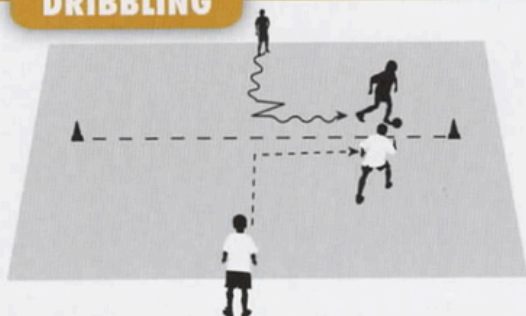


FAKE TO THE CONE

Ball fakes, sprinting



DRIBBLING



Where they go: Place two cones 20 yards apart east and west. Attacker (with ball) on north side of field. Defender on south side.

- On "Go!" players advance straight towards each other. Then, using fakes, attacker tries to gain advantage.
- Attacker cuts right or left and tries to reach either cone before defender.

Key Point: Attacker cannot change mind once headed certain direction.

Make it a Game: One team of attackers v team of defenders. See who wins most 1 v 1's. Switch roles. Team with most victories wins.

THROUGH THE SPLITS

Decision-making, passing



PASSING



Where they go: Divide field into four grids. Team A has three players in grids 1 and 3. Team B has three players in grids 2 and 4.

- Team tries to pass the ball through opponent's grid into their other grid.
- Maximum 3 passes in each grid. Ball must be played on ground or at least below head height.

Key Point: Good lateral passes help split defenders.

Make it a Game: Teams get point for each successful pass through opponent's area.

PASSER, ATTACKER, DEFENDER

Recovering into good defensive position



DEFENSE



Where they go: One defender stands at top of penalty area between 2 cones placed equal distance apart, (distance varies by age). Passers line up along flank and pass to a center player (attacker) who is at top of center circle.

- As soon as ball is passed to attacker, defender must touch one of 2 cones. Player with ball tries to rapidly advance ball before defender can get back into position.
- Attacker must dribble past cones before shooting.

Key Point: Defender should try and defend as high up-field as possible, without diving in, and try and force attacker into bad angle.

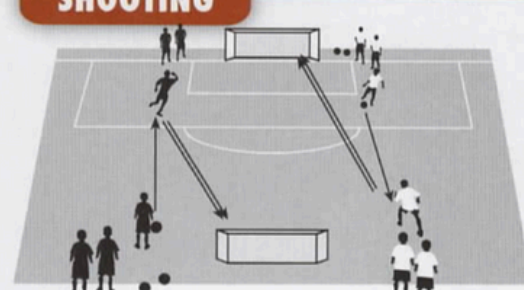
Make it a Game: Passer goes to attacker, attacker to defender, defender in line to become passer. Player with most goals after ten minutes wins.

FIRST TIME SHOOTING

Long-range shooting



SHOOTING



Where they go: Using half field, set up two goals facing each other. Create 2 teams. Half from one team on same side of both goals. Half from other team on other side of both goals.

- Player from 1st team passes ball to middle. Teammate from other side of field comes out and receives ball with first touch, then shoots on second.
- After shot, players change ends. Teams alternate turns.

Key Point: Player must get to ball quickly and take shot on the run.

Make it a Game: First team to score 10 goals wins. Switch and go opposite way so both teams use both feet.

GATES

Spatial awareness, dribbling

DRIBBLING



Where they go: Six players dribble around inside 20x20 grid. Also located throughout grid are seven 'gates'. First, players dribble through gates, then do 'figure-8's'.

- Players must keep ball close and be aware of surroundings. Dribble ball away from pressure while looking for open space.

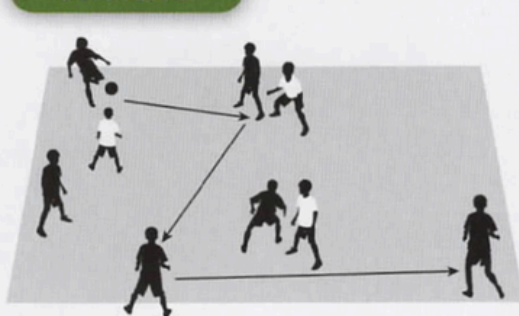
Make it a Game: See how many gates each player can dribble through in 1 minute without going through same gate twice in a row.

Make it a Game 2: Two defenders try and win balls. Players with ball must keep away from defenders. Dribbling through gate = defender must defend different player.

TWO TEAMS AGAINST ONE

Passing, finding open space, defense

PASSING



Where they go: Three teams of 3. Two teams (6 players) on offense against the other team, (3 players). Can also play with teams of 4.

- Offensive players pass to each other while defenders try to steal ball.

Key Points: Defenders should close up while ball is in motion, and pressure ball quickly. Attackers should keep ball moving and look to play where there is most space.

Make it a Game: Defensive team gets 1 point for each steal and each time offense kicks ball out of play. After 3 minutes, defensive team goes to offense.

GO GET 'EM

Quick, aggressive pressure

DEFENSE



Where they go: Create 20x10 grid, divided in 2. One player at each end.

- Player 1 passes down to opponent who tries to take ball up and past line where Player 1 started. Player 1 defends.

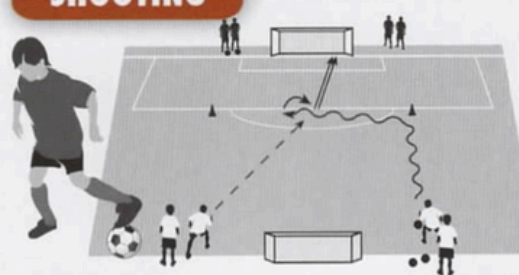
Key Point: Defender should utilize proper body position, (illustration) to shepherd opponent into area of less space.

Make it a Game: Defender gets 2 points for stealing ball or causing out-of-bounds in far grid, 1 point in near grid. Loses 1 point if attacker crosses end line.

PULL BACK TO FINISH

Pull-back passing, shooting

SHOOTING



Where they go: Two goals far enough apart that shot from midfield would be makeable. Two cones at midfield, 15-20 yards apart. Two teams. Team A divided into two groups on either side of one goal, Team B on either side of other.

- One player dribbles to cone in middle of field as if attacking a defender, then cuts across. Player from other side of goal runs in behind. Dribbler pulls ball back, (or back-heels) ball for teammate to shoot. Other team goes next.

Key Points: When going across field with ball, player must use foot furthest from goal to shield from imaginary defender (above). Shooter should communicate when to pull back.

Make it a Game: First team to 10 goals wins.

KNOCKOUT

Shielding ball from defenders



DRIBBLING



Where they go: Players dribble around 20x20 grid.

- Coach sends in defender who has one minute to knock all balls outside.

- Players must dribble and shield ball from defender, trying to outlast minute.

Key Point: Always keep ball close and body between ball and opponent, (illustration).

Make it a Game: When ball is knocked out, that player spends remainder of minute juggling until new game starts.

THREE UP AND BACK

Ball mechanics, speed



DRIBBLING



Where they go: Players in groups of three. Two players on one side, one on another.

- First player dribbles ball in front all the way across field to partner, then puts foot on ball. Other player takes over and dribbles back to 3rd player. Sequence continues.

Key Points: Keep ball ahead while dribbling, so it is controllable, but not too close to slow player down. Feet pointed slightly inward, with toes pointing down when making contact.

Make it a Game: Groups race against each other to see who gets down and back 12 times first. Rotate partners.

CLEAROUT

Clearing ball to the sides



DEFENSE



Where they go: Use 1/2 the field, play 4 offense against 2 defense and goalie. (If no goalie, play 4 against 3). Build square, 10 x 10 yards directly in front of goal.

- Offensive players begin with ball and try to score goals for one point.

- Defenders get one point every time they can clear the ball past midfield.

Key Point: Square in front of goal is off limits to defenders when they have ball. If they get ball outside of square and then dribble or pass through it, goal is scored for offense.

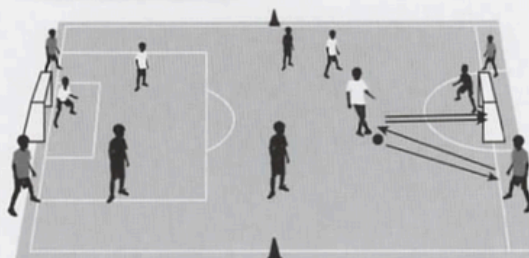
Make it a Game: First team to 2 points wins. Rotate to new positions.

TWO GOAL GAME

Shot selection, angles, awareness



SHOOTING



Where they go: Divide group into three teams on 1/2 field. Two teams play head-to-head. Third team's players on both sides of both goals, as "Support Players."

- Switch teams after 2-3 minutes or when first team scores two goals. Winning team stays on. If tied, defending champs stay on.

- Support Players pass right back to player who passed to them. Goals directly off passes from Support Players count 2. (Automatic win).

Variation: All offensive players must be in attacking 1/2 of field when goal scored, or disallowed. If defender not back, goal counts double. (Automatic win).

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.