

# *The BYSC Way to Train*

**Soccer Sessions for Competitive Players**  
Youth Ages 10+



90 SESSSIONS  
FOR TECHNICAL AND  
TACTICAL SKILL DEVELOPMENT

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## **PART I: DRIBBLING**

### **KEY FACTORS:**

- **SEE THE BALL, SEE THE PLAYER**
- **CHANGE OF SPEED AND DIRECTION / CLOSE CONTROL**
- **ATTACK THE PLAYER**

### **1. Free Dribbling**

Step-on, step-over, pull-back, scissor (Pele), double scissor, stop and go, chop, fake shot and pull back with instep or to the outside, inside/outside foot turn, 360° turn, 180° and reverse turn, toe turn, cross-over, back-heel, drag ball, fast feet, touches on top.

### **2. Centre Cone Dribbling**

Lines of players are positioned 20 yards apart with first player in each line dribbling to the center cone, and performing a given turn (eg. step-over) and going back to starting line.

Lines of players are positioned 20 yards apart, with first player in each line dribbling to the centre cone, and performing a move or deke (eg. scissors) and going to the opposite line.

### **3. Scattered Cones**

Scattered cones are placed in a 30 x 30 grid. Each player has a ball and dribbles from cone to cone, changing direction each time. Several balls are removed from players. Each player in possession of a ball leaves their ball at a cone for a teammate to collect. Progression: Each player with a ball, dribbling from cone to cone. The coach removes one cone at a time and blows his or her whistle. The last player to dribble to a cone is out until there is only one cone remaining.

### **4. 2 vs. 2 Grid Turns**

Four players in square grid with 2 players with balls at diagonals dribbling to one side and back performing set turns AND 2 defenders at diagonals running back and forth.

### **5. Shadow Dribbling**

Circle of players; inside players in pairs P<sub>1</sub> dribbles while P<sub>2</sub> shadows – ball passed to outside player who then shadows P<sub>2</sub>.

### **6. Frozen Tag**

Two teams in a 20 x 20 grid. One team carries balls and tries to avoid being tagged by second team who must dribble ball. If a player is tagged, he or she can be unfrozen by teammates who must head their ball.

### **7. Soccer Bag 1 vs. 1**

Players are in pairs with one partner placing their soccer bag anywhere on the field of play. Given one minute, each player tries to score as many goals as possible by dribbling around their opponent and hitting the bag for a goal. Players change partners until each player has played every teammate.

### **8. Beating a Defender in Three's**

Three players are positioned in a line, each ten yards apart, with two players on the outside with a ball each. The player in middle receives a pass from one side, and performs a Coerver dribbling move to beat the defender (passive). The defender then receives pass from other side and dribbles past that player. Drill can be done with one ball, if the player in the middle starts with the ball.

### **9. Dribbling Chase**

Player dribbles through cones and leaves ball for player at opposite end and continues sprinting 5 yards, turning and sprinting to original line trying to chase player who is now dribbling.

### **10. Turn at Middle**

Four players are positioned at the corners of a square grid with a cone in the middle. Each player performing turns at corners (eg. outside foot, instep, step-on, toe-turn), and pull-backs at the middle cone.

### **11. Dribbling Course**

All players are positioned in a line at a designated starting point. Players are to dribble through a course that includes a variety of cones, running with their ball, and a shot to finish. Repeat course.

### **12. Kevin Grant's Shadow Dribbling**

20 x 20 grid with pairs of players positioned on the inside and outside of the grid facing each other. The players on the outside dribble between two cones 5 yards apart, attempting to lose the jockeying defender on inside, with feints and quick dribbling techniques. Rotate players around entire grid.

### **13. Cone Races**

Teams of players dribbling through cones or in shuttles (variations of feet, circle around cone, followed by shot).

## **PART II: PASSING AND CONTROL**

### **KEY FACTORS:**

#### **PASSING**

- **ACCURACY/EYE ON THE BALL**
- **PACE/TIMING/WEIGHT**
- **PART OF FOOT AND BALL**

#### **RECEIVING THE BALL**

- **BODY BEHIND THE BALL**
- **1<sup>ST</sup> TOUCH (DECISION)**
- **EYE ON THE BALL – HEAD UP**

### **14. Line Passing**

Players, ten yards apart and facing each other, form into 2-4 lines of equal number. Sequence of passing includes: pass & follow, pass & check back, give & goes, takeovers, long-short-short-long.

### **15. Four Player-Return Pass**

Two outside players pass to 2 middle players back-to-back who pass ball back and exchange places. Players can use head, chest or thigh and pass back.

### **16. Sequential Passing**

Six to eight players, each numbered beginning at one, in a 15 x 15 grid bordered by a cone at each corner. Player # 1, with a ball, passes to player # 2, and so forth in a sequential order. Players must constantly move and must be facing the ball to receive.

### **17. Channel Runs/Free Flow**

All players are positioned in a 30 x 30 area bordered by a cone at each corner. Five players with a ball in possession dribble, while teammates come to the ball for a pass AND either make a return pass or turn and dribble into space.

### **18. Circle Passing**

Ten players, each with a ball, form a large circle. Five teammates standing in the middle of the circle receive pass from the players on the outside. The inner players make a return pass or turn. Add defenders for more difficulty. Progression: Only half of the players on the outside have a ball. The inner players receive a pass, and then play it to someone outside the circle without a ball.

### **19. Circle Passing with Combination Play**

Ten players, each with a ball, form a large circle. The remaining players are positioned in the centre of the circle, and perform 1-2 passes, l-s-s-l, chips, etc. in combination with players on the outside of the circle.

## **20. Kevin Grant's Diagonal Passing**

Cones placed diagonally in two lines, ten yards apart. Players are positioned at each cone with a line of players at the first cone. The first player in line passes and runs around player who stops ball. Player who stops ball must sprint 3x to near cone... back... near cone, moving up one spot in rotation (2 balls used).

## **21. Jimmy Cannovan's Passing**

Two lines of cones ten yards apart are separated by cones in the middle that are staggered to allow three yards on each side. Players are at outside cones facing each other. One side of the cones, players begin with ball and pass to other side. This player then rotates one spot to the right.

## **22. TFC Hexagon Passing**

Players are lined up two to three players at each point in a hexagon-shaped grid. Players pass from point to point around the grid, with two balls used, and follow their pass. Players pass around the hexagon to the right and then to the left. Progression: player passes to the next point, receives a pass back and then passes to the second point of the hexagon.

## **23. Passing The Everton Way**

Lines of three players are positioned ten yards apart. Play begins with a line of several players and first player in line passing ball to middle player who turns and passes to the other end. Players follow their pass. Various turns are performed in the middle. All players are permitted two-touches. Progression: similar to the TFC Hexagon Passing, players in the middle lay a pass back for a longer set up pass to the far side. Players follow their passes.

## **24. 3 vs. 1 Passing**

Four players are positioned in a 10 x 10 area bordered by a cone at each corner. Three attacking players are positioned at any of the corners of a square grid, with one defender inside the grid. The objective is to pass the ball along the outside of the grid from cone to cone, with one defender trying to intercept a pass. Variation: three players inside the grid passing the ball to keep possession.

## **25. Soccer Tennis**

Two teams of 3 or 4 players divided in each half of a 10 x 10 grid. One defender moves to other side and tries to intercept a pass. Team with possession is required to make 4 passes and play ball to other side.

## **26. 5 vs. 2 Grid Passing**

Seven players are positioned in a 15 x 15 area bordered by a cone at each corner. There are five attacking players and two defending players inside the grid who try to keep the ball away from the defenders. (Count consecutive passes before steal, player giving ball away goes in middle).

## **27. Shoot-the-Gap**

Three teams are divided in three areas of a grid. The grid is separated by a small section of cones (4m) in the middle, that one team occupies. The other two teams are on both sides of the “net”. Play begins with the coach passing a ball into one of the groups on the outside. The objective for the team is to make three passes before playing the ball over to the other side, while one defender from the middle team tries to intercept the ball. If successful, a new defender enters the opposite side of the grid, and once again, tries to intercept a pass from the second team’s players. Game continues as such. If the pass is intercepted or passed out-of-bounds, teams exchange places. Thus, the team losing possession is required to go into the middle of the grid, and defend. The game ends with the first team to score five points, with points rewarded for each successful pass to the other side of the “net”.

## **28. Three-Colour Keep-Away (2 Teams vs. 1 Team)**

Three teams equally divided in a 30 x 30 area bordered by a cone at each corner. Two teams try to keep possession of the ball. If the third team intercepts, they trade places with the team who lost possession, and play continues with two new teams in possession.

## **29. Windows Possession Game**

The game is played in a 30 x 30 grid bordered by a cone at each corner. There are two teams with players on both the inside & outside of the grid. The field players inside the grid play keep-away against each other, but are able to use teammates on the outside “windows” with wall passes to keep possession. The object of the game is to complete as many consecutive passes as possible. One point is scored for each 10 consecutive passes. “Window” players are limited to one- or two-touches and cannot enter the grid or interfere with any field players.

## **30. Open Windows Possession Game**

Two teams with players only on the inside of a 30 x 30 grid bordered by a cone at each corner and small goals or “open windows” in the middle of each side of the grid. Two or three common attacking players are also included. Each team tries to score by dribbling through an open window, and keeping possession.

## **31. Multiple Goals**

Two teams of an equal number of players are positioned in a 40 x 40 area bordered by a cone at each corner. Five small goals are randomly positioned within the area. A player on one team has a ball. The object of the game is for the player with the ball to pass it through a goal and have it received by a teammate. A point is scored each time this occurs. The team without the ball attempts to gain possession.

## **32. Ruben Flores Possession Passing**

Two teams of three or four in grid (25x40) with player at each end for both teams. Player from team that plays pass to end of grid, exchanges place with static player, and starts possession in opposite direction.

### **33. Dynamic Keep-Away**

Two 10 x 10 grids, 5 yards apart, are bordered by a cone at each corner. Ten players are grouped into five pairs (15 players/five groups of three). Two pairs are in each grid and one pair is in the area between the grids. One player in each grid has a ball. Play starts with the pair in the area between the grids moving into one of the grids. If 6 consecutive passes are completed by the two pairs of teams, the defending pair sprint to the opposite grid, where the pairs of players have started passing the ball. If the defending pair steal the ball or force it out-of-bounds, then the player to last touch the ball and his or her partner become defenders and sprint to the opposite grid.

### **34. Two Grid Possession Game**

The game is played in an area 20 yards wide by 40 yards long, which is divided in half forming adjacent 10-by-10-yard grids. There are two teams of eight players each. Each team has its own possession grid. One team, with a ball, is positioned within its possession grid. Four players from the other team are also within this grid, and the other four players are in their own grid. The team in possession of the ball (unlimited and progressing to 2-touch) tries to maintain possession of the ball in its grid while the four opponents try to gain possession of the ball. If the opponents gain possession, they are to pass or dribble the ball to their grid where their four teammates are waiting. Four players from the team that lost possession must sprint to the other grid and defend until they regain possession and get the ball back to their grid. Play is continuous with a 8 v 4 possession game.

### **35. Real Madrid: Superiority/Inferiority**

The game is played in a 30 x 30 grid bordered by a cone at each corner. There are two teams inside the grid in a 6 v 8 formation. The team of 6 also has 4 players, with one positioned on the outside of each side of the grid. The 8 players attempt to keep possession. When the team of 6 wins possession, they try to keep the ball but are able to use their 4 teammates on the outside of the grid. Progression: player passing to teammate on the outside, switch positions.

### **36. Real Madrid: Three Bands Plus Three Keepers**

The game is played in a 30 x 30 grid bordered by a cone at each corner. The grid is divided into 3 equal "bands" or zones. There are two teams of 7 v 7 + neutral, and one goalkeeper in each "band". Each team is to maintain possession and play a high ball to any keeper in a different "band" than the one they are positioned in. If the ball cannot be caught, the keeper must play with his or her feet and play to the same team. If the keeper catches the ball, a point is awarded, and he or she must play outside of his or her "band" to a teammate on the same team. Keepers are to move around in their "band".

## **PART III: SHOOTING**

### SHOOTING - KEY FACTORS:

- ACCURACY BEFORE POWER
- EYES ON THE BALL/HEAD STEADY
- USE YOUR LACES/CENTER OF BALL
- NON-SHOOTING FOOT BESIDE BALL
- KNEE AND BODY OVER BALL
- FOLLOW THROUGH – LEAVE FEET

### TIPS BOX

- Follow shot for rebounds
- Bad angle, shoot across goal
- Low, corners

### **37. Line Shooting**

Wall Pass/Step-On and Shoot: Player in line passes to server who gives left or right pass for shot on goal, or stops ball and moves to left or right for shot on goal.

Turn and Shoot: Player in line passes ball to striker outside 18 yard box who turns and has shot on goal (add a defender).

Volley Shooting (service from behind): Line of players with second player in line tossing ball over the head of the first player for a volley (server from the side).

1 v 1: Server strikes ball at different paces for the two players, 30 yards from goal, to compete for a chance on goal.

Race and Shoot: Two lines with front players racing around square grid, competing for through ball and chance on goal.

Keeper + 2: Two lines of players (shooters and retrievers). Shooting line begin outside restraining arc in single file. Coach standing in restraining arc with multiple balls lays off a pass for shot on goal. Goalkeeper has two defending players from opposing team inside each post to help make saves. Shooting team has two minutes to score as many goals as possible. Teams change positions.

### **38. Around-the-Goal Shooting**

Two teams: 1) retrieve and set-up, and 2) shoot; players lined up with balls set up just outside 18 yard line for shot, and team running around goal if shot misses net.

### **39. Three-Line Shooting**

Three lines of players and a goalkeeper are required. The first line of players is just outside of the 18 yard line facing the middle of the goal. The first player in line has a short touch and shot at goal. At the same time, a second player positioned on the left side, at a difficult angle will zig-zag through four cones and shoot at goal. The first player will make a run back and proceed to the far post. The second player will proceed to the front post. Both players will attempt to score on a cross that comes from the right wing. The crosser will be required to dribble with speed for a distance of about 15m before crossing their ball.

### **40. Criss-Cross Shooting**

Two lines of players 12 yards from the goal must criss-cross and receive crossed ball for a first-time strike at the goal.

#### **41. Two-Ball Finishing**

A line of players is positioned in the centre of the goal outside the restraining arc. A sequence of pass/lay-off/ shot is performed. Second line of players to one side dribble through cones and shoot. A rebound permitted on second shot.

#### **42. King Louis: Shooting as a Skill**

The game is played with two goals using penalty box for width and 30 yards in length. Two teams of 5 players are positioned in each half of the grid. Play is started with the goalkeeper who serves balls into his or her teammates. The players must shoot from their own half. Progression: add a "sniffer" in each half that defends for his or her team and tries to score from any rebounds allowed by the goalkeeper. Teams of players are now permitted to pass among each other in order to get an effective shot on goal

#### **43. Team Break-Away Shooting (Timed)**

Two teams of player with 1 team getting as many break-aways as it can in a set time from about 25 yards, with next player in line going as soon as save made or ball passes goal line.

#### **44. Tony Morley Shooting**

Two teams of players lined up on both sides of the posts. Shooting team runs around cone (18 yards from the goal) and receives pass from coach for shot on goal. Other team runs around cone (6 yards from the goal) and goes in net to make save. Teams rotate. Players shoot with both right and left foot.

#### **45. URI Shooting**

Two teams of players with half of each team at one post and the other half diagonally opposite outside the penalty box. Teams alternate shots. First team has player pass the ball from the post and teammate takes shot. The shooter rushes to the goal as the opposing team passes and shoots. The passer moves to the shooting line.

#### **46. Circle to Shoot**

Two teams: one team lines up behind the goal and shoots first; the other team spreads out behind the end line and around the penalty area and serve as retrievers. A server is just outside the penalty area with multiple balls. A cone is placed five yards beyond the feeder. The team behind the goal begins running, in a large circle from one goalpost, around the cone, and back behind the opposite goalpost. After passing the cone, each shooter receives a pass from the feeder and takes a first-time shot on goal. Progressions include a circle run in the opposite direction or lofted passes from the feeder.

#### **47. BOK Wars: Penalty Box Shooting**

The object of the game is for attackers to score and defenders to clear balls out of the penalty area. Two or three strikers are positioned inside the penalty box versus four defenders. As well, two attackers are on both sides of the restraining arc and two more outside either sideline. A coach or server inside the restraining arc starts play by passing the ball to one of the attackers.

#### **48. JAIL**

Two teams lined up outside penalty area with first player in one line receiving a pass and allowed 2 touches to shoot, and a second pass with 1 touch to shoot. If player scores 0 goals – jail (behind the goal); 1 goal – back of line; 2 goals – back of line and one teammate out of jail).

## **PART IV: HEADING**

### **KEY FACTORS:**

- **EYES ON THE BALL**
- **USE YOUR FOREHEAD**
- **MOUTH CLOSED**
- **ATTACK THE BALL**
- **ONE-FOOT TAKE-OFF**
- **MEET THE BALL AT HIGHEST POINT**
- **HIGH & WIDE (DEFENDING), LOW/DIRECTION (ATTACKING)**

### **49. Paired Heading**

In pairs, with the objective being that the players try to keep the ball up in the air. Progression: 2-touch heading.

### **50. Line Heading**

Two lines heading ball back and forth, go to back of line.

### **51. Target Player Heading**

Circle, with target player in middle required to head ball around circle from each player and back to middle each time.

### **52. Heading Wars**

Players form into 1 v 1 in small goals, tossing the ball to opponent who tries to head it in the goal.

### **53. Throw-Head Catch Game**

Two teams, players required to score by heading the ball into goal with a sequence of throw-head-catch to move the ball into scoring position.

## **PART V: CROSSING**

### **54. Alternate Side Crossing**

Crosses from left and right with pass initiated from the middle and two players running in opposite direction of the pass, short and far post for chance on goal (outside player checks in, give and go; checks in, overlap).

### **55. Diagonal Run Crossing**

Midfield player passes ball to wide player and makes a quick diagonal run behind defender who approaches wide player. Midfield player receives return pass down the line for a cross towards the goal.

### **56. Multiple Option Crossing**

Play initiated from midfielder who plays ball wide and follows with an overlap. The winger plays ball into the nearer of two strikers who returns it wide to the overlapping runner. Both strikers and wingers attack the goal for a cross (Add defenders).

### **57. Two-Direction Crossing**

Wingers at diagonals (both sides) – two attackers make channel runs to the winger who plays the ball to the further player who plays a short support ball to the second player. This player makes a long pass to the winger who crosses the ball towards the goal for both attackers making runs back towards the goal. (both goals at same time/long ball switched to opposite wing).

### **58. Five vs. Five Plus Crossers**

A functional game is played with the 18 yard box extended out 40 yards long with a second goal. Inside the grid, two teams play 5 vs. 5. One player is lined up on the outside of the grid on both sides to cross balls. The object of the game is to improve flank play and score off crossed balls. The wing players are neutral and play with the team in possession.

## **PART VI: ATTACKING AND TRANSITION**

### **KEY FACTORS:**

- **ANGLE OF SUPPORT (FRONT & BEHIND BALL)**
- **NEAR, FAR & WIDE**
- **COMMUNICATION/EYE CONTACT**
- **SUPPORT MAN, SUPPORT THE BALL**

### **Additional Principles (Valencia FC)**

- **To be in the line a pass**
- **Different passing lines w.r.t. teammate**
- **If there's no pressure, don't pass**
- **Don't get close to teammate if passing**
- **Back foot control**

### **59. One vs. One Plus Two**

Grid with player at each end; attacker vs. defender in the inside, with attacker trying to receive pass and turn to play ball to other side or return pass to feeder who can try to play ball to other side.

### **60. Team Attack and Defend**

The game is played in one-half with a goal at the midpoint of the end line. Play begins with one or two servers at each side (or center) passing the ball to the attacking team. A team of defenders has a few less players. The objective for the attackers is to score or for the defenders to clear the ball to the other side of the grid.

### **61. Dutch 4 vs. 4**

Two goals, central area of 4 v 4 with one player from each team by each goal; players pass trying to attack outside of central grid and take shot on goal – player on same team by the goal then replaces shooter and starts play with a new ball entering the central area and attacking the opposite side.

### **62. 4 vs. 4 + 4**

Two teams of 4 players are positioned within a 30 x 30 area bordered by a cone at each corner. Goalkeepers are used for each team. Each team attempts to score on the opponent's keeper, and is able to use 4 common or neutral players on the outside of the grid.

### **63. Four Goals**

Two teams of equal players are positioned within a 40 x 40 area bordered by a cone at each corner. There are four small goals located at the midpoint of each sideline. A player on one team has a ball. The object of the game is to score by passing the ball to a teammate through any of the four goals. Variations include 2-touch play or a consecutive number of passes are required before scoring.

### **64. Billy Miller Cone Game**

The game is played by two equal teams in one-half with tall cones placed along the touch lines of each side of the field. Teams play from touch line to touch line. One team begins with the ball and tries to keep possession of the ball and knock over a cone on the opponent's touch line. If successful, the team that knocks over the cone, removes it from the opponent's end line and adds it to their line of cones. The team that has all cones on their end line wins.

## **65. Diagonal Goals Switching Game**

The game is played in a 30 x 40 grid bordered by a cone at each corner. There are four goals, with 2 teams defending goals at diagonals. The objective is to keep possession and pass through the diagonal cones. Points are awarded for switching the play (a short pass to set up a long pass) and scoring.

## **66. Real Madrid: Keeping the Ball – Possession or Scoring**

The game is played in a 40 x 40 grid bordered by a cone at each corner. There are three goals with one located at the midpoint of an end line and the other two at diagonals of the opposite side. There are two teams of 7 v 7 plus one neutral player. One team of 7 players plus the neutral player, and the keepers, try to maintain possession. They are restricted to 2-touch. The opposing team of seven players has to try to win possession and score immediately. They have unlimited touches and regain possession if they score. Roles are switched after five minutes.

## **67. Two-Hand Touch Rugby**

Two teams of equal number are positioned within each team's half. The players may use only their hands or heads. The game begins with a jump ball toss. The team that gains possession tries to move on goal by the player with the ball running with it or passing it to teammates. The defenders try to tackle the player with the ball by touching that player with two hands. When this occurs, the coach signals play to stop. The player who made the tackle is given the ball and allowed a free pass to a teammate to restart play. Scoring may occur only when one player passes to a teammate who heads the ball into the goal. The team with the most goals wins.

## **68. Soccer Rugby**

Two teams with objective to cross other team's goal line while in possession of the ball. Use half field width-wise.

## **69. 8 vs. 4 with Two Goals**

The game is played with two goals with keepers in a 40x30 grid. Group A is limited to two touch and Group B has unlimited touches. Both teams attempt to score on the other team's goal.

## **70. Winner-Stays-On: 3 vs. 3**

The game is played in 30 x 30 area bordered by a cone at each corner. A goal is at the midpoint of opposite end lines. Each team consists of three field players and one keeper. Extra groups of three players are located behind the end line on opposite sides of their goal. A player on one team has a ball. The game starts with a pass from the player with the ball to a teammate. The teams play 3 v 3 until a goal is scored. When this occurs, the defending team leaves the area and a new group enters the area and immediately attacks the other goal. A group stays on until they are scored upon. Balls going over the sideline are put back into play with a throw-in. Field players are encouraged to shoot the ball at first opportunity. The team with the most goals wins.

### **71. Hot Box: 2 vs. 3 in Two Directions**

The game is played in a grid the size of two penalty areas, with a second goal at the midpoint of the end line opposite the goal. The width of the grid is extended along the outside of the penalty area. Two teams of players (3 defending, 2 attacking) are situated in each penalty area. Play begins with one team's keeper passing ball to a teammate in defensive end. Attackers may take shots on goal at any time. Modifications: Permit defenders to shoot, permit defenders to move into the attacking zone, add opposed wingers on both sides of grid, reduce length of grid to one penalty area.

### **72. 7 vs. 4 in Penalty Area**

Group A has seven players and Group B has only four players. Group A tries to maintain possession in penalty area. If Group B wins the ball, they try to score as quickly as possible, while Group A tries to recover the ball.

### **73. 5 vs. 5 Plus Neutral**

The game is played in a 30x40 grid with two goals. Each team attacks and defends. There are two neutral players for both teams when in attack. There is an emphasis by the coach on quick transition.

### **74. Half Court: Even Numbers**

The game is played by two equal teams in one-half with a goal at the midpoint of the end line. The team in possession attacks the goal and tries to score on a keeper. The defenders attempt to gain possession of the ball and pass the ball out through one of two small goals at midfield (or dribble the ball through one of the small goals). When a defending team scores, it becomes the attacking team, and the former attacking team goes on defense.

### **75. Half Court: 7 vs. 5**

The game is played in one-half with a goal at the midpoint of the end line. The team in possession, 7 v 5, attacks the goal and tries to score on a keeper. The defenders attempt to gain possession of the ball and pass the ball up to one of their two teammates who are standing in the middle circle. When successful, this defending team becomes the attacking team with the two extra players, and the former attacking team goes on defense. Two of their players are to sprint to the middle circle so that a 7 v 5 game is always played.

### **76. Evan Pellerud's Attack and Defend**

Two strikers face the goal. A ball is thrown from the goal towards one of the strikers, who is to attempt a shot as quick as possible. Defenders at each goal post are to defend as soon as the throw is made. If a goal is scored, a new ball is thrown out. If a defender is able to intercept the striker's shot, he or she starts the attack with a pass to a wide player. If the goalkeeper saves the ball, he or she immediately throws the ball to a wide player. This wide player and the wide player on the far side, play 2v1, and try to score on goalkeeper in the far goal. Progressions include second defender, and midfielders, with all players able to start the attack after original shot is taken.

## **77. Zonal Attacking**

Three zones of players – defensive zone has one extra defender; middle zone has equal amount of players and attacking zone has one fewer attacker. Play begins with keeper and must move through all zones in order for shot on goal. Progressions: can skip middle zone, can shoot from middle zone, players can move up one zone.

## **78. Zone Times Three**

54 x 50 area is divided into three zones of 18 x 50. The middle zone is a neutral zone. There are three teams of 4 players in each zone and a goalkeeper at the midpoint of each end of the area. Team 2 in the neutral zone begins play by moving into Zone 1 and attempting to score against Team 1. If Team 1 gains possession of the ball, they may carry it into the neutral zone, and move into Zone 3 and attempt to score. Play is continuous until a goal is scored. The team scoring restarts play from the neutral zone toward the opposite goal. Variations: increase/decrease the number of players, limit play to 2-touch.

## **79. Target Attack**

The game is played in one half of a soccer field with a goal at the midpoint of each ends. There are two teams of 6 players and keepers. Each team has four defenders and two forwards on each half of the playing area. The players are restricted to their half of the playing area. The goalkeeper on one team begins play with a pass to one of the four defenders, who play possession against the opposing forwards, until they can make a penetrating pass to one of their forwards in the other half of the playing area. The two forwards play 2 v 2 and attempt to score. If a goal is scored or the ball goes over the end line, play begins in the opposite direction with the two extra defenders joining and looking to make a penetrating pass to their two forwards who will play 2 v 2. Progressions: limited touches, certain number of passes required before attacking, lay off pass required from striker, extra defender can join attackers.

## **80. Quick Play – A Game of Transition**

The game is played in an area that is half-field in length and the width of the penalty area, bordered by a cone at each corner. Arcs of cones are located at the midpoint of the end line and half-field line for the goalkeepers. A 7 v 7 game starts. The object of the game is for the team in possession of the ball to pass it in the air to the opposite goalkeeper while the team without the ball defends. A point is scored each time the ball is passed in the air to the goalkeeper. Once the goal is scored, the goalkeeper immediately restarts play with a free pass to a player on the team that did not score. The emphasis is on immediate transition play, with attackers moving quickly and making early passes.

## **81. Shadow Play**

Goalkeeper and field players take regular positions in a starting line-up. A shot is taken at the goalie, followed by he or she throwing the ball out to defender and moved up the field to midfielders and finally to the forwards for a shot on goal. A variety of sequences should occur.

## **PART VII: DEFENDING AND TRANSITION**

### **KEY FACTORS:**

- **GOAL SIDE - GET IN THE LINE OF THE OPPONENT/BALL AND THE GOAL**
- **SEE THE BALL**
- **BE FIRST TO THE BALL**
- **SPEED & ANGLE OF APPROACH - CLOSE DOWN OPPONENT QUICKLY TO 2 YARDS, ANGLED APPROACH & JOCKEY TO SIDELINE**
- **PREVENT FORWARD PLAY**
- **PLAY OPPONENT TO WEAK FOOT**
- **EYE ON BALL**

### **82. Individual Defending**

Three players are positioned in a 15 x 30 grid. From one end line, a server passes the ball out to an attacking player. Defender moves toward attacker and jockeys before attempting a tackle, trying to prevent attacker from dribbling to a small goal where the server is positioned. Progression: 1 v 2 by adding a second defender for support.

### **83. 2 vs. 2**

Four players are positioned in a 15 x 30 grid. Two attacking players attempt to dribble and pass to each other and score in a small goal at the end line of the grid. If the defenders win possession of the ball they are to dribble the ball to the far end line. The emphasis is on individual defending and support.

### **84. Pressure Defending**

Two players are positioned in the centre of two small goals 20 yards apart. The attacking player with a ball faces the defender and attempts to score on either goal. If the defender wins possession of the ball, they switch roles.

### **85. Spot Tackling**

In pairs, the defender passes the ball to an attacking player, who tries to dribble to a certain marker.

### **86. Defend Your Own Goal**

A number of teams are formed. Three balls are used. Each team has one goal to defend, and attacks all other opponent's goals. The objective is to score on each goal before the other teams.

### **87. Tracking and Marking Game**

The game is played in one-half with a goal at the midpoint of the end line. Two teams are formed to play 6 v 6. Players from one team are coached as defenders. Defenders are to mark tight 1 v 1, when not in possession of the ball. Attacking players attempt to keep possession of the ball and score in the goal.

### **88. Man-to-Man and Free**

The game is played in an area that is half-field in length and the width of the penalty area, bordered by a cone at each corner. Each team has players in 1 v 1 plus one player who is free. No teammates can defend someone else's partner if beaten except the free player. The free player only has two-touch when in possession.

### **89. Shoot and Defend**

Two teams, 3 v 3 plus goalkeepers are positioned in a 40 x 30 grid. One goalkeeper starts the game with a pass to a teammate. If a shot on goal is taken, the team that allows the shot is replaced by the resting three players, who immediately attack the other team. If a defending team gains possession of the ball, they immediately counterattack. The only way a team is replaced is by giving up a shot on goal. Variations: teams change only when a goal is scored or teams change (attacking team goes off) when a shot is wide of the goal.

### **90. Pressing Game**

The game is played in an area 50 yards long by 44 yards wide, bordered by a cone at each corner. A goal is at the midpoint of each end line. A 7 v 7 game with goalkeepers starts. A neutral player can be included to play for the team in possession. When a team scores, it can play only possession ball and cannot score again until the opposing team has scored. When the team behind scores a goal, the game returns to normal 7 v 7 play, with both teams attempting to score. The team that is one goal ahead at the end of a pre-determined time is the winner.

## I. GOALKEEPING

### BALL WORK

#	DESCRIPTION
1	Goalkeeper makes body circles with the ball, figure 8's between legs (eyes on the ball).
2	Two's, back-to-back handing ball between legs & overhead, or side-to-side.
3	Goalkeeper makes two-handed bounce through legs and turns to catch the ball.
4	Goalkeeper bounces ball in semi-circle or straight down with a hard bounce and soft catch.
5	Lying on back, keeper throws ball in air, gets up onto feet and tries to catch the ball.
6	Two's, one goalkeeper in V sitting position catching a tossed ball stretching from side to side.

### FOOTWORK

#	DESCRIPTION
1	Goalkeeper takes short steps (shuffles) in & out of cones, then backpedals to the starting point.
2	Goalkeeper hops over cones moving forward, backward, and side-to-side.
3	Goalkeeper moving forward reaches down to touch cones that are staggered out.
4	Goalkeeper sprints forward and backward alternately to staggered cones.
5	Goalkeepers in a line, arms-length apart, reacting to verbal commands such as left, right, forward, back, dive, high ball).
6	Dodge-ball: goalkeepers forming a circle, with a few on the inside trying to avoid being hit below the waist by a throw, but allowed to catch any ball.

### OTHER

#	DESCRIPTION
1	Goal kicks and kicks from hands.
2	Target practice: roll out and overhand throw to designated areas.
3	Goalkeeper playing ball passed back from teammates.

## GOALKEEPING

### SHOT STOPPING

#### Ready position:

- **Balls of feet**
- **Body forward**
- **Palms out**
- **Head steady**
- **Eyes on ball.**

#	DESCRIPTION
1	Goalkeepers in pairs demonstrate techniques for: ground shots (straight-leg or kneeling); waist high shots (elbows in); shoulder high shots (thumbs in W-shape).
2	Two's facing each other with one ball thrown low and the other goalkeeper's ball thrown high.
3	Two goalkeepers throw, kick or drop-kick ball back and forth from 5-10 yards.
4	Two ball throwback, server tosses ball to the left and right of goalie, while at the same time goalkeeper is tossing a second ball back.
5	Circle of keepers who drop-kick or throw balls at each other for saves.
6	Shot taken, and upon saving ball, goalie turns back to server and throws ball through legs back to server and then turns quickly to face next shot.
7	<b>Triangle drill:</b> Players surrounding 3 goals for shots at goalie who must move from goal to goal to goal upon command of shooter.
8	<b>Rapid Fire:</b> Balls lined up just outside the 18 yard line for players to shoot (1 touch and shot) from left to right.
9	<b>All-Save:</b> 5 lines of shooters: 1) high lobbing shot, 2) low shot at post, 3) hard shot at chest, 4) cross from right corner, 5) cross from left corner.
10	<b>2 v 2:</b> Goalkeeper and shooting partner restricted to own half trying to score in opposing goal.
11	<b>Surprise Game:</b> 3 or 4 players in front of goalie who pass ball back and forth and occasionally shoot ball at goal.
12	<b>Reaction drill:</b> Goalkeeper facing the goal turns at the shout of "ball" where server shoots or throws ball for goalie to save.

#### SHOT STOPPING - KEY FACTORS:

- B – Body behind the ball**
- E – Eyes on the ball**
- A – Attack the ball**
- D – Decision**

## GOALKEEPING

### DEALING WITH CROSS AND THROUGH BALLS

#	DESCRIPTION
1	Goalkeeper while jogging throws the ball high in the air, takes off from one foot and catches the ball at its highest point.
2	Two's facing each other catching a ball while jogging forward, backward and side-to-side.
3	Two's facing each other with partner throwing ball into air for goalkeeper to move forward and catch ball (ball played to the side or behind keeper).
4	Two's facing each other, throwing their own ball high in the air and exchanging positions to catch the other's ball.
5	Sitting position, goalie gets up, back-pedals for ball tossed high to the left, right, or middle, and must either catch or knock the ball over the bar.
6	Server kicks balls at various heights toward the goalkeeper.
7	Ball rolled to goalie who comes out scoops and returns it to server who chips ball over back-pedaling goalie who catches or punches ball away from goal.
8	Servers by the goal tossing the ball for attackers to head at the goal.
9	High and low cross balls are directed from servers for goalie to catch or punch, with or without attacker in front of the goal.
10	<b>Goalkeeper vs Attackers:</b> (a defender can be added), with crosses for headers or shots on goal – Players: goal (5 points), cross behind goal (-2 points); Goalie: catch from cross (2 points), punch from cross or save from shot (1 point).
11	Two's facing each other on opposite sides of a goal consisting of 2 balls, with goalkeeper reacting to movement of partner and each trying to get to a ball first.
12	Server plays ball to one side, follows it and attempts to kick it past the goalkeeper who must decide whether to go for the ball or stay ready for a shot.
13	Server sends ball for attacker to left or right to run onto and shoot with keeper moving forward to field the ball.
14	Attacker attempts to dribble past the keeper who tries to get the server to make the first move.
15	Break-away where player attempts to dribble or shoot past the goalie.

### DEALING WITH CROSS AND THROUGH BALLS - KEY FACTORS:

#### “EAR” METHOD

- E – EARLY CALL
- A – AUTHORITATIVE CALL
- R – RESPECTED BY DEFENDERS

## GOALKEEPING

### DIVING

#	DESCRIPTION
1	Static Diving, goalie in kneeling, crouching or standing position dives at a stationary ball (short toss) to the left and right.
2	Standing with ball held behind head, goalkeeper drops ball and turns quickly to dive on ball.
3	Two's facing each other (facing same direction) with a ball rolled between the legs of one goalkeeper who turns quickly and dives on the ball.
4	Server makes short passes on ground to the left or right of goalie who makes quick dives.
5	Server 5 yards away from goalie tossing ball to left or right for goalie to dive and catch, or tip away.
6	<b>Triangle diving:</b> Two servers with a short toss (shoulder height) from one corner to the next on a triangle goal for goalie to dive & catch or tip.
7	<b>Numbers:</b> Goalkeepers in a line behind one another with designated number (order in line), must make save if number called or dive out of the way otherwise.
8	Lying on side at one post, goalie gets up, shuffles and scoops up the ball or dives to the other post for a ball served in.
9	Goalie back-pedals 10 yards from the goal & moves to a side for a catch or dive of tossed ball.
10	Short steps in & out of cones, goalkeeper dives on ball 5 yards to left and 5 yards to right, then back-pedals to the first cone.
11	<b>Punching Wars:</b> Pairs, 5 yards apart in small goals trying to score on one another by punching the ball.
12	Forward Diving, goalie dives forward to a moving ball straight at him or her.

## II. SET-PLAYS

#	DESCRIPTION
1	Kick-offs.
2	Free kicks, attacking & defending.
3	Corner kicks, attacking & defending.
4	Throw-ins, (down the line flick, channel & return pass to thrower, run to ball then turn & go, one come & one go, fake throw & go, throw to goalie).
5	Goal kicks, attacking & defending.
6	Penalty kicks.

### III. FITNESS

DRILL	DESCRIPTION
1. <b>Line Running</b>	Two lines, with players doing various movements: up/down, left/right kick, switch lines, sprint, turn and reverse, circle turn, back player weaving in and out to the front, back player sprinting to the front.
2. <b>Interval Running</b>	Sprint to cones/coach at various intervals and jog or walk back.
3. <b>Shuttle Runs (Teams)</b>	First player runs and places balls at cones with next player picking them up.
4. <b>Sprint-Jog</b>	Rectangular grid; sprint 1 jog 3, sprint 2 jog 2, sprint 3 jog 1, sprint 4 jog 4. Repeat.
5. <b>Last Player Sprinting</b>	Players lined across sprinting from one side of grid to the other, with last player required to sprint back to other side.
6. <b>Half &amp; Half Running</b>	Half of team sprints around half the field, as other half of team (same starting point) walks or jogs across middle line AND then sprints around the other half of the field while the first team walks or jogs.
7. <b>Corner Sprinting</b>	Four corners of grid with front player sprinting to back of next line.
8. <b>Virginia Tech Killer Circuit</b>	Start at midline and dribble around the field twice sprinting the straight-aways and jogging the ends. Then do 5 push-ups (p) and 5 sit-ups (s). Start at midline with ball and pass it on the ground to try and get it as close to the end line as you can. Sprint to the ball (if it did not reach the end line you must kick it until it does). Then dribble back to midline at speed. 5 p and 5 s. Start at midline juggle using only knees to end line, and every time ball drops, do 2 p and continue. Dribble back at speed. 5 p and 5 s. Juggle using only feet... Dribble back at speed. 5 p and 5 s. Dribble to end line using quick touches on every step. Dribble back at speed. 5 p and 5 s. Pull ball backward to end line... forward with bottom of feet... sideways dragging the ball. Last thing – do 3 sprints (length of the field) and jog back.
9. <b>Figure 8 Running</b>	Pairs at each corner, sprinting around 2 corners of the figure 8, and next pair starting once it is approached.
10. <b>Attacker &amp; Defender</b>	Twenty yards, attacker tries to get from one side of grid to the other before defender who has cones two yard nearer.
11. <b>Resistance Running</b>	Running up a hill.

Add: running sessions from Sunday evenings.

**IMPORTANT:**

- WARM-UP & COOL-DOWN INCLUDES STRETCHING EXERCISES.