



MIDLAND SOCCER CLUB

**MANUAL FOR
U10 RECREATIONAL COACHES**

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Introduction

First of all, we would like to thank you for volunteering to coach a soccer team. The Midland Soccer Club realize that not every volunteer who signs up to coach at the club has had any experience of playing soccer let a lone coach the game. In order to try and make your coaching experience a positive one we have put this coach's booklet together. This booklet will hopefully cover everything you will need as a coach from team formations to soccer drills that you can use in your practice sessions.

If you have any questions please do not hesitate to contact one of the Midland Soccer Club trainers by either phone (832 0895) or e-mail (drewemrich@midlandsoccerclub.org).

Midland Soccer Club Philosophy

The Midland Soccer Club philosophy is to make every kids soccer experience a positive one. The soccer club is here for the children and their development as soccer players. Every child must play 50% of every game and each player must experience every position on the field throughout the season. We also stress to coaches that they try to make everything fun based from training sessions to games.

At the soccer club we are not concerned with results and no score or record should be taken at this age group. If your team is dominating another please try to rotate your players in order to stop your team running up a score.

To follow the soccer clubs philosophy we recommend that before you hold a practice session, hold a team meeting and explain to parents your goals for the season as well as what the club is trying to achieve.

At the soccer club we believe training sessions at this age group should take place twice a week and last for one hour. This should be enough time to hold a training session, which will keep the concentration of the players while enabling you to focus on a specific skill. If you plan correctly the time allotted should allow for a warm up, at least two drills and a small-sided game (see coaches organization).

Goals as a Midland Soccer Club Coach

In order to create continuity throughout the soccer club and improve the standard of players in both the recreational and select program we have identify the areas of play which should be covered by a U10 coach. These are:

- Dribbling Technique.
- Moves: Matthews, Scissors, Double Scissors, Denilson, Overmars 1 and 2, Hoddle and Gazza.
- Turns: Inside and Outside Hook, Drag Back, Stop Turn, Cryuff and Step Over.
- Passing Technique.
- Receiving the Ball / Control Technique.
- Basic Heading and Volleying Technique.
- Shooting Technique.
- Basic Defending Technique.
- Basic Goalkeeping.

To help you teach these skills and techniques there are a number of drills and games included in this booklet. These drills will give you the skills and tools required to design training sessions that will teach your players the skills and techniques require to become a better soccer player.

At this age coaches should concentrate on developing a players individual technical ability rather than on team tactics and strategy. Players at this age should be able to pass and control a ball correctly, dribble the soccer ball using the correct technique and have a basic knowledge of moves, fakes and turns. Remember 'practice makes permanent' but 'perfect practice makes

perfect'. Try to teach the correct techniques that are outlined in this booklet and if you require any help the trainers at the soccer club are always ready and willing.

Things to remember as a coach:

1. Training sessions should take place twice a week and last one hour.
2. Recreational soccer is supposed to be fun yet should improve a players soccer ability.
3. Each child plays 50% of the game.
4. Players should experience playing in every position.
5. Coaches should stress to parents the importance of abiding by the guidelines set by the Midland Soccer Club.

Guidelines for Parents

1. **Support your child:** Remember to encourage your child and the whole team. Encourage your children to work hard in order to improve skills as well as emphasizing good sportsmanship. Implement a philosophy that hard work and enjoyment is more important than victory.
2. **Always be positive:** It is important to become not only just a role model but a positive role model. Always try to applaud good play from both teams.
3. **Remember children just want to have fun:** It is your child that is playing soccer and not you. Encourage your child to create their own goals and support them throughout. Try not to impose your own standards and goals, let them play the game for themselves. Did you know that 72% of children would rather play for a losing team than ride the bench for a winning team.
4. **Reinforce positive behavior:** Nobody likes to make mistakes and if your child does remember it is all part of learning. Always encourage your child's efforts and only point out the good things that your child has accomplished.
5. **Don't be a sideline coach or referee:** Coaches and referees are usually parents like you or children like your son or daughter. Coaches at the club are volunteers who takes time out of their busy schedules to help make your children's soccer experience a positive one. Most of the referees at the club are boys and girls that play or have played at the club, they need your support as much as your children do. Therefor we ask you to refrain from coaching or refereeing from the sidelines.

Problems and Possible Solutions

You will encounter many difficulties and problem when coaching a U10 team.

Below are just a few problems you may encounter and some possible solutions:

PROBLEM: Keeping players attention throughout a whole training session or game.

SOLUTION: To keep players interested you must challenge them constantly with new games and drills.

PROBLEM: Players bunch around the ball during games.

SOLUTION: To successfully keep players from bunching during games a coach can do two things. The first is to run through every player's positions during training sessions. The second is to explain each player's positions in detail before and during games. Explaining positions during games allows for players to see mistakes while you explain what should be done. Don't expect every player to grasp every position, be patient and try to explain things in a different way.

PROBLEM: Players get board during drills.

SOLUTION: If players do not react well to a drill try teaching the same technique but in a different format. Learning techniques at this age can become repetitive to players and drills should be changed constantly in order to keep their attention.

PROBLEM: Players do not play as a team.

SOLUTION: You will find that Players at this age are do want to play as a team but lack the skills to do so. This aspect comes from player's playing together and working on playing as a team during training sessions.

PROBLEM: Difference in ability level between players.

SOLUTION: You will find that some players are more advanced than others are both physically and mentally. Every player you coach will be different so don't expect all players to react and learn in the same way. Remember that as long as your players are enjoying their soccer experience, while learning the techniques you are trying to teach then you have done a great job.

PROBLEM: I cannot demonstrate the skills and techniques I want to teach.

SOLUTION: You have three options. The first is to attend the coaching clinics that the soccer club provides and learn the techniques and skills required. The second is to ask your players to attend the training sessions that the soccer club provided here they will learn the correct skills and techniques. The third is to walk your players through the technique and ask one of your more skilled players to demonstrate to the whole group. Although the third is an option I highly recommend attending all coaching clinics as well as requesting that all your players attend the training sessions held at the soccer club.

Coaches Organization and Evaluation:

Organization:

This is the most important aspect of any training session. As you move through this manual you will find a number of drills that concentrate on specific soccer techniques. These drills should be used to plan training sessions that teach your players the skills recommended by the soccer club.

Every training sessions and game should start with a warm up consisting of walking, jogging, sprinting and stretching (this element will become more important as your children get older). Warm up drills for both before a training session and a game is included in this booklet.

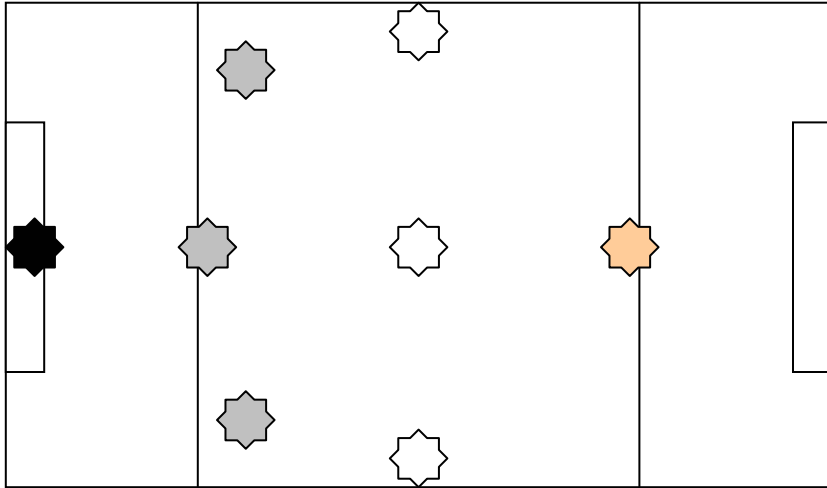
Once players are warm you should move into the main body of your session. Make sure this part of your session is the focus of the days training. Try not to deviate between different skills in one session, this will lead to confusion among your players. The focus of your training should change weekly and you should try to cover all the soccer techniques that the soccer club recommends. Always finish a session with a small-sided game. Don't forget to carry on the focus of your session during this game.

At the end of your training session you should sit your players down and debrief them on the session. You should ask players questions on what the session covered and the skills incorporated.

Evaluation: After each session ask yourself these questions:

- Was the session on the same level as your kids?
- Did players understand and learn from the session?
- Can you see any progression in your players?
- Did players learn the skills desired and implement them into the game?

Formation: 3 - 3 - 1: Conventional / Defensive



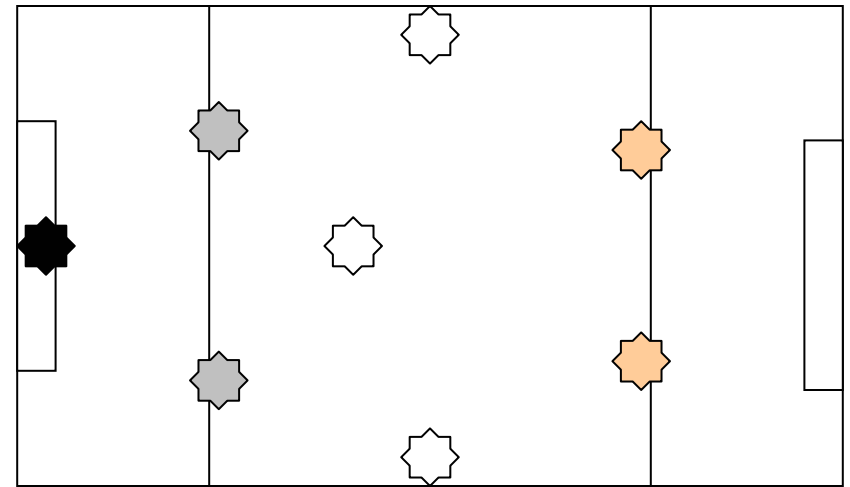
Positives

- Three defenders provide depth and will limit space in the defensive third for the opposition.
- Three players in the midfield will again limit space and options for the opposition. When in possession having two players move wide will provide width and more attacking options.
- One attacker will provide length and an outlet pass if in danger in the defensive third.

Negatives

- Having three defenders will limit attacking options.
- With most teams playing this formation having three defenders will be a waste of a player.
- Having one attacker will limit attacking options and will limit build up play with only one passing option when going forward.

Formation: 2 - 3 - 2: Attacking



Positives

- Two defenders will provide depth.
- Two defenders if defender correctly will delay attacks long enough for midfield players to recover into position.
- Two midfield players will provide width when going forward.
- The central midfielder will provide an outlet for passing when defending and going forward.
- Two forwards will provide length and more attacking options.
- Two forwards will act as a better outlet for a long pass when under pressure.
- Two attackers will allow defending from the front and put more pressure on defenders.

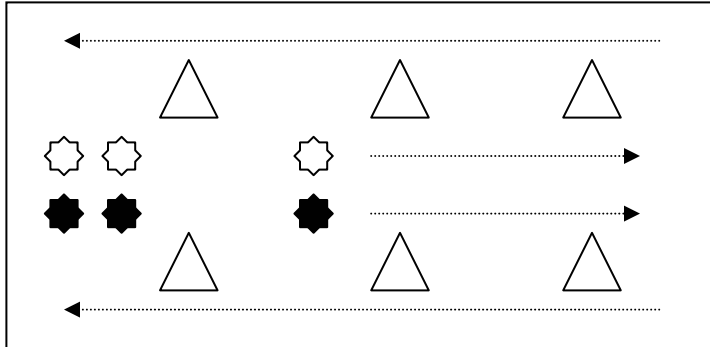
Negatives

- Two defenders will leave gaps in wide positions.
- Team will be susceptible to quick attacks due to only having two defenders.

Training Warm Up

Organization:

- Place two sets of three cones 10 yards apart.
- Place players into pairs.
- Place one partner on each cone.
- Once the first set of players hit the first cone the second set go; continue.
- After all players have completed the warm up run through a stretching routine that includes the hamstrings, quads, calves and groins.



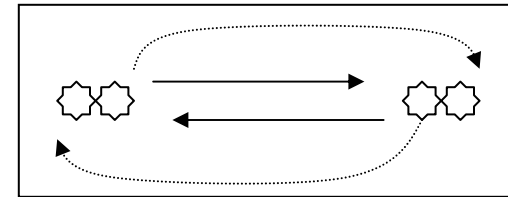
Warm Up:

- Twice jog and then walk back.
- Twice run half pace and walk back.
- Twice run three-quarter pace and walk back.
- Twice sprint and walk back.
- Once heels up and jog back.
- Once knees up and jog back.
- Once skip / arms and jog back.
- Twice jog their and back.
- Twice sprint and jog back.

Game Warm Up

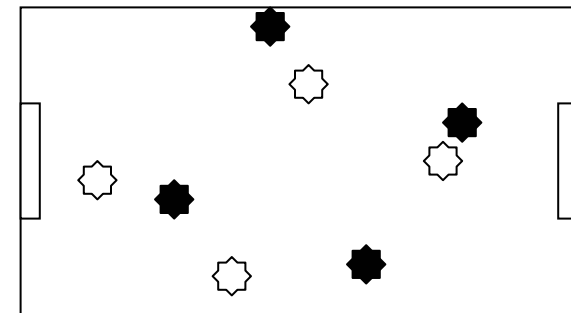
1. Run through training warm up and stretches.
2. Water Break.
3. Introduce ball: Passing and Moving:

Organization: Place players into groups of 4 (1 ball per group). Have player's pass back and forth as shown, players should follow their pass to the back of the opposite line. Continue.



4. Small Sided Game:

Organization: Use 20 x 20-yard areas with small goals and no goalkeeper. Split players up into teams of no more than four. Have players play 5-minute games then break for water.



5. Team Talk:

When talking to the whole team, make your comments brief as not to confuse players. Talk to players individually to explain your expectations.

Passing Technique

Technique:

- Look at the target.
- Approach the ball slight side on.
- Non kicking foot should be placed next to the ball (roughly 8 - 10 cm away).
- Knees bent.
- Ankle locked.
- Strike through the center of the ball.
- Follow through towards the target.
- Look at the ball as you strike it.
- Body leaning slightly forward (keeps the ball low).

Best Used:

- Accurate passing over the most distances.
- Shooting over the distances.
- Combined group play.
- Restarts.

Problem Areas:

- Kicking foot is not straight.
- Non kicking foot is too close or too far away from the ball.
- Follow through is across the body instead of towards target.
- Ball is not struck through the center of the ball.
- Shoulders not facing the target.

Receiving the Ball Technique / Control

Technique: Receiving the ball with the inside of the foot.

- Players should always be ready to receive the ball - 'on your toes'.
- Players should be facing / square to where the ball is coming from.
- Judge pace and flight of the ball.
- Non kicking foot is used for balance and should be set as you receive the ball.
- Keep toes, on receiving foot, slightly pointed up.
- First foot should move towards the ball.
- As the ball moves in cushion it by moving your receiving foot backwards, thus taking the pace of it.

Technique: Receiving the ball with the thigh.

- Be ready to receive the ball.
- Players should be facing / square to where the ball is coming from.
- Judge the pace and flight of the ball.
- Non kicking foot is used for balance and should be set as you receive the ball.
- Thigh should start in the air.
- As the ball comes into contact with the thigh cushion it by moving the thigh back, thus taking the pace off the ball.

Technique: Receiving the ball with the chest.

- Be ready to receive the ball.
- Face the direction where the ball is coming from.
- Judge pace and flight.

- Both feet are used for balance and should be set as you receive the ball.
- Receive the ball with the top of your chest.
- To direct the ball down: As the ball comes in contact with the chest, depress your chest and direct it to the floor.
- To set yourself for a volley: As the ball comes in push your chest out and arch your back punching the ball in the air ready to be struck.

Best Used:

- Bring the ball under control from any height.
- Setting yourself for a pass, shot or to dribble.
- Beating a defender.
- Taking you away from a defender.
- Taking you into space.
- Lay off for another player.

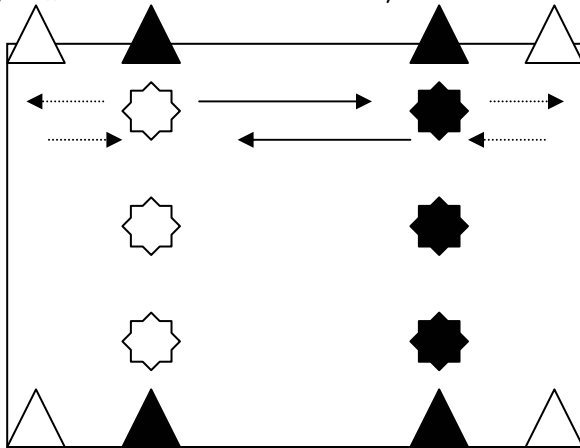
Problem Areas:

- Ball bounces of too far.
- Pace of the ball is under estimated.
- Selection of controlling surface is incorrect due to misjudging the flight of the ball.
- Non kicking foot does not balance a player when receiving the ball.

Drill 1: Passing and Receiving the Ball

Organization

- Place one set of cones 10 yards apart.
- Place another set of cones 2 yards behind them.
- Place players into pairs, 1 ball between two and set them on opposite cones.
- To begin have players pass back and forth.
- Each player must take at least two touches, one to control and one to pass.



Progression

- Once a player has passed they must now back up to the cone and move forward to receive the ball.

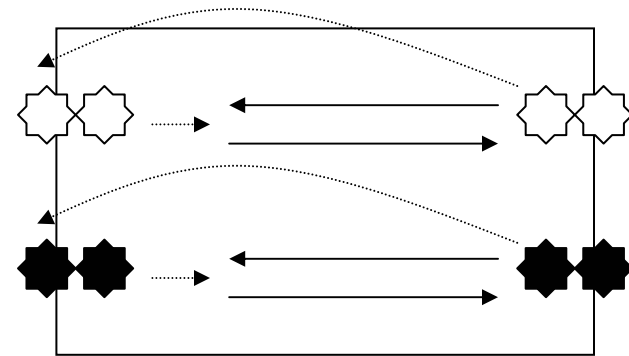
Passing Technique Coaching Points

- Passing Technique.
- Receiving the Ball Technique.
- Communication between players.
- Movement off the ball, backing up towards cone.
- Movement towards the ball isn't to fast.

Drill 2: Passing, Receiving and Moving

Organization

- Place two cones 10 yards apart.
- Place players into groups of four.
- Place two players on each cone.
- One ball per group.
- Players should pass across the area to a teammate and then follow their pass to the back of the opposite lines.



Progression

- Change the passing distance to 5 yards and then 20 yards.
- Limit players to two touches, one to pass and one to control.

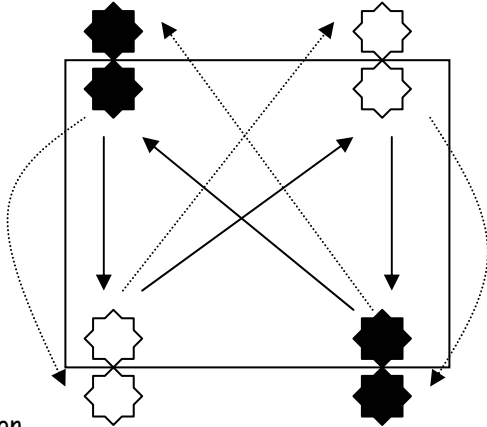
Coaching Points

- Passing Technique.
- Receiving the ball technique.
- Communication between players.
- Movement towards the ball to receive it, not at full speed.
- Movement off the ball is quick.

Drill 3: Passing, Receiving and Moving

Organization

- Place four cones in a 10 x 10-yard square.
- Number cones 1 through 4.
- One ball per group.
- Split players into groups of eight.
- Place two players on each cone.
- Players should pass 1 to 2, 2 to 3, 3 to 4 and 4 back to 1.
- Players should follow their pass to the back of the next line.



Progression

- Once players have passed they must move to the back of the group to their left, then right.

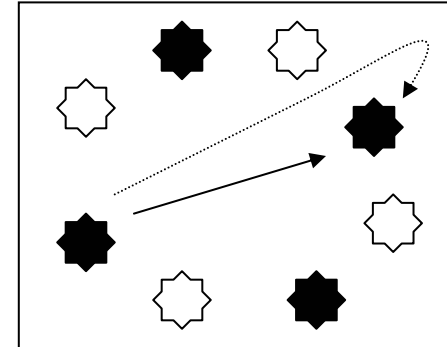
Coaching Points

- Passing and Receiving Technique.
- Movement to receive the ball.
- Decision-Making: movement to correct line.
- Communication between players.

Drill 4: Passing, Receiving and Moving

Organization

- Place players in a circle.
- Start with one ball.
- Players can pass to whom every they want.
- Once a player has passed to a player they must follow their pass and take that position.
- Limit players to two touches.



Progression

- Add more soccer balls.
- Add a defender, players must now keep the ball away from the defender.

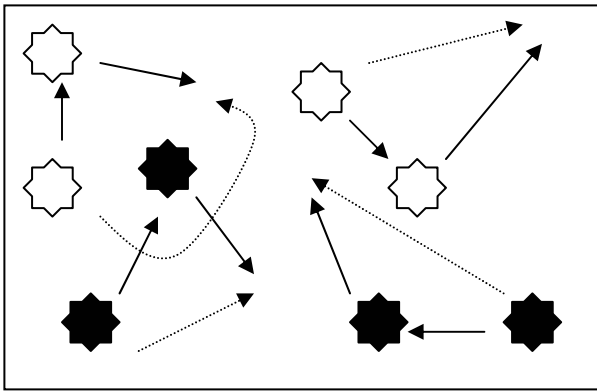
Coaching Points

- Passing and Receiving Technique.
- Good first touch into space.
- Communication between players.
- Good movement towards the ball.
- Good movement off the ball.

Drill 5: Passing, Receiving and Moving

Organization

- 30 x 30-yard area.
- Place players into pairs.
- One ball per pair.
- Players must pass and move around the area.



Progression

- Add a defender inside the area.
- Players must now keep the ball away from the defender.

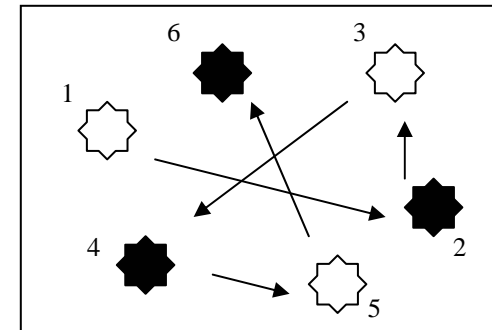
Coaching Points

- Passing Technique.
- Receiving the ball Technique.
- Communication between players.
- Movement off the ball: Try to move into a space where you can see your partner and receive the ball.
- Don't stand still after passing, pass and move.

Drill 6: Passing, Receiving and Moving

Organization

- 15 x 15-yard area.
- Place players into groups of six.
- One ball per group.
- Number players 1 through 6.
- Player pass 1 to 2, 2 to 3, etc and then 6 back to 1.
- Continue.
- Players must constantly move around the square.



Progression

- Change passing combination.
- Add a defender.

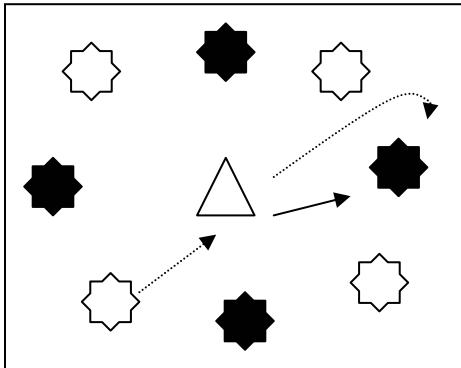
Coaching Points

- Passing and Receiving Technique.
- Movement off the ball: Shouldn't be round in a circle, but constantly changing direction.
- Movement towards the ball should be short and sharp.
- Communication between players.

Drill 7: Dribbling, Passing, Receiving and Moving

Organization

- Place players in a circle.
- Place a cone in the center.
- Players must now dribble towards the cone and then pass to a player of their choice.
- Players can pass to anyone in the circle.
- Players must take the position of the player they pass to.



Progression

- Add more soccer balls.
- Add a defender, players should now play keep away.

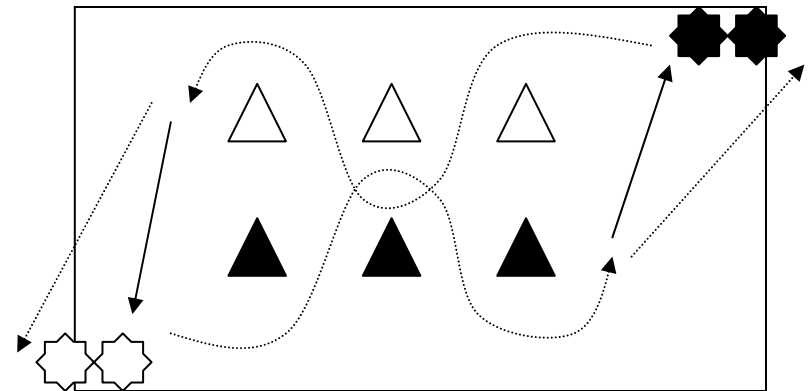
Coaching Points

- Passing Technique.
- Receiving the Ball Technique.
- Dribbling Technique.
- Communication between players.
- Passing on the move.

Drill 8: Dribbling, Passing, Receiving and Moving

Organization

- 30 x 20-yard area.
- Place cones roughly three yards apart as shown.
- Split players into two teams.
- Players must dribble through the cones.
- Once players get to the end cone they must pass into the next player and join the back of the line.
- Each team has a ball.



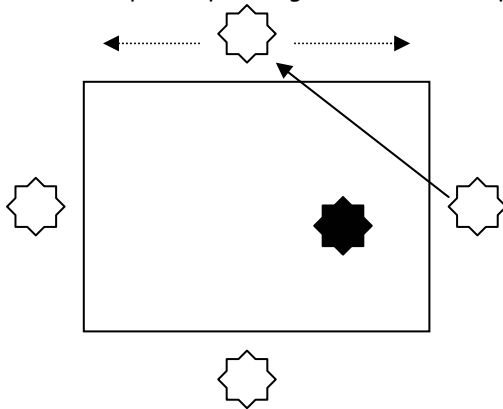
Coaching Points

- Dribbling Technique.
- Passing Technique.
- Receiving the Ball Technique.
- Passing on the move.
- Accuracy of pass.
- Dribble at game speed.
- Weight of pass.

Drill 9: Keep Away

Organization

- 15 x 15-yard area.
- Split players into groups of five.
- Place one player in the center of the square (defender) and the others on each side of the square (attackers).
- Players on the outside must try to keep the ball away from the defender.
- The defender must win the ball three times, after this they swap with an attacker.
- Attackers score a point by making five consecutive passes.



Progression

- Add another defender.
- Players can only score by splitting the defenders with a pass.

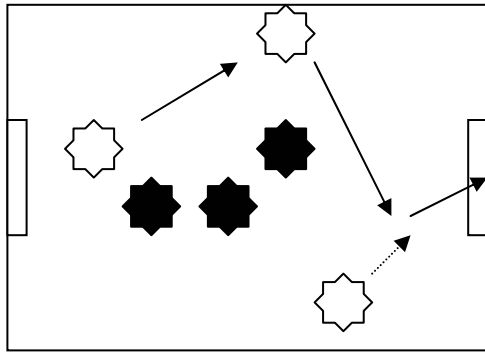
Coaching Points

- Passing and Receiving Technique.
- Good movement along the lines to get available to receive a pass.
- Good communication between players.

Small Sided Game 1: Passing

Organization

- 20 x 20-yard area.
- Use small goals 2-yards in width.
- Split players into small teams of 3, no goalkeepers.
- A team can score by either making 3 consecutive passes or scoring in the small goals.



Progression

1. Limit players to 2 touches
2. Players can score in the goal but must do so with their first touch, players can still score by making 3 consecutive passes.

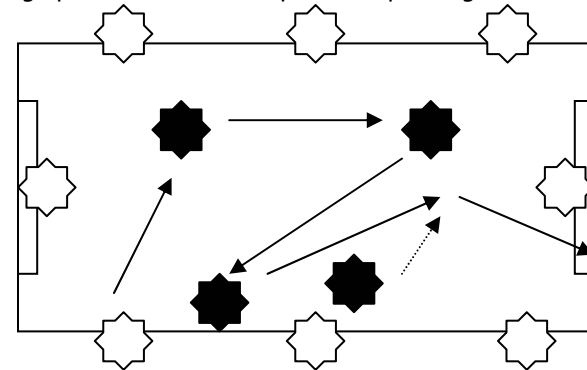
Coaching Points

- Passing Technique.
- Receiving the ball / Control Technique.
- Good movement, when in possession a team must look to spread out.
- Communication between players.
- Always look for the easy pass.

Small Sided Game 2: Passing

Organization

- 30 x 40-yard area with two goals.
- Play with 2 goalkeepers, 6 servers and 4 players.
- Rules: Servers take it in turns to play a pass into a player inside the area. They must then pass around themselves until all the players inside the area have touched the ball. The last player to touch the ball should then attack one of the goals.
- Limit players to two touches.
- Change positions after every 5 attempts on goal.



Progression

- Add two defenders. Once a server plays in the ball, two servers move into the area and become defenders. Players now have unlimited touches.

Coaching Points

- Receiving the ball / Control Technique.
- Communication.
- When in possession look to spread out and create options.
- Don't just move into space, move into an area where you can receive a pass.

Dribbling Technique

Technique:

- Use your strongest foot to dribble.
- Ever stride you take, take a touch on the soccer ball.
- Use the inside of the foot and outside of the laces to dribble.
- Bend your knees, every time your foot strikes the ball your knee should be directly over the ball.
- Slightly lean over the ball and try to stay low.
- Soft touches.
- Relax on the ball.
- Head up: Try to look up between touches on the ball.
- Keep the ball close when there is a crowd of players.
- Push the ball further in front when given more space.

Best Used:

- To gain ground.
- Go past an opponent.
- Set yourself for a shot on goal.
- Relieve pressure.
- Keep possession.
- Attack space.

Possible areas:

- Ball is not under control, it is too far away from foot.
- Player looks down too much.
- Legs are too straight.

Turning Techniques

- Inside Hook: Use the inside of your foot to hook the ball directly behind you and across your body. As the hook the ball turn 180 degrees. If you use your right foot to hook the ball turn to your left and vice versa.
- Outside Hook: Use the outside of your foot to hook the ball directly behind you. As you strike the ball behind you turn 180 degrees. If you use your right foot turn to your right and vice versa.
- Drag Back: Stop the ball with the sole of your foot, roll the ball directly behind you and turn 180 degrees. If you are right footed you should turn left and if you are left footed you should turn right.
- Step Over: As the ball is still in motion act like you are going to strike the ball, as your foot approaches the ball step over it. Once you have stepped over the ball turn 180 and push the ball out using the outside of your strongest foot.
- Stop Turn: As the ball is moving stop the ball with the sole of your strongest foot. As you stop the ball, take a first step over it using the same foot you used to stop it and then take another step. Turn 180 and push the ball out using your strongest foot. If you stop the ball with your right foot, turn right and vice versa.
- Cryuff Turn: Place your non-kicking foot next to the ball, approximately 8 - 10 cm away. Fake like you are going to strike the ball. As your foot approaches bring it around the outside of the ball, then lightly strike it through your legs and behind you using the inside of your foot. If you use your right foot to knock the ball behind you then turn to your left and vice versa.

Coaching Points:

- Look at the ball when executing a turn.
- Bend your knees during every turn.
- Accelerate out of turns.
- Close control: Ball has to be under control to turn effectively.
- Over exaggerate every turn.

Best Used:

- To turn away from danger.
- To change direction.
- Change direction of attack.
- Beat defenders.
- Relieve pressure.
- Keep possession.

Problem areas:

- Ball is not under control when dribbling and so players do not turn effectively.
- Legs are straight making it hard for players to accelerate out of turns.
- Players do not push the ball out far enough to accelerate onto.
- Ball gets stuck under a player's feet when trying to do a turn.
- Ball is not pushed directly behind a player allowing defenders to steal.
- Players turn the wrong way while doing a turn.

Moves and Fakes

- Matthews: Step to the side of the ball using your weakest foot, shift your body weight onto that leg, drop your shoulder and bend your knee. Then come out of the move in the opposite direction by using the outside of your strongest foot to knock the ball away.
- Scissors: Step around the ball with one foot (foot should go inside across your body, out and back around), shift your body weight to that side, drop your shoulder and bend your knee. Come out of the move in the opposite direction by using the outside of your other foot to knock the ball out.
- Hodde: While dribbling use the sole of your strongest foot to role the ball directly across your body (not forward) and then come out of the move using the inside of your other foot.
- Overmars: While dribbling fake as if you are going to stop the ball (do this by bringing your foot directly over the ball) and then continue to dribble by push the ball forward with the inside of the foot.
- Double Scissors: Step around the ball with one foot and bend your knee. Then step around the ball using the other foot and bend your knee. Come out of the move using the outside of the foot, you used to step around the ball first, to knock the ball out.
- Overmars 2: While dribbling stop the ball using your strongest foot, in the same action knock the ball out again using the inside of your other foot.

- Deneilson: Tripple Scissors: Step around the ball three times and then come out the move using the outside of the foot.
- Ronaldo: While dribbling use the sole of your strongest foot to role the ball across your body (same as Hoddle). As the ball comes across your body step over it using your other foot and then continue to dribble away.

Coaching Points:

- Over exaggerate every fake and move.
- Make sure to look at the ball while executing a move.
- Bend your knees so you can accelerate out of every move.
- Close control when dribbling.
- Game speed.

Best Used:

- One v one to beat a defender.
- During 2 v 1 situations to beat defenders.
- To change direction.
- To set up a shot on goal.

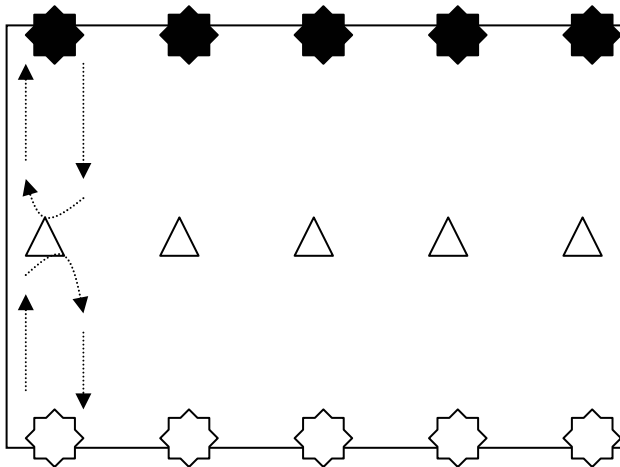
Problem Areas:

- Ball is not under control when dribbling and so move is not executed successfully.
- Move is done either too close or too far away from defenders.
- Players do not accelerate out of a move.
- Players come out of a move too straight and directly into defenders.
- Players push the ball too wide out of a move and allow defenders to recover.

Drill 3: Dribbling and Turning

Organization

- 20 x 20-yards with a line of cones down the center.
- Group players into pairs.
- Place players on opposite lines.
- Each player must have a ball.
- Players dribble into the center cone, as they get their they execute a turn and dribble back to the line.



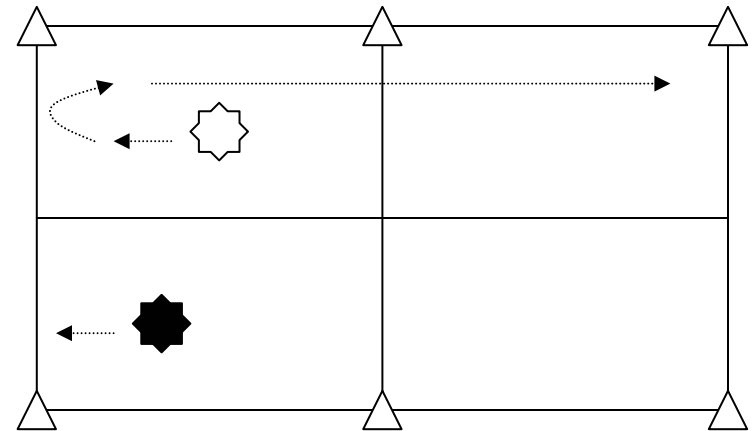
Coaching Points

- Dribbling Technique.
- Turns: Inside and Outside Hook, Drag Back, Stop Turn, Cryuff and Step Over.
- Players must keep the ball close when dribbling in order to execute turns successfully.
- Look at the ball when executing a turn.
- Dribble and turn at game speed.

Drill4: Dribbling and Turning

Organization

- 20 x 30-yard area split into two.
- Group players into pairs, one ball between two.
- Players start in their own lane and cannot leave that during the game.
- The player with the ball must try to lose their partner and stop the ball on one of the three lines to score a point.
- Players go for one minute, take a brake, switch the ball and then go again.
- This is a competition between the two players.



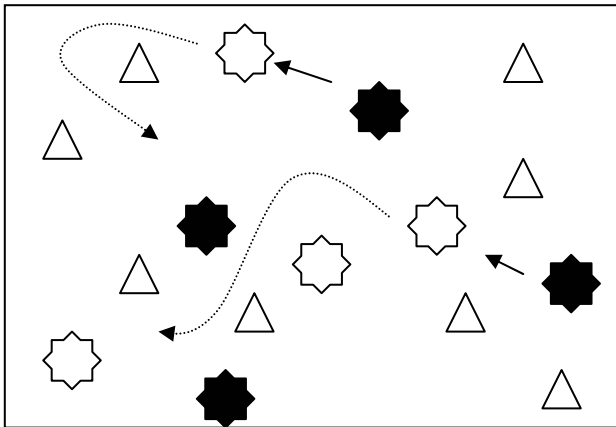
Coaching Points

- Dribbling Technique.
- Turning Technique.
- Ball must be kept under control in order to execute turns effectively.
- Players should use a combination of turns to lose their partner.
- Turn sharply.
- If in front of a defender don't stop and turn, speed beats defenders!
- Accelerate out of turns.

Drill 5: Dribbling and Turning

Organization

- 30 x 30-yard area.
- Station small goals around the area randomly.
- Goals should be 2-yards apart.
- Place players into pairs, one ball between two.
- Players start back to back.
- Aim of the game is for the player with the ball to dribble through as many goals as possible.
- The defender cannot steal the ball but can block the goals.



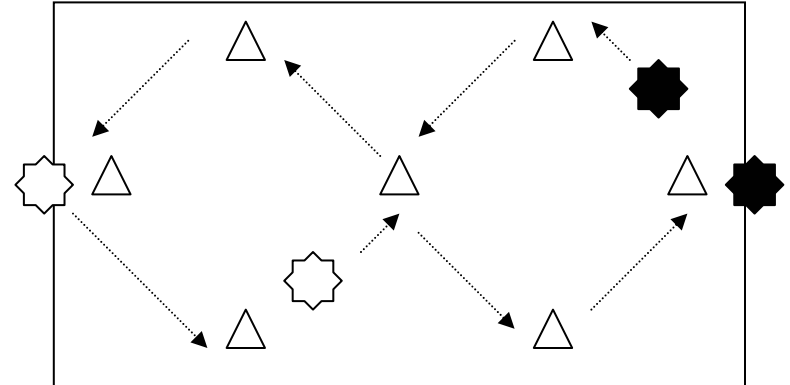
Coaching Points

- Dribbling Technique.
- Turning technique at game speed.
- Cover ground as quickly as possible.
- Use turns to change direction and lose players.
- Use a combination of turns to lose players.
- Turn sharply.

Drill 6: Dribbling and Moves

Organization

- Station cones 20-yards apart in the pattern shown below.
- Station a group of players at either end.
- Every player needs a ball.
- Players must dribble towards a cone do a move and then dribble to the next cone.
- Players should continue through the whole course and back to the start.



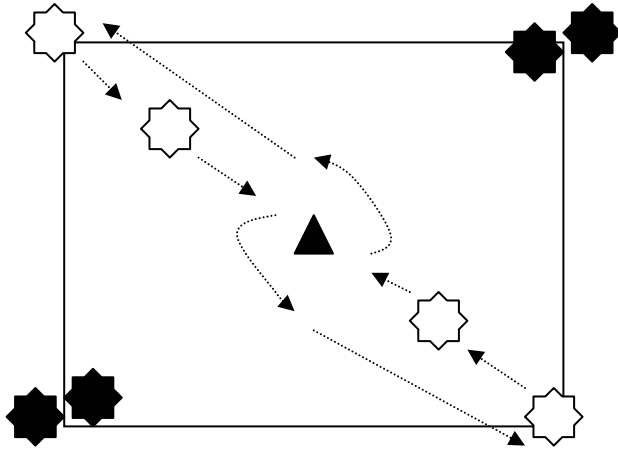
Coaching Points

- Dribbling Technique.
- Moves: Matthews, Scissors, Double Scissors, Denilson, Overmars 1 and 2, Huddle and Gazza.
- Have players walk through to correct technique.
- Progress to jogging and then full speed.
- Keep the ball close when dribbling in order to execute moves correctly.
- Run through as many moves as possible.

Drill 7: Dribbling and Moves

Organization

- 20 x 20-yard area with a cone in the center.
- Spilt players into groups of four.
- Place two players from each group in opposite corners of the area.
- Players should dribble into each other do a move and then dribble to the opposite corner.
- Continue through all moves.



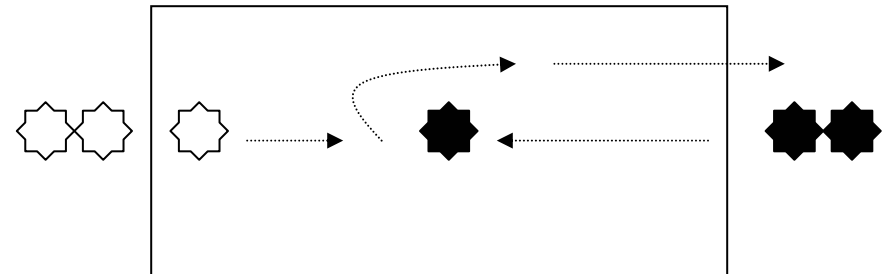
Coaching Points

- Dribbling technique.
- Moves and fakes.
- Start drill with players walking and progress to game speed.
- Players should keep the ball close when dribbling in order to execute moves correctly.
- Players should dribble with their heads up in order to do the move at the correct time.

Drill 8: 1 v 1: Dribbling and Moves

Organization

- 10 x 15-yard area.
- Place players on either side of the area.
- One player acts as a defender and the other an attacker.
- Play starts with the defender passing into the attacker.
- Defender cannot move until the attacker has touched the ball.
- To score the attacker must beat the defender and get the end line.
- Defenders score by knocking the ball out of the area.
- Players swap groups after they have been.



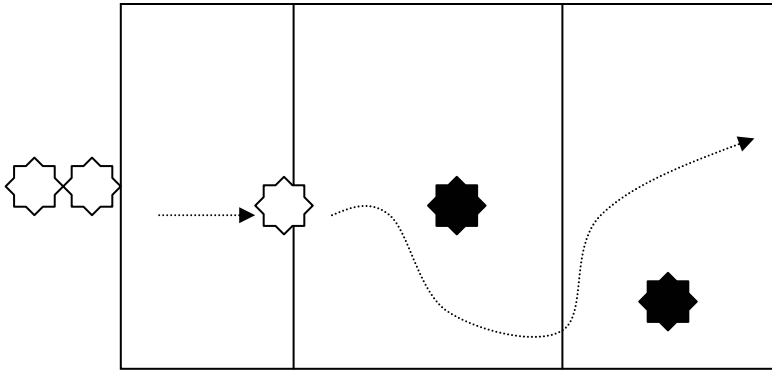
Coaching Points

- Dribbling Technique.
- Moves and fakes.
- Attackers should dribble at speed and try to beat the defender.
- Attackers should move forward onto the pass.
- Good first touch.
- Over exaggerate each move.
- Move should be done roughly two yards away from the defender.
- Always keep the ball moving, when the ball stops it allows defenders to steal the ball.

Drill 9: 1 v 1 v 1: Dribbling and Moves

Organization

- 20 x 30-yard area split into three.
- Station a defender in the last two areas.
- Once an attacker enters an area a defender must try and win the ball.
- Once a defender is beaten they are not allowed to recover.
- To score an attacker must beat both the defenders and get to the end line.



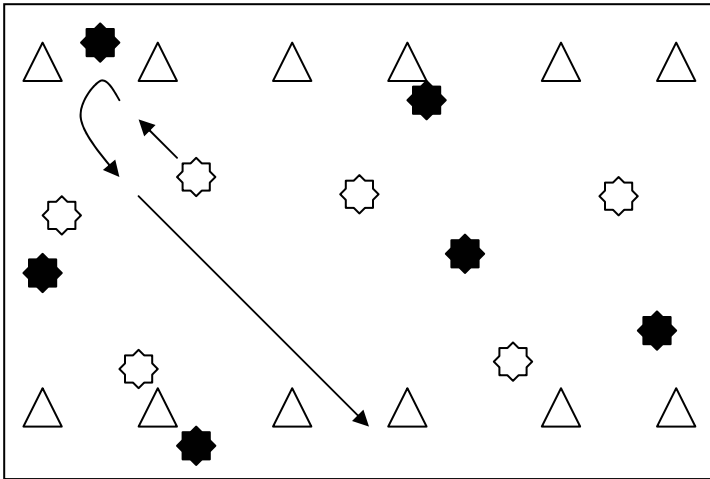
Coaching Points

- Dribbling Technique.
- Moves and fakes.
- Attackers should dribble at speed to beat the defenders.
- Use moves to beat defenders.
- Once you have beaten the first defender get your head up and look for the second.
- Do the moves roughly 2-yards in front of defenders.
- Accelerate out of moves.
- Fake defenders by over exaggerating moves.

Small Sided Game 1: Dribbling and Turning

Organization

- 40 x 40-yard area.
- Place players into two teams.
- Place six goals (5-yards apart) inside the area.
- In order to score players have to dribble through one of the goals.



Progression

1. Teams can only score in one set of goals, on one side of the area.
2. Take four of the goals away and limit teams to scoring in one goal.

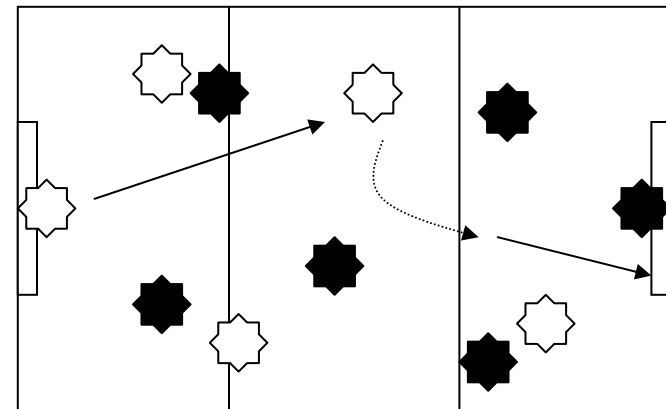
Coaching Points

- Dribbling Technique.
- Turning Technique.
- Encourage players to spread out when in possession.
- Dribble into open space.
- Use turns to change direction of attack and turn away from danger.

Small Sided Game 2: Dribbling and Moves

Organization

- 20 x 30-yard area with a 10 x 20-yard area in the center.
- Split players into two teams with goalkeepers.
- Rule: When players are inside the center area they cannot pass and must dribble their way out.
- Rule: Players can pass into the area and over the area.



Progression

- Take away the area in the center but still encourage dribbling whenever possible.

Coaching Points

- Dribbling and Moves Techniques.
- Encourage attacking play, encourage players to run at and beat defenders.
- Dribble into open space.
- Head up when dribbling to see options, open teammates or shooting opportunities.

Heading Technique

Technique:

- Make sure players are facing / square to the ball.
- Judge the flight and velocity of the ball.
- Use the forehead to head the ball.
- Don't let the ball hit your head, power your head through the ball.
- If the ball is coming at speed use that speed to redirect the ball.
- If the ball is coming in slowly use your neck muscles to put power behind the ball.
- Keep your eyes on the ball at all times, try not to close your eyes.
- Face your target once you have headed the ball.
- When heading for goal try to head the ball down into corners.
- When heading in the midfield and in defense head under the ball for distance.

Best Used:

- Attacking from long passes and crosses.
- Defending from long passes and crosses.

Problem Areas:

- Players let the ball just hit their head.
- No direction to headers.
- Players close their eyes as the ball travels in.
- Players do not jump to head the ball.
- Players are scared of the ball.

Volleying Technique

Inside of the Foot Volley:

- Players should be square / Facing the ball.
- Judge the flight and pace of the ball.
- Non kicking foot is used for balance and should be set as the ball comes in.
- Don't bring your kicking foot back too far.
- As the ball comes in lock your ankle and redirect the ball.
- Follow through towards target and finishing facing target.

Best Used:

- Shooting from short distances.
- Laying the ball off to other players.

Laces Volley:

- Same as above but chance the following points.
- Use laces to strike the ball.
- Point toes downward and lock your ankle.
- Strike through the center of the ball.

Best Used:

- Shooting from distance and for power.
- Clearing the ball from defense.

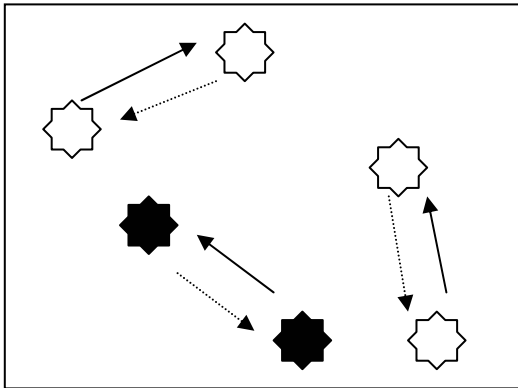
Problem Areas:

- Misjudging the flight and pace of the ball.
- Players don't lock their ankle.
- Players are not square to the ball.
- Players take their eyes off the ball and do not connect properly.

Drill 1: Technical Work

Organization

- 30 x 30-yard area.
- Place players into pairs.
- One ball per pair.
- Ask players to stand roughly 5-yards apart.
- One player acts as a server.
- Server must throw the ball to their partner at requested height.
- Each player has 10 goes and then switch.
- Continue through all techniques.



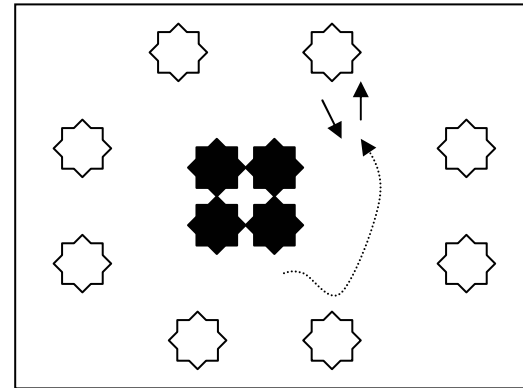
Coaching Points

- Technique: Receiving the ball with inside of foot, thigh and chest.
- Technique: Volleying with the inside of the foot and laces.
- Technique: Heading.
- Technique: Chest and Volley (either inside of foot or laces).
- Technique: Thigh and Volley.

Drill 2: Technical Work

Organization

- Position 8 players in a circle.
- Place 4 players inside the circle.
- Each player on the outside of the circle has a ball and act as servers.
- Players on the inside must run to a server, request the ball and then pass it them back.
- Players on the inside must work hard for two minutes.
- Start with players controlling a air ball and passing back (2 touches).
- Progress to one touch return to servers.



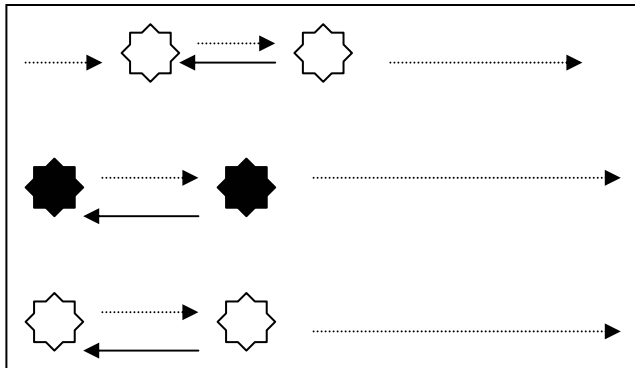
Coaching Points:

- Technique: Receiving the ball with inside of foot, thigh and chest.
- Technique: Volleying with the inside of the foot and laces.
- Technique: Heading.
- Technique: Chest and Volley (either inside of foot or laces).
- Technique: Thigh and Volley.

Drill 3: Technical Work

Organization

- Use half a field.
- Place players into pairs.
- One ball per pair.
- One player acts as a server.
- Players must work their way across the field.
- The player moving forward is the server and the player moving backwards must get the ball back to them.
- Once they get to the other side they switch jobs and work their way back.
- Have players do each skill twice and then change.



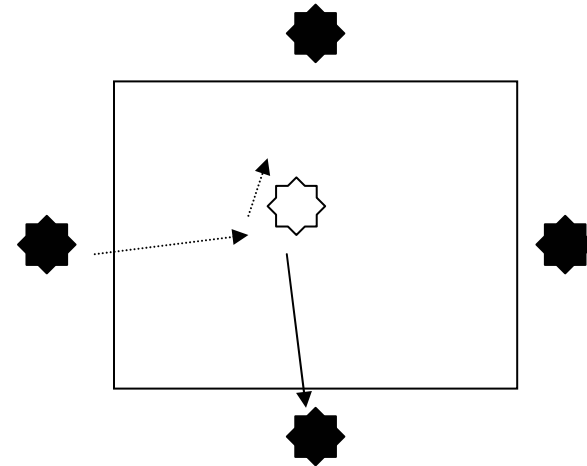
Coaching Points

- Technique: Volleying with the inside of the foot and laces.
- Technique: Heading.
- Technique: Chest and Volley (either inside of foot or laces).
- Technique: Thigh and Volley.

Drill 4: Technical Work

Organization

- 10 x 10-yard area.
- Split players into groups of five.
- One ball per group.
- Station a player on each side of the area and one in the center.
- The player in the center receives the ball from one player and plays it to another.
- Let each player in the center have 10 goes and then switch.



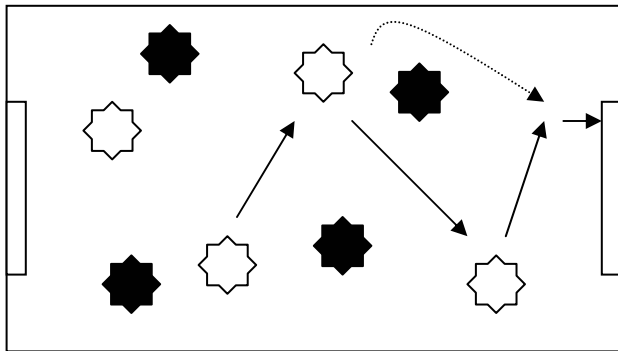
Coaching Points

- Technique: Volleying with the inside of the foot and laces.
- Technique: Heading.
- Technique: Chest and Volley (either inside of foot or laces).
- Technique: Thigh and Volley.
- Open your body to the target.
- Follow through towards the target with both foot and shoulders.
- Don't swing your foot across your body.

Small Sided Game 1: Technical Work: Soccer Basketball

Organization

- 20 x 30-yard area with two goals and no goalkeepers.
- Rules: A player may carry (yes with hands) for three steps, before passing it.
- Goal: To score a goal the ball must not touch the ground during the following the sequence, a player throws the ball to their teammate who heads or volleys it to a third.
- Ignore the goals for the first game.



Progression

- Add goals. To score a goal a player must throw the ball to a teammate who either heads or volleys the ball into the goal.

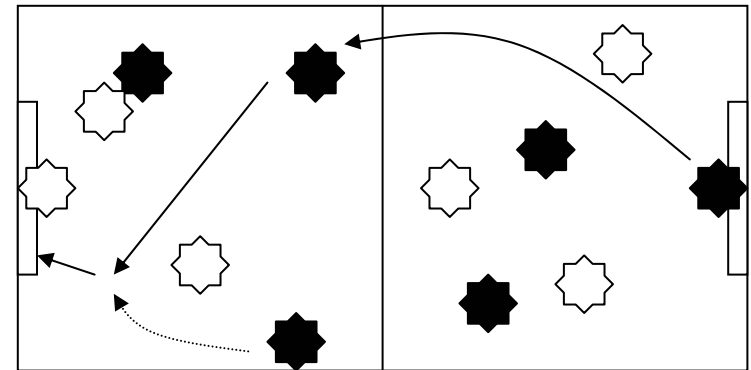
Coaching Points

- Volleying Technique.
- Heading Technique.
- Attack the ball in the air when heading.
- Judge the flight of the ball and position yourself accordingly.

Small Sided Game 2: Technical Work

Organization

- 20 x 30-yard area with two goals.
- Split the grid into two.
- Place two attackers and a goalkeeper in one half and three attackers in the other half.
- Same rules as soccer basketball but players are not allowed to move into each others areas.
- Goal: To score a goal the ball must not touch the ground in this sequence, one player in the attacking half must throw the ball to a teammate who puts it in the goal by either a header or volley.



Coaching Points

- Heading Technique.
- Volleying Technique.
- Attack the ball in the air.
- Always be ready to receive the ball.
- Good Movement: With and without the ball.
- Pass and move.

Shooting Technique

Technique:

- Approach the ball at roughly a 45% angle.
- Non kicking foot should be placed at the side of the ball roughly a foot away.
- Point the toe of the non-kicking foot at the target.
- Bend the knee of your non-kicking foot.
- Lean slightly over the ball to keep it low.
- Lean back to make the ball rise.
- Strike the ball using the inside instep (inside of laces).
- Point your toe and lock your ankle.
- Step through the ball and land on your kicking foot.
- Finish facing your target.

Best Used:

- Shooting from distance.
- Shooting at power.
- Clearing the ball from defense.

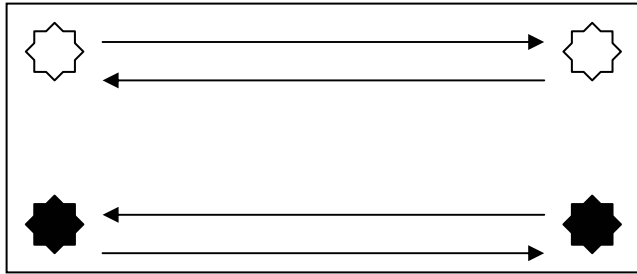
Problem areas:

- Approach too wide or too straight.
- Non-kicking foot not planted next to the ball, thus it rises all the time.
- Players don't strike the ball with the correct part of the foot.
- Ankle not locked and the result is a weak shot.
- Players do not step through the ball and again the result is a weak shot.
- Players do not finish facing target, either shot is pulled wide or sliced.

Drill 1: Shooting Technique.

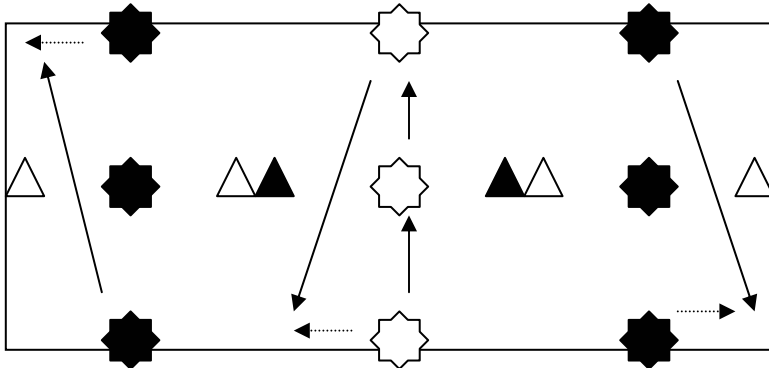
Organization

- Place players into pairs, one ball per group.
- Place players roughly 20-yards apart.
- Players should practice striking the ball back and forth to one another.



Progression

- Split players into groups of three, one ball per group.
- Place a number of 5-yard goals in a line.
- Place two players either side of the goal and one inside the goal (GK).
- Players take it in turn to shoot on goal and have 10 shots each.



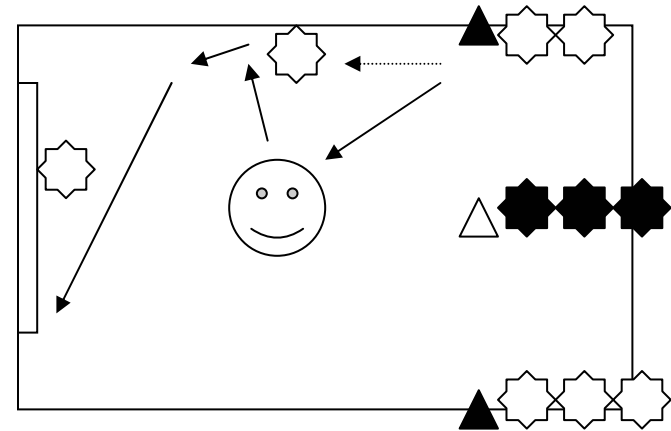
Coaching Points

- Shooting Technique.
- Receiving the Ball / Control Technique.

Drill 2: Shooting Technique

Organization

- Place three cones in a line (as shown) 20-yards away from goal.
- Split players into three groups.
- Station a group behind each cone.
- Each player needs a ball.
- Coach acts as a server.
- Players take it in turns to pass into the coach, who will lay the ball off to the side, and shoot on goal.
- Rotate groups after each shot.



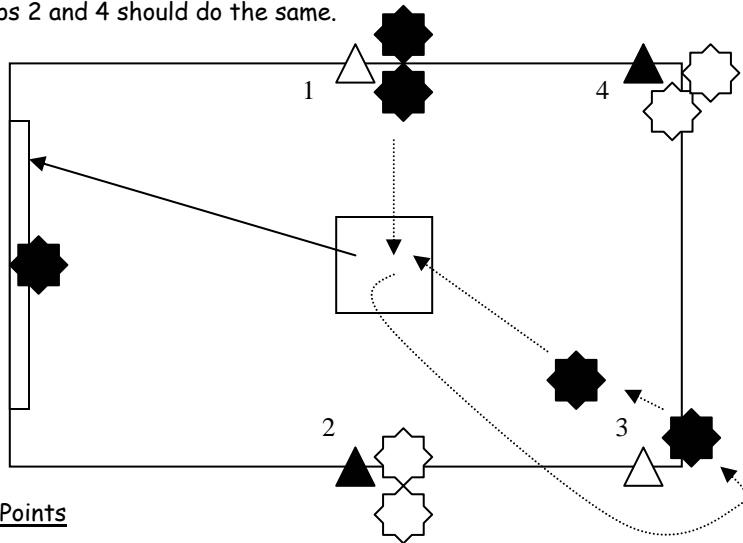
Coaching Points

- Shooting Technique.
- Take two touches, one to set yourself and one too shoot.
- Good first touch should set you for your shot.
- Shoot across the goalkeeper.
- Try to keep the ball low. This makes it harder for the GK to save.
- Use inside of foot for accuracy and laces for power.

Drill 3: Shooting Technique

Organization

- Set a 5 x 5-yard area 20-yards away from goal.
- Place 4 cones 10-yards away from this as shown.
- Station players on each cone.
- Groups 1 and 2 have soccer balls.
- Group 1 works with group 3 and group 2 works with group 4.
- Group 1 should dribble the ball into the area, stop the ball and move to the back of group 3.
- Once the ball is stopped in the area players from group 3 should run and shoot on goal.
- Groups 2 and 4 should do the same.



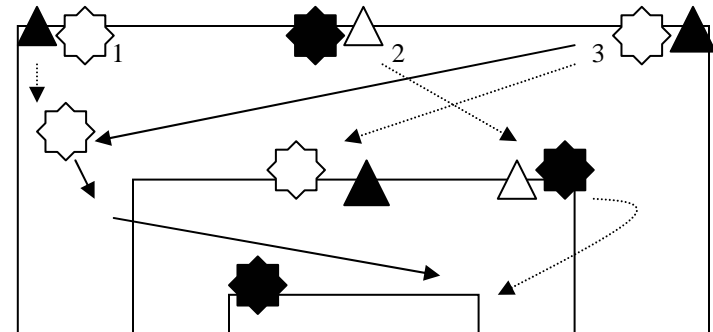
Coaching Points

- Shooting Technique.
- Dribbling Technique.
- Players should shoot first time.
- Keep the ball low and in the corners.

Drill 4: Shooting, Crossing and Rebound Shooting

Organization

- Station 3 cones 10 yards apart and 20-yards from goal as shown.
- Station 2 cones 10-yards apart and 10-yards from goal as shown.
- Station three groups of players on the far cones.
- Soccer balls should be with players on station 1.
- Drill: Players on station 1 play a pass in front on station 3 and make a run towards the center cone where they wait for a rebound or cross. As soon as the ball is passed a player from station 2 makes a far post run for wide shots or crosses. Players on station 3 take a touch to set them and shoot across the goalkeeper. If the pass is too wide / take a bad touch they should cross the ball.
- Players rotate groups after being involved in the drill.



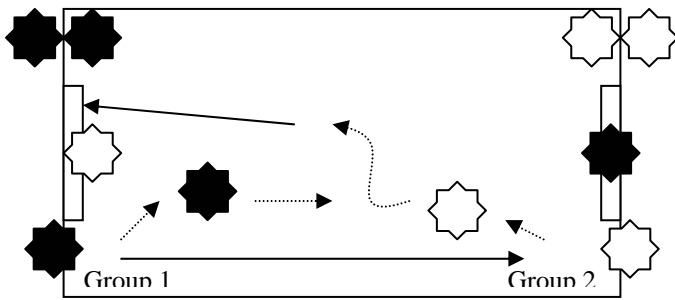
Coaching Points

- Shooting Technique.
- Accurate passing.
- Good movement off the ball to get into position.
- Timing of runs.
- Decision-Making: Shoot or Cross?

Drill 5: Shooting Technique and One v One's

Organization

- 30 x 30-yard area with two goals.
- Place 4 groups of players onto each post.
- Players work with their opposite groups.
- Play starts with players from group 1 passing into players in group 2.
- That player takes one touch to set them and shoot on goal.
- Players then switch groups.



Progression

1. Players have to do a move before shooting on goal.
2. 1 v 1: Group 1 become defenders once they pass into group 2.

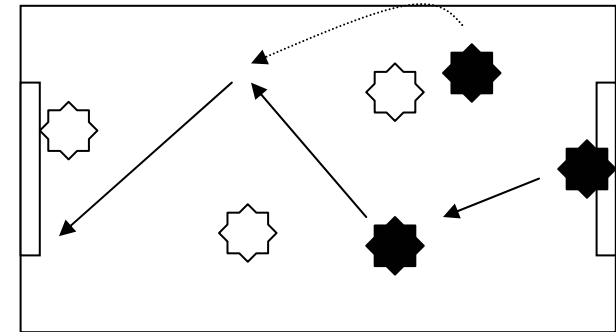
Coaching Points

- Shooting Technique.
- Use laces for power and inside of foot for accuracy.
- Dribbling and Moves.
- Good first touch.
- Attack defenders at speed.
- Decision-Making: Do you have to beat the defender to shoot?

Drill 6: 2 v 2 Shooting

Organization

- 30 x 30-yard area with two goals.
- Split players into groups of six, two teams of three.
- Each team needs a goalkeeper and two outfield players.
- Players in the center play 2 v 2.
- Every time the ball goes out of play, one of the goalkeepers throws another one in.
- Aim of the game is to fashion shooting opportunities.



Progression

- When a team is in possession of the ball the GK is allowed to come out and create a three v two advantage.

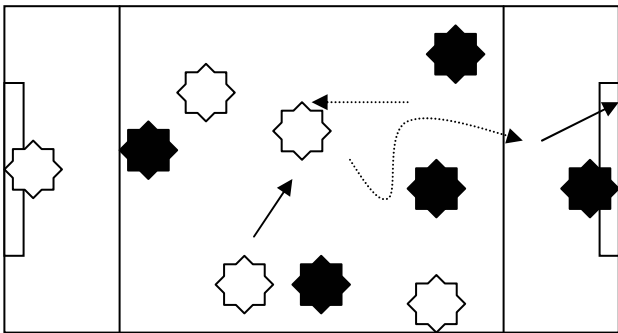
Coaching Points

- Shooting Technique.
- Pass and move.
- Look for give and goes.
- Decision-Making: When to pass, when to dribble and when to shoot?
- Shoot on sight! Remember this is only training and so don't be afraid to fail!

Small Sided Game 1: Shooting

Organization

- 40 x 30-yard area with two goalkeepers.
- Make two 10 x 30-yard areas at both goals.
- Split players into two teams.
- Rules: Players cannot go into the areas where their goalkeepers are. Once a player from the opposing team enters the area they have a 1 v 1 with the goalkeeper.



Progression

1. Allow two attackers and one defender in the area.
2. Remove area.

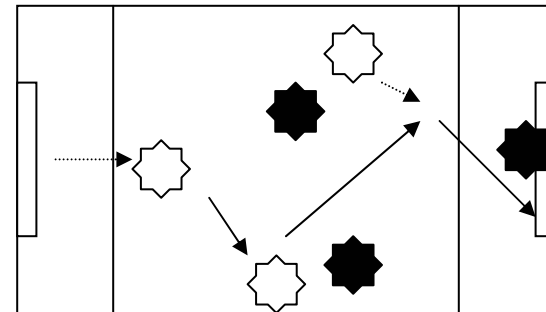
Coaching Points

- Shooting Technique.
- Encourage attackers to dribble past defenders, into the area and shoot on goal.
- Once in the area look to either take the goalkeeper on or shoot on goal.
- Use the inside of foot for accuracy and laces for power.
- Use fakes and moves to beat the goalkeeper.

Small Sided Game 2: Shooting

Organization

- 20 x 30-yard area.
- Make two 5 x 20-yard areas at both ends of the grid.
- Play 3 v 3.
- Each team can select a goalkeeper who can use their hands in their defensive zone.
- When in possession a team should have 3 v 2 advantage.
- Switch goalkeepers after 2 goals.



Progression

- Make the end areas 10 x 20 yards. All players are allowed in this area. Teams can only score a goal inside the end areas.

Coaching Points

- Shooting Technique.
- Try to shoot at every opportunity.
- Keep shots low and in the corners.
- Use laces for power (outside the area) and inside of foot for accuracy (inside the area).

Defending Technique

First Defender

- Job of first defender is to delay and pressure.
- Angle of run into attacker / slightly curved.
- Speed to close down / cover ground quickly / slow as you get to attacker.
- Delay attacker / Don't dive in!
- Pressure the attacker in one direction / take away an option.
- Decision-Making: When to tackle / when to delay.

Problem Areas

- Defender run into the attacker is too straight.
- Speed of closing down is too fast.
- Bad decision-making / defender dives in to try and win the ball.

Second Defender

- Angle / Distance of support / Staggered.
- Second / Support defender must be in a position where they cannot be beaten by either a pass or the attacker dribbling.
- Defensive Triangle: You, the attacker / ball and first defender.
- Track runs.
- Share workload / Exchange roles as attackers pass and move.
- Communication: Verbal and Visual Cues.
- Can you intercept pass.

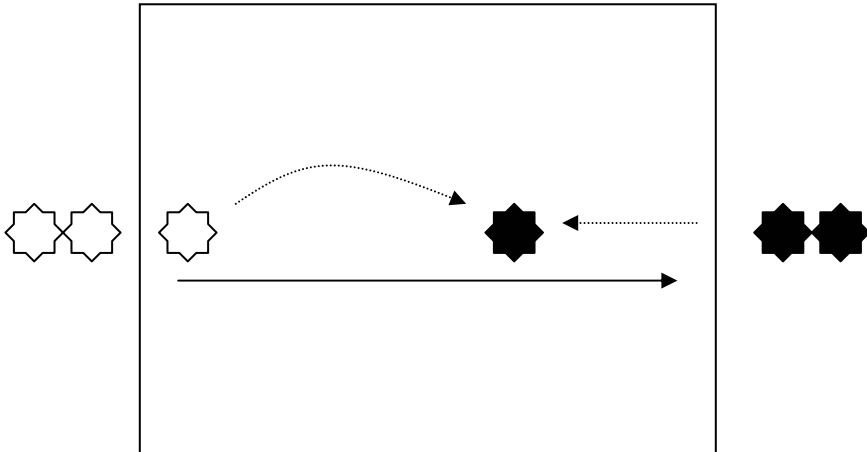
Problem Areas

- Distance of support is too close / both defenders get beaten easily.
- No communication between defenders.
- One defender is constantly chasing the ball / defenders out of position.

Drill 1: 1 v 1 Defending

Organization

- 10 x 15-yard area.
- Place players on either side of the area.
- One player acts as a defender and the other an attacker.
- Play starts with the defender passing into the attacker.
- Defender cannot move until the attacker has touched the ball.
- To score the attacker must beat the defender and get the end line.
- Defenders score by knocking the ball out of the area.
- Players swap groups after they have been.



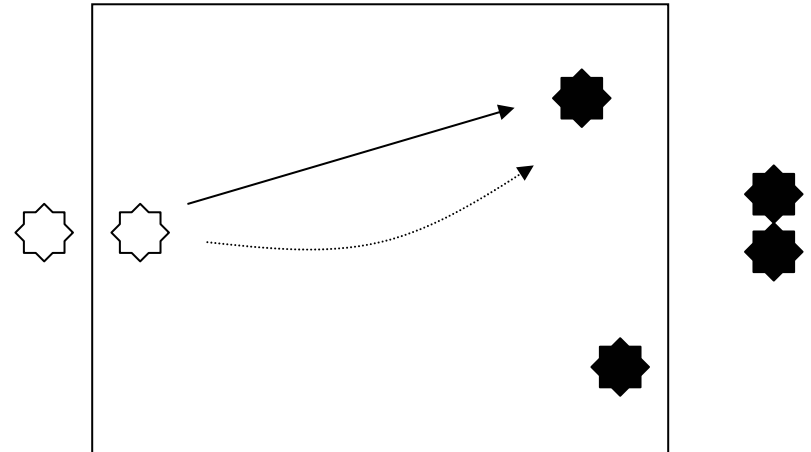
Coaching Points

- First Defender Technique.
- Decision-Making: When to tackle and when to delay?
- Speed of approach.
- Remember job of first defender is to delay and pressure.

Drill 2: 2 v 1 Defending

Organization

- 10 x 15-yard area.
- Place players on either side of the area.
- One player acts as a defender and the other two are attackers.
- Play starts with the defender passing into one of the attackers.
- Defender cannot move until the attacker has touched the ball.
- To score the attacker must beat the defender and get the end line.
- Defenders score by knocking the ball out of the area.
- Players swap groups after they have been.



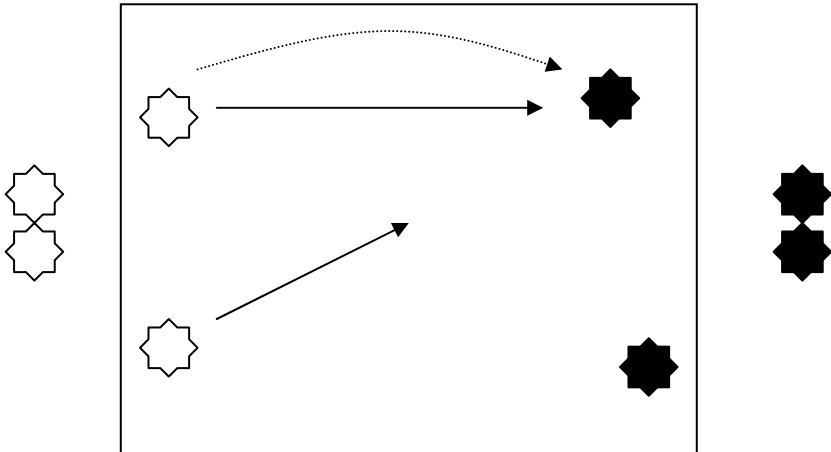
Coaching Points

- First Defender Technique.
- Take away an option, try to cut off the attackers passing option.
- Decision-Making: When to tackle and when to delay?
- Remember job of first defender is to delay and pressure.

Drill 3: 2 v 2 Defending

Organization

- 10 x 15-yard area.
- Place players on either side of the area.
- Players on one side act as defenders and the others attackers.
- Play starts with the defender passing into one of the attackers.
- Defenders cannot move until the attacker has touched the ball.
- To score the attackers must beat the defenders and get the end line.
- Defenders score by knocking the ball out of the area.
- Players swap groups after they have been.



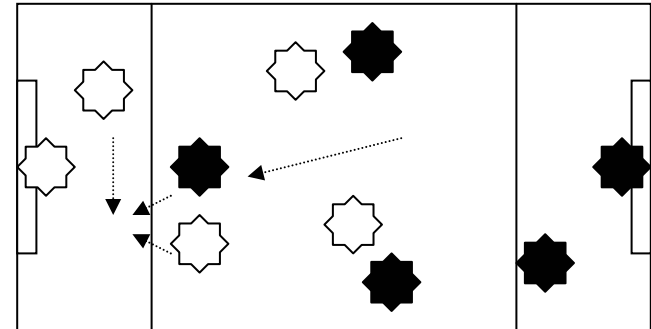
Coaching Points

- First Defending Technique.
- Second Defender Technique.
- 1st defender should push defenders inside and into pressure.
- Decision-Making: When to tackle and when to delay?

Small Sided Game 1: Defending

Organization

- 30 x 40-yard area.
- Make two 5 x 30-yard areas at each end.
- Place a goalkeeper and a defender in the end area.
- Split players into two teams.
- Players are allowed anywhere in the area except the defender in the end zone who has to remain in there.
- Assign every player a man mark from the opposite team except the defender inside the area.
- The defender in the end zone can tackle anybody.



Progression

- Remove the end zones but still play with a defender acting like a sweeper.

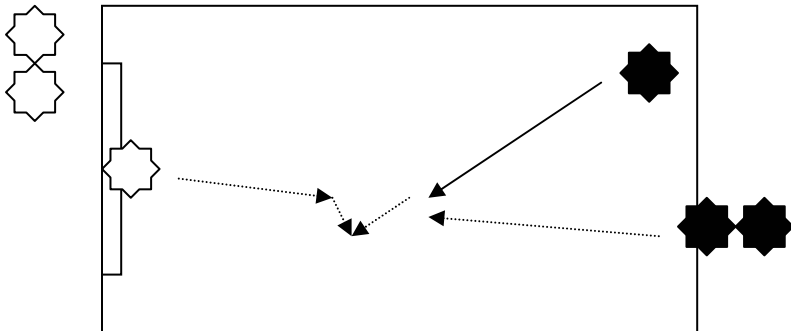
Coaching Points

- First defender technique.
- Second defender technique.
- When defending all players should try to get goal side.
- Last defender / sweeper must always be spare and never mark.

Drill 3: Goalkeeping

Organization

- 20 x 20-yard area with a goal.
- Split players into groups of six.
- Three goalkeepers, one working at a time.
- One server and two shooters.
- The server plays a pass towards the goal which one of the shooters has to run onto and shoot.
- Goalkeeper has two options, one to close down the player and the other to stay in goal and try and save.
- Rotate goalkeepers after every shot.



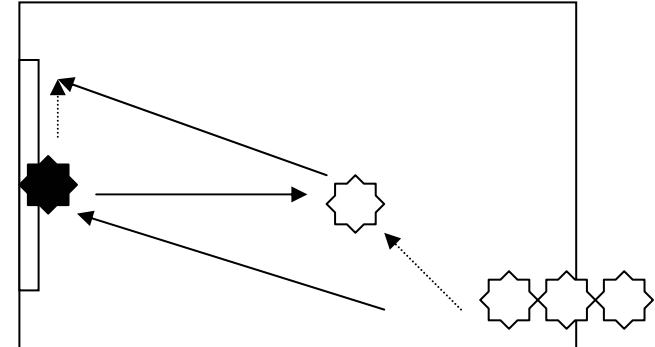
Coaching Points

- Decision-Making: Whether to intercept the through ball or hold up the striker up, depending on the weight of a through ball.
- Body position if the striker reaches the ball first - stay on your feet and remain big for as long as possible.
- Legs apart / knees bent / arms wide / palms facing forward.
- Direct the striker away from goal.
- Once the decision has been made be committed.

Drill 4: Goalkeeping

Organization

- 20 x 20-yard area with a goal.
- Have two goalkeepers, the rest are attackers.
- Attackers throw the ball to the goalkeeper, who catches it and roles it out, the attacker then runs onto it and shoots.
- Switch goalkeepers after every shot.
- Keep the drill going as fast as possible.



Coaching Points

- Watch the ball not the player.
- Stand up and be patient.
- Legs apart / knees bent / arms wide / palms facing forward.
- Once the decision has been made be committed.
- Direct the striker away from goal.
- Set yourself before the shot.
- On the dribble, make a big step then shoot and save.
- If you do go to ground, get hands low and in front.