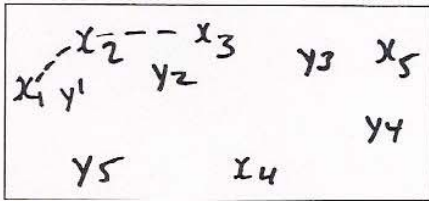


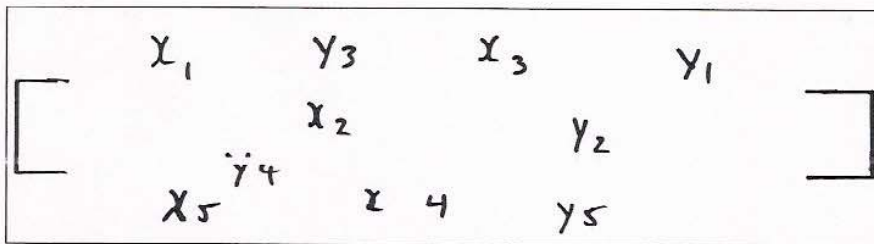
Positional Play, Movement, Teamwork

Throw- head - catch



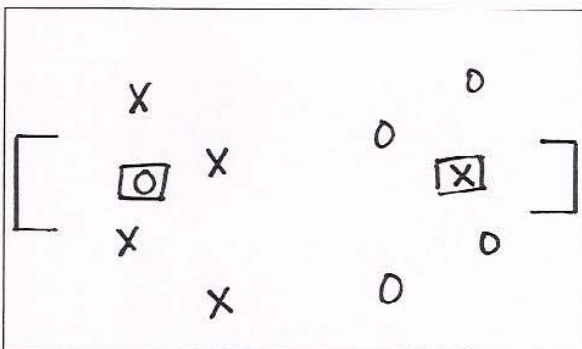
Ball is thrown from x1 to x2, who must head to teammate who catches it, then looks to other x players to throw to, who must head to another x, who can catch it. Two steps maximum with ball in hand. "y" can intercept throws or heads. Score only with head

(teamwork, communication)



5 v 5 , goals are only scored when 10 passes in a row are completed or a header into the goal.

(teamwork, communication, movement)

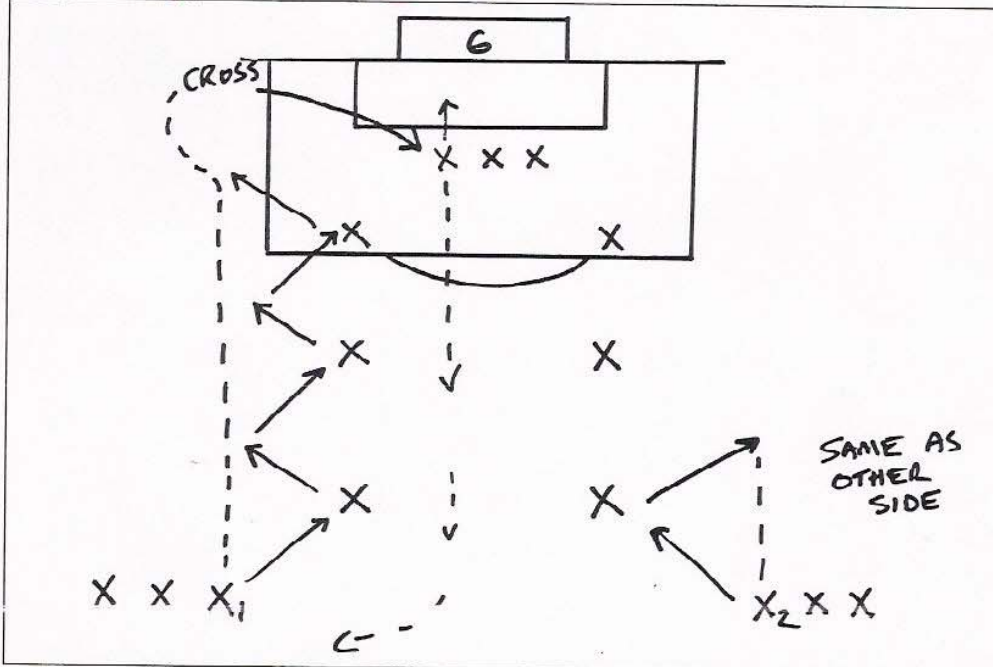


4 v 4 two touch. Players only allowed two touches on the ball. Option of one player each team had unlimited touch.

(teamwork, communication, movement)

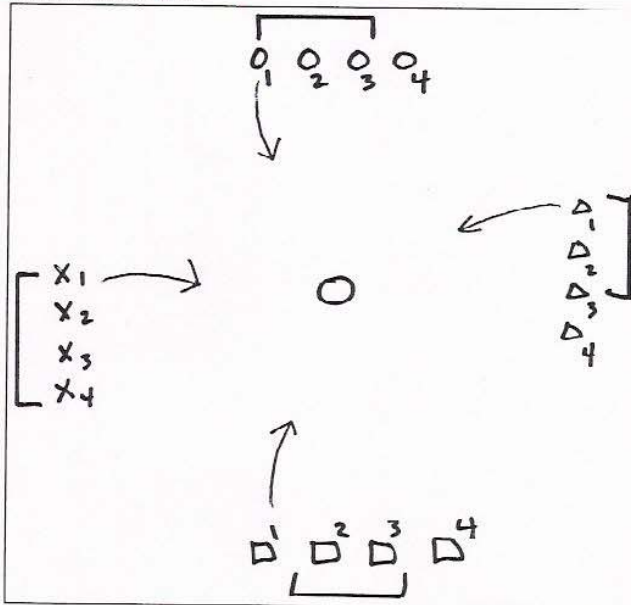
Always allow for some practice time for free soccer. That is NO coaching interference. Let the kids just play, no off-side, no tactics, just let the kids play.

Crosses/Overlaps

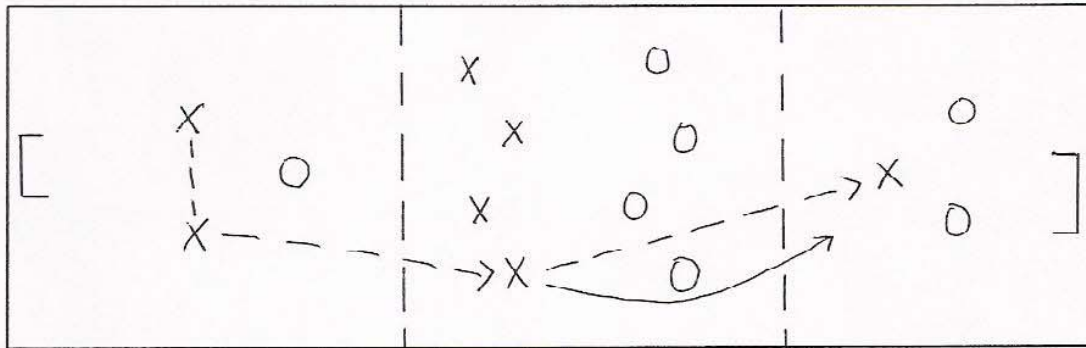


x1, x2 start play, give and go all the way down the field. Cross at end to middle group, finish with a strike. Whoever shoots runs up the middle and joins back of line. (quality passes, crosses, finishing, fitness) rotate players so they all are at different stations.

Numbers Game



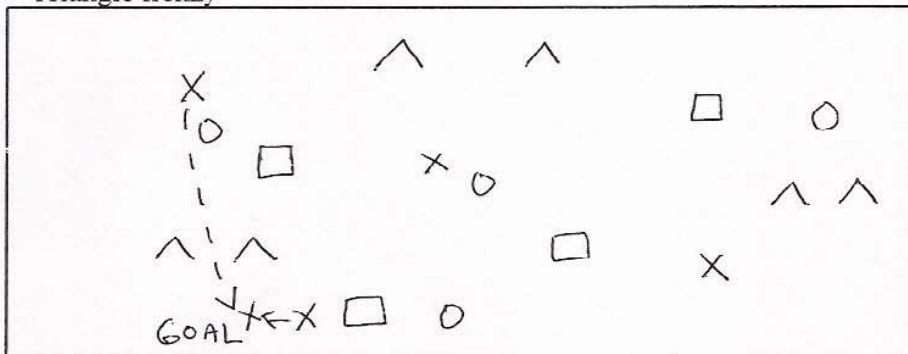
Coach calls out a number, player with that number from each of the groups goes after ball in the middle. That number from each group tries to score on any of the nets. Players who are not called are goalies. Can call more than one number. Focus on shooting dribbling, control, vision.



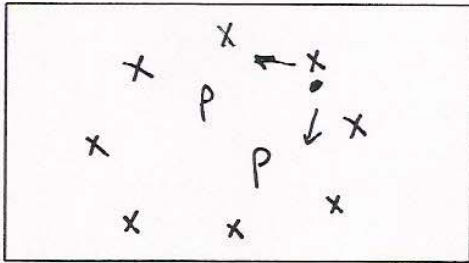
Midfield motion

Each team plays ball out of back. Two v one. Once ball is played into midfield, becomes 4 v 4 or 5 v 5. From midfield ball is played into attacking third. The player who plays it in joins the attack creating a 2 v 2 and attempt to finish with a shot on target. Rotate players around so they play all the spots. Focus on communication, teamwork, movement, quality passes, quality shots.

Triangle frenzy

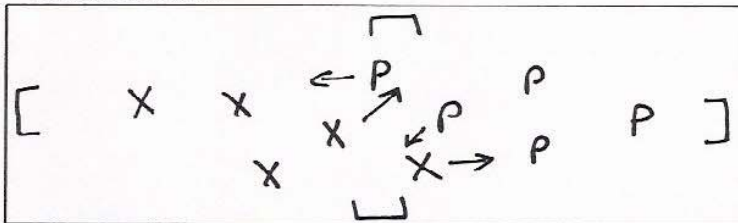


Three or four teams compete to score in any goal. To score a goal player must pass ball through cones but ball must be received on other end by player from same team. Space the nets out between 15 - 20 yards each. Focus on communication, vision, movement off the ball.



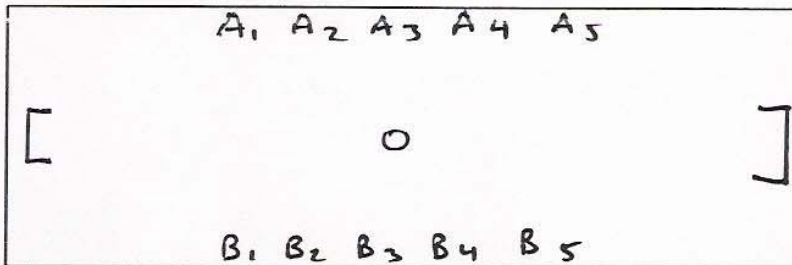
Keep away. Drill is simple. Players on the outside keep passing ball among themselves while players in the middle try to intercept. Limit touches on the outside to two or if advanced one. Focus on communication, vision.

Double Trouble



Play with four nets but only two teams. Players are to defend two of the four goals. Focus on communication, switching the area of focus, head up to look for opportunities.

Numbers (with 2 goals)



With two nets teams are lined along outside of field. Coach calls numbers out and those players play against each other. Could start with one v one up to 5 v 5. Focus on teamwork, communication, quality shooting on target.