



# **TECHNICAL DRILLS**

## **FOR**

# **YOUNGER PLAYERS**

Drills provided are courtesy of [soccerclinics.com](http://soccerclinics.com)  
The world's largest on-line coaching resource

## Training Program

### Aims

- To develop advanced basic motor skills and speed
- To develop advanced individual ball techniques
- To improve first touch and passing in small sided games
- To promote **FUN** in football through game related training

### STRUCTURE

16 x 60 minute sessions

### Weekly Model

	Fast Feet Warm Up	Individual Technique	Passing/ Control	1 v 1 Comp.	4 v 4 Comp.	Juggling/ Tricks
Duration	5	10	10	10	20	5
Week 1	4 v 4 Competition – Assessment and Grading					
Week 16	4 v 4 Competition – Final Assessment and Feedback					

### Critical Factors

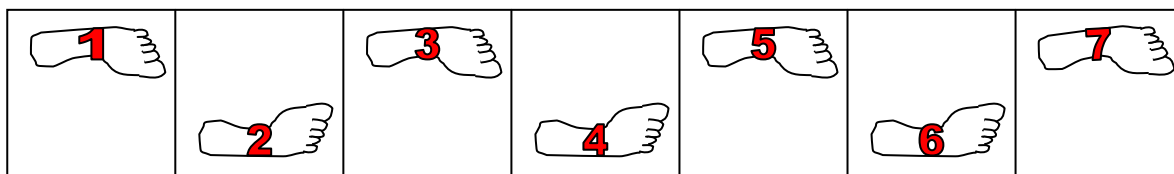
1. The key element of this program is **FUN**
2. The balance of the session flows from high repetition to high motivation games at the end
3. All sessions must be dynamic with a focus on individual player development
4. The ladders warm up promotes flexibility, injury prevention habits and readiness to play
5. Young players will respond to positive individual feedback
6. 1 v 1 is high motivation, but also acts as a testing tool for identification
7. 4 v 4 is free play, but ENCOURAGE attacking play
8. Display Enthusiasm at all times learn NAMES quickly
9. Look like a PRO!! – Wear Spirit Kit every session/Clean Boots/Runners
10. POSITIVE feedback – give every player a chance to succeed, whatever their level of ability
11. All drills should be FUN for the kids
12. If in doubt - Make it competitive/PLAY A GAME
13. Play with them – DEMONSTRATE
14. HAVE FUN yourself
15. Be PATIENT. Don't yell at the kids
16. Be FAIR at all times. Everyone deserves a fair go.

### OUTCOME

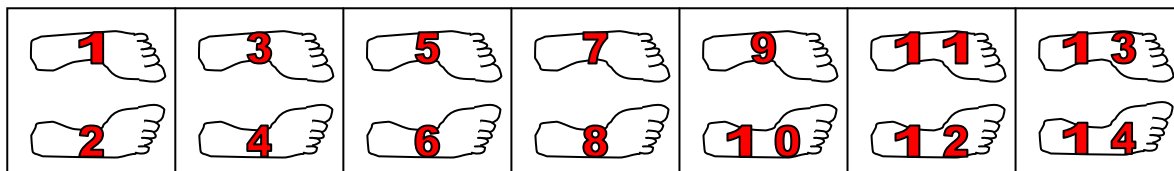
Players on the GHFA Spirit Camps will be motivated by their coach, will enjoy their training sessions and improve their skills.

## Fast feet

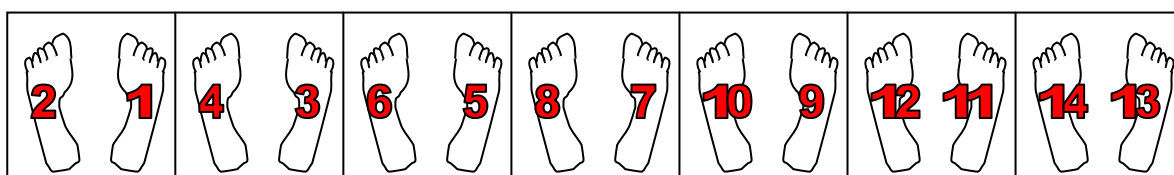
### 1. Straight run



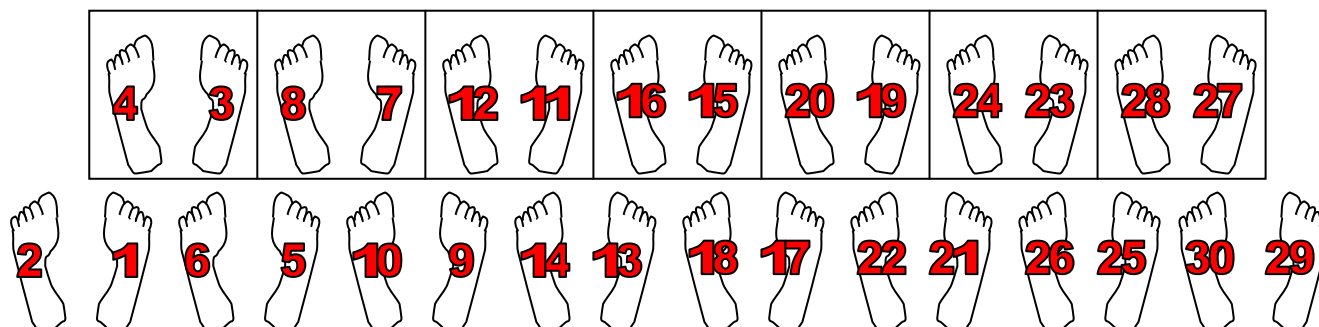
### 2. Two foot run



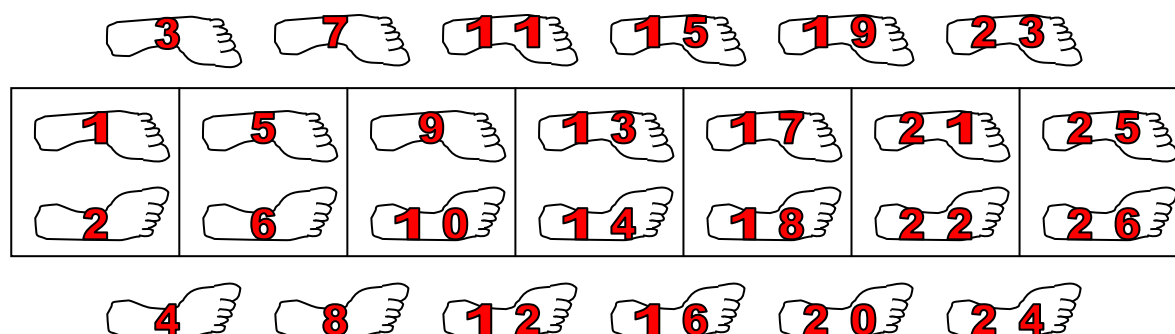
### 3. Lateral run



### 4. Two in two out lateral run



### 5. Two in two out



Practice the ladder work you do at training in your own time – quicker feet will help your speed with and without the ball

## DRIBBLING/WARM UP SESSIONS

### Letters and Shapes



Place your entire group inside the grid with a ball each. Using the inside and outside of the foot, players have to perform the following:

**Letters:** Coach tells them to write a certain letter such as "C", "L", "B" etc. Coach asks, can you name an (animal, cartoon character, fruit) that begins with that letter? Have them write the first letter of your name.

**Shapes:** Draw a shape. Coach asks, can you name any that is shaped like that?

Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each, 4 cones

### Dora the Explorer



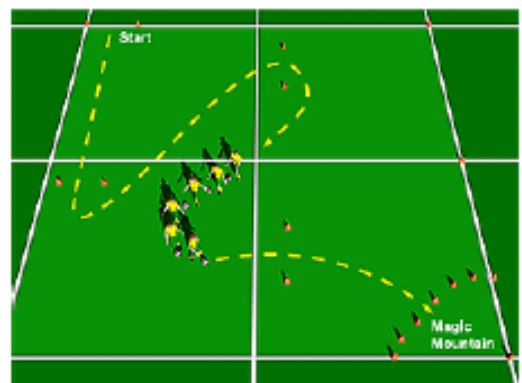
This practice is designed to improve the player's technical ability in a variety of dribbling moves.

Place your entire group inside a grid 20 x 20 yards, with a ball each. Add one player without a ball (Swiper). The players with a ball are "Dora the Explorer" and the ball is their "backpack". They must dribble around the grid and avoid "Swiper" from stealing their "backpack". To stop "Swiper" stealing their backpack, they must shout "Swiper, no Swiping". If "Swiper" can sneak behind someone and steal their ball, then that player becomes "Swiper".

Make sure players are constantly moving.

Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each, 4 cones

### The Magic Mountain



Each player has a ball. One is designated "Dora the Explorer". The players have to dribble and follow Dora, (like in follow the leader). They have to get to the Magic Mountain, but cannot get there is a straight line, they have to travel through the gates.

When the coach yells "Swiper", all the players dribble back to the start. The players then start again.

Do this several times then allow players to reach the Magic Mountain. Change "Dora" on each attempt.

Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each, 4 cones

### Sponge Bob Soccer Pants

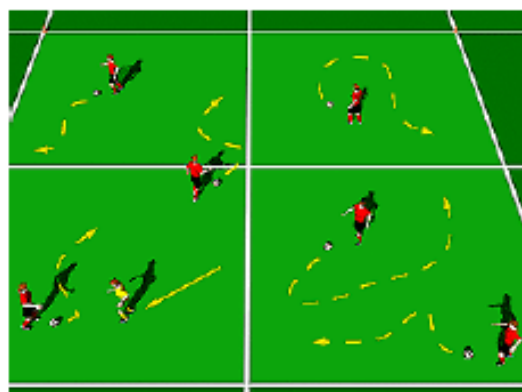


A group of players are positioned in a grid 10 yards x 20 yards. The group is divided equally into two groups. One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid as the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid.

The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over. Keep score and reverse roles.

**Entire group, Grid 10 x 20 yards (9 x 18 metres), 1 ball each, 6 cones**

### Dribbling Knock Out



This practice is designed to improve the player's technical ability in a variety of dribbling moves.

The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball. The practice is started with one defender placed in the center of the grid (Mad Max). The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he then becomes a member of the Mad Max gang and has to help him kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners.

**Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each, 4 cones**

### Dribble through the Gates



A group of players are positioned in a grid 20 yards x 20 yards. Two defenders wearing colored vests are also placed within the grid. A series of gates are made using cones and spread out evenly throughout the area. The gates are approximately 1 yard wide.

On the coach's command, players with a ball must attempt to dribble through as many gates as possible within 3 minutes. The two defenders have to prevent the players from dribbling through the gates. A goal is awarded for every gate a player can dribble through. Make a competition to see who can score the most goals in 3 minutes.

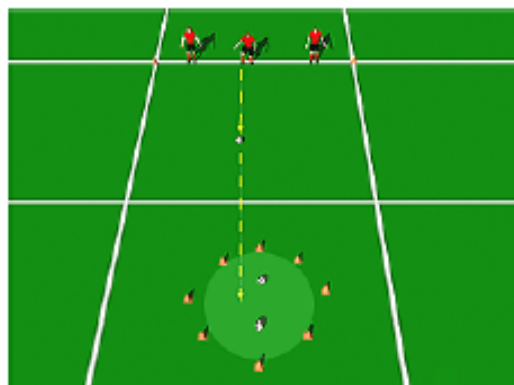
Change the defenders after each game.

**Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each, Supply of cones**

## FUN/PASSING DRILLS - COMPETITIVE

### Land on Mars

#### Introductory Level



This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid. In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle. Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

**Small group of players, Grid 10 x 15 yards (9 x 14 metres), 1 ball each, Supply of cones**

### Soccer Marbles

#### Introductory Level



This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble.

The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

**Small group of players, Circle 10 x 15 yards (9 x 14 metres), 1 ball each plus 1 for marble**

### Ball in a Box

#### Introductory Level



A grid is marked off approximately 10 yards by 15 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. A group of players are positioned at the opposite end of the grid and a server placed on the side. The server has a supply of balls within reach.

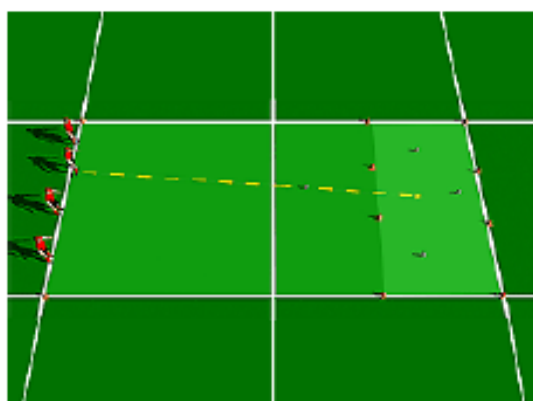
The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line. Have 2 groups side by side competing against each other. First team to get all their balls in the box wins.

**Small group of players, Grid 10 x 15 yards (9 x 14 metres), Supply of balls, 8 cones**



### The Incredible Shrinking Box

### Introductory Level



A grid is marked off approximately 10 yards by 20 yards. A line of cones is placed across the middle of the grid, forming a box.

A group of players with a ball each is positioned on one end of the grid. In turn, players try to pass their ball into the box.

A point is awarded if the ball stays within the box. After all players have taken a turn they retrieve their ball and return to the starting position. To make the game progressively challenging, the box is reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn and return to their starting positions on the end line. The box is once more reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn.

**Small group of players, Grid 10 x 20 yards (9 x 18 metres), 1 ball each, Supply of cones**

### Through the Tunnel

### Introductory Level



This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

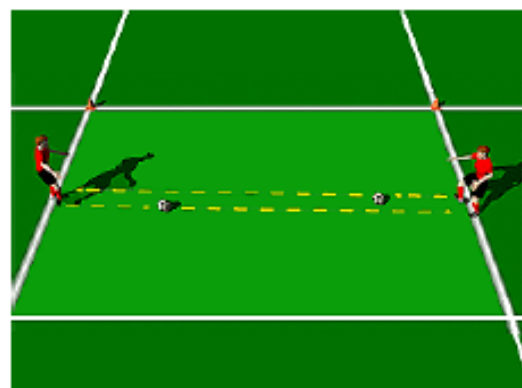
Two players are positioned in a grid 20 yards x 20 yards. One player presents himself as a target by making a tunnel with their legs. The second player has to try and pass the ball through the tunnel. The distance should be 10 yards at first and increased to make practice more challenging.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

**Two players, Grid 20 x 20 yards (18 x 18 metres), 1 ball, 4 cones**

### Swap the Ball

### Introductory Level



This practice is designed to improve the mechanics involved in the "Push Pass". An emphasis is placed on accuracy and movement.

Two players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the count of three, both players pass the ball across the grid to their partner. Players should be alert on their feet, get behind the flight of the ball quickly and control it. The practice is then repeated.

Players should pass the ball slightly to the side of their partner to avoid the balls from colliding.

**Two players, Grid 10 x 10 yards (9 x 9 metres), 2 balls, 4 cones**

## SHOOTING

### Shooting from Central and Wide Angles



This practice is designed to improve the player's technical ability in a variety of shooting techniques.

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass at an angle from the goal, for the shooter to strike. After taking both shots, the shooter returns to his starting position and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

**Group of players, Penalty Area, Large supply of balls, cones**

### Shooting from Long and Short Range



This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques.

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass for the shooter to strike at goal. After taking both shots, the shooter returns to their starting position and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

**Group of players, Penalty Area, Large supply of balls, cones**

### World Cup Shooting Game



Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two flag poles placed approximately 12 yards from the goal line. Each server alternates serving.

Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.

**Group of players, Penalty Area, Large supply of balls, cones**



### 1 v 1 Knock Out



This practice is designed to improve a wide variety of shooting techniques while under pressure.

Players are divided into pairs and placed on the end line at opposite sides of the goal. Each pair is assigned a number. The goalkeeper starts the practice by serving the ball out towards the edge of the penalty area. On distributing the ball, the goalkeeper calls out a number such as 1, 2, 3, or 4 etc. The pair selected then run out to the ball. First player to get to the ball becomes the attacker, the second acts as the defender. The defender must attempt to win the ball, and the attacker tries to score. The defender becomes the attacker if they can win possession. After a shot is taken, both players return to their starting positions.

**Group of players, Penalty Area, Large supply of balls, cones**

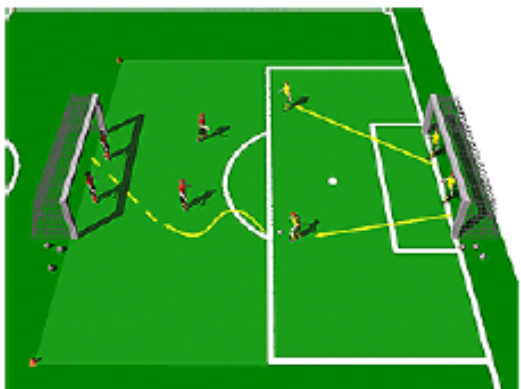
### Shooting 3 v 3



Players are divided into groups of three players. Each group is identified with a different color vest. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Players play 3 v 3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into box. Teams stay on as long as they keep winning. Team in possession can use outside players to pass too. Players on outside limited to "one touch". Coach should keep track of goals scored and make a competition amongst the players. First team to get 4 consecutive wins are champions.

**Group of players, Penalty Area, Large supply of balls, Cones, Colored Bibs**

### Survivor



Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls. Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number. The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed.

When the ball goes out of play or the coach calls a new number both players must sprint back to their original positions. They are not allowed to touch the ball after the numbers are changed.

**Group of players, Goals 30 yards (27 metres) apart, Large supply of balls, Cones, Colored Bibs**

## Stop and Shot



A group of players are placed at the edge of the penalty area. Players are divided into pairs. First player in the pair dribbles the ball towards the goal. The second player trails several yards behind. The first player stops the ball dead using the sole of the foot and continues to move forward looking for a rebound off the goalkeeper. The second player strikes the dead ball "first time" and attempts to score.

After the attack is finished, players return to the starting position and join the end of the line.

Coach should keep track of goals scored and make a competition amongst the pairs.

**Group of players, Penalty Area, Large supply of balls, cones**

## Shooting 1 v 1 with Goalkeeper in Middle

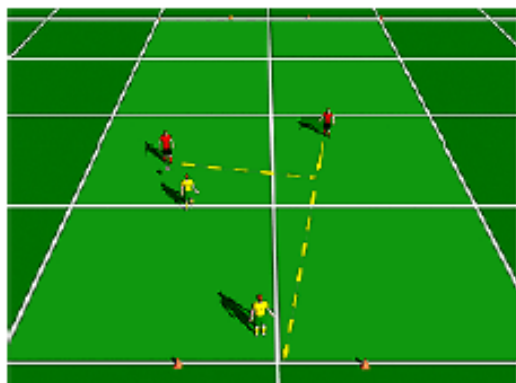


This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Two players are positioned either side of the goal. The goalkeeper starts the practice by rolling the ball to one of the players. The first player to the ball tries to score past the goalkeeper, the second must defend, if they win the ball they may also shoot. The ball must travel between the cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner: 3 goals if the player scores on first touch. 2 goals if the player takes two touches before scoring. 1 goal if the player takes three or more touches before scoring.

**Four players and one goalkeeper, Grid 20 x 40 yards (18 x 36 metres), 1 ball, 6 cones**

## Shooting 2 v 1 Running Goalkeeper



Two pairs of players are positioned in a grid 20 yards x 40 yards. Each team starts from their goal. One team on offense starts with the ball, the other team on defense. The offensive team attacks with two players and attempts to score a goal. The defensive team plays with one defender and one goalkeeper. Only the goalkeeper may use his hands. If the attacking team scores, one attacker becomes a defender, the second must run behind the cones and into the goal to act as a goalkeeper. If the defending goalkeeper catches the ball, they now become the offensive team. If the defending player wins the ball, they now become the offensive team. When possession changes, the offensive team must counter as quickly as possible. The team, who scores the most goals in 10 minutes wins.

**Four players, Grid 20 x 40 yards (18 x 36 metres), 1 ball, 8 cones**

## COMPETITION AND GAMES

### Four Against Two

#### Objectives

Alternating between square passes and diagonal passes  
First-time passing  
Defensive co-ordination

#### Point of the exercise

The point of the exercise is for the players to retain the ball by moving it around with square and diagonal passes while two opponents try to intercept. One of the defending pair puts pressure on the man with the ball in such a way that his partner can cover accordingly. The way in which these two cover space requires a keen sense of anticipation and very precise co-ordination.

#### Organization

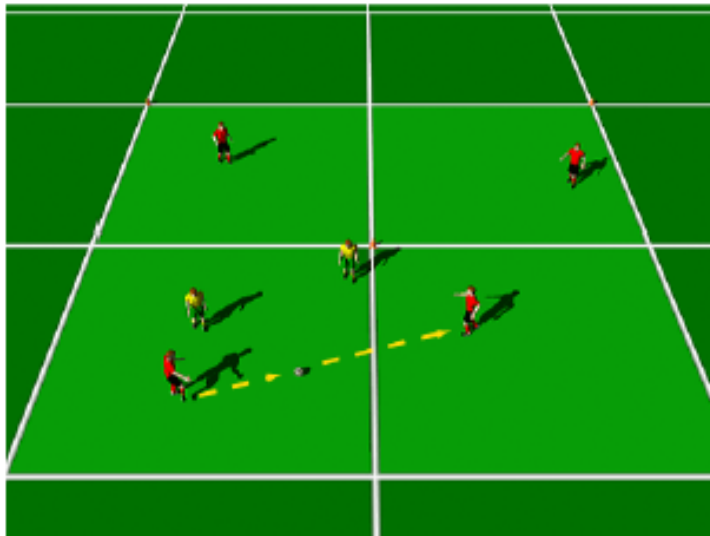
6 players.  
Playing area: 20 m x 20 m

#### Method

Four players are stationed at the corners of the playing area and two opponents move around inside the square. If the players in the middle succeed in intercepting the ball, they give it straight back to the players forming the square. Roles are swapped after a certain time.

#### Variations

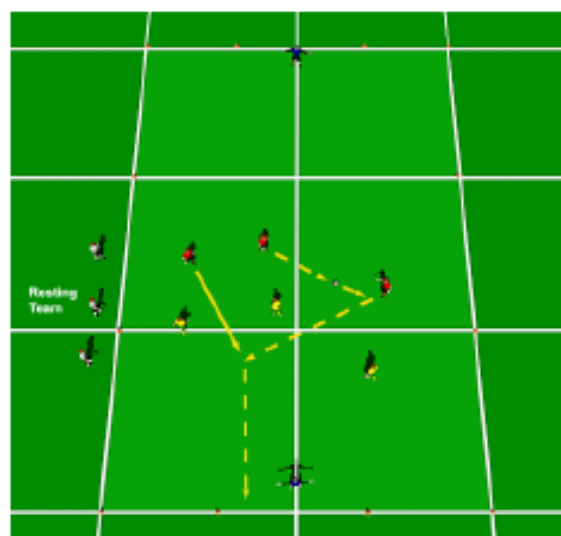
- Three-touch football for the four corner players.
- Every third pass must be made first time.
- All passes have to be made first time.



Notes:

## Three Against Three (two goals)

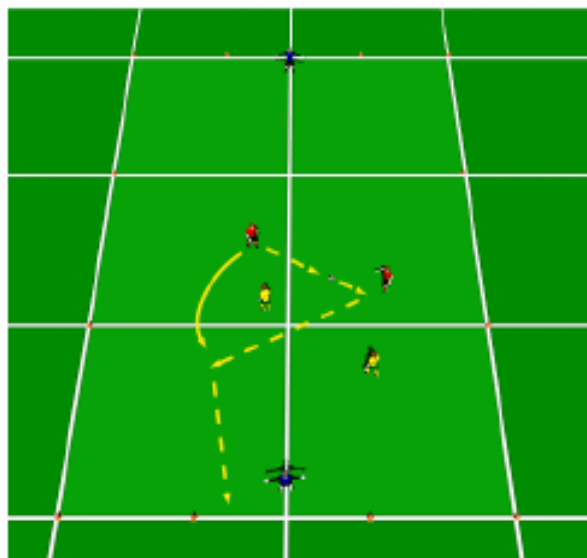
<b>Objectives</b>	Various combinations Direct passing Mutual covering
<b>Point of the exercise</b>	This game is played on a small pitch and encourages players to use direct passing movements to try to play their opponents out of position and score as many goals as possible. The fast pace of the game is maintained by allowing one of the three teams to take a rest after each attack has been completed. In defense, players have to cover for each other at all times in an effort to slow down the build-up of the other team's attacks. The defenders should wait for the best moment to make their intervention.
<b>Organization</b>	11 players; 3 teams of 3 players each, plus 2 neutral goalkeepers. Playing area: 40 m x 40 m, with two standard goals or 5 m x 2 m.
<b>Method</b>	Three teams each of three players take part in the exercise, with a neutral goalkeeper in each goal. One team attacks while the other defends and the third team takes a rest. Once an attacking movement is over, the defending team has its turn to attack against the team which has been resting, and the team which has just been attacking takes its turn to sit it out. Teams rotate in this way non-stop.
<b>Variations</b>	If the attacking team succeeds in winning back possession of the ball before the halfway line after having lost it, the same team may continue to attack.



Notes:

## Two Against Two (two goals)

<b>Objectives</b>	Combinations (one-two) Scissor movements Switching from attack to defense and vice versa Mutual covering
<b>Point of the exercise</b>	<p>Playing two men against two on a small pitch gives players a chance to progress by means of simple inter-passing movements. They have to be accompanied by continual changes of pace if they are to prove effective. Having outplayed the opposing defenders, the player with the ball should take every opportunity to shoot at goal, in circumstances which realistically correspond to those in a competitive match.</p> <p>When a player loses the ball, he must be covered by his partner to prevent the opponent who now has the ball from having a clear run at goal.</p>
<b>Organization</b>	6 players; 2:2 with 2 goalkeepers. Playing area: 30 m x 20 m, with standard goals or 5 m x 2 m.
<b>Method</b>	Two players play against two, each side also having a goalkeeper (or an extra player who can also act as goalkeeper). The pair with the ball try to outplay the other pair by inter-passing or by individual moves.
<b>Variations</b>	This exercise can also be played with small goals one metre wide.



Notes:

# Three Against One

<b>Objectives</b>	Finding space Triangular movements First-time passing Anticipating passes
<b>Point of the exercise</b>	A three-against-one situation rarely occurs in an actual match, as the lone player would have little hope of success. The team should therefore make sure that one of its players is not caught in such a situation. The aim of this exercise is to force the attacking team into constantly trying to find space, so that the player with the ball always has two possibilities of passing, either to his left or to his right. This means that once a pass has been made, the player is himself obliged to move in order to take up a position ready to receive another pass. The defending player has to try to intercept the passes by clever positioning and by dummying to the man with the ball.
<b>Organization</b>	4 players; 3:1 Playing area: 20 m x 20 m.
<b>Method</b>	Three players face one defender and pass the ball among themselves as long as they can, while the opponent tries to intercept their passes. When he succeeds in doing so, he gives the ball back to one of the three players, and after a certain time the players change roles.
<b>Variations</b>	<ul style="list-style-type: none"><li>• No restrictions.</li><li>• Two-touch football.</li><li>• Every other pass must be made first time.</li><li>• First-time passing.</li></ul>



Notes:



## One Against One (Attacking Small Goals on the Goal-lines)

### Objectives

Changing direction  
Dribbling  
Dummying  
Tackling

### Point of the exercise

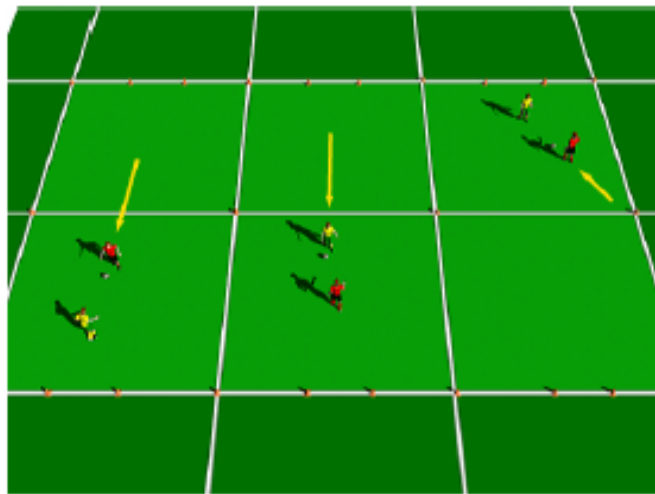
The aim is to attack the opponent's goal-line and to score as many goals as possible by taking the ball through one of the three small goals placed along the line. The player without the ball defends his three goals. The man with the ball starts his attack towards one of the three goals, trying to outplay the opposing defender by sudden changes of direction. The defender follows these changes of direction and tries to block his opponent's direct path to the nearest of the three goals and to slow him down. The exercise develops both players' tactical sense as it puts them in an un-usual match situation, with three goals in which they can score. The important thing for the attacker is to create danger by frequent changes of direction, by dribbling and by dummying. With several goals to cover, the defender cannot simply drop back and try to defend one goal; on the contrary, he has to dummy to intervene with the man with the ball and try to anticipate his reactions.

### Organization

2 players; 1:1, but with several pairs playing at the same time on the same pitch. Playing area. 30 m x 30 m; 6 small goals a metre wide, three on each goal-line.

### Method

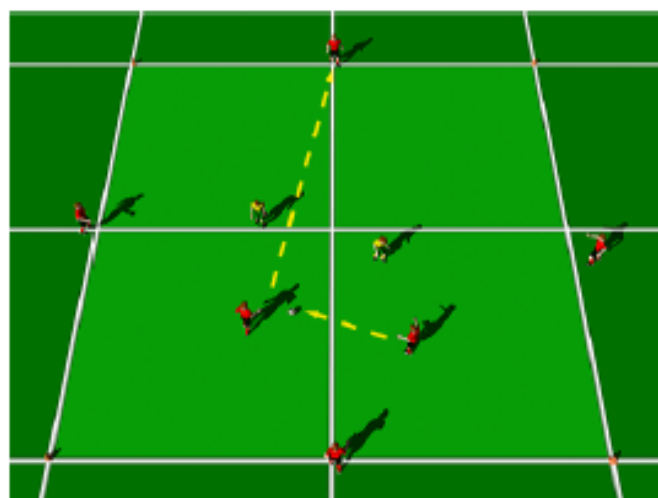
Each player attacks and defends the three small goals on the goal-line. A goal only counts if the attacker passes through a set of posts with the ball at his feet.



Notes:

# Two Against Two with Four Players in Support

<b>Objectives</b>	One-two Scissor movements Covering
<b>Point of the exercise</b>	The exercise is intended for practicing constructive movements, with two suitable players opposing two others. The four supporting players give them permanent support, similar to forwards or defenders during the build-up phase of real match. The game teaches players to keep the ball circulating or to hold onto it, as well as the use of double passes and all sorts of constructive combined movements. The defending pair should mark their men tightly and cover each other well to make it hard for the pair with the ball to use their supporting players.
<b>Organization</b>	8 players; 2:2 with 4 players in support. Playing area: 20 m x 20 m.
<b>Method</b>	Two players are opposed to two others within an area with fixed corners and with one neutral player on each side of the square who may be used as a link. These four players may move up and down their lines. The player with the ball may pass it to his partner or make use of the four supporting players, who then give the ball straight back to the pair from whom they have received it.
<b>Variations</b>	<ul style="list-style-type: none"><li>• The supporting players have to return the ball first time.</li><li>• The players in the square are only allowed to touch the ball three times.</li><li>• The game can also be played with 1:1 or 3:3.</li></ul>



Notes: