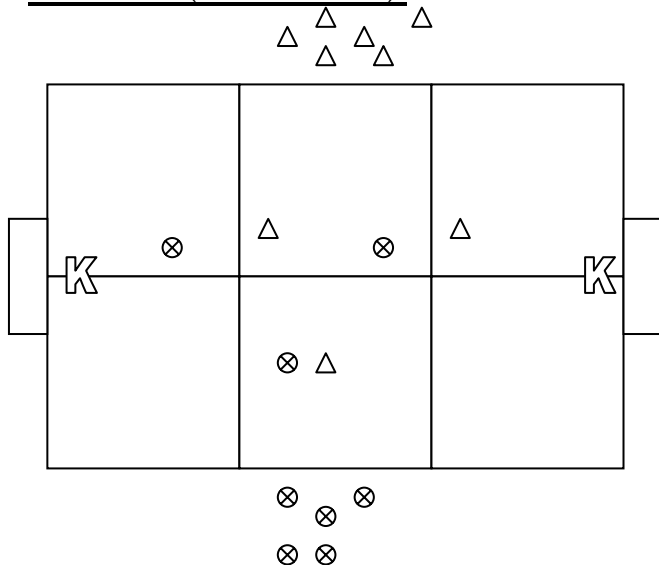
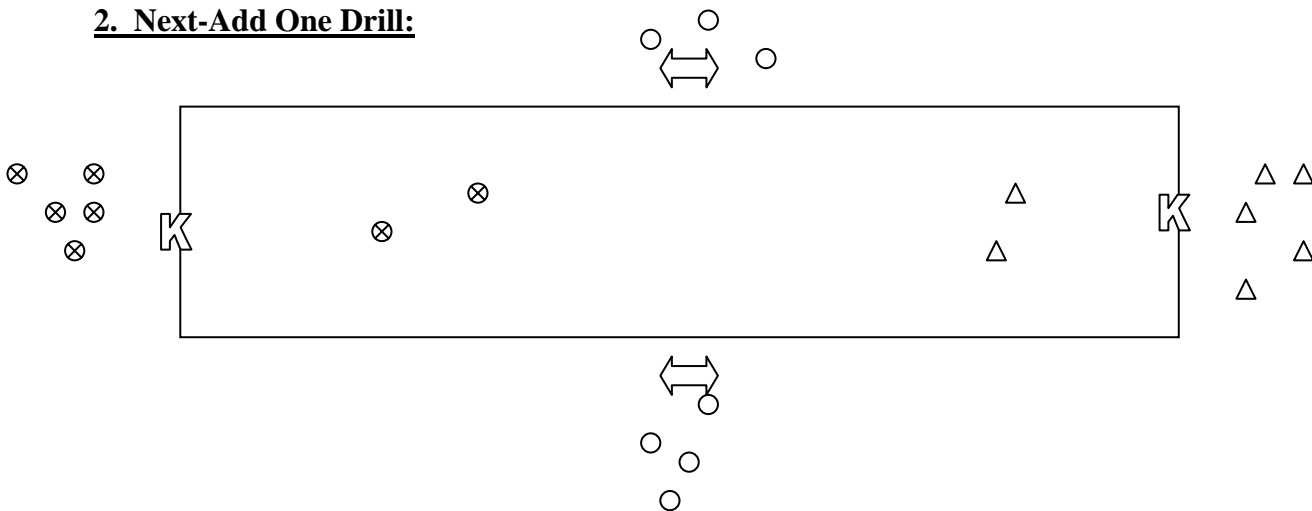


**1. 3 – v – 3 (2 minute drill):**



- Every 2-minute's change your 3.
- Change's occur on the fly alternating each teams substitutions every other minute.
- Ball goes out on your defensive half, your keeper immediately distributes another ball out of the goal.
- Use small goals.
- 3 that come off field walk behind their goal and shag balls before getting back in line.
- Use small goals (20 x 30 yds)

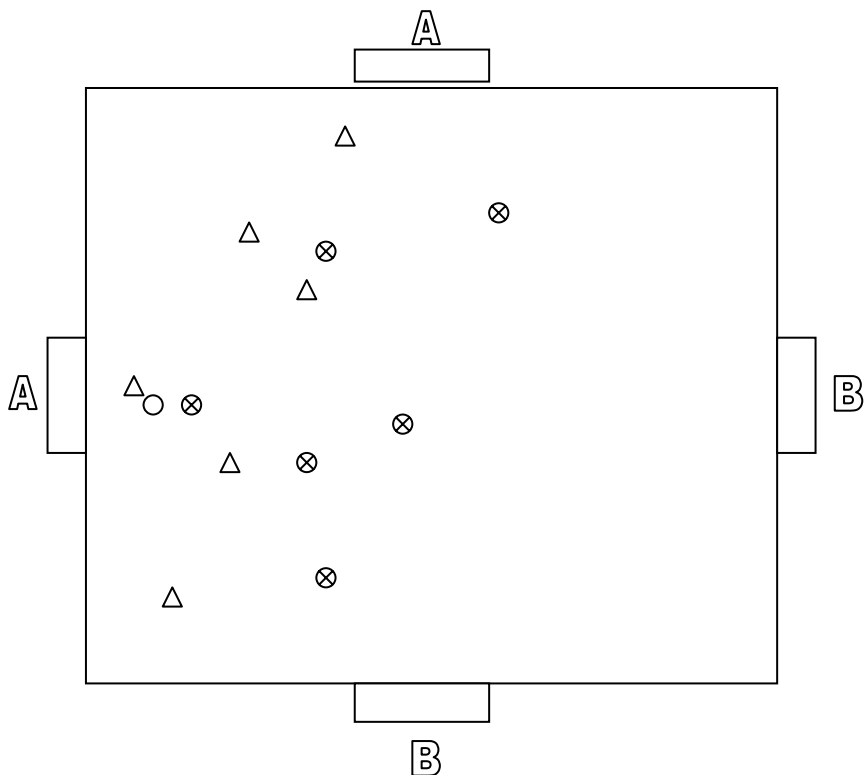
## 2. Next-Add One Drill:



- Wall person serves ball in air and yells **NEXT** 1, 2, or 3.
- Players sprint out to ball and must use give-n-goes, wall passes, and other 1 and 2 touch soccer to move ball downfield and chip it in your keepers arms to score goal.
- At times coach can yell **ADD** 1, 2, or 3 for more players. Keepers and wall people must stay on their lines.
- Wall people must play only one touch.
- When goal is scored or ball goes out of bounds, **NEXT** group is called.
- Long, narrow field (Maybe, 10 x 40 yards)

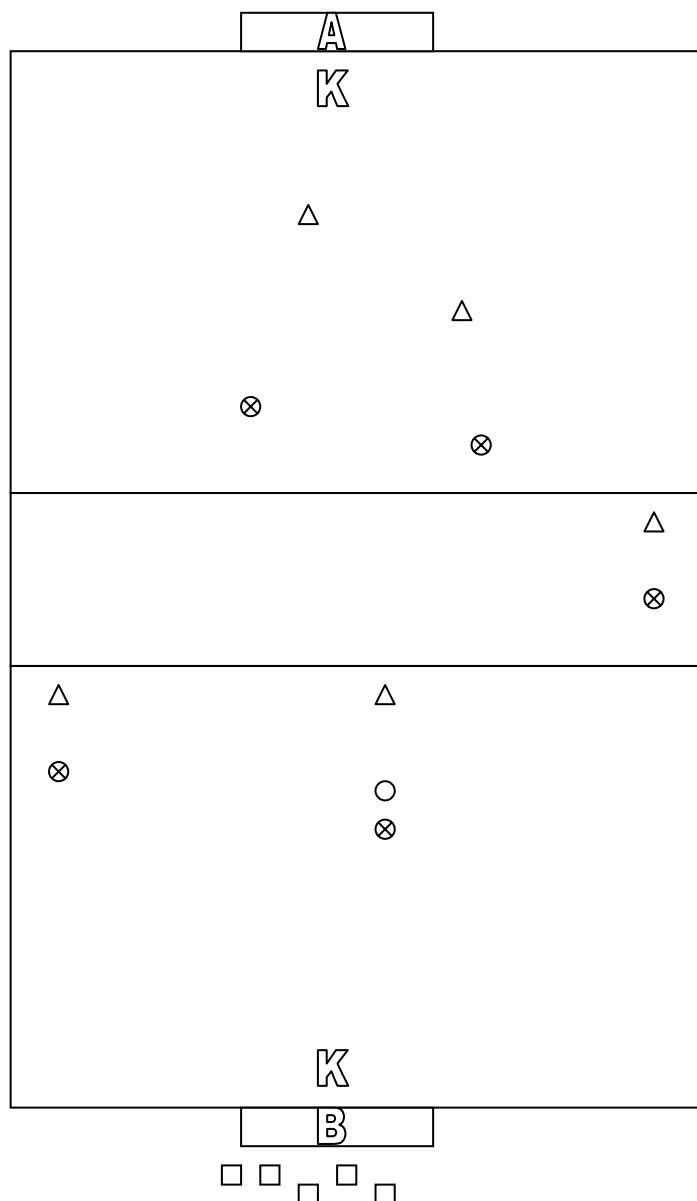
\* Variation – use goals on endline to shoot at.

### 3. Marking, One Touch, & Change of Field:



- Δ's defend goals A & shot on goals B. ⊗'s vice versa.
- In drill men must mark man-to man.
- When ball goes out of bounds or changes possession everyone must mark immediately.
- Crowded space forces players to use one and two touch and change field.
- Communication and keeping head up is important.
- 5 balls – 1 in play and four in goals.
- If shot taken and missed, defense immediately puts a new ball in play.
- Shooter has 10 seconds to chase ball and put it back in net.
- 50 x 50 yards
- No keepers.

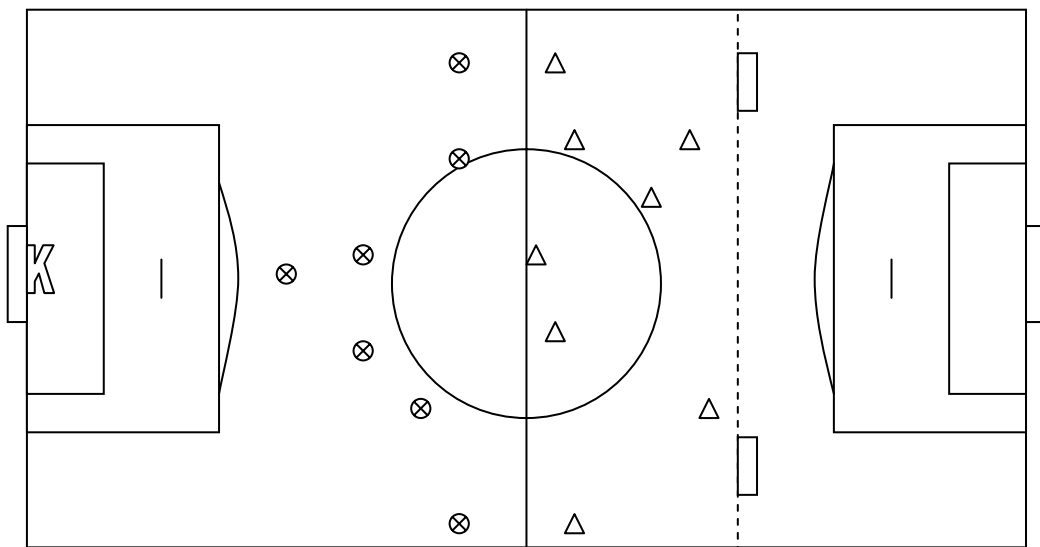
#### 4. Getting to Marks Quickly, Shooting, & Change of Field:



- 3 teams of 5 or 6.
- ⊗'s attack goal A.
- When ⊗'s score, put the ball over the endline, the goalie gets possession or Δ's get possession **and** advance to the middle zone, Δ's attack goal B after completing 3 passes in their defensive end.
- The □'s must immediately sprint from behind goal B to mark the Δ's as a team.
- The ⊗'s are off the field and go behind goal A.
- When Δ's score, put the ball over the endline, the goalie gets possession or □'s get possession and advance to the middle zone, □'s attack goal A after completing 3 passes in their defensive end.
- The ⊗'s must immediately sprint from behind goal A to mark the □'s as a team.
- The Δ's are off the field and go behind goal B.
- ETC.

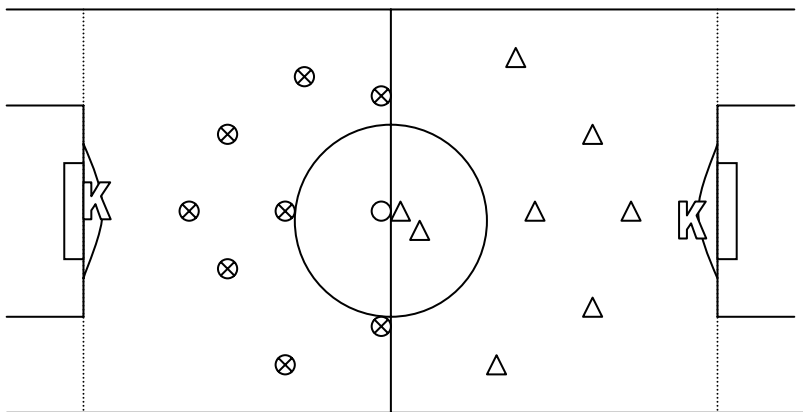
- Coaches and players have to pay close attention to which team is attacking which goal.
- When a team loses possession have them sprint off of the field because by the time they get there they may already be coming back on to defend.
- Communication and pushing up on marks as a team are essential for this drill to work.
- Don't get frustrated, this drill takes a while to master, but it is well worth it.
- Works to improve marking as a team and attacking with speed.

## 5. Playing Soccer with Less than 22 players: (8 – v – 7):



- Works starting offense against starting defense. Starting midfielders can be used on defense, offense, or mixed between both.
- Start drill with a kickoff and play soccer as you normally would in a real game.
- The only exception is that the  $\Delta$ 's always start with a kickoff no matter who scores the goal.
- The offense gets 2 points for a goal and the defense gets 1 point for every goal.
- Do not put any keepers in the 2 small goals that the defense is shooting on.
- You can also use this drill to practice another teams offense against your starting defense OR another teams defense against your starting offensive unit.
- This drill gives you the opportunity to sub strikers and defenders as you might in a game. I have used this drill for 40 straight minutes to mimic conditioning in a game and play around without my substitution schemes.
- Extra players can be used as midfield subs to allow for your midfield starters to sub as they would in a game as well.

## 6. 8 – v – 8 Short Sided to Increase Scoring Opportunities:



- Play 8 – v – 8 and keepers on each team with large goals.
- Move the goals up to the 18 and play normal field width.
- Object of the game is to increase the number of scoring opportunities in a game type situation.
- I have found that the lack of 18 lines and the increased shooting chances cause the keepers to pay more attention to their positioning relative to the goal line.