

END ZONE

Ball control

DRIBBLING



Where they go: Two teams play against each other on field with 2 end zones. Each team has one player in each end zone.

- Team tries to dribble into end zone, then pass to end zone player, who dribbles into field going other way.
- Player passing ball becomes end zone player.

Make it a Game: Every time team succeeds in taking ball from one side to other = 1 point.

3 v 1 KEEPAWAY

Passing lanes, first touches

PASSING



Where they go: 10x10 yard grid, players play 3v1.

- Three offensive players pass to each other, keeping it away from defender. When defender wins ball, player last touching ball goes on defense.

Key Point: Quality first touch away from pressure is always necessary.

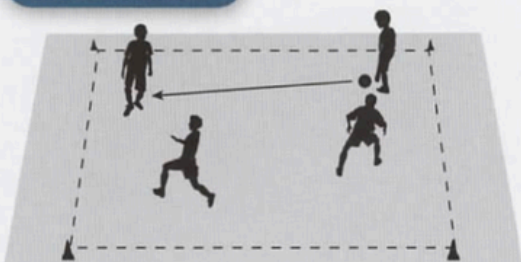
Key Point 2: Players without ball should look for passing lanes and make sure player with ball has at least two options.

Make it a Game: Which team can get record for consecutive passes?

PRESS AND COVER

Defense away from the ball

DEFENSE



Where they go: Play 2v2 in 15 x 15 square with emphasis on defense.

- One team plays ball to other, then defends them from dribbling over line behind them.

Key Point: First defender (closest to ball) must press close enough to make player with ball uncomfortable but not get beat. Second defender helps cover player with ball, but is ready to press other attacker quickly if ball is passed.

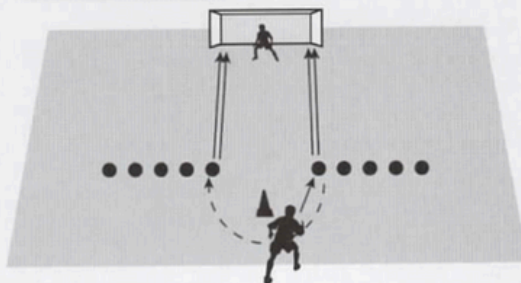
Key Point 2: Covering defender should not play too far from teammate in case attacker gets by. If ball is passed, cover defender pressures ball and 1st defender goes to cover.

Make it a Game: Thirty seconds to get past line. Rotate partners.

AROUND THE CONE

Shooting with both feet

SHOOTING



Where they go: Balls lined up reasonable distance from goal in straight line, five balls on right and five balls on left. Cone is further back in middle (top of arc).

- Player starts at cone and runs to one ball and shoots on goal, then sprints back around cone and shoots ball on other side, with other foot.

- Continue until finished with all ten balls.

Make it a Game: Each player gets set amount of time shoot all ten. See who makes most shots.

CAGE ATTACK

1 v 1 offense, defense

DRIBBLING



Where they go: Using cones, create 5x10 yard grids (cages) side by side. Two players for each grid. Defenders are on one side. Attackers on other.

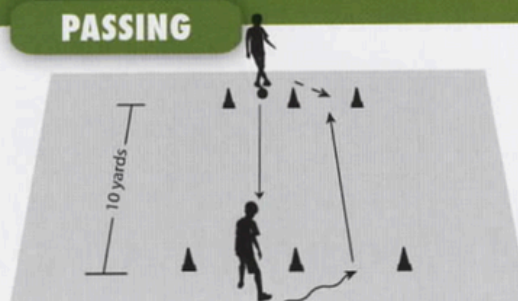
- Defenders pass ball down to attacker. Attacker receives ball and runs at defender coming in.
- Player with ball must beat opponent and place ball on defender's line. Defender tries to steal or knock ball away, (tackle). After play is over, switch roles.

Make it a Game: Run 2 matches (1 each defense and offense). Rotate partners. After 6 rounds, two players with most victories play for championship.

TWO-TOUCH GATES

First touch, passing

PASSING



Where they go: Partners, opposite each other, 10 yards apart, each standing behind 2 gates created by cones.

- Player receives ball through first gate and, with one touch, plays it into area to be passed back through other gate. Partner receives ball through gate and repeats.

Key Point: Ball is only allowed to be played twice—once upon receiving, and then 2nd touch must be pass. Pass must make it to other gate.

Key Point 2: First touch must be delicate enough to set ball up to be passed. Player must get in proper position to receive ball.

Make it a Game: Which pair of teammates gets most in a row?

PENALTY AREA CLEAR

Clearing ball out of penalty area

DEFENSE



Where they go: Create 10 x 20 grid in front of goal extending out towards midfield. Two defenders inside this grid. Place cones in semi-circle around grid. At each cone is a "server" with ball.

- First server chips ball so that it bounces into penalty area. (OK if younger players can't chip ball in the air). Two defenders try to clear ball outside of two lines. Each server proceeds in sequence.

Key Point: Ball is only allowed to bounce twice in box for younger players, once for older players. (Very young players must just keep ball from rolling through square or into goal).

Make it a Game: Defenders get points against them every time they do not succeed. After each server has gone, switch 2 defenders. Fewest points wins.

PASS TO MYSELF

Scoring from touch passes

SHOOTING



Where they go: Players in two lines on goal-line, 6 yards away from goal. Cones at top of penalty area, plus one at top of penalty arc in middle.

- Alternating from each side, first player dribbles with ball until about halfway between goal-line and cone, then passes ball towards middle cone at top of arc.
- Player runs around near cone and shoots.

Key Point: Ball must be passed with proper touch so that player can get to it just before it stops rolling. As soon as first player passes, player from other line starts.

Make it a Game: Everyone goes four times. Players with most goals on good passes play off for championship.

ZIG ZAG DRILL

Lateral movement, speed

DRIBBLING



Where they go: Players in 2 lines facing each other about 20 yards apart.

- First player dribbles ball in zig-zag motion across field to teammate who takes over and goes back across to other side. (Fig A)

Key Point: Use different parts of foot (inside, outside, sole) to redirect ball.

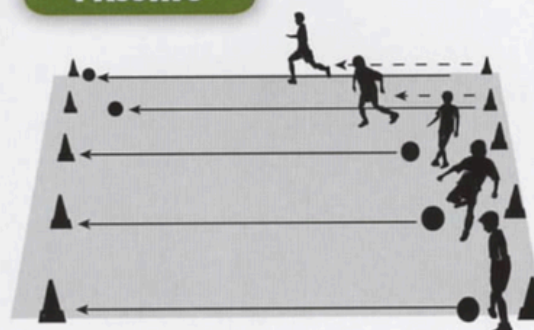
Key Point 2: Keep ball close. Short stride. Feet close to ground.

Make it a Game: Place cones between lines. Players race while zig-zagging through cones. (Fig B)

HIT THE CONE

Passing accuracy

PASSING



Where they go: Each player next to a cone with a ball. Another cone 10-15 yards away, (adjust for player age level).

- On command, each player passes ball to cone, trying to hit it. After passing, player follows pass.

- Players must race to retrieve ball they've passed and then pass back to beginning cone, again trying to hit it. Sequence continues until one player has hit cone three times.

Make it a Game: First player to hit three cones wins.

COUNTDOWN

Defending two players at once

DEFENSE



Where they go: Two lines of attackers beginning 30-40 yards from goal. One defender in penalty area.

- On command, one attacker from each line advances ball toward goal while coach counts down, aloud, from seven.

- Defender must choose to pressure ball or defend pass.

Key Point: Attackers must shoot before countdown expires. Rebounds may be shot before time elapses.

Make it a Game: Defender who prevents goal stays in on defense and attackers go back in line. Attacker who scores goal goes to play defense. See who stays in most consecutive times on defense.

RAPID FIRE

Getting off quick shots

SHOOTING



Where they go: Line up 10 balls about 12-15 yards away from goal.

- Player tries to shoot all balls into goal in set amount of time. Player does not step up to each ball, but must quickly hit one after another, using proper technique, (illustration).

Key Point: Keep standing foot beside ball, so as not to stretch for it.

Key Point 2: Kicking foot toe pointed down and ankle locked. Opposite arm thrown forward right before kicking leg comes through for proper balance.

Make it a Game: Two players, one starting on far right and other on far left. See who shoots most.

ZIG ZAG DRILL

Lateral movement, speed

DRIBBLING



Where they go: Players in 2 lines facing each other about 20 yards apart.

- First player dribbles ball in zig-zag motion across field to teammate who takes over and goes back across to other side. (Fig A)

Key Point: Use different parts of foot (inside, outside, sole) to redirect ball.

Key Point 2: Keep ball close. Short stride. Feet close to ground.

Make it a Game: Place cones between lines. Players race while zig-zagging through cones. (Fig B)

TEN PASSES

Ball control, passing, defense

PASSING



Where they go: Four offensive players and two defenders in 20x20 grid.

- Attackers pass to each other. Two defenders try to intercept and win ball.

Key Point: Attackers only have 2 touches.

Key Point 2: Attackers should make proper angles to receive ball and have options ready before ball is passed.

Make it a Game: If attackers get 10 passes, defenders must do 10 pushups, (or sit-ups or jumping-jacks, etc.), then start over. When defenders win ball, they go on offense and last 2 players to touch play defense.

MARK A PLAYER

Staying with one player

DEFENSE



Where they go: Create grid large enough for group to run around with plenty of space. Each player has a partner. One is on offense, one on defense. No ball needed.

- On command, offensive players run away from partner. Defenders try to stay close. Players may not backpedal.

- After 15-20 seconds, coach blows whistle and all players must freeze.

- Any defensive player who can touch partner with no more than 2 steps wins point. Switch roles and play again. Then, change partners.

Make it a Game: Player with most points after all turns is defensive champion.

SOCCER GOLF

Developing touch and accuracy

SHOOTING



Where they go: Divide players into groups of two or three. Each player with a ball.

- Design a large "golf course" with same number of "holes" as groups of players. Each hole made from circle of cones roughly 5 feet in diameter. Space holes far enough apart to require strong kick to reach.

- Each group goes towards different hole. Players within each group take shots one at a time. Object is to kick ball so that it comes to stop inside circle.

Key Points: Make some holes longer than others. Use additional cones, trees, park benches, and other "hazards" to make course more challenging.

Make it a Game: Groups play all holes. Add up shots each player took. Lowest score wins.

How to Use CoachDeck

Tips to more effectively use the drills in this deck

- **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = Dribbling; Green = Passing; Blue = Defense; Red = Shooting.
- **1-3 Balls:** Each drill is designated with 1-3 balls.
 = easiest to perform;   = intermediate;
   = most complex.
- **Arrows:**  = Pass  = Shot
 = Player dribbling  = Player running
- **Control:** If a drill calls for a player to advance the ball past a line, it doesn't count if ball is simply kicked past. The player must be able to stop the ball to be considered in control.
- **Modify as needed:** Adjust drills for age level. Some drills call for players to be stationed a certain distance apart, but you may feel this is too short or too great a distance. Some illustrations may show a goalkeeper. If your team plays without goalkeeper or, if the goalkeeper makes the drill too challenging, omit. Some drills call for only one or two touches. You may wish to allow younger players more touches.
- **Key Points:** Key Points are the most important elements of the drill.
- **Make it a Game:** An ordinary drill turns exciting when turned into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.
- **Equipment:** CoachDeck drills require no special equipment beyond practice jerseys, balls and cones. A stopwatch may be helpful in some drills.
- **No experience required!** The information in CoachDeck is presented so that even the most novice volunteer coach can run a Perfect Practice every time!

Practice Tips

Use the following pointers in conjunction with your CoachDeck for a perfect practice!

- **Use your assistants:** If you have volunteers to assist you at practice you can easily put them to work by giving them a group of players and a selected card from the deck. You may then rotate players through various stations so that each player is getting frequent repetitions and more individualized attention.
- **Or, go it alone:** We know that quite often you may be the only coach at practice. Do not worry! Nearly every card in CoachDeck is designed so that a lone coach can keep each player busy and improving.
- **Rotate Players:** Remember to work with all your players. Move them around to different positions within each drill. Drills that require some players to be attackers and some to be defenders can be enhanced by letting defenders rotate to offense and vice-versa.
- **Pre-plan, if you can:** CoachDeck was designed with the busy volunteer coach in mind. You can literally show up at practice with no time to plan, and run a great clinic using this deck. However, whenever possible, it helps to choose a handful of drills ahead-of-time and "stack the deck" for a ready-made "Perfect Practice."
- **Have fun** but take it seriously. It's a fine line to walk. Your goal at each practice is to ensure that every player improves in some way. However, a more important goal for the season should be that no matter what, each player wants to come back and play again next year.

Safety

Attention Coaches: Safety is a must! Adhere to these tips to ensure no one gets hurt!

- **Supervision:** Watch your players carefully at all times.
- **Loosen up:** Begin each practice with warm-up. Players should do stretching exercises, and take a short jog.
- **Balls:** No player should kick a ball unless supervising adult has said it is OK. Players should never kick or throw to another player unless that player is looking.
- **Be cautious:** If you don't think your players are ready for a particular drill in this deck, choose another. Always use safe, disc or collapsing cones instead of hard cones.
- **Spacing:** When performing multiple drills simultaneously, make sure there is plenty of distance between everyone. Structure practice so that there will never be players from one drill running through another to chase loose balls, etc. Players not actively participating should be stationed in protected areas.
- **First aid:** Always carry a first-aid kit and instant ice packs. Keep parent and emergency phone numbers handy in case of more serious injuries.
- All CoachDeck drills have been performed many times without injury and are, if conducted properly, safe. However, throughout normal course of practicing soccer, possibility of injury exists. CoachDeck assumes no liability for injury occurring as a result of performance of drills in this deck for any reason, including without limitation, lack of supervision, negligence or participant error.

Terminology

This card will assist you with the terminology you will encounter in CoachDeck Cards.

- **Attacker:** Offensive player.
- **Defender:** Defensive player.
- **Control:** Bringing or moving with ball under control.
- **Touch:** Can be defined as controlling, passing or shooting the ball. For example, "two-touch" may indicate one touch to get a pass under control, and the second touch to shoot. "One touch" might mean shooting a ball directly from a pass without trying to control it first.
- **First time:** Shooting ball directly from a pass without trying to control it first.
- **Win:** To steal the ball from an attacker.
- **Mark:** To "mark" a player is to guard that player; to play defense against.
- **Tackle:** Causing attacker to lose the ball.
- **1 v 1, 2 v 1, etc.:** "V" stands for "versus" as in 1 versus 1, or, 1 against 1.
- **Play:** Pass or dribble the ball. "Play the ball to your teammate."
- **Service:** Pass to teammate.
- **Pressure:** To put pressure on attacking player. To defend.
- **Finish:** Score goal.
- **Cross:** Pass from side or corner to front of goal.