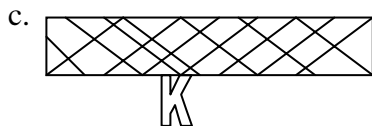
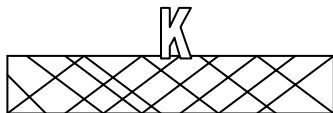
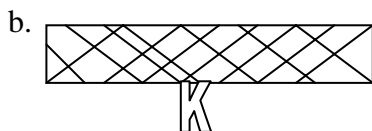


1. Finishing/Defending in the Air:



- 2 servers near touchline.
- Serve balls from opposite sides until all balls are in goals or out of bounds.
- Continue play until goal is scored, ball goes out of bounds, or keeper controls the ball.
- Team with most goals scored wins.
- Winning teams shags balls.
- Losing team does push-ups, squat-thrusts, sit-ups, etc.

- a. - Place goals six yards apart.
- No keepers.
- b. - Place goals 12 yards apart.
- Keepers can come out to play ball.
- Helps keepers with reaction time in congested area.
- Same as a.
- c. - Place goals 18 yards apart.
- Keepers can come out to play ball.
- Same as above.

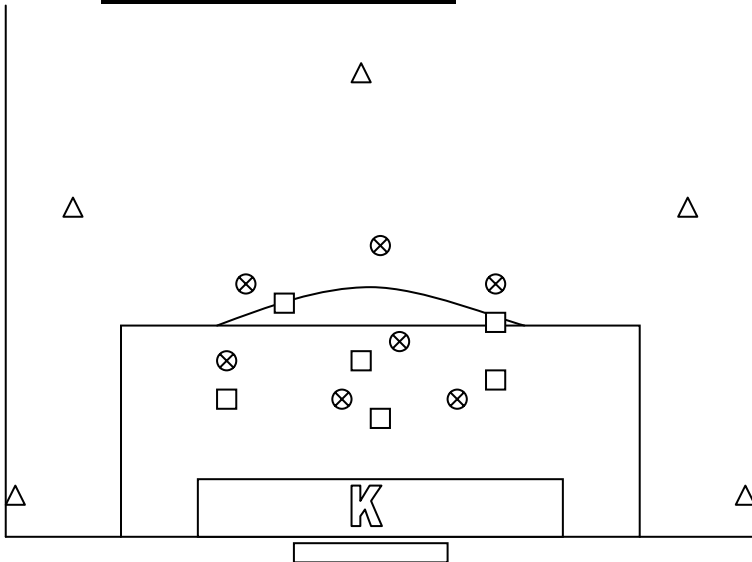
* You determine the safe number of players to put into play in each drill.

3 Man Weave

The diagram illustrates a 3 Man Weave pattern. It shows a rectangular area representing a pool, with a large circle at the top representing a rock. A swimmer, represented by a circle with a cross, is shown in the upper left. Arrows indicate the swimmer's path: a single arrow points down and right, a double arrow points down and right, and a single arrow points down and right. The swimmer's path is shown as a series of circles with crosses, connected by arrows. The path starts in the upper left, moves down and right, then down and right, then down and right, and finally down and right. The path ends in the lower right. The diagram also shows a large circle at the top, a rectangular area representing a pool, and a swimmer's path. The swimmer's path is shown as a series of circles with crosses, connected by arrows. The path starts in the upper left, moves down and right, then down and right, then down and right, and finally down and right. The path ends in the lower right. The diagram also shows a large circle at the top, a rectangular area representing a pool, and a swimmer's path. The swimmer's path is shown as a series of circles with crosses, connected by arrows. The path starts in the upper left, moves down and right, then down and right, then down and right, and finally down and right. The path ends in the lower right.

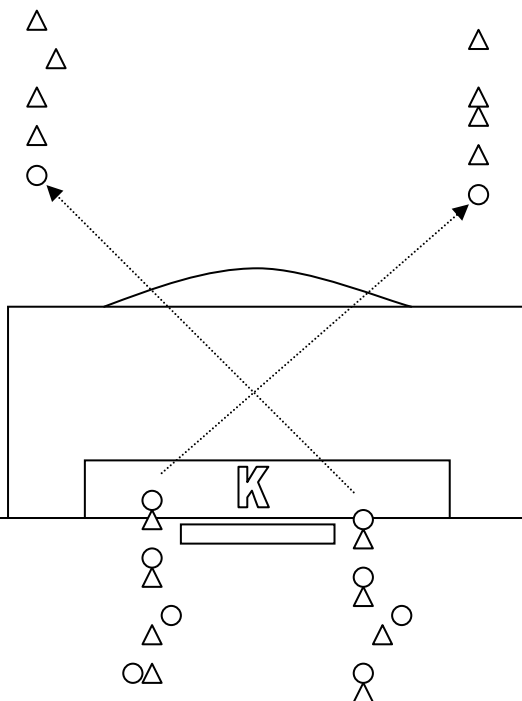
- □ starts with the ball and passes to ⊗.
- ⊗ passes to △.
- △ passes back to □.
- □ crosses the ball to △ or ⊗.
- Start with the basic passing pattern shown here.
- Coach game speed, arced runs going to goal, head up, communication, and good crosses.
- □ should get as close to endline as possible before crossing to make it more difficult for the goalie to defend.
- Add defenders as the players become comfortable with drill.
- Then have offensive players create their own passing combinations based on what the defenders give them.
- Some may end in a cross and some may end in the middle of the field for a shot.
- You can add two lines to the right so that play alternates from right to left, etc.
- The center line will go with both groups so have more players in that line.
- Defender lines can start at corner of center circle and mid-field.

3. Shooting Under Pressure:



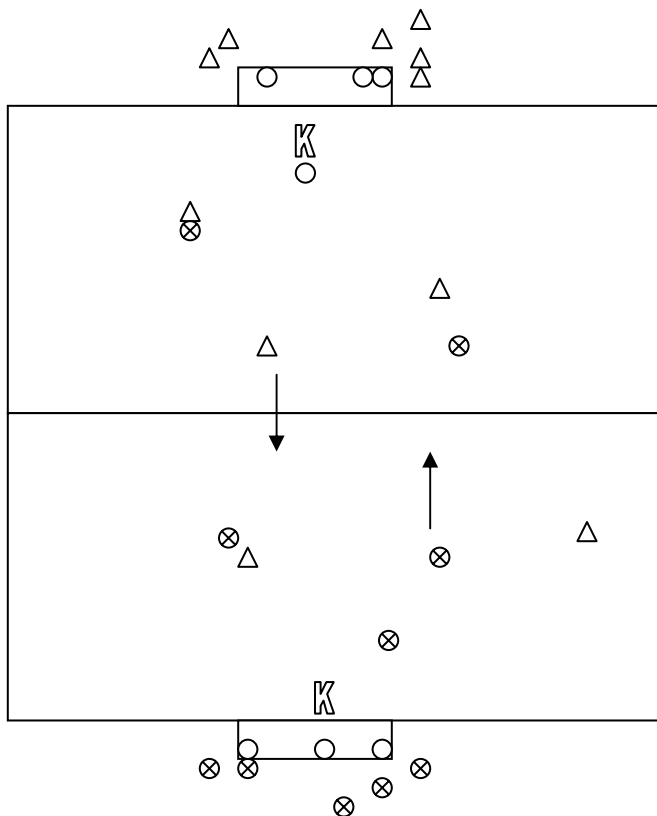
- 5 servers (Δ's).
- 7 – v – 7.
- Offense: ⊗'s.
- Defense: □'s and keeper.
- Coach stands at top server position and serves a ball or points to one of the other servers to serve a ball.
- Serve balls in the air, on goal, line drives, chip, cross, etc.
- Ball is played until it is cleared, out of bounds, in the goal, or keeper gets possession.
- Make a game of it. Give defenders 1 point for a clear in bounds across midfield. Give strikers 1 point for a shot on net and 3 points for a goal.
- Play until all of the balls are exhausted.
- Losing team does push-ups, sit-ups, squat thrusts, etc.
- Change players positions.
- Play again.

4. 4 Corner Shooting:



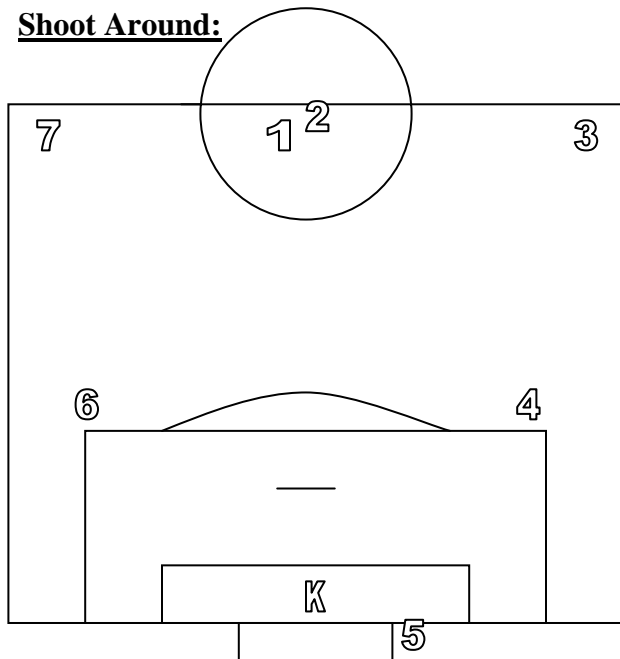
- Servers beside goal posts in a line with balls.
- Shooters outside 18. Distance determined by age.
- Alternate sides with server on LEFT serving ball to shooter on RIGHT. Alternate.
- Must keep head down and chest over the ball. Follow through with foot with toe pointed to the ground.
- Aim at the area between the keeper and the post, not the corner of the goal. More shots will end up on net.
- Players shag their own shots and rotate clockwise.
- If you as a coach sees a line getting smaller have some players stay in that same line twice until numbers even out.

5. Shooting Game:



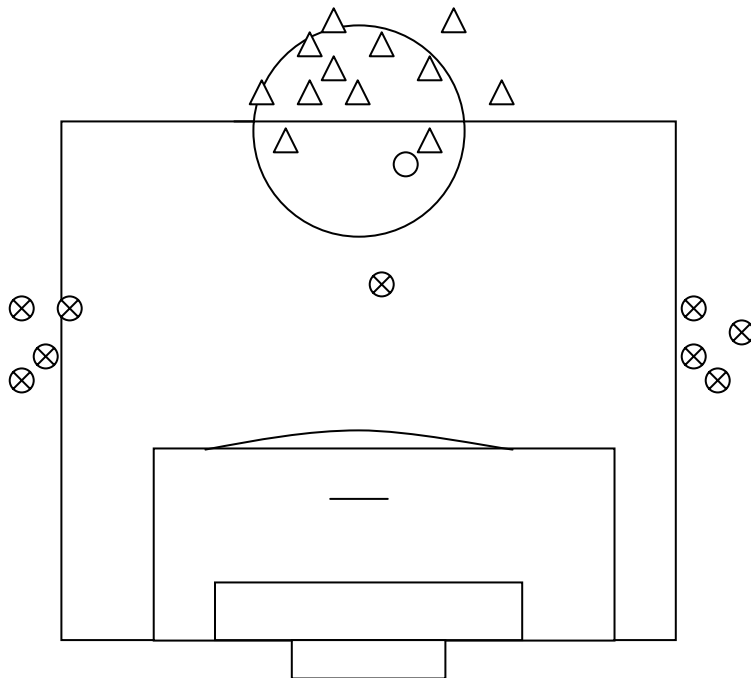
- Set field up 36 yds long by 60 yds wide.
- Important to have a center line to separate both halves of the fields and 6 cones. (4 corners and 2 at middle touchline)
- 6 – v – 6 including keeper.
- 3 players can play anywhere in grid, but 2 offensive players must stay on offensive half.
- Keepers start ball every time it goes out of bounds on their half of the field.
- **PLAY SOCCER.**
- If ⊗'s score, then ⊗'s stay on field and Δ's sub all 5 on field. (Vice Versa)
- Shag your ball if you miss goal and your team plays a man down until you return.
- **Emphasize SHOOTING!**
- Quick turns, all you need is a half a step to shoot.
- One and two touch passing and follow your shots. Pressure the keeper.
- The athletes love this game and it works defensive marking and communication as well.
- Make sure that players tag there subs off of the field and determine who they are subbing for while taking a rest. This is also good practice for subbing in games.

6. Shoot Around:



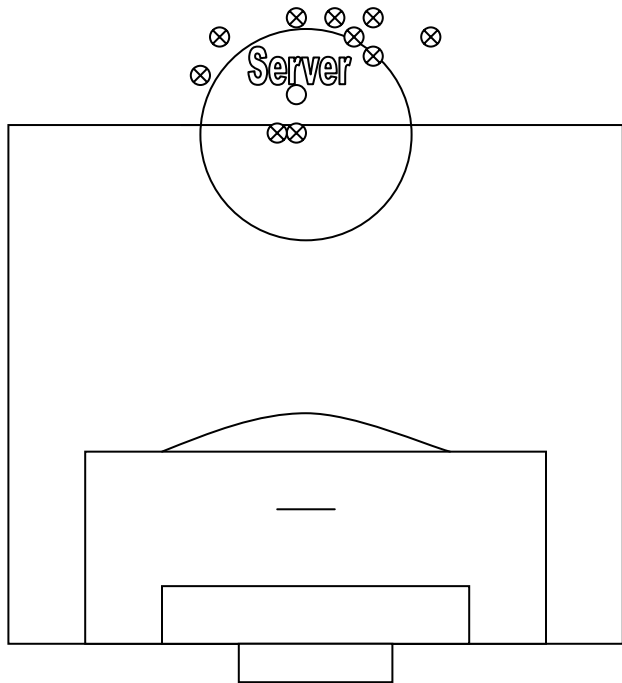
- This drill is set up to give athletes a varied number of shooting opportunities in game type positions and to work on conditioning. Players are going to be shooting in games when they are tired so they should practice this.
- 1 – One - on – One with the keeper.
- 2 – Sprint toward endline. 5 sends a ball on ground outside 18 which must be struck first-time.
- 3 – Dribble down touchline at game speed around 4 and shot far post with RIGHT foot.
- 4 – two to three touches along 18 and shoot RIGHT-footed.
- 5 – does not go again. They go with 1.
- 6 – two to three touches along 18 and shoot LEFT-footed.
- 7 – Dribble down touchline at game speed around 4 and shot far post with LEFT foot.
- Players rotate numerically following their shots and retrieving their balls.
- Make sure that the next player does not shoot until the keeper is ready!
- You need a lot of balls for this drill to run continuously.

7. 2 – v – 1, 3 – v – 2 Attacking with Speed On Goal



- Object is to attack with speed and get a shot on goal.
- Δ 's use give-n-goes, wall-passes, diagonal balls and runs, overlaps, takeovers, backpasses and crosses.
- Your choice to play offside or not. Probably best if you do.
- \otimes 's defend and try to clear ball back over midfield.

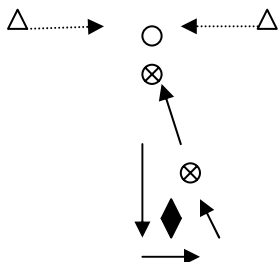
8. 1 – v – 1, 2 – v – 2 Break Aways:




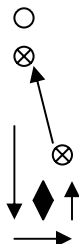
- 2 players hip-to-hip, facing goal, back to ball.
- Server serves ball anywhere in front of players.
- Players can not move until server yells "GO".
- Play 2-v-2 same way.
- Works on attacking with speed.
- If players are still attacking slowly, add a trailing defender after 2-3 seconds.


9. Shooting by Position:

A. 
Square Ball
Shot R – Shot L – etc.



B. 
Drop ball
Shot R – Shot L – etc.

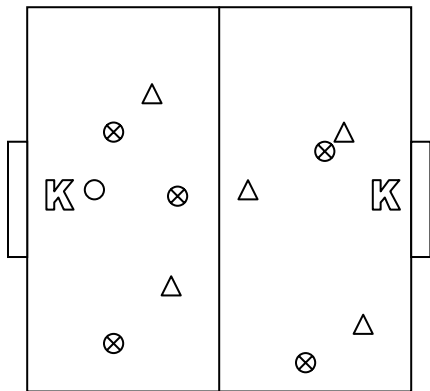


C. 
Through Ball
Shot R – Shot L – etc.



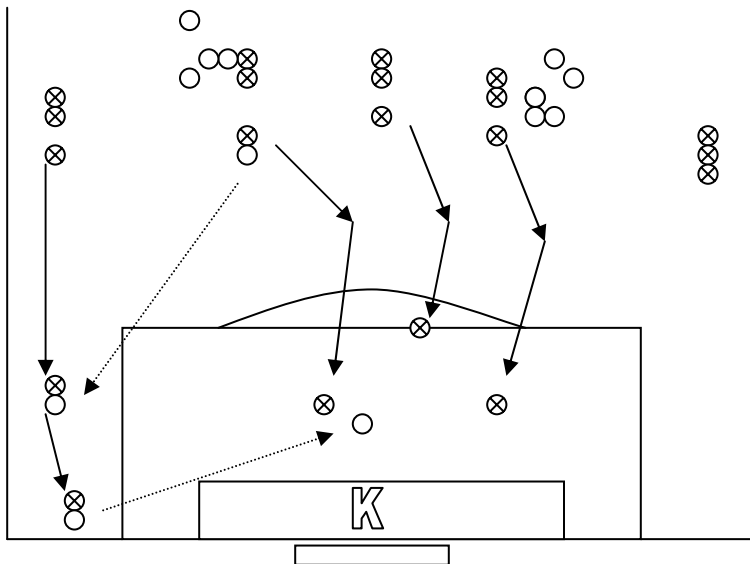
- These 3 shooting drills work on shooting while conditioning at game speed and shooting from positions players may see in a game.
 - One player is shooting, while others are serving and shagging balls.
 - I would suggest that groups of 5 or 6 per goal work best.
 - Use big goals with keepers or small goals.
 - The shooter (⊗) starts at the cone (◆), makes a run to receive the first ball for a shot, follows the shot into the keeper to look for rebounds, then turns and sprints back to the cone, around it and makes a run to receive a second shot. Continue until the shooter has taken 6 shots.
 - Shooter needs to alternate shots on RIGHT then Left, Etc. or servers (△) need to alternate passes from RIGHT then LEFT, Etc.
 - Shag the six balls getting them back to the server (s) and start over with a new shooter.
- A. 2 servers sending square balls to the shooter outside the 18.
Midfield & Strikers.
 - B. 2 servers sending drop balls outside the 18.
Midfield & Defenders.
 - C. 1 server sending through balls as shooter runs past server.
Midfield & Strikers.

10. Heading & Volleys:



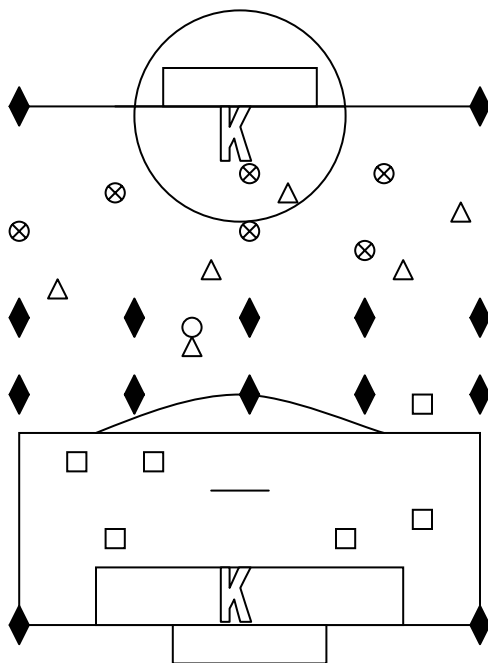
- Play 5 – v – 5 (keepers are optional)
- Use large goals.
- Play is started by keeper if it goes over endline and by throw-in if it goes over the touchlines.
- First touch must be by head or volley.
- Every other time the ball is touched players may use their hands to catch the ball.
- Players can not take more than 2 steps with the ball in their hands and must pass it to someone else within 3 seconds.
- The ball may be headed or volleyed several times in a row without being touched by a players hands.
- A ball hitting the ground causes possession to be lost and the ball is to be restarted by the other team from the place it touches the ground by a chip.
- Players can only score with a header or a volley. (Not hands)

11. Crossing Runs from the Endline and Timing Runs:



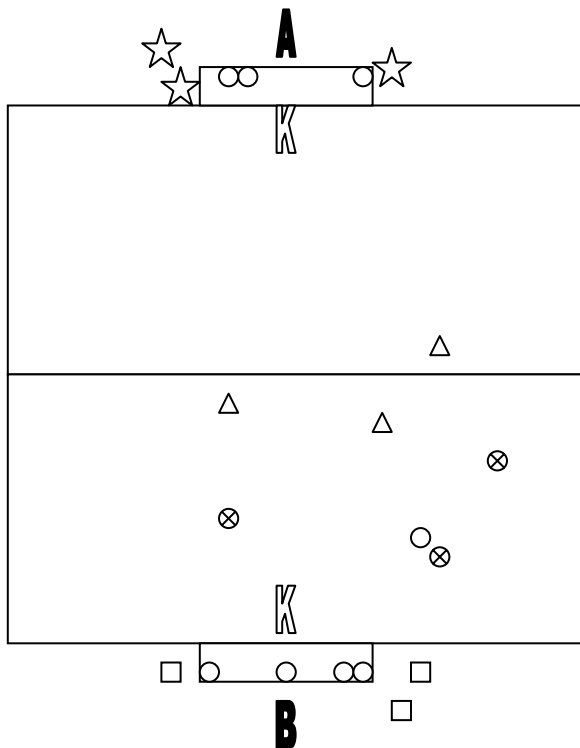
- 5 lines of attacking players. (⊗)
- Second line in from touchline serves ball to corner for outside line to run on to.
- Outside player takes ball to the endline to draw keeper to the near post.
- 3 inside lines send players on arcing, delayed runs.
- 2 runs end near and far post at PK and 1 run ends at 18.
- Cross is sent back out to these players to make it difficult for keeper to get back across goal and defend.
- Alternate sides drill is run from.

12. Going to Goal with an Emphasis on Fitness:



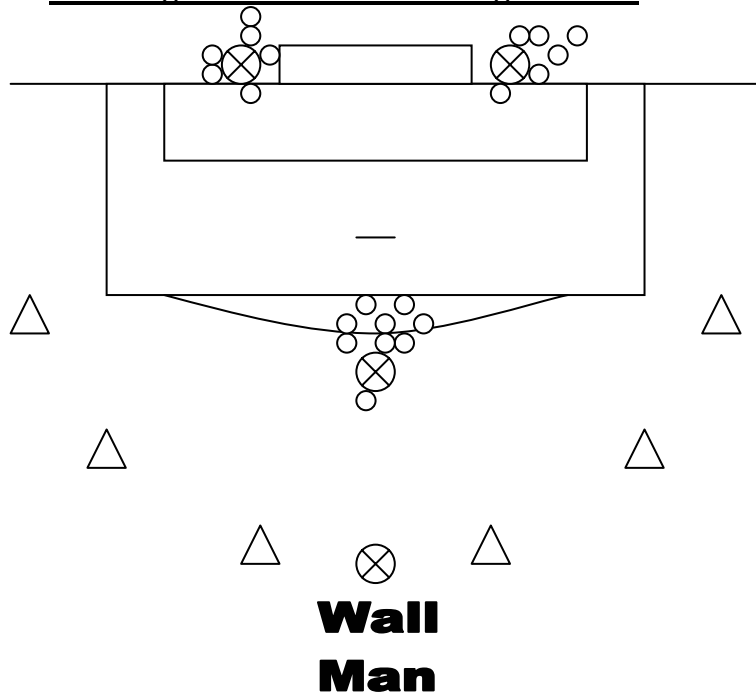
- 6 – v – 6 – v – 6
- 3 zones on field.
- Use 18 width by half field.
- ♦ are cones.
- Δ's start with ball in safe zone and attack ⊗'s. Play continues until ⊗'s control ball in the safe zone. Play throw ins, corner kicks, and throws by keeper when they get possession or there is a goal kick.
- When ⊗'s control ball in the safe zone, the Δ's are done playing and go rest in the zone they were attacking.
- The ⊗'s then attack the □'s.
- Continue play back and forth with 2 teams playing and one resting at all times.
- The purpose of this drill is to attack with speed. Quick sots and crosses, one-and-two touch soccer, and pressure the keeper.

13. Shooting, Shooting, Shooting with Plenty of Fitness:



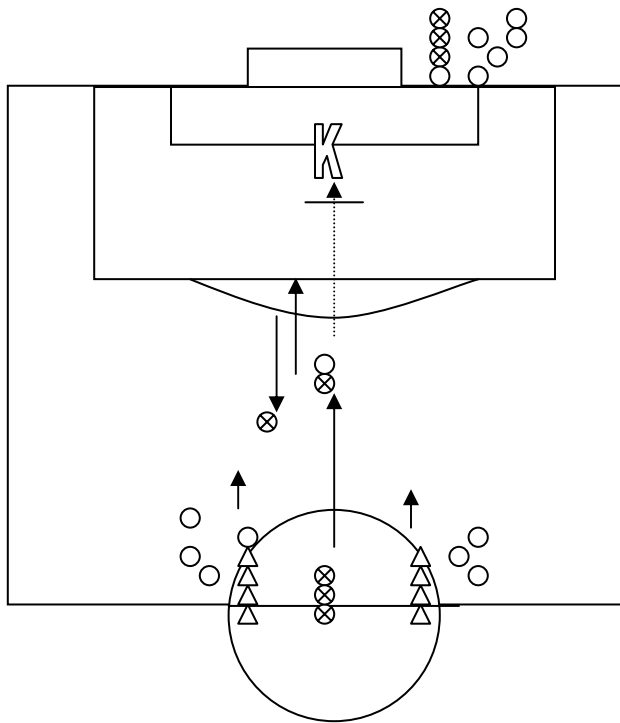
- 3 – v – 3 – v – 3 – v – 3.
- 44 yds wide x 36 yds long.
- ☆ and △ attack same direction & Defend same goal.
- ⊗ and □ attack same direction & Defend same goal.
- All 4 teams keep their own, individual scores to determine winner at end of game.
- ⊗'s start with ball and attack △'s. Those 2 teams continue to play until coach tells for 1 team to change.
- Reasons for change include, but are not limited to:
 - not marking, not following your shot, taking a poor shot, holding the ball too long, giving up an easy shot, or getting scored on.
- The object of this game is to stay on the field of play.
- Shots should be taken often and quickly.
- Attack with speed burning a defender 1 – v – 1 or playing quick passing combinations or crossing.
- Athletes will love this game and it will definitely work on fitness.

14. Shooting from different Shooting Stations:



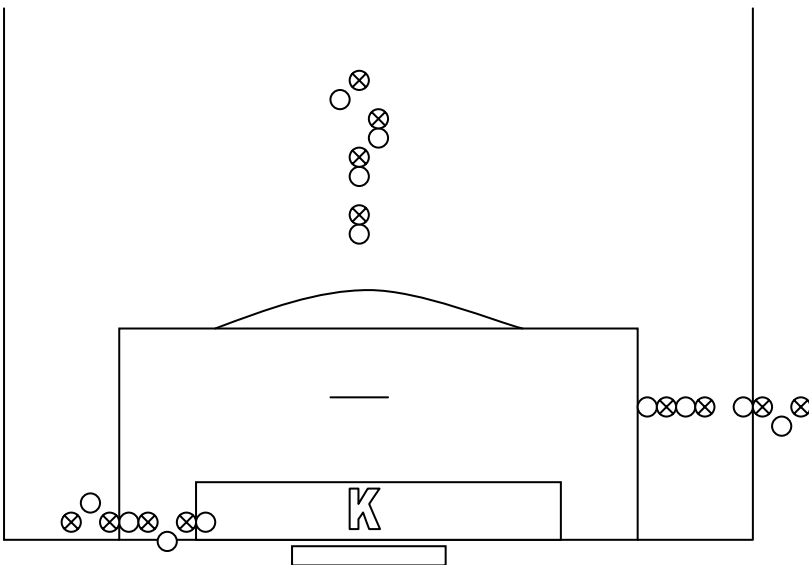
- Set up field with 3 servers, one wall person, and 6 shooters.
- Balls are served from 3 serving positions to different shooters until all balls are in the goal or over the endline.
- The wall persons job is to one touch passes to shooters from the server at the top of the 18.
- Vary balls on the ground, square balls, diagonal balls, balls in the air.
- Strikers must call ball as they step up to shoot.
- The more balls that you have for this drill the more play time you will have.

15. Shooting & Attacking with Speed:



- This drill can be used to practice shots players might see in a game.
- The defender (⊗) in the middle of the field begins drill by making a run toward goal.
- The defender (⊗) by the goal post serves a driven ball on the ground to the running defender so that he receives a one time shot from about 30 yards out.
- The defender follows his shot until he knows the keeper has possession, then turns and sprints back toward midfield.
- As soon as the defender turns 2 △'s attack goal.
- The defender who made the run and took a shot sprints out to slow the play down as close to midfield as possible.
- The 3 players play 2 – v – 1 until the ball is cleared, a goal is scored, or the keeper gains possession.
- If the defender turns and does not follow his shot give him 10 pushups before turning to defend. Have the attackers wait until he finishes the push-ups.
- The serving defender shags the defensive shot before going to midfield.
- Have midfielders step into the defensive roll every 3rd or 4th offensive run.

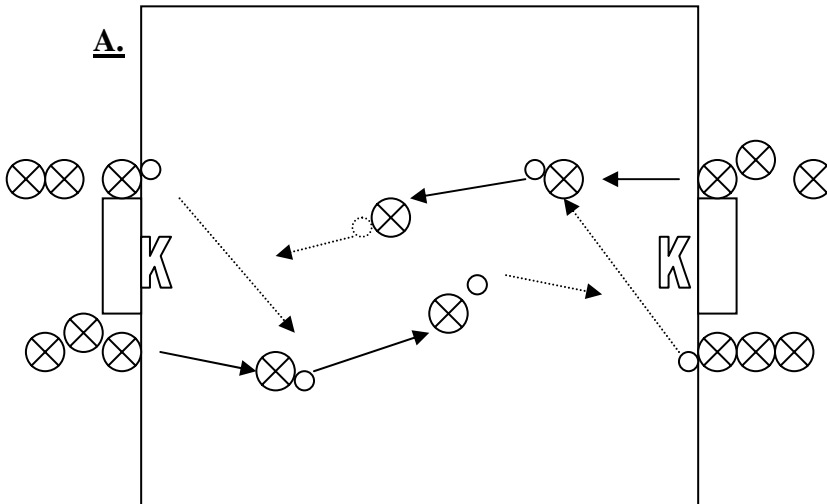
16. Three Tier Shooting:



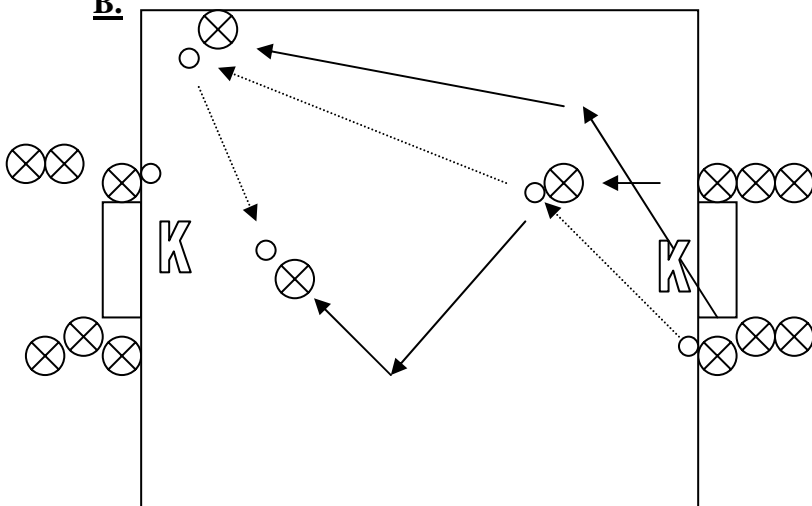
- This drill gives athletes three different shooting opportunities in quick succession.
- Player outside 18 in center of field pushes ball in front of him and strikes shot outside D at the top of the 18.
- The line even with the penalty kick stripe drives a ball on the ground to the 18 that is struck for the players second shot.
- The player at the endline near the 6 serves a ball in the air that the shooter must head or volley on goal for their third shot.
- The shooter shags all 3 balls and gets in the endline line.
- As players finish work in one line they move in a clockwise direction.
- Once every player as gone through the drill change the serving lines to the opposite sides of the field and run through it again.
- Incentive – allow players who score 3 goals in one set to skip a sprint.

17. Finishing Drills:

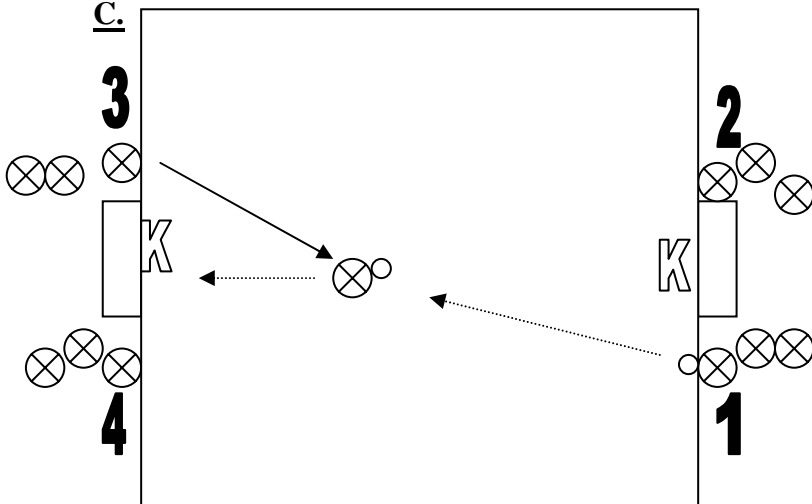
A.



B.

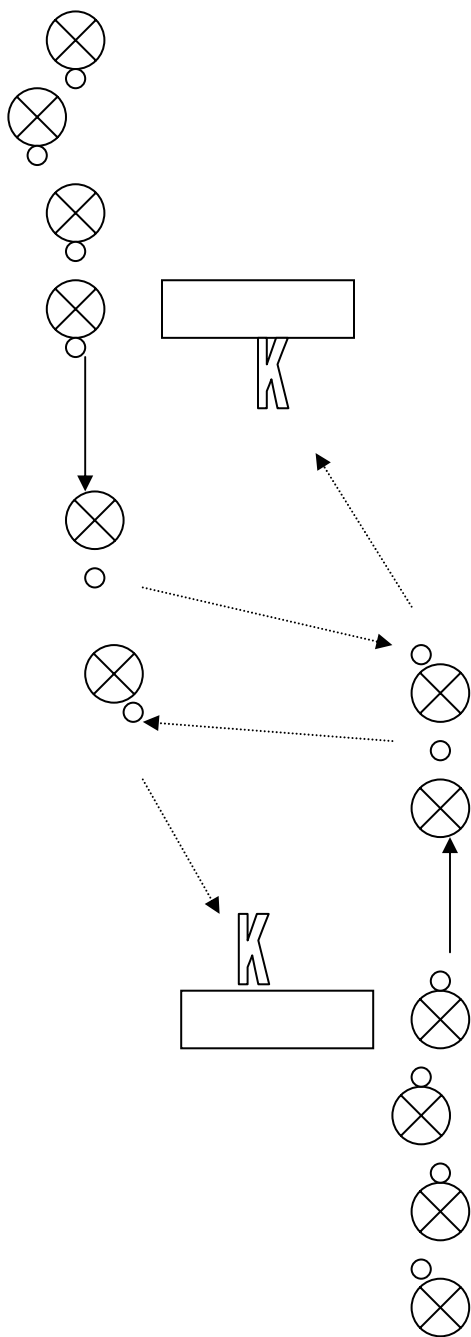


C.



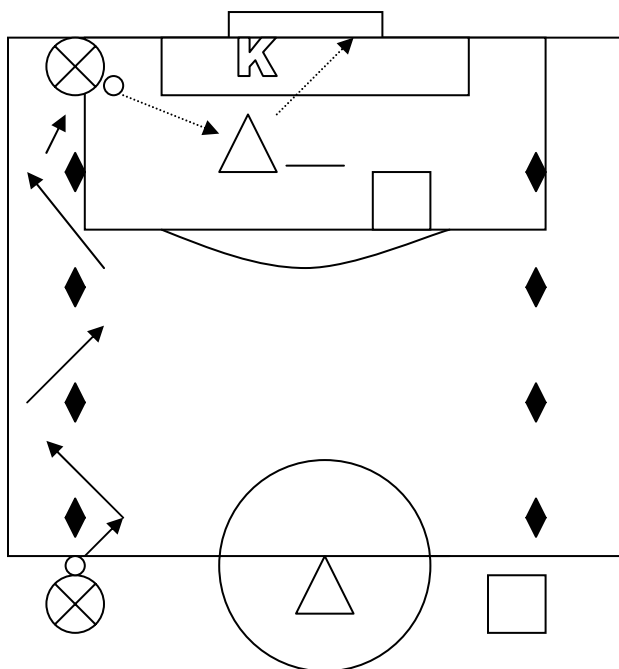
- Grid 40 yards long by 40 yards wide.
 - 3 or more players in 4 lines beside posts and 2 keepers in goals.
- A. Server on left post passes diagonal ball to player on right. Player on right dribbles ball to PK to take a low shot to either side of keeper. Both ends go at the same time.
- Players move counter-clockwise to switch lines.
 - Change to right post pass to left player. Players move clockwise to switch.
- B. Guy on left serves diagonal ball to guy on right and makes an overlapping to the corner to receive the ball back. Near the end line he crosses a pass back out to the other attacker near the PK who is meeting the ball after making a looping run. Both ends go at the same time.
- Players switch ends and switch crossing/shooting positions.
 - Change to right post pass to left player.
- C. Player on left post (1) serves ball diagonally across the field to player on opposite left post (3). Player receiving the ball (3) turns and shoots near PK stripe.
- Serve ball from player at 2 to player at 4.
 - Serve ball from player at 3 to player at 1.
 - Serve ball from player at 4 to player at 2. Etc.
 - Players stay in same line all drill.







18. Finishing the Square/Diagonal Ball:



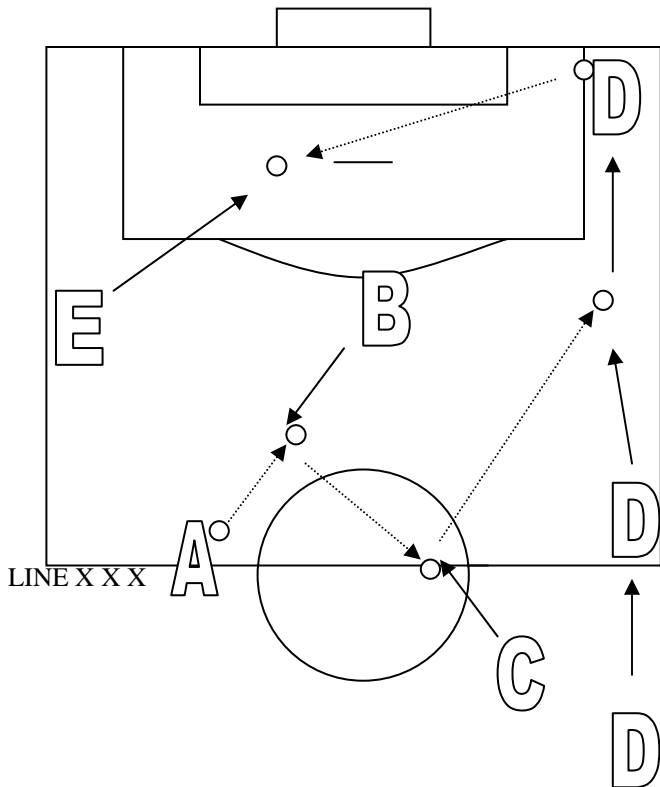
- Set up 2 full size goals with keepers 35 to 40 yards apart.
- Form 2 lines of shooters at the right posts, each player with a ball.
- Two opposite side players start at same time, dribble ball 8-10 yards and then send a square/diagonal ball to player coming toward them.
- Players receiving the ball strike it first time or set it up with first touch to strike it with second touch near PK.
- Switch lines to opposite post after 5-10 minutes.

19. Crossing the Ball and Shooting:



- Set up drill in half field.
- Play 3 offensive lines and one keeper.
- Set up four cones on each side of the field about 10 yards apart in line with the edge of the 18.
-  dribbles ball through the cones to the endline then crosses:
 - a. A driven ball low to the near post between the 6 and the PK for a quick redirection on goal.
OR
 - b. A lofted ball to the far post outside the PK stripe to cause the keeper to backpedal across the goal.
-  and  time their runs to reach their positions as the ball is on its way.
- If they are too late they will miss the ball and if they are too early they will not have momentum carrying them to goal and can be more easily marked.
- The next run should be a cross from  with 
and  making runs to receive the cross.

20. Combination Play @ Midfield/ Crossing/Finishing:



- Skills:
- 2 Touch (A, B, C, E(1 or 2))
- Checking to Ball (B, C, E)
- Overlap (D)
- Crossing (D)
- Finishing (E)
- A plays ball to B who is Checking back.
- B plays quick ball to C.
- C plays a longer ball to D.
- D dribbles to endline and crosses ball to E who finishes.
- Each player follows their pass to fill that spot.
- X's enter at position A.
- E goes to the end of the line.
- Work both ends of the field.
- 10 players in each half.