

# TRAINING RESOURCES



## Football Drills Part 4

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## ***Football Drills – Part 4***

### **Drills:**

1. Shadow dribbling
2. 4v3 Attack vs. Defence
3. Finding the Target Player
4. 1v1v1 Triangle Game
5. Target Players
6. 1v1, 1v2, 2v2 – 4 Goal Game
7. 2v2 and 1v1 Possession Game
8. Football tag
9. Across Field Warm - Up
10. Dribbling with speed, when to dribble
11. 3 – minute Shooting Drill
12. Passing and Receiving Warm-Up
13. 1 on 1 Football Progression
14. Crossing/Finishing Drill
15. 2v1 Dribbling with Opposition
16. Football Smash
17. The Passing Name Game
18. Shooting Warm Up
19. Pressure/Cover Tactical Defending
20. Body parts warm-up game



## 1. Shadow Dribbling

This football dribbling drill uses partners who do not attempt to gain possession of the ball, but adds extra pressure as the following dribbler attempts to imitate the lead dribbler's every move.

### Setup

Create a small grid approximately 20X20 metre grid. Instruct players to pair up each player with a ball.

### Instructions

The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

### Variations

n/a

### Coaching Points

- lift head, eyes up
- close control
- control of body movements
- use all parts of their feet while dribbling (inside, outside, top, bottom).
- change of direction
- change of pace
- find space
- dribble with speed
- encourage players to be creative

### Focus

- Dribbling
- Warm-up



## 2. 4v3 Attack vs. Defence

Since the attackers have the numerical advantage, they should learn how to exploit their advantage and finish with a shot on goal.

### Setup

Set up a 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal

### Instructions

Instruct the players to exploit their numerical advantage and finish with a shot on goal.

**Attackers** should move the ball looking for the open player and holes in the defence.

**Defenders** should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

### Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

### Coaching Points

Offensive:

- Quickly switch the point of attack to off-balance the defence.
- Play quick both physically (1 and 2 touch) and mentally (think ahead).
- Make sure the players are attacking at the appropriate times

Defensive:

- Contain the play and keep the ball in front of the defence.
- Early pressure and do not allow space behind the defenders.

### Focus

- Dribbling
- Passing
- Receiving/Turning
- Crossing/Finishing
- Defending
- Attacking



## No 3. Finding the Target Player

This drill is designed to encourage midfield and defensive players to look up field to find the "Target Player" and play to that Target player.

### Setup

Build a large grid approximately 40X40 metres and divide your team into 2 even teams, you can adjust the size of the field based on the number of players and their age. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (see diagram)

### Instructions

Inform the two teams to play against each other and points are scored when a team is able to keep possession and play a flighted ball into their team's Target Player who is inside the 10X10 grid. If they player successfully controls the ball inside the box that team is awarded a point.

### Variations

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)

### Coaching Points

- Make sure players are getting their heads up quickly to find the target player
- Make sure players play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early. Make sure it is a purposely placed pass rather than accidental.

### Focus

- Dribbling
- Passing
- Receiving/Turning
- Possession
- Defending



## No 4. 1v1v1 Triangle Game

This drill will focus on the attacking in number down situations and will mainly encourage players to dribble, take players on, shielding and vision to find the open goal. Defensively this drill encourages players to stay aware of their defensive shape and tackling players on the dribble.

### Setup

In a triangular shape, set three 2 metre goals approximately 15-20 metres apart. With three players, instruct each player to defend a certain goal. These players can score on any of the other two goals.

### Instructions

Goals must be scored by "Dribbling" through the goal and will not count if passed through the gate. This will encourage the players to take on the defenders quickly to get in behind them to score the goal.

### Variations

- Remove the disc cone gates and give each player one 30cm tall cones. This cone will serve as the goal. Now Instruct players to knock over the cone to score the goal. This will encourage players to pass the ball into the cone and focus on passing accuracy.

### Coaching Points

- \* On the attacking player, encourage the players to dribble at players with speed with the intent to get to the space behind the defenders.
- \* Make sure players are looking up trying to find the most vulnerable goal.
- \* Defensively encourage players to stay aware of their positioning and recover quickly when transitioning from offensive to defence.

### Focus

- Dribbling
- Fitness
- Defending
- Attacking



## No 5. Target Players

This attacking drill focuses on the target players in the attacking third of the field.

### Setup

25x25 metre grid split down the middle. 8 players (set up 2 separate areas and get 2 groups of 8 for a total of 16)

### Instructions

The Blue play 4v2 against the Yellow and attempt to find the target in the attacking half. As soon as the target is played they send 3 more players over and one defender goes and helps to get the ball back. If the defender in the attacking half wins the ball as the ball is played across they must try and keep the ball away from that target as the 2 defenders from the other half come help play 3v1. A 2-touch limit will be put on these defenders as they try and keep the ball away from the target. When the target wins the ball back then they must play over to the waiting 3 players in the other half.

The purpose is to find the forward target, get connected and keep possession. It will be very difficult for the target to win the ball back if it is lost in the attacking half because they will soon be 2 men down – so high pressure is a must to win the ball back. This will make players aware of the danger of dispossessing the ball and the energy needed to get the ball back.

The attacking team looks to get 10 changes before the players rotate into different roles. If the defender win the ball and connect 10 passes then the entire attacking team will do push-ups or sit-ups or sprints – whatever the coach decides.

### Variations

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### Coaching Points

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### Focus

- Passing
- Possession
- Defending
- Attacking



## No 6. 1v1, 1v2, 2v2 – 4 goal game

This 1v1 **drill** puts football players in 1v1 situations with multiple goals. 1v1 football helps players focus on penetration by forcing the player to dribbling to beat their opponent and allows players to make the attack unpredictable through creativity. Your kids will love this drill!

### Setup

Split the team into 2 even groups. Put one team in an alternate jersey (Diagram shows Red & Blue teams). Create a grid roughly 35X20 metres. Place 4 small goals (made by flags, cones or pugg goals) along the long side of the grid. The balls should all start with one group.

### Instructions

Players 1a and 1b pass the football into two players on the opposing team marked as 2a and 2b in the diagram. Players 2a and 2b quickly attack the goals opposite them while players 1a and 1b attempt to stop the attacking players, win the ball and attack the goals opposite of their starting position. As shown in the diagram, players can attack either of the two goals opposite them. Player 1a should always go against 2a and player 1b should always go against 2b for the 1v1. Allow players 2a and 2b start with the balls after every 5-7 minutes. See variations for additional games.

### Variations

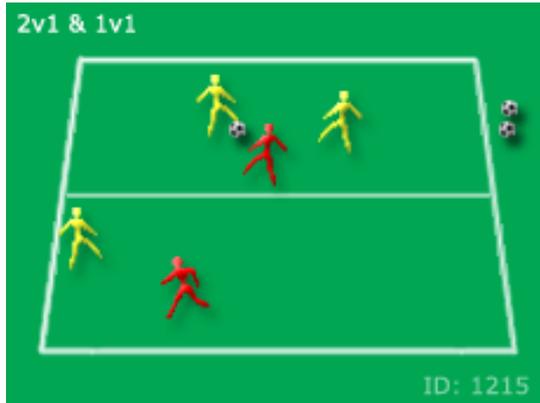
- 2v1 (2 attackers vs. 1 defender) – split the balls between each group. Have player 1a pass the ball to players 2a and 2b to begin. Player 1a should step out to defend players 2a and 2b. After this series is over, have player 2a pass the ball to players 1a and 1b.
- 2v2 – with the balls with players 1a and 1b, player 1b passes the ball into players 2a and 2b. Players 1a and 1b defend players 2a and 2b.
- 1v2 (1 attacker vs. 2 defenders) - split the balls between each group again. Have player 1a pass the ball into player 2a. Players 1a and 1b step out to defend player 2a.

### Coaching Points

Start off with a 1v1 situation and encourage players to take on their opposition by being explosive and creative. Also focus on defensive pressure on the attacker making sure the pressure is quick while staying in control.

### Focus

- Dribbling
- Passing
- Receiving/Turning
- Possession
- Defending
- Attacking



## No 7. 2v1 and 1v1 Possession Game

This drill focuses on both possession and penetration.

### Setup

Create a 10 x 20 grid with a midway line. Have two yellow players in one section along with one red player. In the other section have one yellow and one red player.

### Instructions

The two yellow players play keep away while the red player tries to win the ball. After X Number of passes (X can be anything from 3-5 depending on level of play) the two yellow players try to find their teammate in the other section who is making runs to get open while the red player tries to prevent this pass from being played successfully. When the ball is played into the yellow player, one of the yellow teammates may join them in that section and they then begin playing 2 v 1 in that section until X number of passes are completed at which point they try to play the ball back into the original starting section.

Do this for two minutes and then rotate the players so everyone gets to play offense and defence.

### Variations

- To get more success, you can start with a 3 v 1 in one section and 1 v 1 in the other or even 3 v 1 and 2 v 1.

### Coaching Points

- Get a look up to the person in the other section every time.
- Try to receive the ball with the body opened up to the field whenever possible.
- Play the ball to the correct foot in order for the player to receive the ball opened up.
- Communicate every time to make sure someone goes over into the other section upon successful penetration.

### Focus

- Dribbling
- Passing
- Receiving/Turning
- Fitness
- Possession



## No 8. Football Tag

This football drill is good for younger player's ages under 5 through under 8. This is a fun football drill that allows players to gain confidence on the ball while getting a lot of touches.

### Setup

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them inside the grid.

### Instructions

Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.

### Variations

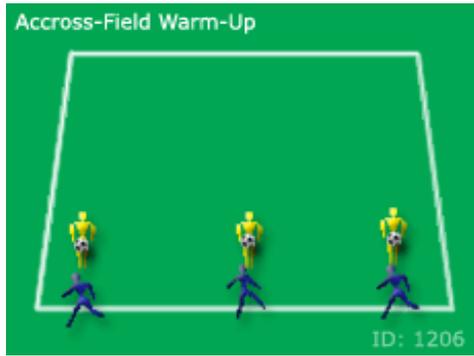
None

### Coaching Points

- \* Keeping the ball close to the player.
- \* Head up where they can see ball and players.
- \* Use all parts of the foot while dribbling (inside, outside, bottom, heel, top)

### Focus

- Dribbling
- Warm-up
- FUN



## No 9. Across Field Warm - Up

This drill is mainly focused on technical skills during warm up.

### Setup

Players are divided into pairs with 1 ball for each pair. Player 1 stands along the touchline, while player 2 starts about 5 metres away facing their partner. Players 2 will start with the ball.

### Instructions

The player 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player 1 jugs forward and receives the ball and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Volley the ball back to the thrower with the inside of the foot - alternating right and left.
2. Volley the ball back to the thrower with the instep (shoe laces) - alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

### Variations

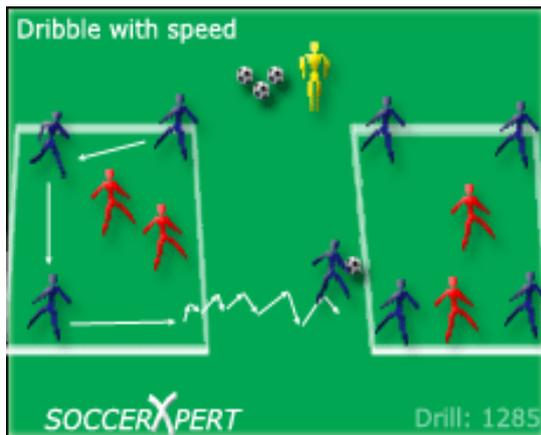
- Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

### Coaching Points

- Good body positioning behind the ball.
- Controlled touches before playing the ball back.
- Getting a good warm-up.

### Focus

- Passing
- Receiving/Turning
- Heading
- Warm-up



## No 10. Dribbling with speed, recognising when to dribble

This dribbling football drill will help players recognise when to make runs and get comfortable making those runs with speed.

### Setup

Create 2 20X20 metre grids about 12 metres apart. One grid starts with 5 attackers and 2 defenders, and the other grid starts with 4 attackers and 2 defenders. The 5v2 grid will start the play.

### Instructions

Players are instructed to make X number of passes (X depends on the age and skill level of the players). After x number of passes, players should choose a good opportunity to advance to the other grid on the dribble at match speed. Upon entering the new grid, the player should make a good passing decision to keep the play active and away from the defending players. Supporting players should open up the grid by getting wide and spreading out as much as possible.

### Variations

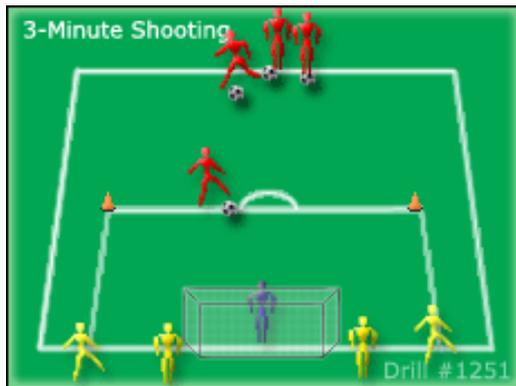
- Restrict the number of touches per player while inside the grid.
- Allow one defender to track the dribbler and enter the opposing grid.

### Coaching Points

- Carry ball at speed
- Make right decision when to dribble across grid.
- Good decision when entering opposite grid. Correct decision made to keep possession.
- Players in opposite grid should get wide to give space and options to the advancing attacker.

### Focus

- Dribbling
- Attacking



## No 11. 3-Minute Shooting Drill

This football drill allows the coach to focus on shooting, goalkeeping and clearing balls from the back. This is a great competition that would be perfect for a warm up to a shooting or clearing practice.

### Setup

Divide the group into 2 teams with a goalkeeper in the goal. One team spreads out behind the goal while the other team lines up at midfield. Each player at midfield should have a ball. If the penalty area isn't visible, the coach should set cones on the edge of the penalty area to serve as a shot marker.

### Instructions

Each team is given 3 minutes on the attack shooting on the goal, and 3 minutes working on clearing balls first time behind the goal (defence). Each attacker takes a turn and dribbles with speed to the edge of the box and must shoot on goal before getting into the penalty area. As soon as that player shoots, the next player in line begins his attack. If the ball is shot wide of the goal, the defenders behind the goal must play a ball back and wide to the field of play before it stops dead. If the ball stops dead, 1 point is given to the attacking team. However, the defending team is awarded 1 point if they individually or collectively clear the ball or get two touches on the ball before it touches the ground. The attacking team scores 1 point for each goal scored. After 3 minutes the teams switch roles.

### Variations

- \* The coach can serve the ball to the attackers at varying heights, angles etc before they start on goal.
- \* Cones can be placed at varying distances from the goal to create different choices for the goalkeeper and shooter
- \* Young players can be given 1 point for a ball shot on target and 2 points for a goal.

### Coaching Points

The coach should focus on quick attacks and striking the ball properly on target. Defenders working on clearing the ball should focus on making good solid contact on the ball with the attempt to play the ball high and wide.

### Focus

- Shooting
- Goalkeeping



## No 12. Passing and Receiving Warm-up

This football warm-up drill focuses on passing and receiving and can be used for players 9 years and older. It's a good drill that can be tweaked to focus on any types of passing or receiving skills

### Setup

Build a grid approximately 20 metres by 20 metres. Split up the team in two even teams with one team on the outside of the square and the other teammates inside the square. Every player on the outside of the grid should have a ball. The players inside the square will be working.

### Instructions

The players inside the grid will move inside the square and check to any of the players along the outside of the grid and calling their name. The player on the outside plays a ball into the player who quickly returns the ball back to that player in one touch. Have the players work for 1 minute and switch inside and outside groups.

### Variations

- Players must have a touch with the inside of the foot before returning the ball to the outside player. Can also have the player make a touch with the outside of the foot before playing the ball back.
- Have the outside players pick the ball up in their hands and play balls into the inside players. The inside players can go through the following skills: Inside foot volley, top of the foot volley, thigh volley, chest volley, headers, etc.
- Have the players work 30 seconds at a comfortable speed, and 30 seconds at full speed

### Coaching Points

- Focus on good solid passes and a good controlled first touch.

### Focus

- Passing
- Receiving/Turning
- Warm-up



## No 13. 1 on 1 Football Progression

This 1 on 1 progression will focus on required dribbling skills, body feints, and the required burst of speed to beat a defender.

### Setup

Create a grid approximately 15X25. The end-lines will serve as goals to begin.

### Instructions

Have the attacker start at their end-line with the defender directly in front of the ball and attacker. Instruct the defender to not move until after the attacker has touched the ball.

The attacker should use body feints in order to off balance the defender, then push the ball past the standing defender with a burst of speed. The defender should attempt to not let the attacker reach the other end-line. A point is awarded for each time the attacker reaches the end-line. After each attempt to beat the defender the attacker and defender should change roles so each player gets a chance to even the score.

### Variations

- In the same 15X25 grid, unrestricted the defender and continue to play 1v1 to the end-line.
- Next, add a small pugg goal at each end-line and have the players play to the small goal. If you don't have a pugg goal, create a goal with cones, flags or training sticks.

### Coaching Points

- Use body feints to off-balance the defender.
- Have a quick burst of speed to quickly beat the defender
- Attempt to quickly exploit the space behind the defender

### Focus

- Dribbling
- Attacking
- Warm-up



## No 14. Crossing/Finishing Drill

This crossing and finishing drill focuses on attacking within the penalty box. This drill mainly focuses on crossing, shooting, and heading.

### Setup

You will have five lines across the field about 5 metres from the penalty area. Place your crossing players on the outside lines and your attacking central players in the middle three lines. Instruct the middle three lines to attack a certain area of the goal (i.e. back-post, near-post).

### Instructions

Have the first player in the crossing lines step out in front of the lines facing the crossers to become a passing player. The next player in the crossing line is the crosser. The crosser passes the ball to the passing player who plays the ball back to the crosser. The crosser now plays a ball past the passing player into the corner of the field and crosses into the middle players who should be running onto the cross. The crosser now becomes the passing player and play repeats. Alternate the crosses from right to left.

### Variations

- Play in 1-touch on every ball.
- Add defensive players in the middle of the field to create defensive pressure.
- Specify the requested finishing style (i.e. score on headers, volleys)
- Have the crossers drive the ball low.
- Have the crossers drive the ball in hard.

### Coaching Points

- Focus on proper body position from the crossing players assuring they are getting their hips facing the middle of the field.
- Make sure attackers are properly timing their runs and not getting in too quick or too slow.
- Finishers should be composed in front of the goal and look to redirect the ball past the keeper.

### Focus

- Passing
- Heading
- Crossing/Finishing
- Attacking
- Shooting
- Goalkeeping



## No 15. 2v1 Dribbling with Opposition

In this dribbling drill, since we put the players in a 2v1 situation this will help you emphasize whether or not the two attacking players should dribble or pass.

### Setup

Create a 30X15 metre grid, and split it in half with cones to make two adjacent grids touching on one side. Place two attackers on one side of the grid with the goal on the other touchline opposite the attackers. A single defender should be placed on the side of the middle line.

### Instructions

The first attacking player plays to the second attacking player. Once the pass is made, the defender becomes active and defends the attacking players. The defender is only allowed to defend in the 1st grid. Instruct the attacking players to take on the defender and attempt to score a goal. The attacker in control must decide whether he should pass or dribble.

### Variations

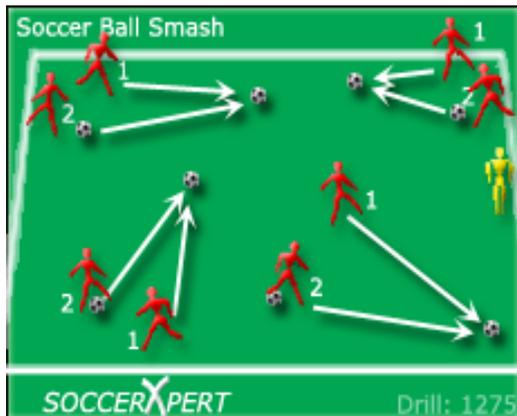
N/A

### Coaching Points

- Good choice to pass, dribble or shoot
- Close Control
- Change of Direction
- Change of pace

### Focus

- Dribbling
- Passing
- Attacking
- Shooting
- Goalkeeping



## No 16. Football Smash

This football drill will focus on the player who is just learning to pass, as this drill will focus on passing accuracy.

### Setup

Set up a large grid approximately 40X50 metres. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

### Instructions

Instruct player 1 to pass his ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponent's ball, they collect a point.

The first player to 5 wins that match.

### Variations

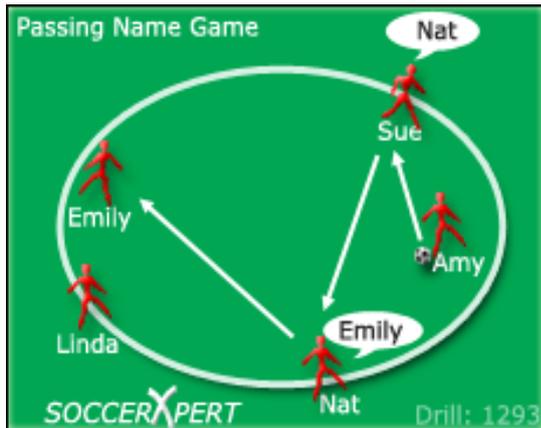
- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

### Coaching Points

- Make sure the players are striking the ball with the correct surface of the foot.
- make sure the weight of the pass is good
- watch the plant foot to make sure it is pointing to its target.

### Focus

- Passing
- Fun



## No 17. The Passing Name Game

The objective of this football drill is to help young players improve the speed of play by thinking a step-ahead of the play

### Setup

Form a circle with each of the players on your team. Only start with one ball.

### Instructions

To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.

This is designed to make the players think a step ahead of the play. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass.

Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time.

### Variations

- Create a grid and play the same game as above except players are free to move about the grid.
- Add a second ball.

### Coaching Points

- Remind players to be thinking ahead to determine who they want to pass to.
- Good First Touch
- Quality pass

### Focus

- Passing
- Receiving/Turning



## No 18. Shooting Warm up

This activity is a warm-up that deals with long range passing, accuracy, and finishing. It can also be used as a fitness exercise by manipulating the numbers.

### Setup

The exercise starts with dividing the team up into 3 teams – with 18 players it would be 3 teams of 6. Cones are placed at the top of the 18 and in each corner of the 18. Each player has a ball and they are responsible for that ball. The players must now number themselves off from 1 to 6 and must shoot in that order.

### Instructions

The first exercise is to hit the cross-bar. Each exercise lasts for 4 minutes or the first to hit the cross-bar 10 times. The players must shoot their ball and go get their ball, remember they are responsible for their ball and must shoot in the correct order. So, for example, if #1 shoots over the goal they must go get the ball and get back to line as soon as possible because if 2 through 6 have already gone the group must wait until #1 gets back and goes in order.

The teams can shoot as fast as they want just as long as they do not go out of order. So when a shot is taken, that player must quickly go get their ball and get back to be ready for their next opportunity.

After 4 minutes or 10 hits of the cross-bar the team with the most wins that exercise and they each team rotates. They will rotate through each shooting angle and the team with the most wins doesn't have to pay a penalty (push-ups, sit-ups, sprints, etc.).

The next exercise is the same as above but now the players must shoot the ball in the goal and the ball must hit the back of the net in the air. It can't bounce before it goes in the goal. Same 4 minute games or first to 10 goals. Remember the players still must go in order.

You can combine this exercise with the first one and just have them go through both before you determine a winner and payment for losing.

Con't

## Variations

You can do this same exercise a number of different ways:

- volley out of hands
- half-volley out of hands
- juggle 2 times and volley
- get creative and have fun
- can be done with all ages
- this is a good warm-up for the older age groups that have no problem hitting an 18 metre ball.
- for younger ages you may want them to take a touch or move the cones closer.
- you may have to warm-up the younger age groups first because it takes a little more for them to get the ball off the ground

## Coaching Points

None

## Focus

- Fitness
- Shooting



## No 19. Pressure/Cover Tactical Defending Game

The focus of this game is to teach players recognise the first defender (closest defender to the ball) and second defenders (player covering/supporting the first defender). The drill should also be geared towards teaching the players how to pressure the player with the ball and what is proper cover positioning.

### Setup

Set up a large grid approximately 60 X 40 metres with a goal on each end line with a keeper. Split the teams into 2 even teams

### Instructions

Instruct the players to shout "ONE" if they are the defender closest to the player with the ball.

The 2nd defender who is covering the space behind the first defender shouts "TWO" indicating they are the 2nd defender in cover position.

If a player fails to shout the appropriate number, the opposing team receives a free-kick.

### Variations

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### Coaching Points

- Help the players recognise when they are the 1st or 2nd defenders.

### Focus

- Defending



## No 20. Body Parts Warm – up Game

This football drill focuses on the younger player's dribbling skills and the ability to think quickly on their feet while holding the ball close.

### Setup

Create a grid about 15X15 metres. All the players should be inside the grid with a ball of their own.

### Instructions

The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, etc.

### Variations

None

### Coaching Points

- \* Encourage players to constantly move and zig - zag while dribbling.
- \* Keep Close possession.
- \* Head up to avoid collisions.

### Focus

- Dribbling
- FUN