



Description

Key Coaching Points/Tactical Points

- When to dribble vs pass
- How can I support the player on the ball
- Pass and move
- Proper passing technique
- Head up to see where our teammate is and where the pressure is coming from

One Million Touches

One Million Touches

Setup

- Split the team into 2 groups
- 1 group starts with balls on the outside of the circle while 1 group starts without balls on the inside

Play

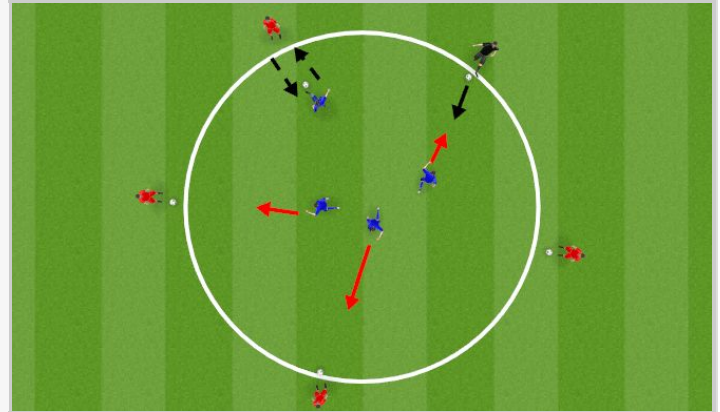
- The players on the inside move to receive a pass from the player on the outside and play it back to them doing the skill the coach asked
- After playing back, they should get their head up and find another open player on the outside to show too
- Play will be continuous for a minute before switching roles
- After both groups have practiced the skill, the coach will progress to the next skill

Skills

- 2 touch passing (Receive and pass with same foot and receive and pass with different feet)
- 1 touch passing (passes need to be under control)
- Players on outside should go down on one knee and do a small underhand throw for the players to control and pass back on the ground
 - Use their thigh to control and pass back on the ground
 - Chest control, pass back on the ground

Coaching Points

- Players should be moving the whole time while they are on the inside
- Players in the inside should not just go around the circle but make different runs each time
- Players need to get their head up to see which outside player is available before making a fast run
- Players in the inside should be calling for the ball from outside players



Boss of the balls + 1

Boss of the balls - 1v1 + 1

Split the players up into two teams and have them start on their teams pylon.

Coach starts by throwing a ball into the field and the first player from each team races out into a 1v1.

The players must try and dribble the ball under control into their own end zone.

The round ends once a player scores a point or the ball goes out of bounds.

Rounds should be pretty fast paced

Progressions

1 v 1 + 1, if a player wins the ball they can pass to a teammate on the sidelines to make it a 2v1 - If the defender wins then attackers have to do push ups

Instead of dribbling into the end zone, they must score on a goal

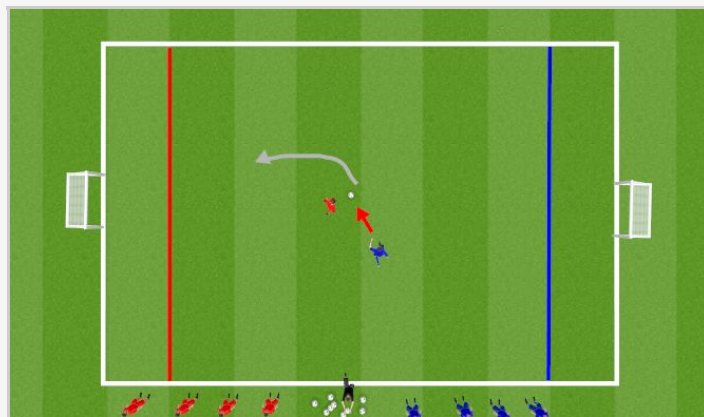
Turn it into a competition - first team to 10 points win

Coaching points

Shielding the ball if the defender gets close - put your body between them and the ball

Encourage players to dribble away from pressure

Head up once they win possession to find their teammate



2 v 1 to Goal

Organization:

Depending on the size of the group you may need to setup another instance of this drill. Split the players into 3 groups of 2 (A, B, C) and have them start on their respective red pylons as shown in the diagram.

Instructions:

Start this activity as indicated below with passive defenders and no point system.

- Defender (player A) plays pass to player B.
- Attackers (player B and C) attempt to score in the PUG 2v1 for 3 pts.
- The defender cannot leave his line until player B's first touch and must win the ball above the red line (as shown).
- If defender wins possession, he attempts to dribble over the opposite endline he started from.
- Once a team scores or ball leaves the area, next group starts.
- Rotate positions after a few minutes

Coaching Points:

1st attacker

- Quality of first touch and size and angle of touches as they approach defender.
- Reading defender's body position to decide to dribble or pass.
- Passing with inside of foot
- Weight and accuracy of pass.
- Adding a decoy technique
- Next movement after playing pass.

2nd attacker

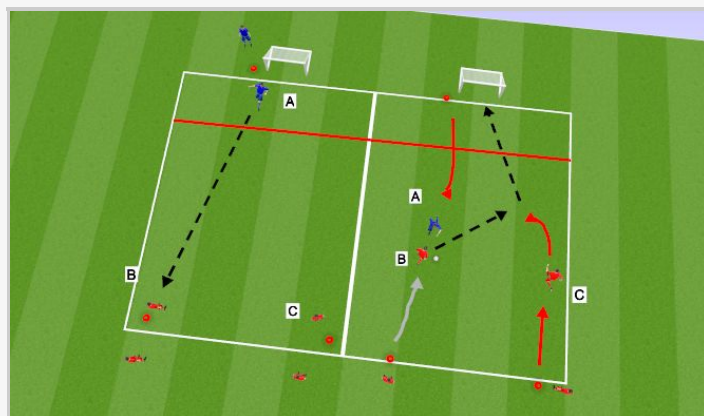
- Timing of run
- Communication (for pass or to help decoy)
- Quality of touch to set up shot or to score first time.

Tactical

When to pass vs when to dribble - Dribble when there is space and pass if the defender closes you down

Progressions:

- Attackers start with the ball instead of defenders and only pressure after first pass is made or on the attackers first touch
- Defender leaves on his pass.
- Remove red line forcing defender to come out.
- Time limit to score.



Optional - Lower the Boom

Lower the Boom

Setup

- Split the group into two teams
- One team starts with balls on either side of the net as defenders
- One team starts on the blue pylons without balls as the attackers
- One goalie or no goalie if using small nets

Play

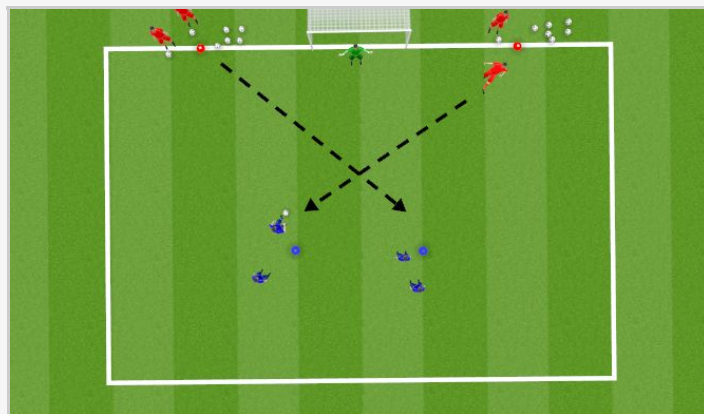
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1, 2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous for 2-3 minutes before switching roles

Progressions

- Defender can pressure the ball as soon as they make their pass
- Defender now throws the ball at the attacker - Attacker gets an extra touch to deal with an aerial pass
- Turn it into a competition - team with the most goals win - bonus point for nothing but net

Coaching points

- First touch is crucial - should set them up for a good shot
- Shot needs to be taken quickly or the defender will close them down
- Defender should not dive in
- Defenders pass need to be firm



End game - conditioned

Scrimmage

Split the players up into two evenly strong teams in order to play 4v4. Someone can play as a sweeper keeper but they are not allowed to use their hands. Practice CMSA game rules (dribble-ins, corner kicks, etc.). Remember to take a water break halfway through the game.

Conditioned game

Players must make a set amount of passes before scoring - 1 or 2 passes

Players can score on either net but must make a pass across the center line to score

A goal is worth the amount of passes made before scoring

Coaching Points

Set the players up in a shape before starting the game - Diamond or Square

Encourage players to focus on the skills they worked on in practice and praise the players who apply what they learned

Tactical - when to pass vs dribble, where and how to support player on the ball, where never to pass (front of net or the heart)

Encourage possession based soccer - Pass and Move!

