receive ball toward next direction  
 Pass to player on other end  
 All players follow pass quickly and get set

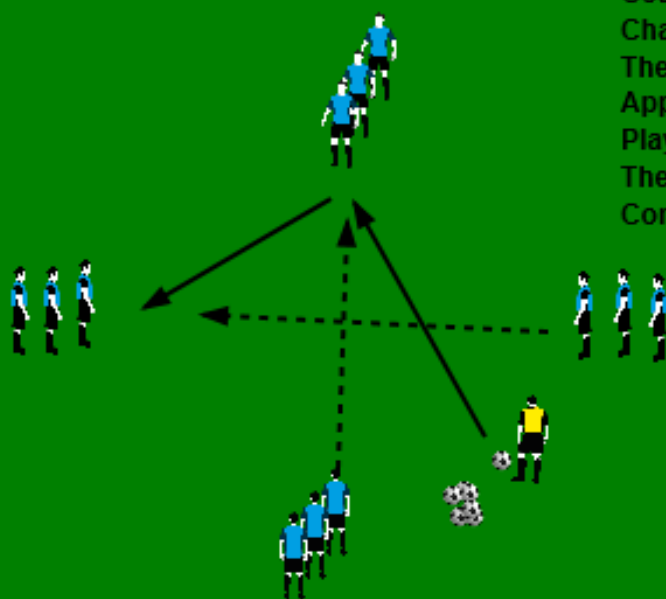
## Coaching Points

Call and show for ball  
 Check up and back  
 Check over your shoulder before receiving  
 Deliver good, crisp passes

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## Defensive Cross

4 lines facing each other in a cross formation.  
Coach begins by choosing direction of play and passing to a player.  
Change direction after some time.  
The player directly across applies pressure.  
Approach slightly to one side to dictate direction of next pass.  
Player with ball passes to open side.  
The player directly across applies pressure.  
Continue pattern.



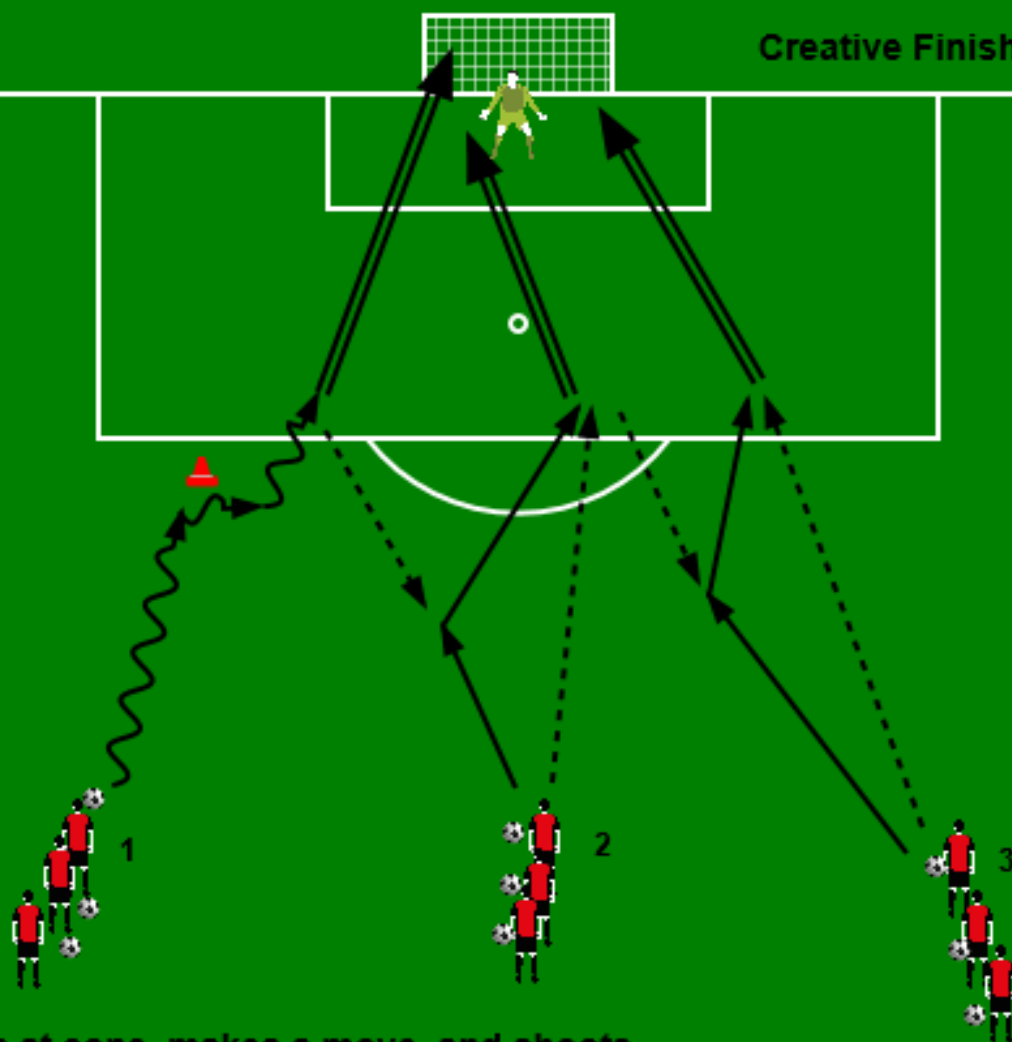
## Coaching Points

Wait for defender to commit before passing.  
Defender gets in a defensive stance.  
1 foot in front and 1 behind, knees bent.  
Hips open to intended direction of next pass.

## Progression

allow defender to approach from either side.

## Creative Finishing



### Progression 2

Line 1 dribbles at cone, makes a move, and shoots.

Then shows for give and go pass with 2.

2 shoots, then shows for give and go pass with 3, 3 shoots.

## Connecting the Lines

Players play in their zones.  
Pass ball from one side to the other.  
Start with lines spread out.  
5 minutes then rotate positions.



### Coaching Points

Find target before passing.  
Good passes and first touch.  
Open hips to direction you want to go before receiving.

### Progress to

Move lines so they are crossing each other.  
Players now have to watch out for others.  
Players will have to find space and a passing lane to be available

## Connecting the Lines

Players play in their zones.  
Pass ball from one side to the other.  
Start with lines spread out.  
5 minutes then rotate positions.

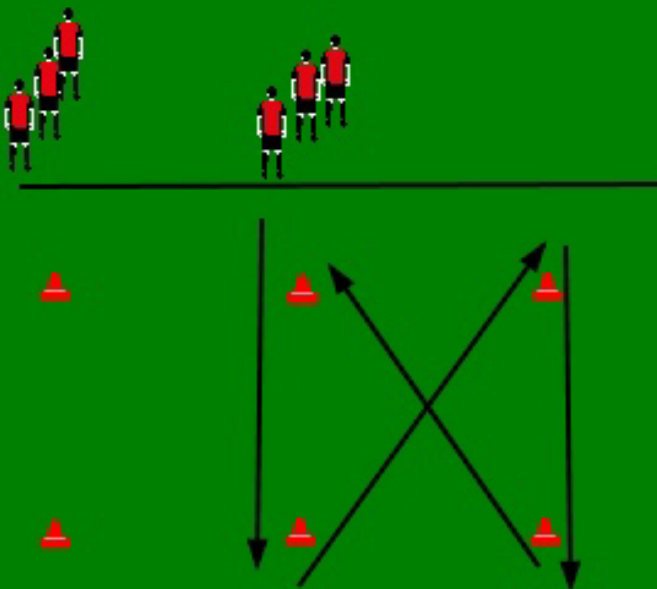
### Progress to

Move lines so they are crossing each other.  
Players now have to watch out for others.  
Players will have to find space and a passing lane to be available

### Coaching Points

Find target before passing.  
Good passes and first touch.  
Open hips to direction you want to go before receiving.





### Comeback Cone Agility Drill

Cones at 10 yards x 10 yards

Start on right side

Backpedal to the first cone

Sprint forward diagonally to the second cone

Backpedal to the third cone

Sprint diagonally to the fourth cone

You should face the same way throughout run

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## Combination to Finish

1 passes to 2.  
 2 receives, turns, makes a move.  
 Dribble to the defender on 3.  
 Make that defender commit and give throughball.  
 3 checks out and times run to not be offside for shot.

Go right side, Then left.  
 Rotate 1 to 2 to 3, then switch sides.

Progression:

1-2-3

1-2-1-2-3

1-2-1-3-2-3

1-2-3-2-4

Coaching Points:

Check to space.

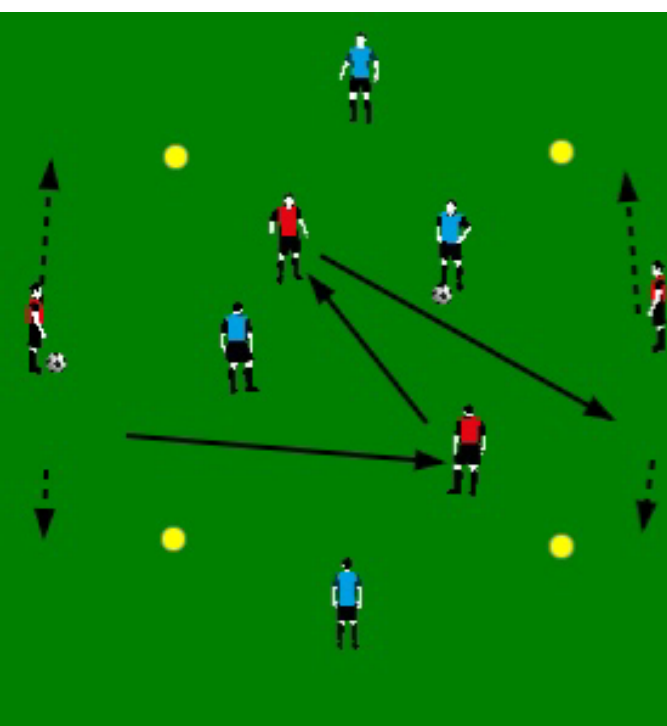
Select move to work on for 2 position.

Time run.

Communicate the throughball.

Pass to specific foot to avoid immediate pressure.





## Combination Passing in Small Areas

2 Teams of 4  
8x8 area with cones  
Red plays to red  
Blue plays to blue  
Each team has a ball  
Play ball from one outside player to the other  
Must connect 1 pass in the middle  
1 and 2 touch quick passes

Progress to:  
Ball can play through direct  
-Players in middle adjust  
Outside player can dribble in  
and switch with passer  
-Not every time  
-Make 1 pass and continue

### Coaching Points

Keep moving  
Communicate  
Call and show for ball  
Check shoulder

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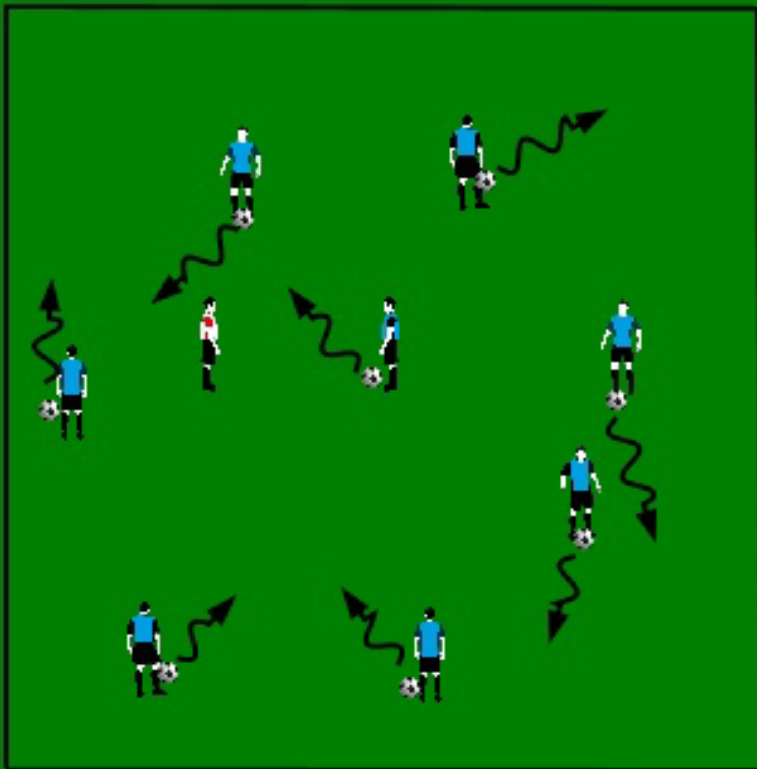
### **Clean Your Room**

15x15 area, adjust as needed  
1 defender is assigned to clean your room  
All other players need balls  
Players dribble in area with ball  
Cleaner tries to kick all balls out of the area  
When a ball is kicked out,  
player runs to get ball back in area FAST  
Room is clean when all balls are out  
Add second cleaner if necessary  
Have players do jumping jacks  
before returning to the area

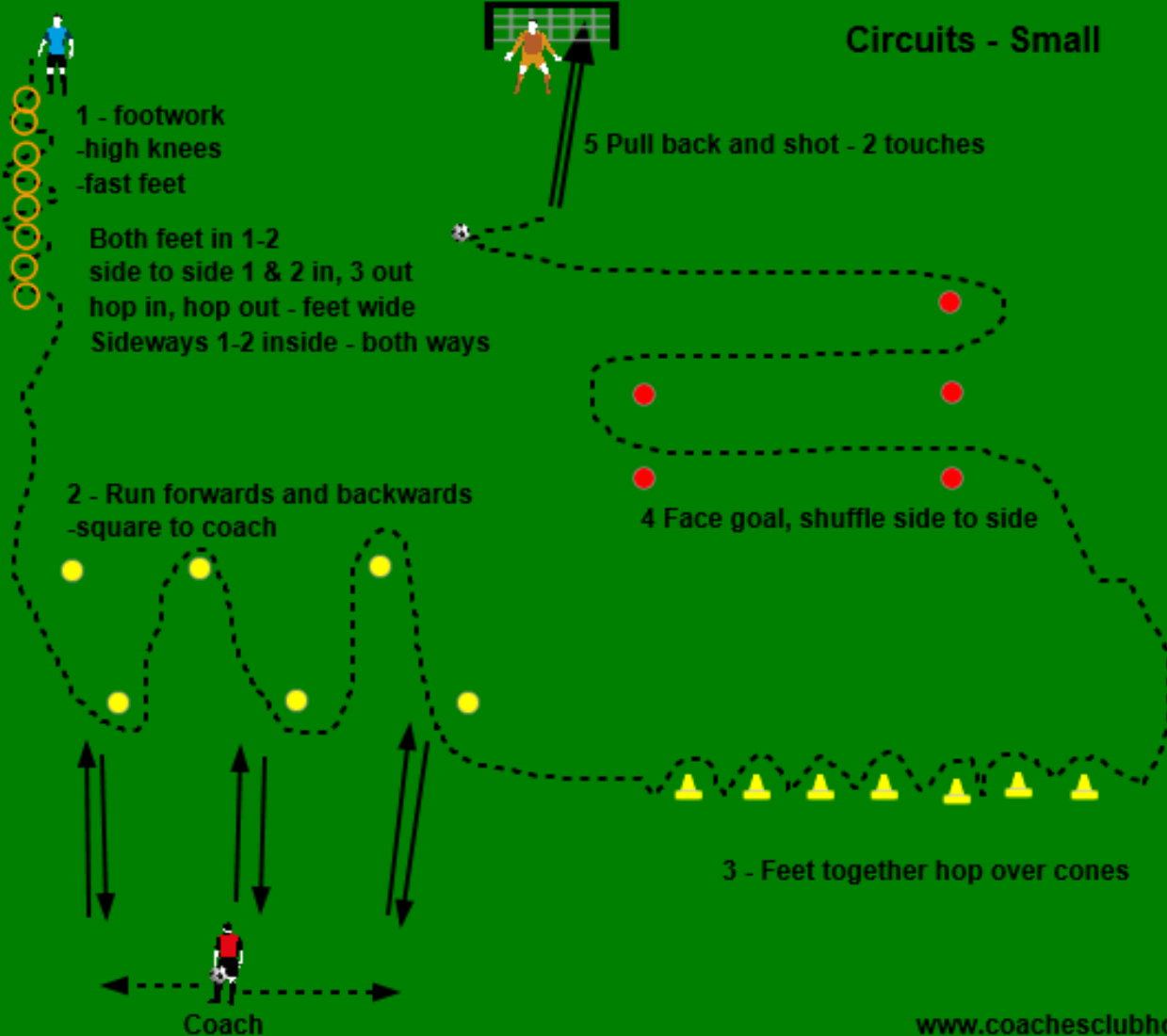
### **Coaching Points**

Head up to know where you are going  
Use all parts of your foot  
Keep ball close  
Pressure players fast, and kick balls out far

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# Circuits - Small



## Castles



Each round is 2 minutes (or modify)  
Players start in corner box (castle)  
Players race to get balls into their castle  
Once balls are out of the middle,  
Players continue to "steal" balls and  
bring them back to their castle  
The team with the most balls wins



## Coaching Points

Move fast  
Use pull backs and turns  
Head up, don't run into others



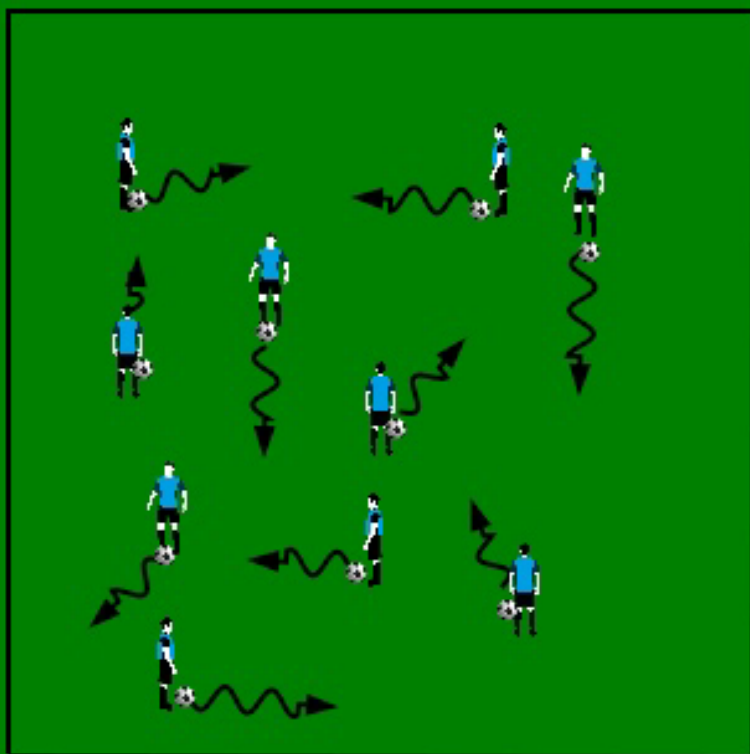
## Body Part Dribble

Each player has a ball and dribbles in area  
Use each part of your foot  
Coach calls out a body part  
Players stop ball with that body part  
Elbow, Knee, hand, foot, head, butt...

### Coaching Points

Number the body parts  
Call out numbers  
Head up  
Keep ball close  
Keep the players moving

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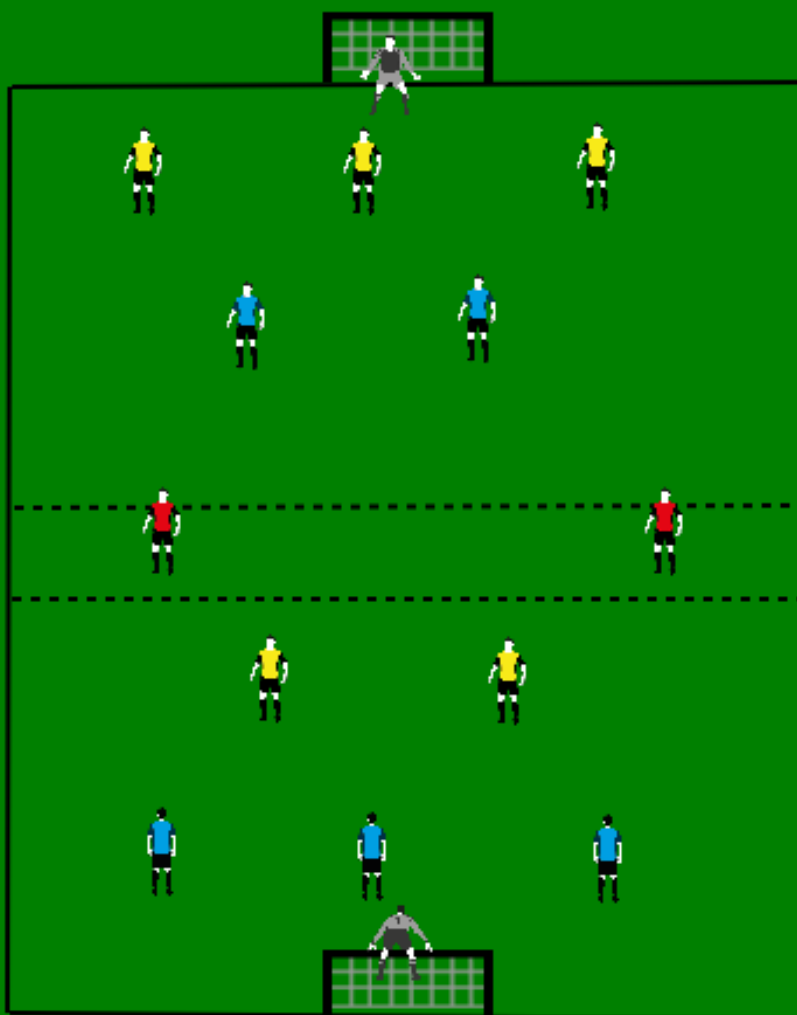


# 6v4/4v6 Offense vs Defense



4 Offense  
4 Defense  
2 Neutral midfielders  
Offense plays to goal  
Defense plays to wide goals  
Midfielders are all time offense





## 5v5+2 Overlap With Keepers

2v3 on each end with keepers  
 2 neutral players in middle (6&8)  
 When defense wins ball,  
 play fast to 6 or 8 for transition.  
 defender that plays ball to 6 or 8  
 overlaps for 3v3 to goal.  
 When the ball goes the other way,  
 previous overlapping defender  
 gets back quick to defend,  
 as other team defender overlaps  
 for 3v3 to goal

## Coaching Points

Wings stay wide to spread out defense.  
 Wings decide to run inside or outside  
 of defender depending on position  
 of defender.  
 Go inside to goal, or outside to corner.  
 Call and show for ball

## 4v4 Build up



3 teams of equal players

Team A vs team B

Team C waits behind endline

When team A scores or loses ball,

Team B plays to other goal

Team C comes on field and defends.

Team A get behind endline and waits for transition.

## Coaching points

Mix up formations - Diamond vs Square.

Use this to work on on the topic of the day.

Find space with and without the ball.

Look for back door runs from wings.

Identify passing lane behind/between defenders.

Runners call for ball and communicate desired location of pass.



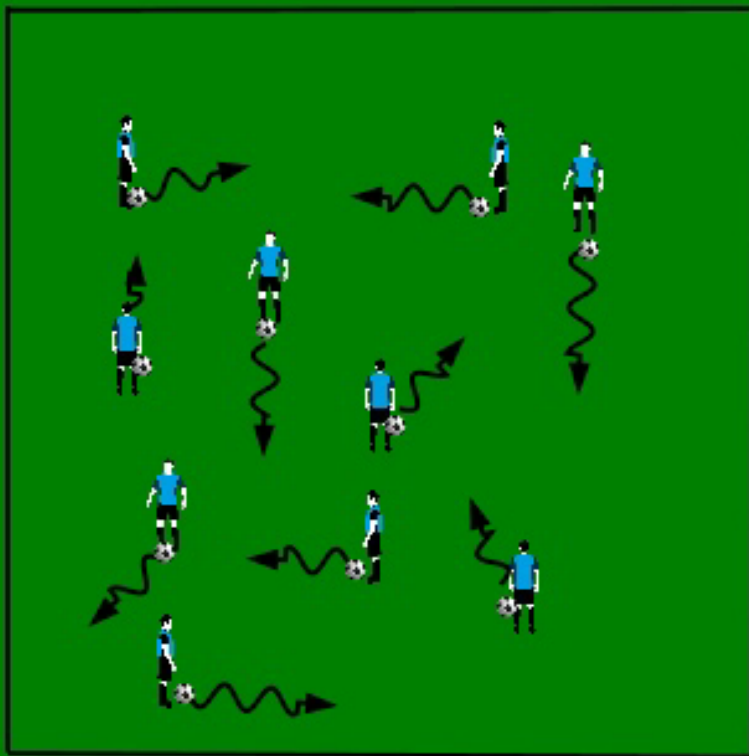
## 4 Surfaces

Each player has a ball and dribbles in area  
Use each part of your foot  
Inside, outside, laces, and bottom  
Teach laces push and pull back to turn,  
Teach inside, outside  
Add a couple cones  
Use outside of foot to turn around cones

## Coaching Points

Head up  
Keep ball close  
Keep the players moving

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### **4 Corners**

2 teams play to pass ball to teammate in corner box.  
Player in box receives and dribbles out.  
Passer takes place in box.  
Get ball from one corner to the other for point.

### **Coaching Points**

Find space with and without ball.  
Take on 1v1 opportunities.  
Use give and goes and overlaps.  
Switch play with long passes.  
Communicate.

### **Progress to**

All players in field, receive pass in your box for point.



#### 4 Corner tag

Players dribble ball through area to corner boxes.

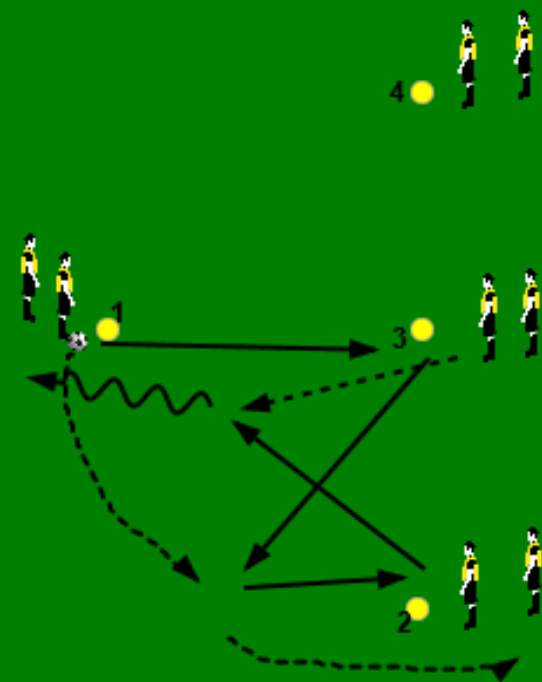
Corners are safe zones.

2 defenders try to tag players

If tagged, you are frozen.  
Teammates can tag you free.

Double points for going through middle.

## 4 Cone Triangle Warm Up



- Player 1 passes to player 3 and curves run to 2
- Player 3 passes to player 1 and moves to middle
- Player 1 lays off pass to player 2
- Player 2 passes to player 3
- Player 3 dribbles to start line
- Player 2 rotates to 3
- Player 1 stays at 2
- Next play is to other side

### Coaching Points

- Call and show for ball
- Control pace of pass
- 1 touch if possible, 2 touches if needed



## 3v3v3/4v4v4 Possession

(6v3/8v4)

3 teams of 3 or 4

2 teams possess, 1 team defends

The team that loses ball plays defense

### Coaching Points

Defense compacts in middle

Play pressure/cover

Curve run to dictate next pass

Other defenders anticipate pass

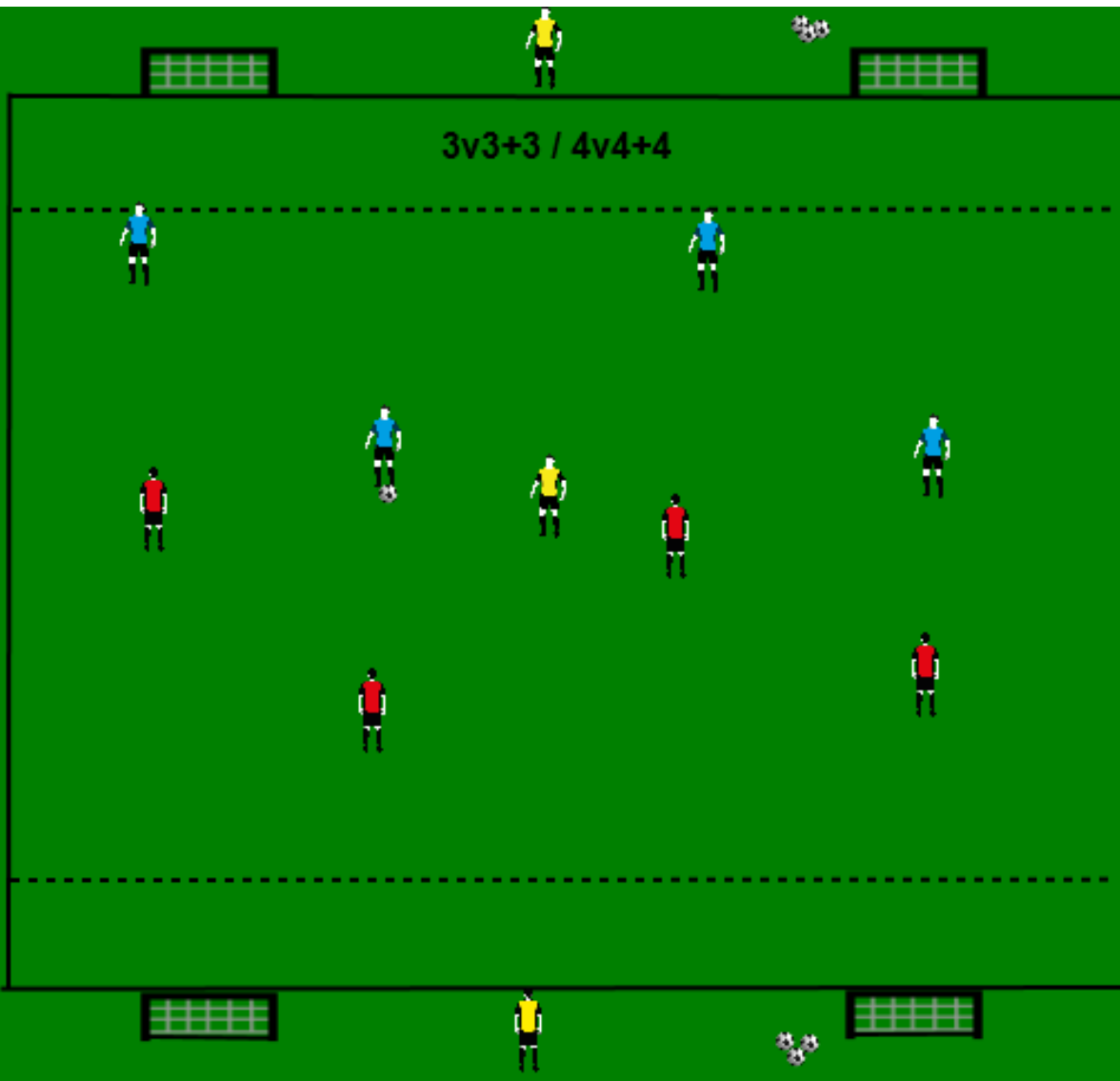
Offense spreads out quickly

Find space and passing lanes

Call and show for ball

Make good passes touches

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### 3v2+1

12/15 yards long, and 10 yards wide, with 4yd goals  
3v3, but 1 player has to drop into goal  
Get the ball behind the defense  
Attacking team must attack with all 3 players  
Attacking team's keeper must touch ball before shot

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### 3 Player Triangle Warm Up

Triangle 6 to 10 yards apart

2 players warm up 3rd player

Start with servers 2 yards away from worker

Hand toss to player for volley back with:

- Inside of foot back to server
- Inside of foot to other server - cut pass volley
- Laces volley back to server
- Laces volley to other server - cut pass volley

Servers go to full size triangle, ball on ground

-1 touch, 2 touch - return to server

(server passes to other server)

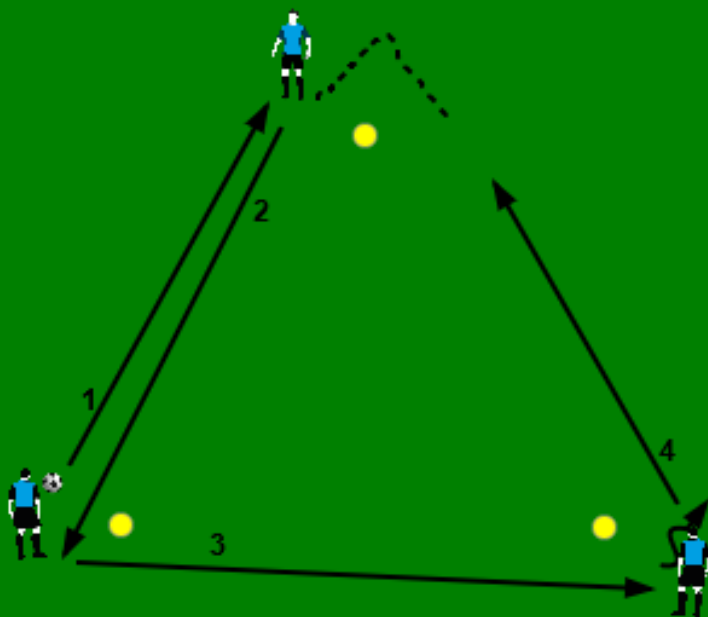
-1 touch, 2 touch - around cone, pass to other server

-Cruyff - receive with front foot

- pull behind and pass back

-Cut pass - 1 touch, 2 touch, 3 touch

- Servers pass back and forth if possible  
to give receiver time to check out and in



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### Coaching Points

Deliver good passes on the ground

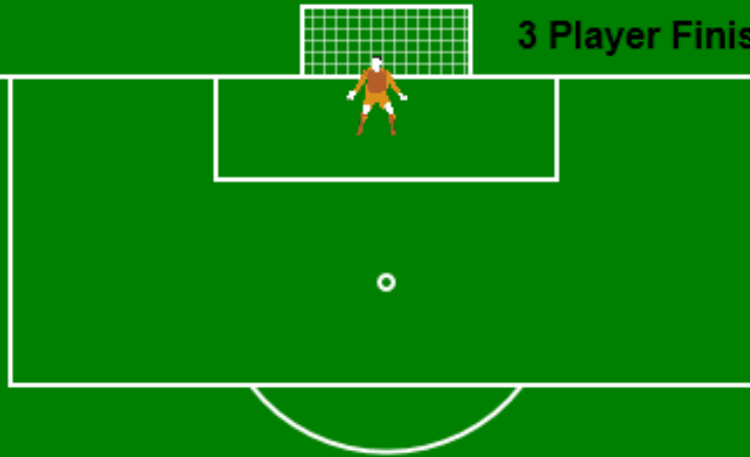
Move feet, don't reach for the ball

Check back and to other side, even with cone

Watch the server and time your run

Don't be too early or late

## 3 Player Finishing - Overlaps



### Coaching points

Don't watch shot, get to next position fast.  
Call for ball and show desired location of pass.  
When 1 goes wide, don't be offside.  
Give good cross in air for last shot.  
Look up and pick spot before shot.

2 Drives and takes shot at the 18 yard line.  
2 then goes to 1's side of 18 yard line.  
1 plays ball to feet of 2.  
1 makes overlap run to middle.  
2 lead passes 1 for shot.  
1 runs wide to 3's side of field.  
2 runs back to middle of 18 yard line.  
3 passes to 2.  
3 makes overlap run to far post.  
2 passes wide to 1.  
1 crosses to 3 for shot.  
Rotate to next line

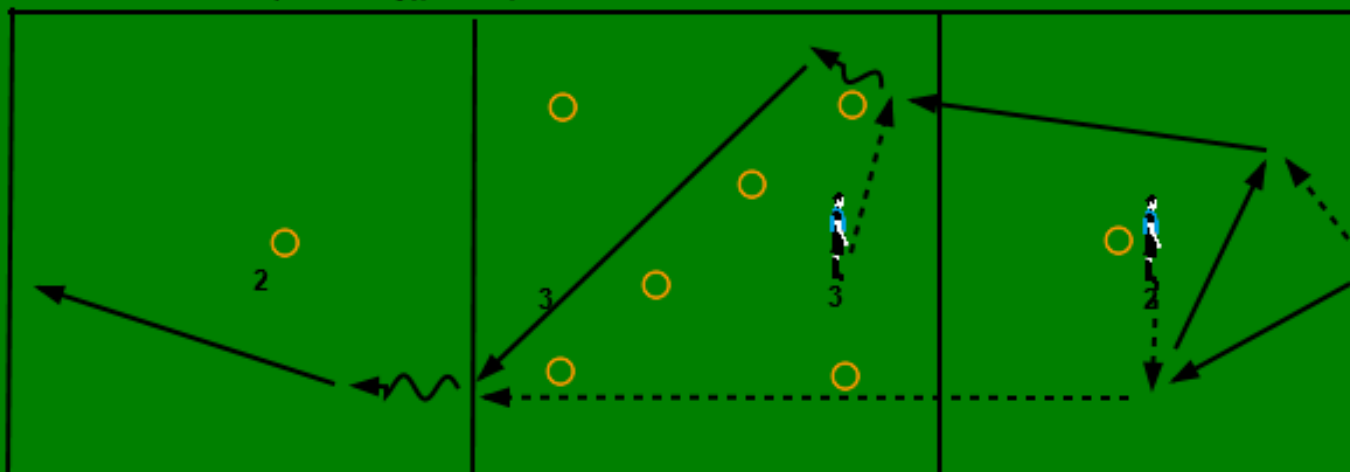


### 3 Box Give and Go Progression

- 3 boxes equal size.
- 5 cones (defenders) in middle box.
- 1 cone in center of each end box.
- Player 2 checks out to either side.
- Player 3 checks to opposite side and fronts a cone.
- Player 1 plays to player 2 and steps in.
- Player 2 passes ball back to feet of player 1.
- Player 2 then makes run down sideline.
- Player 1 passes to feet of player 3
- Player 3 turns outside and lead passes to player 2.
- Player 2 receives and passes to feet of next player 1.
- Switch sides, go both directions.
- Rotation: 1 to 3 (other way), 3 to 2, 2 to end of line.

### Coaching Points:

- Be in position to shield ball from defender.
- Find passing lane through cones.
- Runner stay outside of cones.
- Communicate where you want ball.



## 3 Box Game

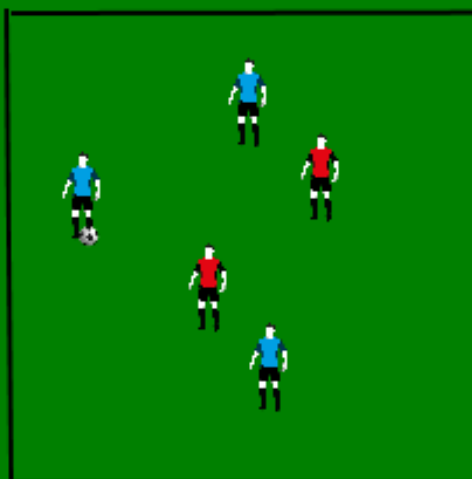
- 3 teams of 4.
- 8 v 4 possession with direction.
- 2 teams work together to move ball from one end to the other.
- Teams shift boxes when ball gets to lone player in box 3.
- Box 3 becomes box 1.
- Play for 5 minutes and switch defensive teams.

## Coaching Points

- Use triangles for combination passes.
- Find space and passing lanes.
- Communicate.
- Don't force passes.
- Make 3 passes per box, or play fast.
- Anticipate direction of next pass.
- Open hips and receive with back foot to move ball in desired direction.

Defense to work on Pressure/Cover

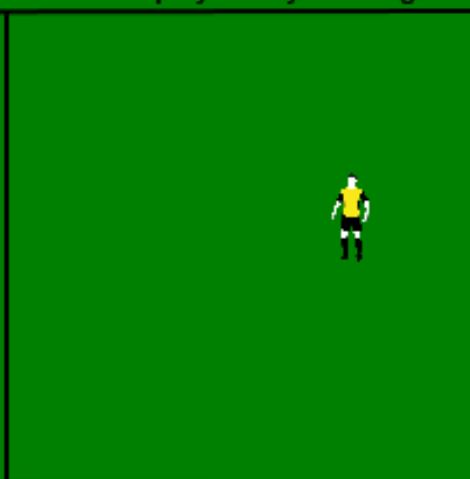
Box 1 - 3v2



Box 2 - 4v2



Box 3 - 1 player stays as target

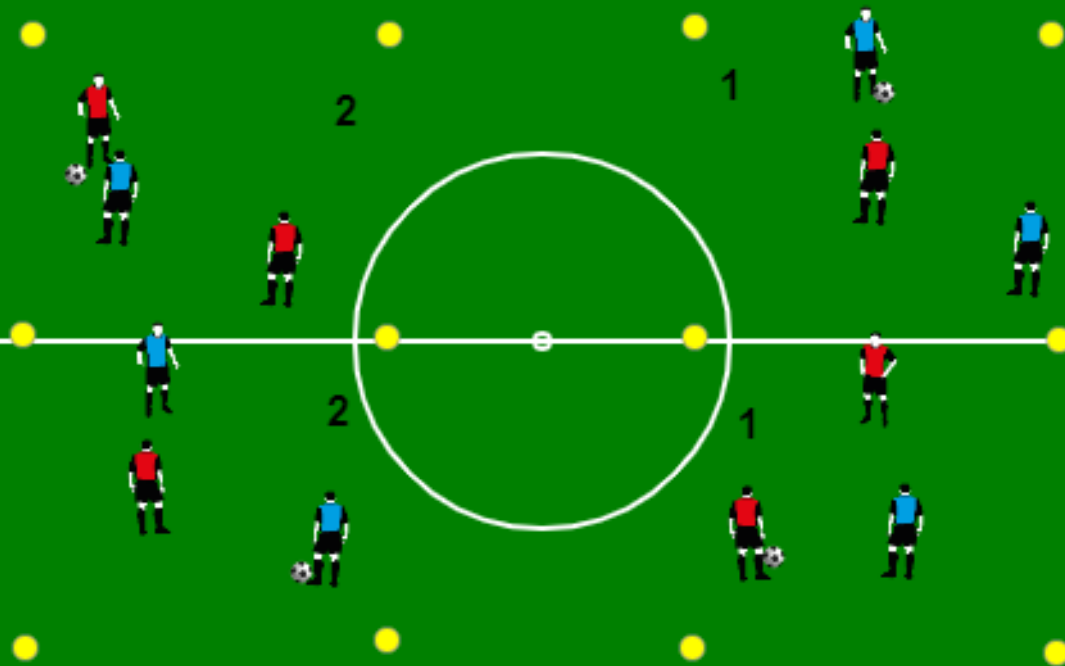


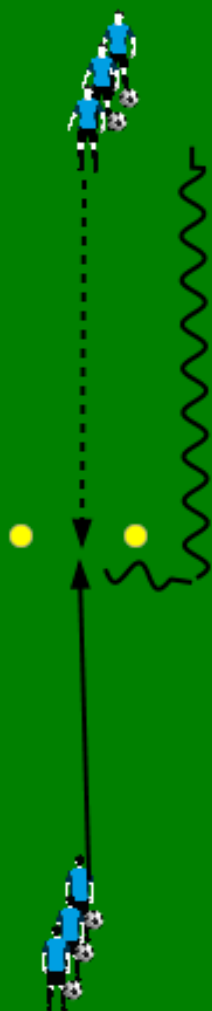
## 2v1 to 3v3 Fast Break

### Coaching Points

Get wide fast to create gaps  
Communicate runs and passes  
Make moves before defense gets organized

Start with 2v1 in 4 squares - 2 on each end numbered 1 & 2  
Possess for about 1 minute  
Coach call out number 1 or 2  
That starts a 3v3 to each goal with ball from that square  
Coach calls out 3  
That starts 6v6 to designated end  
All 4 balls in play  
Create shot within 7 seconds





## Turning

Player 1 runs to space between cones.  
Player 2 passes to player 1  
Player 1 receives, turns around a cone  
and dribbles back to end of line.  
Player 2 then runs to space between cones.  
Pattern continues.

## Progress to add pressure.

Player 1 starts between the cones.  
Player 1 runs to tag player 3.  
Player 3 follows player 1 to space between cones.  
Player 2 passes to player 1.  
Player 1 receives and turns under pressure  
and dribbles to back to end of line.  
Player 3 runs to tag player 2.  
Player 1 passes ball to player 3  
Player 3 turns under pressure  
and dribbles ball to end of line.  
Pattern continues.

## Coaching Points

Time run and pass to meet at cones.  
Wide feet for balance against pressure on back.  
Fake one way to get defender to lean, and go other way.



## Triangles

### 1-2-3

Player 1 passes to player 2, then runs to that position.

Player 2 receives ball and passes to player 3, then runs to that position.

Player 3 receives ball and passes to player 1, then runs to the end of the line.

#### Coaching notes:

Go to the right, then to the left. 2 times each.

Check out to space and call for ball to receive.

Open hips and receive with back foot in direction of next pass.

The cones are defenders, keep ball away.

#### Progression:

Receive with back to defender and shield ball.

Move on to Triangles 1-2-1-2-3 Give and go with throughball.



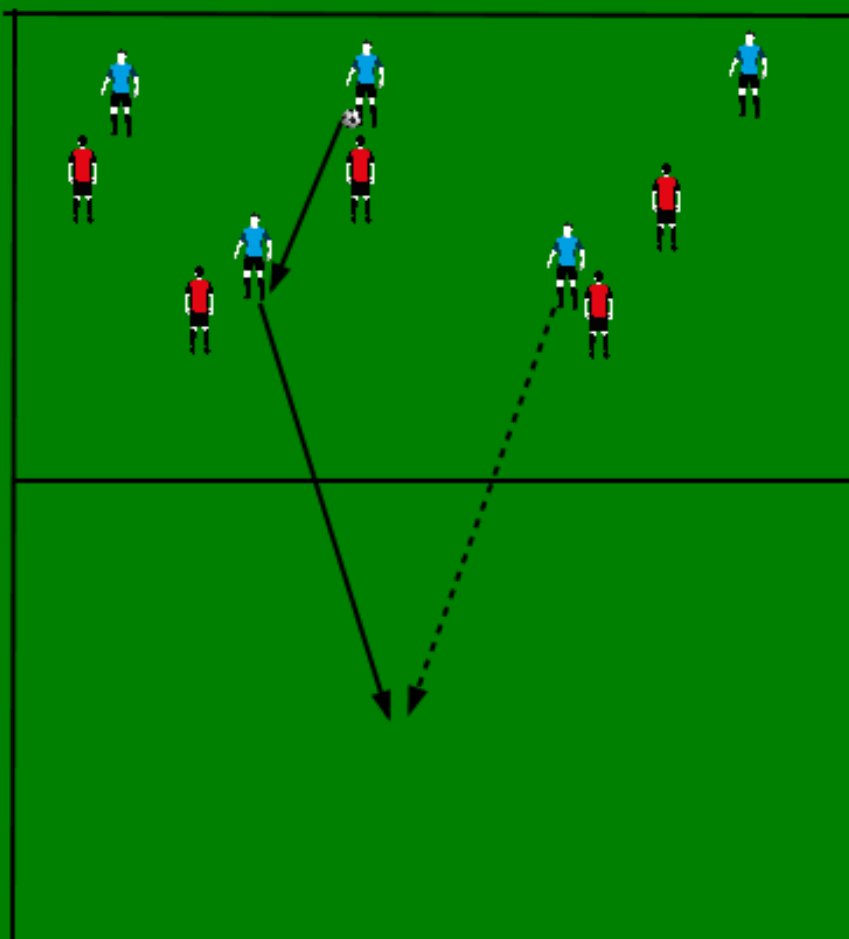


## Trap and Control Triangle

Dribble in either direction to corner cone.  
Use a footskill move of your choice and turn.  
Dribble past center cones.  
Pull back, use "L Turn".  
Pass to next player.  
Continue pattern.

## Coaching Points

Dribble with top outside of foot to keep close.  
Visualize move before making it.  
Sell your move with a good fake.  
Look up and find target before passing.  
Next player calls for ball and dictates location of pass..



## Throughball Release

2 defenders pressure/cover.  
Other defenders stay in middle zone.

After 2 to 3 passes, player off ball looks for opportunity to make run and call for throughball.

Player with ball finds passing lane to give throughball.

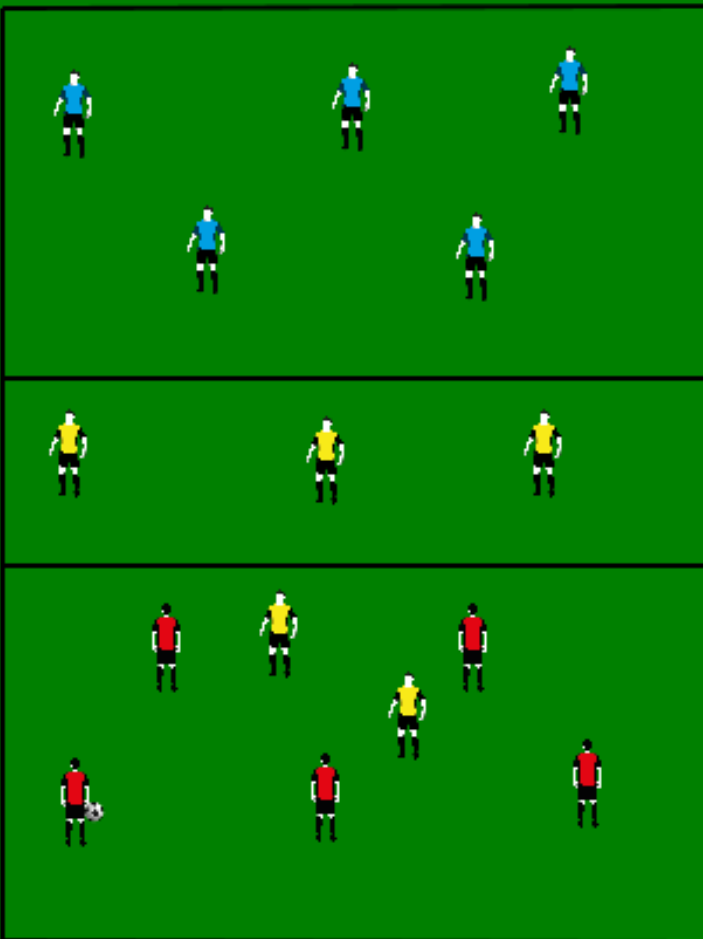
Offence switch to other side.

If Defense wins ball, pass to open teammate and go to other side to play offence.

Team that lost ball is now on defense.

### Coaching Notes:

Find space and be available.  
Communicate.  
Locate and use passing lane.  
Fast transition.



## Switching Play

3 teams, 1 in each area.  
Middle team is on defense.  
Possess and pass ball at least 4 times.  
Then look to switch ball to other end.  
2 defenders add pressure.  
Players in middle try to close passing lanes.  
If offence loses possession,  
play ball to other side and keep playing.  
Defense team changes after 5 minutes.

## Coaching Points:

Defenders play pressure/cover.  
If you have 3 Keepers, assign 1 to each team.  
Keepers in middle area can use hands  
to knock down crosses.  
Keep crosses low.  
Identify and use passing lanes.  
Don't force cross, make extra pass if needed.  
Find space, communicate, use good technique.

## Strikers Option



Striker (9) moves to corner of box and calls for ball.

Wing (7) passes to feet of 9.

10 crashes front post not allowing keeper to get ball.

11 crashes far post.

Option #1, 9 turns and dribbles outside to cross or drop to 7.

7 runs in direction of front post, but stops inside box for drop pass.

Option #2, 9 turns inside for back door pass to 11, or lead pass to 7.

7 runs outside in direction of end line for lead pass and cross.

9 fakes run inside to lose defender, and stays high in box for drop pass.

### Coaching Points

9 makes good fake and turn.

7 reacts and moves opposite of 9.

11 makes curved run to confuse defender.

Call for ball and show desired location of pass.

## Advancing Warm Up

3 players run to goal while passing  
Ball starts on the wing - player 1  
1 passes to 2  
2 passes back to 1  
1 passes to 3  
3 passes to 2  
2 passes back to 3  
3 passes to 1  
Rotate to next line  
Pattern - 1-2-1-3-2-3

### Coaching points

This is a warm up, not a fast break.  
Don't lead too far.

Look up and find target before passing.

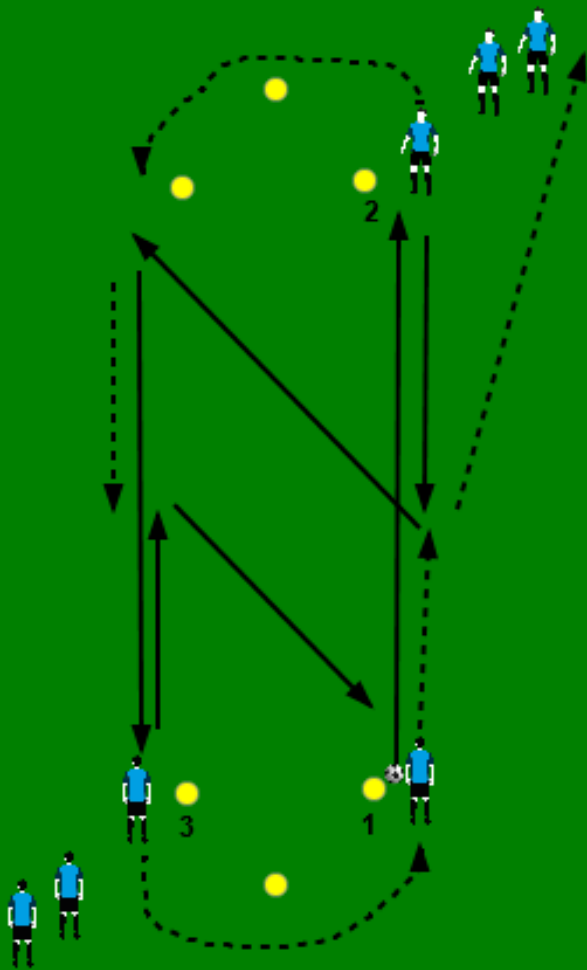
Receiver- make yourself a target - call for ball

End with a shot to warm up keeper.

Get ball in air to switch sides.

Directional first touch to keep ball moving forward



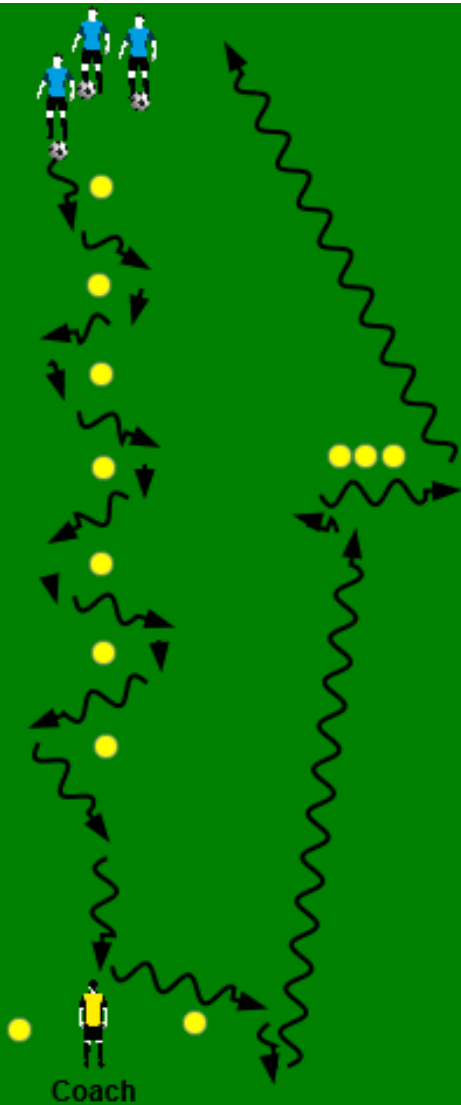


## Short Short Long Warm Up

1 makes long pass to 2 and follows.  
 2 drop passes to 1 and rolls around cones.  
 1 gives lead pass near cone to 2 and goes to end of line  
 2 makes long pass to 3 and follows.  
 3 drop passes to 2 and rolls around cones.  
 2 gives lead pass near cone to 3 and goes to end of line.  
 Pattern continues.

## Coaching Points

Good passing to feet.  
 Soft receive with back foot .  
 Time run and pass.  
 Direct pass to receive near cone so there is room.  
 Runner calls for ball and shows where to direct pass.  
 Start with 2 touches, progress to 1 touch.



## Slalom

Players dribble through cones.  
 Then dribble fast to the coach.  
 Dribble through coaches cones.  
 Pullback, turn, and attack line of cones.  
 Perform footskill without slowing and go to line.

## Progress to

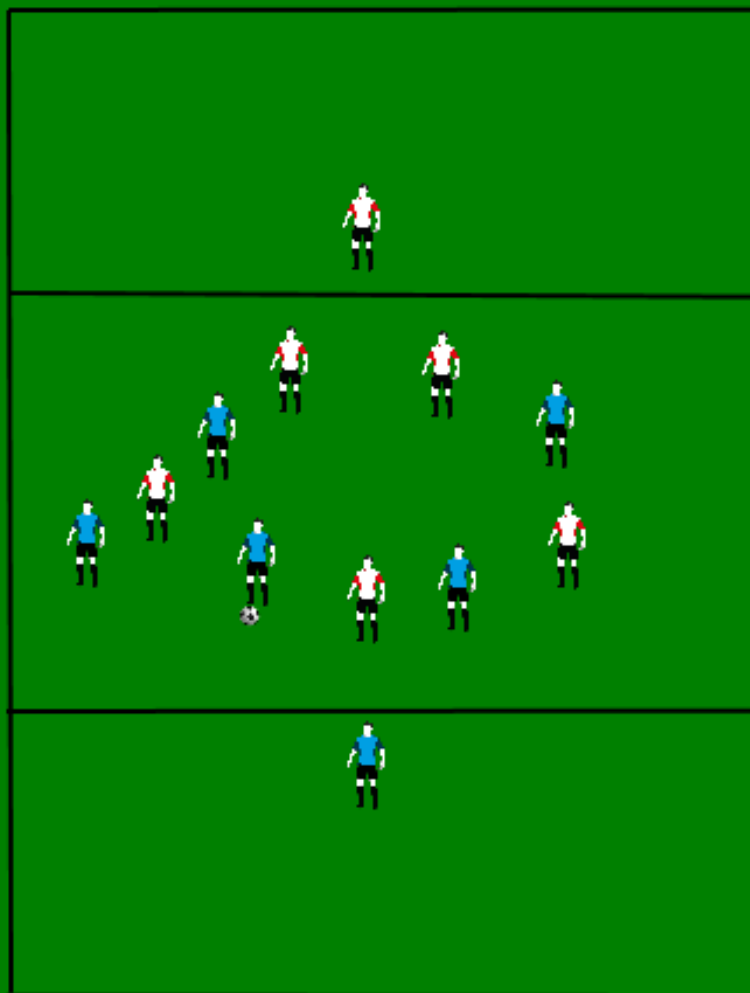
Coach calls move and points in a direction.  
 Player must perform required move in pointed direction.  
 Set up 2 to 3 lines for races.

## Suggested Moves

Side step  
 Scissors  
 Step over (Rivelino)  
 Roll over - step over  
 Roulette

## Slalom Dribble Moves

Favorite foot  
 Non favorite foot  
 Inside through/outside up  
 Outside through/inside up  
 Rollovers  
 L Turn  
 Inside/inside - fast



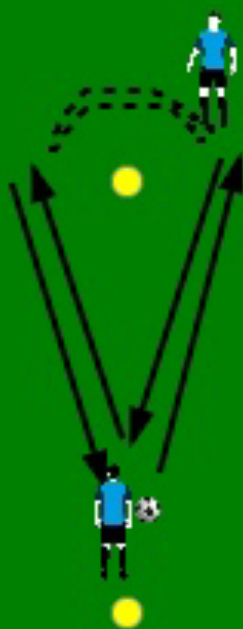
## Release to Final Third

2 Teams - use neutral player if needed.  
1 defensive player in final third.  
Offence can use 2/3 of field to possess.  
Look for opportunity to make run.  
Communicate run with ball carrier.  
Pass ball through passing lane.  
Runner goes to ball and retrieves for point.  
If other team wins ball.  
play must go to middle before final pass.  
Runner can't cross into final third  
before pass is made

## Coaching Points

Use width to open up middle.  
Get defender between you and the ball.  
Communicate verbally or visually.  
Make run when defender looks to find ball.  
Switch sides and find space.  
Patience, do not force bad pass.





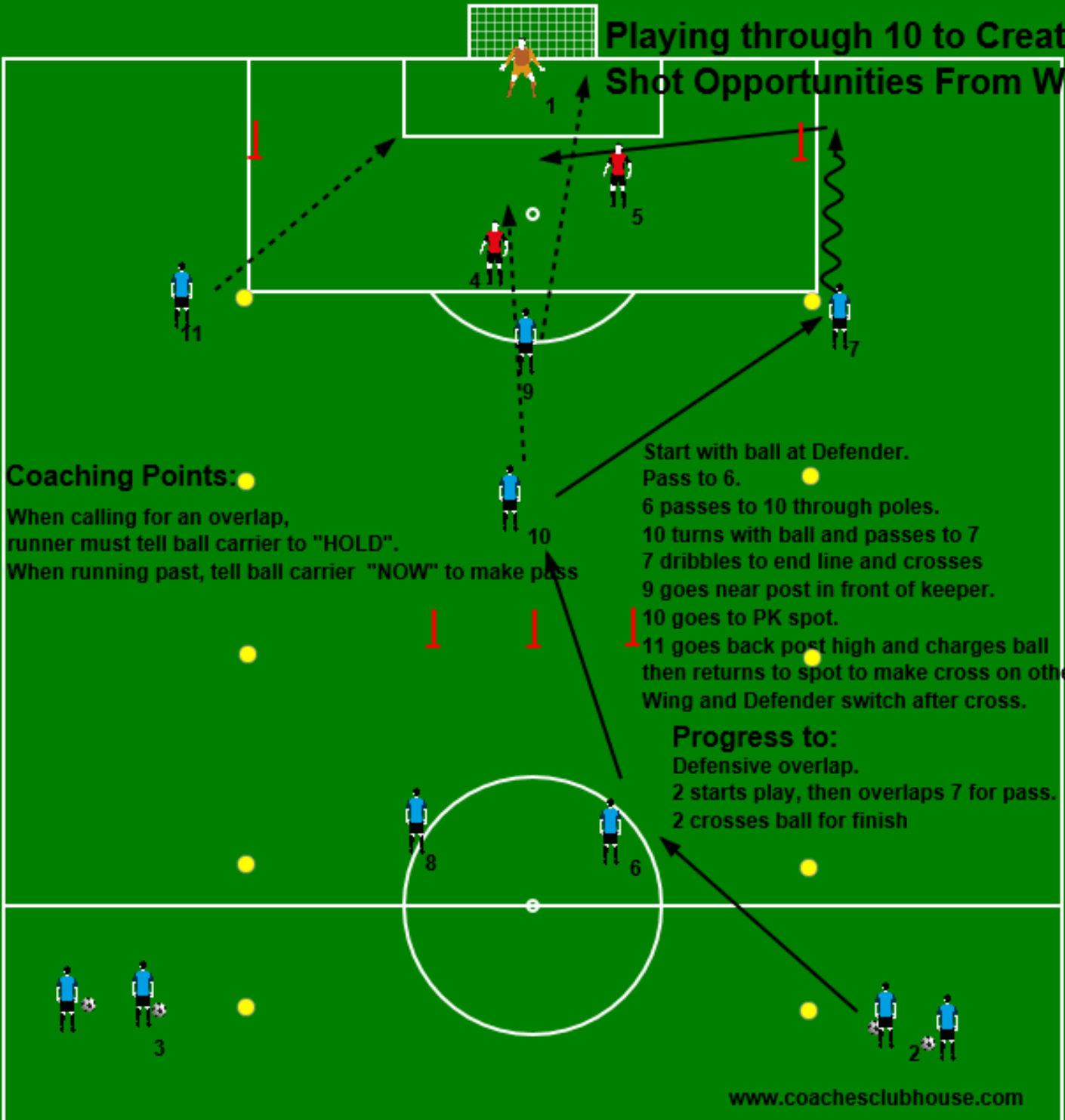
## Quick Pass to Both Feet

Player 1 Stands still in front of cone  
Player 2 moves side to side around cone  
Player 1 passes to outside foot of player 2  
Player 2 receives and passes back to player 1  
Player 1 then passes to other side of cone  
Play to 10 passes on each foot and switch  
4 repetitions for each player

### Coaching points:

Make curved run around cone  
Move sideways, back, and forward  
Keep feet moving, on toes  
Try for one touch  
Must make good passes  
Move feet, don't reach

# Playing through 10 to Create Shot Opportunities From Wide



## Coaching Points:

When calling for an overlap, runner must tell ball carrier to "HOLD".

When running past, tell ball carrier "NOW" to make pass

Start with ball at Defender.

Pass to 6.

6 passes to 10 through poles.

10 turns with ball and passes to 7

7 dribbles to end line and crosses

9 goes near post in front of keeper.

10 goes to PK spot.

11 goes back post high and charges ball then returns to spot to make cross on other side

Wing and Defender switch after cross.

## Progress to:

Defensive overlap.

2 starts play, then overlaps 7 for pass.

2 crosses ball for finish

## Passing in 3's or more

Assign number 1-3 to players.

Pass in sequence.

1 passes to 2.

2 passes to 3.

3 passes to 1.

Move around and find space.

Know where the ball is coming from.

Know where you are passing to.

Be aware of other players.

Locate and use passing lanes.

## Coaching Points:

Move around and find space.

Communicate to direct pass.

Know where the ball is coming from.

Know where your target is before receiving ball.

Be aware of other players in your way.

Locate and use passing lanes.

Use multiple teams to close passing lanes.



## Passing Triangles

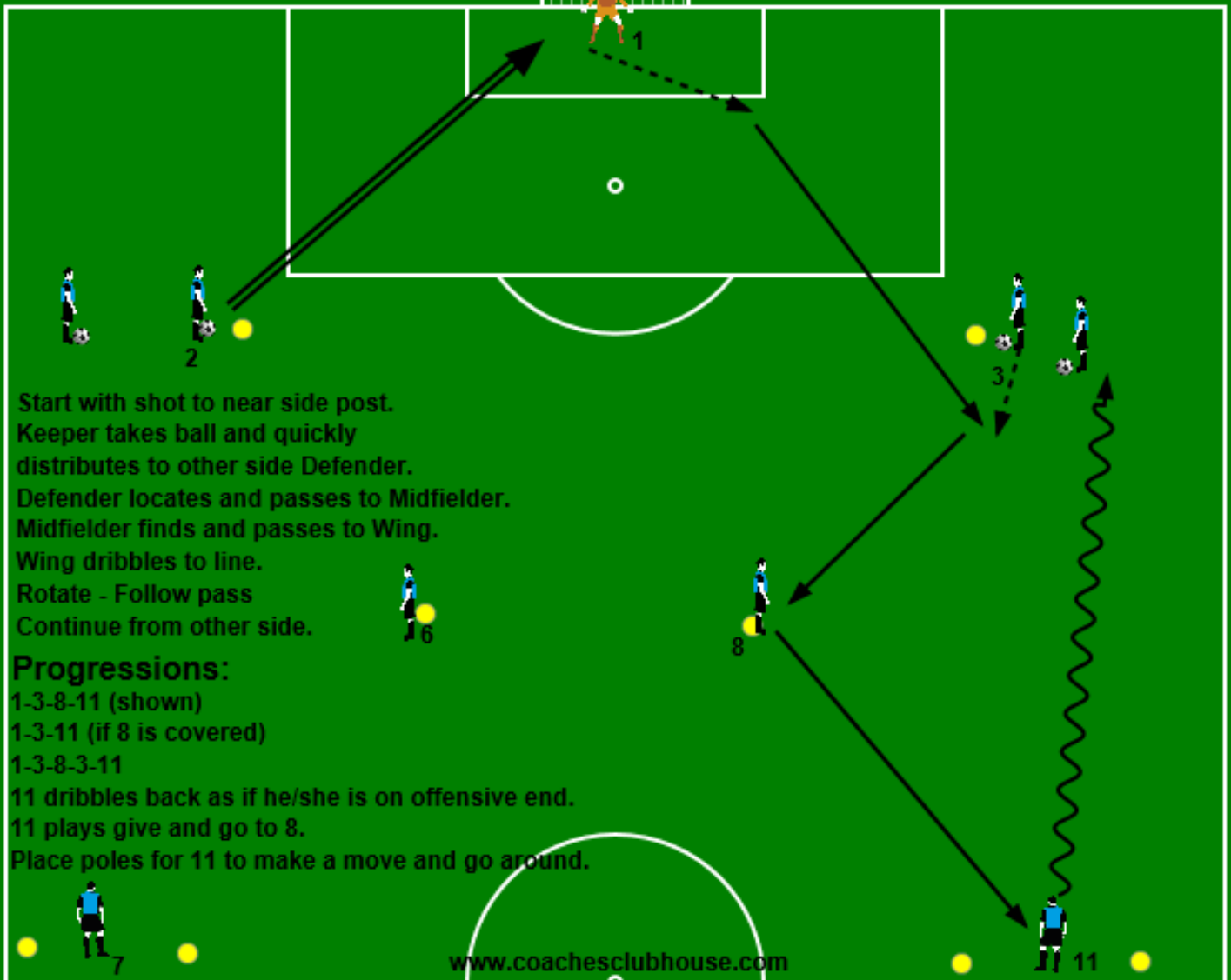
Player 1 passes to player 2 and follows pass.  
Player 3 makes run around cones.  
Player 2 lays off pass to player 3.  
Player 3 dribbles to middle and passes to other side..  
Repeat.

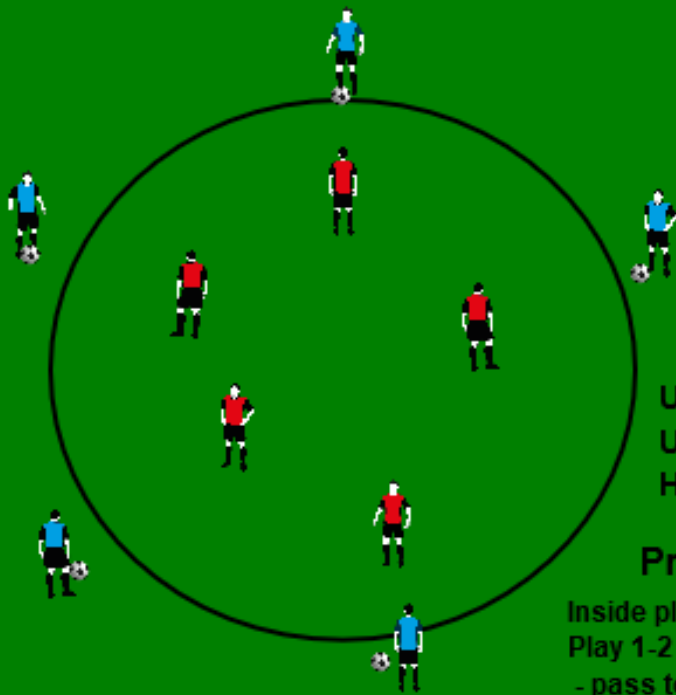
## Coaching Points

Player 3 communicates direction of run.  
Keep ball close when dribbling.  
Good crisp passes, good first touch.



## Playing out of the back 1





## Passing Circle

Half of the team in a circle/square, the rest inside  
Outside players with ball, hand toss to:  
Both feet - Laces. Both feet - inside foot.  
Jumping headers.  
Running headers (keep feet moving and don't jump)  
Sideways jumping header (both sides)  
Foot pass to each foot

U6 - U8 do the dribbling and passing,  
U10 - U12 do all dribbling, passing, and combinations  
Heading should not be done until U13 and up

### Progress to:

Inside players with balls:  
Play 1-2 with open player (give and go)  
- pass to outside player  
- move to either side and show/call for ball  
- dribble through middle and find open player outside  
Play 1-2-3 switch with outside player  
- same as 1-2, but outside player makes run inside and calls for ball

### Coaching points:

Jump high with both feet and drive ball with your head  
Use chest to foot to return low pass  
Move fast and change fast  
30 seconds of hard play, 5 seconds to switch  
Head up and locate target  
Keep ball close and protect through middle  
Use foot skills  
Don't wait for an outside player to get open, find another player already open

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## Pass and Go To Space

Pass ball to partner.  
Check back and to either side.  
Check to ball to receive and repeat.



## Coaching Points

Stay on toes and keep feet moving.  
Pass ball and move back. keep eye on partner.  
Call for ball to one side and move that way.  
When ball is passed to you, move to the ball.  
Try for 1 and 2 touches.

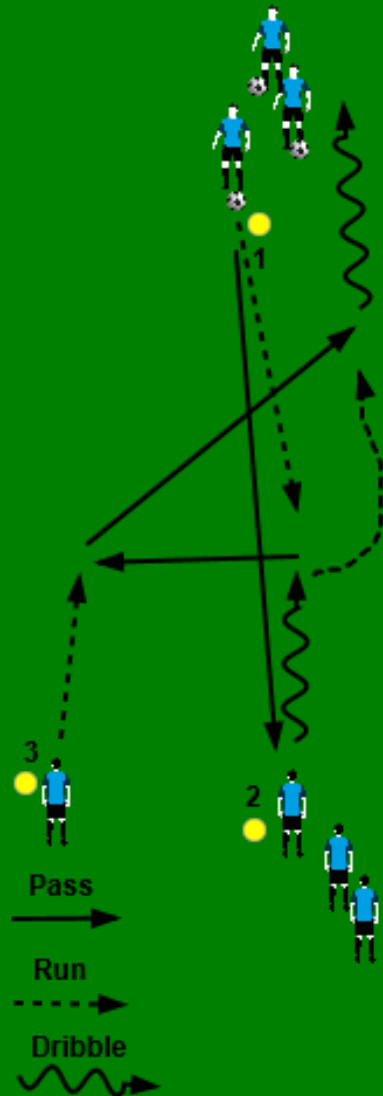
## Partner Ball Tag

2 Players are "it" and work together  
Tag a player and they are out  
You must have the ball in your hands to tag  
Pass and move to separate a player  
Close in and make the tag

## Coaching Points

Communicate with hands and words  
Make the catch before you try to tag  
Keep balance to change direction quickly  
Open players move fast and find space  
Use footwork to fake and move





## Give and Go

- Player 1 passes to player 2.
- Player 1 closes distance to add pressure.
- Player 2 dribbles toward other end.
- Player 3 stays even with player 2.
- Player 2 dribbles until defender commits.
- Player 2 passes to feet of player 3, using outside of closest foot.
- Player 2 then runs around the other side of defender.
- Player 3 lead passes player 2.
- Player 2 dribbles to 1
- Player 1 goes to 3.
- Player 3 goes to 2.

## Coaching Points

- Player 3 communicates play.
- Runner calls for pass in front.
- Time run and pass.
- Defender must commit to ball carrier.

## Give and Go to the Corner

7 passes to feet of 9.

9 passes to corner.

7 collects ball and crosses.

9 delays run to confuse defender.

10 runs to the goal line and takes position in front of keeper to prevent keeper from directly receiving ball.

11 stays wide until even with penalty box. Then runs to post.

Keep crosses outside the goalie box, aim for penalty marker



## Lose Defender and Link Up

Players on outside each have a ball.  
1v1 on inside.  
Offensive player in middle moves to get open.  
Receive pass from outside  
Make 1 or 2 touch pass back.  
Fake and go to another passer.  
Defender pressures and tries to deflect pass.  
2 minutes and switch

## Coaching Points

Lean into defender to keep balance while receiving.  
Know where defender is by keeping a touch.  
Call for ball to feet.  
Go to ball, don't wait on it to come to you.

## Progression

At least 1 player on outside without ball.  
Inside player receives and turns to pass to player without ball.  
Open player on outside calls for ball and moves on line to get open.



## Turning

Player 1 runs to space between cones.  
Player 2 passes to player 1  
Player 1 receives, turns around a cone  
and dribbles back to end of line.  
Player 2 then runs to space between cones.  
Pattern continues.

## Progress to add pressure.

Player 1 starts between the cones.  
Player 1 runs to tag player 3.  
Player 3 follows player 1 to space between cones.  
Player 2 passes to player 1.  
Player 1 receives and turns under pressure  
and dribbles to back to end of line.  
Player 3 runs to tag player 2.  
Player 1 passes ball to player 3  
Player 3 turns under pressure  
and dribbles ball to end of line.  
Pattern continues.

## Coaching Points

Time run and pass to meet at cones.  
Wide feet for balance against pressure on back.  
Fake one way to get defender to lean, and go other way.