



## Description

### One Million Touches

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##### 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

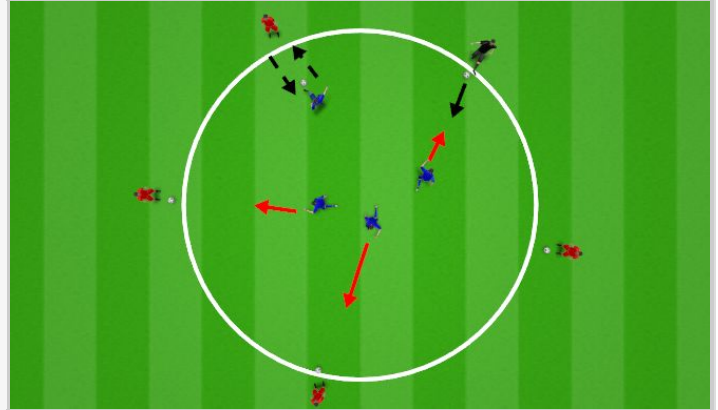
- The players on the inside move to receive a pass from the player on the outside and play it back to them doing the skill the coach asked
- After playing back, they should get their head up and find another open player on the outside to show too
- Play will be continuous for a minute before switching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



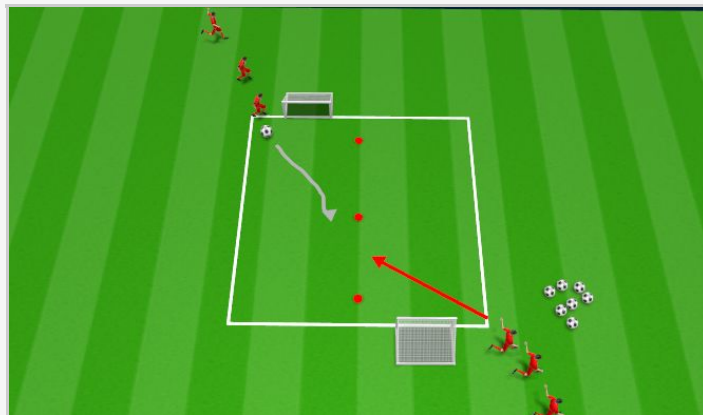
### 1v1 - Defending

#### Set Up

- Area set up 10m by 5m with two gates or nets set up in opposite corners of the area
- Flat markers dividing the area vertically at the halfway mark.
- Players line up on the corner of the square where the goals are.

#### Explanation

- The practice starts with the defending player passing the ball into the attacking player (IF PLAYER UNABLE TO DO THIS CLEANLY THEN COACH TO DO IT).
- The attacking player receives and must try dribble through a gate at the opposite end.
- The defending player must get side on and stop the attacking player from getting into their half of the area and deny them driving through a gate or scoring.
- Once the balls dead or the player makes it through the gate or scores it restarts again by the next defending player, passing into the area to the next attacking player.



#### Coaching Points

##### ABC's of defending

A - Approach - Putting pressure on the ball quickly to deny the attacking player space. Run should be slightly curved forcing the attacker to dribble in a specific direction/side

B - Body Shape - Jockey, knees bent, body turned on an angle to force them in one direction

C - Closeness - touch tight, close enough to capitalize on a loose touch but not too close that you are on top of them

D - Destroy - Can we make a tackle

- Delay and Direct - can we keep the attacking player out of our half and protect the space behind us?
- Aggressiveness in duels - without injuring their teammates and being reckless we want players to be determined to win the ball back. Some side on side contact is acceptable.
- When to tackle - Loose touch, after the player makes their move
- If we can't win the ball, can we block them using our body

##### Progressions

the second player in the defensive line makes a run around the attackers net before joining in to make it a 1 v 2 for the defenders  
Turn it into a competition. First team to 10 points win - 1 point for scoring starting as an attacker - 2 points for scoring starting as a defender

## 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:

Defending a 2 v 1

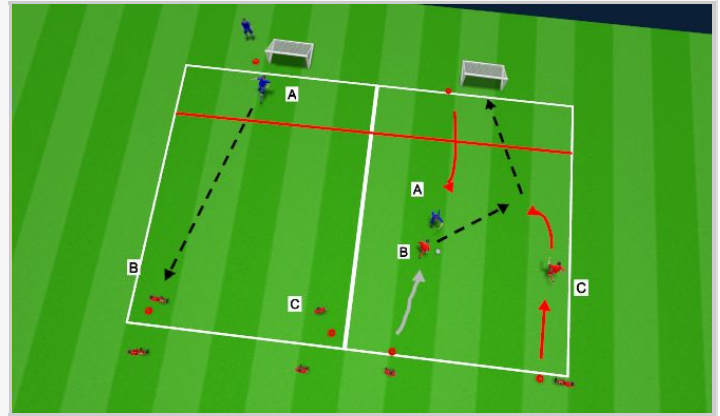
- Must close down the space quickly, but not directly to the ball
- Make a curved run to cut off the pass
- Once the pass is closed off you can start to close down the player on the ball trying to force them to the outside
- Defenders should be in "Jockey" (surboarder) stance with knees bent and on their toes
- Delay, delay, delay!

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.
- A second defender is added but he must run out and touch the far line before joining
- 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

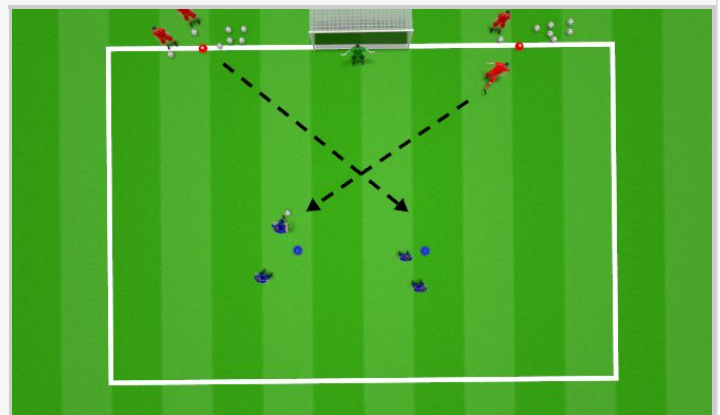
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1, 2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous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

