



INDOOR SOCCER

SMALL SPACE TRAINING

BY TOM SAUDER

Print & Go Practice Plans and Drills

- skills and tactics for all ages
- an essential guide for all soccer coaches



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ACKNOWLEDGEMENTS

This book is dedicated to all coaches, players, parents and officials without whose passion for soccer the greatest game in the world could not exist.

We thank all the teams, players and coaches that have participated in developing the practice sessions and used them on the field to make sure they work.

Introduction

The idea for Print & Go Soccer Practice Plans came from a recognition that something was missing for soccer coaches amongst all the training materials and resources available.

No doubt you have heard that a coach must have a practice plan when going to run a practice. If you are like most coaches, you probably have books and videos full of drills and practice ideas. If you are like most coaches, you also rush from work to the practice field desperately trying to write a practice plan in your head (hopefully not on paper while driving), organizing and visualizing drills and things to say. Maybe you even brought some books or photocopies of drills with you. Maybe you even roughed out a plan the night before on a piece of paper. No matter what, you either spent significant time researching and writing or significant time scrambling.

What about the next practice? What about a season plan? What about the team's needs and focus? Fitness training: yes or no? During practice or separate sessions? Scrimmages? Speed and mental training? Where are the drills for that? How about flexibility? Any difference between age groups?

To help you focus your time on deciding what is important for your team to work on we thought it would be a good idea to do the research and the writing for you. So we have developed a set of 10 complete practice sessions and a tool to develop hundreds of additional sessions. All you need to do is to decide on a focus for the season and a theme for each practice. The printed material is supplemented by pictures of stretches and moves and by the tips published on our website www.soccerpracticebooks.com.

The practices in this book are specifically designed for indoor soccer and situations where the practice field is very small. This also makes them ideally suited for teams of any age that play 4v4, 5v5, or 6v6 soccer. The drills are feasible in very small spaces, like gymnasiums, yet keeping all players busy and moving. There is a lot of fun involved in these sessions and drills to make the experience enjoyable for all.

We recommend this set for teams of all ages and gender and leave it to the coach to modify the occasional drill to suit the age group of the team.

These practices and drills have been run with boys, girls, men's and women's teams.

We hope you will enjoy your season.

Our Philosophy

Practices need to be fun for players and coaches. Drills must be interesting and vary across skills, tactics, strategies, mental and physical fitness and team building.

Players need to be busy with a ball at all times to maximize the number of touches they get with the ball.

Practices must flow and time must not be wasted by the coach setting up or thinking about drills.

Practices and drills must have a purpose.

We suggest you schedule 2 hours for the practice with the hope to start 15 minutes after the scheduled start time and allowing for breaks. That way, the 1-1/2 hour sessions will fit nicely without the stress of late-comers messing things up. If the practice starts on time and flows well, use any extra time at the end for additional scrimmages. You will be very popular with the players.

Practice Design

We suggest that each practice starts with a brief meeting between coaches and players in which the theme of the practice is communicated to the players.

Then start with a warm up. You will notice that our warm-ups already incorporate the theme of the practice, lots of ball work, fitness and thinking exercises in a purely soccer way. No repetitive running, not many exercises without a ball and if so, then they are fun and challenging.

We have cushioned the fitness section between technical and tactical drills. The reason is that we want players to be properly warmed up for skill work, but then challenge their stamina and mind by requiring technical skills after fitness work.

End with a scrimmage and feel free to adapt them or change them to suit your team's needs.

After the practice, have a quick meeting again for going over the practice briefly, invite comments from the players, congratulate them on their effort and improvement and make any announcements regarding upcoming events.

During the drills, be patient. Observe and intervene only when needed. Keep your comments positive, to the point and brief. Speak loudly and clearly. It is better to demonstrate a drill or a concept than to give a speech. Never yell at a player or use derogatory language.

Each drill page comes with helpful coaching points to make the drills work for you and your team. We also offer suggestions for drill progressions or variations to either challenge your players, or to reduce the challenge to increase success for your players.

Print & Go Practices – Usage Recommendations

We have developed a matrix for the 10 sessions showing the focus of the practice and of each of the drills in the practice. Please study the matrix to become familiar with the content of each session and drill.

On the matrix page is a box suggesting various ways to sequence these sessions. Choose the emphasis for your next 10 practices (which could be a season or pre-season) and study the sequence suggested. Of course, you are free to develop your own sequence. Refer to the individual practice sheets or the individual PracticeBuilder drill sheets for a better understanding. Write comments on the drill sheets.

We suggest you visualize the drills to make sure you understand how they will flow. If necessary, set them up in your living room and walk through them.

Keep a clean copy of the book at home and put the pages you take to the practice with you in

clear plastic sheet protectors to protect them from water or other disturbances (you know what can happen to papers).

The individual drill pages are also intended to make it easy for you to create your own practices by simply pulling a number of drills and arranging them in a sequence that meets your needs.

We recommend that you stick with our general practice philosophy and at a minimum suggest you start with a warm-up and end with a scrimmage. In between, you can design whichever way. If your team needs 4 fitness sessions and no technical/tactical work- go for it. You want to work three shooting related sessions- they are ready to go.

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| Practice # | Practice Focus | Warm-Up | Technical Drill | Fitness Drill | Tactical Drill | Scrimmage |
|------------|---|-----------------------------------|-----------------------------|----------------------------------|---------------------------------|---------------------------|
| 1 | Passing Dribbling | Dribbling Passing | Dribbling Tackling | Sprinting | 2 touch passing | Game situation |
| 2 | Dribbling Reaction Attacking | Dribbling Passing Reaction | Fast Dribble | Acceleration Deceleration | Attacking | Attacking |
| 3 | Passing Accuracy Pressuring Defending | Passing Accuracy Hunt & Escape | Target Passing | Sprint & Shuttle | Press & Retreat | Defending |
| 4 | Dribbling Attacking | Dribbling Strength | Dribble & Shoot | Sprint & Dribble | Odd # Attacking | Odd # Attacking |
| 5 | Passing Shooting Space | Passing Space | Shooting | Sprint-Pass-Turn- Sprint-Pass | Possession Passing | Transition Play |
| 6 | Passing Control Dribble Fun | Dribble Control Passing | Passing Accuracy | Sprint & Shoot | Reaction Pass in a 4 v 1 | Lots of Goals |
| 7 | Dribbling Passing Transition Play | Dribbling | Shooting Accuracy | Relay Sprinting Intervals | Transition Play | 2 teams v 1 team |
| 8 | Ball Control Scoring goals | Ball Control Throw - ins | Ball control First Touch | Crab Soccer Arm Strength | Goal Scoring Quick Decisionx | Scoring Remove Players |
| 9 | Passing Shooting Dribbling | Passing Dribbling Strength | Dribbling | Endurance Shooting | Changing angle of attack | Passing Control |
| 10 | Passing Shooting Transition Play | Dribbling Passing Shooting | Shooting | Around the field Relay | Change Direction Game | Functional fun |

Practice Sequence Suggestions

| Coaching Emphasis | Practice Sequence |
|-------------------|----------------------|
| Dribbling | 2-4-7-9-6-1-10-3-5-8 |
| Passing | 3-5-6-9-10-1-2-7-8-4 |
| Shooting | 5-4-6-7-9-10-2-8-3-1 |
| Defending | 3-1-4-6-8-9-7-10-2-5 |
| Endurance | 9-8-4-7-3-2-5-10-6-1 |
| Speed | 5-6-1-3-4-7-10-8-9-2 |
| Strength | 8-4-any order |
| Game Situation | 1-2-3-5-9-6-4-8-7-10 |

INDOOR SOCCER

Print & Go

Practice Plans



INDOOR SOCCER PRACTICE # 1

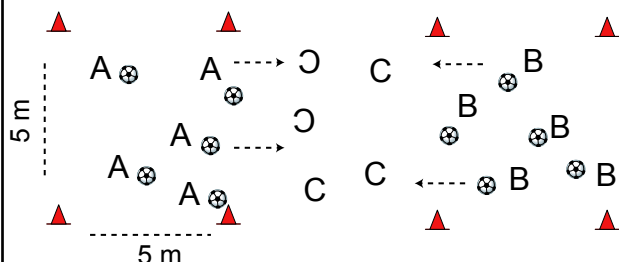
Practice Focus: Passing and Dribbling

Time: 1.5 hrs

Warm-Up: Dribble and Pass(30 min)

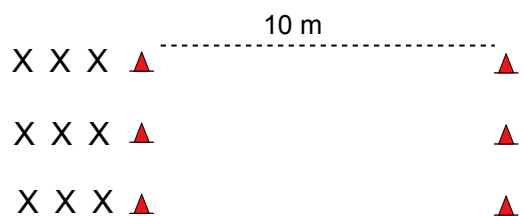
1. Divide field into two halves. Use one ball for every two players. Players dribble freely and pass to each other. They must make sure that there is always an equal number of players in each half.
2. Runner's stretch (2x30 seconds on each side)
3. Spread tall cones evenly around field. Every player except for 3 has a ball. Players with a ball try to shoot down cones, players without ball try to prevent "hits". Each player counts their number of hits and picks up cone after a hit. Rotate 3 players every 60 seconds to be without the ball.
4. Quad stretch.
5. Divide team into 3 groups and put groups into 5m x 5m grids. One player is in the middle of each grid. All others stay outside grid and try to hit player in middle with the ball below the knees. One ball for players outside grid. Rotate player in the middle after 30 seconds. NO HIGH SHOTS.
6. Hamstring stretch.
7. Repeat exercise # 5 giving outside players two balls.
8. Heel stretch.

Technical Skill: Dribble and Tackle (10 min.)



1. Divide team into three equal groups.
2. Two groups (A & B) have a ball per player and start in grids.
3. The third group (C) is in the middle.
4. Players from group A and B dribble from grid to grid through players from group C. Players from group C try to win the ball from any player entering the middle section.
5. Players crossing to the opposite grid get a point for each successful cross. They then dribble across again. Players winning the ball in the middle now dribble to grids while player losing ball stays in the middle.

Fitness Drill: Sprinting (15 min.)

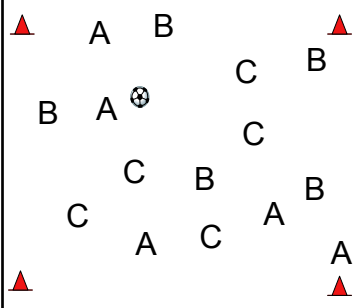


Players sprint 10m starting from different positions:

- a. feet parallel to each other.
- b. feet staggered, left foot forward.
- c. feet staggered, right foot forward.
- d. feet parallel, facing away from direction of sprint.

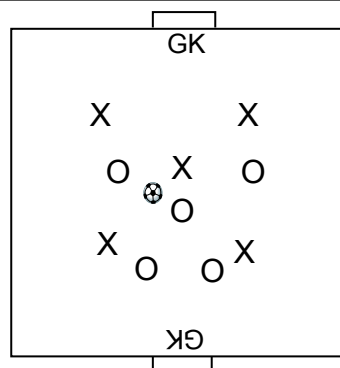
Next player in line gives a very slight push to start the runner.

Tactical Drill: Two Touch Passing (15 min.)



- 3 teams each wearing different colour pinnies.
- 2 teams play together passing the ball to a player with a different colour in their group.
- 3rd team tries to take away the ball.
- team losing possession now plays defense vs. other two teams.

Scrimmage: Game Situation (20 min.)



Two teams with substitutes.

Arrange players into your regular formation, i.e. 2-1-2 (shown), 2-2-1, 3-2.

Play continuous game substituting on the "fly".

Play 4 minute games and keep scores.



INDOOR SOCCER PRACTICE # 2

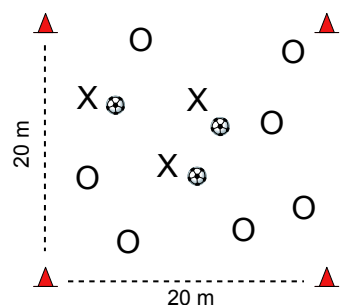
Practice Focus: Dribbling, Reaction, Attacking

Time: 1.5 hrs

Warm-Up: Dribble and Pass(30 min)

1. One ball for every two players. Players dribble ball around field and pass the ball to a player who must ask for it.
2. Runner's stretch (2x30 seconds on each side)
3. Each player with a ball. Put a bench or a flex net at either end of the field. If in a gym, use the walls. Position the coach (or a player) between the benches/nets/wall. Players score a point by playing ball off alternating benches/nets/ wall. The person in the middle tries to prevent players from scoring points.
4. Quad stretch.
5. All players except 3 have a ball. Players with a ball dribble freely. On coach's command (whistle), players step on the ball and sprint to another ball. Players without ball now try to win a ball. Keep repeating.
6. Hamstring stretch.
7. Divide the field in two halves using benches or other obstacles in the middle. Divide team evenly into both halves of the field and give a ball to each player in one of the halves. Players now chip balls across obstacles into the other halves. On coach's command, the play stops. The team with the fewest balls in it's half wins.
8. Heel stretch.

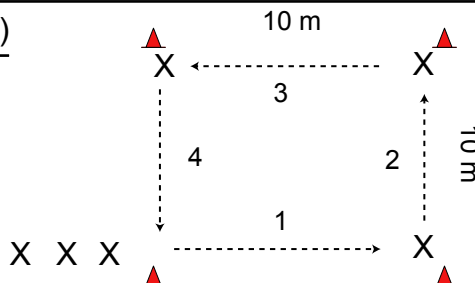
Technical Skill: Fast Dribble (15 min.)



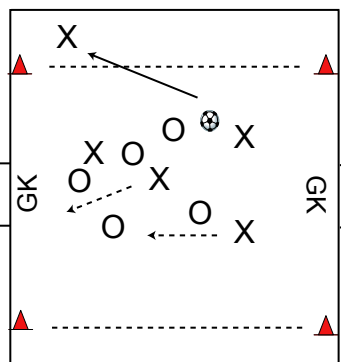
1. Three players each wearing a pinny have a ball inside a grid.
2. Keeping the ball close to their feet, they dribble at high speed chasing players without a ball trying to tag them with a hand.
3. Tagged players now get a pinny and a ball and become one of the "chasers".
4. The last two players without a pinny win.
5. Repeat starting with three different players with the ball.

Fitness Drill: Acceleration/Deceleration (10 min.)

1. Easy jog.
2. Accelerate to run.
3. Accelerate to full sprint.
4. Decelerate gradually to stop

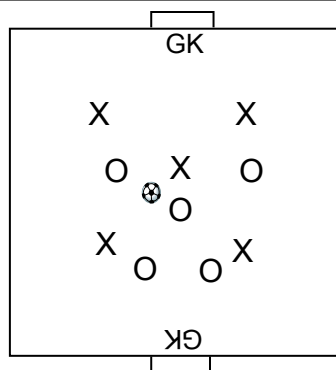


Tactical Drill: Attacking 1 (15 min.)



1. Play 5v5 in regular formations.
2. Ball must be played into outside lane before a goal can be scored.
3. Players cannot be challenged in lane.
4. Two attackers make runs to near/far posts.
5. Defenders make timed supporting runs.

Scrimmage: Attacking (20 min.)



Two teams with substitutes.

Each team gets 10 consecutive possessions starting with their goalkeeper. Play stops and restarts after a goal is scored or the defending team clears ball across half.

Count # of shots & goals for each set of 10 attacks



INDOOR SOCCER PRACTICE # 3

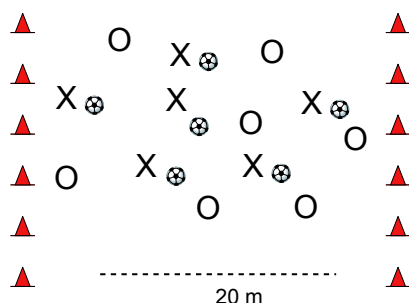
Practice Focus: Passing Accuracy, Pressuring, Defending

Time: 1.5 hrs

Warm-Up: Passing Accuracy, Hunt & Escape (30 min)

1. Half the players have a ball. the other half arches on their hands and knees, making a tunnel under their body. Players with the ball dribble and pass it through the "tunnel", sprint around the arch. and collect their ball on the other side. Rotate after 60 seconds.
2. Runner's stretch (2x30 seconds on each side)
3. Players spread out on the field, marked no larger than 20m x 25m. Coach tosses in 5 balls and players try to win a ball. Those who do get possession try to knock those without a ball off by passing the ball to hit them below the knee. NO HIGH SHOTS. Once hit, players sit down and try to win ball back crawling "crab style". Play for 5 minutes, last player(s) standing with a ball wins.
4. Quad stretch.
5. Two players with a ball, everyone else spreads out on the field. Players with ball try to pass at players without ball trying to hit them below the knee. Players who get hit now get a ball and join the hunt. Last player without a ball wins.
6. Hamstring stretch.
7. All players have a ball except for one (the hunter). Hunter tries to steal a ball by picking it up with the hands. Players losing their ball become hunters. Last player with a ball wins.
8. Heel stretch.

Technical Skill: Target Passing (15 min.)

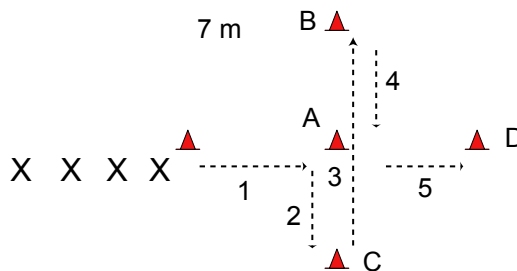


1. Place six cones at each end of the field.
2. Divide players into two teams, each defending one set of cones.
3. Toss in # of balls equal to half the number of players.
4. Each team must try to knock down the other team's cones with a pass.
5. First team to knock over all of opponent's cones wins. First team to win two games is the "Accuracy Champion".

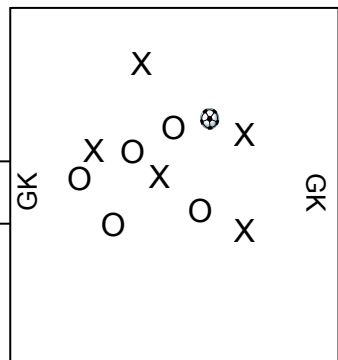
Fitness Drill: Sprint and Shuttle (10 min.)

Set up cones as shown, 7m apart.

1. Sprint to cone A.
 2. Side step to cone B.
 3. Turn and sprint to cone C.
 4. Run backwards to cone A.
 5. Sprint to cone D.
- Jog back to the end of the line.

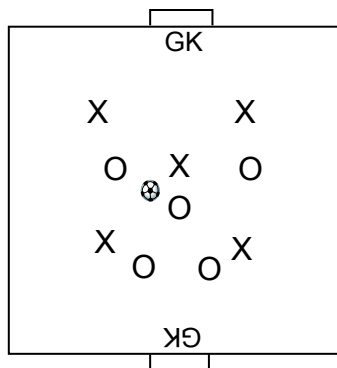


Tactical Drill: Press & Retreat (15 min.)



1. Play 5v5 in regular formations.
2. When losing ball, player closest to opponent puts quick pressure on ball, second player moves to cover 2m behind.
3. All other defenders sprint goalside of opponents closest to goal, marking one each.

Scrimmage: Defending (20 min.)



Two teams with substitutes.

Team that allows least number of shots in a 5 minute game wins.

☐ If you have more than two teams, play a round robin tournament.



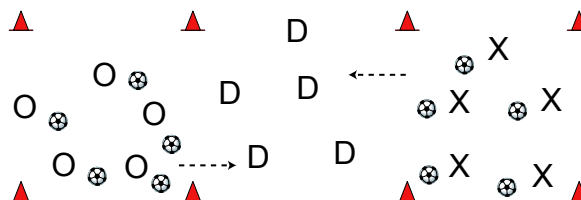
INDOOR SOCCER PRACTICE # 4

Practice Focus: Dribbling, Attacking

Time: 1.5 hrs

Warm-Up: Dribble and Strength (30 min)

1. Players are in groups of 3 in a 7m x 7m grid, each player with a ball. Players are numbered 1,2,3 and dribble in grid trying to tag (touch with hand) each other in sequence, i.e. player # 1 tries to tag #2, # 2 tags # 3 and # 3 tags # 1.
2. Runner's stretch (2x30 seconds on each side)
3. Each player with a ball. Players hop sideways over ball with both feet, bringing knees up high. 3 sets of 20 hops.
4. Quad stretch.
5. Divide players into three equal groups.
Two groups start in 5m x 5m grids, each player with a ball. Players must dribble through the middle zone guarded by the third group. Each successful crossing scores one point. Middle players winning the ball now dribble to grids trying to score.
6. Hamstring stretch.
7. Each player has a ball and hops forward and backward over the ball. feet must stay together and knees must be up. 3 sets of 20.
8. Heel stretch.

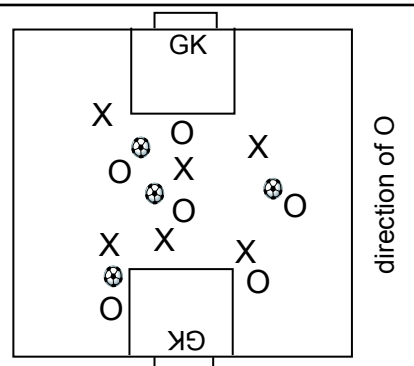


Technical Skill: Dribble & Shoot (15 min.)

Two teams have one ball for every three players on the field. Players with ball attack, players without ball defend.

Teams can only score from within the goal area, which can be as large as 7m x 7m.

Defenders cannot enter their own goal area and can only tackle inside their own half. If GK wins ball (save or out of play) they play to a player of their team in their own half.

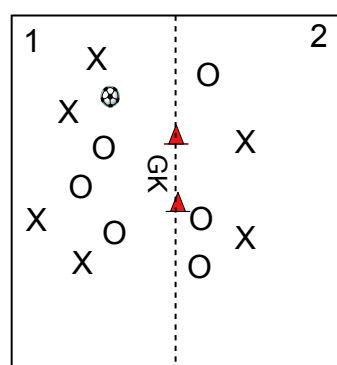


Fitness Drill: Sprint and Dribble (10 min.)

1. Split field into two halves with 5m wide end zones.
 2. Split team into two groups, one in each end zone and place as many balls as available in the middle.
 3. On command, players sprint to balls trying to get possession. Players who get a ball dribble it unchallenged into their end zone. Team with most balls in end zone wins.
- Start players from various positions (lying, standing, etc.)

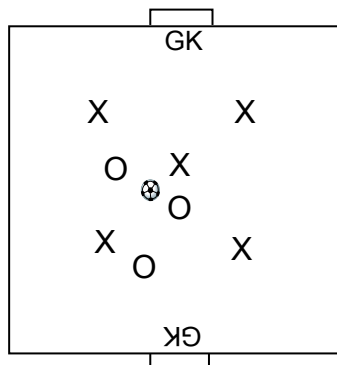


Tactical Drill: Odd # Attacking (15 min.)



Two mini games in each half with one goal on the half line. X in half 1 have one more player than O and attack center goal, O in half 1 defend center goal. O in half 2 have one extra player and attack central goal, X in half 2 defend. If O win ball in half 1, they must pass to O in half 2 so they can attack goal.

Scrimmage: Odd # Attack (20 min.)



Teams of 6 (5+ GK) vs. teams of 4 (3 + GK).

Goals scored by team of 6 count 1 pt, goals scored by team of 4 count 3 points.

Play 5 min. games and vary # of players per team as you see fit.



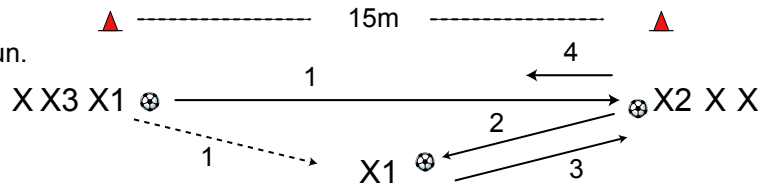
INDOOR SOCCER PRACTICE # 5

Practice Focus: Passing, Shooting, Space

Time: 1.5 hrs

Warm-Up: Passing & Space(30 min)

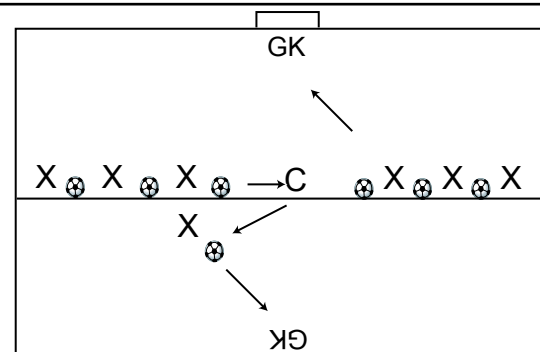
1. Half the players have a ball and dribble freely while the others jog freely. On command by coach, players without ball stop and make a tunnel with their legs apart. Players pass ball through a tunnel and run around player to collect their ball on the other side. Switch roles after 60 seconds, two turns with ball for each player.
2. Runner's stretch (2x30 seconds on each side)
3. Split team into two groups - no goalkeeper. Ball is moved by passing/catching with hands (basketball), but goals can only be scored with a header into the empty net.
4. Quad stretch.
5. Give and Go:
 1. X1 passes to X2 and follows pass with diagonal run.
 2. X2 one touch passes ball back to X1
 3. X1 one touch passes back to X2
 4. X2 starts sequence with pass to X3
6. Hamstring stretch.
7. Two teams have a target player in 2m x 2m square in the opponent's half and must play the ball to the target player. Once the target player gets possession, they throw the ball into the other half. Score 1 point for each pass to target.
8. Heel stretch.



Technical Skill: Shooting (10 min.)

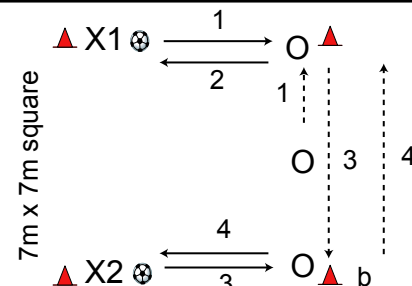
1. Players each with a ball line up across center field.
2. Coach or server is in the middle of the center line.
3. Players play Give and Go with Coach and finish with a one touch shot on goal.
4. After shot, players retrieve their ball and go to the end of the opposite line shooting on the other goal.
5. Alternate shots with each line on each goal.

Players must get off the field quickly to clear area for next shoot.

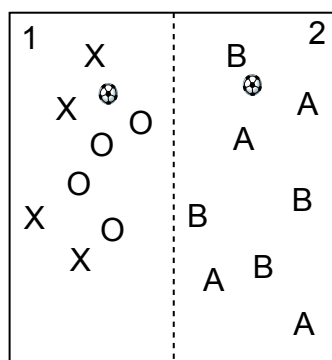


Fitness Drill: Sprint - Pass - Turn - Sprint - Pass (25 min.)

1. X1 passes to cone (a) and O sprints to cone (a).
 2. Ball and O arrive at the same time and O one-touch passes the ball back to X1.
 3. After pass to X1, O turns and sprints to cone (b) to which X2 has passed a ball.
 4. O one touch passes back to X2, turns and sprints to cone (a).
- O goes back and forth for 2 minutes - then rotate players. 3 sets each.



Tactical Drill: Possession Passing (10 min.)



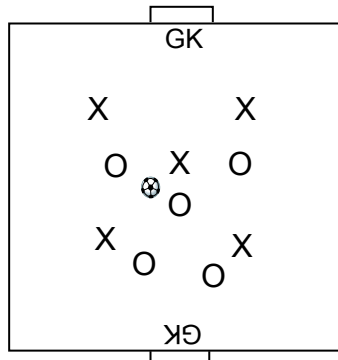
Two mini games in each half, X v. O and A v. B.

Count the number of consecutive passes by the team in possession.

Play for 5 minutes to see which team has the record of most consecutive passes.

Repeat.

Scrimmage: Transition Play (20 min.)



Regular game on two goals with neutral goalies.

After goal or when GK gets ball (save, out of bounds), GK throws ball to the player of either team furthest away from the goalkeeper.

When GK has ball, players must transition to other half.



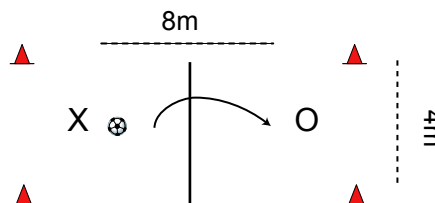
INDOOR SOCCER PRACTICE # 6

Practice Focus: Passing, Control, Dribble, Fun

Time: 1.5 hrs

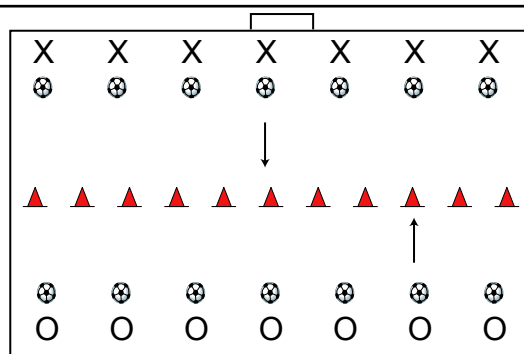
Warm-Up: Dribble, Control, Passing(30 min)

1. In pairs, one player with a ball. Player without ball jogs around field freely changing directions often. Player with ball follows while dribbling. Switch after 30 seconds. Two turns each.
2. Runner's stretch (2x30 seconds on each side)
3. All players in one half of the field. Every player except two has a ball. Players without ball try to steal a ball and pass it into the other half of the field. Players who lose ball must go and get it. Count # of steals in one minute. Rotate players without ball.
4. Quad stretch.
5. Soccer Tennis:
 1. Mark an 8m x 4m court.
 2. Put a badminton net, bench or other obstacle in the middle.
 3. Players one touch ball to each other across net.
6. Hamstring stretch.
7. Make a 6m x 6m grid. 4 players are along each side line, two with a ball who pass it through grid avoiding player in the middle.
8. Heel stretch.



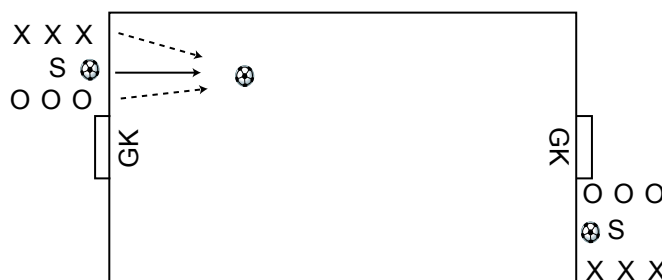
Technical Skill: Passing Accuracy (15 min.)

1. Place as many cones as players across the middle of the field.
2. Split the team into two groups, each player with a ball.
3. Position half the players at one end line, the other half at the other end line. Both groups must be the same distance from the cones.
4. Players pass at cones, trying to knock them over.
5. Players can only retrieve balls in their own half.
6. When all cones are knocked down, count how many cones each team knocked down (they will be in opponent's half). Repeat.

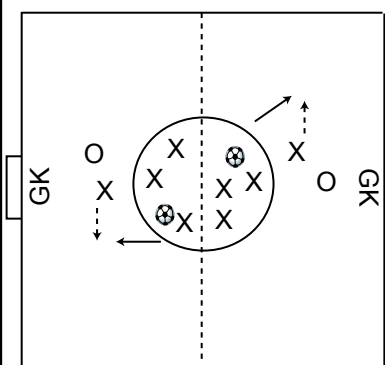


Fitness Drill: Sprint and Shoot (15 min.)

1. Server (S) passes ball softly ahead.
2. X and O sprint to ball trying to get a clean first touch shot on goal.
3. Play in both directions.
4. After sprint, X and O go to the end of the opposite line.



Tactical Drill: Reaction Pass in a 4v1 (10 min.)

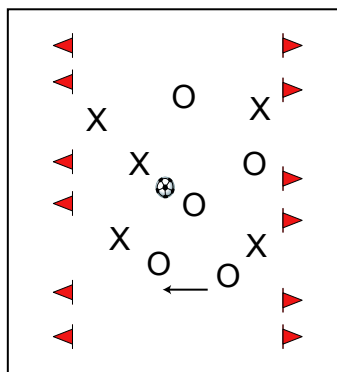


Two groups of 3 play one touch passing in their respective half of a center circle.

On command they pass the ball to a teammate in their half and join to play 4v1 vs. a single defender (O).

Rotate O's.

Scrimmage: Lots of Goals (20 min.)



X and O each defend 3 1m wide goals. In diagram X play left to right.

Players can score from either side of goal.

They cannot score in same goal twice in a row.



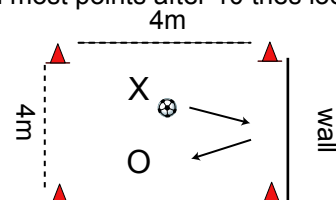
INDOOR SOCCER PRACTICE # 7

Practice Focus: Dribbling, Passing, Transition Play

Time: 1.5 hrs

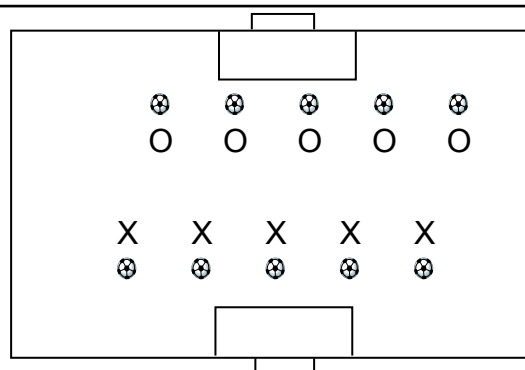
Warm-Up: Dribbling (30 min)

1. Place obstacles such as gym bags, benches, cones, etc. around the field. Players each have a ball and dribble towards obstacles, then chip ball over the obstacle, run around the obstacle and collect the ball.
2. Runner's stretch (2x30 seconds on each side)
3. Get hoola hoops - two less than the number of players - and spread them around the field. If you don't have hoola hoops make 2m x 2m grids. Each player has a ball and is in a hoop except for two. On command, players dribble to another hoop. The two players left outside the hoop/grid get a point. Players with most points after 10 tries loose.
4. Quad stretch.
5. Soccer Squash:
 1. Mark a 4m x 4m court in front of a wall.
 2. Put tape on the wall, 50 cm above ground.
 3. Players play ball above tape hitting ball after one bounce .
6. Hamstring stretch.
7. All available balls are placed in a circle in the middle of the field. Players are divided into 4 groups, each group in one corner of the field. On command, they sprint to the center circle to win a ball and dribble it back to their corner. The team with the most balls in their corner after one minute wins.
8. Heel stretch.



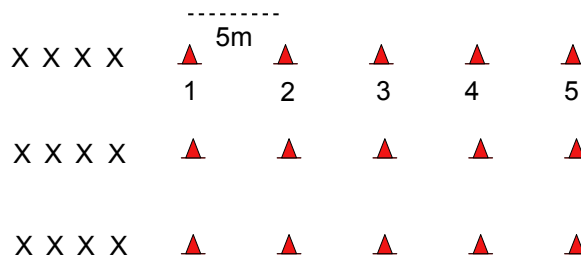
Technical Skill: Shooting Accuracy (10 min.)

1. Players set up outside the goal area (crease).
2. No goalkeepers.
3. Players try to shoot at target areas of the goal and get:
 - 3 points for hitting a top right/left corner
 - 2 points for hitting inside either post, ball off the ground.
 - 1 point for hitting inside either post on the ground.
4. Count the points for each player after ten rounds to declare the shooting accuracy champion.

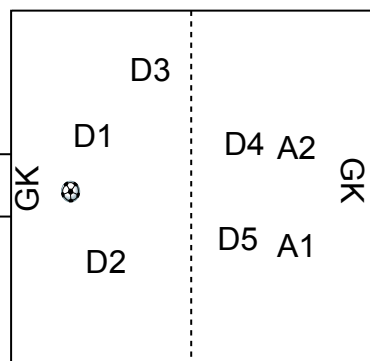


Fitness Drill: Relay Sprinting (15 min.)

1. Groups of four players starting at cone 1..
2. On whistle, the first player sprints to cone 2, touches the ground in front of cone with one hand, sprints back to cone 1, turns and sprints to cone 3, touches ground, back to 1, sprint to cone 4, back to 1, to cone 5 and back. Then the next runner repeats.
3. Team with all runners completing sprints first wins.

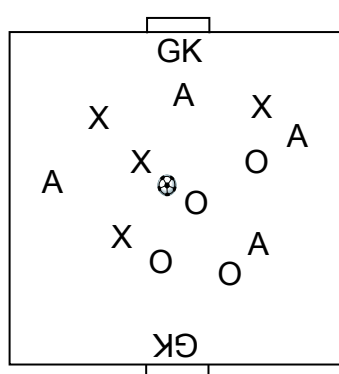


Tactical Drill: Transition Play (15 min.)



1. D1, D2, D3 stay in one half. D4/D5 and A1/A2 stay in other half.
2. Play starts with GK passing to D1 who passes to D2 or D3.
3. D2/D3 pass to D4/D5 who play 1v1 vs A1/A2.
4. A1/A2 must intercept pass and then attack across half going 1v1 against D1.

Scrimmage: 2 Teams v. 1 Team (20 min.)



Make up three equal strength teams.

Two teams play against the third team (X+A v. O shown in diagram).

Rotate teams every 5 minutes so that each team gets a turn playing alone.



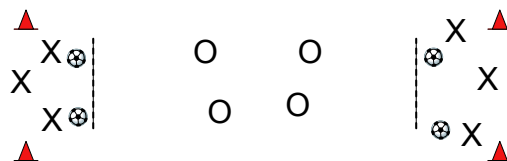
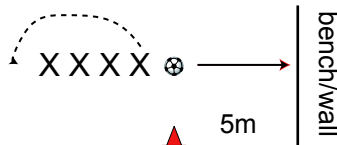
INDOOR SOCCER PRACTICE # 8

Practice Focus: Ball Control, Scoring Goals

Time: 1.5 hrs

Warm-Up: Ball Control, Throw Ins (30 min)

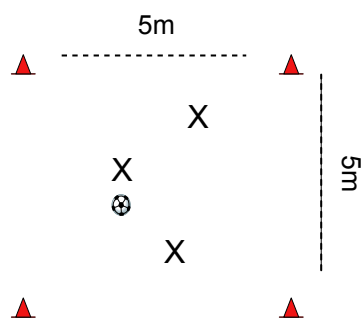
1. Players are spread randomly across field, standing with legs apart making a tunnel. Each player gets a number starting with #1. Coach calls out a number and that player must crawl through each tunnel as fast as possible.
2. Runner's stretch (2x30 seconds on each side)
3. Players are in pairs, each pair with a ball. Pairs play give & go with one touch passes.
4. Quad stretch.
5. Players play ball off a bench or wall from 5m away. First player hits ball and runs to the end of the line. Next player hits ball with one touch. Count number of consecutive one touch plays per group.
6. Hamstring stretch.
7. Players line up as shown. Each group in the end zone has two balls. Using a proper throw in they play ball to players in the middle calling their target by name. Player who receives ball dribbles it to the end zone the ball was played from and passes it to a player without the ball.
8. Heel stretch.



Technical Skill: Ball Control - First Touch (10 min.)

1. Three players with one ball in a grid.
2. Play starts by one player tossing ball above head.
3. Next player must strike the ball after it bounces on the ground, hitting it straight up above the head.
4. Next player hits ball after bounce, etc.

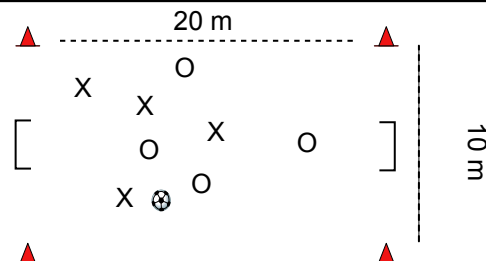
Count which group gets the most consecutive hits without the ball leaving the grid.



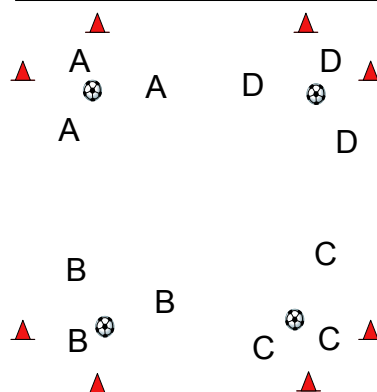
Fitness Drill: Crab Soccer (15 min.)

1. Teams play 4v4 with players in crab position. No goalies.
2. To get into crab position, players sit down, feet flat on ground. Hands are behind the back, palms flat on ground. Players lift "buttocks off ground" and move on hands and feet without sitting down. Feet are used to play the ball.

Play 4 minute games and rest 1 minute between games.

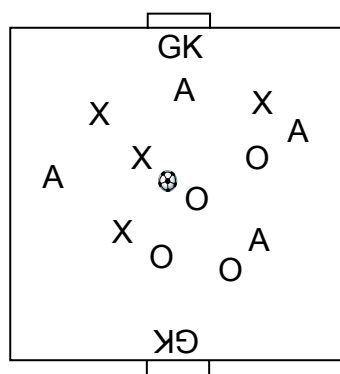


Tactical Drill: Goal Scoring/Quick Decisions (15)



1. 4 teams, each with a ball and each defending one goal.
2. Each team can score into any of the other three goals.
3. After a goal is scored, the team scored on gets the ball.

Scrimmage: Scoring (20 min.)



Regular line ups to start.

After a team scores a goal, the team scored on must remove a player. When one team has no players left, the game stops.

Play as many games as possible.



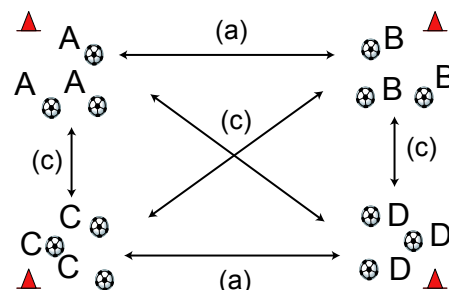
INDOOR SOCCER PRACTICE # 9

Practice Focus: Passing, Shooting, Dribbling

Time: 1.5 hrs

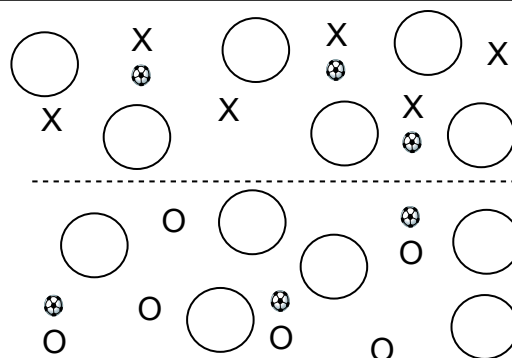
Warm-Up: Passing, Dribbling, Strength (30 min)

1. Players form two parallel lines and jog around the perimeter of the field. The two players at the back of the line run around the outside of their line to the front. When they get in front, the pair now in the back runs to front, etc.
2. Runner's stretch (2x30 seconds on each side)
3. Half the players have a ball each in a 15m x 15 m area. The other players sit on the ground. Players with the ball dribble freely while players on ground move "crab style" (see practice # 8 for crab positioning) trying to steal a ball. Once a "crab" steals a ball they change places with the player they stole the ball from.
4. Quad stretch.
5. Players are in four groups as shown, each player with a ball. On command, groups dribble and change places with another group, dribbling (a) long, (b) diagonal, (c) short
6. Hamstring stretch.
7. Players each have a ball dribbling freely moving the ball around in the form of the figure 8 in various sizes.
8. Heel stretch.



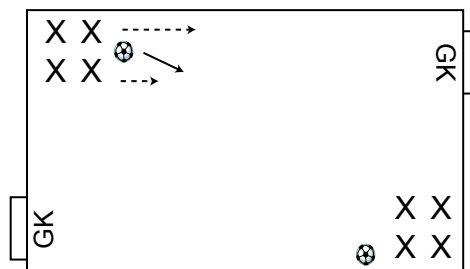
Technical Skill: Dribbling (10 min.)

1. Place hoola hoops (or make squares with cones) as shown.
2. Make two equal groups, one ball for every two players.
3. Each group defends the hoops in one half of the field.
4. Players score points by dribbling balls into the opposite half into a hoop/square.
5. Once player successfully "deposits" a ball, they go back into their own half to retrieve a ball left by the other team.

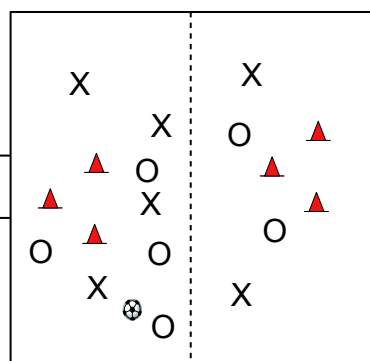


Fitness Drill: Endurance and Shooting (15 min.)

1. Goals are in diagonally opposite corners of the field.
2. Players are in pairs in two groups as shown.
3. The front pairs play give and go and finish with a shot on goal, not getting closer than 7m to net.
4. After a shot on goal, players retrieve their ball and sprint to the end of the other group.

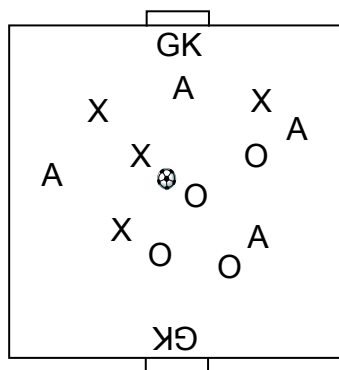


Tactical Drill: Transition Play (15 min.)



1. Each team defends one three sided goal made from cones 2m apart.
2. Players can score through any of the three sides of the goal, but ball must be on the ground.

Scrimmage: Passing and Control (20 min.)



- Teams are in regular game formations.
- Play a two-touch game.
- If a player touches the ball a third time the other team is awarded a free kick.



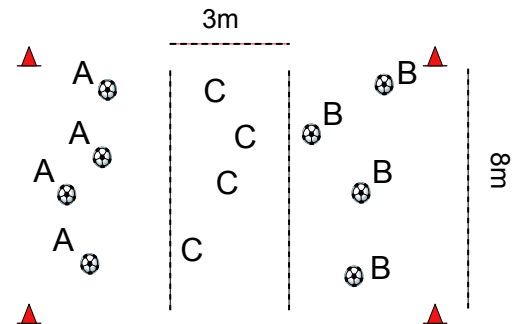
INDOOR SOCCER PRACTICE # 10

Practice Focus: Passing, Shooting, Transition Play

Time: 1.5 hrs

Warm-Up: Dribbling, Passing, Shooting (30 min)

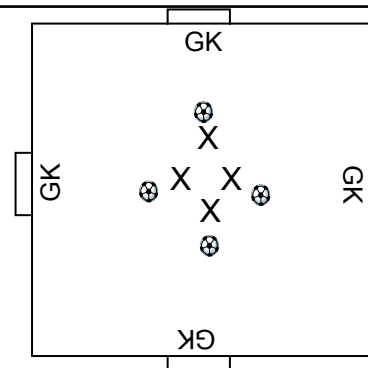
1. Players form a line and jog. The player in front leads deciding on changes of direction, jumping, touching ground with hands, etc. Players in the line behind react to the lead.
2. Runner's stretch (2x30 seconds on each side)
3. Two players hold a rope or a broom stick above their head making a movable goal and start jogging across field. Other players each have a ball and try to score through the goal. Change "goal post" players every 30 seconds.
4. Quad stretch.
5. Players in the middle zone sit on the ground.
The other players try to dribble across the middle zone.
Players in the middle move "crab style" (see practice 8) and try to steal a ball from the dribblers. If successful they change places with the player losing the ball.
6. Hamstring stretch.
7. Use three benches or make three goals with cones, 3m wide.
Two players defend three goals while all other players each have a ball and try to score a goal. Switch defenders every 30 secs.
8. Heel stretch.



Technical Skill: Shooting (10 min.)

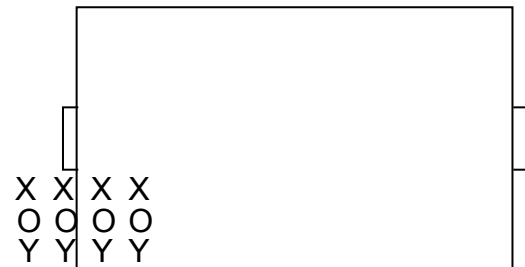
1. Players shoot on goal from a minimum distance of 7m.
2. Players who score a goal change place with the GK.
3. After 7 minutes, the two players with the most goals scored play a 10 shot (each) championship.
Regular goalkeepers are in net for the Final.

Make 4 even groups from all the players, each group having one goalkeeper to start and the rest line up to shoot.

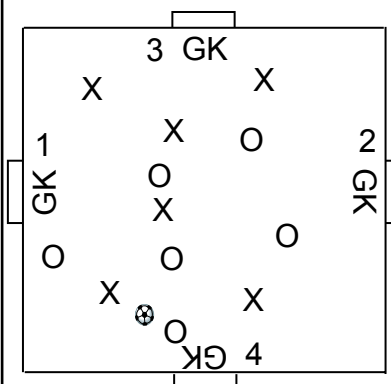


Fitness Drill: Around the Field Relay (15 min.)

1. Split team into three even groups.
 2. On command, one player from each team starts sprinting around the perimeter of the field (max 25m x 20m field).
 3. Players tag each other to relay everyone around the track.
 4. Losing team does 25 push-ups.
- Repeat three times. Players must stay within 1m of the lines marking the field.



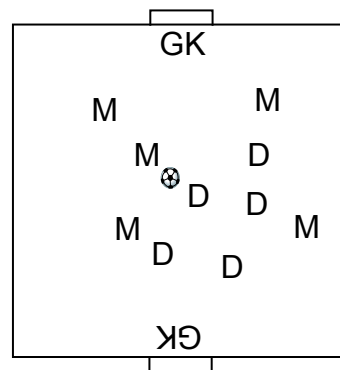
Tactical Drill: Change Direction Game (15 min.)



X defend goals 1 and 2, O defend goals 3 and 4.

X tries to score on either goal 3/4 and O on goal 1/2.

Scrimmage: Functional Fun (20 min.)



Make up three teams:

1. Defenders
2. Midfielders
3. Forwards

Play 2 minute games in a round robin format. Top two teams play in 2 min championship game.

INDOOR SOCCER

Warm-Up Drills



Warm - Up # 1: Dribble and Pass

1. Divide field into two halves. Use one ball for every two players. Players dribble freely and pass to each other. They must make sure that there is always an equal number of players in each half.
2. Runner's stretch (2x30 seconds on each side)
3. Spread tall cones evenly around field. Every player except for 3 has a ball. Players with a ball try to shoot down cones, players without ball try to prevent "hits". Each player counts their number of hits and picks up cone after a hit. Rotate 3 players every 60 seconds to be without the ball.
4. Quad stretch.
5. Divide team into 3 groups and put groups into 5m x 5m grids. One player is in the middle of each grid. All others stay outside grid and try to hit player in middle with the ball below the knees. One ball for players outside grid. Rotate player in the middle after 30 seconds. NO HIGH SHOTS.
6. Hamstring stretch.
7. Repeat exercise # 5 giving outside players two balls.
8. Heel stretch.

Coaching Points/Progression

- Step 1: Encourage players to pass across half which forces them to be aware of the number of players in each half. Players need to talk to each other asking for the pass, indicating the runs, and send each other into the half that doesn't have enough players in it.
- Step 3: Players without ball need to decide which cones to defend. They must be encouraged to move to different cones so that the attackers can't focus on a few undefended cones. Encourage defenders to communicate strategically as to which cones to defend. Attackers hone perception skills to see which cones are open and to change their point of attack often. They should not be closer than 2m to the cone.
- Step 5: Players on outside of grid need to pass quickly, one-touch, to get the player in the middle to a position with their back to the ball. Then it will be easier to hit the target. If your players cannot keep ball low, stop the drill and practice passing keeping ball on ground.
- Step 7: Only do this if players are capable of keeping ball low. Otherwise repeat step 5.

Coach's Notes



Warm - Up # 2: Dribble and Pass

1. One ball for every two players. Players dribble ball around field and pass the ball to a player who must ask for it.
2. Runner's stretch (2x30 seconds on each side)
3. Each player with a ball. Put a bench or a flex net at either end of the field. If in a gym, use the walls. Position the coach (or a player) between the benches/nets/wall. Players score a point by playing ball off alternating benches/nets/ wall. The person in the middle tries to prevent players from scoring points.
4. Quad stretch.
5. All players except 3 have a ball. Players with a ball dribble freely. On coach's command (whistle), players step on the ball and sprint to another ball. Players without ball now try to win a ball. Keep repeating.
6. Hamstring stretch.
7. Divide the field in two halves using benches or other obstacles in the middle. Divide team evenly into both halves of the field and give a ball to each player in one of the halves. Players now chip balls across obstacles into the other halves. On coach's command, the play stops. The team with the fewest balls in it's half wins.
8. Heel stretch.

Coaching Points/Progression

- Step 1: The ball needs to move all the time. If players hold on too long and dribble more than they pass, stop the drill and ask them to look up while dribbling and focus on the vocal signals from others to receive a pass. Players without ball must ask for a pass from a specific player.
- Step 3: Set up a field for every 4-6 attackers. The defender needs to select one attacker at a time to block. Ideally the player in the middle would be a defender or midfielder. Attackers need to find the space to dribble by defender and strike target. Field should be ~ 10m x 5m.
- Step 5: Encourage players to use the entire space available. They need to keep their head up to avoid bumping into others and to see free spaces. Ask them to increase dribbling speed. Players without ball need to select a target player to stay close to so they can retrieve a ball. Players stepping on ball must bring it to a complete, "dead" stop. No rolling.
- Step 7: The key is to receive a ball and play back as fast as possible. Players must "read" the flight of the ball and get in position to receive it. Perception and decision making are trained.

Coach's Notes



Warm - Up # 3: Passing Accuracy, Hunt & Escape

1. Half the players have a ball. the other half arches on their hands and knees, making a tunnel under their body. Players with the ball dribble and pass it through the "tunnel", sprint around the arch. and collect their ball on the other side. Rotate after 60 seconds.
2. Runner's stretch (2x30 seconds on each side)
3. Players spread out on the field, marked no larger than 20m x 25m. Coach tosses in 5 balls and players try to win a ball. Those who do get possession try to knock those without a ball off by passing the ball to hit them below the knee. NO HIGH SHOTS. Once hit, players sit down and try to win ball back crawling "crab style". Play for 5 minutes, last player(s) standing with a ball wins.
4. Quad stretch.
5. Two players with a ball, everyone else spreads out on the field. Players with ball try to pass at players without ball trying to hit them below the knee. Players who get hit now get a ball and join the hunt. Last player without a ball wins.
6. Hamstring stretch.
7. All players have a ball except for one (the hunter). Hunter tries to steal a ball by picking it up with the hands. Players losing their ball become hunters. Last player with a ball wins.
8. Heel stretch.

Coaching Points/Progression

- Step 1: The arches must be as high as possible. The passes under the arch must be weighted properly (soft passes) and accurate. If players are too small to make a large enough tunnel, then replace this drill with a partner one-touch passing drill.
- Step 3: The "knock down" ball below the knees must be a pass, not a hard shot. For crab technique see practice # 8.
- Step 5: The players with the ball need to communicate to coordinate an "attack" on a specific player. the player with the final PASS to hit a target below the knees must be close to the target. Quick passing and movement is required to isolate a target.
- Step 7: Picking up the ball must occur while a player stays on their feet - no goalkeeping dives. This requires a certain amount of flexibility.

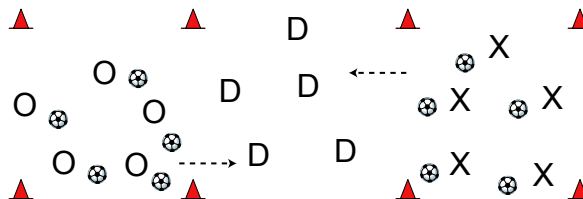
It is important to make sure that the players hitting targets below the knee have the skill to keep the ball low and be accurate with a relatively soft pass. If they shoot hard and high - STOP.

Coach's Notes



Warm - Up # 4: Dribble and Strength

1. Players are in groups of 3 in a 7m x 7m grid, each player with a ball. Players are numbered 1, 2, 3 and dribble in grid trying to tag (touch with hand) each other in sequence, i.e. player # 1 tries to tag #2, # 2 tags # 3 and # 3 tags # 1.
2. Runner's stretch (2x30 seconds on each side)
3. Each player with a ball. Players hop sideways over ball with both feet, bringing knees up high. 3 sets of 20 hops.
4. Quad stretch.
5. Divide players into three equal groups. Two groups start in 5m x 5m grids, each player with a ball. Players must dribble through the middle zone guarded by the third group. Each successful crossing scores one point. Middle players winning the ball now dribble to grids trying to score.
6. Hamstring stretch.
7. Each player has a ball and hops forward and backward over the ball. feet must stay together and knees must be up. 3 sets of 20.
8. Heel stretch.



Coaching Points/Progression

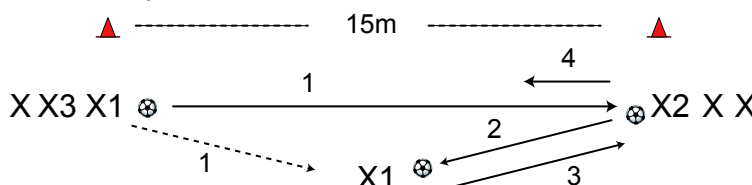
- Step 1: Encourage lots of quick changes of direction with body fakes. Players need to be sure right from the beginning who they are chasing. Ideally, they alternate their "look" between looking ahead to find their target and back over their shoulder to see their "chaser"
- Step 3: Players tend to jump in front or behind the ball. Make sure that both feet stay together and move over top of the ball.
- Step 5: Players with the ball need to recognize the space available and the position of the players in the middle. Once they see space they should accelerate their dribble to get through. Players in the middle need to communicate. You may want to give them a minute to discuss a strategy. For example, two players may face one group, the other three the other group. They should cover the entire width of the zone. They could also all face one way and on a command turn to face the other way. They can "pick" on two or three players and "gang up" on them.
- Step 7: Make sure feet move over top of ball and knees are at least hip high.

Coach's Notes



Warm - Up # 5: Passing and Space

1. Half the players have a ball and dribble freely while the others jog freely. On command by coach, players without ball stop and make a tunnel with their legs apart. Players pass ball through a tunnel and run around player to collect their ball on the other side. Switch roles after 60 seconds, two turns with ball for each player.
2. Runner's stretch (2x30 seconds on each side)
3. Split team into two groups - no goalkeeper. Ball is moved by passing/catching with hands (basketball), but goals can only be scored with a header into the empty net.
4. Quad stretch.
5. Give and Go:
 1. X1 passes to X2 and follows pass with diagonal run.
 2. X2 one touch passes ball back to X1
 3. X1 one touch passes back to X2
 4. X2 starts sequence with pass to X3
6. Hamstring stretch.
7. Two teams have a target player in 2m x 2m square in the opponent's half and must play the ball to the target player. Once the target player gets possession, they throw the ball into the other half. Score 1 point for each pass to target.
8. Heel stretch.



Coaching Points/Progression

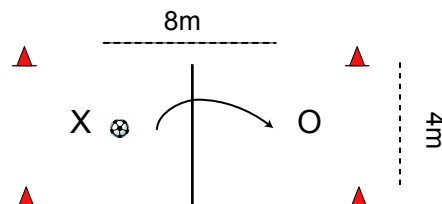
- Step 1: Legs must be far enough apart to allow room for ball to get through. Stress accuracy of passes first, then ask for faster movement. Pass from through tunnel from closer distances first, then with success, ask for longer passes.
- Step 3: The focus here is to get players to run into spaces fast. the ball will move faster and more accurately than passing with feet and therefore this trains speed of play. Players need to anticipate the passes (throws) and intercept the ball to start a quick transition counter-attack. The final throw for the header on goal should be a cross.
- Step 5: Start slow and stress the accuracy of passes. Players must time the pace of the initial pass such that the return pass and the player following the initial pass arrive at the same time (at a 45 degree angle at second position of X1 in diagram). Increase speed once the drill is successful and running smoothly.
- Step 7: Play is free across the entire field. Players trying to pass to their target must make runs to all sides of the target and make quick passes so that the final path to the target is clear.

Coach's Notes



Warm - Up # 6: Dribble, Control, Passing

1. In pairs, one player with a ball. Player without ball jogs around field freely changing directions often. Player with ball follows while dribbling. Switch after 30 seconds. Two turns each.
2. Runner's stretch (2x30 seconds on each side)
3. All players in one half of the field. Every player except two has a ball. Players without ball try to steal a ball and pass it into the other half of the field. Players who lose ball must go and get it. Count # of steals in one minute. Rotate players without ball.
4. Quad stretch.
5. Soccer Tennis:
 1. Mark an 8m x 4m court.
 2. Put a badminton net, bench or other obstacle in the middle.
 3. Players one touch ball to each other across net.
6. Hamstring stretch.
7. Make a 6m x 6m grid. 4 players are along each side line, two with a ball who pass it through grid avoiding player in the middle.
8. Heel stretch.



Coaching Points/Progression

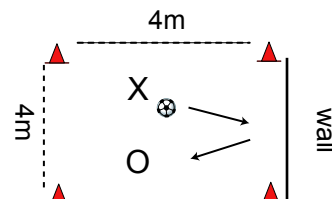
- Step 1: Players with ball need to change direction quickly and use the entire field. A tendency is to run in straight lines - this must be avoided. Encourage body fakes and changes of speed of dribble.
- Step 3: The two players without ball must coordinate their "attacks" and communicate. They can try, and should try, to double up on a player with a ball. After losing possession, the player who lost the ball must sprint to retrieve ball and dribble back as fast as possible.
- Step 5: Control of the kicking motion is critical. Recommend angling the foot so that the ball is "lobbed" with the instep. ball is allowed to bounce once before it must be played back across.
- Step 7: Passes must be across the grid to a player opposite to "count". Players can pass to an adjacent player to set up better passing angles through the grid.

Coach's Notes



Warm - Up # 7: Dribbling

1. Place obstacles such as gym bags, benches, cones, etc. around the field. Players each have a ball and dribble towards obstacles, then chip ball over the obstacle, run around the obstacle and collect the ball.
2. Runner's stretch (2x30 seconds on each side)
3. Get hoola hoops - two less than the number of players - and spread them around the field. If you don't have hoola hoops make 2m x 2m grids. Each player has a ball and is in a hoop except for two. On command, players dribble to another hoop. The two players left outside the hoop/grid get a point. Players with most points after 10 tries loose.
4. Quad stretch.
5. Soccer Squash:
 1. Mark a 4m x 4m court in front of a wall.
 2. Put tape on the wall, 50 cm above ground.
 3. Players play ball above tape hitting ball after one bounce .
6. Hamstring stretch.
7. All available balls are placed in a circle in the middle of the field. Players are divided into 4 groups, each group in one corner of the field. On command, they sprint to the center circle to win a ball and dribble it back to their corner. The team with the most balls in their corner after one minute wins.
8. Heel stretch.



Coaching Points/Progression

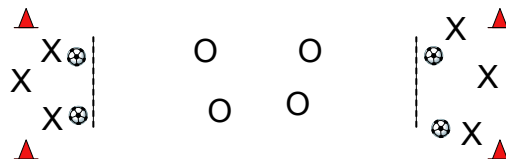
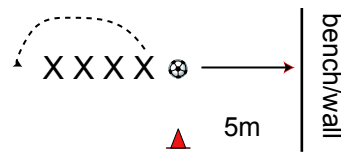
- Step 1: Players need to dribble as fast as possible keeping control of the ball (close to feet). They must slow down before the obstacle and at the right distance (1m - 2m) chip the ball. Chipping is accomplished by getting "under" the ball, striking it as close to ground as possible.
- Step 3: Players need to keep their head up to make sure that they are not going for the same target. Players who were left out of a hoop should be able to dribble into one as soon as it is vacated. If drill runs smoothly, reduce the number of hoops to challenge players.
- Step 5: After player strikes ball against the wall, they must move out of the way to allow the second player easy access to the ball. To get the ball high, players must "chip" it. If there is no wall available, replace this drill with a quick one-touch passing drill (chipping ball) over an obstacle on the ground.
- Step 7: Players are allowed to steal balls from other corners. They need to decide who defends their own corner and who tries to steal. This can be a fun drill.

Coach's Notes



Warm - Up # 8: Ball Control, Throw-Ins

1. Players are spread randomly across field, standing with legs apart making a tunnel.
Each player gets a number starting with #1. Coach calls out a number and that player must crawl through each tunnel as fast as possible.
2. Runner's stretch (2x30 seconds on each side)
3. Players are in pairs, each pair with a ball. Pairs play give & go with one touch passes.
4. Quad stretch.
5. Players play ball off a bench or wall from 5m away.
First player hits ball and runs to the end of the line.
Next player hits ball with one touch. Count number of consecutive one touch plays per group.
6. Hamstring stretch.
7. Players line up as shown. Each group in the end zone has two balls. Using a proper throw in they play ball to players in the middle calling their target by name.
Player who receives ball dribbles it to the end zone the ball was played from and passes it to a player without the ball.
8. Heel stretch.



Coaching Points/Progression

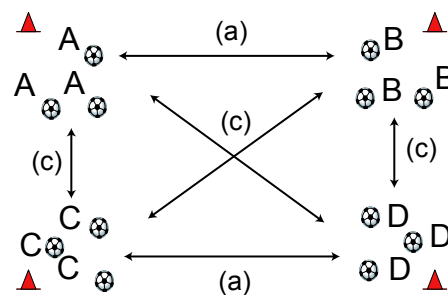
- Step 1: To challenge players and increase "fun" call out as many as three numbers at a time.
The challenge will be for two or three players not to go for the same tunnel
- Step 3: Players can start with a static give & go and then progress to moving in the entire field at ever increasing speed. Passes should be ahead of the receivers. Players need to keep their heads up to see others and avoid collisions.
- Step 5: Ball is allowed to bounce once after hitting the wall. This is an excellent "pass & move" drill.
After striking the ball, encourage players to move out of the way as fast as possible and discourage them "watching" their pass. If there is no wall, have a coach or player touch the ball back into the grid.
- Step 7: Players in the middle must communicate and have the vision to ensure that two are facing each of the groups in the end zone. They must move freely into space to receive the throw.
Players throwing need to "signal" or tell target players where they want them to run to.
Make sure distance is far enough to allow good throws. Rotate players through the middle.

Coach's Notes



Warm - Up # 9: Passing, Dribbling, Strength

1. Players form two parallel lines and jog around the perimeter of the field. The two players at the back of the line run around the outside of their line to the front. When they get in front, the pair now in the back runs to front, etc.
2. Runner's stretch (2x30 seconds on each side)
3. Half the players have a ball each in a 15m x 15 m area. The other players sit on the ground. Players with the ball dribble freely while players on ground move "crab style" (see practice # 8 for crab positioning) trying to steal a ball. Once a "crab" steals a ball they change places with the player they stole the ball from.
4. Quad stretch.
5. Players are in four groups as shown, each player with a ball.
On command, groups dribble and change places with another group, dribbling (a) long, (b) diagonal, (c) short
6. Hamstring stretch.
7. Players each have a ball dribbling freely moving the ball around in the form of the figure 8 in various sizes.
8. Heel stretch.



Coaching Points/Progression

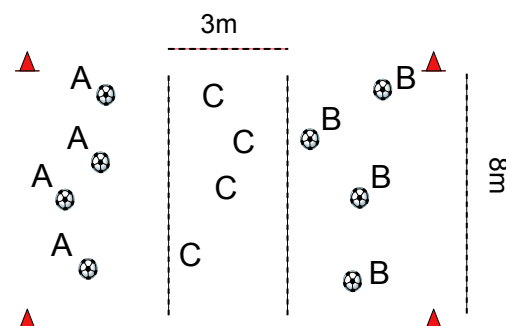
- Step 1: This is a warm up jog, not a sprint. Players should pace themselves such that the pair in back can get past everyone without sprinting (fast jog, moderate run).
- Step 3: Players on ground can coordinate which each other to 'select' targets. If the "crabs" have little success, reduce the size of the field. Decide on your rule as to what constitutes a "steal". Depending on success of the 'crabs' a steal could be touching a ball or getting complete control.
- Step 5: The key is to have players dribble with their head up to avoid collisions as two groups pass each other. If balls are colliding ask players to slow the dribble so they can look up. Decrease or increase the distances between groups to add challenge (decrease) or give more space.
- Step 7: Start with large "8s" to get players used to the movement of the turns and switching from touching the ball with inside to outside foot. Once comfortable, challenge players to make smaller "8s" and then to dribble faster.

Coach's Notes



Warm - Up # 10: Dribbling, Passing, Shooting

1. Players form a line and jog. The player in front leads deciding on changes of direction, jumping, touching ground with hands, etc. Players in the line behind react to the lead.
2. Runner's stretch (2x30 seconds on each side)
3. Two players hold a rope or a broom stick above their head making a movable goal and start jogging across field. Other players each have a ball and try to score through the goal. Change "goal post" players every 30 seconds.
4. Quad stretch.
5. Players in the middle zone sit on the ground.
The other players try to dribble across the middle zone.
Players in the middle move "crab style" (see practice 8) and try to steal a ball from the dribblers. If successful they change places with the player losing the ball.
6. Hamstring stretch.
7. Use three benches or make three goals with cones, 3m wide. Two players defend three goals while all other players each have a ball and try to score a goal. Switch defenders every 30 secs.
8. Heel stretch.



Coaching Points/Progression

- Step 1: Encourage easy jogging. Ask different players to take the lead.
- Step 3: Goals should be scored by passing ball on the ground through the goal. Players need dribble with their head up so can perceive where the goal is. The need to dribble fast towards the goal and they can try to anticipate the direction of the goal. A variation is to reduce the number of balls and ask players to pass to each other through the goal. The players holding the stick/rope must communicate so that they coordinate their direction. Otherwise they will be running in opposite directions and lose the stick/rope.
- Step 5: Crabs must look around frequently to catch the dribbler nearest to them. They can devise strategies of attack and communicate. Dribblers need to decide which space to attack and then dribble through it quickly.
- Step 7: The two defenders need to coordinate which goals they will defend. They cannot defend same two goals because attackers will go for the third vacant goal all the time. Attackers cannot obstruct each other and also need to communicate as to which goal to attack.

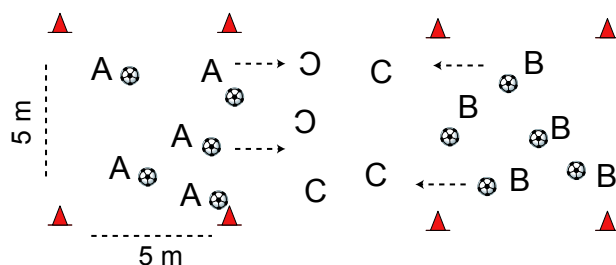
Coach's Notes

INDOOR SOCCER

Technical Skills



Technical Skill # 1: Dribble and Tackle



1. Divide team into three equal groups.
2. Two groups (A & B) have a ball per player and start in grids.
3. The third group (C) is in the middle.
4. Players from group A and B dribble from grid to grid through players from group C. Players from group C try to win the ball from any player entering the middle section.
5. Players crossing to the opposite grid get a point for each successful cross. They then dribble across again. Players winning the ball in the middle now dribble to grids while player losing ball stays in the middle.

Coaching Points/Progression

Players in the middle need to devise a strategy to win as many balls as possible. They want to face both dribbling groups and spread across their grid. Two middle players can decide to challenge one of the dribblers.

The dribblers need to choose a clear path through the middle and accelerate through it. They also can devise a strategy by attacking one side of the grid and then changing direction and shift to the side with more space.

If the players in the middle have little success add to their number by taking the ball away from some of the dribblers. Or, make the middle grid narrower.

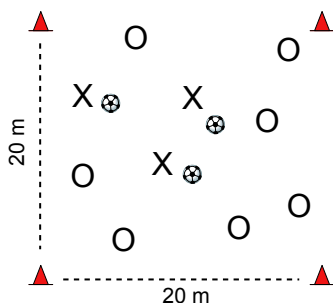
To challenge the dribblers in terms of perceiving their surroundings, take a point away from them each time they lose control of their ball by bumping into another dribbler.

Vary the rule in terms of what constitutes "winning the ball". To challenge group in the middle, it could mean a clear take away. To challenge the dribbler, a "win" could be simply touching the ball.

Coach's Notes



Technical Skill # 2: Fast Dribble



1. Three players each wearing a pinny have a ball inside a grid.
2. Keeping the ball close to their feet, they dribble at high speed chasing players without a ball trying to tag them with a hand.
3. Tagged players now get a pinny and a ball and become one of the "chasers".
4. The last two players without a pinny win.

Repeat starting with three different players with the ball.

Coaching Points/Progression

If players with ball are unsuccessful tagging the runners, increase the number of "dribblers".

Alternatively, make the grid smaller.

The players with the ball are encouraged to communicate so they can pick one of the runners at a time. If they do not realize this on their own, stop play after a minute and give them the "coaching tip".

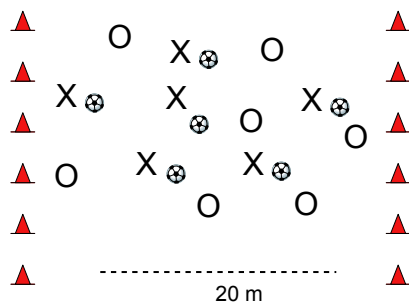
Encourage the dribblers to look up as often as possible to see their targets.

To speed up the drill, don't require the use of pinnies and have additional balls near the grid.

Coach's Notes



Technical Skill # 3: Target Passing



1. Place six cones at each end of the field.
2. Divide players into two teams, each defending one set of cones.
3. Toss in # of balls equal to half the number of players.
4. Each team must try to knock down the other team's cones with a pass.
5. First team to knock over all of opponent's cones wins.
First team to win two games is the "Accuracy Champion".

Coaching Points/Progression

Players without the ball have two objectives, (1) to defend their own cones and (2) to win the ball from the opposing team. Challenge the teams to decide if the best strategy to win the ball is to defend their own cone and go after the ball after a missed pass, or, if the best way is to aggressively challenge opponents with the ball and tackle it away from them. The best choice should be consistent with the style of play you want from your team.

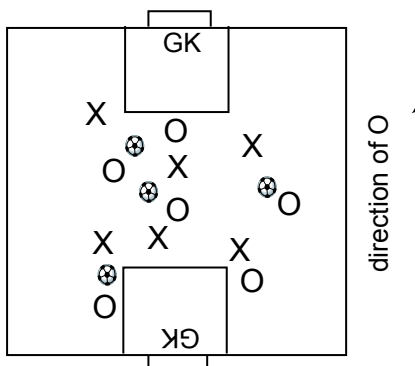
Players from the same team should be encouraged to make runs into space and pass to each other to set up a clear opportunity to knock down a cone.

This is an excellent drill to train transition speed as players will shift focus from attacking a cone to defending their own cones within fractions of a second.

Coach's Notes



Technical Skill # 4: Dribble and Shoot



Two teams have one ball for every three players on the field. Players with ball attack, players without ball defend.

Teams can only score from within the goal area, which can be as large as 7m x 7m.

Defenders cannot enter their own goal area and can only tackle inside their own half. If GK wins ball (save or out of play) they play to a player of their team in their own half.

Coaching Points/Progression

Each team will have some players with the ball and some without at any given time.

Allow the teams to play for a minute and observe how they organize themselves. You may have to stop the drill and offer some suggestions. Ask the teams to have a quick discussion on strategy to maximize success. They may decide that players without the ball should focus on taking balls from the opponent. Or, they may decide to have one player defend the goal area while others without the ball get into open positions to receive a pass and enter the attacking goal area for a shot.

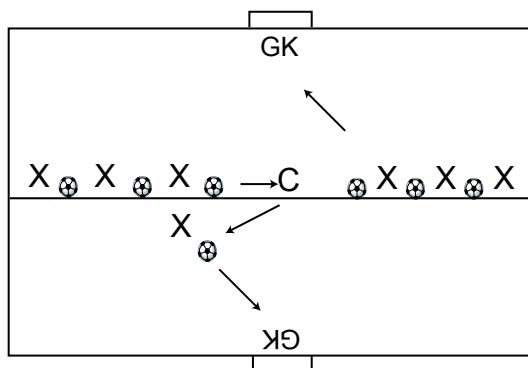
If more than player is in the goal area they cannot shoot on net at the same time, they take turns.

Emphasize that this is a fast transition drill requiring lots of communication and decision making.

Coach's Notes



Technical Skill # 5: Shooting



1. Players each with a ball line up across center field.
2. Coach or server is in the middle of the center line.
3. Players play Give and Go with Coach and finish with a one touch shot on goal.
4. After shot, players retrieve their ball and go to the end of the opposite line shooting on the other goal.
5. Alternate shots with each line on each goal.

Players must get off the field quickly to clear area for next shoot.

Coaching Points/Progression

Instead of using a coach to return the pass, alternate each player through the server role.

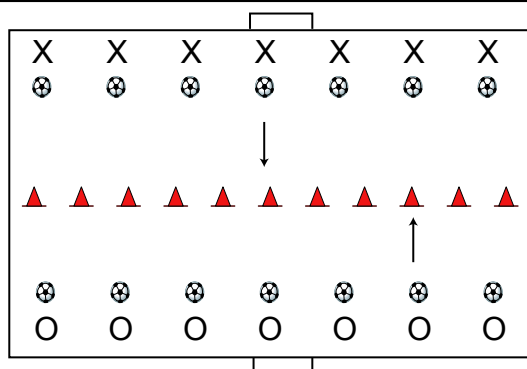
Demand accuracy and proper weight of the pass to the server so that the server can play an easy one touch pass back. Always encourage players to tap the ball ahead slightly before passing (no dead ball hitting). For accuracy, pass with the instep.

The server needs to play an accurate pass into the run of the shooter, allowing the shooter a one touch shot. Shooters need to face server, pass, and then immediately turn towards goal and start their run for the shot. They need to react to the pass of the server and, if necessary, delay their run to keep the ball in front of them. If the pass by the server is too hard, shooters need to sprint. Shooters aim for far post and should not shoot from within 7m of the goal. Demand perfection in passing accuracy and timing of runs.

Coach's Notes



Technical Skill # 6: Passing Accuracy



1. Place as many cones as players across the middle of the field.
2. Split the team into two groups, each player with a ball.
3. Position half the players at one end line, the other half at the other end line.
Both groups must be the same distance from the cones.
4. Players pass at cones, trying to knock them over.
5. Players can only retrieve balls in their own half.
6. When all cones are knocked down, count how many cones each team knocked down (they will be in opponent's half). Repeat.

Coaching Points/Progression

Challenge each player to decide what the most successful way is to hit a cone. Some players need to play a hard pass to be accurate, while others need to take some pace off and play a softer pass.

Players need to look up and select a target cone before they pass to knock it down.

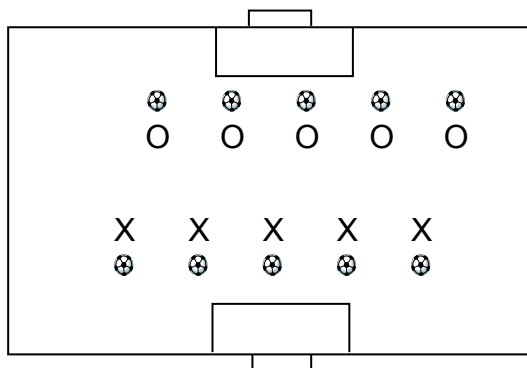
Players of the same team should not compete for balls and be selfish to try knocking over as many cones as possible by themselves. It is a team sport and players should be encouraged to pass the ball to a team mate who is lined up nearest to the cone that is available.

Platers must stay within 3m of their end line to shoot. If they are unsuccessful, allow them to shoot from closer to the cones.

Coach's Notes



Technical Skill # 7: Shooting Accuracy



1. Players set up outside the goal area (crease).
2. No goalkeepers.
3. Players try to shoot at target areas of the goal and get:
 - 3 points for hitting a top right/left corner
 - 2 points for hitting inside either post, ball off the ground.
 - 1 point for hitting inside either post on the ground.
4. Count the points for each player after ten rounds to declare the shooting accuracy champion.

Coaching Points/Progression

Discuss the exact rules with the players before the competition starts and appoint a judge at each goal. Remind players that they need to keep track of their own points.

Inside the top corner or inside the post means that the gap between ball and post/cross bar should be no more than one arm's length.

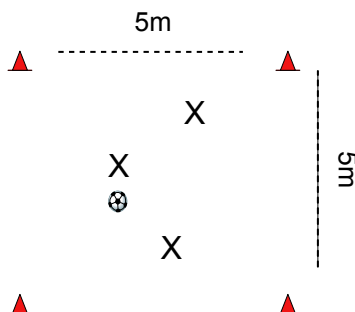
Players need to decide on their target, look up, and then shoot.

Vary the distance from which they can shoot to challenge players or to increase the success rate. This is a very motivational drill as everyone should score at least one point with every shot, and nobody should go without a single point.

Coach's Notes



Technical Skill # 8: Ball Control - First Touch



1. Three players with one ball in a grid.
2. Play starts by one player tossing ball above head.
3. Next player must strike the ball after it bounces on the ground, hitting it straight up above the head.
4. Next player hits ball after bounce, etc.

Count which group gets the most consecutive hits without the ball leaving the grid.

Coaching Points/Progression

The key to success is the control of the ball when hitting it straight up. Body position and the part of the foot striking the ball are critical. Most common would be to lean back and strike the ball with either the instep (bending foot to be horizontal) or to get under the ball and hit it up with the laces.

The two players waiting for the ball to drop down need to communicate as to who will play it next so they can get into position for a quality play.

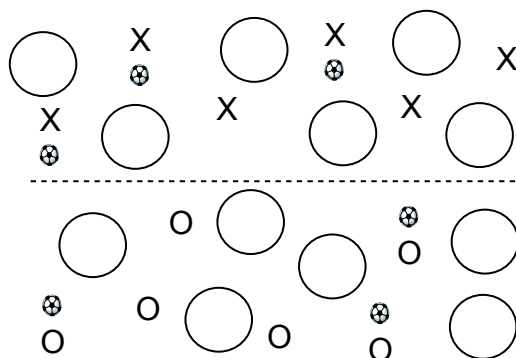
If players are struggling, make the grid larger.

Remind them that the higher they play the ball in the air, the more time they have to get under it for the next strike.

Coach's Notes



Technical Skill # 9: Dribbling



1. Place hoola hoops (or make squares with cones) as shown.
2. Make two equal groups, one ball for every two players.
3. Each group defends the hoops in one half of the field.
4. Players score points by dribbling balls into the opposite half into a hoop/square.
5. Once player successfully "deposits" a ball, they go back into their own half to retrieve a ball left by the other team.

Coaching Points/Progression

Teams need to communicate and decide how many players they want to stay back to defend their hoops. they can adjust as the drill goes on.

Players with the ball need to keep their head up to avoid collisions and to decide which target areas to attack. Once in the opponent's half they need to change direction of their dribble to navigate through hoops and to quickly take advantage of undefended target areas.

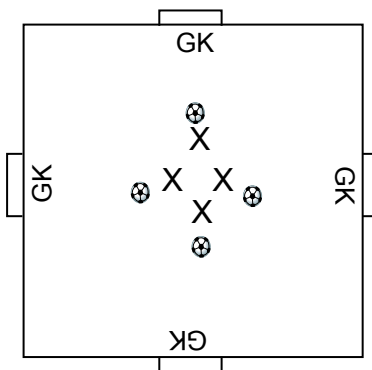
Add more balls to make defending more challenging and increase scoring.

Remove hoops to make defending easier and scoring points more challenging.

Coach's Notes



Technical Skill # 10: Shooting



1. Players shoot on goal from a minimum distance of 7m.
2. Players who score a goal change place with the GK.
3. After 7 minutes, the two players with the most goals scored play a 10 shot (each) championship. Regular goalkeepers are in net for the Final.

Make 4 even groups from all the players, each group having one goalkeeper to start and the rest line up to shoot.

Coaching Points/Progression

Stress accuracy of the shot (target is inside the post) over power initially.

Make sure that goalkeepers have time to reset after a shot and before the next shot.

If you have players who are afraid to be the goalkeepers, allow them to not play goal, but make sure they go to the back of the line for their next shot.

With strong and powerful players, increase the distance to goal.

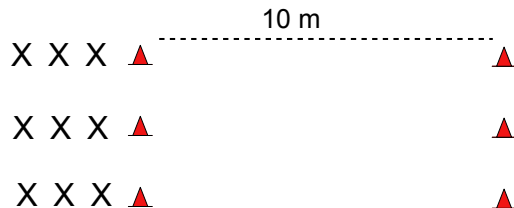
Coach's Notes

INDOOR SOCCER

Fitness Drills



Fitness Drill # 1: Sprinting



Players sprint 10m starting from different positions:

- a. feet parallel to each other.
- b. feet staggered, left foot forward.
- c. feet staggered, right foot forward.
- d. feet parallel, facing away from direction of sprint.

Next player in line gives a very slight push to start the runner.

Coaching Points/Progression

Players need to be in proper body posture to start the sprint, i.e. leaning slightly forward with their upper body and knees slightly bent.

In option (d), players need to pivot around on one foot before they start the sprint.

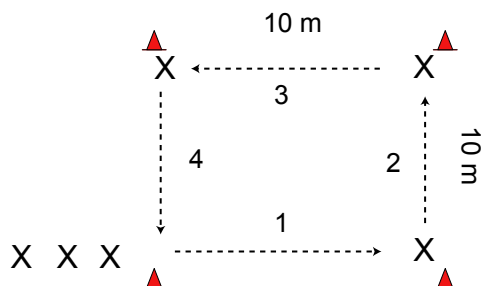
Increase the challenge by making this a relay race between groups. Players cannot start their sprint until the previous runner has crossed the target line. You may need to position a judge on the end line to signal when the player has crossed it.

You can also increase the fun by making up the groups according to positions, i.e. defenders, midfielders, forwards, goalies to determine which group is fastest.

Coach's Notes



Fitness Drill # 2: Acceleration/Deceleration



1. Easy jog.
2. Accelerate to run.
3. Accelerate to full sprint.
4. Decelerate gradually to stop

Coaching Points/Progression

Take some time before the drill starts to demonstrate what is meant by easy jog, run, sprint.

This is not a race, it is meant to progress players' speed before slowing down.

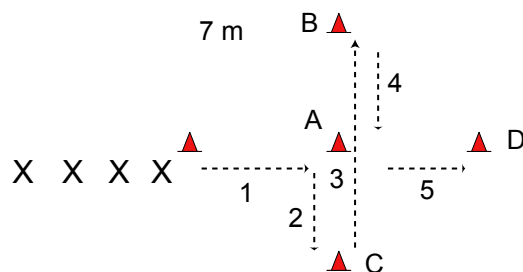
Stress the importance of making the turns as close to the cones as possible. This is achieved by taking small steps close to the cones instead of long strides forcing a wide arc to turn the corner.

Increase/decrease the distances between cones to make any one of the four runs longer or shorter to suit your team or your coaching objective.

Coach's Notes



Fitness Drill # 3: Sprint and Shuttle



Set up cones as shown, 7m apart.

1. Sprint to cone A.
 2. Side step to cone B.
 3. Turn and sprint to cone C.
 4. Run backwards to cone A.
 5. Sprint to cone D.
- Jog back to the end of the line.

Coaching Points/Progression

Demand that the players turn as close to the cones as possible. The distances between cones are short and rapid small step running is the preferred technique.

To add a competitive element, have a race between groups of four. You can either set up parallel drills or time each group.

You may notice that tightness of turns near cones will suffer with a competitive element or a demand to pick up speed.

We always recommend to stress accuracy over speed and only increase speed if accuracy can be maintained.

Coach's Notes



Fitness Drill # 4: Sprint and Dribble



1. Split field into two halves with 5m wide end zones.
2. Split team into two groups, one in each end zone and place as many balls as available in the middle.
3. On command, players sprint to balls trying to get possession. Players who get a ball dribble it unchallenged into their end zone. Team with most balls in end zone wins.

Start players from various positions (lying, standing, etc.)

Coaching Points/Progression

The key is to beat the opposing players with speed to the ball, and NOT to tackle each other in the middle trying to win a ball.

We suggest the rule is that the first player to touch the ball in the center gains Possession.

Players who sprint to the middle and don't win a ball return to their end zone.

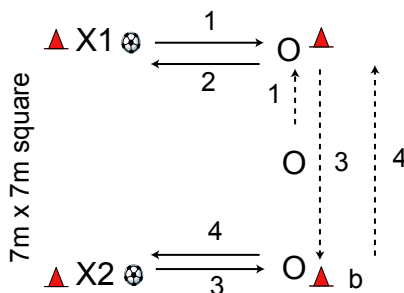
You can add a competitive element by asking each player to count the number of ball they win.

You can also change the command to start the sprint training player's ability to adjust.

Coach's Notes



Fitness Drill # 5: Sprint - Pass - Turn - Sprint - Pass



1. X1 passes to cone (a) and O sprints to cone (a).
 2. Ball and O arrive at the same time and O one-touch passes the ball back to X1.
 3. After pass to X1, O turns and sprints to cone (b) to which X2 has passed a ball.
 4. O one touch passes back to X2, turns and sprints to cone (a).
- O goes back and forth for 2 minutes - then rotate players. 3 sets each.

Coaching Points/Progression

The critical success factor is that the players at the cones passing to the runners time the pace of their passes perfectly. Perfection means that they quickly learn to pass with a pace that forces the runner to sprint as fast as they can but still make it possible for the runner to arrive at the cone at the same time as the ball, the ball almost coming to a natural stop. This will then set up the opportunity for the runner to play an accurate one touch pass back to the player waiting at the cone.

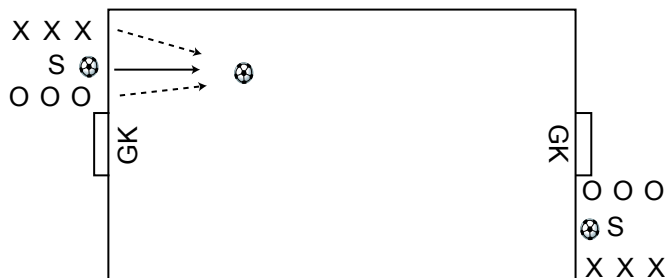
If the service to the runner is too hard or off target, then they will not get it back to the server and the drill will break down.

If two minutes are too challenging for the sprinters, reduce the interval but not below 60 seconds.

Coach's Notes



Fitness Drill # 6: Sprint and Shoot



1. Server (S) passes ball softly ahead.
2. X and O sprint to ball trying to get a clean first touch shot on goal.
3. Play in both directions.
4. After sprint, X and O go to the end of the opposite line.

Coaching Points/Progression

Server can also be a player, ideally a midfielder. Or choose to rotate players through the server position.

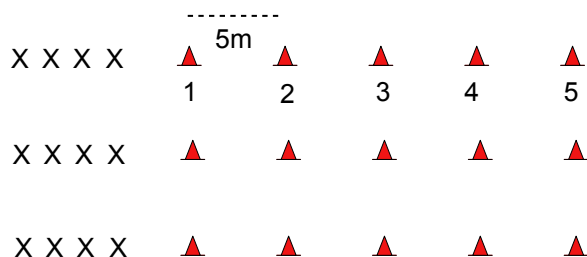
Depending on the age and competitive level of your team, make a rule as to how much contact you will allow players trying to get to the ball first. You can go from no contact to allowing shoulder to shoulder contact.

It is likely that initially both players get to the ball at the same time and nobody gets a clean shot on goal. In that case, the server is allowed to favour one side to make sure one of the player gets to the ball first. The purpose of the drill is not to have a 1v1 for the ball, but to train getting a quality shot on net while running at full speed being pressured from behind.

Coach's Notes



Fitness Drill # 7: Relay Sprinting



1. Groups of four players starting at cone 1..
2. On whistle, the first player sprints to cone 2, touches the ground in front of cone with one hand, sprints back to cone 1, turns and sprints to cone 3, touches ground, back to 1, sprint to cone 4, back to 1, to cone 5 and back. Then the next runner repeats.
3. Team with all runners completing sprints first wins.

Coaching Points/Progression

Competitive players will take liberties (cheat) in a couple of ways:

1. they will touch the ground too far away from the cone and turn too soon.
2. the runner waiting will start sprinting before the previous runner has gotten back past cone 1.

Penalize players turning too soon by asking them to sprint to the same cone again. Ask players to tag the waiting player before they can run. Explain the rules before the drill starts.

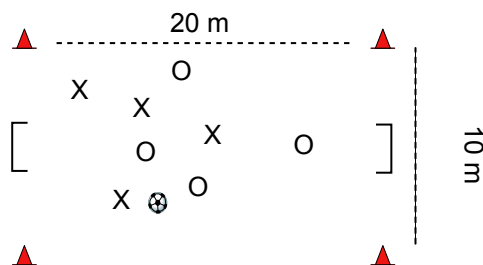
Challenge players to more sprints by increasing the distance between cones or adding cones.

Reduce the challenge for younger players by removing a cone.

Coach's Notes



Fitness Drill # 8: Crab Soccer



1. Teams play 4v4 with players in crab position. No goalies.
2. To get into crab position, players sit down, feet flat on ground. Hands are behind the back, palms flat on ground. Players lift "buttocks off ground" and move on hands and feet without sitting down. Feet are used to play the ball.

Play 4 minute games and rest 1 minute between games.

Coaching Points/Progression

This drill is challenging on the arms (triceps, biceps). If players tire, allow brief rest periods or substitute other players. It all depends on the fitness level of your team and your coaching objective.

You can also vary the difficulty of the drill by increasing/decreasing the size of the field, adjusting the number of players per team, and by reducing the length of the games.

If you want to use goalkeepers, then goalies must be on their knees.

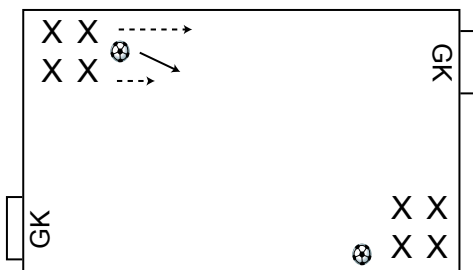
You may need to demonstrate the proper "crab" position and movement before the drill.

Striking the ball is easiest by turning the leg/body to the side and striking ball with the laces.

Coach's Notes



Fitness Drill # 9: Endurance and Shooting



1. Goals are in diagonally opposite corners of the field.
2. Players are in pairs in two groups as shown.
3. The front pairs play give and go and finish with a shot on goal, not getting closer than 7m to net.
4. After a shot on goal, players retrieve their ball and sprint to the end of the other group.

Coaching Points/Progression

It is important, especially in small areas, that the pairs time their passes and runs so that they do not get too close to the goal (overrunning the play).

It is acceptable if there is only one give & go move before the shot.

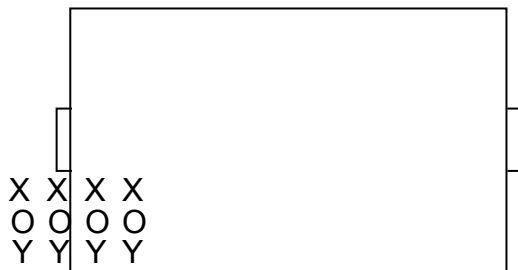
Ask the players to keep the passes short and paced properly allowing players to move down the field in a straight line. If they have to chase balls and get out of position then the passes are too hard or too far ahead. Players need to communicate with each other to ensure accurate passing.

Stress accuracy over speed.

Coach's Notes



Fitness Drill # 10: Around the Field Relay



1. Split team into three even groups.
2. On command, one player from each team starts sprinting around the perimeter of the field (max 25m x 20m field).
3. Players tag each other to relay everyone around the track.
4. Losing team does 25 push-ups.

Repeat three times. Players must stay within 1m of the lines marking the field.

Coaching Points/Progression

Depending on the competitiveness of your team and your coaching objectives you may want to skip the need to have the losing team do push-ups. You can "sell" push ups as a strengthening exercise with benefits as opposed to being just a punishment.

If you don't have even number of players for each team, ask for a volunteer to run twice. That player should be the first and last sprinter of their team.

For younger groups, reduce the size of the field with cones as markers.

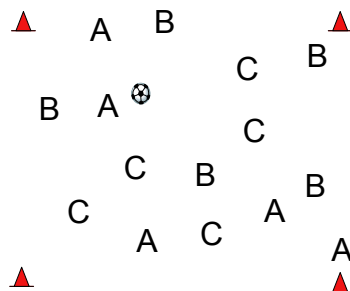
Coach's Notes

INDOOR SOCCER

Tactical Drills



Tactical Drill # 1: Two Touch Passing



- 3 teams each wearing different colour pinnies.
- 2 teams play together passing the ball to a player with a different colour in their group.
- 3rd team tries to take away the ball.
- team losing possession now plays defense vs. other two teams.

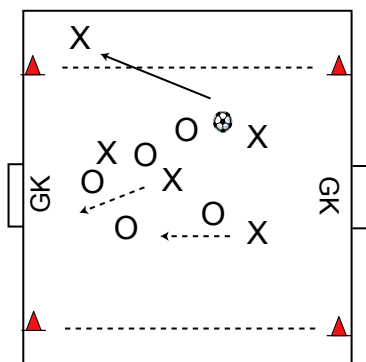
Coaching Points/Progression

Start with team A and B playing together and team C is trying to win the ball. If a player from team A has the ball, he must pass to a player from team B. This requires perception and communication as well as players from team B moving into spaces to receive a pass. The two touch rule will require quick decision making and fast movements. Team C knows that only players from team B can receive the ball and that makes covering easy. They could choose to simply mark each player from team B, or they could send one player to challenge player from team A with the ball and all others to cover players from team B. If A passes successfully to a player from team B, team B player now must pass to a player from team A. Team C shifts their attention to marking team A. Communication will be the key. If team C wins the ball, they now play possession with team B and team A needs to win the ball back. Players must talk to each other so they know which teams are playing together. You can increase the challenge for the defending team by allowing the teams in possession to pass to anyone in the group of two teams.

Coach's Notes



Tactical Drill # 2: Attacking



1. Play 5v5 in regular formations.
2. Ball must be played into outside lane before a goal can be scored.
3. Players cannot be challenged in lane.
4. Two attackers make runs to near/far posts.
5. Defenders make timed supporting runs.

Coaching Points/Progression

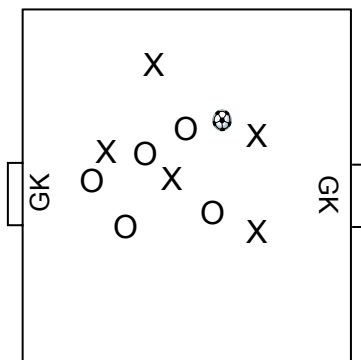
The key is to play wide to stretch the defense and allow players making runs into the spaces between defenders. Suggestions, variations and progressions for this drill are:

1. Encourage defenders to make overlapping runs into the wide lane. Ensure that someone else covers for the defenders on transition to defense, if necessary. Players need to communicate these coverages to each other.
2. Encourage a defender to make a run to either post for an attempt on goal.
3. Allow players in lane to be challenged by the defending team.
4. If the defending team gains possession, encourage the first pass (or throw from GK) to be to a player making a run into the wide lanes.
5. Ask players to make lots of diagonal and cross-over runs to lose defenders, especially on quick transitions from defense to offense.

Coach's Notes



Tactical Drill # 3: Press and Retreat



1. Play 5v5 in regular formations.
2. When losing ball, player closest to opponent puts quick pressure on ball, second player moves to cover 2m behind.
3. All other defenders sprint goalside of opponents closest to goal, marking one each.

Coaching Points/Progression

This is a defensive drill with the objective of regaining possession immediately and not allowing the opponent to get organized in an attack.

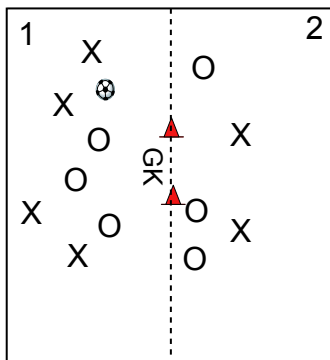
The challenging player is going to be the one who was dispossessed in a 1v1 situation or an attacker who made a run to receive a pass, the pass having been intercepted. In any event, the closest player to the one who now has the ball must hustle to challenge. The angle of the approach should put the challenging player goalside, i.e. in a line between the player with the ball and the defender's goal. This will likely cut off any passes towards the middle and force the play wide.

Supporting players retreat quickly to be goalside of opponents using regular covering positions and tactics, i.e. closing passing lanes, tight marking, zonal defending, etc.

Coach's Notes



Tactical Drill # 4: Odd # Attacking



Two mini games in each half with one goal on the half line.

X in half 1 have one more player than O and attack center goal, O in half 1 defend center goal.

O in half 2 have one extra player and attack central goal, X in half 2 defend.

If O win ball in half 1, they must pass to O in half 2 so they can attack goal.

Coaching Points/Progression

The team attacking (team X in diagram) must use their one player advantage to make runs into spaces to receive the ball. It would be tempting for the defending team to simply stay back and protect the goal. If this happens remind them that they also need to score by winning the ball and playing it to a team mate in the other half. If necessary mark a crease (goal area) that the defenders are not allowed to enter.

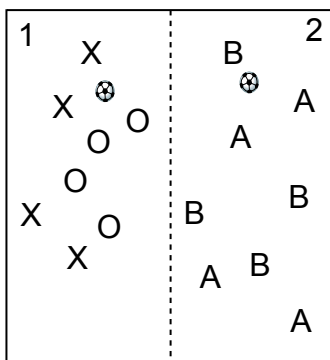
The teams in the half without the ball must move with the play to be in a position to receive a pass across the half and with one or two passes get into scoring position.

The GK must turn quickly to face the new attackers once the ball is played across the half. The goal needs to be made with cones and cannot be a net.

Coach's Notes



Tactical Drill # 5: Possession Passing



Two mini games in each half, X v. O and A v. B.

Count the number of consecutive passes by the team in possession.

Play for 5 minutes to see which team has the record of most consecutive passes.

Repeat.

Coaching Points/Progression

Encourage players to use one or two touch passing as much as possible. In a small space 1v1 moves are difficult because it is easy for defenders to double up on the player with the ball.

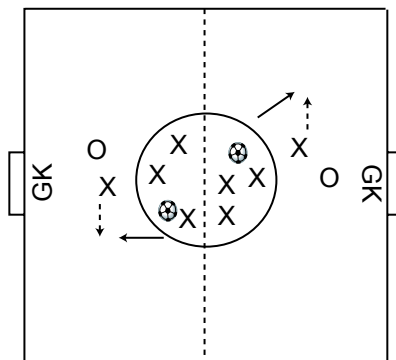
Teams will tend to bunch up in one area of the field. Stop play and show them the available spaces on the other side of the field. Encourage them to send one or two players into these spaces and encourage the player with the ball to play a long pass into the space, even if they can't see a team mate there. This will train players to rely on each other to make the right runs and anticipate the right passes.

Adjust the number of players on each team to the size of your training area, but never play less than a 3v3.

Coach's Notes



Tactical Drill # 6: Reaction Pass in a 4v1



Two groups of 3 play one touch passing in their respective half of a center circle.

On command they pass the ball to a team mate in their half and join to play 4v1 vs. a single defender (O).

Rotate O's.

Coaching Points/Progression

Players playing one touch pass in their half of the center circle must be encouraged to move, i.e. play a pass & follow game.

The attacker waiting to receive the ball must make runs into space to get away from the defender, changes of direction, body fakes, sharp cuts are effective. The players passing in the circle need to be aware of the runs of the attacker so that they can play the pass to target on command.

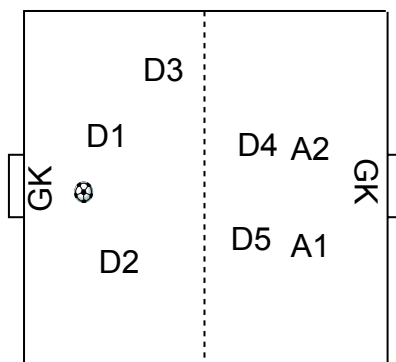
The defender has the best chance to stop the attack by intercepting the pass. Once the attacker has control of the ball a 4v1 starts and the defender will be extremely challenged.

Vary the time between commands so players can't anticipate when they need to pass. Add a second defender (O) or a second attacker (X) to increase/decrease difficulty for attackers.

Coach's Notes



Tactical Drill # 7: Transition Play



1. D1, D2, D3 stay in one half. D4/D5 and A1/A2 stay in other half.
2. Play starts with GK passing to D1 who passes to D2 or D3.
3. D2/D3 pass to D4/D5 who play 1v1 vs A1/A2.
4. A1/A2 must intercept pass and then attack across half going 1v1 against D1.

Coaching Points/Progression

D1, D2, and D3 must pass ball quickly into other half, i.e. they each get one contact with the ball.

D1 decides which of D2/D3 to pass to. D2/D3 immediately passes to D4/D5. D4/D5 must make continuous runs into space to be ready to receive a pass. Once D4 or D5 receive a pass, the other attacker (say D5) and defender (say A1) must get out of the way to allow the 1v1 on goal.

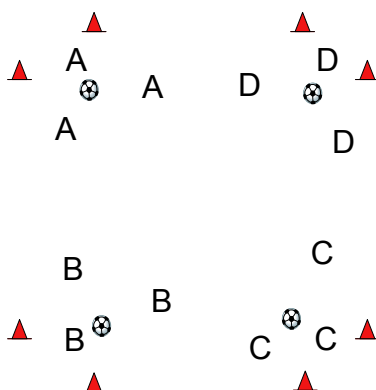
Once A1 or A2 win the ball, D2/D3 move out of the way to allow a 1v1 of A1 or A2 v. D1.

For progression, allow a 2v2 of D4/D5 v. A1/A2 and then allow both A1/A2 to transition to attack. You can then have them play a 2v1 against D1, and progress to 2v2 and finally 2v3.

Coach's Notes



Tactical Drill # 8: Goal Scoring/Quick Decisions



1. 4 teams, each with a ball and each defending one goal.
2. Each team can score into any of the other three goals.
3. After a goal is scored, the team scored on gets the ball.

Coaching Points/Progression

Explain this drill and demonstrate with the teams who can score on what goal. This drill usually starts with some confusion amongst the players because four balls are in play, there is a choice of three goals to attack and it is possible that one defender could be attacked by 4-6 players.

This provides opportunity for some key coaching points:

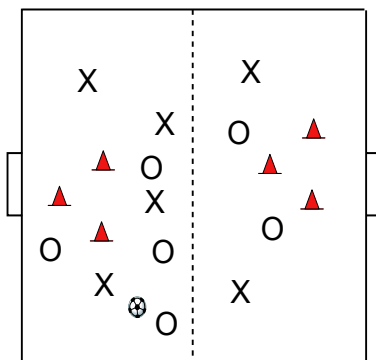
1. Players must have a strategy - who defends their goal, which goal to attack.
2. Players of one team need to be aware of which goal has the least traffic in front of it and be prepared to change direction of their attack away from traffic and into space.
3. Loud, clear, and concise communication is essential.

It is possible that one team ends up with two balls. Two players who were attacking and one who was defending and was scored on. That means one other team does not have a ball and they need to decide which player to challenge (likely with two players) to win a ball.

Coach's Notes



Tactical Drill # 9: Transition Play



1. Each team defends one three sided goal made from cones 2m apart.
2. Players can score through any of the three sides of the goal, but ball must be on the ground.

Coaching Points/Progression

It is important that each team has at least four players.

Players must be mentally quick to always realize that they can attack the goal from three side. Tendency will be to focus on on one side of the goal only.

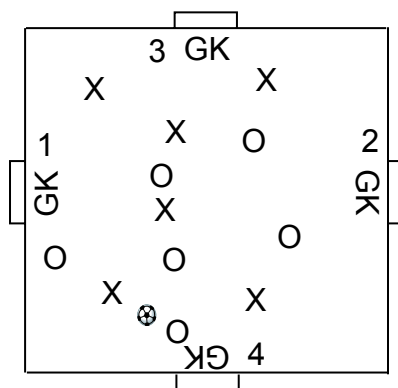
The key to success will be to attack one goal, play the ball back to a supporting player. At the same time two players of the team in possession make runs to each of the other sides of the goal to receive a pass before the defenders can shift. Quick changes of the side of attack are critical. Once a team wins possession, they must break out with fast runs to all three sides of the goal and a quick pass to one of the runners. This needs to be fast so that defenders cannot recover to guard all three sides of the goal.

Teams need to decide if they want to attack with all their players in the other half or keep someone back to defend. Suggestion: keep one player back for support (above) who will be first defender.

Coach's Notes



Tactical Drill # 10: Change Direction Game



X defend goals 1 and 2, O defend goals 3 and 4.

X tries to score on either goal 3/4 and O on goal 1/2.

Coaching Points/Progression

An excellent drill to teach your players reaction speed.

Players need to quickly realize when they gain possession that they now need to attack goals in in a different direction. This requires at least two players to make a fast run to either one of the goals which should be largely undefended. The player with the ball needs to play a quick pass into the space of the breaking team mate. At the same time the team who was attacking needs to realize that they need to quickly react and make runs to defend their goals.

Teams will tend to focus on one goal and attack it. Encourage them to realize that they can also attack the second goal right behind them. One player needs to reverse direction and call for the ball to get a good break away opportunity. Again, the defending team needs to react or decide to always keep a player back to defend the second goal.

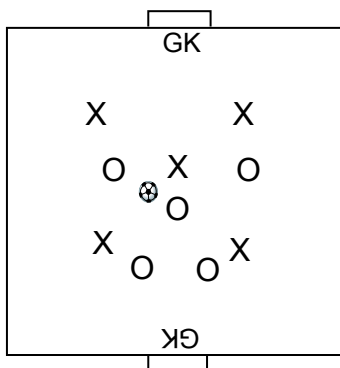
Coach's Notes

INDOOR SOCCER

Scrimmages



Scrimmage # 1: Game Situation



Two teams with substitutes.

Arrange players into your regular formation, i.e. 2-1-2 (shown), 2-2-1, 3-2.

Play continuous game substituting on the "fly".

Play 4 minute games and keep scores.

Coaching Points/Progression

This is a good opportunity to try different formations.

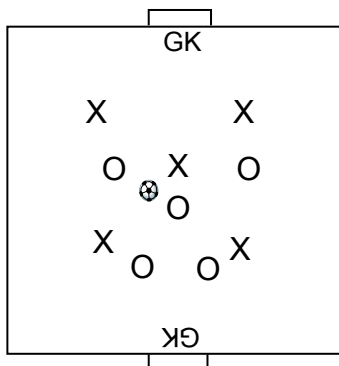
Also, have the two teams play in a different formation, i.e. a 2-1-2 vs a 2-2-1 so they can train how to play against opposing teams in a competition.

Stress communication so that players make the right runs when they gain possession, and pick up/mark opposing players when they need to transition to defense.

Coach's Notes



Scrimmage # 2: Attacking



Two teams with substitutes.

Each team gets 10 consecutive possessions starting with their goalkeeper.

Play stops and restarts after a goal is scored or the defending team clears ball across half.



Count # of shots & goals for each set of 10 attacks

Coaching Points/Progression

If teams use the same plays to start their attack every time, stop play and ask them to have a quick discussion amongst themselves to develop some attacking options.

It is important for the attacking team to win the ball back if they lose possession in the attacking half. their attempt to score keeps going until the defenders clear the ball across half.

Remind teams that your team tactics remain in effect, such as overlapping runs, give & gos, etc.

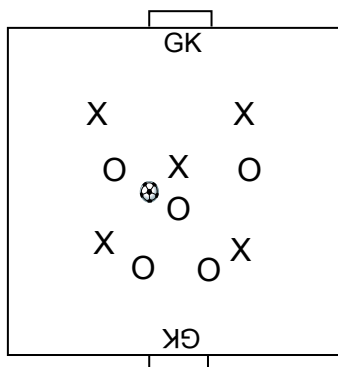
Change formations of the teams, change roles of players to give everyone experience doing different tasks,

You can vary the drill such that an attack is finished as soon as the defending team touches the ball.

Coach's Notes



Scrimmage # 3: Defending



Two teams with substitutes.

Team that allows least number of shots in a 5 minute game wins.



If you have more than two teams, play a round robin tournament.

Coaching Points/Progression

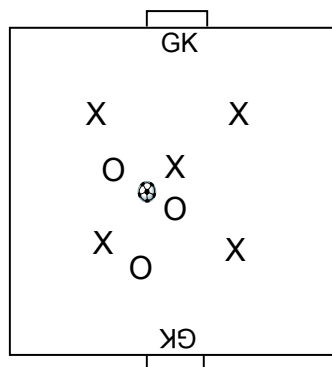
This is a good drill to stress the importance of blocking shots. If you see players turning away from shots or not even get into position to block a shot, stop play. Show them how to safely block shots.

A reminder: To block a shot a player needs to be in position first. The position can be directly between the attacker and the goal, but it doesn't have to be. It can also be to the side of the player with the ball. The defender needs to keep their eye on the ball and recognize when the attacker swings back their shooting leg to set up a strike on the ball. This is THE CRITICAL INSTANCE. If the defender reacts to the back swing and moves their leg/foot to block the shot, then the attacker may not shoot, pull the ball to a side. The defender now has committed and won't recover leaving the attacker to shoot. THE MOMENT to move leg/foot to block the shot is when the attacker moves to the ball with speed and purpose and is at a point at which they cannot stop forward momentum. Defender always needs to be ready to recover.

Coach's Notes



Scrimmage # 4: Odd # Attack



Teams of 6 (5+ GK) vs. teams of 4 (3 + GK).

Goals scored by team of 6 count 1 pt, goals scored by team of 4 count 3 points.

Play 5 min. games and vary # of players per team as you see fit.

Coaching Points/Progression

The attacking team will have spaces to exploit. They need to make wide runs to stretch the defenders. Defenders need to decide whether they should go wide to intercept or apply pressure, or whether they should stay central to cover the other 4 attackers and protect their goal.

This is a decision the coach needs to make in terms of overall game strategy. At the same time players can make a judgment to see if the attacking team made a poor pass leading to a 50/50 ball or poor control by the receiver.

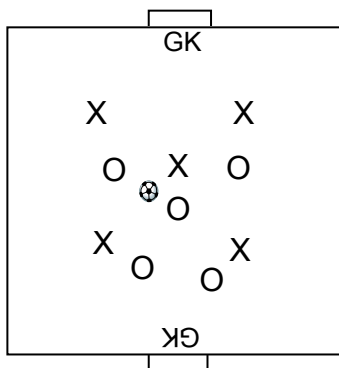
Attackers need to adjust to the defender's strategy. if defenders stay central, then attackers need to make quicker/shorter runs in the middle to isolate defenders and beat them with quick 2v1 or 3v1 passing.

Once defenders win ball they need to counter quick with one or two players.

Coach's Notes



Scrimmage # 5: Transition Play



Regular game on two goals with neutral goalies.

After goal or when GK gets ball (save, out of bounds), GK throws ball to the player of either team furthest away from the goalkeeper.

When GK has ball, players must transition to other half.

Coaching Points/Progression

After the goalkeeper restarts the play, teams must play ball in other half before they can attack either goal, i.e. they can attack the goal whose GK restarted the play. This will force players to consider reversing direction of attack to take advantage of the space behind them.

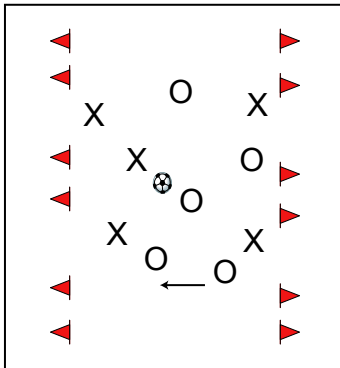
Once the GK has the ball, both teams must break to the other goal. This is a good opportunity for the coach to determine which players have the fastest mental reaction speed.

You can play 5 minute games using breaks between games to discuss the game and have the teams find solutions to problems they encounter during the game.

Coach's Notes



Scrimmage # 6: Lots of Goals



X and O each defend 3 - 1m wide goals. In diagram X play left to right.

Players can score from either side of goal.

They cannot score in same goal twice in a row.

Coaching Points/Progression

You need at least four players per team to attack/defend three goals. If you have less players available, reduce the number of goals.

Players may have tendency to stay in the small goals to prevent the other team from scoring. If that happens, remind them that they reduce their chances of scoring goals. If necessary make the goals wider so that there is enough room to score even if a defender stands on the goal line.

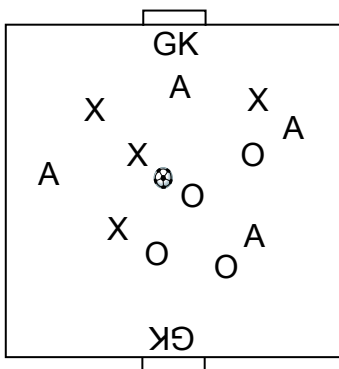
Teams should attack one goal and then quickly change their point of attack and focus on another goal before defenders can react. Defenders gaining possession need to break quickly towards the goal with the least "traffic" in front of it.

Players can also chip the ball over a goal to a team mate on the other side for a quick shot.

Coach's Notes



Scrimmage # 7: 2 Teams v. 1 Team



Make up three equal strength teams.

Two teams play against the third team (X+A v. O shown in diagram).

Rotate teams every 5 minutes so that each team gets a turn playing alone.

Coaching Points/Progression

Adjust the numbers of players per team to suit the size of the field. For small fields you may need teams of 3. In that case shorten the length of games and develop a rotation plan before practice starts.

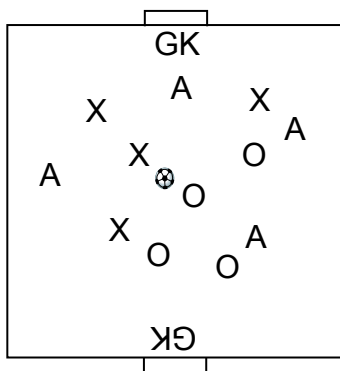
Teams in possession need to exploit the spaces created by the advantage in numbers. They need to run into spaces and play quick one touch passing to get defenders off-balance.

The defending team needs to send one player to challenge the ball and all others must shift to cover the other attackers and close passing lanes. After the attacking team passes, the closest defender to the attacker now with the ball needs to challenge and all other defenders need to quickly move into covering positions. This requires lots of communication.

Coach's Notes



Scrimmage # 8: Scoring



Regular line ups to start.

After a team scores a goal, the team scored on must remove a player. When one team has no players left, the game stops.

Play as many games as possible.

Coaching Points/Progression

Once a team is scored on and loses a player, they need to remember that they need to score a goal to get back to even numbers. This requires a high intensity pressure and counter-attack game strategy. If they only defend chances are the other team will score again and they will be shorthanded even further.

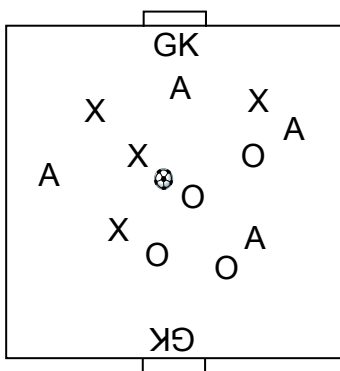
At the same time the team that has the first player advantage must use the spaces available to control the play and keep the pressure up to "finish" the opponent quickly.

This is an excellent drill to develop mental discipline when shorthanded, and develop the controlled discipline to attack with the player advantage.

Coach's Notes



Scrimmage # 9: Passing and Control



Teams are in regular game formations.

Play a two-touch game.

If a player touches the ball a third time the other team is awarded a free kick.

Coaching Points/Progression

Team mates of the player who receives the ball need to move into space and communicate that they are available. this allows the player receiving the ball to play it quickly with one or two touches.

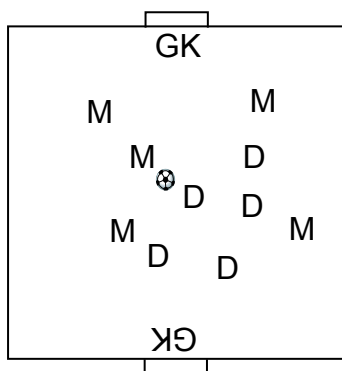
If players are forced to play more than two touches it is either because the player with the ball doesn't have the vision or their team mates are too static. Interrupt play and correct.

This is a good opportunity to remind players that they need to decide what to do with the ball BEFORE they receive it. This will speed up play and will also encourage the player receiving the ball to instruct team mates to move into a particular position they have decided to play the ball to.

Coach's Notes



Scrimmage # 10: Functional Fun



Make up three teams:

1. Defenders
2. Midfielders
3. Forwards

Play 2 minute games in a round robin format. Top two teams play in 2 min championship game.

Coaching Points/Progression

Ensure that teams have equal number of players. If they don't either have coaches play or have some players double shift on two teams.

This is a fun yet competitive drill. As coach, you can use the timing of this drill for an occasion when your team needs to relieve some mental pressure. This could be before a critical competition, after a tough game (win or loss), etc.

Coach's Notes