



300 DRILLS

BY TOM SAUDER

Print & Go Practice Plans and Drills

- kids - youth - competitive - goalkeeping
- an essential guide for all soccer coaches



SAMPLE

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This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you one drill for **every level**.

This sample includes:

- | Kids Warm Up
- | Youth Technical
- | Competitive Tactical
- | Goalkeeping Technical

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Scrimmages

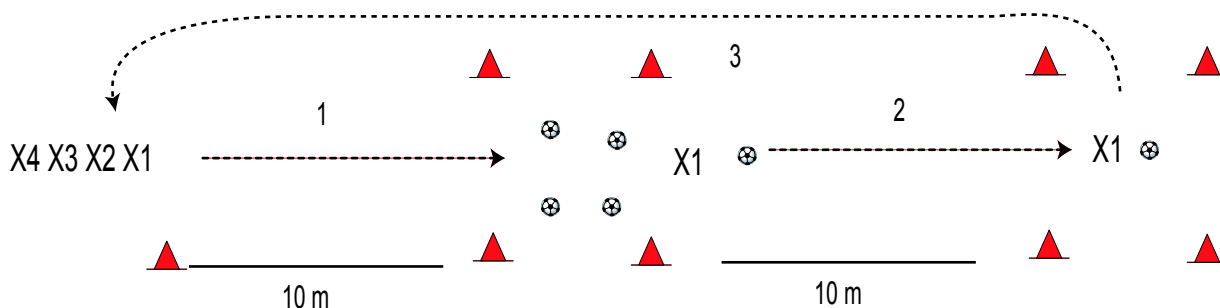
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Warm-Up # 1: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

Coaching Points/Progression

Drill 1:

1. If kids can't jump over ball, ask them to step over it.
2. Stop the exercise after maximum of three minutes.

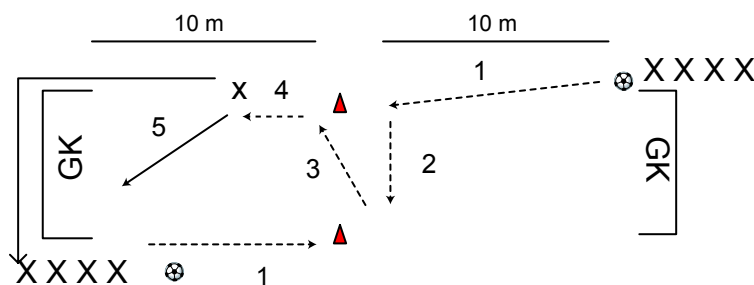
Drill 2:

1. Divide team into even groups. If there is a group with fewer players, ensure that the stronger kids are in that group.
2. Make sure number of balls to be carried by each team is same, even if some kids have to run twice
3. Progress the drill to have players dribble ball to next square, especially for 6-8 yr olds.

Coach's Notes



Technical Skill # 1: Change of Direction Dribble and Shoot



1. X dribbles ball to cone
2. X changes direction and dribbles to opposite cone
3. X changes direction and dribbles diagonally across, wide of the net.
4. X sets up shot with one last touch
5. X shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

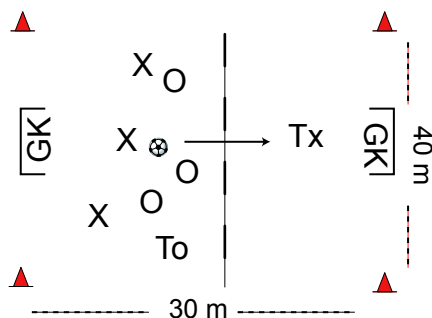
Coaching Points/Progression

1. Ask players to dribble as close to cones as possible without ball touching cone.
2. Get right up to first cone and make a sharp cut with inside foot (right footed dribble).
3. At the second cone, cut the ball inside with outside of foot.
4. Back at the first cone (step 3-4) cut back with inside foot.
5. The final (4) touch prior to shot should have the ball angled towards the direction of the shot (goal) and set up the ball such that the player can strike the ball with the next step.
6. Aim the shot for the far post.
7. When players are executing the dribble well, progress as follows:
 - a. dribble with both feet and alternating inside/outside of foot.
 - b. speed up dribbling speed.
 - c. dribble with head up looking at other players and goal while controlling ball close.
8. Make sure players look up at their target before taking the shot.

Coach's Notes



Tactical Drill # 1: 3v3 with Target Player



3 X v 3 O each team with target player To and Tx.

To and Tx stay in attacking half.

1 point for goal, 2 pts for goal after give & go with target player.

Coaching Points/Progression

Target players must be differentiated from the rest of the team. The target player's role is to receive the ball from players in the defending half (break out pass) and to pass it back to a team mate. the target player is not allowed to score.

The defending team gets possession by winning the ball or after an attempt on net. After an attempt on goal the goalkeeper plays it out - the keeper may play it directly to the target player in the attacking half to speed up the transition.

The team that was attacking must get back to defending at top speed after loss of possession.

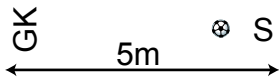
To add a challenge to the drill, allow teams to change target player "on the fly". A good strategy would be to leave the attacker that was closest to the opposing goal back as the new target.

Coach's Notes



Technique # 1: Diving, Distribution

Crouch & Dive



GK is in crouching position.

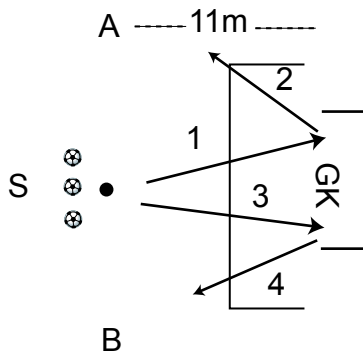
S throws high balls left and right.

GK dives and catches.

Increase difficulty as appropriate

Dive & Distribute

1. S throws low ball to GK right.
GK returns to center of goal.
 2. GK dives, saves, recovers and throws ball to A.
 3. S throws high ball to GK left.
 4. GK dives, saves, recovers and throws ball to B.
- Repeat



Coaching Points/Progression

Crouching Positions:

In order to get maximum distance and speed for a dive momentum must be generated to use the power of the legs to the maximum. This momentum is generated by going from an upright or slightly bent (knees bent) position into a crouching position and then pushing off one leg to dive. However, when shots are coming from a close distance, the time required to get down to generate momentum is not available - the ball will be in the net before the dive starts. Therefore, the closer the shooter is to the keeper, the lower in the crouching position the keeper needs to be to directly explode into the dive. At the distance of 5m in this drill, buttocks should be level to the knees.

Dive & Distribute:

Progress the drill by increasing the distance of A and B from goal. Ask the keeper to dive to the side of A but distribute across to B and vice versa. For younger and smaller keepers reduce the throwing distances.

Coach's Notes