

## WING CROSS

*Crossing, spreading out*



### SHOOTING



**Where they go:** Create field, about 2/3 size of standard field, with goals and corridor on each wing. Each team puts player, (winger), in attacking half of corridor.

- Teams try to get ball to winger. Winger crosses, (passes toward goal). Only goals coming directly from cross, or one pass after cross, count.
- All players, except opposing wingers, must be in attacking zone for goal to count. If defenders are not in defending zone when goal scored, goal counts 2. (Advanced)

**Key Point:** Crosses must be high-quality and attacking players ready to time them.

**Make it a Game:** Play short games with new wingers each time.

## THREE ZONES

*Passing, shooting, spacing*



### PASSING



**Where they go:** Regular field divided into 3 zones. Goal at each end of field. (Goalkeeper optional).

- Each team plays 1 v 2 in its offensive zone. Middle zone is 3 v 3. Players can move into next zone if they have passed ball there.
- Defensive and middle zones are 2-touch, but offensive zone is unlimited touch.

**Key Point:** Defenders need to be aware of players coming in late on weak side.

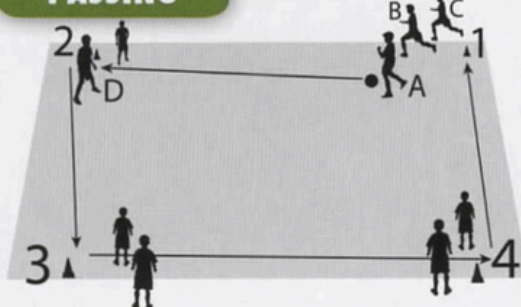
**Make it a Game:** Keep track of goals scored.

## OVERLAPPING DRILL

*Leading passes, conditioning*



### PASSING



**Where they go:** In grid of 30x30 yards, have minimum of 2 players at each corner with three players at corner #1.

- Player A passes ball down line ahead of Player B who tries to catch up while arriving at corner #2. While Player B is chasing ball, Player C is following.
- As they get to corner #2, Player C continues running toward corner #3. B controls ball and passes ahead in same, leading fashion. Player 'D', who was waiting at corner #2, now becomes overlapping player and sequence continues.

**Key Point:** Players should work on developing right "touch" so as not to lead too much or too little.

## PARTNER TACKLE

*Deciding when to go for tackle*



### DEFENSE



**Where they go:** Form 2 small-sided teams. Each player has partner on other team.

- Play regular game. When player has ball, only that player's partner is allowed to make tackle (steal ball).
- If defender attempts tackle and misses, other teammates may not defend player with ball. That player's partner must recover and get back to defend.

**Key Points:** Defenders must always know whereabouts of player they're marking and not get caught ball-watching. Learn when to attempt tackle and when to stay back. If defender gets beat, there is no help and attacker goes straight to goal.

**Make it a Game:** After five minutes, mix up teams and partners.

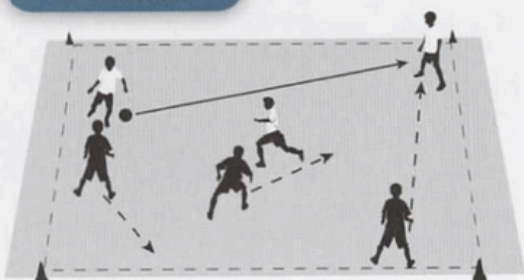


## PRESSURE, COVER, BALANCE

Team defense



### DEFENSE



**Where they go:** 3v3 in wide grid.

- Emphasis on defenders stopping opposition from getting past goal line. Defender nearest ball pressures and middle defender covers to guard against player with ball or pass.

- Defender furthest away is called Balancing Defender and is ready to go to ball if passed to weak side. (Diagram).

**Key Point:** Balancing Defender must not get dragged in too close so that pass can beat all three defenders.

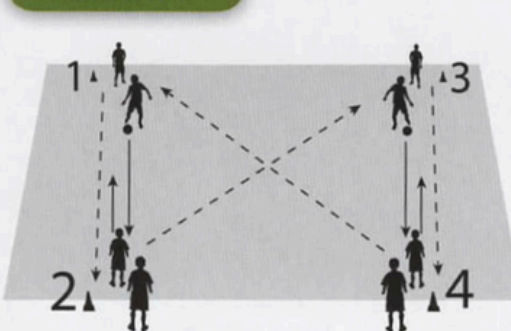
**Make it a Game:** Thirty-second clock. Defenders must keep attackers from crossing line while in control.

## FOUR CORNERS

Passing with inside of foot, conditioning



### PASSING



**Where they go:** Four lines. Group 1, with ball, facing Group 2. Group 3, with ball, facing Group 4.

- Using inside of foot, Group 1 players pass across to Group 2 and follow pass. (Group 3 does same with Group 4). Coach should stress passing to feet.

- Groups 2 and 4 pass back to line ball came from, then run diagonally to other opposite line. (Group 2 runs to Group 3. Group 4 runs to Group 1).

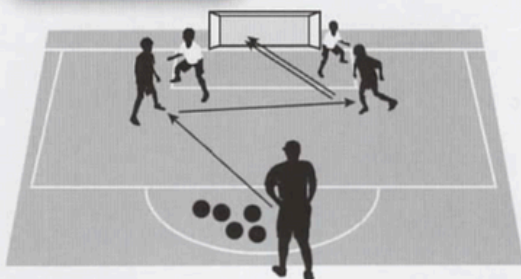
**Make it a Game:** Shift so players pass diagonally and run straight. Countdown from 20. Start over if passed balls hit each other.

## FIVE BALL FACEOFF

Quick shooting, defense, conditioning



### SHOOTING



**Where they go:** Two teams of two in penalty area. Coach in arc with five balls.

- Coach passes into penalty area and both teams go for ball. Team with ball goes for goal and other team defends.

- If defense wins ball, they try to score. After each shot, coach passes new ball, until all balls are used up. Then change players.

**Key Point:** Players should shoot any chance they get. Teach quick release to get shots off in tight situations.

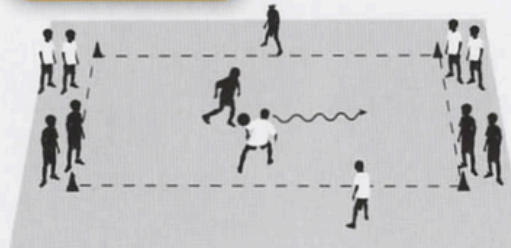
**Make it a Game:** Winning teams of two play off until one champion.

## LINE TO LINE

1 v 1, 2 v 1, defense



### DRIBBLING



**Where they go:** Two equally-numbered teams. Half Team A and half Team B on one end of 20x10 yard grid. Other halves of each team on other end.

- One player looks to beat opponent to opposite line while in control of ball, (one point).

- If successful, teammate starts and repeats drill in other direction. Defender stays in until ball is stolen and taken back to start line. Teammate then takes on player who just lost ball and now is defender.

**Key Point:** Each team has one player on sideline available for wall passes making it 2v1, (only allowed one touch).

**Make it a Game:** Which team has most points after 10 minutes?



## 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 a 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.