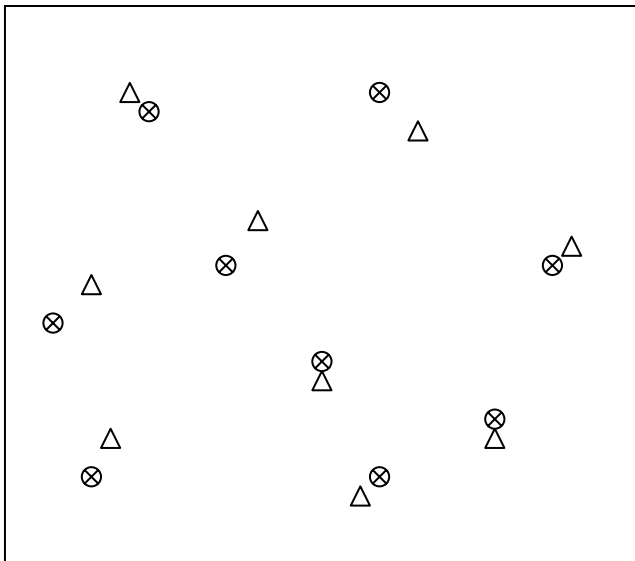


1. Marking – Pairs:



a.

- Both players laying on ground with eyes closed.
- Δ's have ball first.
- Blow first whistle and Δ's take off with ball in 60 x 60 yd grid.
- ⊗'s still laying on ground with eyes closed.
- Blow second whistle and ⊗'s get marked on Δ' as quickly as possible.
- Play one-v-one keep away until whistle blows.
- Lay down and switch roles.

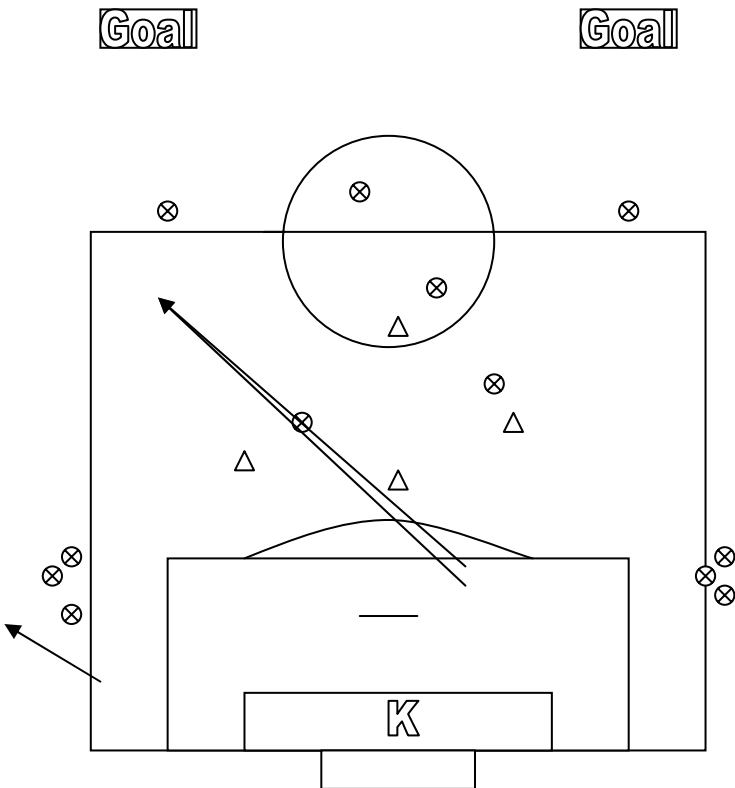
b.

- Break into foursomes, 2 pairs.
- Complete same drill passing until whistle blows.

c.

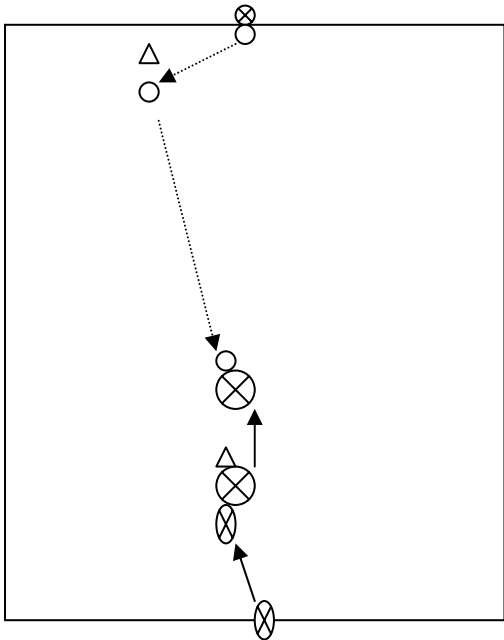
- Entire team, one ball.
- Team must push up to marks as quickly as possible.
- Communication is key.
- Coach sets goals for how fast team marking must be completed in.

2. Halfback Recovery Drill:



- 6 – v – 4
- Offense:
4 midfielders and 2 strikers
- Defense: 4 defenders
- Ball starts with offense every time.
- Every time (possession lost, throw-in, ball over the endline, keeper possession) 4 midfielders sprint off of the field and strikers must contain 4 defenders attacking small goals beyond midfield until 4 new midfielders (at touchline near 18) recover.
- Defense gets a point for every goal.
- Offense gets a point for a shot on net and 3 points for a goal.

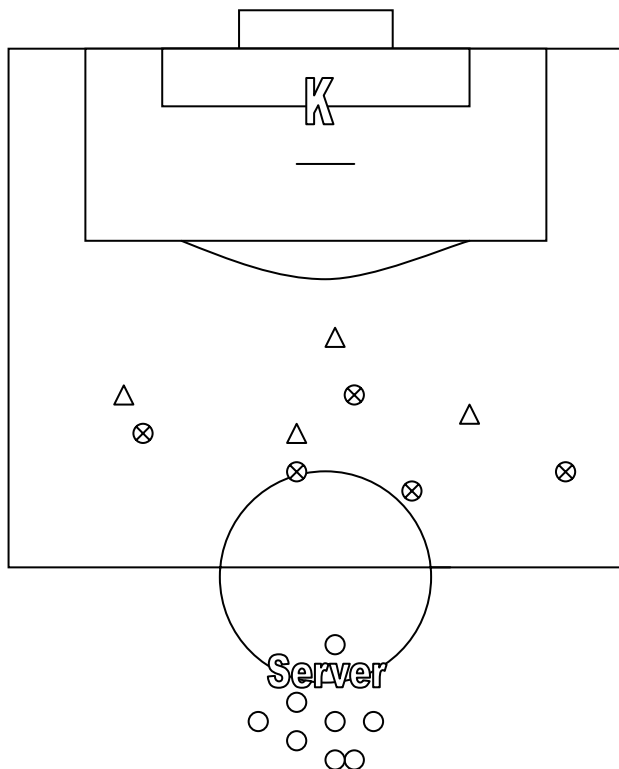
3. Disrupting the Possession Game:



△

- ⊗ passes ball to △ .
- ⊗ counts to one-thousand 3 then attacks △ from behind.
- △ passes ball to other △ .
- As ball is passed, ⊗ yells to ⊗ “Step to ball I have your man.”
- ⊗ steps around △ to ball, play 3 (⊗) – v – 2 (△) to score with pass over endline.
- Bottom △ is not in the play.
- Purpose of the drill is to mark as a team to regain possession of the ball and then attack with speed.
- Switch ⊗ and △ on offense and defense.

4. 5 – v – 4 Marking to Regain Possession:

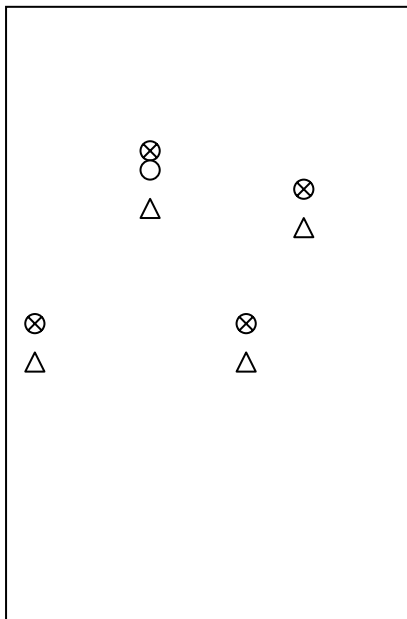


- The purpose of this drill is to get the defense communicating in their marking responsibilities.
- 4 Δ 's are on defense and 5⊗'s are on offense.
- Play starts with server beyond midfield. Server passes the ball to the ⊗ that is not marked, player checking back to the ball, or player making a diagonal run to open space.
- The defense must push one man to the ball and recover on the remaining marks talking, looking, and listening so that the least dangerous man is left unmarked OR a weak side defender puts themselves in a position to mark 2 men.
- The offense is to use quick one and two touch soccer to find the open man and attack goal.

Make it a game:

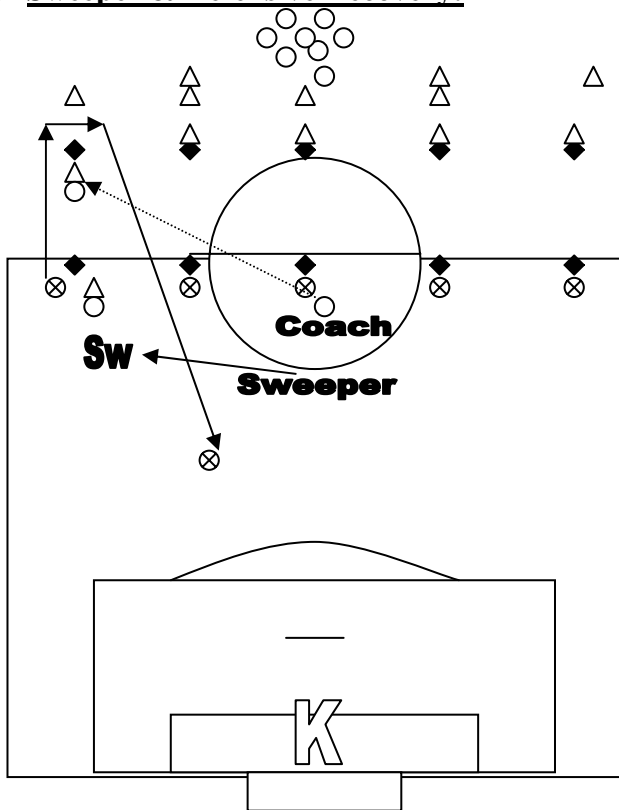
- Give the defense 1 point for every clear that reaches the 18 inside the touchlines.
- Give the offense 1 point for a shot on net and 3 points for a goal.

5. 4 – v – 4 Marking & Communicating:



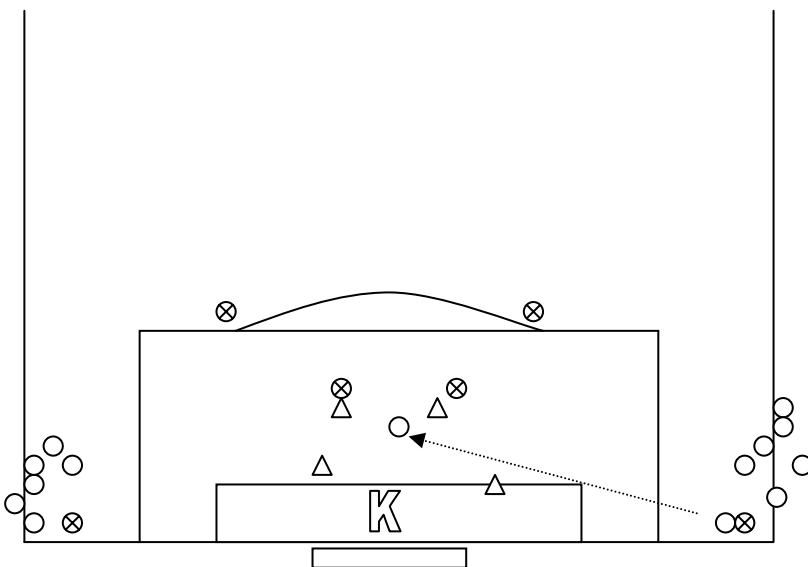
- The purpose of this drill is to mark as a team by using the back defender or weak side defender to communicate to the rest of the team.
- 4 – v – 4 in grid 20 x 40 yds wide.
 - a.
 - First defender presses hard, all others behind ball mark tightly.
 - Last defender/weak side defender communicates to teammates in front of him. Not one word comments, but short statements, “Push hard to right!” or “I have the ball, you mark # 7!”.
 - This defender is the “Captain of the Ship”. Without their constant chatter, marking will break down and the team will get scored upon.
 - A team scores when they catch the ball in the air over the endline.
- a. Start only with hands, players can not run with the ball.
 - If a ball is dropped, change possession.
- b. Change to all feet.
 - A team scores when the ball is passed over the endline.

6. Sweeper & Defensive Recovery:



- This drill is used to help your sweeper and other defenders understand how to slow attackers down to wait for recovering help.
- Set up 10 cones (◆).
- The coach passes the ball to one of the strikers or midfielders (△).
- As the ball reaches the △ or on its way the coach blows a whistle signaling the defender (⊗) in the same line as the △ to start their run.
- As the △ runs past the defender the defender must sprint to the cone the △ started at and get back to recover while the sweeper steps up to slow the advancing attacker down.
- The ⊗ becomes the sweeper and the sweeper becomes the defender marking the △.
- The attackers job is to attack goal as quickly as possible to prevent the ⊗ from getting back in support.
- If the coach blows the whistle 2 times, the defender (⊗) defends the striker without running around the cone and the sweeper gets in position to support the defender if he gets beat by the attacker.
(1 – v – 2)
- If the coach blows a 3rd whistle then a second attacker from the middle line steps up to make it a 2 – v – 2. The sweeper must communicate with the defender so that they mark man-to-man with no sweeper support.
- A 4th whistle would add another attacker (3 – v – 2)
- The sweepers communication is crucial here. They have to get used to talking in practice so that everyone can hear them and understand them in a game.
- “The sweeper is the Boss!”

7. Defensive Heading:



- The purpose of this drill is for defenders to clear balls away from their own goal area by heading the ball.
- Use 2 servers near the corner flags close to the endline.
- Place 4 defenders (Δ) inside the 18.
- Have 2 attackers (⊗) play active soccer inside the 18 and place 2 more attackers outside the 18.
- Play ends when defenders clear the ball outside the 18 in the air with a header.
- OR the 2 attackers score, put the ball over the endline, or the keeper gets possession.
- If the defenders do not clear the ball outside the 18 in the air the 2 attackers outside the 18 can enter the play.
- Continue until the ball is cleared or the 4 attackers score, put the ball over the endline, or the keeper gets possession.

Make a game of it.

- Give defenders one point for every clear outside the 18 in the air with their head.
- Give attackers one point for every shot on net and 2 points for every goal.