

TAKE ON

Getting past defenders



DRIBBLING



Where they go: Players in lines facing each other, cones directly in middle. Player from each line goes towards opposite line with ball, attacking cones.

- Run directly at cones, as if a defender. When almost within playing distance, fake to go one way, then go other way.

Key Point: Work on different moves and change of pace to beat cones. Also work on turning by coming back to players' own lines.

Make it a Game: On coach's command, players race to opposite line.

MANY GOALS

Passing, receiving, teamwork



PASSING



Where they go: Two equally numbered teams. Use cones to build gates numbering one more than there are players on each team.

- Object is to get the ball through one of the gates so that teammate on other side receives it.
- Players work on passing and getting open with no more than 3 touches.

Make it a Game: See which team gets most gates in designated time frame.

DEFEND THE RING

Anticipating and intercepting passes



DEFENSE



Where they go: All players form large circle. Two defenders in middle.

- Players in circle pass to each other. Defenders move to intercept or deflect passes.
- If defender intercepts pass or knocks it out of circle, passer goes in on defense and defender goes to circle.

Variation: To encourage defensive teamwork, both defenders get to come out on deflection or interception. Passer and player of defender's choice must go in on defense.

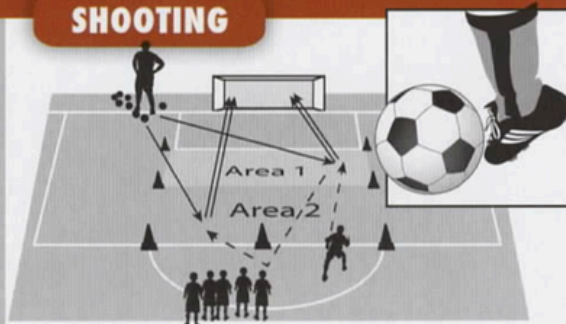
Make it a Game: If circle completes 20 consecutive passes then defenders must win two times before they can come out.

SHOOTING CHALLENGE

Shooting off the pass



SHOOTING



Where they go: Coach, with many balls, on goal line, halfway between goal and corner. Create rectangle 10 feet in front of goal, (Area 1), and another 20 feet in front (Area 2). All players stationed behind Area 2.

- First player runs into Area 1 where coach has passed ball. Shoots with laces (above), then runs back around cone at top of Area 2. Player shoots next ball passed into Area 2.

Key Point: Proper approach angle, head down, body over ball. Drive through ball and land on kicking foot.

Make it a Game: Miss both shots, player is out and goes behind goal to retrieve balls. Make 1 shot = back in line for next turn. Make both shots = choose another player and that player must make both shots or out. Last player eliminated wins.

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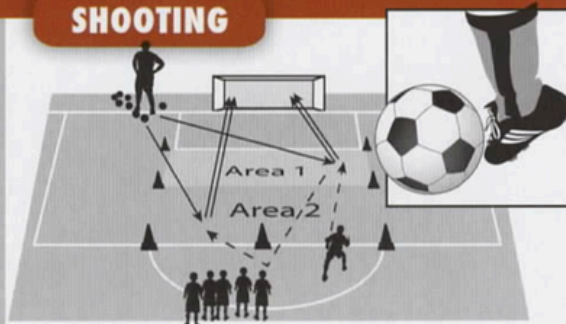
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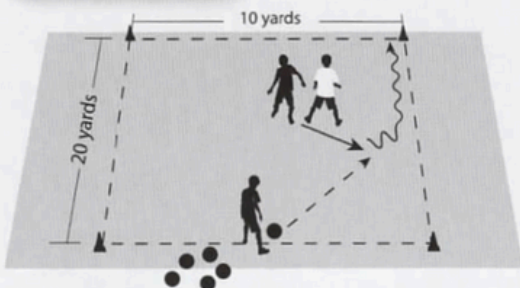
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1 V 1 DECISION

Beating defender off pass or dribble

DRIBBLING



Where they go: Player in middle of 10x20 yard grid, tightly marked by defender. Third player, "feeder," with ball at end of grid.

- Player runs off defender and receives ball from feeder. Try to beat defender to far line.

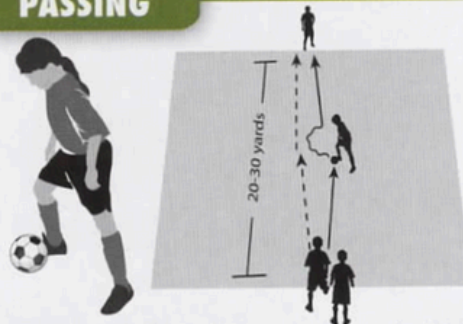
Key Point: Offensive player can pass back to feeder and look to get return pass. Player must make decision to turn on ball or pass back if defender is too tight.

Make it a Game: Ten seconds to dribble past line, while in control. Rotate players. Winner stays in on offense.

DOWN AND BACK

Receiving on the half-turn

PASSING



Where they go: Two players on one end of field, another player 20-30 yards away. Fourth player directly between them.

- Ball is passed to middle player who receives it on half-turn and passes to player at far end. Each player follows pass, taking place of player receiving it. Continue drill down and back.

Key Point: Players get into position to receive ball side-on (sideways) with inside of back foot, but only as ball is on its way (above). Coax ball into passing position quickly.

Make it a Game: Race two or three teams against each other down and back twice.

CATCH FROM BEHIND

Stopping breakaways

DEFENSE



Where they go: Two lines. One line at mid-field, other line 10 yards behind.

- Coach rolls ball toward goal. First player from mid-field line runs ahead, controls ball and races toward goal on a breakaway.
- Player from back line tries to catch up and knock ball away before a shot can be taken.

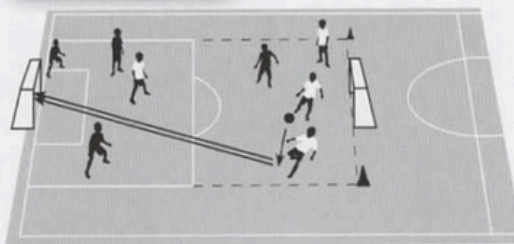
Key Point: Offensive player must learn to shoot or elude just before defender arrives. Successful defensive player needs only to cause shot to be missed.

Make it a Game: If goal is scored, players go back to same lines. If goal is not scored, players switch lines.

LONG RANGE SHOOTING

Long shots, following rebounds

SHOOTING



Where they go: Using 1/3 of the field, create two zones with goal in each zone. Each team has three defensive players trying to score on far goal, and one offensive player attacking near goal.

- Players must stay in zones. Minimum 3 passes in defensive zone.
- Defensive players shoot from long range. Lone attacker looking to redirect or rebound these shots and put pressure on opposing defenders when they have ball.

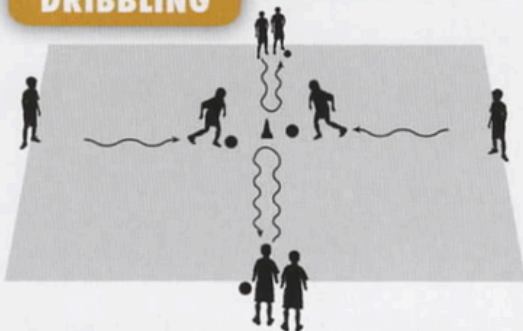
Key Point: Defenders try to set up teammates for shots. Attacker also looking to score by stealing defenders' passes.

Make it a Game: Play 4 periods. New attacker each period.

FOUR LINE TURN DRILL

Turning

DRIBBLING



Where they go: Two players at each side of grid with cone in middle.

- Players from opposite sides dribble with ball towards middle of grid, turn, and go back. Other two players then do same. Work on various types of turns, (i.e. pull-back, stop, hook and step-over).

Key Point: Can also work on 90-degree turns by going to next line.

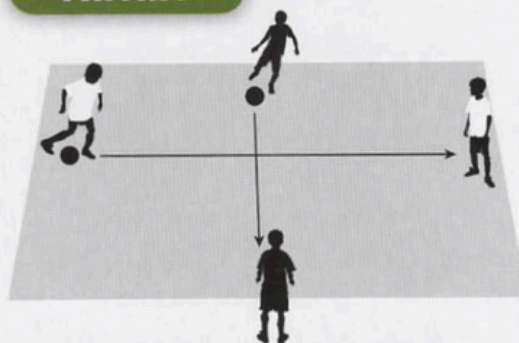
Key Point 2: Shorten stride at start of turn. Realistic fakes. Low center of gravity.

Make it a Game: Two-team or four-team race.

BUMPOUT

One-touch passing, accuracy

PASSING



Where they go: Two players 15 yards apart going east-west. Another team of 2 going north-south. Each team has a ball.

- Players on first team pass to each other rapidly using one touch.

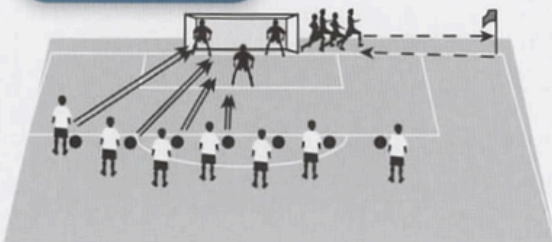
- Players on second team try to hit the first team's ball by timing passes to each other.

Make it a Game: See how many touches first team can get in 30 seconds. If ball is deflected, players must retrieve and dribble back to original spots to resume.

QUICK SHOT DEFENSE

Reaction to quick shots, conditioning

DEFENSE



Where they go: Two teams. Each player on shooting team lines up a ball 10-20 feet away from goal in straight line. Defensive team has 2 defenders, one on inside of each goalpost. Remaining defenders by side of goal.

- Goalkeeper (or 3rd defender) is 3 yards in front of goal. If shot gets by goalie, 2 defenders try to stop it without using hands.

- Offensive team shoots one at a time, left to right. Goal scored = remaining defensive players must run to corner and back.

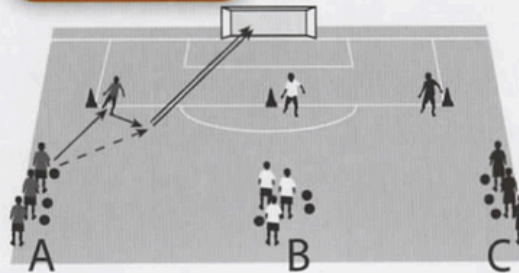
Key Point: Try to take advantage of goalkeeper or defenders out of position after making save and quickly get off shot before they can recover.

Make it a Game: After all shots taken, teams switch. New defenders each time.

GIVE AND GO

Timing passes, taking proper angles

SHOOTING



Where they go: Divide group into three teams standing 5-10 yards behind penalty area. One player from each team stands at cones on edge of penalty area.

- First player from Team A passes to teammate at cone, who taps ball back so that original player running in can take shot (give and go). Shooter then becomes player at cone. Team B goes next, followed by C, and so on.

- After everyone goes, teams move clockwise to next line to practice shooting from different angles.

Key Points: Shooters coming in must time it so as not to overrun pass. Pass into cone should be firm, and tap back can be soft.

Make it a Game: Most goals for team after all three stations 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.