

30 DRILLS

WITH VARIANTS TO HELP YOUR PLAYERS PROGRESS.

A close-up photograph of a soccer player's lower body and legs in black shorts with a white Nike swoosh, in a dynamic pose on a green field.

SOCCER DRILLS

A photograph of a soccer ball with a white, black, and green pattern on a green grass field. To the left of the ball is an orange training cone. A player's blue and red cleated shoe is visible on the right side of the frame.

ALL AGE GROUPS

CYRIL VANLERBERGHE

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With over 25 years of experience in soccer coaching, I have worked with players across all age groups. Currently, I am an educator in Switzerland, having previously served as a professional coach in France and the United States, where I spent four years and achieved a national championship title. My expertise lies in youth development and training, where I am passionate about nurturing the next generation of players.

Outside of my work on the soccer field, I dedicate significant time to developing educational resources for soccer coaches, including:

- Developed Soccer-Trainer: a software that allows you to create soccer training sessions and programs - www.soccer-trainer.com
Soccer-Trainer is recognized by the French Football Federation (FFF) and is available in 6 languages.
- Wrote : **Soccer - 360 exercises and games for all - U6 to Adults** available at Amphora Editions
- Creator of the **CoachiFoot app**, which allows coaches to design their soccer training sessions directly on their smartphones (more information on the last page).

Discover **COACHIFOOT PRO** :

- 13 eBooks
 - **630 drills**
 - Hundreds of variations
 - 630 **animated exercises**
 - For all age categories and all levels
 - Comprehensive training programs
- => a total of 200 full training sessions

More information on Coachifoot PRO:

www.coachifoot.com/ebooks

Various drills and games

Several themes and work objectives are addressed, including ball control, passing and getting open.

This book offers 30 different exercises and games, some for the youngest categories and others adapted to experienced teams. This Ebook introduces you to the themes that will be discussed in greater depth in the collection of ebooks that are already available or in preparation.

View these 32 exercises in animated format:


www.coachifoot.com/anim-dr/



Legend

Name of the exercise Age category for which the exercise is adapted* Minimum number of players required

4 VS 1 KEEP-AWAY

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------|------|---|---------|----------|---------------|
| 1 | U11+ |  | 5 | 12 | Balls, Discs. |
| THEME : GETTING OPEN | | | | | |

Difficulty level from 1 to 5

Recommended duration

Required equipment

* **U11+** means can be adapted for all age groups from U11 and above (U13 - U15 - etc.)
Coaches must adapt exercises below to the age category and the level of the team



Ball



Bar



Hoop



Disc



Cone



Agility pole



Player



Mini goal



Goal



Passing/Shooting



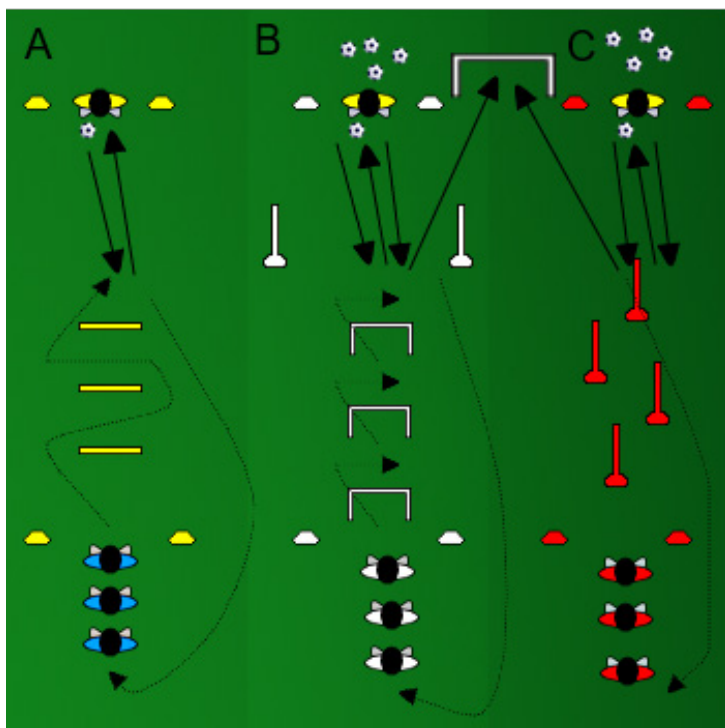
Dribbling



Running without a ball

COORDINATION AND SUPPORT - RETURN PASS

| EXERCISE 1 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|--------------------|-----|------------|---------|----------|---|
| | U9+ | | 6 | 12 | Balls, discs, crossbar, poles, hurdles, mini-goals. |
| THEME : WARMING UP | | | | | |



OBJECTIVES

- Coordination
- Support work
- One touch ball passing
- Support and return pass

EXPLANATIONS

Divide the players into 4 groups.
3 coordination stations followed by technical training and support-return pass.
The yellow players have the ball.
The yellows start as support passers.
Blue, white and red return to their respective lines after each round.
Switch roles every 2 minutes.


INSTRUCTIONS

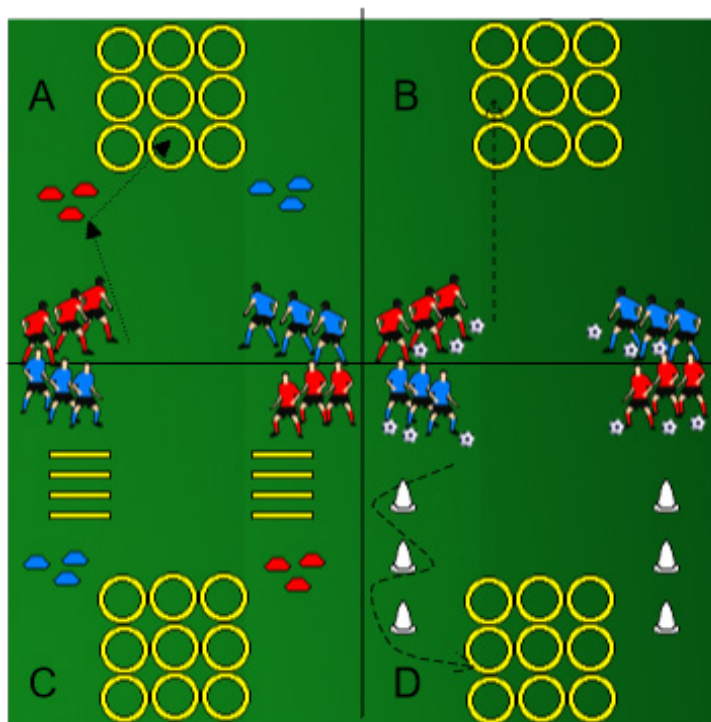
- A : Blue side steps between the slats and then returns the pass to Yellow in one touch
- B : White jumps over the hurdles with his feet joined, passes to Yellow in one touch and then scores in the mini-goal in one touch
- C : Red crosses the forest, passes to Yellow in one touch and then scores in one touch

VARIATIONS

- Switch stations

TIC-TAC-TOE

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|--------------------|-----|---|---------|----------|---|
| 2 | U9+ |  | 6 | 15 | Balls, discs, hoops, crossbars, cones, bibs (2 colors). |
| THEME : WARMING UP | | | | | |



OBJECTIVES

- Speed
- Coordination
- Dribbling
- Thought process
- Competition

EXPLANATIONS

Here are several variations of the soccer version of the tic-tac-toe game. Make teams of 3 or 4 players.

One after the other, the players of each team will place a pinny in a hoop.

The first team to line up 3 bibs wins.

When all the players have passed and no one has won, you can move one pinny at a time.

INSTRUCTIONS

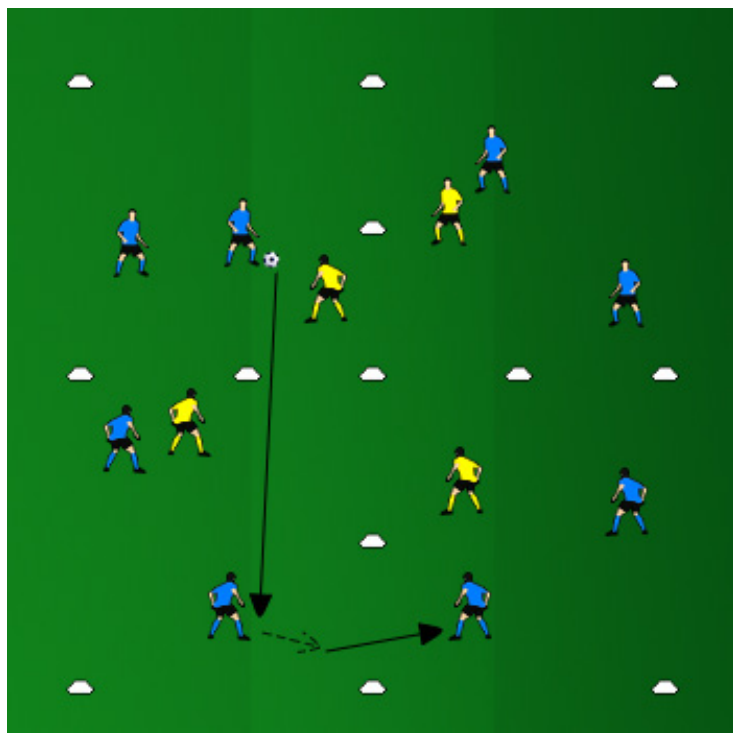
- Many possible variants
- Vary the coordination stations
- Add challenges to the ball control: only use weak foot, add obstacles, etc.

VARIATIONS

- A: Place 3 bibs for each team next to the grid. Run to place a bib
- B: one ball per player. Dribble the ball to place it in one of the hoops
- C: same as A but do a little coordination work before placing a bib
- D: same as B but do a small slalom before placing the ball

8 VERSUS 4 GAME

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------------|------|------------|---------|----------|--------------------------------|
| 3 | U13+ | ⚽⚽⚽ | 12 | 15 | Balls, discs, bibs (2 colors). |
| THEME : CREATING SPACE | | | | | |



OBJECTIVES

- Emphasizing the importance of helping the ball carrier
- Maintaining good team position to minimize the risk of an interception
- Managing distances: neither too far nor too close from the ball carrier
- Creating space for yourself
- Create space for the ball carrier or other partner

EXPLANATIONS

Surface area of 30x30 yards divided in 4 15x15 yards areas.

Two attackers and 1 defender per area.

8 blues try to maintain possession of the ball against 4 yellows who try to get the ball back and keep it.

Change role regularly.

INSTRUCTIONS

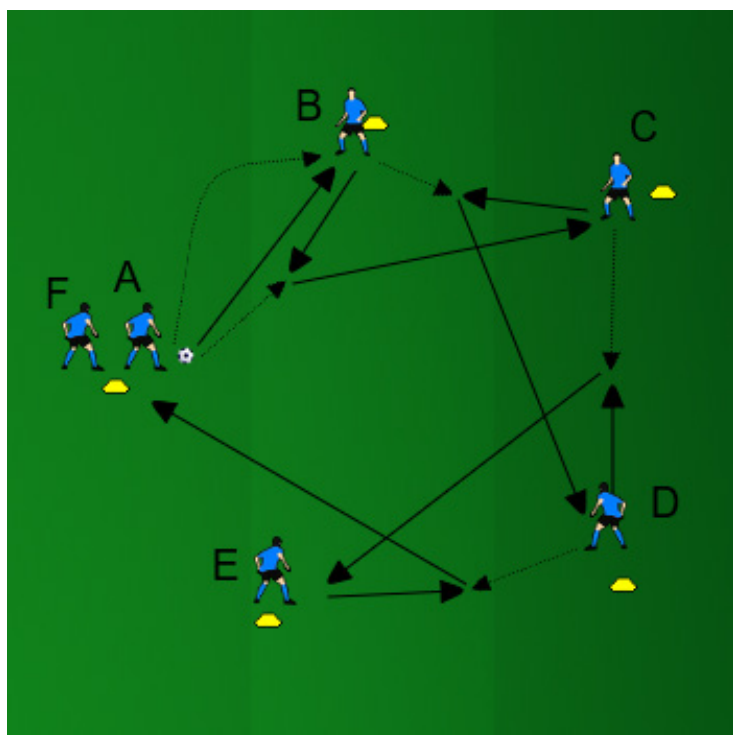
- Players must stay in their respective area
- Count number of passes in a row without losing the ball
- Offer solutions to the ball carrier

VARIATIONS

- Players have the possibility to change area however there should always be 2 attackers and 1 defender (when a player comes into an area then another player must go out right away)
- Limit number of touches

SUPPORT-RETURN PASS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------------|------|------------|---------|----------|---------------|
| 4 | U13+ | ⚽⚽⚽ | 6 | 12 | Balls, Discs. |
| THEME : ONE-TOUCH PLAY | | | | | |



OBJECTIVES

- One-touch pass
- Quality of the passes (soft touch + accuracy)
- Save time
- Support and return pass

EXPLANATIONS

Groups of 6 players. 1 ball per group.
 A passes to B who returns it on a single touch.
 A passes to C who returns it to B on a single touch.
 B passes to D who returns it to C.
 After passing to C, A goes to B. After passing to D, B goes to C. Etc.

INSTRUCTIONS

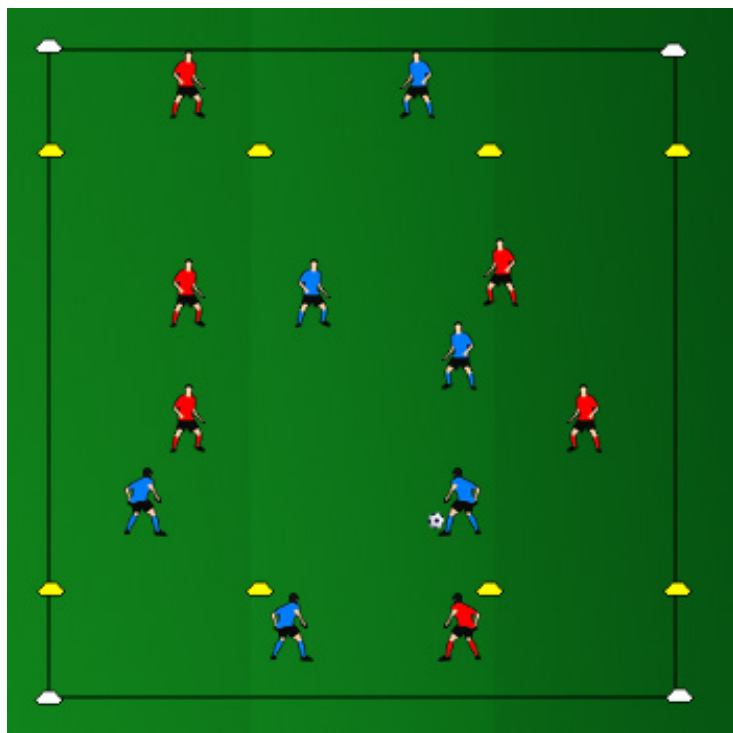
- Distance between players: 7-8m
- Be on your toes
- Attack the ball
- All passes should be played in a single touch

VARIATIONS

- Change the direction of the rotation
- Double the return passes: A passes to B who passes it back; A passes to B who returns it to A who finally passes to C
- If there are 8 players then add a second ball

4 VERSUS 4 GAME + TARGET PLAYERS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------------|------|------------|---------|----------|--------------------------------|
| 5 | U13+ | | 12 | 15 | Balls, discs, bibs (2 colors). |
| THEME : DIRECTION OF PLAY | | | | | |



OBJECTIVES

- Use support players. Practice direction of play:
 - always try to pass forward (with offensive support)
 - play sideways if a forward option isn't available
 - if there are still no solutions, do not hesitate to play backward
- The ball carrier must always have defensive support
- Look for the opportunity to outnumber your opponents when redirecting the play

EXPLANATIONS

Surface area of 35x20 yards with two 3 yards areas on both sides.

Two target players (1 per team) stand in each area.

Play 4 vs 4 in the middle. A team scores 1 point when it manages to pass the ball from one side to the other without losing it.

INSTRUCTIONS

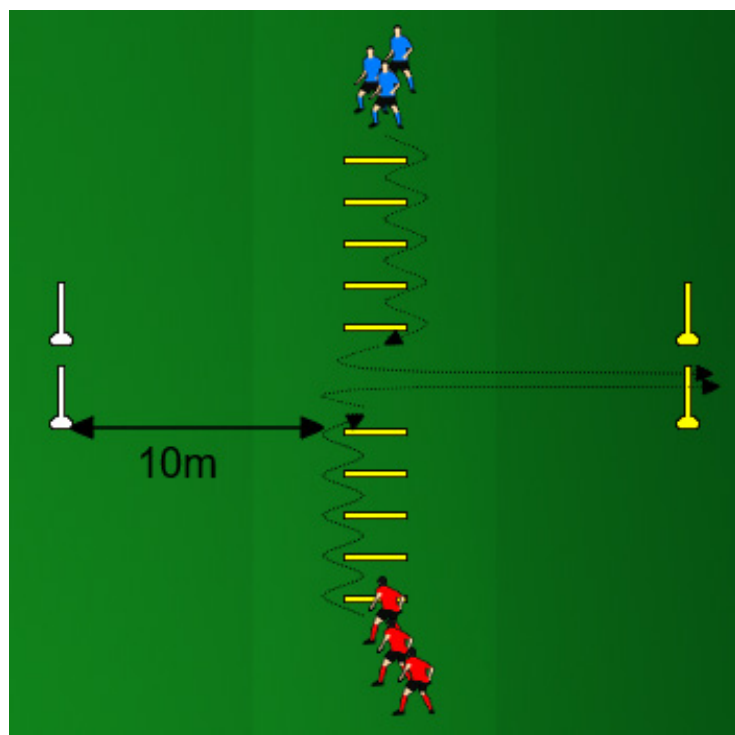
- Target players have to stay in their respective areas
- A target player who manages to control the ball can not be attacked anymore (the target player from the other team can only defend before he receives the ball)
- A target player who receives the ball plays back to his team then becomes a support player

VARIATIONS

- Possibility for target players to defend on each other even after receiving the ball
- When a player passes to a target player he switches position with him

COORDINATION WORK + SPRINT

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|--------------------------------|-----|------------|---------|----------|--------------|
| 6 | U7+ | | 6 | 12 | Bars, poles. |
| THEME : SPEED AND COORDINATION | | | | | |



OBJECTIVES

- Balance control
- Reactivity
- Speed
- Coordination
- Faking

EXPLANATIONS

Form 2 teams. Place the bars 50cm apart. When the coach whistles, blue and red start and make 2 steps between each bar. The coach announces a color just before they reach the last bar: blue or red. The player of the announced color chooses which door the 2 players should sprint to.

INSTRUCTIONS

- Before sprinting towards one of the doors the player must make a body fake
- Exercise fluidity: fast sequence between the passage of the bars, the fake and the sprint
- The next players start at coach's whistle

VARIATIONS

- 1 step between each bar
- 2 lateral steps between each bar: the players face each other (to the left of the image)
- If the called player decides to go to the white door then the other player must sprint to the yellow one

1 VS 1 DUELO WITH 4 DOORS

| EXERCISE 7 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------|-----|------------|---------|----------|----------------------|
| | U7+ | | 8 | 20 | Balls, discs, cones. |
| THEME: 1 VS 1 | | | | | |



OBJECTIVES

- Do fakes and tricks
- Pretend to dribble in a direction but go in another one
- Unbalance the opponent
- Speed and change of pace
- Do not make your move too late

EXPLANATIONS

15x15 yards area with 4 doors of different colors (2m).

When the coach passes to the Red attacker, Blue enters the area to defend.

To score, Red tries to beat Blue by dribbling through one of the 4 doors. White door = 1 point; red = 2 points; yellow = 3 points; blue = 4 points.


INSTRUCTIONS

- Switch roles every 4 minutes. Do several rounds
- 1 point per goal scored
- Use dribbling technique and speed to beat the opponent

VARIATIONS

- Shoot into the goal to score (to lower the difficulty level)

DRIBBLING, PASSING AND RETURN PASS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------------|------|---|---------|----------|---------------------|
| 8 | U11+ |  | 10 | 12 | Balls, discs, bibs. |
| THEME : FUNDAMENTAL SKILLS | | | | | |



OBJECTIVES

- Dribbling
- Pass
- Support and return pass
- First touch

EXPLANATIONS

Surface area of 20x20m. 4 blues without balls in the middle of each side.

6 reds each have a ball and dribble it into the field.

The drill evolves according to the instructions given by the coach.

Change roles.

INSTRUCTIONS

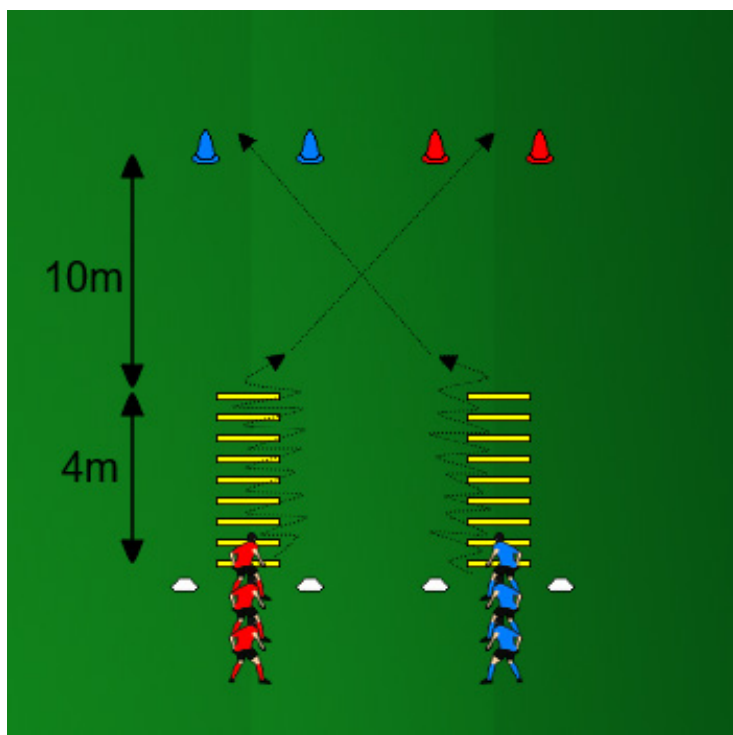
- Dribble the ball forward, leave it to a blue and take his place
- Dribble the ball forward, pass it to a blue and take his place
- Play as support passer with a blue and continue dribbling the ball forward
- Play a screen with a blue coming to meet him, leave him the ball and take his place

VARIATIONS

- Other instructions
- Perform an action at the coach's whistle
- Other: red makes his move when a blue player is available

FOOTWORK + SPRINT DUEL

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|--------------------------------|-----|------------|---------|----------|---------------------|
| 9 | U7+ | | 6 | 10 | Bars, discs, cones. |
| THEME : COORDINATION AND SPEED | | | | | |



OBJECTIVES

- Foot work
- Coordination
- Speed
- Reaction speed

EXPLANATIONS

Form 2 identical courses. The bars are 50cm apart from each other.
Foot work drills for 4 yards then sprint diagonally towards the opposite door.
Start at the coach's signal, no relay.

INSTRUCTIONS

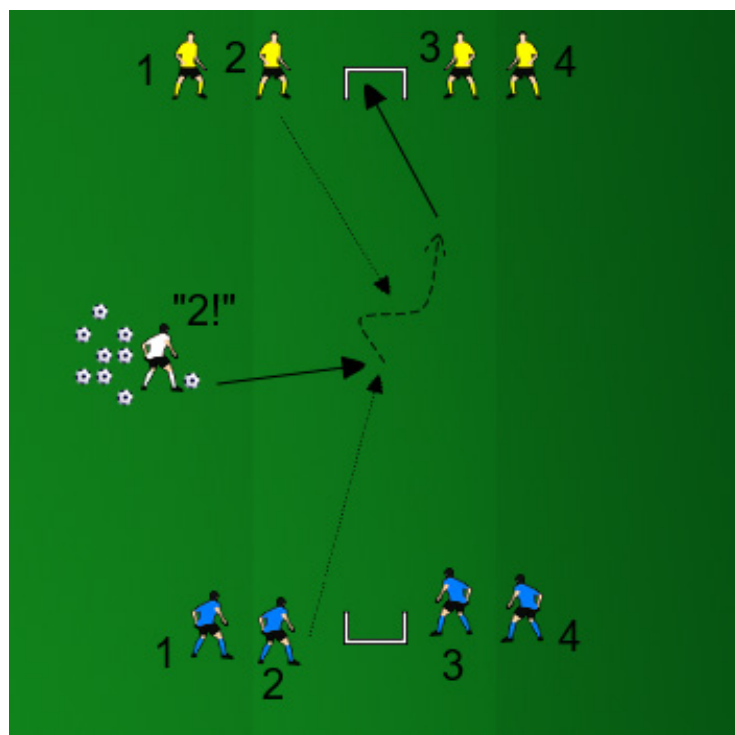
- Follow the coach's instructions
- 1 point to the team for each duel they win

VARIATIONS

- 1 step between the bars
- 2 steps between the bars
- Facing the opponent: 2 lateral steps between the bars
- Start in the following positions: sitting, squatting, lying, facing back, etc.

NUMBERS GAME

| EXERCISE 10 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------------|-----|------------|---------|----------|---------------------------------------|
| | U7+ | | 8 | 15 | Balls, bibs (2 colors), 2 mini-goals. |
| THEME: 1 VS 1 - 2 VS 2 | | | | | |



OBJECTIVES

- 1 vs 1
- 2 vs 2
- Pretend to dribble in a direction but go in another one
- Unbalance the opponent
- Speed and change of pace
- Do not make your move too late

EXPLANATIONS

20x15 yards area with 2 mini-goals. Form 2 teams.
 Give a number to each player on the teams.
 The coach calls a number and passes the ball in the middle.
 The 2 players whose number was called try to get to the ball first and play a 1 vs 1.

INSTRUCTIONS

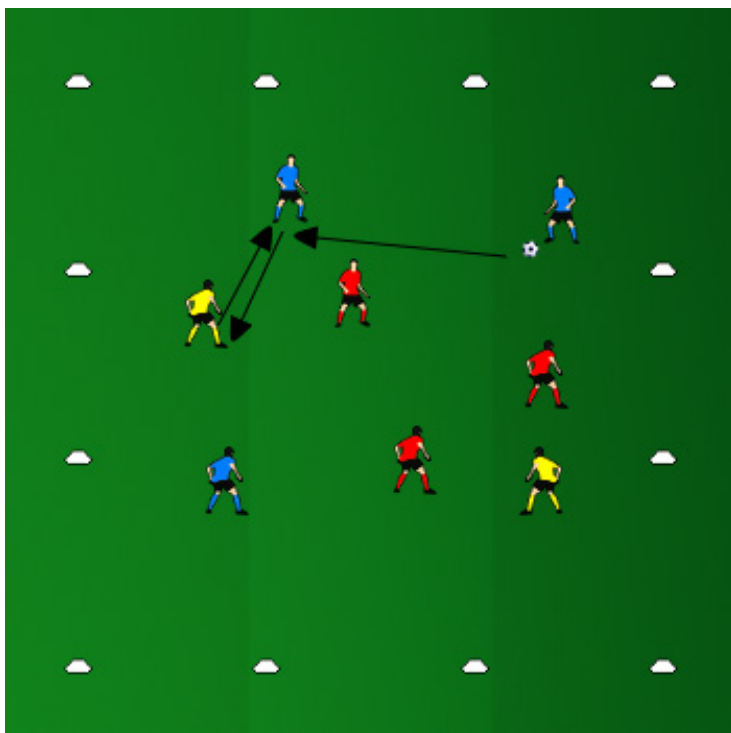
- When the sequence is over, everyone gets back into position again
- Encourage players to try different types of dribbles
- Unbalance the opponent and accelerate
- Shoot at the goal when the angle allows it

VARIATIONS

- Call a number then a second one to switch to a 2 vs 2 situation
- Call 2 numbers: one of the two players plays as the goal keeper

ONE-TOUCH BALL POSSESSION

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------|------|------------|---------|----------|--------------------------------|
| 11 | U13+ | ⚽⚽⚽⚽ | 8 | 10 | Balls, discs, bibs (2 colors). |
| THEME : WARM-UP GAME | | | | | |



OBJECTIVES

- Support the ball carrier
- Information gathering
- One touch play

EXPLANATIONS

Surface area of 20x20m. Two teams of 3 players + 2 jokers.

Players are limited to 1 ball touch. Make the most passes without losing possession of the ball.

The jokers always play with the team in possession of the ball.

INSTRUCTIONS

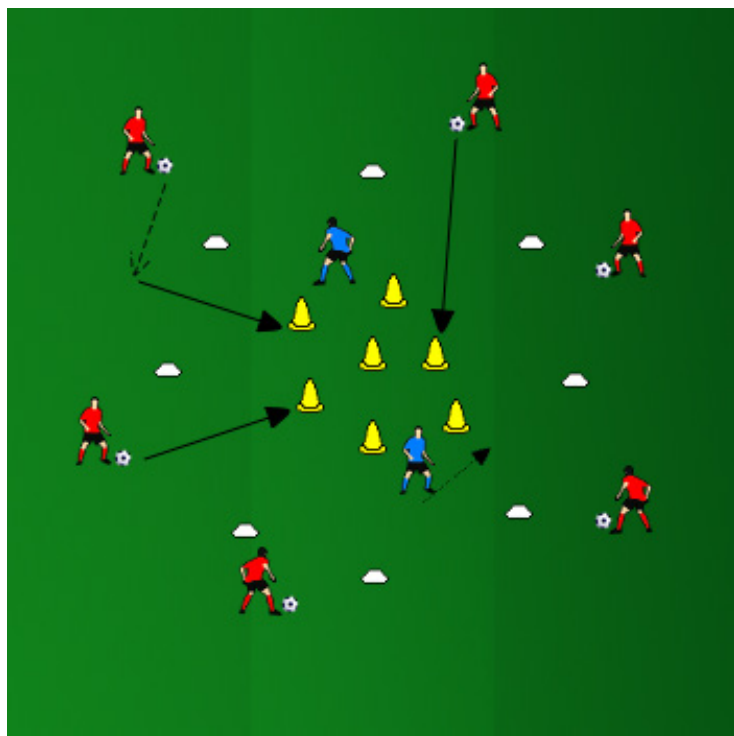
- Always be in motion to offer solutions
- Focus on quality passes
- Gather information

VARIATIONS

- Pass to a joker = 1 point, pass between partners = 2 points
- Add 2 mini-goals: try to score in one of the 2 goals after 6 consecutive passes

SHOOTING GAME

| EXERCISE 12 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------|--------|------------|---------|----------|---------------------------------------|
| | U7-U13 | | 8 | 12 | Balls, discs, cones, bibs (2 colors). |
| THEME : SHOOTING | | | | | |



OBJECTIVES

- Shooting stopped ball
- Shooting a ball in motion
- Aiming and reaching a target

EXPLANATIONS

Set up an 8 yards diameter circle.
Place cones in the middle of the circle.
Two blue players try to protect the cones while
6 red players try to knock them down. 1 point
per knocked down cone.

INSTRUCTIONS

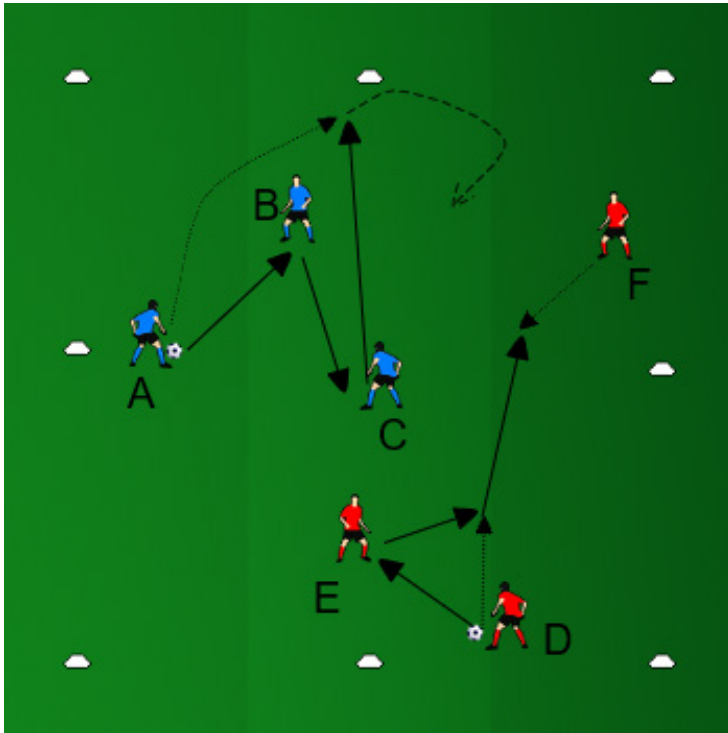
- The reds must be outside the area to shoot the ball
- The reds can enter the area to retrieve a ball and then must come out
- The blues must stay inside
- The game ends when all the cones have been knocked down

VARIATIONS

- 3 balls for the reds: they have to pass to each other and find the opening
- Add red cones: bonus cones worth 3 points
- The blues are goalkeepers: they can use their hands

3-MAN PLAY

| EXERCISE 13 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------------|------|------------|---------|----------|---------------|
| | U13+ | ⚽⚽⚽ | 6 | 10 | Balls, discs. |
| THEME : TECHNICAL EXERCISE | | | | | |



OBJECTIVES

- 3-man play
- Pass combination
- Off ball movement to offer solutions

EXPLANATIONS

Form groups of 3 players with a ball for 3. The players play on the field while maintaining control of the ball. They do the combination of passes ordered by the coach.

INSTRUCTIONS

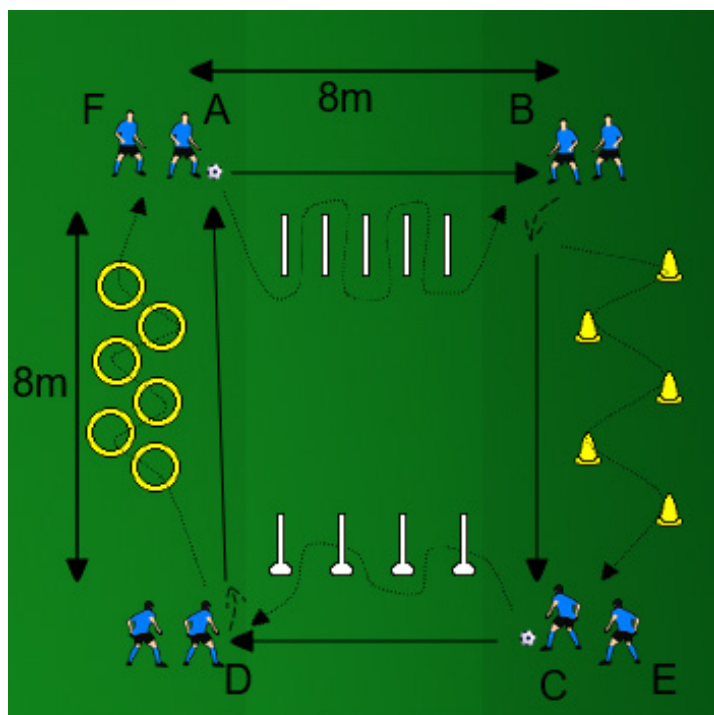
- A passes to B and runs behind his back. B passes to C who makes a lead pass to A
- 1-2 between D and E then pass to F who's running deep
- Support and then pass to the third player

VARIATIONS

- Other combinations of passes
- Put 3 mini-goals on the field: end the 3-man game with a goal

GIVE AND GO WITH COORDINATION (2)

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------------|------|------------|---------|----------|-----------------------------------|
| 14 | U11+ | ⚽⚽⚽⚽ | 8 | 10 | Balls, poles, bars, cones, hoops. |
| THEME : TECHNICAL EXERCISE | | | | | |



OBJECTIVES

- Quick control + pass sequence
- Foot work
- Coordination

EXPLANATIONS

Groups of at least 8 players.
Set up the stations as shown in the picture.
A passes to B who controls and passes to E. At the same time, C passes to D who controls and passes to F.
After passing, the players go to the coordination station before moving on to the next station.

INSTRUCTIONS

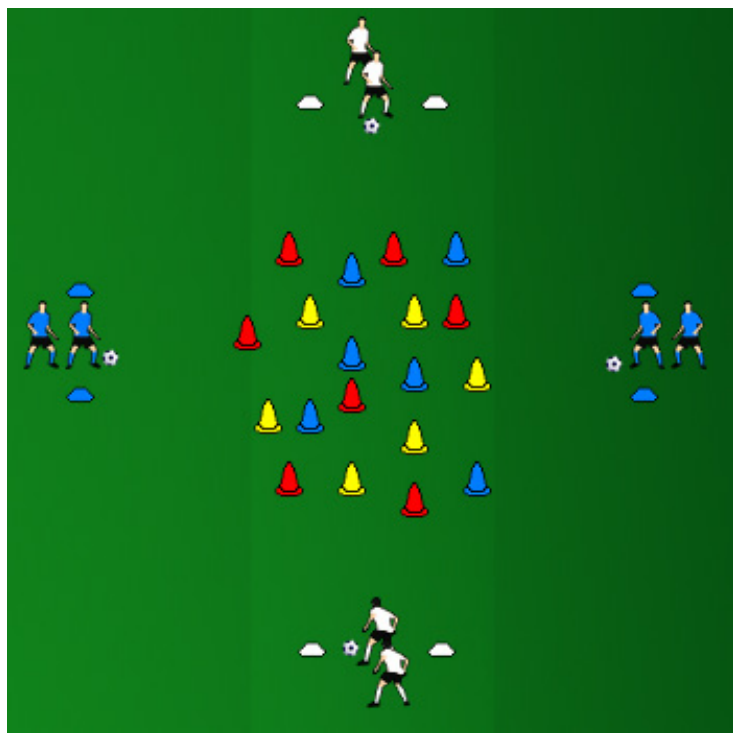
- 1 step in each hoop
- Shuffle between the bars
- Touch the top of each cone
- Dribble around the poles

VARIATIONS

- Give and go the other way: A passes to B and goes toward the station near D
- Change the drills to do at the stations: backward side stepping, slalom between the cones, 2 steps between the bars, etc.
- Change the stations

AVOIDING OBSTACLES

| EXERCISE 15 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|-------------------|--------|------------|---------|----------|---------------------------------------|
| | U7-U13 | ⚽⚽⚽ | 4 | 12 | Balls, discs, cones, bibs (2 colors). |
| THEME : DRIBBLING | | | | | |



OBJECTIVES

- Dribbling the ball and changing direction
- Keeping control of the ball
- Keeping the ball close to you
- Dribbling the ball while gathering information

EXPLANATIONS

Divide each team in 2 groups. Each group faces each other 15 yards apart.

Place cones of different colors in the middle area.

First 2 players of the same team dribble the ball from a side to another avoiding the cones and the other players. They leave their ball to the following players.

INSTRUCTIONS

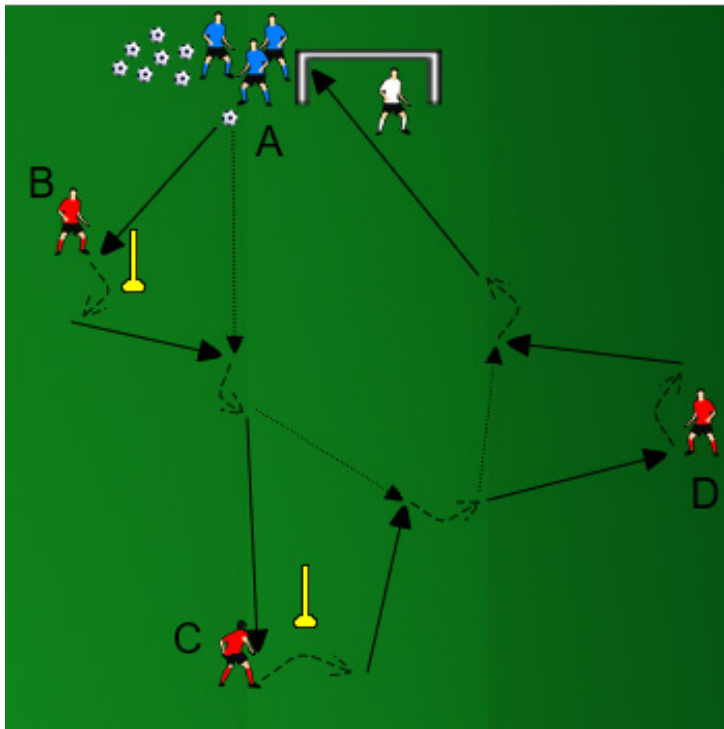
- Focus on keeping the ball under control
- Players can't walk or stop and have to stay in motion to avoid the obstacles

VARIATIONS

- Dribble around a cone before passing the ball to the next player
- Touch all the cones of a defined color before passing the ball to the next player
- Competition : the team that manages to do the most round-trips won

PASS, FOLLOW + SHOOT

| EXERCISE 16 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------|------|------------|---------|----------|--|
| | U11+ | ⚽⚽⚽ | 7 | 15 | Balls, discs, bibs (2 colors), 1 goal. |
| THEME : FIRST TOUCH | | | | | |



OBJECTIVES

- First touch + pass sequence
- First touch + shot sequence
- Focus on quality

EXPLANATIONS

Group the balls next to the goal with the blues. The red players stay put.
 A passes to B who receives the ball behind the pole and passes it back in the area where A is running.
 A receives the ball then passes to C. C receives the ball and passes to A. Same with D then A shoots to the goal.


INSTRUCTIONS

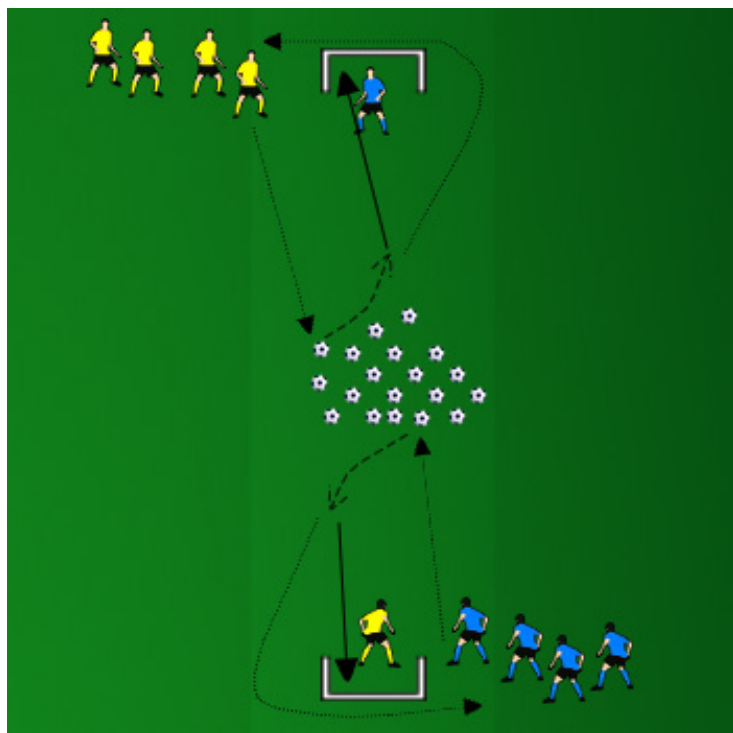
- The reds return to their position after they pass the ball
- The following blue player starts when C passes to A
- Switch roles

VARIATIONS

- Work on different types of first touch controls
- Work with both feet

SHOOTING CONTEST

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|-------------------|--------|---|---------|----------|---------------------------------------|
| 17 | U7-U13 |  | 4 | 15 | Balls, bibs (2 colors), 2 mini-goals. |
| THEME : DRIBBLING | | | | | |



OBJECTIVES

- Dribbling the ball and changing direction
- Keeping control of the ball
- Fast dribbling
- Dribbling + shooting sequence
- Execution speed

EXPLANATIONS

Form 2 teams. Place the goals 25 yards apart. Balls in the middle.

First player of each team runs to get a ball, dribbles toward the goal kept by the opposing goalkeeper and tries to score. He then returns at the end of the line behind his teammates.

The next player starts as soon as the previous player shoots. Keep track of the score.

INSTRUCTIONS

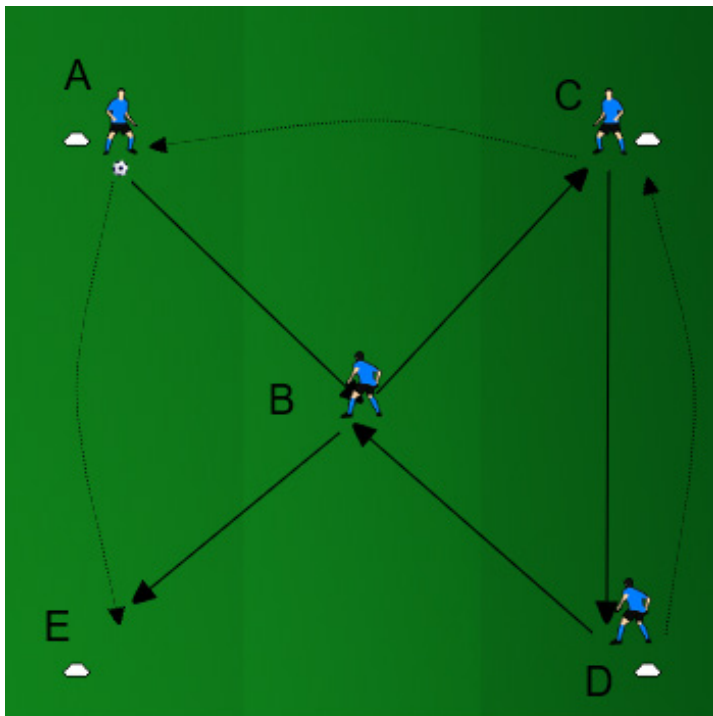
- Competition between both teams
- Combine dribbling and shooting
- Players have to return to their team running behind the goal

VARIATIONS

- Add a goal when there are more than 12 players
- Add a drill to go through before shooting (slalom, dribble around a cone, etc.)
- Dribbling and shooting with the weak foot
- Place a line before which players must shoot

ONE TOUCH PASSING WITH 4 PLAYERS

| EXERCISE 18 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------------|------|------------|---------|----------|---------------|
| | U11+ | ⚽⚽⚽ | 4 | 12 | Balls, discs. |
| THEME : ONE TOUCH PLAY | | | | | |



OBJECTIVES

- Quality passing
- One touch passing
- Save time
- Accelerate the game

EXPLANATIONS

Groups of 4 players with one ball per group. 10x10 yards square with 3 players in the corners and one player in the middle. A passes to B then goes to E. B passes to C. C passes to D and goes to A. D goes to B (who turned around) and goes to C. B passes to A (now on E).

INSTRUCTIONS

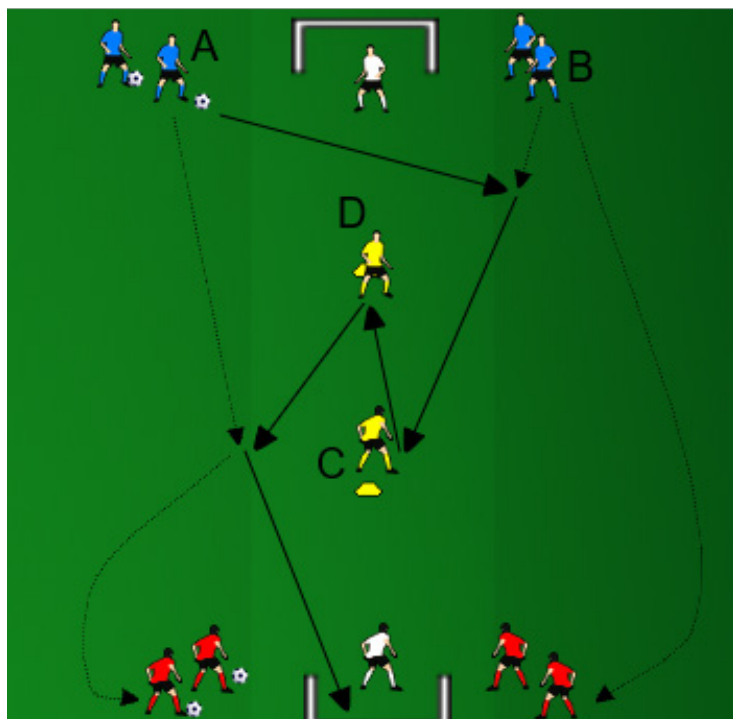
- Low stance, ready to burst
- Attack the ball
- Precise dosed passes
- Switch the player to B

VARIATIONS

- Change the rotation direction
- Double passes each time a player plays with B: example, A passes to B. B returns pass to A. A passes back to B who finally passes to C. Etc.

PASSING AND FINISHING COMBINATION

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|------------------------------|------|------------|---------|----------|------------------------|
| 19 | U13+ | ⚽⚽⚽⚽ | 10 | 20 | Balls, Discs, 2 goals. |
| THEME : PASSES AND FINISHING | | | | | |



OBJECTIVES

- A series of passes and finishes in front of the goal
- One-touch play
- Precise and soft touch passes
- Diagonal runs
- Call the ball for a through pass

EXPLANATIONS

The goals are 30 yards apart in front of each other.

Players position themselves as in the picture. The blues begin: A passes in B's run. B gives to C who gives for D who gives in A's run who shoots on goals.

INSTRUCTIONS

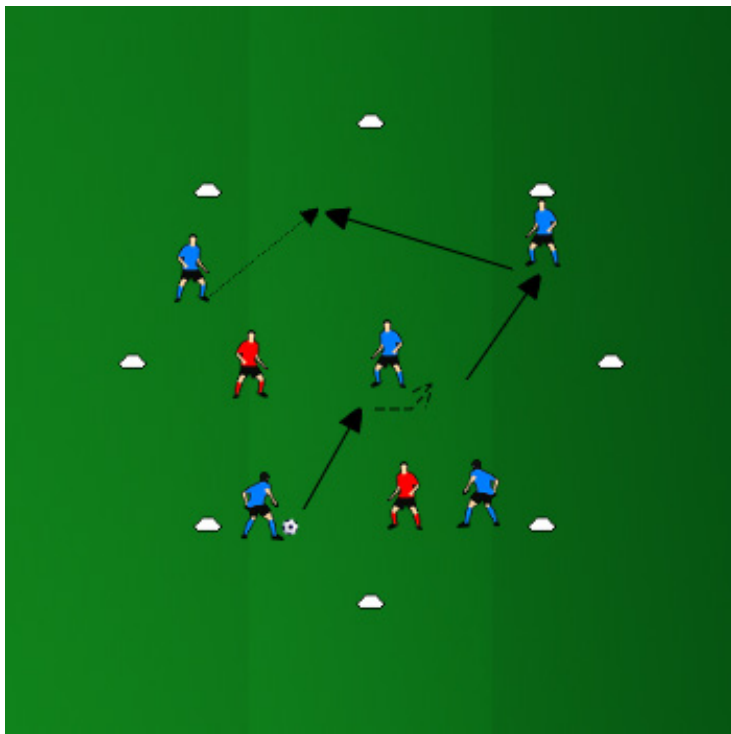
- The yellows play this supporting role for several actions (then switch roles)
- When the blues finish their action they stand behind the reds
- When the blues finish their action, the reds do the same sequence in the other direction
- Actions must follow one another at a good pace (limit downtime)

VARIATIONS

- A passes to B and then runs behind him. B gives to C and runs behind D. C passes to D. D passes in A or B's run (both call for a through pass). The one who receives the pass from D shoots on goal

5 VERSUS 2 KEEP AWAY

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------------------|------|------------|---------|----------|---------------|
| 20 | U11+ | ⚽⚽⚽⚽ | 7 | 15 | Balls, discs. |
| THEME : GETTING OPEN FOR A PASS | | | | | |



OBJECTIVES

- Emphasizing the importance of helping the ball carrier
- Good position to minimize the risk of interception
- Managing distances: neither too far nor too close from the ball carrier
- Creating space for yourself
- Create space for the ball carrier or other partner

EXPLANATIONS

14 yards diameter circle.
5 blue players try to keep the ball against 2 red players.
Define a blue player who stays in the middle of the circle.
If the red players get the ball back, it's their turn to keep it.

INSTRUCTIONS

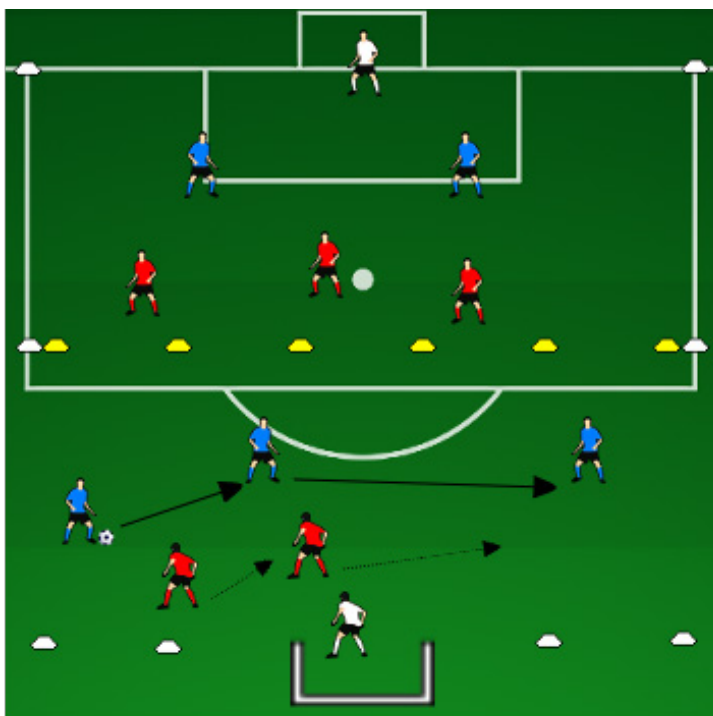
- Make yourself available and offer options to the ball carriers
- Precise passing
- The middle player stays in the same position

VARIATIONS

- Increase or decrease the size of the circle according to the skill level of the players
- The player in the middle doesn't stay put: he moves around according to other players
- Limit the number of ball touches of the team with the ball

5 VERSUS 5 GAME + GOALKEEPERS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|-----------------------------|------|------------|---------|----------|---|
| 21 | U13+ | ⚽⚽⚽⚽ | 12 | 15 | Balls, discs, bibs (2 colors), 2 goals. |
| THEME : UNDERMANNED DEFENSE | | | | | |



OBJECTIVES

Game principles to be respected:

- stop the opponent's progress
- retrieve the ball
- defend your goal

EXPLANATIONS

25x35 yards surface area with a center line.
Two players per team in the defensive area
and three players in the offensive area.
5 on 5 game + goalkeepers.
2 on 3 situations on the defensive side.


INSTRUCTIONS

- Defend together to control the attack
- Slide towards the ball side as a unit
- Close in on the ball carrier without rushing into a tackle

VARIATIONS

- Playing with mini-goals without a goalkeeper
- Attackers have a maximum of 3 ball touches

4 TEAM BERET GAME

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|-----------------------|-----|---|---------|----------|--|
| 22 | U7+ |  | 12 | 15 | Ballons, coupelles, chasubles (4 couleurs), 4 mini-buts. |
| THEME : 1V1 AND DUELS | | | | | |



OBJECTIVES

- 1 vs 1 duels
- Fake out and unbalance your opponent
- Speed and change of rhythm
- Beat your opponent to score

EXPLANATIONS

20x20 yards surface area with 1 mini-goal in the middle of each side.
 Four teams of 3 players stand next to a goal.
 Place 2 balls in the middle.
 Assign a number (1, 2 or 3) to the players on each team. The coach calls out a number: the called players try to take the balls and score in their goal.

INSTRUCTIONS

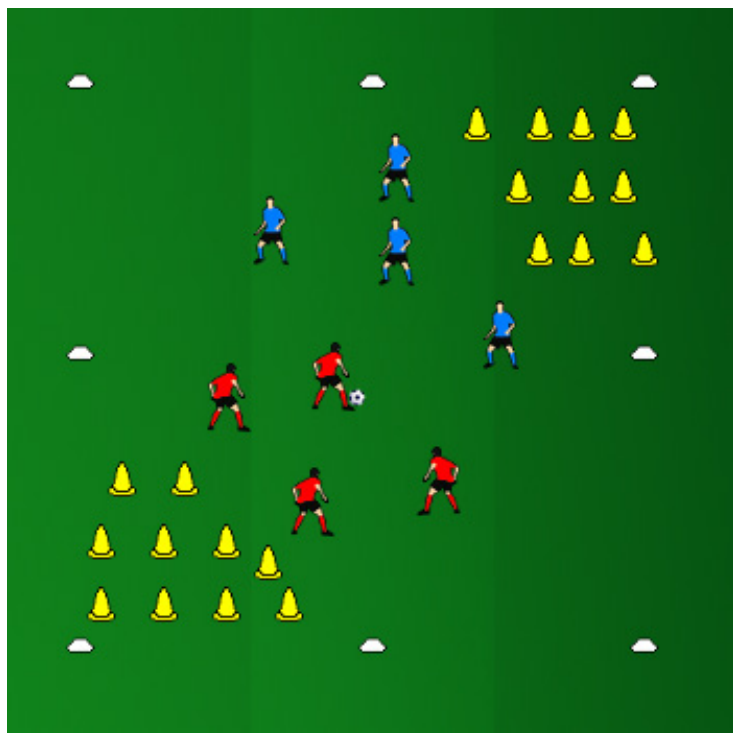
- When the 2 balls have been scored, the players fall back in line
- If a player scores a goal, he can try to recover the other ball if it has not yet been scored
- The team that scores the most balls in its goal wins

VARIATIONS

- Call out several numbers
- Score in one of the opponent's goals

4 VERSUS 4 CONES GAME

| EXERCISE 23 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------------|--------|------------|---------|----------|---------------------------------------|
| | U7-U15 | ⚽⚽⚽ | 8 | 20 | Balls, discs, cones, bibs (2 colors). |
| THEME : SMALL SIDED GAMES | | | | | |



OBJECTIVES

- Small sided teams
- Reduced surface area
- Shooting at a target

EXPLANATIONS

Surface area of 25x25m. Place 10 cones in 2 opposite corners.

4 on 4 game.

When a player tips over a cone from the opposing team, he picks it up and puts it in his corner. He adds it to the cones that are already there.

At the end of the game, the team with the most cones in its corner wins.

INSTRUCTIONS

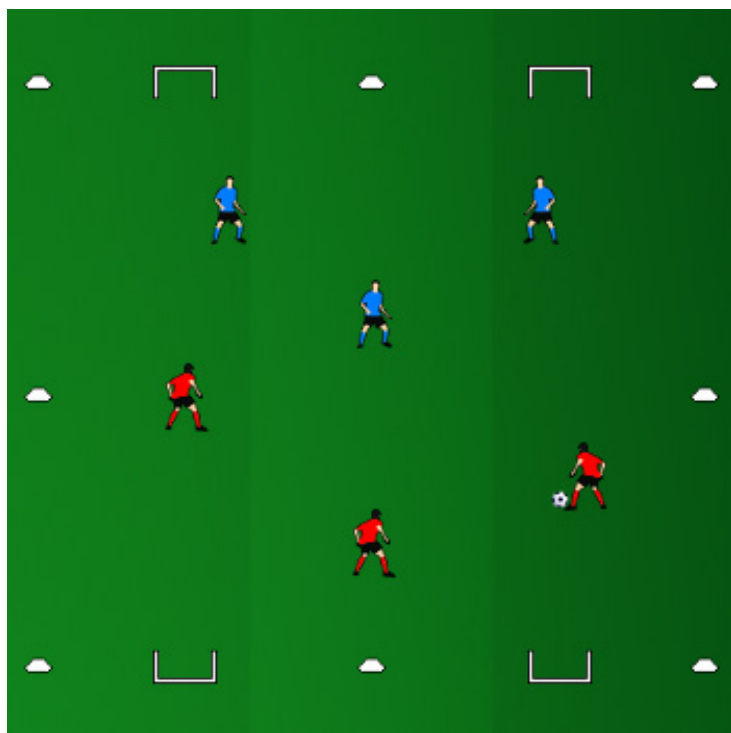
- Players can knock down several cones at the same time
- Forbidden to knock down cones with their feet
- A player bringing back a cone to his corner is not part of the game

VARIATIONS

- Cones of different colors: a yellow cone is worth 3 points; a green cone 5 points
- Let the knocked down cones on the ground: the team that knocks down all the opposing cones wins

THEMED SMALL SIDED GAMES

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------------|-----|------------|---------|----------|--|
| 24 | U7+ | ⚽⚽⚽ | 6 | 25 | Balls, discs, bibs (2 colors), 4 mini-goals. |
| THEME : SMALL SIDED GAMES | | | | | |



OBJECTIVES

- Score goals
- 1 versus 1
- Pass
- Getting open for a pass

EXPLANATIONS

Surface area of 30x25 yards with 4 mini-goals.
Games with undermanned teams.
Play games by adapting rules and instructions according to the objectives.


INSTRUCTIONS

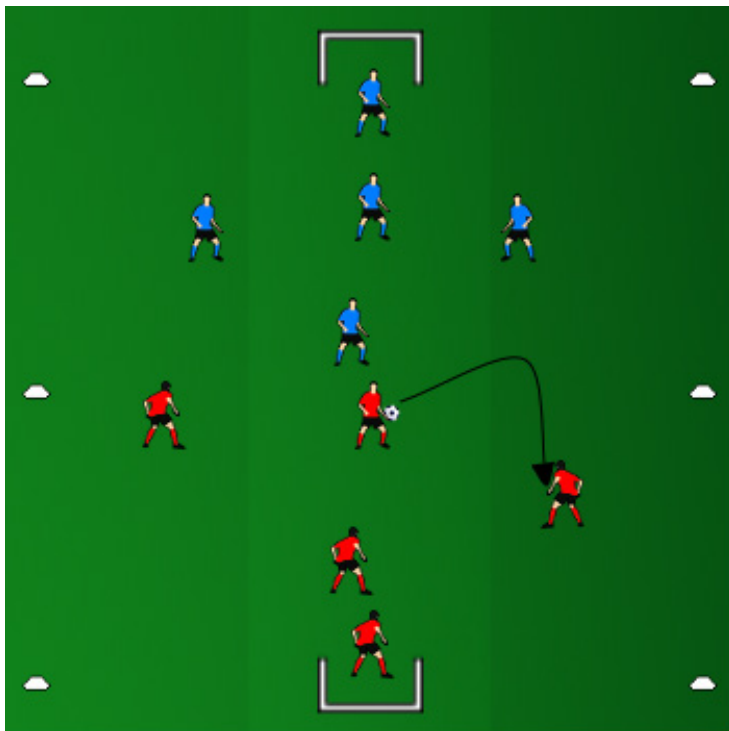
- 3 vs 3 or 4 vs 4 games
- 2 goals or 4 goals
- 3 or 4 teams (1 or 2 teams on standby)

VARIATIONS

- First team to score 2 goals wins and stays on the field
- 2 minutes per game (if no one wins, change both teams)
- All players must score at least once to win
- 1 called out player must score
- Make a minimum of 5 passes before scoring
- Only one touch is allowed to pass and score
- Score after a one-two

HEAD AND VOLLEY 5 VERSUS 5 GAMES

| EXERCISE 25 | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|----------------------------------|-----|---|---------|----------|---|
| | U9+ |  | 10 | 20 | Balls, discs, bibs (2 colors), 2 goals. |
| THEME : HEADER AND VOLLEY SKILLS | | | | | |



OBJECTIVES

- Heading
- Volleying
- Bicycle kick

EXPLANATIONS

Surface area of 30x20m. 5 on 5 games.
The players play with their hands. If the ball falls to the ground, then it goes to the other team.
Teams score only with their head or a volley.

INSTRUCTIONS

- Players can take a maximum of 2 steps while carrying the ball
- Defenders can intercept a pass but aren't allowed to touch the ball carrier
- 2 points for a headed goal
- 3 points for a volley (5 for a bicycle kick)

VARIATIONS

- Pass the ball with the head
- Ball on the ground: only use headers or volleys to score

FINISHING SKILLS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|-----------------------|------|------------|---------|----------|--|
| 26 | U13+ | | 16 | 20 | Balls, discs, bibs (4 colors), 2 goals.. |
| THEME : SCORING GOALS | | | | | |



OBJECTIVES

- Score goals
- Use lateral and offensive supports
- Take advantage of the numerical superiority to score
- Risk taking when facing the goal

EXPLANATIONS

Size of the field is 2 penalty areas.
Form 4 teams of 4 players.
Two teams play against each other. The players of the 2 teams who do not play are lateral or offensive supports.

INSTRUCTIONS

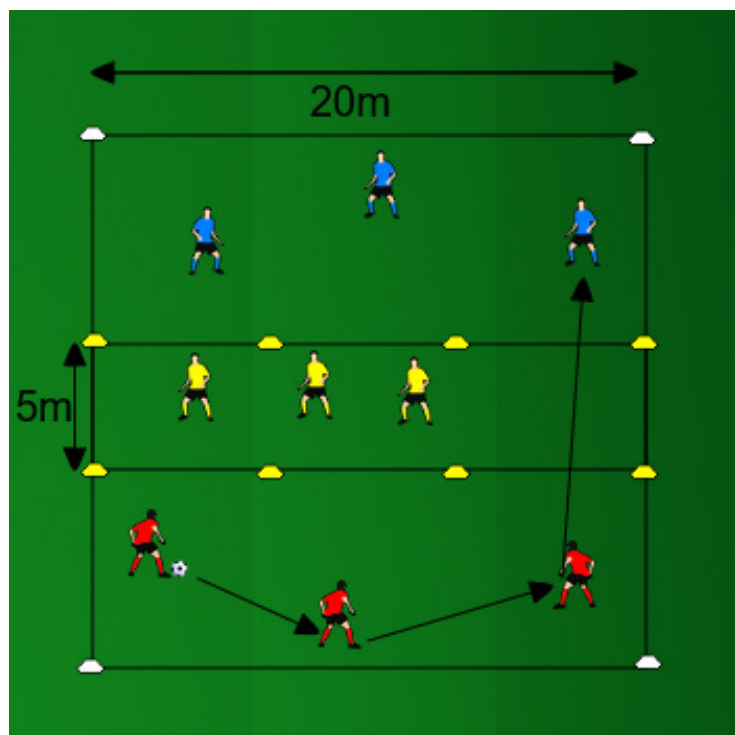
- When the reds attack, the 2 whites (A and B) and 2 yellows (C and D) of the offensive zone serve as support.
- When the blues attack, it is the other 2 white and yellow players who become the offensive support
- Supports cannot score or play together

VARIATIONS

- Support players are limited to 2 ball touches
- Support players is limited to 1 ball touch
- Support players can play together but not score
- The last defender plays goalkeeper

PASSING IN INTERVALS PLAYING 6 VERSUS 3

| EXERCISE 27 | AGE U13+ | DIFFICULTY ⚽⚽⚽ | PLAYERS 9 | DURATION 15 | EQUIPMENT Balls, discs, bibs (3 colors). |
|------------------------|-------------|-------------------|--------------|----------------|---|
| THEME : CREATING SPACE | | | | | |



OBJECTIVES

- Emphasizing the importance of helping the ball carrier
- Maintaining good team position to minimize the risk of an interception
- Managing distances: neither too far nor too close from the ball carrier
- Creating space for yourself
- Create space for the ball carrier or other partner

EXPLANATIONS

Surface area of 25x20 yards with a 5x20 yards corridor in the middle. Reds and blues try to keep the ball away from yellows who try to intercept it.

Yellows score one point each time they intercept the ball.

Blues and reds score 1 point each time they successfully pass to blues or reds without being intercepted.

Change the middle team every 2 minutes.

INSTRUCTIONS

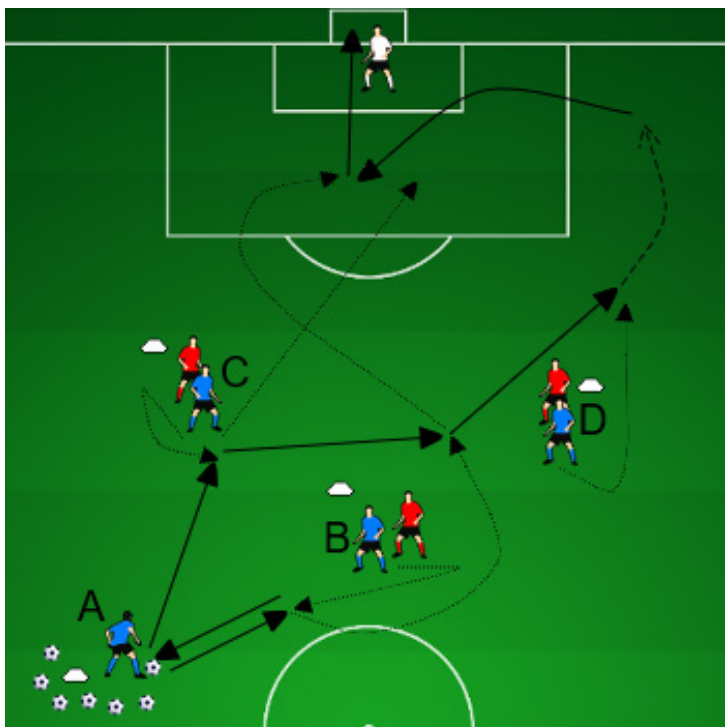
- Offer solutions of pass in the intervals
- Move the ball quickly to unbalance the opponent
- Pass in intervals

VARIATIONS

- Add or remove a yellow player to increase or decrease the level of difficulty

COMBINATION OF PASSES WITH SEMI-PASSIVE DEFENDERS

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|--|------|------------|---------|----------|--|
| 28 | U15+ | ⚽⚽⚽⚽ | 8 | 15 | Balls, Discs, Bibs (2 colors), 1 goal. |
| THEME : COMBINATION OF PASSES WITH 4 PLAYERS | | | | | |



OBJECTIVES

- Passive defense
- Checking
- Pass quality
- Cross the ball and finish in front of goal

EXPLANATIONS

Position the players as shown in the picture. B, C and D have a defender on them. A passes to B who returns the ball. A passes to C. C passes to B who called for the ball. B passes on the wing to D who called for a through ball. D gets past his opponent and crosses the ball for B and C.

INSTRUCTIONS

- Players check first to get rid of their defender
- The defenders are semi-passive: the defender puts pressure without intervening
- B and C finish in front of the goal (B at the far post and C at the near post)
- Switch positions and roles regularly

VARIATIONS

- The defenders are actively defending on D's cross
- D makes a diagonal run toward the goal and shoots

1 VS 1 + FINISHING (3)

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------|------|------------|---------|----------|----------------------------------|
| 29 | U11+ | ⚽⚽⚽ | 9 | 15 | Balls, bibs (2 colors), 2 goals. |
| THEME: 1 VS 1 | | | | | |



OBJECTIVES

- Use 1 vs 1 moves (fakes, cuts, pull-backs, etc.)
- Unbalance the opponent
- Speed and change of pace
- Orient your first touch away from the opponent
- Protect your ball

EXPLANATIONS

Field the size of 2 penalty areas with 2 goals. Form 2 teams that position themselves as shown in the picture.

B is placed at the top of the penalty area. When A passes the ball to him, C comes to defend on him.

B tries to turn around when he control the ball and then beats C to go score.

INSTRUCTIONS

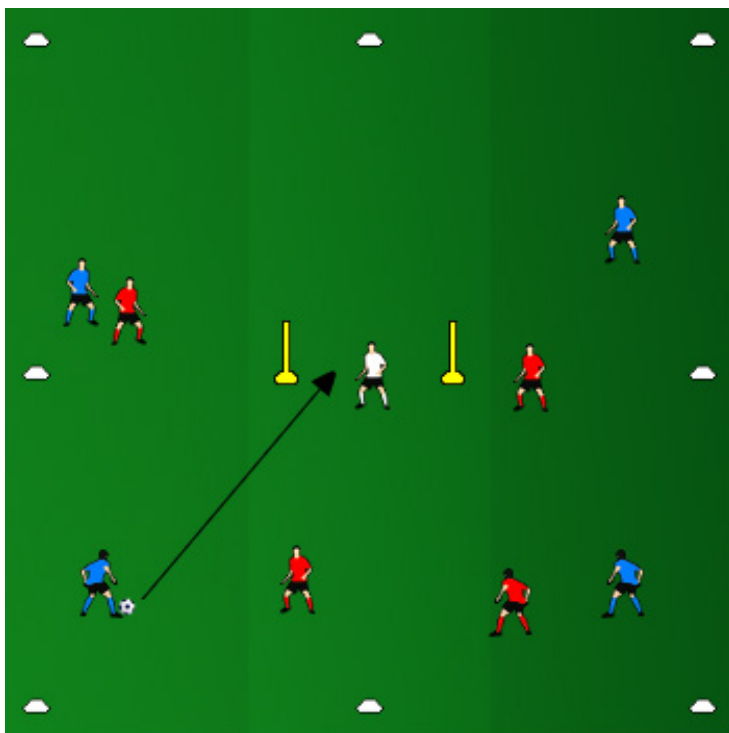
- If Red scores, the players move back and another Red takes B's spot
- If Blue intercepts the ball, then he tries to score in the opposite goal
- Whether or not Blue scores after the interception, he runs deep and asks the ball from D. It is now up to E to come and defend C

VARIATIONS

- When the 1vs1 between B and C is done, 2 other players play (alternate blue and red attacker)
- 2 vs 2: after making his pass, A partners with B and they play against C and F
- Use mini-goals without a goal keeper

GAME WITH A CENTRAL GOALKEEPER

| EXERCISE | AGE | DIFFICULTY | PLAYERS | DURATION | EQUIPMENT |
|---------------------------|-----|------------|---------|----------|---|
| 30 | U7+ | ⚽⚽⚽ | 6 | 20 | Balls, discs, 2 poles, bibs (2 colors). |
| THEME : IN GAME SITUATION | | | | | |



OBJECTIVES

- Score goals
- Goalkeeping skills
- Direction of play
- Switch play to the other side of the field

EXPLANATIONS

Surface area of 25x25m. Place a goal (2 poles) in the middle of the field.

A neutral goalkeeper protects both sides.

4 on 4 game. When a goal is scored the game continues.

INSTRUCTIONS

- The goalkeeper does not belong to any team
- If the goalkeeper catches the ball, he throws it back into an empty space
- Direct play to avoid the opponent
- Move into striking position

VARIATIONS

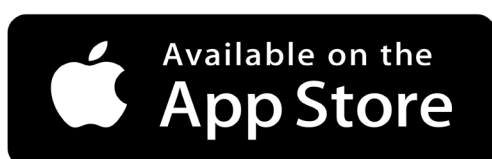
- The goalkeeper brings the ball out for the team that just scored
- 5 vs 5 ; 6 vs 6



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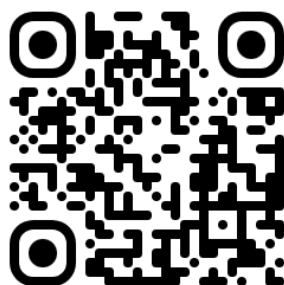
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