



# English Football Academy Training

*A Journal of Training Sessions from Fulham FC Academy*



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Dear Coach,

This book of coaching drills has been produced as a useful reference tool for you to browse through and remind yourself of different drills, as well as provide variations on ideas you might implement with your players.

Many of these drills you may have seen and used before, others may be new to you, they have been collated from my playing and coaching experiences as well as those of the many experienced and talented coaches who I have had the pleasure to work with over the past five years.

You will notice I have not placed age or skill guidelines on any of the drills; this is because I believe sometimes a playful game can lighten the load of an experienced team and a tactical drill can be introduced to challenge a team of any level. It is our job as coaches to determine what drill suits our players at any given moment and which sessions will work to bring the best out of the players we work with.

Of course anyone can be a drill instructor, but your personality, enthusiasm and delivery of each drill to the players makes you unique as a “coach”. Never be afraid to adapt or change ideas or sessions to your own style of practise. What works for one coach may not work for the rest of us. By imparting your knowledge of the game to the players – these become more than just drills.

This is by no means a definitive guide to coaching success nor is it created to challenge you as a coach to understand concepts of the game - it is here for refreshment of ideas when your mind goes blank. The progression and key factors will hopefully help the less experienced coaches extend their players further but above all it is for all coaches to review and enjoy.

Good luck for all your coaching endeavours,

Best Wishes,  
Robert Gale  
C.E.O. Score UK Soccer

# Warm Ups

## The Importance of Warming Up

- All athletes need to warm up before participating in practices and games
- Warm ups can be fun
- They should always be progressive
- They can be done with or without the ball

### 1st Phase of a warm up

- Light exercises that increase blood supply to the muscles
- Approximately 5-8 minutes
- Then introduce some stretching – larger muscles first
- Hold each stretch for 10-15 secs. then progress to Phase Two

### 2nd Phase of a warm up

- Increase tempo of the exercises introduce turns, jumps – a variety of aerobic movements involving the joints
- Introduce stretches for 15-20 secs. for each muscle

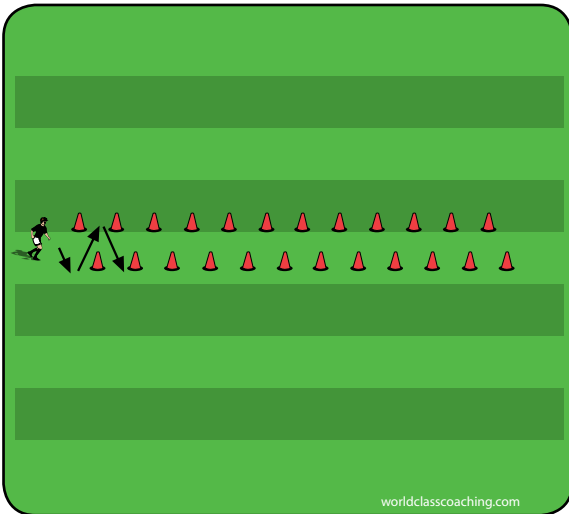
### 3rd Phase of a warm up

- Move into more explosive activities – increase space and distance for activities
- Introduce the theme of your coaching session to the warm up in basic form
- Stretches to finish should last 20 – 25 secs.

### Considerations

- Players should have stretched lower and upper body fully after warm up
- The warm up should last at least 30 minutes to get the athletes ready
- The stretches allow players recovery time to regulate their breathing
- Allow the players to hydrate with fluids – this will maintain their efficiency levels

Session Topics - Technical, Warm-Up, Footwork Exercises, Conditioning

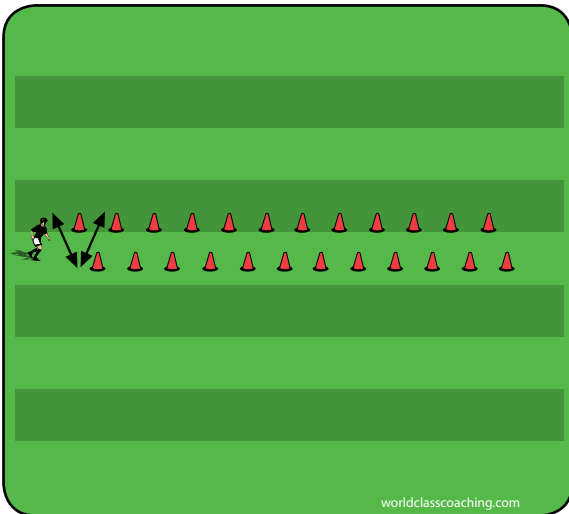


### Organisation

48 markers in two lines 5 ft apart – space between cones 3 ft

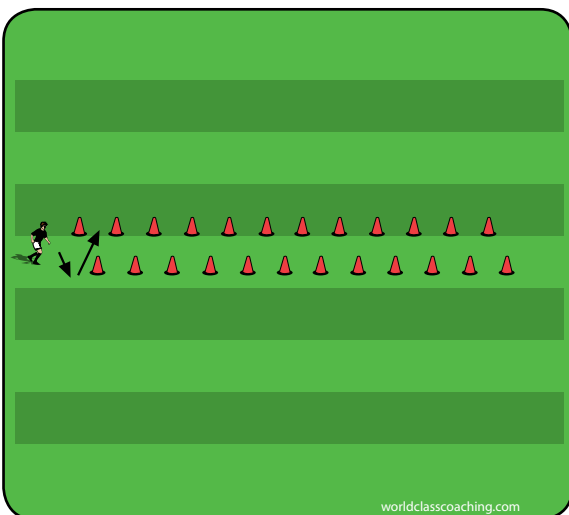
### 1st Exercise

Jog forward diagonally and zig zags all the way through markers to the end



### 2nd Exercise

Side step right around 1st marker then left around next etc. all the way to the end

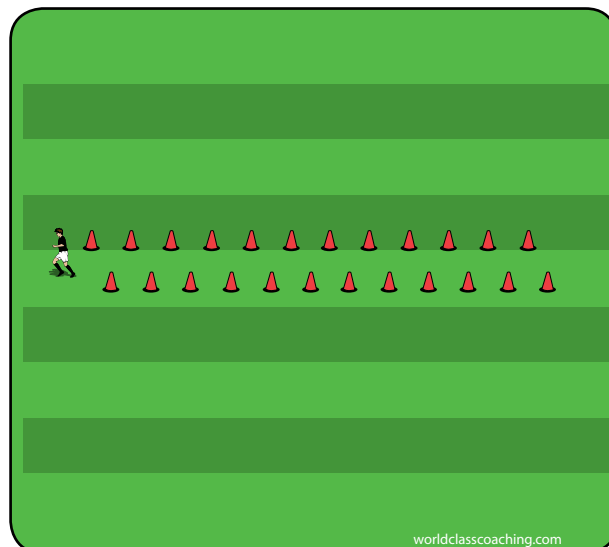


### 3rd Exercise

Run forward then back on toes etc. right through markers

#### 4th Exercise

Start facing outwards – high knees over all markers side ways on – on the way back facing markers just covered side step over and in between markers back to start



#### Fast Footwork Exercises

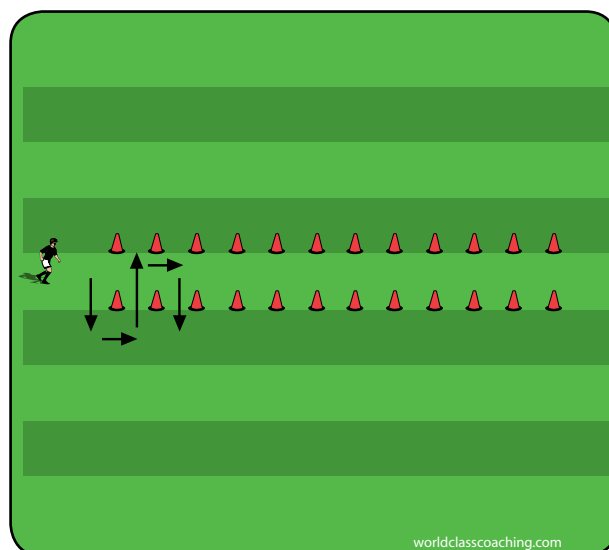
Increased Tempo – 20 minutes

#### Organisation

48 markers in two parallel lines 10 ft apart–space between cones 5 ft

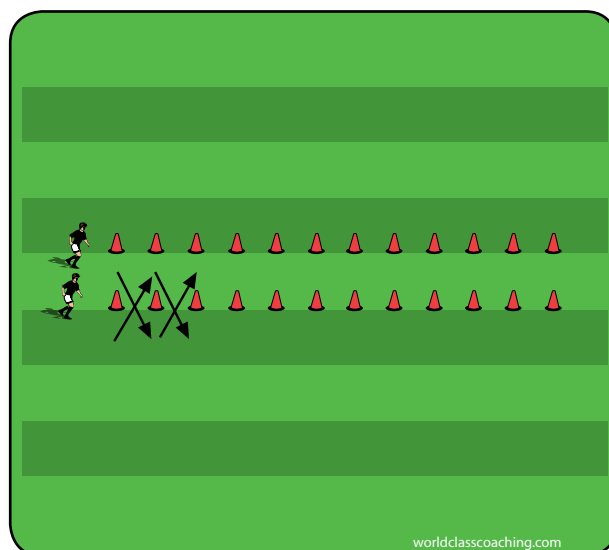
#### 1st Exercise

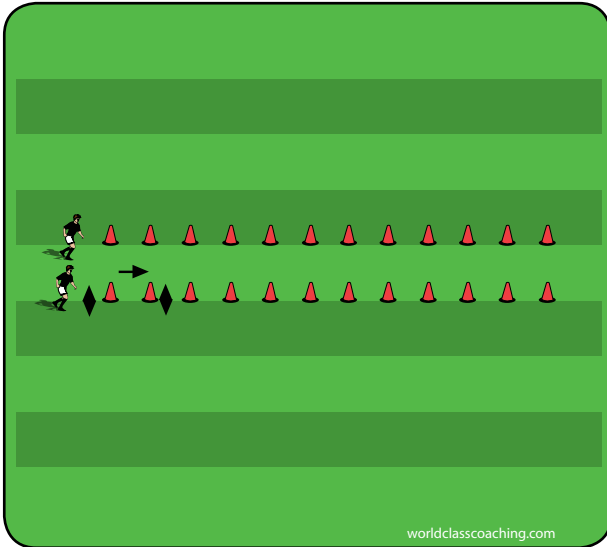
Run forward to 1st cone – side -steps to cone on same side – back pedals to parallel cone behind – side – steps to next cone on that side, then repeats sequence all the way through cones.



#### 2nd Exercise

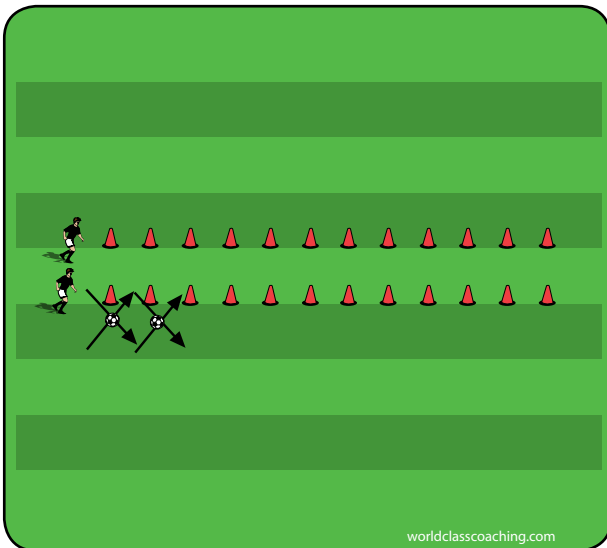
2 players at a time start on opposite sides, players run diagonally forward and zig zag all the way until the end, competitive, fun race and players have to avoid colliding.





### 3rd Exercise

Two players again on opposite sides – run straight forward – jump and bounce off chests – back pedal to same marker, then side-step to next marker – run forward meet chests etc.



### 4th Exercise

Players perform 2nd Exercise again but as they cross paths now they use each other to spin off using their upper body – twist and keep running – meet in centre each time

For all combinations of footwork drills players should lightly jog back after each completion – size of group ensures recovery period for each player will be sufficient – intersperse stretches as a group.

Earliest Exercises should be lighter speeds with emphasis on small steps rather than dynamic Running. Increase tempo in latter stages and feel free to introduce a ball for all accommodating exercises.

Click [here](#) to see DVDs that will show you the best conditioning drills, exercises and small-sided games.

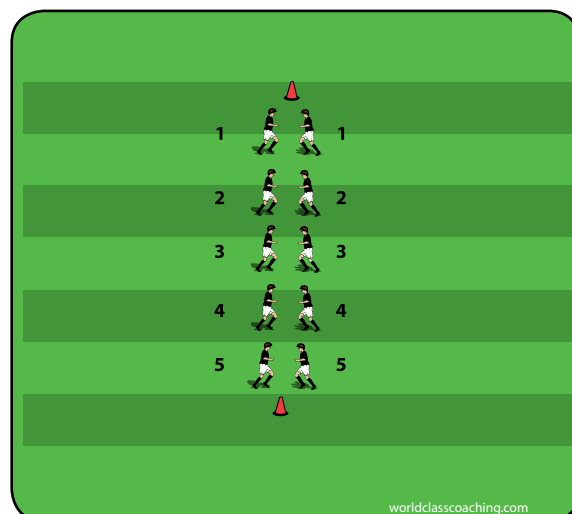


Session Topics - Warm-Up, Conditioning, Technical, Dribbling

## Ladders

Players are paired up and numbered, players face each other, sitting down toe to toe. Players should spread their legs as wide as possible and just be able to touch toes with players sitting next to them. When players number is called they race against partner in and out of everyone's legs up around top marker – down side of opposing team and around bottom marker before stepping back in and out teams legs until they sit back in position. First player sitting down gets a point for their team.

After a while call more than one number at a time and team with most points wins.



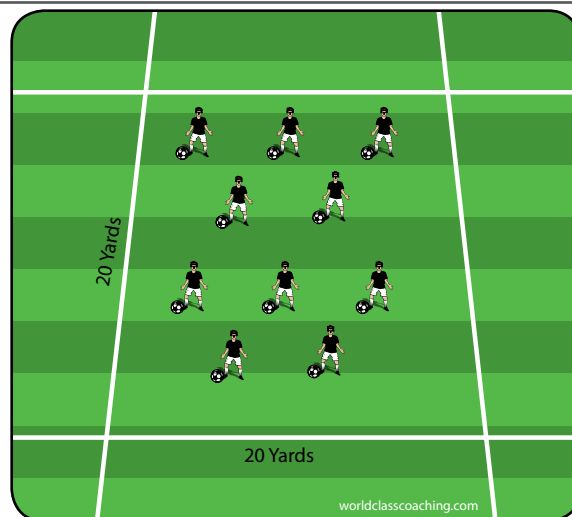
## Galey Says

All players have a ball in 20 x 20 yard grid – Players are instructed to do skills by coach i.e. Coach Galey. If the coach says 'Galey says' then the players have to do it – if coach does not say Galey says first then players should not perform the skill – if they do give light –fun punishment – juggles – toe taps – Australian push-ups etc.

## Good Skills to Use

Dribbling Techniques, turns, Juggling working from feet to head, flicking the ball up skills.

Coach should have a ball and demonstrate as much as possible – it helps to get players caught out

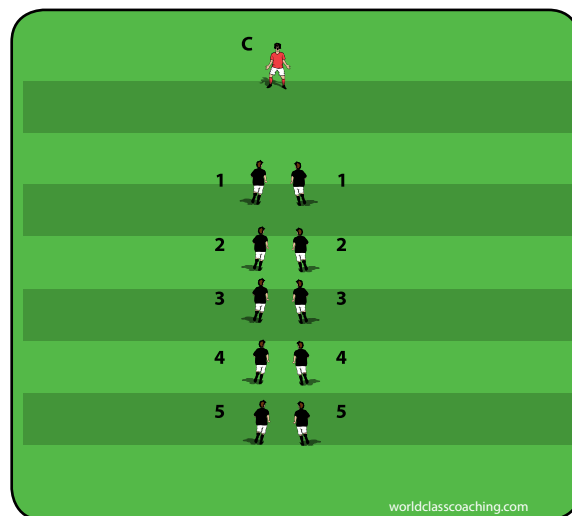


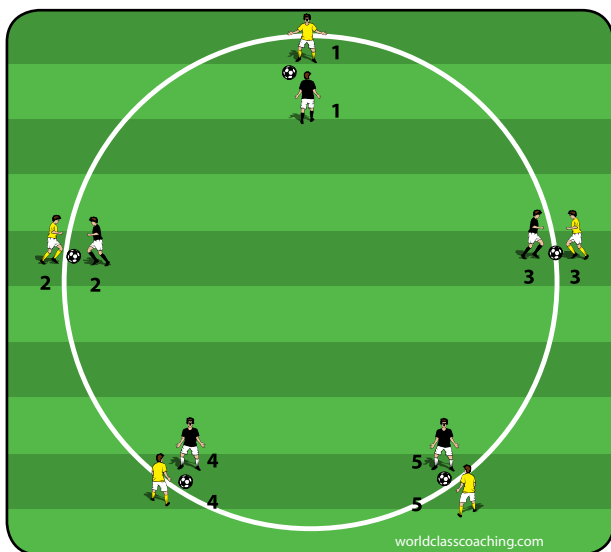
## Progression

Coach ( C ) stands 15 yards away from players who are standing side by side in pairs facing the coach. When coach shouts go number ones have to perform five of a set exercise – then sprint to the coach. Coach has hands out beside them and player who slaps coaches hand first scores a point for their team. Work through each pairing for each exercise. Players should jog lightly back to end of line after each round, the team with the most points wins .

## Exercises to Use

- \* Press Ups – Push Ups \* Burpees \* Knee tucks to chest
- \* Sit Ups \* Bear Crawls \* Headers
- \* Star Jumps – Jumping Jacks \* Crab walks \* Forward Rolls
- \* Squat thrusts

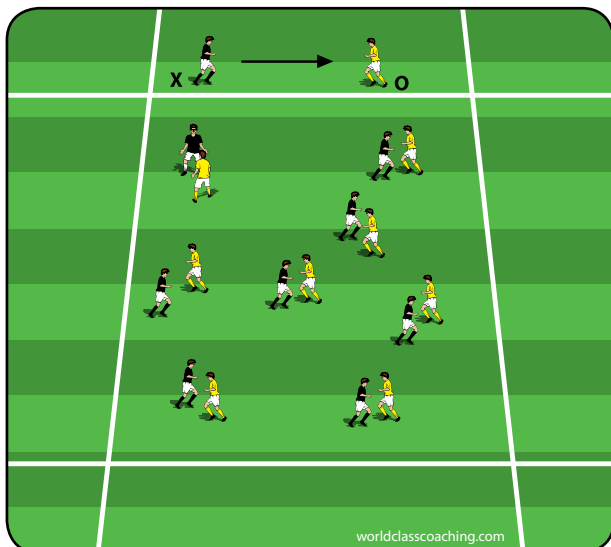




Partner up players. One player stands just inside the circle the other just behind them with a ball. x's have to pick o's up in piggy-back position.

When coach shouts go – the player jump off back dribble ball clockwise around the outside of the circle and then control ball before jumping back on partners back – shouting Yeeha Grandma. Last player on partners back has to do fun task

Rotate so partners play and then make each round more complicated i.e. players jump off then crawl through partners legs then dribble or players jump off – leap frog then crawl through legs then dribble and then make them repeat task after the dribble for added madness.



Players are paired up and spread themselves across a 40x40 yard area. Players lay next to their partners flat on their stomachs

- One pairing start the game as a chaser X and they chase their partner O
- O has to avoid being tagged by X – they can lay down next to any player on the field – whoever they lay next to – that persons partner is now being chased by X and they have to jump up quick – avoid being tagged and run to lay next to a new person – the drill continues. If O gets tagged they become the new chaser and try to get the person who tagged them until they lay down and pass on the chase

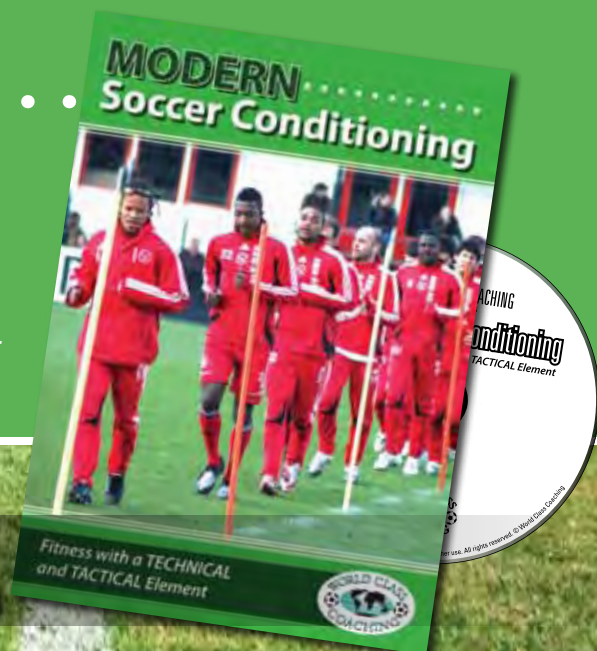
# MODERN..... Soccer Conditioning

Condition your teams with "Global Training" and integrate **TECHNICAL & TACTICAL** elements into your conditioning sessions like Gus Hiddink did with Russia and Jose Mourinho has pioneered over the years. Forget about conditioning your players with shuttles and sprints...that is "old hat".



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Session Topics - Technical, Passing, Possession, Long Passing

Click on the links to see a list of [books](#) and [DVDs](#) that will help your team improving their passing and possession skills.

## Passing

### Push Pass

- Use inside of the foot
- Non-kicking foot beside the ball
- Lock ankle - square to target
- Strike through centre of the ball
- Follow through bringing knee up

### Chip Pass

- Use knuckle of the big toe
- Non-kicking foot slightly behind the ball
- Approach from an angle
- Lean back into the strike
- Strike through bottom half of the ball
- Scuff the ground
- Bring knee up

### Driven Pass

- Use laces instep
- Non-kicking foot beside the ball
- Approach from a slight angle
- Lean into the strike

- Strike through centre of the ball
- Keep knee, head, and shoulder over the ball
- Follow through, pointing toe to target

### Lofted Driven pass

- Use knuckle of the big toe/laces
- Non-kicking foot slightly behind the ball
- Approach from an angle
- Lean back into the strike
- Strike through bottom half of the ball
- Follow through with toe pointing towards target
- Land on striking foot

### Other related topics

- Curling the ball
- Body Shape when receiving the ball and control
- Possession
- Movement off the ball
- Decision making – when to pass – what pass to use
- Productive passing – hurt the opposition – the split pass

## Pass to Induce Move

### Instructions

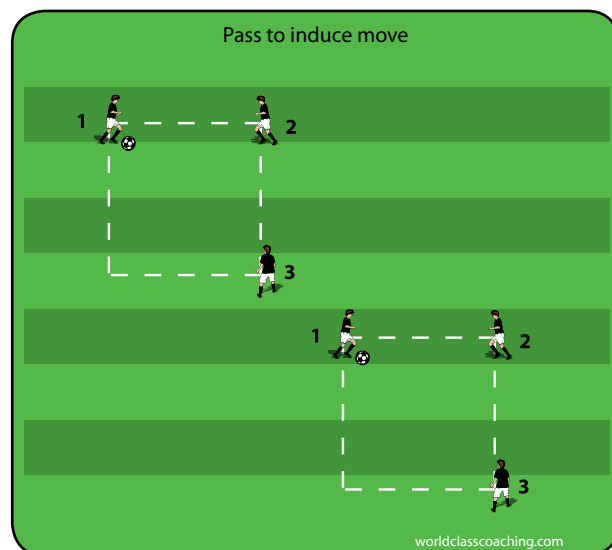
- 10 X 10 GRIDS
- Three players to a grid – in corners
- X1 plays ball to spare
- corner
- X3 meets ball at
- corner and plays to
- marker they left
- Continue sequence

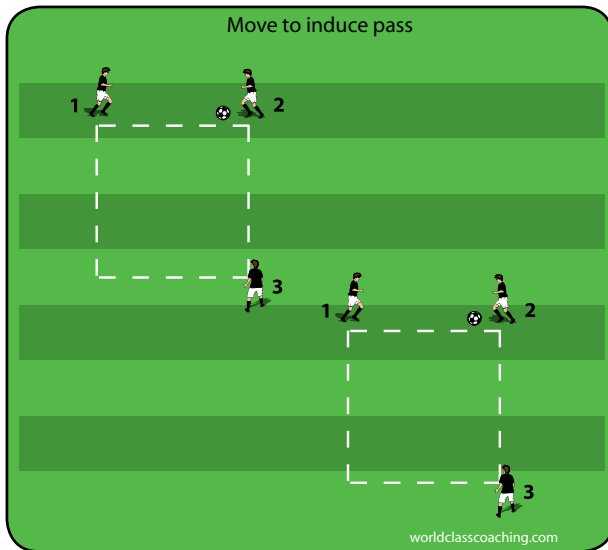
### Progression

- Limit players to two touches
- Reverse direction of passing
- Limit to one touch if of a high standard

### Key Factors

- Timing and weight of pass
- Verbal and Physical
- Communication - when to
- pass and where
- Body shape – Open up to
- play next pass early
- Sharp runs to keep drill at fast pace





### Move to Induce Pass

#### Instructions

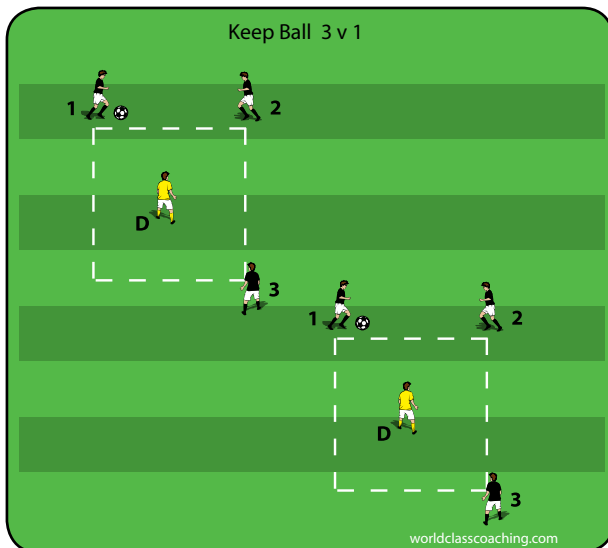
- 10 X 10 GRIDS
- X2 starts with ball
- and chooses pass to
- X1 or X3
- player who does not receive the ball
- moves to provide
- second option for
- receiver—square
- pass
- continue sequence

#### Progression

- Limit players touches
- condition touches to one with each foot for quicker play
- reverse passing direction

#### Key Factors

- no passes diagonally
- Timing and weight of pass
- Verbal and Physical
- Communication - when to pass
- Body shape – Open up to play next pass
- Sharp early runs to keep drill at fast pace



### Keep Ball 3 v 1

#### Instructions

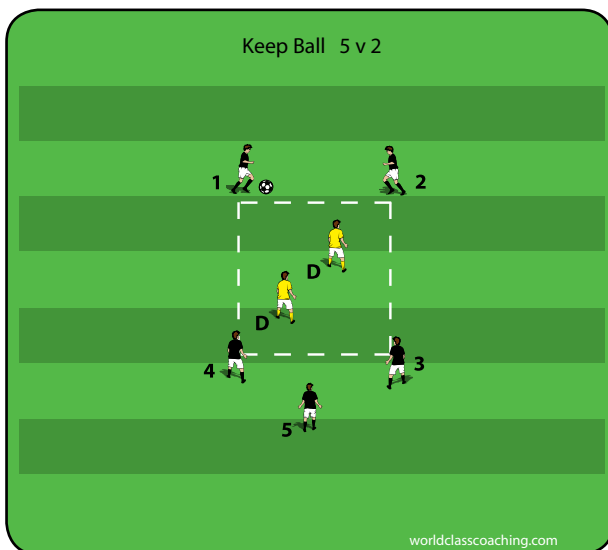
- 10 x 10 yard grids
- Three players in
- corners -1 defender
- D in middle
- D holds pinny/bib
- X's pass and move as above trying to keep ball
- If D wins ball losing
- X goes in middle

#### Progression

- Make defender passive if struggling – then active
- Award a point for ten consecutive passes
- D stays in twice for a nutmeg
- limit X's touches – 2 touch then 1

#### Key Factors

- Movement off the ball
- Quality of passing
- Communication
- Decision making
- A/ Draw the defender then play pass
- B/ Keep ball moving – don't over play or be flash



### Keep Ball 5 v 2

#### Instructions

- 20 x 20 yard grid
- X's have to keep ball
- away from D's
- Same rules as above – whoever loses possession becomes defender

#### Progression

- Limit X's touches
- passive then active D's
- reward 10 passes
- reward split passes

#### Key Factors

- Use and range of passes –
- bigger area – switch play
- Switch quickly from defender to attacker
- Look to split defenders-play between players
- Communication is KEY

## Draw and Switch

### Instructions

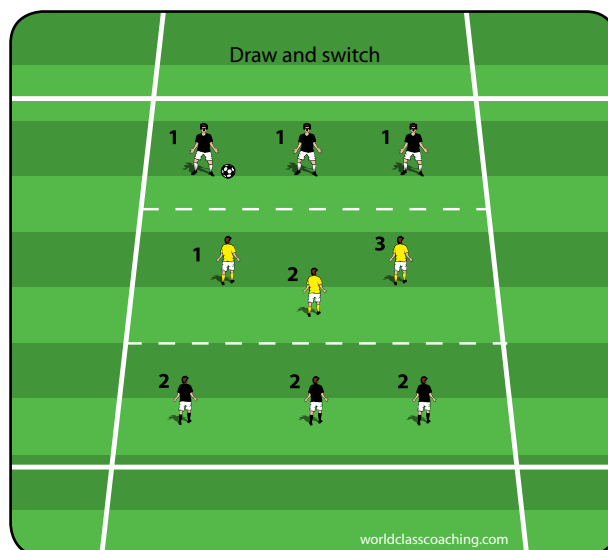
- 30 X 15 YARD grid
- X1's have to make five passes and
- switch ball to X'2
- 1 D is allowed to win ball back after X's touch the ball
- X2's receive driven pass and repeat to X1

### Progression

- Allow D's in middle to try and intercept
- Limit X's touches
- X's that lose possession then become D's
- switched pass = 1 point
- allow two defenders to challenge X's in end zone

### Key Factors

- Quick passing to get five passes
- Set up the switch pass
- movement off the ball—good support angles
- good 1st touch on the switched pass reception
- communication



## Switch and Support

### Instructions

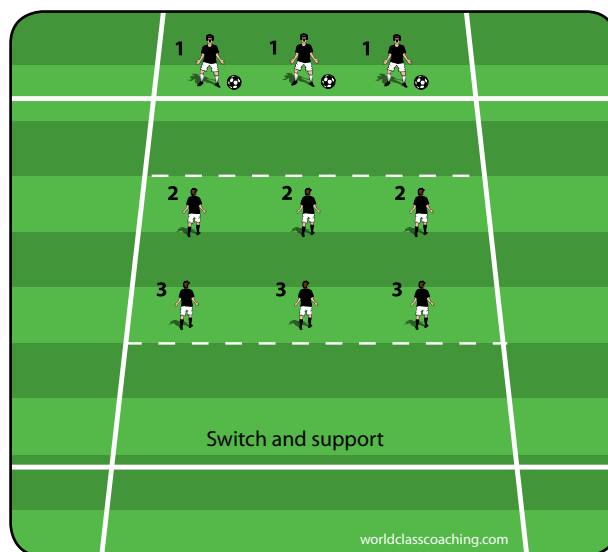
- 40 x 40 yard grid
- Groups of three
- X1 plays one-two with X2 then drives ball to X3 – follows
- X1 and X2 switch positions
- X3 plays one-two with X1 and drives to X2 – repeat sequence

### Progression

- Condition 1st touches
- Condition driven pass to certain target heights
- Challenge players by merging groups so players can pass to any x1, x2 or x3
- reduce number of balls
- and add defenders

### Key Factors

- short, short long sequence – make angled passes to set switch pass
- when merged communicate early and loud between all groups
- drive don't chip longer pass
- One touch if possible



## Three Team Keep Ball

### Instructions

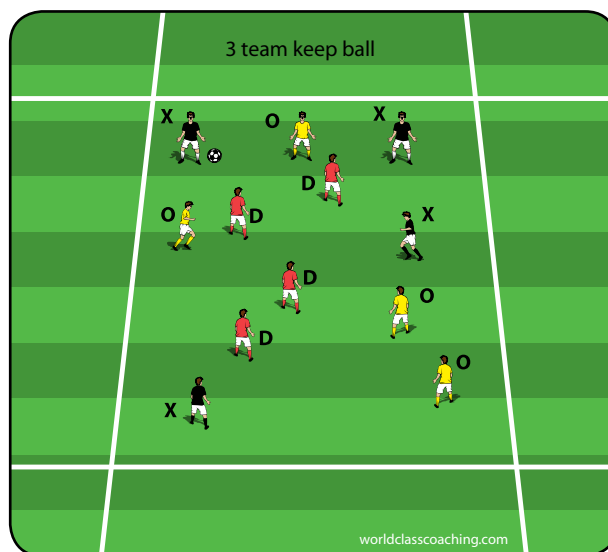
- 40 x 40 yard grid
- three equal teams
- X's and O's try to keep possession away from D's
- If a team loses possession they become the defending team

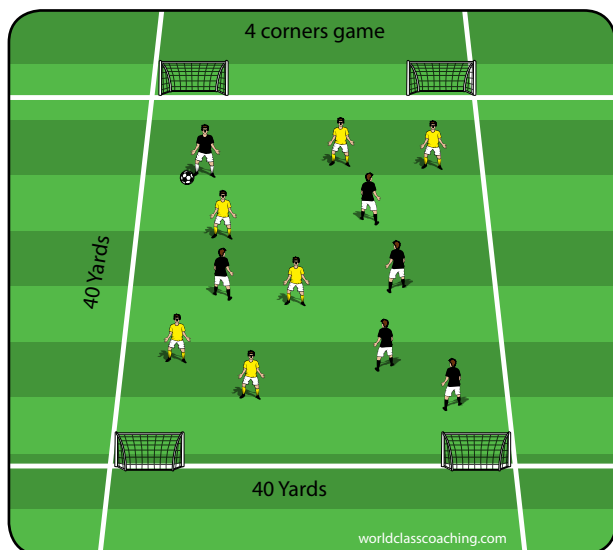
### Progression

- Reward ten consecutive passes
- Limit players touches
- Bring in a neutral target player – reward a point if they find target player with the ball whilst in possession

### Key Factors

- Communication between two teams in possession
- Win ball back and switch from defensive mindset
- early
- use the space – draw the player then switch play
- Move off the ball
- Be calm with ball





## Four Corners Game

### Instructions

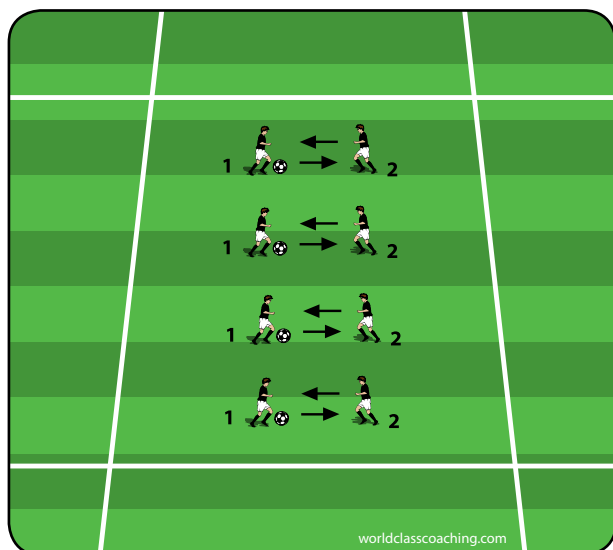
- 40 x 40 yard area  
– no out-lines just four corner goals
- two teams of equal numbers
- teams attack other teams two goals – in opposite corners

### Progression

- no goalkeepers
- play two or three touch
- reward bonus goal if they attack and score in opposite corners in the same move
- introduce goalkeepers

### Key Factors

- no passes diagonally
- Timing and weight of pass
- Verbal and Physical
- Communication – when to pass
- Body shape – Open up to play next pass
- Sharp early runs to keep drill at fast pace



## Partner Passing

### Instructions

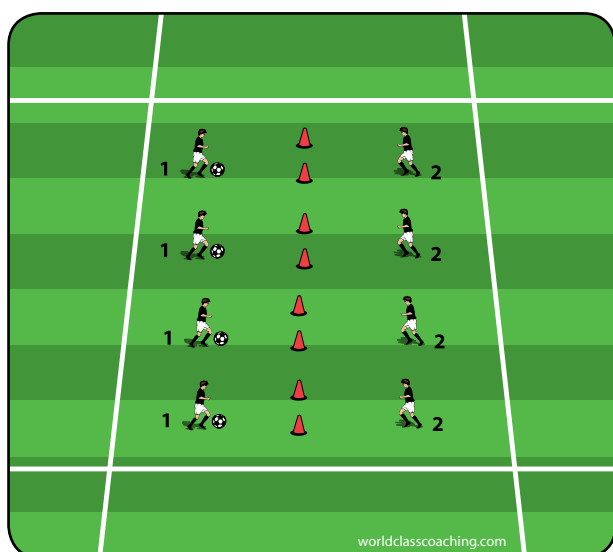
- X1 passes to X2 through 2ft gate in between players
- X2 controls ball and passes back through gate to X1
- Players count how many passes go through gate successfully in time limit

### Progression

- Condition passing foot
- Players have to control with left and play with right – vice versa
- Reduce time
- Increase Distance
- If players miss gate –there score returns to zero – keep count

### Key Factors

- Technique as above
- Try to be quick but maintain accuracy
- Help partner with straight passes
- Be on your toes and meet the ball



## Passing Through Gates 1

### Instructions

- 20 x 20 yard grid
- X's have to keep ball away from D's
- Same rules as above – whoever loses possession becomes defender

### Progression

- Limit X's touches
- passive then active D's
- reward 10 passes
- reward split passes

### Key Factors

- Use and range of passes –
- bigger area – switch play
- Switch quickly from defender to attacker
- Look to split defenders-play between players
- Communication is KEY

## Passing Through Gates 2

### Instructions

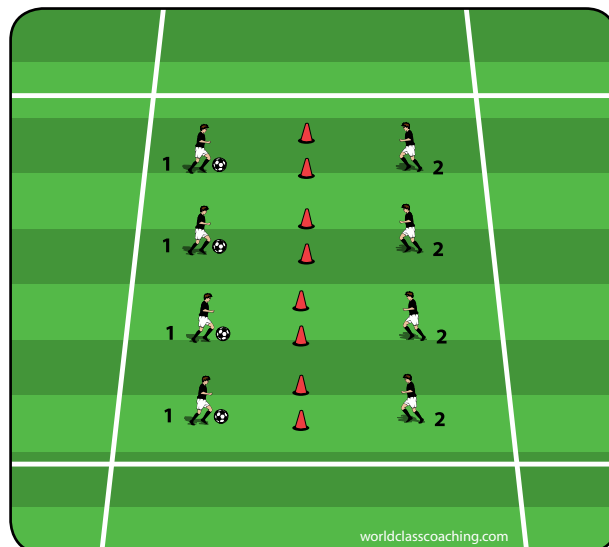
- X1 passes to X2 through the gates
- X2 takes ball on outside of the right foot and plays back down side of markers to X1
- This pattern continues
- Reverse roles

### Progression

- Players then use inside of the foot and take ball across the body
- use disguise before making move and playing back to partner
- place time limit on players – count how
- many they can

### Key Factors

- Use markers as a defender take ball out of feet and make crisp pass back
- throw a dummy/disguise movement
- Quick change of feet to make quicker return pass
- look up before passing



## Groups of Four

### Instructions

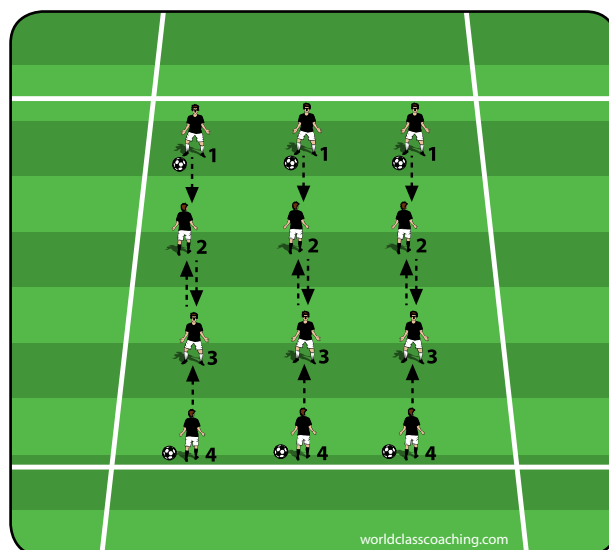
- x1 and x2 face each other
- other – x1 has a ball
- x3 and x4 face each other
- other x4 has a ball
- x1 and x4 pass to the middle x2 and x3 return pass spin and face other end player – repeat

### Progression

- all players to be middle players and end players
- Limit time
- Condition playing foot
- Throw balls in and get volleys back

### Key Factors

- Accuracy to maintain speed of drill
- communicate when you want the pass
- Central players use each other as defenders – roll or spin each other
- Up on toes – lock ankle square



## Passing with Target Players

### Instructions

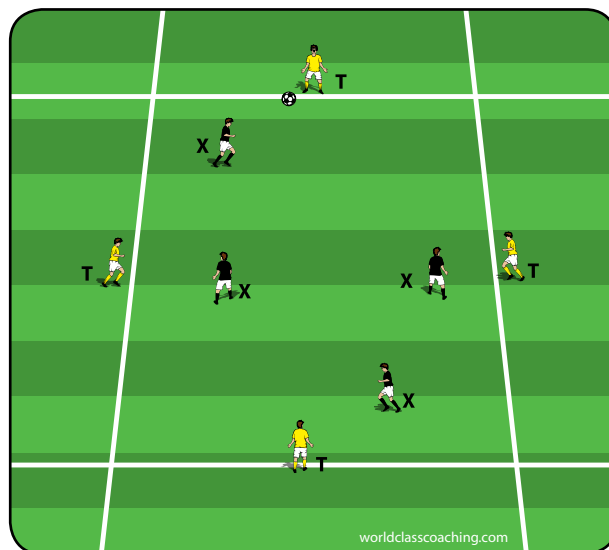
- T play ball into X
- X play one touch
- after four passes play ball out to T
- T play back in one touch and continue

### Progression

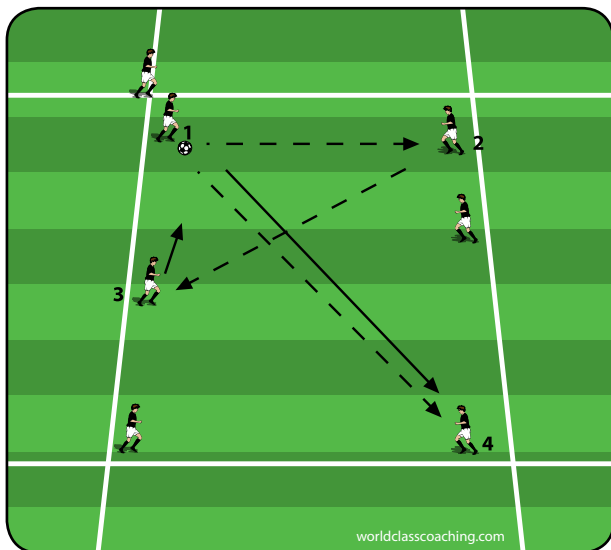
- condition passing feet
- When ball comes out to T play back across to another T in the air who controls and plays back into X
- Make T play control pass in one touch

### Key Factors

- Quality of pass – accuracy and weight
- Support positions
- Body Positions
- Movement of players – angles distance
- Communication of all players







### Passing Pattern 1

#### Instructions

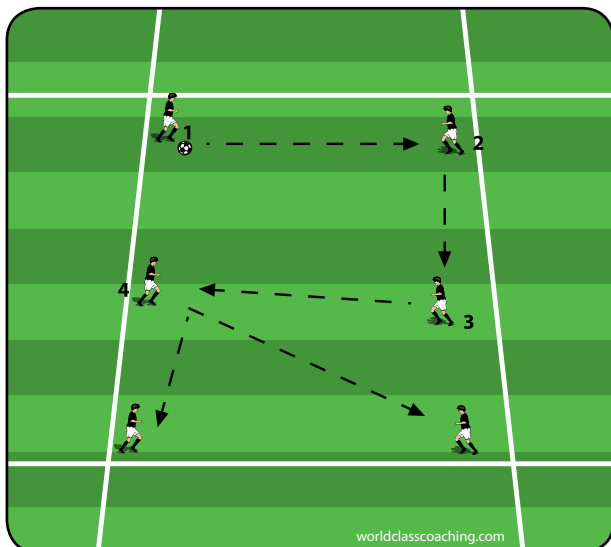
- X1 plays to X2 who takes two touches
- X2 passes to X3 who sets up for X1 to pass and follow to X4
- Repeat in opposite direction

#### Progression

- Progress to chipped balls in to X3 from X2 and to X4 from X1
- Condition passing feet and controlling touch on aerial balls to 2 or 1 touch depending on ability

#### Key Factors

- Quality of pass – accuracy and weight
- First touch – open up to play next pass
- Movement of X3 – away to receive – create space
- Quality of set up – timing, angles, communication



### Passing Pattern 2

#### Instructions

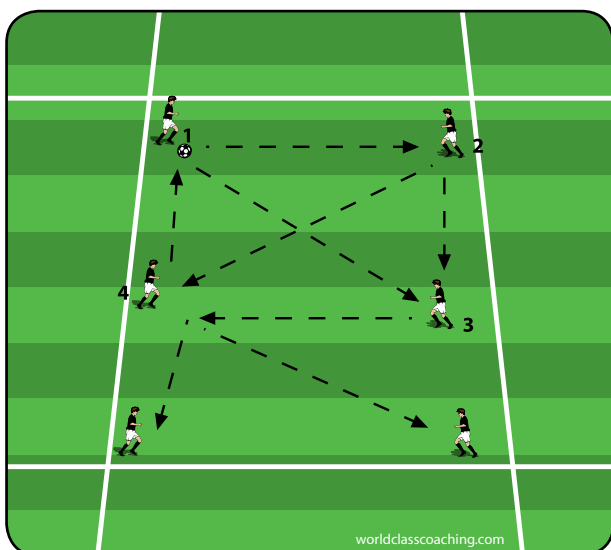
- X1 plays to X2 who has two touches
- X2 plays to X3 who sets up for X4 to play to X on the end line
- Repeat from opposite with X starting and 3 and 4 reversing roles

#### Progression

- condition passing feet and number of touches
- Introduce lofted passes for longer passes
- Increase space and distance if you want

#### Key Factors

- Quality of pass – accuracy and weight
- Create Space – long/short – open up for passes
- Timing and angle of movement by middle players



### Passing Pattern 3

#### Instructions

- X1 plays to X2 who takes two touches.
- X2 plays to X4 who sets back for X1
- X4 spins off left shoulder
- X1 plays to X3 who lays off for X4 to play forward

#### Progression

- Repeat from both ends of the area
- increase distance for longer passing and aerial balls can

#### Key Factors

- All same points as above
- Timing and direction of X4's spin out
- Concentrate on quality of set up – angles of support and communication are vital

## Passing Pattern 4

### Instructions

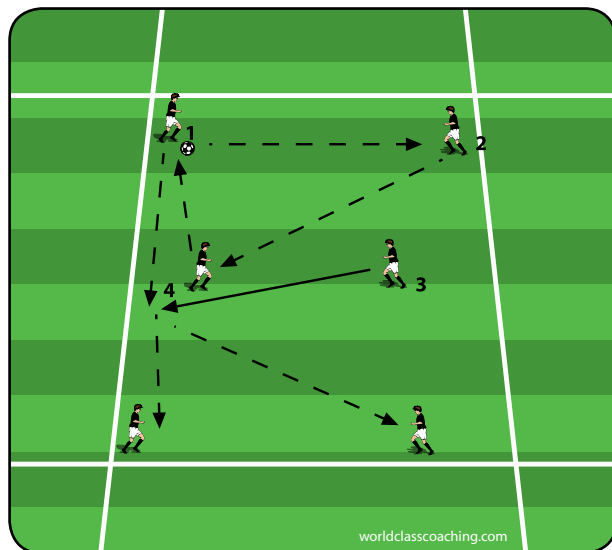
- \* X1 plays to X2 who takes two touches
- X2 plays to X4 who sets for X1
- X4 spins off right shoulder this time
- X1 plays down the side for X3 to play forward

### Progression

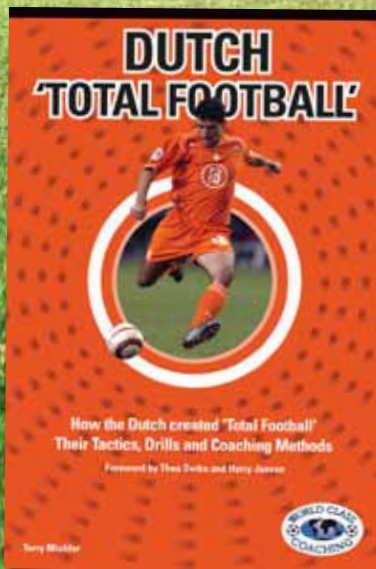
- Repeat from both ends of the area
- Rotate all players in each of these drills

### Key Factors

- Quality of passes and setup – accuracy and weight
- Create Space
- Movement by X4 – sideways on – observe
- Support position of X3
- Quality /selection of 1st touch



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Session Topics - Attacking, Shooting, Finishing, Technical

## Shooting/Attacking Play

### Technique

- Non- Kicking foot beside the ball
- Strike ball on the laces
- Knee over the ball
- Shoulder over the ball
- Head over the ball
- Keep the head steady
- Point your toe where you want the ball to go

### Considerations

- Striking a moving ball
- Approaching the ball from an angle
- Aiming across the goal to the far post
- Correct body shape to strike
- Sweeping the ball into the goal
- Accuracy before power
- Strike at earliest opportunity

### Other Related Topics

- Finishing
- Decision making – type of finish – side foot, lob, power strike, beat the keeper
- One on One's

### Attacking Play

- Combinations
- Attacking runs – key areas
- Working in pairs – roles of each attacker
- Movement off the ball
- Creating Space
- Greediness – the hunger to score a goal
- Using your body – pinning defenders
- Taking players on



## Roll and Shoot

### Instructions

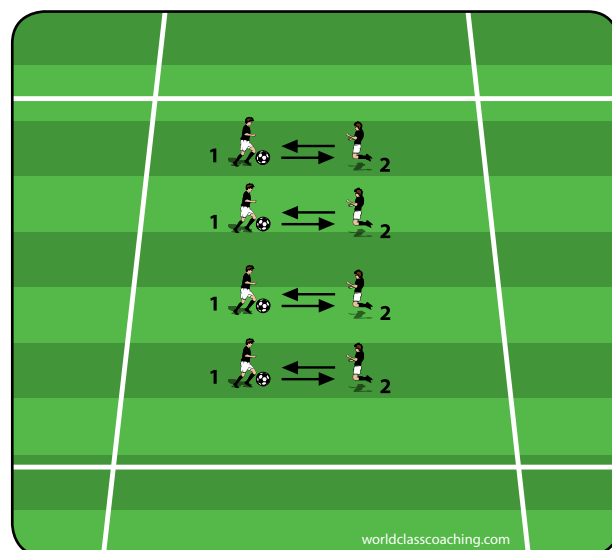
- X1 stands – x2 kneels only 3 ft away
- X2 rolls ball to X1
- X1 strikes ball back to x2 who stops and rolls quickly to X1's opposite foot
- Try to work partner hard and fast

### Progression

- X1 and x2 reverse roles
- Limit time and count number of strikes
- Compare scores on each foot – try to better each time
- Increase distance between players to 5 ft

### Key Factors

- Up on your toes and quick steps between strikes
- Knee over the ball – Toe pointed down
- Strike on the laces – Follow through to target
- Accuracy before power



## Shooting in Pairs

### Instructions

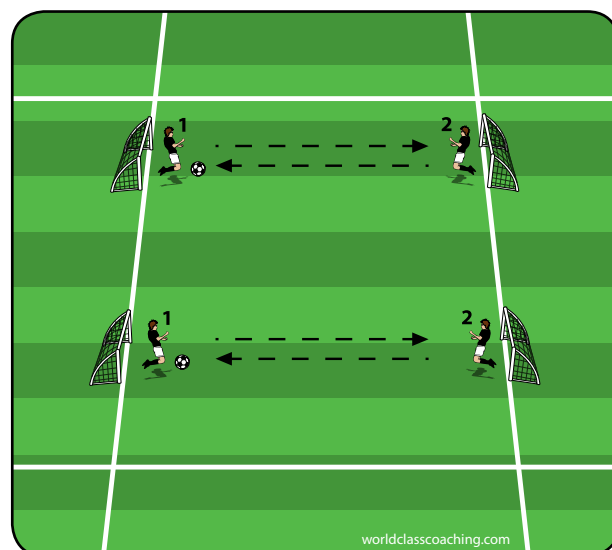
- X1 shoots at X2's goal
- X2 tries to save and then shoots back at X1
- Goals only count if below knee height
- Goalkeepers may not use hands

### Progression

- Players roll ball to the side and try to strike to opposite corner of goal
- Limit to two touches
- Alternate feet
- X1's roll ball for X2's to hit back at them – swap

### Key Factors

- Knee, shoulder, head over the ball. Non kicking foot beside the ball.
- Approach from an angle
- Shoot low and to the corners
- Look at goalkeepers positioning before you shoot



## 2 v 2 Shooting

### Instructions

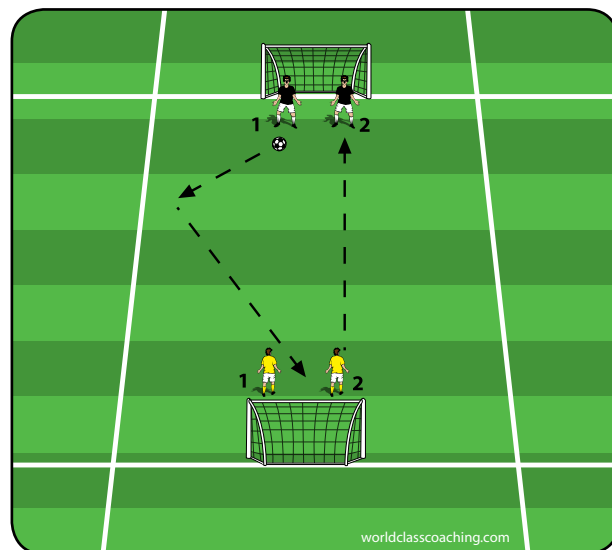
- X1 rolls ball to the side and shoots at opposite end goal
- O1 and o2 try to save not using hands and then shoot back at X's goal
- First team to five goals wins

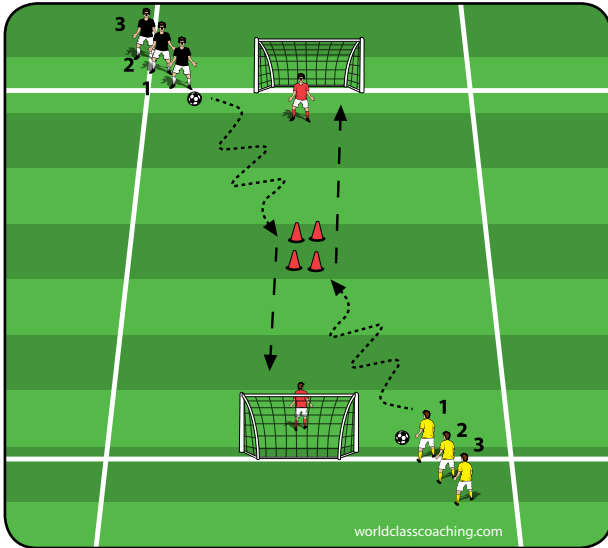
### Progression

- Limit to two touches per player
- Partners must play one two before shooting
- limit to three touches per team with the set-up
- Allow goalkeepers to use hands and increase distance and goal size

### Key Factors

- Quality of technique – test the goalkeepers
- Work on angles for lay-offs in the one-two
- Work as a team, catch opponents off guard with quick returns
- Keep accuracy as power increases





## Fake and Shoot

### Instructions

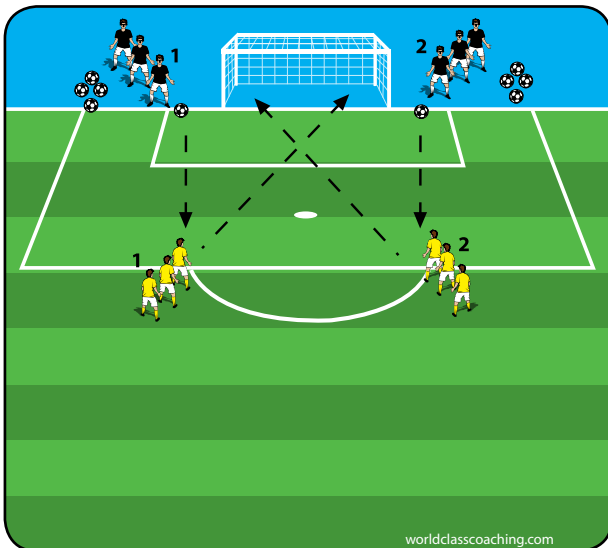
- X1 and O1 dribble ball to centre square
- Players use move and take ball to the right
- Players shoot and try to beat goalkeepers
- Players join end of opposing teams line

### Progression

- Players use new fake/move each go
- Make players take ball to left as well as right
- Bring in passive or active defenders
- Play ball in from opposite corner then
- Players attack the goals

### Key Factors

- Concentrate on the shot after the move
- Keep head up and decide early what you will do
- Attack with pace and purpose
- Work on both feet and taking the ball both ways
- past the defenders



## Four Lines

### Instructions

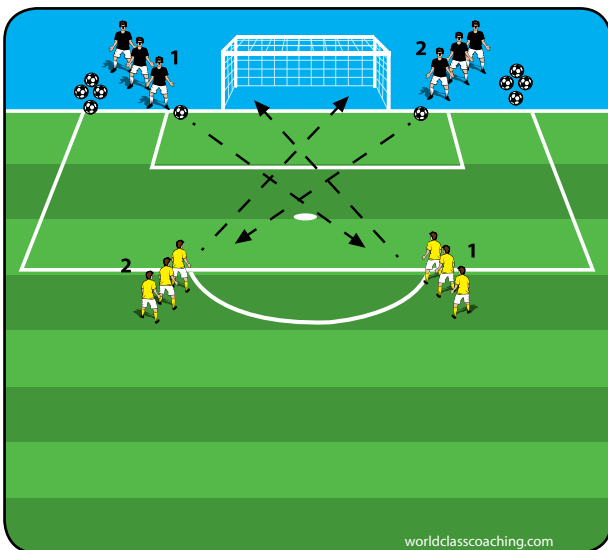
- Four lines of players with equal numbers
- X1's pass ball to O1's who shoot first time at the goal
- Players swap lines
- X2's then serve to O2 who shoots and drill continues in sequence

### Progression

- make players swap sides
- Players throw balls in for volleys
- Players chip ball in for partners to control and shoot
- Bring in a goalkeeper and /or passive defenders

### Key Factors

- quality of service into strikers
- angle of approach to the ball
- aim for opposite corners
- follow through and react for rebounds
- look at GK's positioning



## Passing Through Gates 1

### Instructions

- Four lines of players with equal numbers
- X1's pass ball to O1's who shoot first time at the goal
- Players swap lines
- X2's then serve to O2 who shoots and drill continues in sequence

### Progression

- Players swap sides
- Players throw balls in for volleys then chip ball in to control and shoot
- Vary servers position –put them wider for full on crosses
- Bring in a GK and /or defenders

### Key Factors

- Serves or crosses must be at good pace to hit
- Make an early decision on the strike depending on the service
- Control out of feet to set upstrike
- Shoot low and across thgoalkeeper



## Shots from Serves

### Instructions

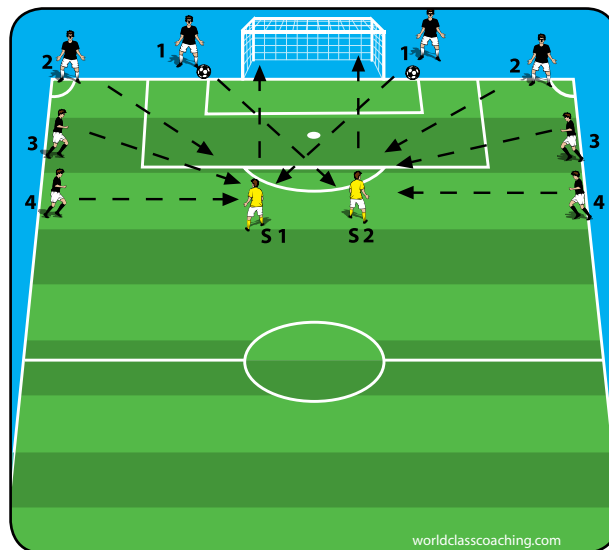
- Even number of players in each line
- Server x1 on the left passes to s2 who shoots first time
- Server x1 on right passes to s1 who shoots first time
- Continue serves to same strikers with
- servers x2 thru x4

### Progression

- Every player to play in each position
- Strikers to shoot with nearest foot
- Condition strikers to use furthest foot and allow ball to come across the body
- Make servers throw-in balls
- \* add a goalkeeper

### Key Factors

- Strike with laces - watch ball onto foot
- Curve approach
- Angle yourself to goal –sweep ball into net
- Quick feet – adjust to flight of serve
- Aim across the goal
- Look at goalkeepers positioning



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## Pass and Shoot

### Instructions

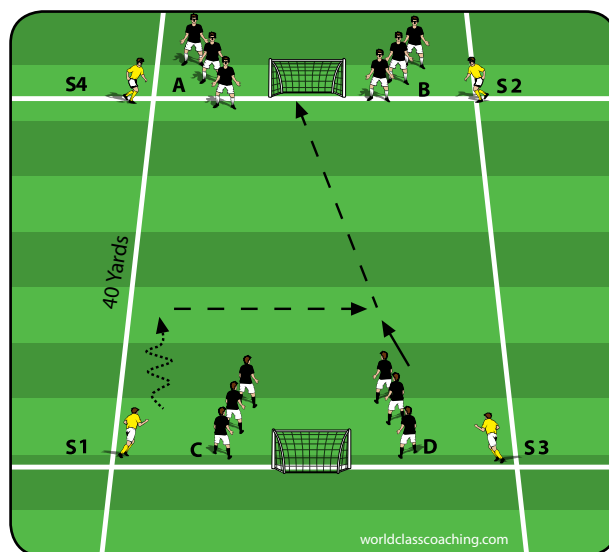
- Two goals positioned forty yards apart
- S1 dribbles forward –passes square for d who supports and shoots first time –swap ends and positions
- S2 then serves for a
- S3 for c
- S4 for b and repeat

### Progression

- Players change from servers to strikers
- Widen or lengthen grid to stretch players more
- Bring in goalkeepers
- Time/touch conditions
- on goals

### Key Factors

- Keep drill at fast pace
- Time and angle of strikers run
- Good body shape to shoot
- Quality and varied services
- Key areas to shoot
- Communication between servers and shooters



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# WINNING SHOOTING & FINISHING

Scoring goals is perhaps the most difficult part of any soccer game and therefore, should be a major part of your training sessions.

These two DVDs focus on crossing, shooting and finishing drills that will teach you how to play effectively in and around the penalty area and how to create more goal scoring chances and score more goals. Including these exercises in your practices will give your team more attacking options and keep the opposing defenses off balance.



Session Topics - Attacking, Dribbling, Technical, Running with the Ball, Moves, 1v1

## Dribbling

### Feeling comfortable using all parts of the feet/ keep your head up

- Sole of the feet
- Laces
- Inside of the foot
- Outside of the foot
- Manipulate the ball to do what you want it to do – Coerver Skills
- Don't look down at the ball – know where it is by touch

### Close control

- Not too close to the body
- Ball always in stride length
- Shield ball from opponents

### Change of pace/ Change of Direction

- Slowly into defenders
- Explode away
- Use of body swerve
- Create space and attack it
- Be able to go in different directions
- Comfortable with both feet

### The ability to feint and dummy

- Use of moves – Matthews, Maradona, scissors, shuffle, Ronaldo etc.
- Time and space to use move
- Distance between you and defender
- Use of body to emphasise fake/dummy

### Decision Making – when and where to dribble

### Having an end product – Shoot or Pass after the dribble

### Attacking Mentality – take Players on

## Dribbling

### Instructions

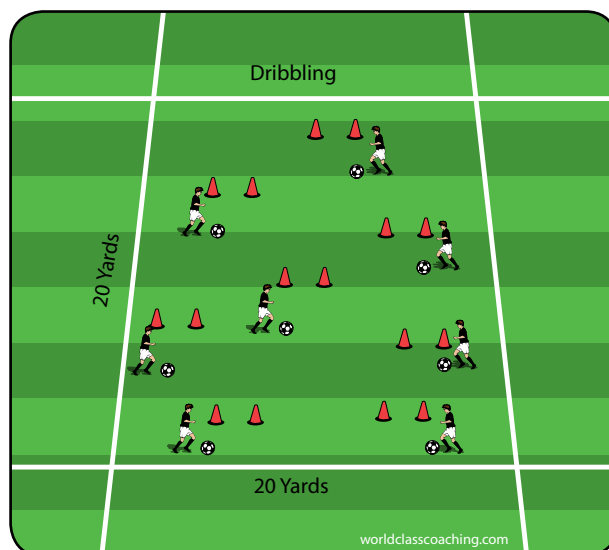
- Players dribble in and around 20x 20 grid
- On 'go' x's dribble through as many gates ^ ^ as they can until coach shouts stop

### Progression

- Limit time and try to beat last score
- x's have to stop ball between gate and change direction
- x's use gates as defenders and use fakes/moves to beat them

### Key Factors

- Keep head up
- Use different parts of the feet
- Quick change of direction
- Decision making— if player is already at gate – find another open quickly



## Pass and Dribble

### Instructions

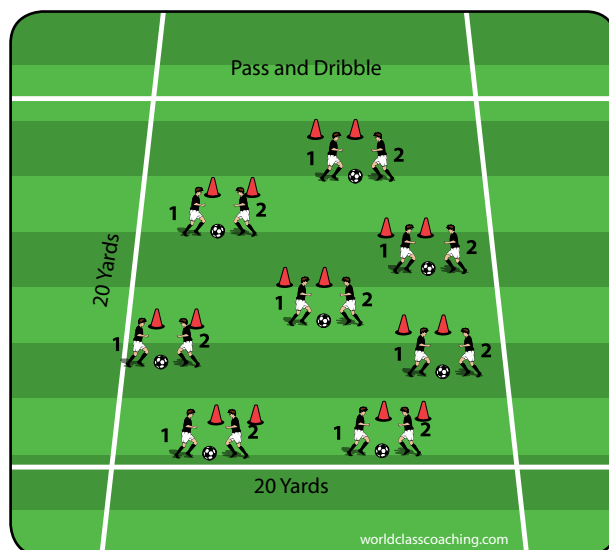
- Players dribble and pass in pairs in and around 20x 20 grid
- On 'go' players have to see how many passes through gates they can make in a minute

### Progression

- Award points for pass through each gate
- Minus a point if players hit markers on pass
- Limit time and try to beat previous score

### Key Factors

- Keep head up
- Use different parts of the feet
- Quick change of direction
- Decision making— if player
- Is already at gate – find another open quickly



## Dribbling Traffic Lights

### Instructions

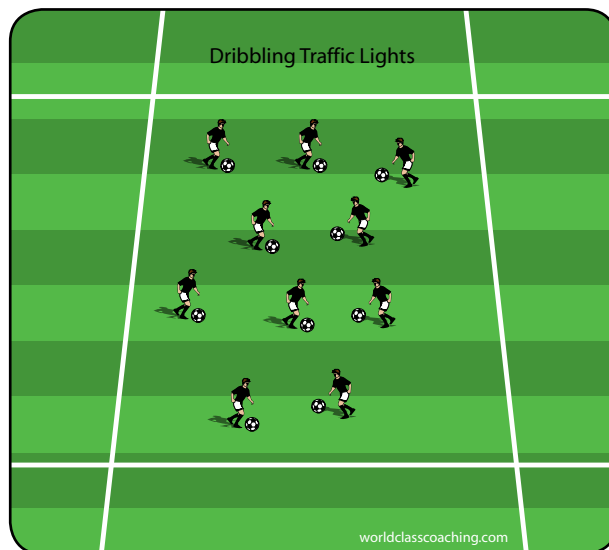
- each player has a ball
- all dribble ball and listen for commands
- Green light – fast
- Amber Light – slow
- Red Light – stop
- if player jumps red light – coach police chase and tap them

### Progression

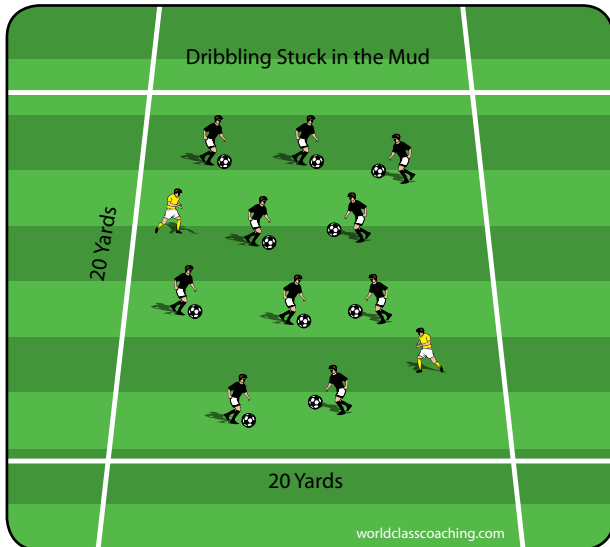
- players who get caught by police have to perform task
  - ten toe taps
  - ten juggles
  - five headers
- Condition dribbling skill
- Bring in fakes/moves
- let players be police

### Key Factors

- keep head up – find spaces
- change pace and direction with commands
- use skill to avoid police
- keep close control so you don't have to foil police
- use different parts of feet to dribble







## Dribbling Stuck in the Mud

### Instructions

- two players try to kick players balls out of the grid
- if players ball goes out – they retrieve ball and come to middle of grid – open legs wide and place ball overhead
- dribble through players legs to release them

### Progression

- Restrict time of play
- Condition dribbling skill
- Make players who are stuck perform a task before coming back into grid
  - ten toe taps
  - five juggles
- Award points for players who are not stuck at the end

### Key Factors

- Use different dribbling skills as you would in a game situation
- fetch ball quickly if out and get friends to unstuck you
- avoid players kicking you out – shield the ball
- only two players at a time kicking balls

# Checkout these Books and DVDs that Focus on the Technical Side of the Game



Session Topics - Attacking, Technical, Receiving, Control, First Touch

## **Ball Control**

- Be up on toes ready to control ball at all times
- Judge height and pace of ball and get into line to control
- Select controlling surface early
- Offer controlling surface
- Relax on controlling touch
- Be aware of position ready to make next move
- Take controlling surface away
- Make next play

## **Foot Control**

- Do not trap under the foot
- Use laces or inside of the foot
- Control in front away from the body ready to play
- Play with opposite foot to increase speed of play

## **Thigh Control**

- Make sure muscle is relaxed
- Stay in line with ball in case of miss-control
- Drop knee away to play from feet
- Try to control across your body and shield from opponent

## **Chest Control**

- Arms out for balance and protection
- Lean back then drop chest away on touch
- Control with muscle of chest
- Take ball across the body to opposite foot or thigh

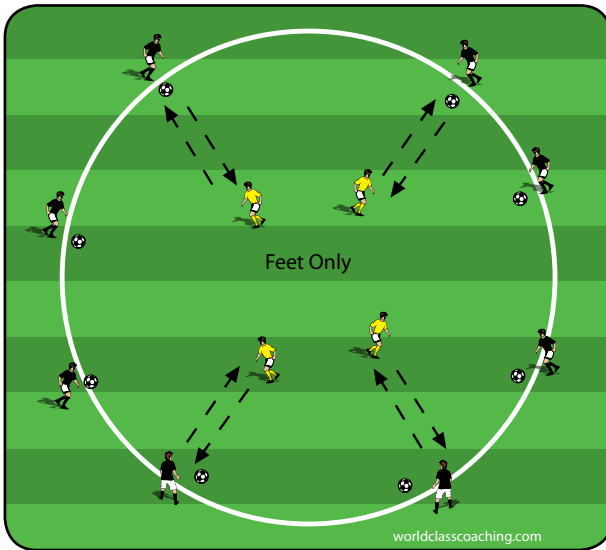
## **Head Control**

- Take sting out of the ball
- Relax neck into shoulders
- Use forehead – parallel to the ground
- Try to control into stride

## **Other Related Topics**

- Importance of the 1st touch
- Ball Juggling
- Volleying
- Decision-making: control is the means to an end - Dribble, Pass, Shoot





### Feet Only

#### Instructions

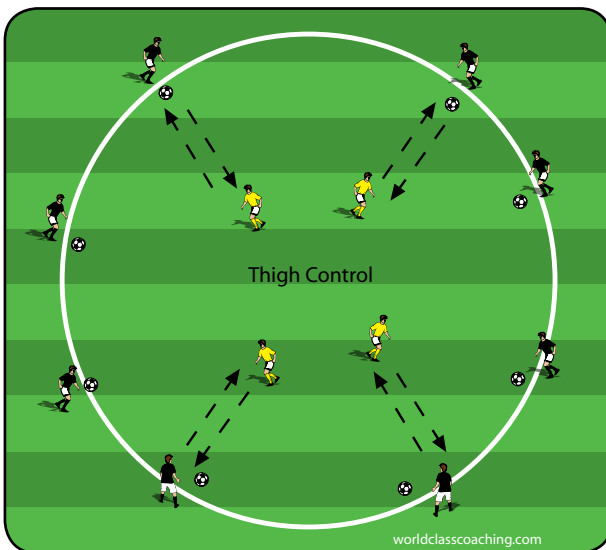
- two thirds of all
- players on outside of circle – one third inside
- O's run to player on outside who serves ball in the air for O to control with feet
- O controls passes back and then overlaps x and repeats

#### Progression

- rotate all players
- condition first touches – control with one foot play with the other
- players must volley 1st time back to outside
- control with one foot –volley with the other
- add a defender

#### Key Factors

- Quick runs in - slow down on arrival
- Be up on toes, adjust to height and weight of serve
- Relax on first touch
- Control out of your stride and play back quickly
- don't go round in a circle



### Thigh Control

#### Instructions

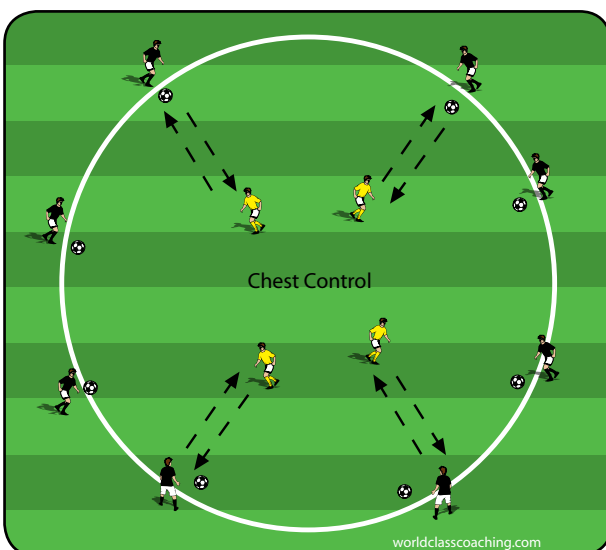
- same format as above
- players must take controlling touch with thigh and play back to partners before overlapping and finding new server
- how many can player do in a minute?

#### Progression

- rotate so all players go in middle
- condition controlling touches – control with one thigh play with the opposite foot
- players must control with thigh then volley then back to the outside
- add a defender

#### Key Factors

- offer thigh and as ball touches drop away to land ball at your feet
- try to control across your body to play earlier
- as body tires during the minute try to keep mind focused
- thigh muscle stays relaxed to control



### Chest Control

#### Instructions

- same format as above
- players must take controlling touch with chest and play back to partners before overlapping and finding new server
- how many can you do in a minute?
- chest then volleys

#### Progression

- rotate all players
- through
- condition passing/ volleying foot chest then head back to partners – must attack ball at pace for this
- bring in a defender to put pressure on one of the tasks – passive

#### Key Factors

- all above points –
- lean back and drop chest away as you control – get arms out for balance and protection
- be aware of def.
- positioning and your own space to control the ball - use your body to shield

## Feet Only

### Instructions

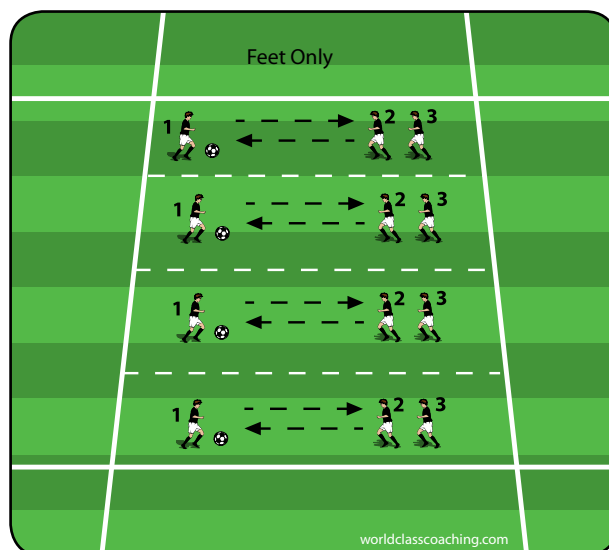
- Three players per 20 x 10 ft grids
- X1's have ball – they serve ball into x2's feet on x2's shout
- X2 controls under slight pressure from X3 – tries to get half turn and then plays back to X1
- Repeat 10 times

### Progression

- rotate players - control, serve and pressure
- condition first touch – control with one foot play with the other
- vary height/pace of serve in
- after one round each get servers to play in from feet

### Key Factors

- Maximise your space to receive
- Create space away from defender and demand service with verbal or physical communication
- control sideways on – keep your body between defender and the ball



## Thigh, Chest, Head

### Instructions

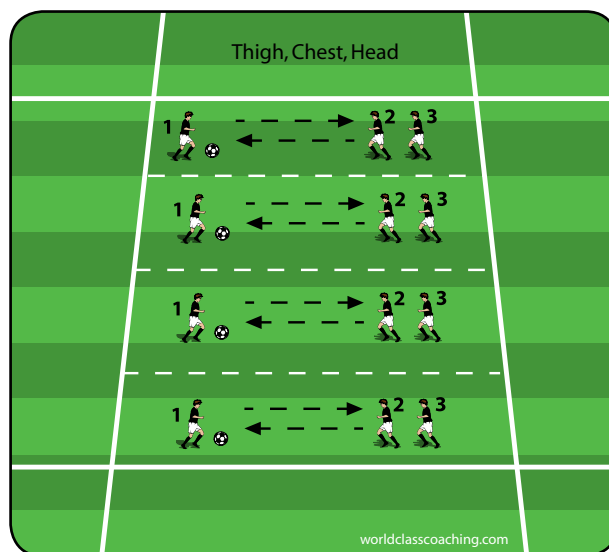
- same as above but serves are aimed at thigh, chest then head
- players rotate every position after each set of ten serves
- if players are taking it easy increase defenders privileges to full tackling

### Progression

- condition players to controlling to side:
  - - left thigh to right foot
  - - left pectoral etc.
- variety of serves – looped, flat – hard, soft
- if players are of sufficient quality allow
- chipped services

### Key Factors

- players must get used to feeling defender and pushing away to get space to control
- stand sideways on if possible to role defender
- be aware of distance
- keep focus as legs and



## Control and Shoot

### Instructions

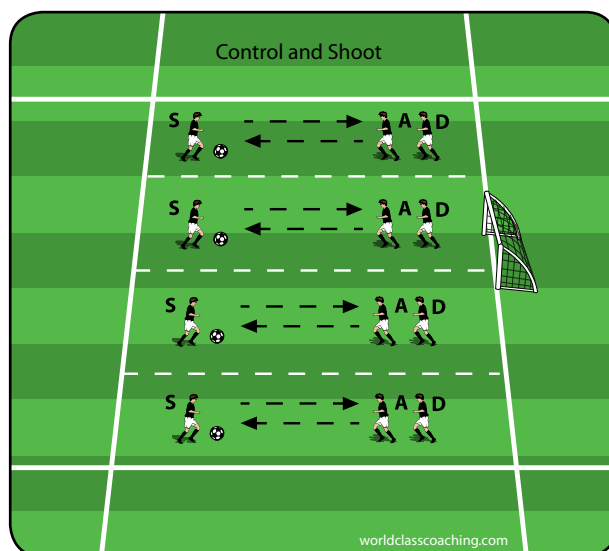
- same as above each group numbered with a server, attacker & defender
- Players turn, attack and score
- players keep count of number of successes
- points for goals and defenders and saves

### Progression

- all players to participate in each role
- five shot attempts each then bring in a GK
- allow server to receive passes back and play through balls for attackers
- join two groups together for 2v2

### Key Factors

- players practise same technique as above – now with an end result
- composure in front of goal after control to beat defender
- pass back to server and spin defender
- communication when you want passes and where





## Serve and Finish

### Instructions

- two attackers A, take turns in receiving serves from 1-7 on outside of area
- players have to control and shoot to score past GK
- rotate all players

### Progression

- coach calls numbers
- for servers to play ball in
- limit number of touches for attackers
- bring in passive then active defenders
- allow chipped serves

### Key Factors

- put into practise all of the above skills learned
- choice of finish after control is vital
- be aware of surroundings GK's position, defender's position – your space/time

# Six Minute Soccer Skills DVDs





Session Topics - Attacking, Technical, Dribbling, Ball Control, Crossing, Finishing

Click [here](#) to checkout our DVD that will teach your players 15 Legendary !v1 moves.

## Running with the Ball

Running with the Ball is something many players will do in a game and is not to be confused with dribbling a ball – there are certain key differences between the two skills and when coaching players these differences need to be highlighted. Some of the Key Factors when running with the ball are:

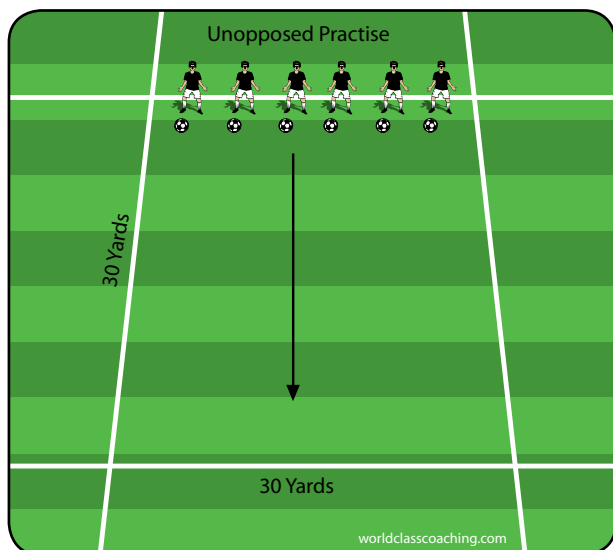
- Players should use their peripheral vision – look ahead
- Strike the ball with the laces or instep
- Kick the ball a little distance in front and out of your stride
- Try to attack the space ahead of you as quickly as possible
- As with Dribbling – Running with the Ball is only the means to an end – remain composed to pass, cross, dribble or shoot

### Decision Making

All of these factors come into deciding whether or not to run with the ball

- Have you got space in front of your opponent to run at them
- Is there space beyond your opponent to run into
- How quickly do you need to cover the distance
- How much space is available

To run as fast as they can with the ball players should use the instep or laces rather than the inside of the foot as this maintains your natural running stride pattern. Players should always be looking up and know their surroundings on the field but especially when running with the ball to avoid dangerous collisions.



## Unopposed Practice

### Instructions

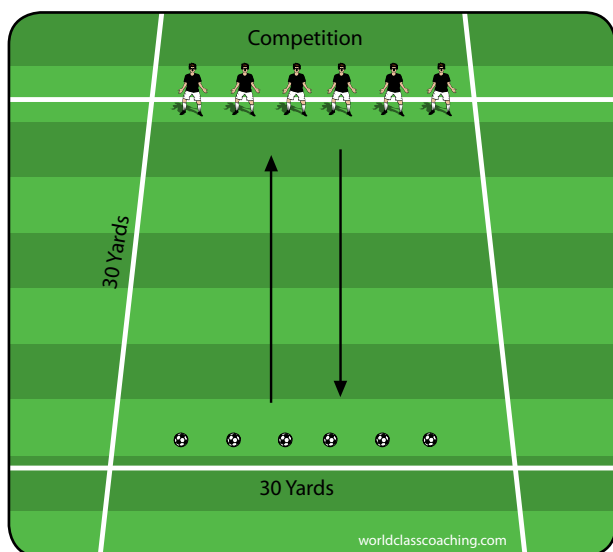
- all players with a ball standing at one end of 30 yard grid square
- Players have to run with the ball to opposite end of grid
- return to same end on coaches command

### Progression

- condition to left foot only, right, alternate, then laces only
- try to do in minimum of four – maximum of six touches in each direction
- give time limits

### Key Factors

- Good 1st touch out of feet
- keep head up
- use laces/instep
- cover ground quickly and as straight as possible
- keep ball out of feet but still under control



## Competition

### Instructions

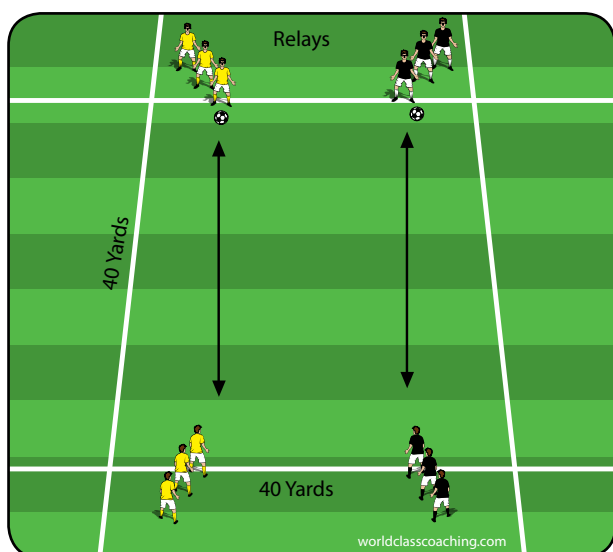
- players leave ball at opposite end and stand on the other side
- on 'go' players run to far end, turn with ball and run with it back to start – stop ball on the line
- next time the coach kicks two balls out

### Progression

- players compete to run with ball back
- whoever stops ball on the line stays in – if players don't get to ball first they must tackle
- dribble with one foot only
- limit number of touches allowed to complete a round

### Key Factors

- react to 'go' quickly
- sprint to balls and be aware of opponents when turning and running back
- must stop ball on the line
- fair play should be encouraged under competition



## Relays 1

### Instructions

- two equal teams
- split teams with have at each end
- First player begins by running with the ball down to the other line
- The first player there then dribbles back
- go until back in starting positions

### Progression

- race teams against each other
- use more teams if involving large numbers
- condition striking foot left, right, alternate

### Key Factors

- Good 1st touch out of feet
- keep head up use laces/instep
- cover ground quickly and straight
- must take inimum of three touches
- must maintain control
- technical skills as above



## Relays 2

### Instructions

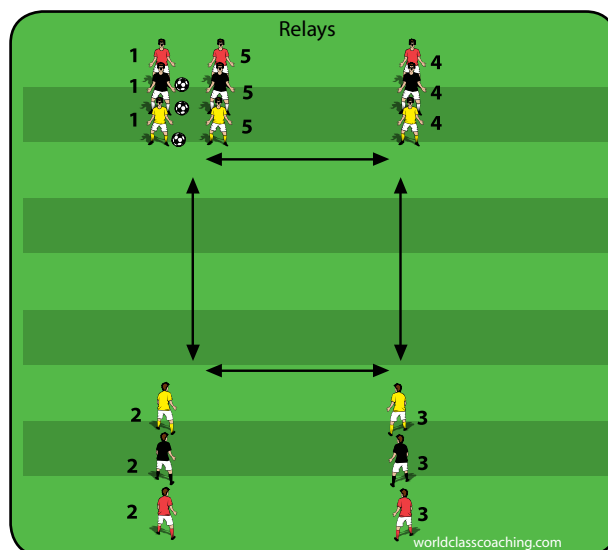
- 4 teams with players numbered
- Each number 1 has a ball and stands with #5 in first corner of half field
- 1 runs ball to 2 – 2 to 3 and so on
- repeat until back to starting positions

### Progression

- 1st team back in starting positions wins
- repeat race with conditions for each leg
- i.e. 1st leg of the race left foot only
- teams should where different colour bibs

### Key Factors

- technical skills as above
- do not run onto the field - no cutting corners
- minimum of four touches between corners
- do not kick any other teams ball
- #5 must stop ball in corner



## Run with the Ball and Pass

### Instructions

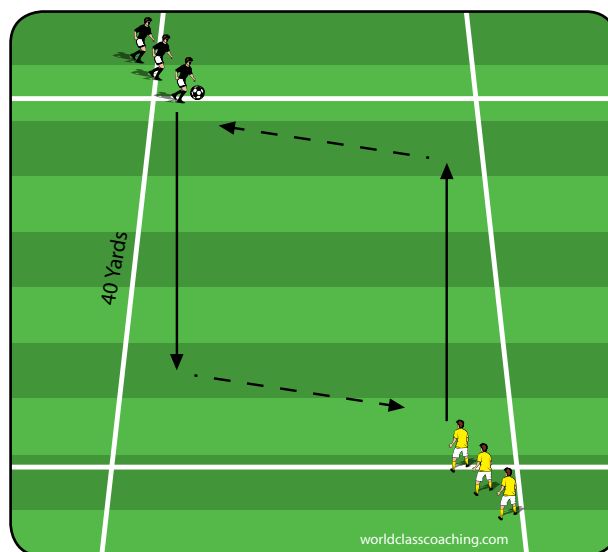
- split players into two groups 40 yards apart
- X runs with ball 30 yards then plays pass square for O
- O takes touch out of feet and runs before
- passing to X

### Progression

- condition to left foot only, right, alternate, then laces only
- try to do in minimum of four – maximum of six touches in each direction
- limit time to complete

### Key Factors

- take a good 1st touch out of feet
- keep head up
- use laces/instep
- cover ground quickly as straight as possible
- look up and make quality pass to next player
- don't panic with defender



## Run with the Ball Away from Defender

### Instructions

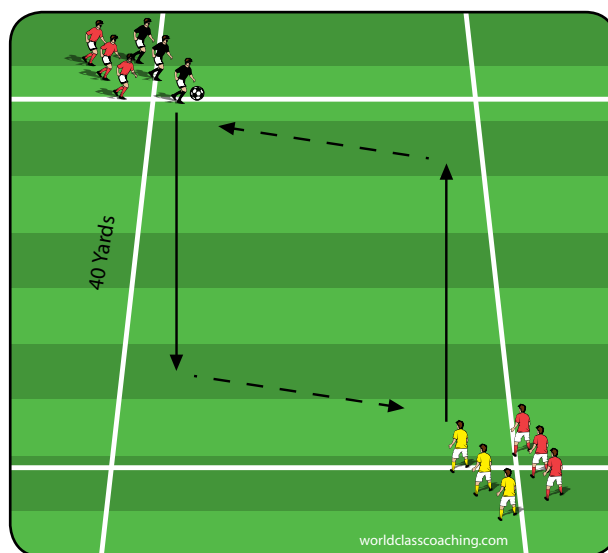
- same as above but now with defender
- once runner takes 1st touch then defender tries to put pressure on that player and challenge for ball
- award points for defenders if they clear ball out of grids

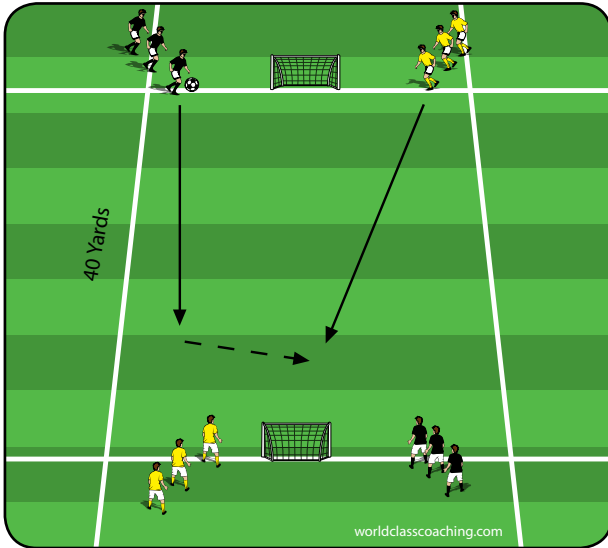
### Progression

- condition to left foot only, right, alternate, then laces only
- try to do in minimum of four – maximum of six touches in each direction
- limit time to complete

### Key Factors

- take a good 1st touch out of feet
- keep head up
- use laces/instep
- cover ground quickly and as straight as possible
- look up and make quality pass to next player
- don't panic with defender





## Unopposed Crossing and Finishing

### Instructions

- same principles as above but now with a finish
- x runs with ball down line and then delivers cross for o who makes supporting run
- o finishes cross into goal – players stay at this end – next x and o go in opposite direction

### Progression

- players should alternate from crosser to finisher
- use left and right sides for running and crossing
- introduce defenders for each players as in drill two
- increase supporting runners to two
- add in a goalkeeper

### Key Factors

- delivering a good cross after their hard work
- focus on running with the ball style rather than finishing or support runs
- players should be looking at support runners position as they attack flanks
- look up before cross



## Competition

### Instructions

- 4v4 6v6 or 8v8
- normal scrimmage with wide zones where players can not be challenged

### Progression

- introduce thirds of the field if necessary and make players advance only by running with the ball
- take away zones and neutral wide areas

### Key Factors

- players should make use of wide zones to run into space and hurt opposition
- when games are introduced players should be reminded of the need to still be technically sound

Session Topics - Attacking, Technical, Heading, Ball Winning

Click [here](#) to learn the techniques necessary for proper heading.

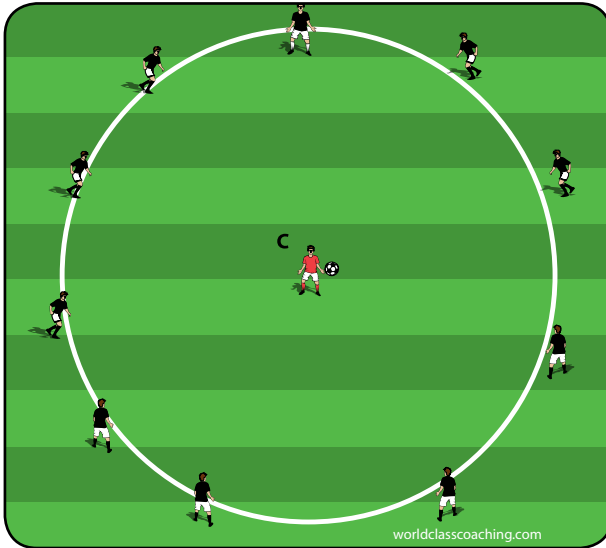
## Heading

Running with the Ball is something many players will do in a game and is not to be confused with dribbling a ball – there are certain key differences between the two skills and when coaching players these differences need to be highlighted. Some of the Key Factors when running with the ball are:

- Be up on toes ready for header
- Judge height and pace of ball
- Move into line with ball
- Try to head at highest point
- Use arms to protect yourself
- Use the Forehead
- Keep eyes open and mouth shut
- Direct header to target

### Topics to Cover

- Defending Heading
- Attacking Heading
- Challenging for headers
- Directional Heading
- Finishing Headers from crosses
- Decision Making – when to challenge – which header to use



## Head or Catch ? Game

### Instructions

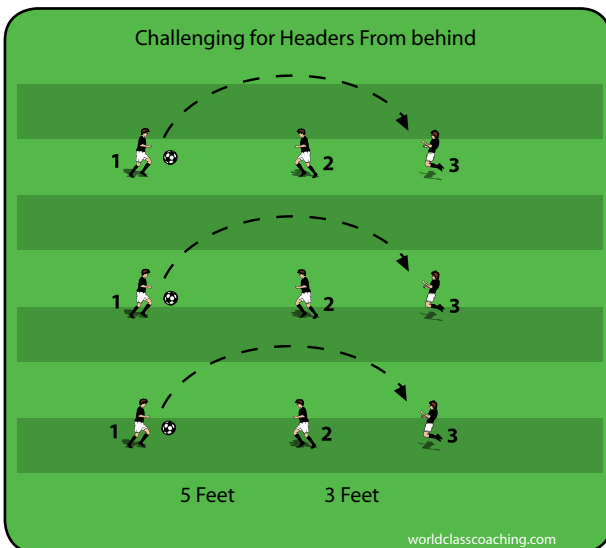
- Coach (C) stands in the centre of a circle of players with a ball in hands
- Coach throws the ball to each player in turn and shouts head or catch as they throw the ball
- Players have to do the opposite of the coaches instruction

### Progression

- If players head when coach shouts head or catch when coach shouts catch they sit down
- Last player standing wins
- Speed up throws – do same player two or three times in a row
- Delay the calls

### Key Factors

- All about quick reactions
- Make sure players don't cheat pretending they did not hear properly
- keep throws and calls the same for everybody –make it harder in later stages of the game



## Challenging for Headers from Behind

### Instructions

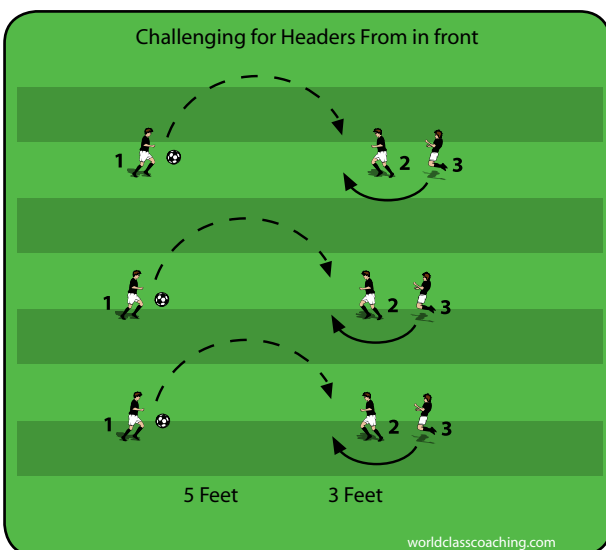
- Groups of three
- X1 has ball in hands serves it above X2's head – X3 has to run and meet the ball and head back to X1
- Repeat ten times and rotate players positions

### Progression

- X2 should be static at first – increase the pressure of X2 depending on ability
- Vary height and strength of serves in Increase distances and bring in chip delivery

### Key Factors

- Eye on the ball
- Be aware of X2
- Attack at pace and jump on one foot – use arms to protect and spring your self
- try to get over X2 fairly using your body
- Concentrate on getting a good header back to X1



## Relays 1

### Instructions

- Exactly the same format as above and same principles
- Now X3 tries to get in front of X2 and head back to X1
- Repeat ten times and rotate positions

### Progression

- X2 passive at first
- X2 should become increasingly more active until fully challenging for the ball
- Vary height, speed, distance of serve as above

### Key Factors

- As above with X3 now attacking the ball as late as possible to surprise X2 and get in front – time the run
- header must be quality after working hard to get there
- use arms for protection

## Relays 2

### Instructions

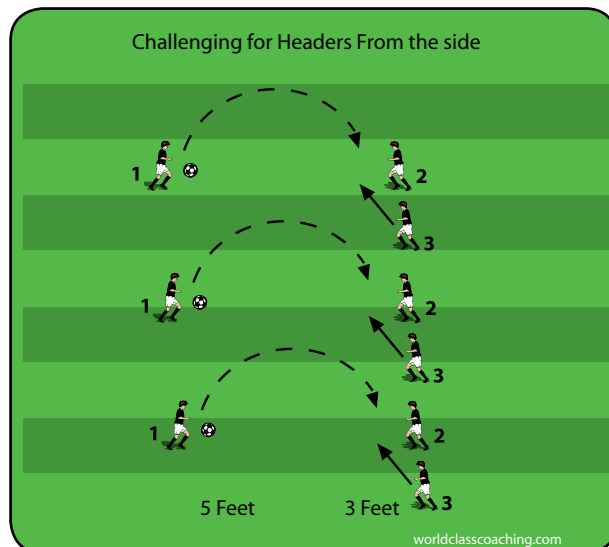
- Same format as in the last two drills
- Serves slightly to the side of X2
- X3 comes in from the side and is then pressured side by side with X2 to get the header back to X1
- ten times and rotate

### Progression

- With all these drills try to build up to realistic game situations
- Full throws in – set piece deliveries etc. can all be introduced once timing and technique are at sufficient skill
- levels

### Key Factors

- All points as above
- Players must want to win the header and display courage to win the ball
- timing the challenge and using your arms and upper body to protect yourself are paramount to success



# TACTICS & DRILLS FOR FLANK PLAY

Teach your players to attack the goal from wide areas and take advantage of opportunities to score from crosses.

John Walker's Husker's teams are renowned for their attacking style of play. In Tactics and Drills for Flank Play Walker demonstrates exercises to train your wide players to provide quality crosses and train your attackers to finish them. The exercises progress from simple, unopposed patterns to realistic game situations that will help your players transfer what they have learned to the next match.



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Session Topics - Attacking, Technical, Heading, Ball Winning

Here is a link to our top selling defending DVD, [Principles of Defending](#).

## Defending

- Deny time and space for opponents
- Pressure first touch
- Close down space quickly
- Jockey opponents
- Force player wide – away from goal
- Tackle opponent correctly
- Start the attack

### Topics to Cover

- Role of first defender
- Role of Covering Defender
- Role of the Balance Defender
- Defending as a Unit
- Defending from the front
- Tackling
- The Slide Tackle
- Defensive Heading
- Playing in a back four
- Playing in a back three

### Decision Making

- When to mark – when to drop off
- Showing a player inside – outside
- When to commit to a challenge
- Playing the offside trap

## Blocking and Positioning

### Instructions

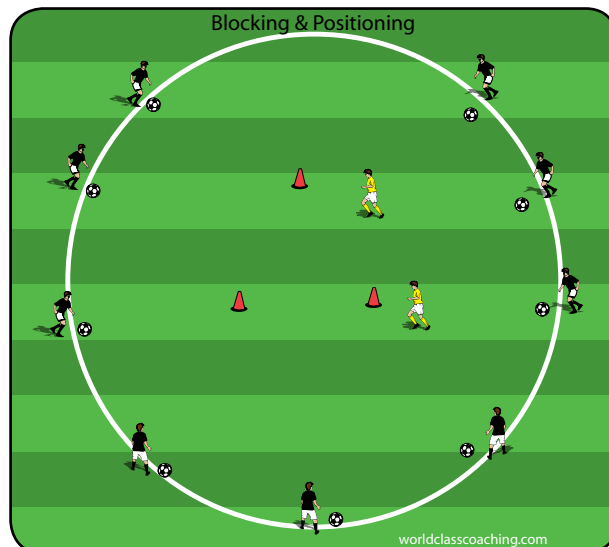
- 10 yard centre circle with all players around the outside except for two defenders (d)
- 3 central cones in a triangle indicating three goals
- players on the outside try to score through any of the goals

### Progression

- Defenders have to stop ball going through the goals without using their hands
- increase or decrease the goal size if necessary
- outside players two touches only
- rotate defenders every three minutes

### Key Factors

- technical skills as above
- do not run onto the field - no cutting corners
- minimum of four touches between corners
- do not kick any other teams ball
- #5 must stop ball in corner



## Decision Making

### Instructions

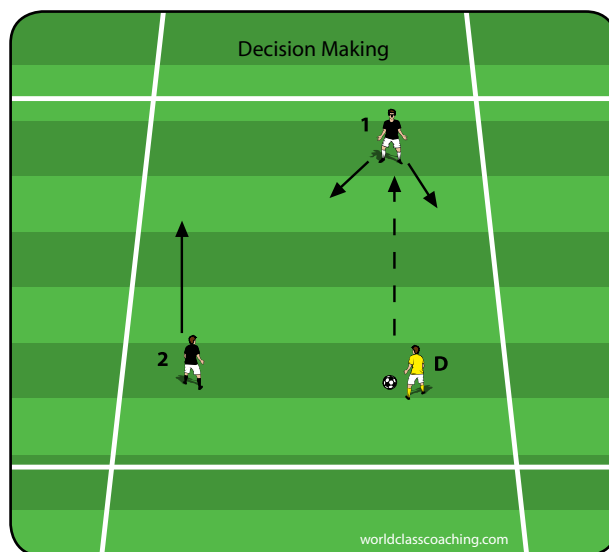
- Defender D starts with a pass to X1
- X1 and X2 have to attack and get the ball over the end line
- X2 starts beside D but becomes active after the first pass
- offside is in play
- 5 V 5 incl. GK'S

### Progression

- rotate positions after five attempts
- introduce a small goal for D to defend against
- increase goal size and add a Goalkeeper
- limit attackers time to score

### Key Factors

- Decision Making – can defender win the ball off of X1's first touch? - if not how close to defend-cover?
- Stay on your feet – don't dive in
- keep play in front of you
- make attackers play predictable



## Marking and Sweeping

### Instructions

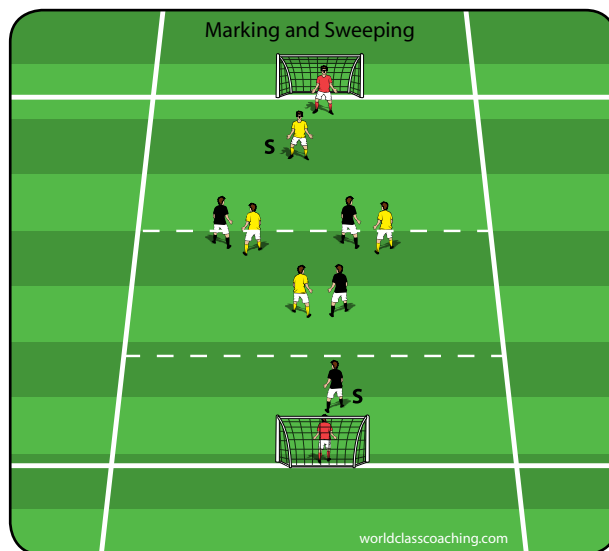
- 1 sweeper (S) in each end zone – three players each playing man for man in the centre
- Players in centre zone have to beat their marker and they can then go unopposed up against sweeper and GK

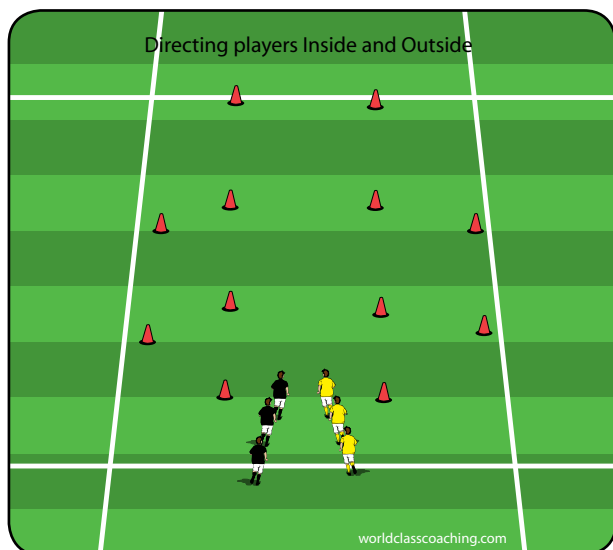
### Progression

- No other player except for the one with the ball may go into end zones
- GK's must start every attack
- allow the sweeper to advance if they win the ball back in the later stages of this game

### Key Factors

- mark man to man - be tight
- sweeper should be mirroring the play in front of them and ready for the break at all times
- GK and sweeper should be talking to the players in front of them





## Directing Players Inside and Outside

### Instructions

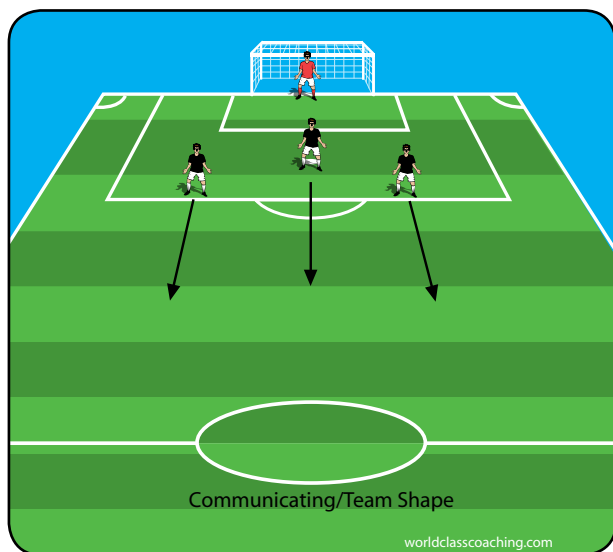
- two lines of players side by side
- the players have to run to each marker in a zig zag formation over 40yds
- before they get to each marker the coach will shout inside or outside

### Progression

- players treat each other as an opponent and have to direct that player inside or outside as the coach requests
- as first pair reach second marker – next players begins
- after completing players join end of line

### Key Factors

- quick sharp running to close down
- curve your run to the marker appropriately
- form good, angled, low positions when you reach the markers
- react quickly to each command and return fast



## Communicating Team Shape

### Instructions

- Start with your usual defensive formation + GK
- Coach begins by shouting: up—push up—drop—drop back, left, right etc.
- players have to take up realistic positions on the field to your commands

### Progression

- Players take over the shouting
- bring in rest of defensive players
- add commands like drop down – where they drop to the floor or
- head where all players
- jump for a header etc.

### Key Factors

- Establish commands that all the team recognises and can follow
- find out who is the best communicator
- players must react quickly and get into good positions
- defence must work together as a unit



## Team Shape

### Instructions

- position six different coloured flags across half a field as shown
- start with your normal defensive formation
- coach shouts out a colour flag and players form the shape if the ball was at that flag

### Progression

- change the flags positions
- get a defender to shout the colour of flag where the ball is supposed to be
- introduce your midfield ahead of the defenders

### Key Factors

- players must react to the call quickly and get in position
- make sure correct balance and cover is there at all times
- all players should be communicating as they play and should be telling each other where to be

## Pressuring the Ball

### Instructions

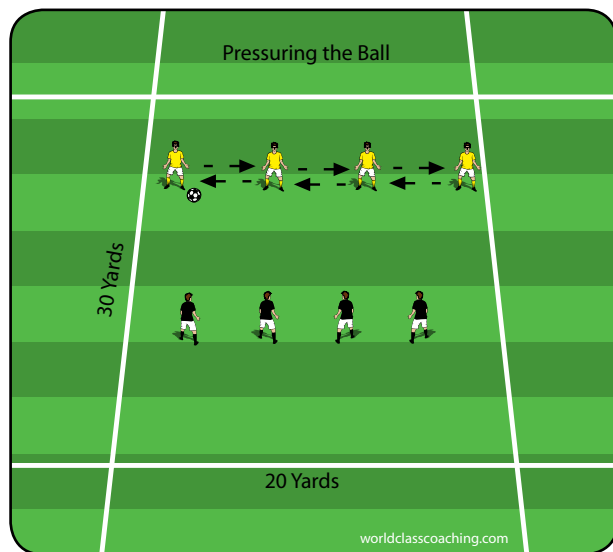
- very simply the attackers (A) pass the ball side to side
- the defenders (D) have to communicate between them who is to pressurise the ball
- 7 v 7 on full half field

### Progression

- attackers do not come forward at first - rotate every position
- once communication and closing down is fluid add a goal behind defenders and let attackers move freely

### Key Factors

- All defenders talk constantly
- nearest player pressures the ball
- other defenders provide balance and cover
- do not tackle just keep play in front of you and as predictable as you can



## Run with the Ball and Pass

### Instructions

- 7v7 on full half field
- Midfielder X shoots at goal – GK plays out to defending team O – who try to pass out through to halfway line
- X's have to win ball back and attack the goal with the GK
- rotate players in and out of positions

### Progression

- condition the game as you need to – encourage winning the ball high up the field and restrict the attacking team playing out - limit players touches or condition defending team to making at least five passes

### Key Factors

- anticipate the short throw out from the GK
- split the defenders give the keeper a dilemma
- close down the receiving player quickly and force into playing where you want them too

