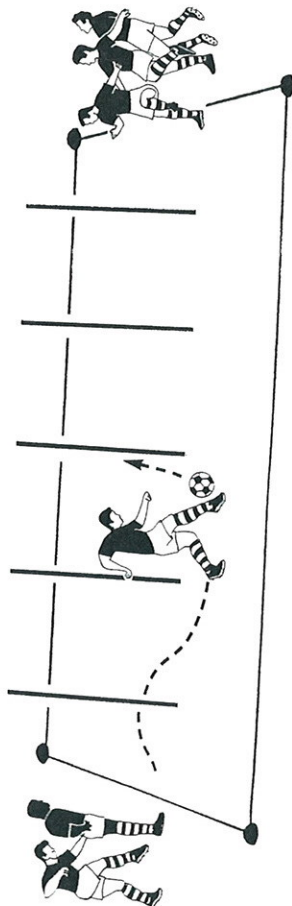


## drill 12



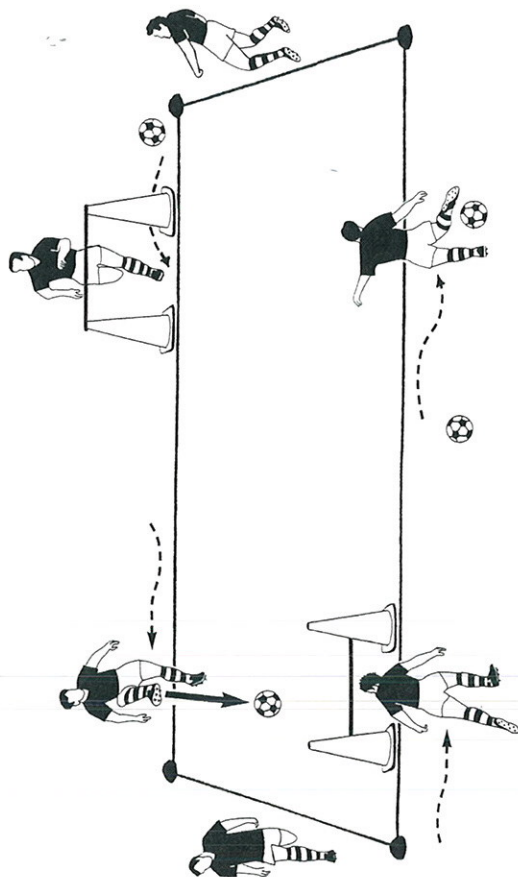
**Purpose:** To run with the ball while changing direction quickly

**Practice set-up:** The group is broken into files of players who compete against each other via a slalom course marked with flag poles placed on the ground 1-3 yds apart. Each player in turn runs with the ball through the cones in a designated fashion decided by the coach (e.g. left foot only, alternate feet, a set technique or 'trick', etc.) before their team-mate takes over from the other side. Each player has to carry out a set number of runs and the first team to finish the course wins.

**Equipment:** Six to eight flag poles, two cones, x 2 teams - do a race.

**Progressions:** The tempo can be increased or the slalom can be made 'tighter' by placing the poles closer together to increase the difficulty of the drill.

## drill 13



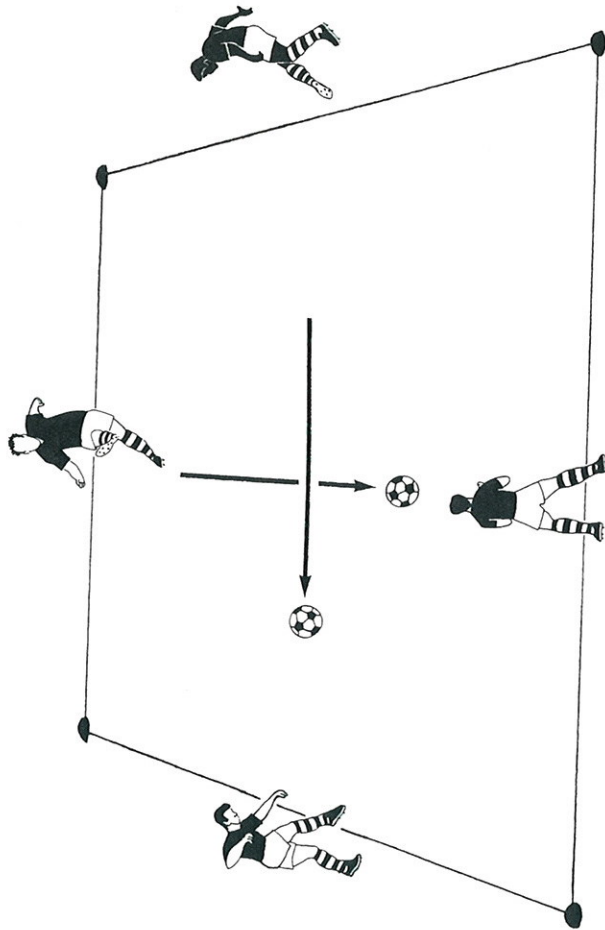
**Purpose:** Passing on the run with the ball

**Practice set-up:** A long channel 15-25 yds long by 5-8 yds wide is marked on the ground and two small goals are made with cones placed 2 yds apart. Two files of players stand at the back of their respective goals. The first player runs with the ball and tries to pass it on the run through the small goal at the other end, continuing to run and join the end of this file. The next player receives this pass and runs with the ball to the other goal and so the drill continues. Keep a few spare balls around for continuity of the practice.

**Equipment:** Four cones, two balls

**Progressions:** Both teams racing against each other at the same time. Repeat the practice in the opposite direction so players have to use both feet.

## drill 29



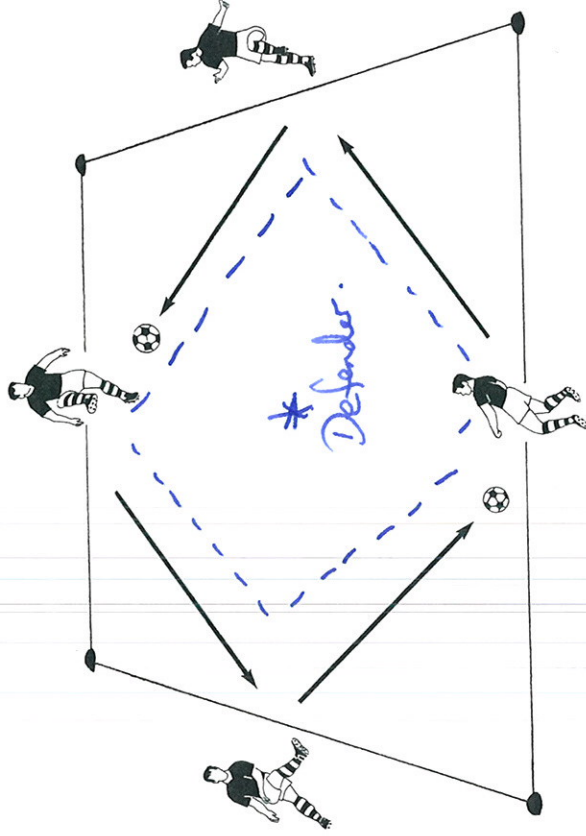
**Purpose:** To practise control and timing of short passes

**Practice set-up:** Four players form a cross in a 8-12 yd square. Two players have a ball and pass it directly to their partner opposite, who controls it before quickly passing it back. All the players need to keep their passing sequence going and avoid striking the other ball as they do so.

**Equipment:** Two balls, four cones

**Progressions:** Use both feet, varied techniques and increase the tempo to first-time passes when they are ready.

## drill 30



**Purpose:** Quick passing and control

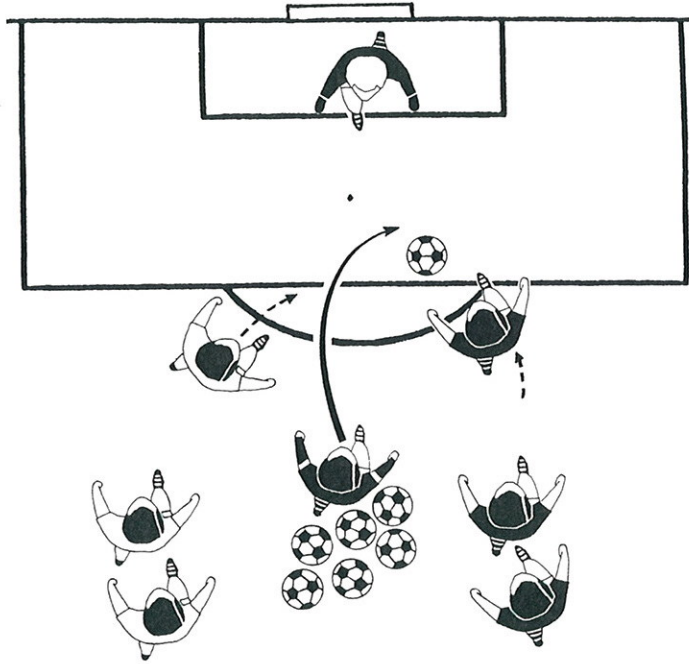
**Practice set-up:** Four players stand around a 6-10 yd square, two of them with a ball at their feet. The two players with a ball proceed to pass the ball simultaneously in a clockwise direction around the square, so the balls rotate. At first, players should control the ball before passing it, but later they should try to pass the ball straightaway so that the balls are continually on the move.

**Equipment:** Four cones, two balls

**Progressions:** Use both feet in both directions.

+ introduce defender in middle in smaller area as ---

## drill 44



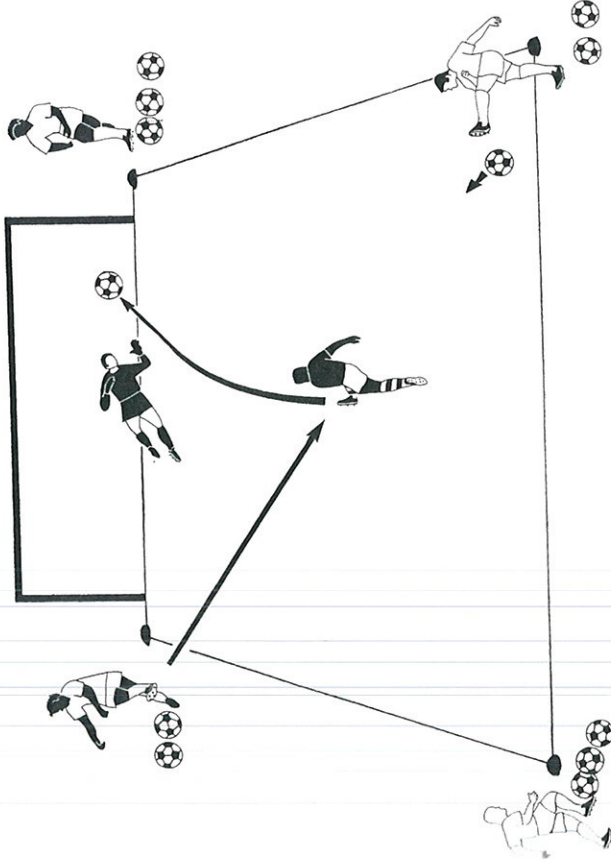
**Purpose:** To get in a shot while under challenge

**Practice set-up:** Two files of players line up 6–8 yds apart and 10–16 yds from a goal defended by a goalkeeper. The coach stands in a central position with a supply of balls and proceeds to pass the ball each time to one file, whose players look to get their shots in while the players from the other side give chase and try to prevent the shot. After a set period the players change roles. The coach should ensure that all players receive practice in shooting with both feet.

**Equipment:** A good supply of balls

**Progressions:** The service can be made more difficult for the player shooting by playing the ball nearer to the defender.

## drill 45



**Purpose:** Shooting in a variety of circumstances

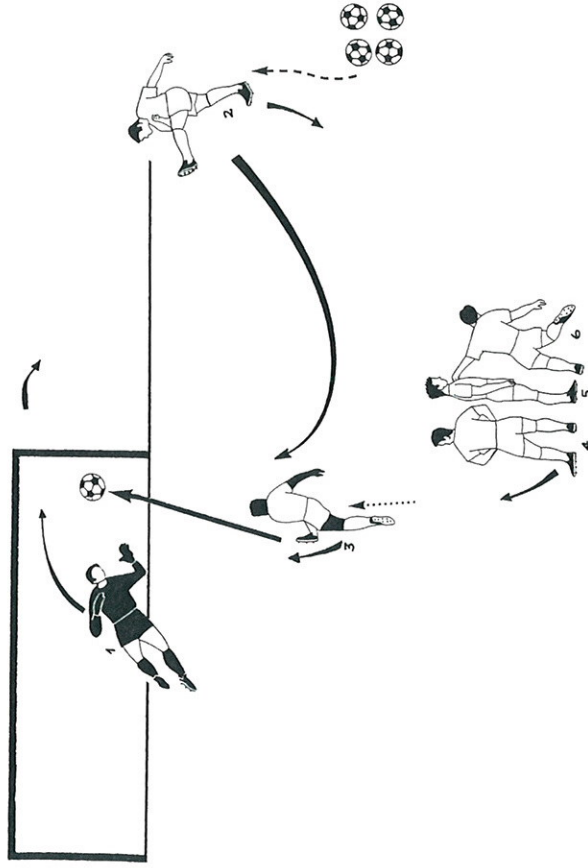
**Practice set-up:** Four players each with three balls at their feet stand on the corners of a 12–16 yd square, with a player in the centre facing a goal defended by a goalkeeper. The players pass the ball in rotation for the central player to control and shoot quickly at goal. The players then switch positions after all twelve balls have been served so that a new player is given practice in the central position.

**Equipment:** Four cones, twelve balls

**Progressions:** The coach can make it more competitive by adding scores, only allowing first-time shots or asking the servers to toss the ball in the air for the central player to hit volleys or half-volleys.

*Coach to roll ball in to start off.*

## drill 71



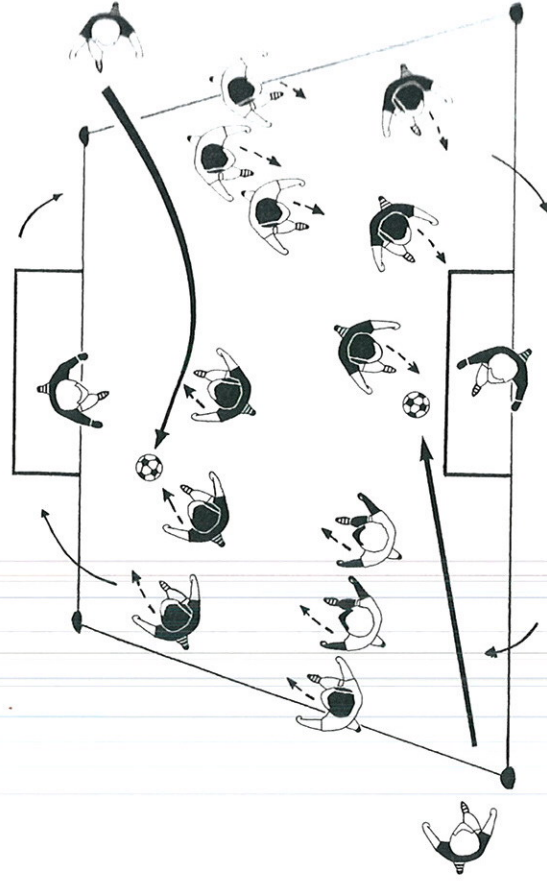
**Purpose:** Shooting from a cross

**Practice set-up:** A group of players are numbered from 1 to 5 with 1 acting as goalkeeper, 2 acting as the crosser and 3 shooting at goal from 10–16 yds, while the others form a file behind. Number 2 has a good supply of balls and proceeds either to play a ball along the ground or cross it in the air for number 3 to control and shoot at goal. All three players rotate so that 3 becomes the goalkeeper, 1 is the crosser and 2 joins the end of the file while 4 comes forwards to shoot.

**Equipment:** A good supply of balls

**Progressions:** Cross from both sides before shooting, or have the crosser position himself closer to the touchline, to increase the difficulty for the player shooting.

## drill 72



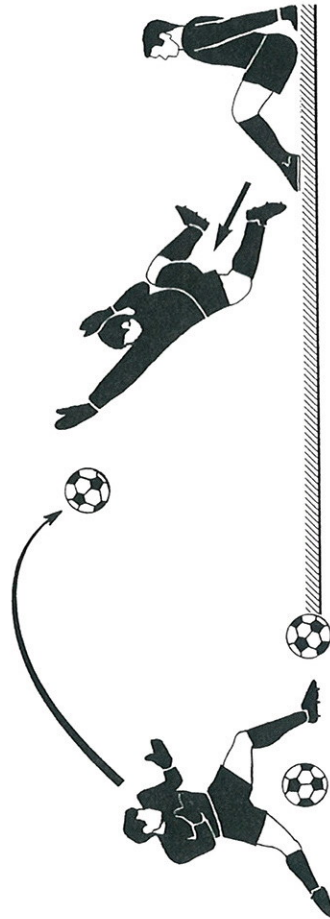
**Purpose:** Crossing and heading practice

**Practice set-up:** On an area 20 yds long by 30 yds wide, two goals are defended by goalkeepers. Two groups of three players stand at the halfway mark and two groups of three players stand in opposite corners. A server stands in the other two corners with a good supply of balls. The servers cross the ball to the corner groups in turn as they try to score. The four groups jog around the back of the goals and rotate around the area to continually meet the cross from the server for a set time-limit. All the groups add up their goal count.

**Equipment:** Four cones, two portable goals, a good supply of balls

**Progressions:** Keep changing around so that all players have equal opportunities to cross and head the ball.

## drill 82



**Purpose:** Recovery and diving technique

**Practice set-up:** The goalkeeper sits on the ground faced by the coach who has a ball in his hands. The coach serves the ball to the side of the goalkeeper, who dives sideways to catch it and return it to the coach for the next service. The coach serves the ball six times to the right side and then six times to the left side.

**Equipment:** A good supply of balls

**Progressions:** The coach should gradually extend the goalkeeper by throwing the ball a little higher or further from him and alternately left and right as the session progresses.

## drill 83



**Purpose:** Correct diving technique

**Practice set-up:** The goalkeeper kneels on one knee and faces the coach, who holds a ball. The coach proceeds to toss the ball to one side of the goalkeeper, who dives to catch it and return it to the coach. (Note: the toss should be to the side where the knee is off the ground.) The coach should ensure that the goalkeeper is diving along the side of his body, so that he can see the ball clearly and use the softer part of his body to land.

**Equipment:** A good supply of balls

**Progressions:** Gradually extend the goalkeeper by serving the ball faster or further from his body so that he needs to react more quickly or improve his diving techniques.