

PLAY. LEARN. SUCCEED.

TRAVEL/PREMIER

DEVELOPED BY:



PROFESSIONAL COACH  
ACTIVITIES



DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER

## **Why are the Technical and Physical components, not the Tactical component, a priority for players to Play, Learn and Succeed at?**

The moment by moment decisions players make are **tactical decisions** that can suffer when players don't have adequate game related **technical skills** and/or lack soccer related **fitness**. More often than not, when a player lacks skills and fitness and doesn't have the ball, the player is worrying about what will happen when he/she gets the ball, and when the player gets the ball, he/she isn't prepared to make quick and good decisions because too much attention was given to the ball.

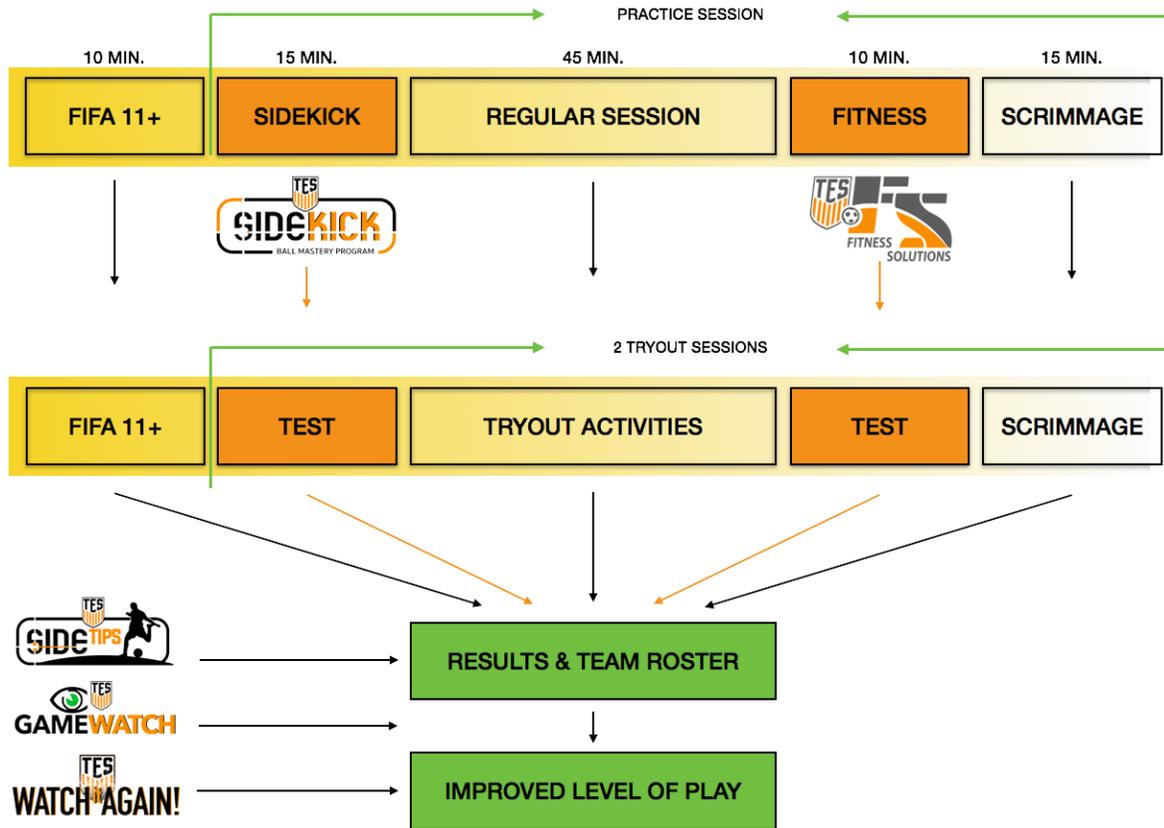
**In short, building one's technical skills and level of fitness allows players to gain the much needed confidence to compete.**

Based on my observations this last season in particular, I have made the general assumption that players whose individual ball skills, agility, explosiveness and strength levels (Fitness) are lacking, will not necessarily be able to compete at the next level or beyond.

**We needed to do something about it?**



## PLAYER IMPROVEMENT & EVALUATION PROCESS OUTLINE



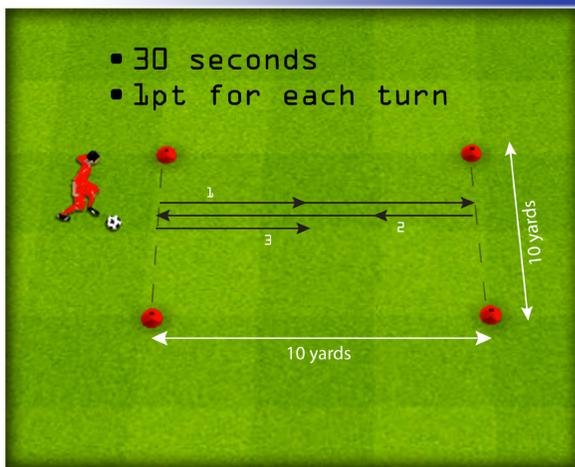
### Travel Team Practice Schedule:

- 4:30-4:45 FIFA 11+ Warmup
- 4:45-5:00 SideKick Exercises
- 5:00-5:45 Activity #1  
Activity #2  
Activity #3
- 5:45-6:00 FS Exercises
- 6:00-6:15 Small-sided Scrimmage
  
- 6:00-6:15 FIFA 11+ Warmup
- 6:15-6:30 SideKick Exercises
- 6:30-7:15 Activity #1  
Activity #2  
Activity #3
- 7:15-7:30 FS Exercises
- 7:30-7:45 Small-sided Scrimmage



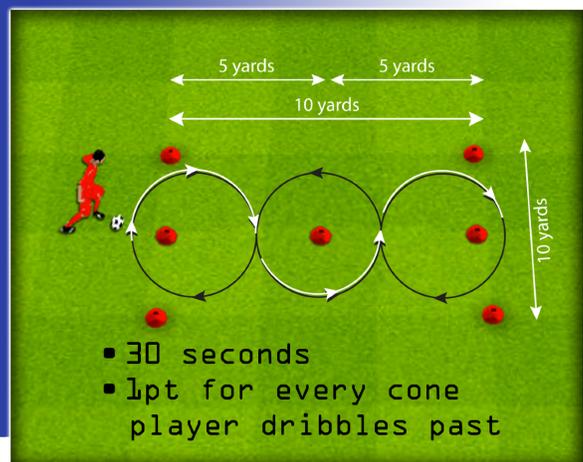
## skills test LEVEL I

### TURNING

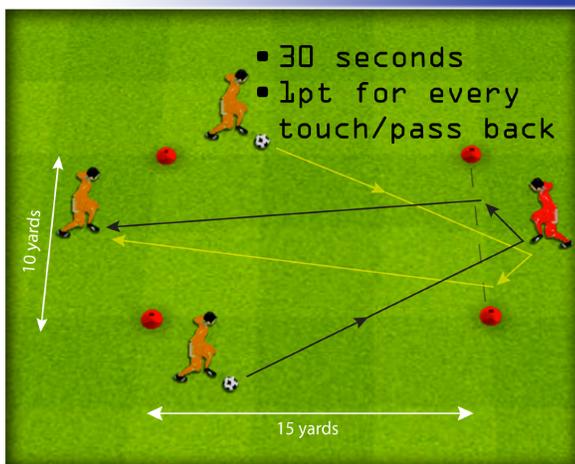


The TES SideKick Skills Test is comprised of four simply structured activities that measure technical ability in the following areas:

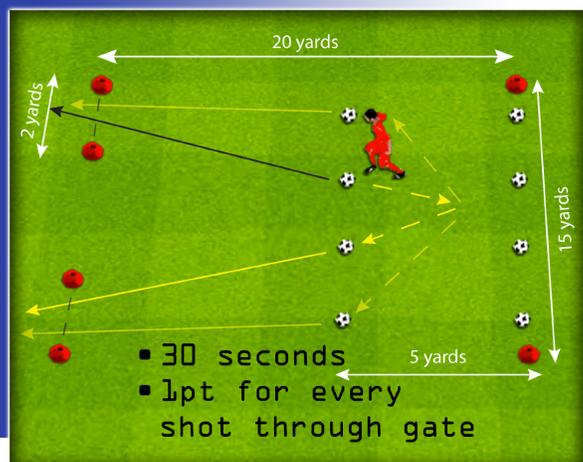
### DRIBBLING



### PASSING & RECEIVING



### SHOOTING



These specific activities will be implemented at the end of each U10-U14 season to document the technical level of players.

# TRAVEL/PREMIER

# 7

DEVELOPED BY:



## skills test LEVEL II



**(1) SHIELDING BALL**

- Players A and B stand on end lines across from each other.
- Ball is placed in the middle of grid.
- On command players attempt to secure, shield the ball without interruption for 30 sec.
- 6 attempts.



**(7) SHOOTING ON THE RUN**

- Player travels with ball towards goal and takes a low shot at 30 yard markings.
- Ball must be driven into a corner.
- Take turns shooting until each have had 6 attempts.



**(2) PASSING W/PACE**

- Player A and Player B pass, take a touch and pass with pace.
- Both players stand at end lines of grid.
- Player A needs to successfully take a touch and pass for 30 seconds.
- Switch roles after 6 attempts.



**(8) SHOOTING FROM CROSS**

- Player A lofts ball 5 times from corner to Player B.
- Player B strikes ball into goal.
- Switch roles after 3 crosses from left and right sides.



**(3) HEADING TO DEFEND**

- Player A lofts ball from 30 yards to head of Player B.
- Player B heads the ball past 15 yard markings.
- Switch roles after 6 attempts.



**(9) JUGGLING ON THE MOVE**

- Player A juggles ball without dropping as he moves from one end to the other.
- Take turns until 6 attempts have been made.



**(4) TRAP / DRIVE**

- Player A lofts ball to Player B.
- Player B traps once and returns a low drives ball back to Player A.
- Switch roles after 6 attempts.



**(10) JUGGLING WITH PARTNER**

- Players A and B keep the ball up in the air across 10 yards for 20 seconds.
- Take turns, 6 attempts each, 1-3 touch limit.



**(5) TRAP / LOFT**

- Player A lofts ball to Player B.
- Player B traps once and returns loft to Player A.
- Switch roles after 6 attempts.



**(11) DISTANCE JUGGLING W/PARTNER**

- Player A and B loft the ball back and forth without having ball touch the ground.
- Ball needs to stay in the air for 15 seconds for a point.
- Maximum 3 touch.
- Take turns, 6 attempts each.



**(6) TRAP/TURN**

- Player A lofts to Player B.
- Players A and B stand on end lines across from each other.
- Player B traps once with chest or thigh and turns 180 degrees to settle ball.
- 6 attempts.



**(12) PENETRATING WITH BALL**

- Players A and B stand on end lines across from each other.
- Ball is placed in the middle of grid.
- On command players attempt to secure ball and penetrate over opponents line.
- 6 attempts.





# The 11+



## PART 1 / RUNNING EXERCISES · 8 MINUTES



### 1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 m apart. Two players start at the same time from the first pair of cones. **Jog together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



### 4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets**



### 2 RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**



### 5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**.  
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets**



### 3 RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**



### 6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then **run backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**

## DYNAMIC STRETCHING • 5 MINUTES

## WARM-UP

## PART 3 / RUNNING EXERCISES · 2 MINUTES



### 13 RUNNING ACROSS THE PITCH

Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**



### 14 RUNNING BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**



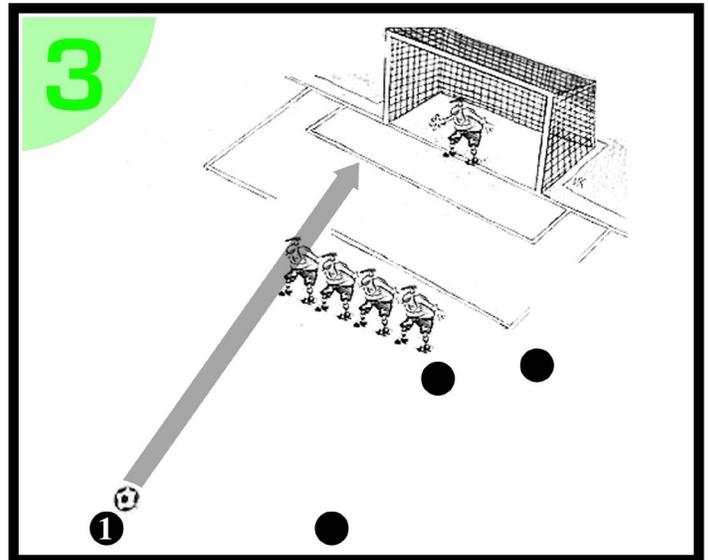
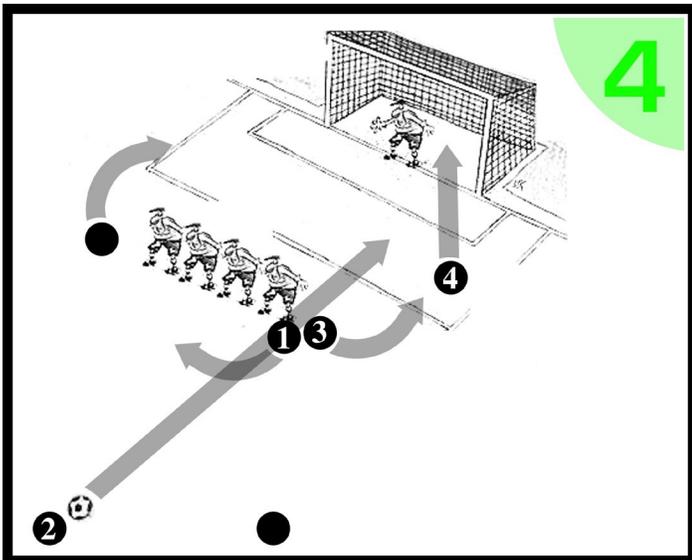
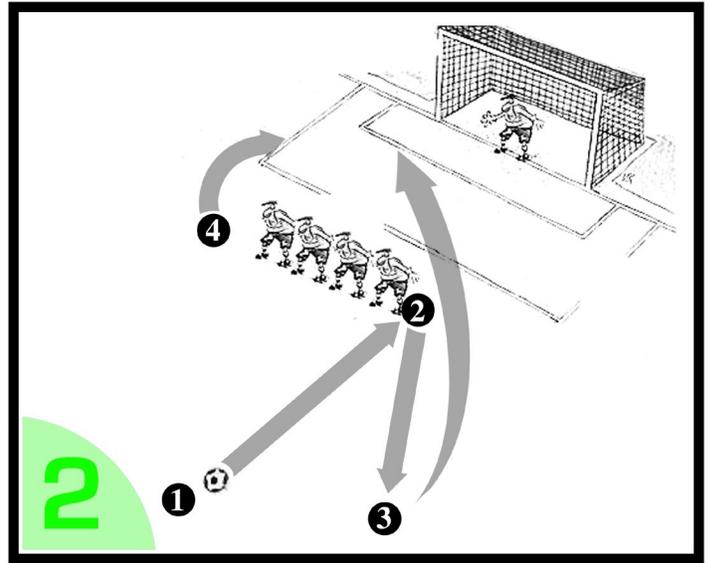
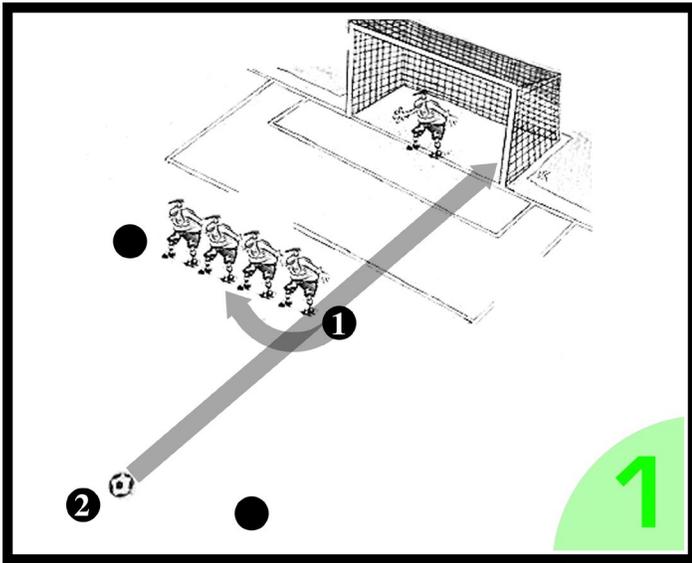
### 15 RUNNING PLANT & CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets**

## SHOOTING EXERCISE • POSSESSION PLAY

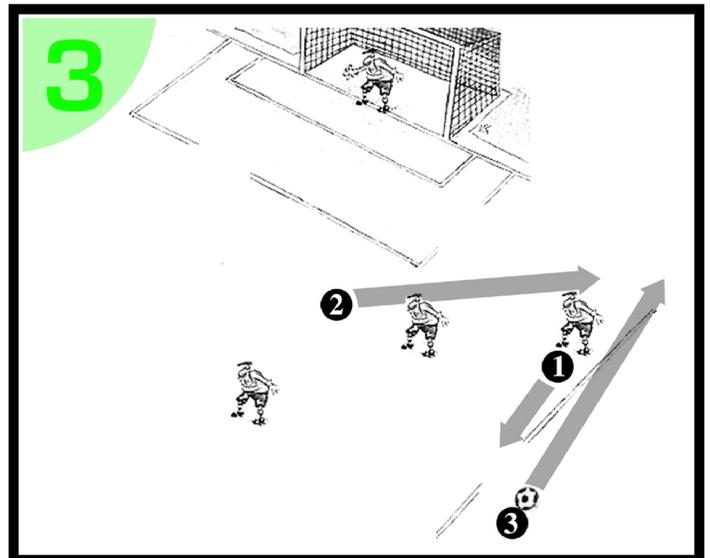
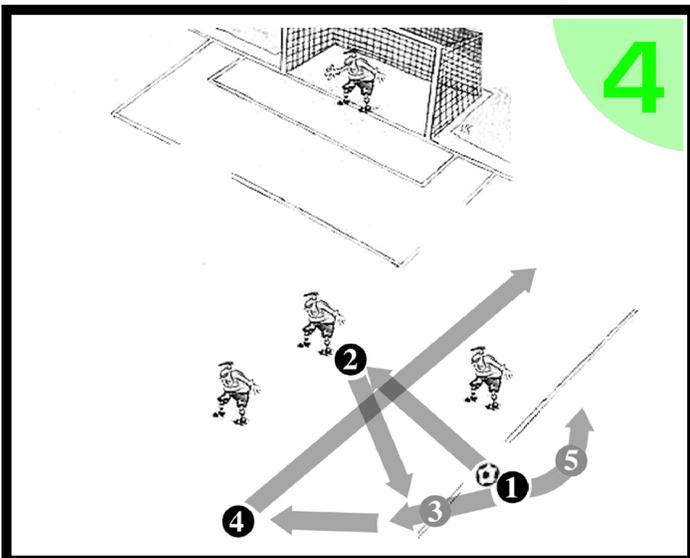
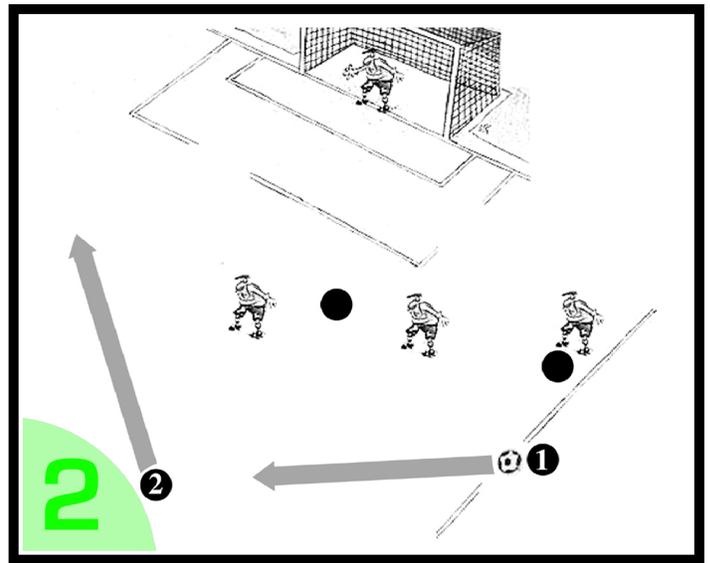
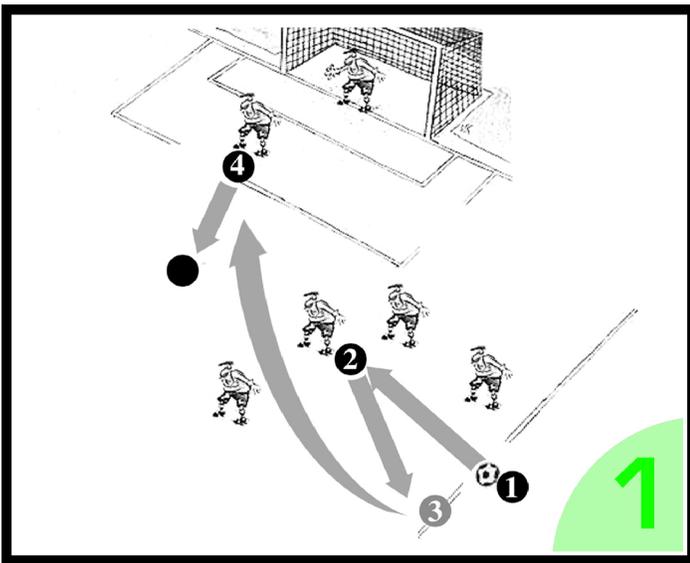


## SET PLAYS





## THROW-INS





# GENERAL LAYOUT

## PRACTICE SESSIONS

- 1. FIFA 11+** Warm-up before Practice Session begins. (15 minutes)  
Coaches need to watch that warm-up is done as intended.
- 2. SideKick (SK)** Coach sets up one or more exercises identical or similar to activities used at testing. (15 minutes)
- 3. Session Topic** Activities 1, 2 & 3. (45 minutes)  
  
Coaches need to be prepared for sessions ahead of time.
- 4. Fitness (FS)** Agility, explosiveness & strength training. (15 minutes)  
Our fitness specialists will provide some guidance as to what you can do to promote players athleticism.
- 5. Scrimmage** Small-sided 6vs6, 7vs7 as usual. (10-15 minutes)





The Possession activities and exercises are based on a sequence of positional games played in a rectangular area. The rectangle represents the shape of a soccer field and the players should be positioned relative to their position on the game field.

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## POSSESSION GAMES AND EXERCISES

The player with the ball must have options, thus the players off the ball must be available for a pass and the defenders must play in such a way to reduce the options and win the ball. With all this activity going on, decision-making becomes crucial and players become more comfortable on the ball and under pressure.

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## Finishing - Getting the Shot off Early

### WARM-UP ACTIVITY

#### Shoot the Box

##### Emphasis:

Accuracy, one-touch finishing, hitting a moving ball.

##### Set-up:

A 4x4 yard grid is created using cones. Position 4-5 players around the “box” with a goalkeeper inside the box. A supply of extra balls may be placed around the perimeter.

##### Objective:

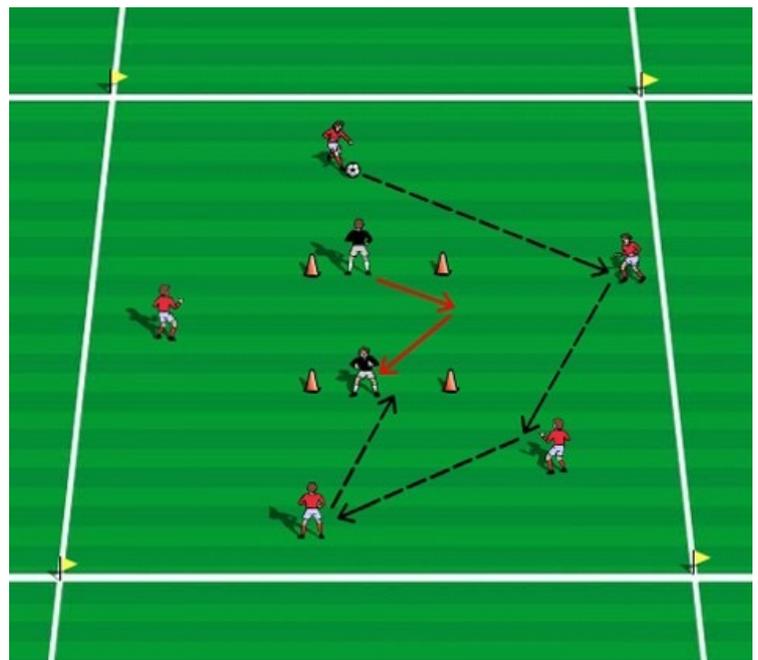
The players must pass the ball around the perimeter using 1 or 2 touches. After 3-4 passes ANY player may shoot the ball and try and get it through the box. The goalkeeper must stay with the play and try and save the ball before it passes through the cones.

##### Progression:

1. Must shoot in three passes or less.
2. Must use only 1 touch to pass as well as shoot.
3. Make the grid bigger.
4. Move the perimeter players closer.

##### Coaching Points:

- Keep your hips open so you can strike any type of ball passed to you from any angle.
- Keep your head down and watch the contact made with the ball.
- Small leg swing to redirect for power.





## Finishing - Getting the Shot off Early

### 3v3 Shooting in the Box

#### Emphasis:

Close range shooting, getting the shot off early.

#### Set-up:

Players are divided into groups of three players. Each group is identified with a different colored vest. Two groups are placed inside the penalty area; the remaining groups are positioned outside the parameter of the box. A goalkeeper is placed in goal.

#### Objective:

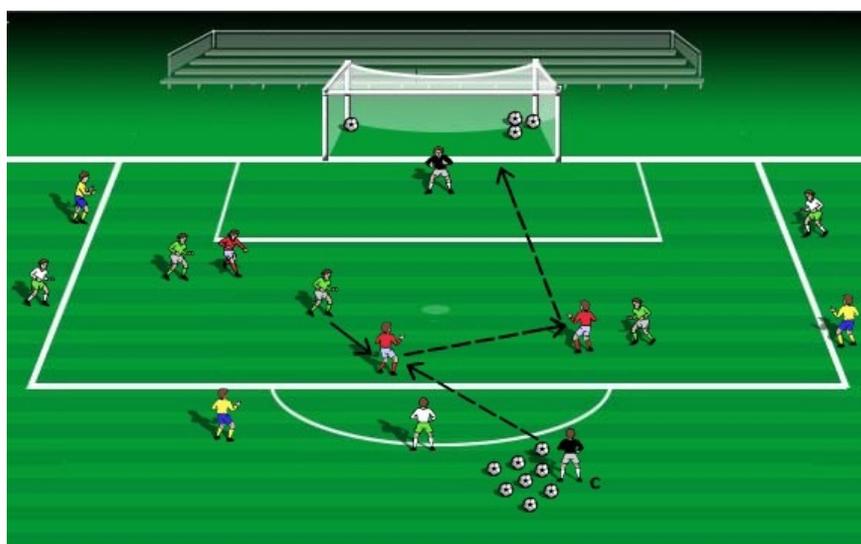
The coach starts the practice by serving the ball into the penalty area. Players play 3V3. First team to score stays on. Losers leave the grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. The team in possession can use the outside players as well. Players on the outside are limited to “one touch”. Keep track of the goals scored and make a competition amongst the players. First team to four consecutive wins is the champions.

#### Progression:

1. It must be a “one time” finish.
2. Outside players can score as well
3. A finish using the head is worth two.

#### Coaching Points:

- You must feel where the defender is applying pressure.
- Check at angles to receive the ball to allow a better shooting angle.
- Prep touch must take you towards the goal.
- Play the way you face if the defender is on you.
- Concentrate on transition from offense to defense and vice versa.





## High Pressure - Possession under intense pressure.

### WARM-UP ACTIVITY

#### Emphasis:

Will also aid in developing vision and pressure releasing plays.

#### Set-up:

4 x 20 by 20 yard grids forming a large square with 10 yard lanes between them. 8 players (up to 12) split into 2 teams of 4 with 2 players in diagonal grids. 2 players (red and yellow teams) start inside one grid with one ball with 2 team mates in diagonal grid. Opponents have 2 players in remaining 2 grids.

#### Objective:

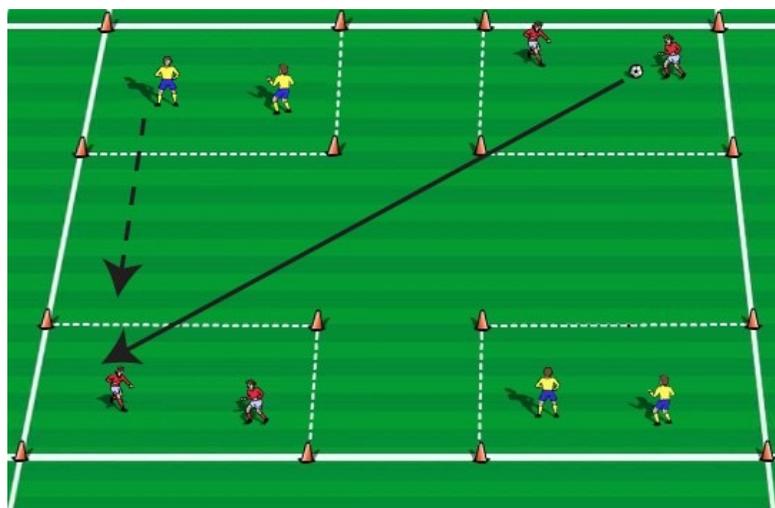
Red Team (2 players) possess ball in their grid with intentions to play diagonal to awaiting team mates in diagonal grid. Opponents (yellow team) from deep grid ONLY send one defender to intercept ball after diagonal through ball is made. If ball is intercepted then defender must play to team mates in nearest grid. Once ball leaves attacking team's grid then the defender returns to his/her own grid. Defenders do not cross over to other diagonal sides. Both teams play with identical intentions.

#### Progression:

1. Two-touch restriction for all players.
2. Players can also score by passing a specific number of times within grid
3. Enlarge the size of the playing area.
4. Add a neutral support player in middle zone for combination plays.
5. Add a player in each grid turning activity into a 3v1.

#### Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must offer good angles and distance of support to receive passes.
- Constant movement to find and exploit the available space.
- Go for the penetrating pass at the earliest opportunity.
- Defensive team should apply high pressure.





## High Pressure - Possession under intense pressure.

### Emphasis:

Will also aid in developing a greater anaerobic capacity.

### Set-up:

30 x 30 yard grid. 18 players split into 3 teams of 6 players. 12 players (red and yellow teams) start inside the grid with one ball. The remaining 6 players (green team) spread around the perimeter of the grid. The teams are arranged in a 6v6 format. Seven gates are created using cones placed approximately 1 yard apart.

### Objective:

Both teams must play man-to-man defending. Teams must maintain possession of the ball through sharp passing and constant movement. Points are awarded for successfully passing the ball to a teammate through any of the gates. Points are also awarded for 5 consecutive passes by either team. Players outside the grid (green) can be utilized but are limited to one touch. The defensive team must attempt to put as much pressure as possible on the team in possession to encourage a high tempo. Play is continuous for 3 minutes. Losing team must run around the perimeter of the grid for 60 seconds – all out. They then position themselves around the perimeter of the grid for the next game. Winner stays on.

### Progression:

1. Two-touch restriction for all players.
2. Players can also score by dribbling through the gates.
3. Reduce the size of the playing area.

### Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must offer good angles and distance of support to receive passes.
- Constant movement to find and exploit the available space.
- Go for the penetrating pass at the earliest opportunity.
- Defensive team should apply high pressure defending at all times.





## 8 v 4 with Defensive Scoring

### Emphasis:

Passing, Angles of support, Defending as a unit.

### Set-up:

25 x 25 yard grid.

12 players in each grid.

A selection of balls are placed at the side of the grid with the coach.

Two sets of colored bibs.

Cones are placed to create 8 mini goals around the outside of the grid. 4 players are designated as the defenders to start the game.

### Objective:

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball and quickly pass the ball through any of the mini goals located outside the grid. Play for a total of six balls before switching the defensive players. Points are awarded to the defensive unit for successfully passing the ball through the mini goals. Every point scored equals one less ball that they need to defend from the coach.

### Progressions:

The coach times the activity to give the defenders some urgency.

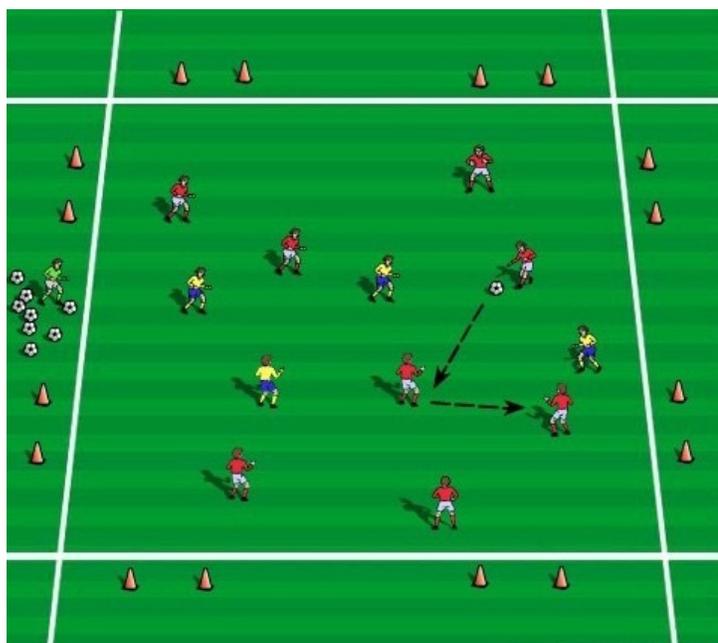
### Coaching Points:

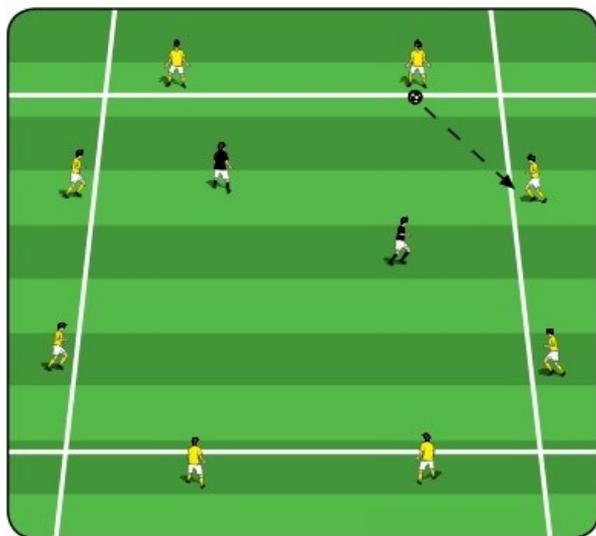
Quality of passing is imperative for attacking team.

Angles of support.

Defending as a unit.

Communicating as a defensive group is vital.





### 8 v 2 in a 10 x 10-yard area playing 1 touch

Count passes in succession, award extra point(s) for any through ball that splits the 2 defenders. Defenders must win or disturb 3 possessions to get out -- any through ball rewards the possession group with 1 extra possession.

#### Coaching Points

- Possession team must play quick in tight area with good touch
- Anticipate the next pass, be creative and deceptive, use a variety of touches and feints – seek out the best option
- Defenders must apply pressure to the ball and support the pressure
- Constant communication between the 2 and shifting of positions relative to the ball
- If the defense plays flat, a through ball can beat them, thus, it is 1 player up and 1 player off

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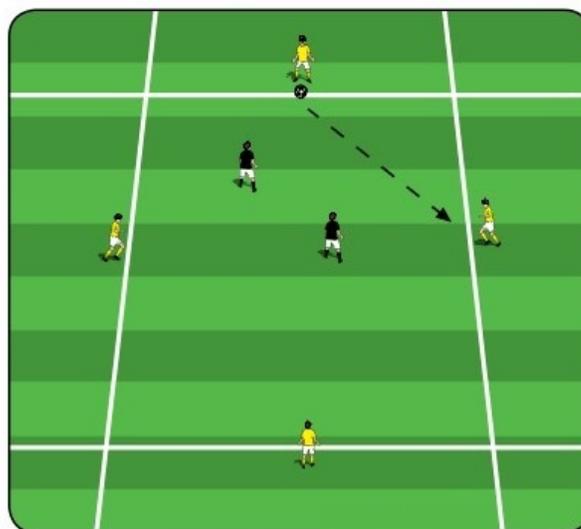
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### 4 v 2 in a 15 x 10-yard area playing 1 or 2 touch

Possession players may move up and down their respective line, but not enter into the middle -- count consecutive passes and reward for through passes. Defenders must play out over any line, thus 2 v 1 to get out of the middle. Excellent positional training game – wide players play wide and central deep players in the top and bottom spots.

#### Coaching Points

- Possession team must use the entire area and maintain their shape
- The ball should be played away from the defenders, using the deep player as needed
- Coach may restrict touches or only using 1 foot ( all right foot)
- Defenders maintain pressure/support and communicate
- They must deny the through ball

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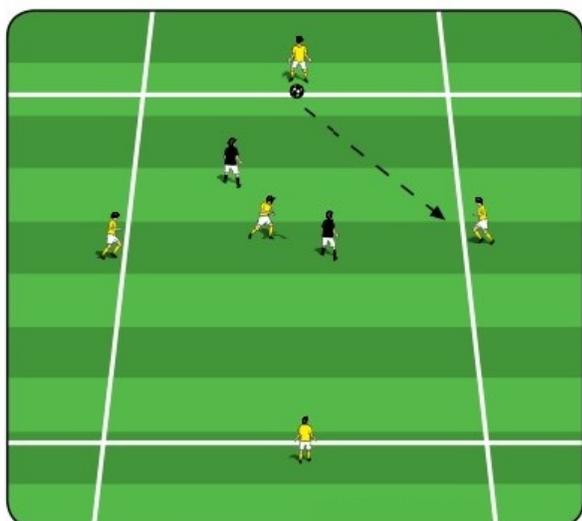
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### 4 v 2 + 1 in a 15 x 10-yard area playing 1 and 2 touch

Possession players add an additional player in the middle. Outside players play 2 touch and the middle player plays 1 touch. Excellent positional game with the middle player being a midfielder. Defenders play possession 2 v 1 in the middle.

#### Coaching Point

The key is to keep the shape big – the middle possession player cannot restrict space -- he needs to create space. Outside players look to play ball in when they can and the middle player plays out in 1 touch.



### 4 v 2 in a 15 x 10-yard area playing with 1 goal with keeper

The 3 outside plus the keeper play possession ( 1 or 2 touch ) vs the 2 inside players -- when the inside player wins the ball, he immediately takes a shot at goal. If the keeper makes a save, resume possession play. Keep extra balls available to keep the game going. Use a full size goal

#### Coaching Points

- The possession group will focus on clean, quick and accurate touches
- The keeper plays as a field player and sharpens foot skills
- The 2 inside players defend with the intent to win the ball and have an immediate shot at goal
- Make teams and keep score – make it competitive – set a time limit to play



### 4 v 2 + 2 in Two Zones in a 30 x 20-yard area

Play 4 groups of 2, each in a different color. Start with 4 v 2 in 1 area with 2 waiting players in the other area. Establish the proper shape for the possession team. Defenders, upon winning the ball, play into the other area and join, making 4 possession players. The color that turned the ball over becomes the defenders and moves into the other area as well. The remaining 2 players wait in the first area for the ball to transition back to them.



### 3 v 1 to 5 v 3 in a 20 x 15-yard area and a 10 x 10 - yard area

Start inside with 3 v 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v 3 game in the large area. When the 3 defenders win the ball back, they return to the smaller area and play 3 v the 1 who turned the ball over.

This is a great activity to transition to a bigger area when possession is won. The 3 in the middle must keep the ball or else they must defend the 5 in a larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defense and deny the through ball.

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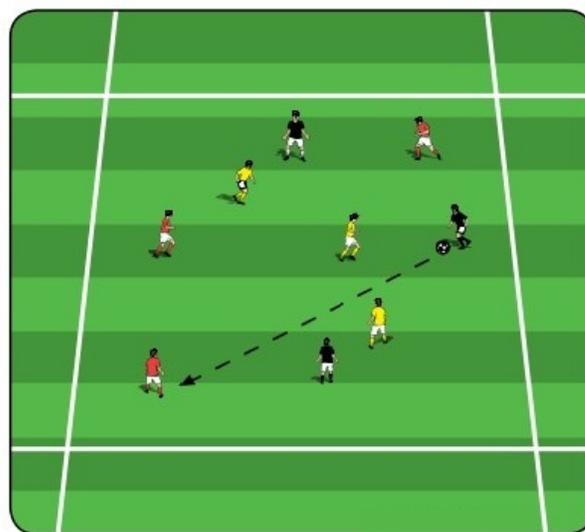
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### 6 v 3 with constant change-over in a 30 x 25-yard area

Play 3 teams of 3 in different colors. 2 colors combine and play against the 3rd color. When the defending team wins the ball, the team that turned the ball over becomes the defending team. It is always 2 colors vs 1 color. Play with limited touches.

#### Coaching Points

- Maintain proper shape with the possession team ( width and depth )
- Make the playing area as big as possible
- Make the defending team defend the entire area
- Defending team should maintain compactness and play pressure, support, and cover
- On winning the ball, quickly transition into possession with new group

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The Transition games and exercises focus on the 3 main moments of the game.

When we have the ball, when the opponent has the ball and the moment of transition when possession changes.

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## TRANSITION GAMES AND EXERCISES

The game of soccer totally revolves around the goal - we should try to score when we have the ball and we should try and prevent goals when the opponent has the ball. Decision-making is paramount in these activities. The importance of these activities is that the players are always involved in all aspects of the game. When they lose the ball, there is a chance for immediate recovery. When they win the ball, there is a chance for an immediate attempt at goal. Tactical considerations are also a big part of these activities.

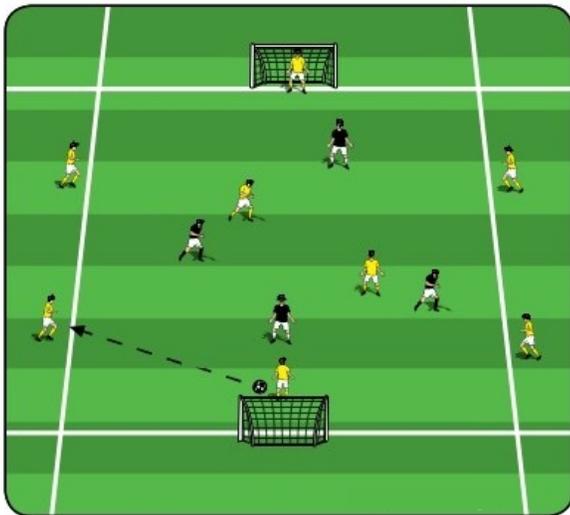
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### 4 v 4 + 2 with 2 keepers in a 30 x 25-yard area

The possession team includes the 4 outside players, the 2 inside players and the 2 keepers – a total of 8 players in possession team. The 4 inside players must first defend and win the ball and then they can attack at either goal, playing 4 v 2. The team of 8 are playing possession, while the team of 4 is playing to score goals.

Play attacking players in the middle and have them win the ball and then attempt to score. Use backs and midfielders as the possession team.

### Coaching Points

- Possession team: play 2 touch and keep the ball moving quickly with constant changing the direction of play. The inside players may play only 1 touch -- great exercise for the keepers as field players. The 2 inside players will become defenders when the ball changes over
- Inside team: defend in a diamond shape and stay compact. Work hard and communicate – the reward is to attack either goal
- Keepers: as part of the possession team, you must continue play. When the possession changes, then you become a shot stopper

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### 4 v 2 in 2 zones to 1 goal with keeper

Play in an area of 20 wide x 30 yards long ( 2 of 15 each) --  
2 areas of 20 W x 15 L

Play starts with 4 v 2 in a possession game -- when the 2 inside players win the ball, they play 2 v 1 to leave the zone and then play 2 v 2 in the other zone trying to score a goal. The 2 waiting players are the defenders in the second zone -- should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players return and defend. If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v 2.

### Coaching Points

- Possession team has only 1 aim: keep the ball
- Defending 2 players must win ball, win a 2 v 1 duel, and then play 2 v 2 and try to score
- The 2 waiting players must defend and play out to the 4 possession players
- If they concede a goal, then they become the defenders in the first zone
- Divide into groups of 4 and rotate the players into the different positions

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**BUMPER !! 4 + 4 vs 4 + 4 w 2 keepers in a 35 x 25- yard area**

Inside players play 2 touch and the outside players play 1 touch. Very fast paced game that is all about scoring. Everyone is always involved and it is a lot of fun and gets to be very competitive. Excellent training for all, especially the keepers.

**Coaching Points**

- Encourage shooting and scoring. Look for rebounds. With the use of the outside players, there will be plenty of opportunities for first - time shooting.
- Keepers will be constantly involved in the game and will realize improved quickness in all areas of goalkeeping.
- Outside players must be alert for balls coming to them and then play quickly back in for a scoring chance.
- A game of constant transition.—defenders become attackers and attackers quickly become defenders.



**Turnover Game**

In this game 3 even numbered teams play to 2 goals with keepers in 3 zones. Team 1 will attack, team 2 will defend and team 3 will be waiting. Team 1 attacks team 2 --should team 2 win the ball, they then must clear out of the back zone into the middle zone with ball possession. They can then regroup and build an attack vs Team 3 at the opposite end of the field. If an attacking team scores, they keep the ball and attack the third team.

**Coaching Points**

- Value the possession – get a good shape and keep the ball within the team.
- Look for chances to score.
- When possession is lost, immediately transition into defense and try to win the ball back.
- Once the ball is in the middle zone, under possession, play stops.
- Defensively, maintain a compact shape and put pressure on the ball.
- When the ball is turned over, immediately transition to the attack and clear the zone with ball possession.



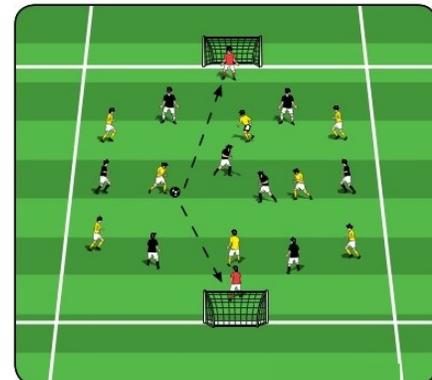
**Breakout Game**

Use 3 equal zones of 30 - 35 yards across the full width of the pitch – playing 8 v 8 with 2 keepers

Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take that best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.

**Coaching Points**

- Look for cooperation and communication when the ball changes to the attacking team. The timing of the run and the ball will be crucial to the success of the breakout.
- Defenders try to deal the ball being played into the attacking zone -- put immediate pressure on the player with the ball.
- Keeper must be in a position to challenge for the entry pass should it be misplayed.. If the keeper makes a save or the shot is off target, the keeper restarts play with the defending team releasing a player back to receive the ball from the keeper.

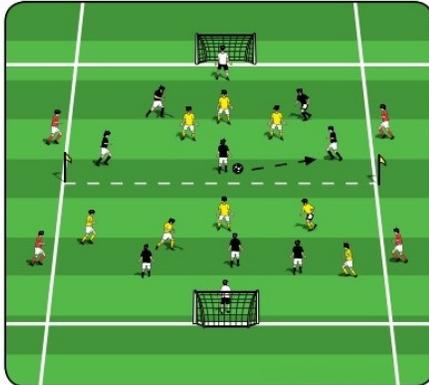


**8 v 8 + 2 keepers in 1/2 field**

A game of 2 different aims -- 1 team will try to score into either goal, while the other team plus the keepers will play possession. Limit possession team to 2 touches and the scoring team must score within 4 passes.

**Coaching Points**

- The attacking team should look to score quickly.
- Change the direction of play and find the least resistance. Look to play deep as early as possible.
- Maintain a good attacking shape with width and depth.
- The defending team must stay compact around the ball and in transition, make the field big with a good shape.
- Involve the keepers as field players to maintain possession.



### 2 teams of 8 + 4 neutral wingers and 2 keepers in 2 zones in 1/2 field

In each zone, there are 5 attackers vs 3 defenders and a keeper -- the wingers are neutral. The 3 defenders play out to the wingers who then serve to the 5 attacking teammates in the opposite zone. The attack must start with a serve and then continue play. The players must remain in their zones, while the ball transfers back and forth.

#### Coaching Points

- Wingers need to deliver a good serve
- Attackers must have a good shape in the box
- Attackers look for second chance balls and transition quickly to defense to win the ball back and attempt to score
- Keeper and defenders must communicate, attack the ball and clear the ball out of the zone to the wingers.
- Play all normal rules.
- If a goal is scored, the attacking team will restart play from their keeper to the winger.



### 6 v 5 + keeper in the penalty area

The team of 6 plays with 3 players in the box and 3 outside. In the box, it is 5 v 3 plus the keeper. The team of 5 attacks the goal to score. The 3 players inside the box defend. If the 3 inside the box win the ball, they combine with the 3 players outside of the box and the keeper and play possession vs the 5 in the box. The 5 players in the box try to win the ball back and score.

#### Coaching Points

- The attacking team must maintain shape and possession and look for chances to shoot and score.
- Follow all shots for rebounds and press immediately when possession is lost.
- The defending group must stay compact and deny shots on goal.
- When they win the ball, they will combine with the outside players for possession.
- The keeper also plays with the possession group and they should all play 2 touch.



### 3 teams of 4 + keeper play a turnover game in the penalty area

Team 1 attacks team 2 in the penalty area. If team 1 scores, they keep the ball and restart play at the top of the box. If team 1 loses the ball, team 2 will try to play out to team 3. Team 1 will try to prevent team 2 from doing so. If team 2 plays out, they leave the area and team 1 remains to defend against team 3. Team 2 will wait outside the area for a play out and then they will attack Team 3.

#### Coaching Points

- Possession becomes a critical factor.
- Movement off the ball and being strong on the ball will be deciding factors.
- Attackers must be able to play in tight space and look for chances to score.
- On the turnover, the attackers must immediately press to win the ball back.
- Defenders must not get beat, maintain good defensive position and posture and on winning the ball be ready to play out.
- Good defensive communication is critical to the shape and success of the defensive effort.



### 6 v 4 with 1 keeper and 1 open goal in an area 50 x 44 yards

The team of 6 attempts to score vs the team of 4 plus the keeper. When the defending team wins the ball, they attempt to score in the open goal.

#### Coaching Points

- The attacking team must maintain a good shape so as to spread the field against the 4 defenders.
- Possession is important to the attacking team as they must defend an open goal.
- Immediately upon loss of possession, the attacking team must apply pressure to win the ball back.
- The defending team must stay compact and not be drawn out of position.
- Upon winning the ball, they look immediately to attack the open goal.



**7 v 7 from 18 to 18 to 4 small goals without keepers**

Make small goals of 5 yards from the edge of the 18 to the sideline on both sides of the field. Goals may be scored through direct passes or through dribbling. No keepers in this game, the goals are to be open. Play limited touches.

**Coaching Points**

- The position of the goals takes the game out of the center of the field and forces play wide.
- Team shape is very important and players off the ball are also important.
- With the constant changing of the point of attack, the weakside players are now just a touch away from scoring.
- Defensive balance is very important as both goals must be defended.
- Another feature is the fitness factor. With the size of the playing area and the position of the goals, there is a lot of ground to be covered.
- From a tactical point of view, you can impose certain scoring conditions.
- In order to score, you must dribble the line, play a 1-2, pass to a teammate beyond the line who must control the pass, play up – back – thru to score or third man in the play must score.

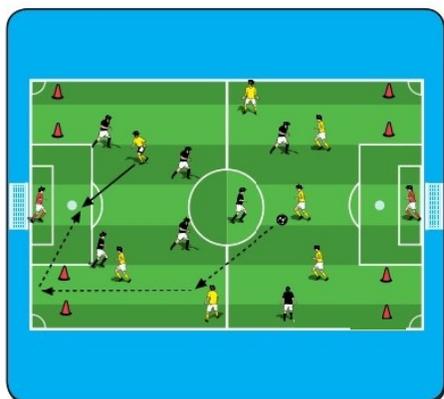


**2 zone game of 7 v 7 with 1 full size goal with keeper and 2 line goals**

In each zone, play 4 v 3. The 3 defenders will play out to 4 attacking teammates in the other zone. There will be 2 different aims: one is to score against the keeper and the other is to score into the line goals via dribble or pass. Switch teams after a period of time so that both groups have played to both aims. Players are restricted to their zone, the ball transfers.

**Coaching Points**

- There will be attacking and defending in both zones and transition from one zone to the other.
- The attacking group will have a man advantage and should utilize that to create scoring chances.
- The defending team will need to maintain a compact shape in order to defend with numbers down.
- When they win the ball, they combine with the keeper and play out to their 4 attacking players in the other zone.



**7 v 7 with 2 keepers with cut back serving**

Place the play through goals on the 6 yard line. You must play through the goals and then cut the serve back to the attackers. The serve should come within the first or second touch after playing through.

**Coaching Points**

- Obviously, the cut back serve will be the coaching point of emphasis.
- The timing of the runs and the placement of the serve must come together at the right moment.
- The server will only have 1 or 2 touches to release the serve, so the buildup to the serve is also very important.
- The weighing of the play through pass must be just right to allow the server the best chance to get a good ball in the box.

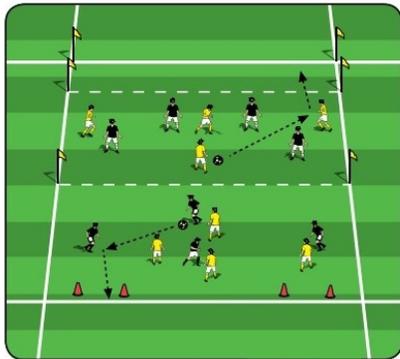


**7 v 7 with 2 keepers**

Same basic game as above, with 2 keepers added and 2 full size goals. Play must go through the original goals and then be served for a goal to be scored.

**Coaching Points**

- The emphasis now clearly focuses on wide play. Wingers, wide midfielders and wide backs will get plenty of functional training getting wide and deep and getting serves in the box. Balls can be dribbled or passed through the play through goals.
- Concentrate on playing reverse balls to the weakside after building play up on one side.
- Creative wide play will be demanded so as to open up space to play through and serve.
- There will be plenty of opportunity to overlap and build good understanding and communication between the wide players.

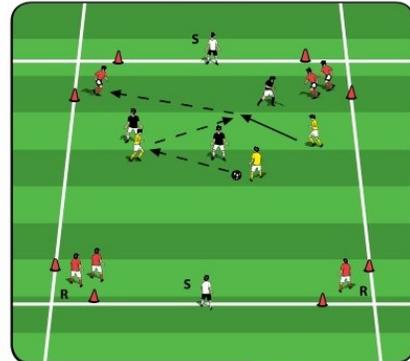


**2 zone game of 8 v 8 with 2 line goals and a zone goal**

Same basic game as above, but with 4 v 4 in each zone. One team plays to a zone goal where the ball must be received under control by a teammate. The other team will play into 2 line goals via dribble or passing.

**Coaching Points**

- Even numbered teams provide no initial advantage.
- Team play and movement off the ball will create opportunities. Good ball possession reduces turnovers.
- Close support and switching the field of play will provide scoring chances.
- On defense, maintain a diamond shape of 4 with constant pressure on the ball and close support.



**3 v 3 with a sweeper in a 30 x 20 yard area with corner players**

This is a further progression to the previous games. With 3 players and a larger playing area, the shape allows for depth in attack. One player should play high in the middle of the area as a target player. The sweeper forms the depth in the back so as to form a diamond shape. There will be 2 players in one corner and one in the other, forming a group of 3. The aim is the same as before, play out to the corner players through the sweeper.

**Coaching Points**

- With extra player and space, it becomes very important to position a target player high in the center to establish a shape.
- With the sweeper, the possession team plays 4 vs 3 and needs to move off the ball to open space for a chance to play out.
- Defensively, the 3 players play pressure, support and cover – a balanced defense with the constant shifting of positions relative to the ball.
- The defenders must close down on the ball and take away the passing lanes.



**2 v 2 with 2 sets of 2 in each corner of the field in a 20 x 15-yard area**

The object of this activity is for a team of 2 to play the ball past their immediate opponents and pass to the players in the corner. This is a directional game, so each team has a designated direction of attack. The corner players are not neutral. When the team successfully plays out to the corner, they follow the ball out and take the corner positions. The other 2 original players remain in the middle and defend vs the new team of 2. Failure to win the ball and play out will keep the 2 players defending in the middle.

**Coaching Points**

- This is a high pressure activity with emphasis on awareness.
- The key is to recognize the right moment to play the ball out to the corner.
- The corner players must receive the ball cleanly or else it is a turnover against them and they go in the middle as defenders.
- Good opportunity to play 1 v 1 and 2 v 1.
- It is strongly suggested that each group of 2 be in a different color.
- This is best played with 10 – 12 players as fitness then becomes part of the exercise.



**2 v 2 with 2 sets of 2 in each corner plus a sweeper on each endline**

This is a progression of the previous game. Play in the same area, a sweeper is added to each endline and the players must now beat the sweeper with a pass to the corner players. The addition of the sweeper makes the final play out more challenging. The players must find the sweeper and play to the opposite corner.

**Coaching Points**

- The addition of the sweeper creates a more challenging situation.
- If the sweeper intercepts the pass, he plays out to the other team and play continues.
- The sweeper can also be a keeper without hands who plays the same role as a sweeper.
- The role of the sweeper is to anticipate the final pass and intercept it.
- It now becomes a 3 v 2 game.
- The team trying to play out must have awareness of the sweeper's position and play to the free player.



**Pattern play represents the repetition of attacking schemes. Crisp, clean and quick passing with coordinated movements create goalscoring chances with the final touch being a shot on goal. This rehearsal becomes planted in the memory bank of the player's soccer brain and becomes automatic under game pressure.**

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## **PATTERNS FROM A TARGET PLAYER**

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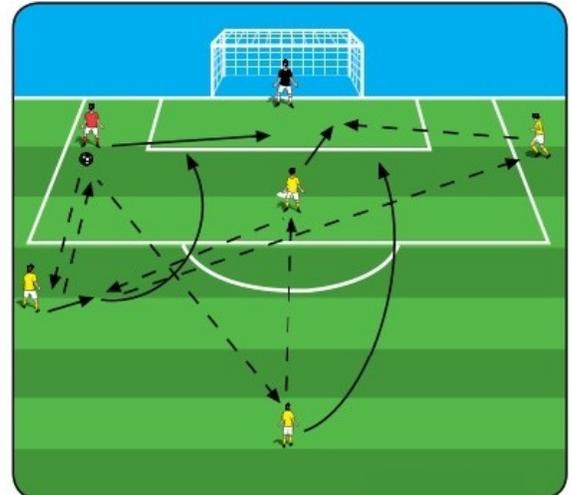
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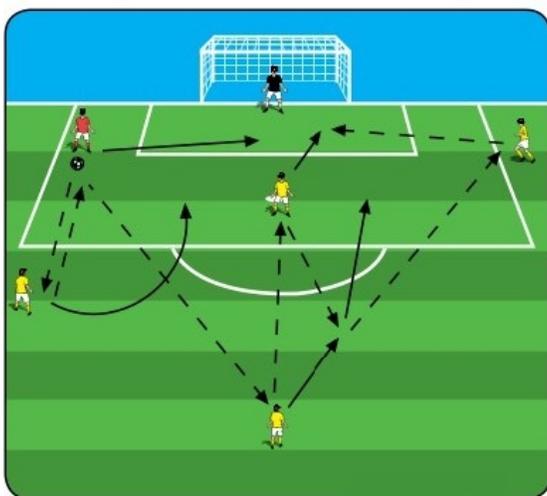




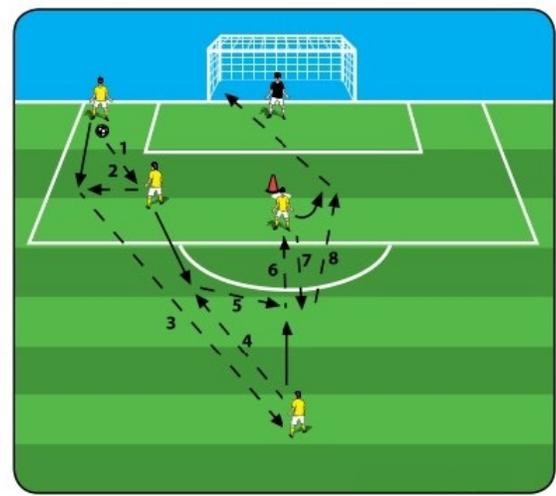
**Up – back – give and go – up to deep target player – turn and shoot**  
 A deep target player (4) is now added to the sequence along with 1 obstacle. The striker (3), after receiving the give and go pass, will play the ball forward to the target player, who will turn and shoot. The target player will need to come off the mark, receive the ball, turn and maneuver against the obstacle and finish with a shot on goal. A great opportunity to work on a variety of turning moves.



**Progression**  
 A second midfielder is added to the sequence and also a winger. Same initial sequence up to the early deep ball, then it goes into the striker and back to the midfielder on the move and then wide to the winger and then a serve. As the ball goes to the winger, the 2 midfielders and the striker take up positions in the and the back joins as a defender and the serve becomes a real soccer situation. The keeper and the back must defend against the 3 attackers. The wingers must deliver a quality ball in to give the attackers a great chance to score.

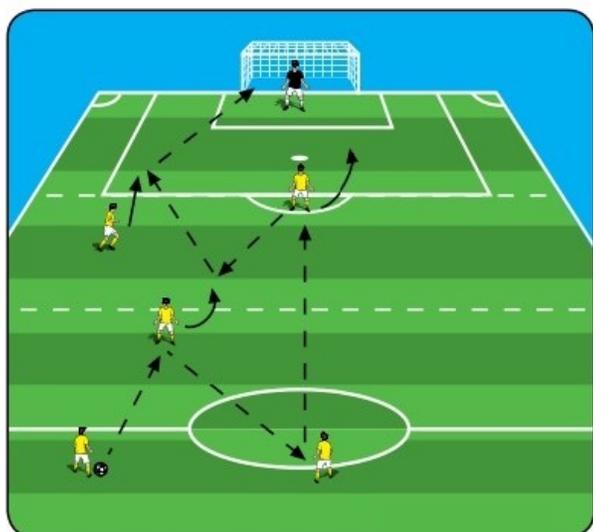


**Up – back – into striker and back to midfielder and then wide to the winger**  
 A second midfielder is added to the sequence and also a winger. Same initial sequence up to the early deep ball, then it goes into the striker and back to the midfielder on the move and then wide to the winger and then a serve. As the ball goes to the winger, the 2 midfielders and the striker take up positions in the goal area and the back joins as a defender and the serve becomes a real soccer situation. The keeper and the back must defend against the 3 attackers. The wingers must deliver a quality ball in to give the attackers a great chance to score.



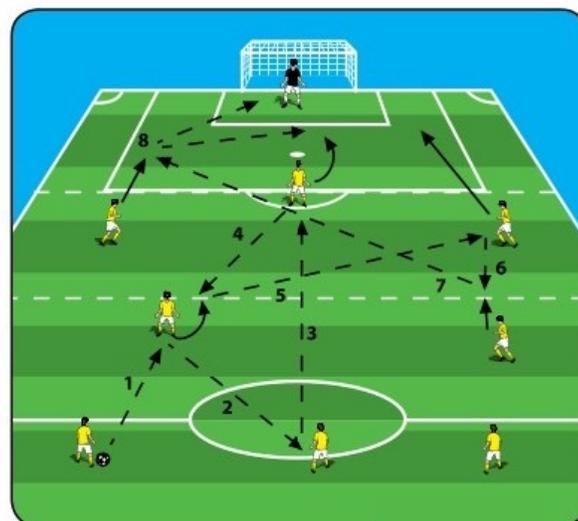
**Progression**  
 The target player (4) will play the ball back to the striker (3) and spin off to receive a return pass and finish with a shot on goal. It becomes an up – back – through combination from the target and striker. The target must come back to the ball, lay it off, and then spin out, and shoot quickly and accurately. The striker must follow up the first pass and then play a through ball to the target.





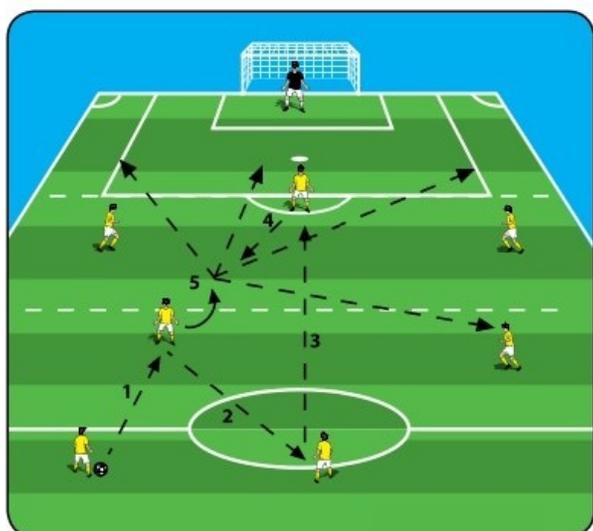
**3 zone build up from the back pattern -- up -- back - through**

There are 5 progressions in this pattern. The first pattern starts with 5 players – 2 backs, 1 midfielder and 2 forwards. The back plays out to the midfielder who shows for the ball and then lays it off to the opposite back. That player will now play up to the striker, the midfielder will turn to support the forward, and the striker will play back to the midfielder, who will play through to the winger for a shot on goal. The striker should follow the shot to goal and be in position for a rebound opportunity.



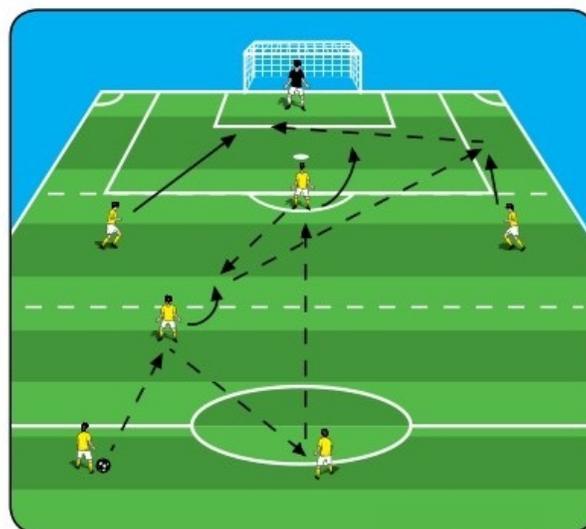
**Deep ball to winger and back to wide midfielder and then diagonal ball**

A third back has now been added so that the drill can be developed up both sides of the field. Now we have built up to 8 players. The ball is played back to the central midfielder who plays a deep diagonal ball to the opposite winger. The winger then lays the ball off to the trailing midfielder who then plays a deep diagonal ball to the opposite winger. This must be a quality ball with good ball speed. The other 2 forwards take up positions in the box for the serve and try to score. It is very important that the winger receiving the diagonal ball stay wide and wait for the ball and then go to end line and serve. The winger must keep the width.



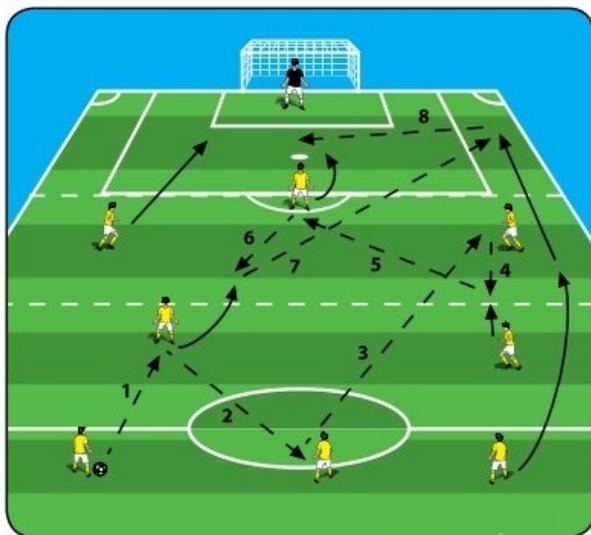
**Same as above with an added wide midfielder**

When the ball is played back to the midfielder, now all 4 options are available. Three of the options are penetrating passes to goal and the other is a flat pass wide to the other midfielder who will then play the ball into a forward.



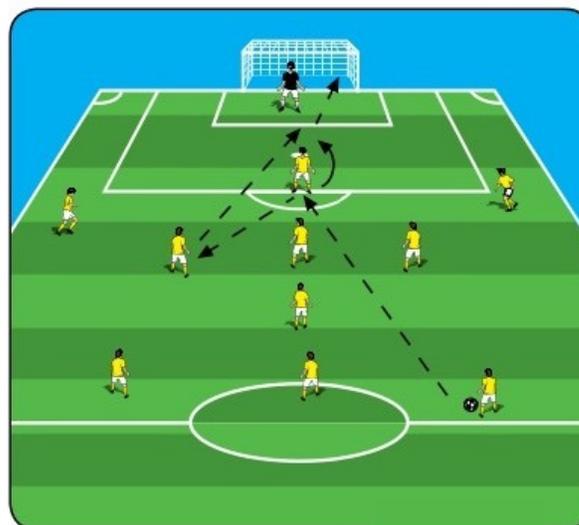
**Same pattern but with a third forward added**

Same pattern up to the back pass to the midfielder. The next pass should be played to the winger opposite of the side the play started. Then the winger goes to the endline and serves to the other 2 forwards who are taking up near and far post positions around the goal.



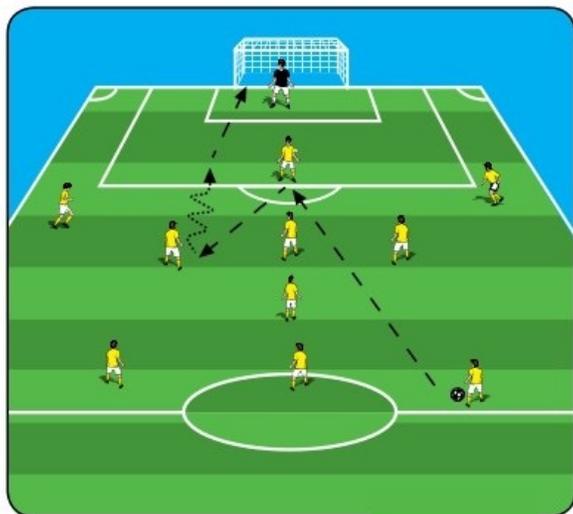
### Overlapping run by wide back

Same drill as before up to the winger laying the ball back to the wide midfielder. At that point, the ball is played in to the central striker and laid back to the central midfielder, who is moving forward to take up a new position. Then a diagonal ball is played into the corner for the overlapping wide back. The timing and pattern of the overlapping run is critical to the success of this play. The run should start deep and be a bending run from outside to inside and the wide back should arrive when the ball is played.



### Up – back – up and shoot

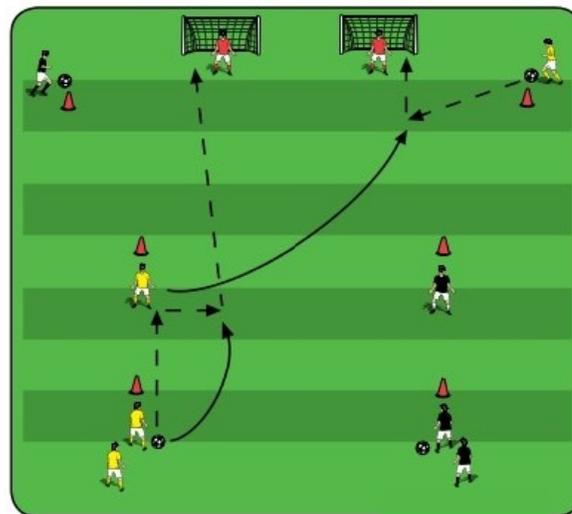
Same as the last pattern but the trailing player now returns ball to target player who shoots. Look for quick passing exchange in the up and back between the target and the trailing player.



All patterns start from the keeper playing out to the backs at the half line.

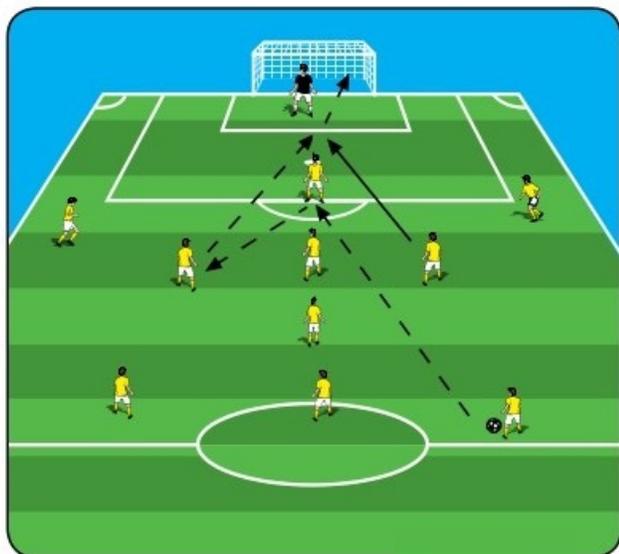
### Up – back – dribble and shoot

The keeper plays a ball out to the backs at the half line. After receiving the ball, the back plays a deep ball directly to the target player who lays off to trailing player. Trailing player receives, dribbles and shoots at goal. Target player follow shot for a rebound.



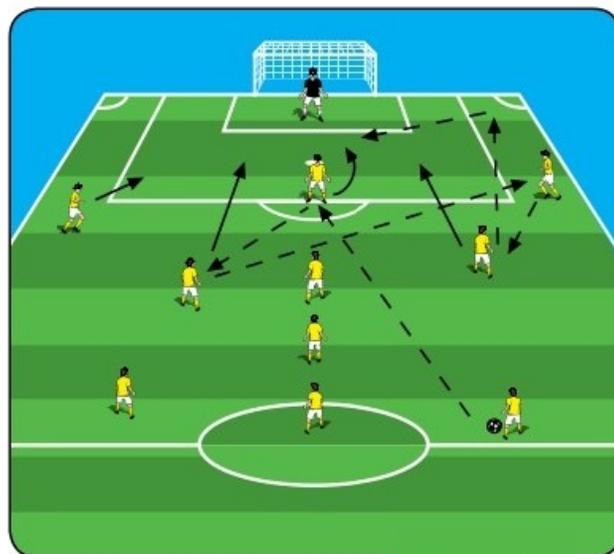
### 2 goal – 2 aim drill: 1) layoff and shoot – 2) spin out, receive a serve, shoot

This involves 3 starting positions. Player 1 starts by playing a ball up to player 2 who immediately lays the ball for Player 1 to shoot first time. Player 2 should check for the ball and lay it off first time, giving Player 1 a good ball to strike at goal. Player 2 then spins out and moves to the other goal to receive a serve from player 3. Player 2 should shoot first time. Player 3 should serve low and hard for player 2 to redirect to the goal.



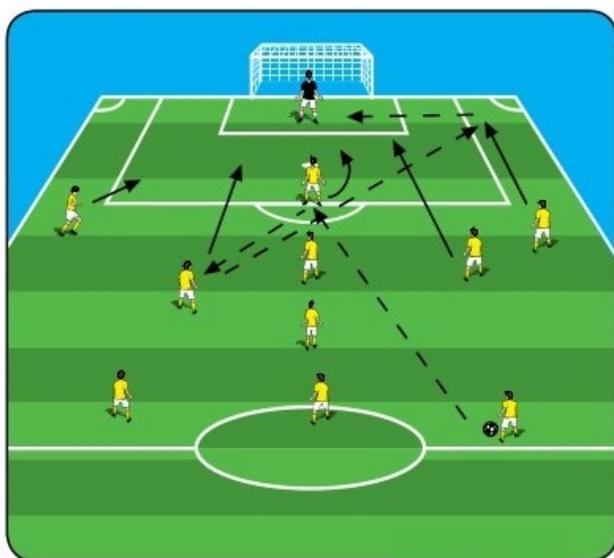
**Up – back and through to third player**

This variation now has the trailing player laying off a through ball to the opposite trailing player in a forward position. The timing of the run by the third player in the play is crucial. The pace of the ball should allow the receiving player to shoot first time.



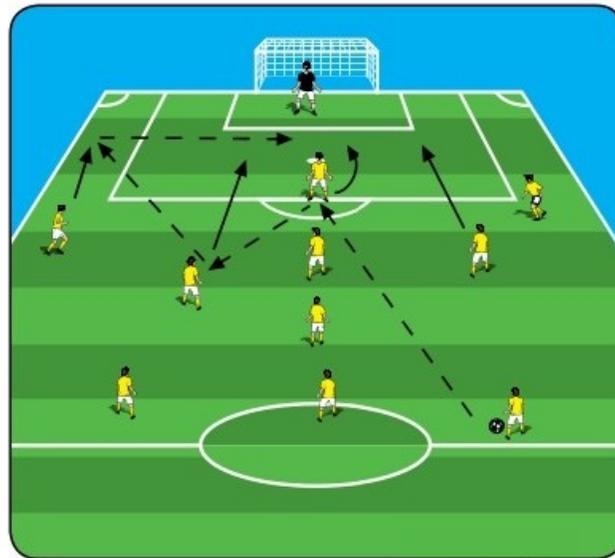
**Up – back – wide – give and go on the flank and serve**

Same pattern as above but the winger now plays a give and go with the trailing player nearest to the winger. Play should be quick, crisp and clean. The give and go should be executed with precision and the serve should follow within 1 or 2 touches.



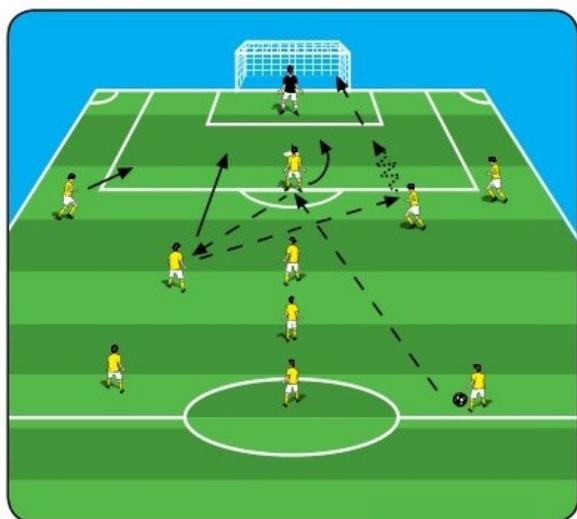
**Up – back – reverse diagonal ball and serve**

The trailing player will play a reverse diagonal ball to the winger who will go to the endline and serve. The attacking players go to goal for the serve and take up appropriate positions in the box.



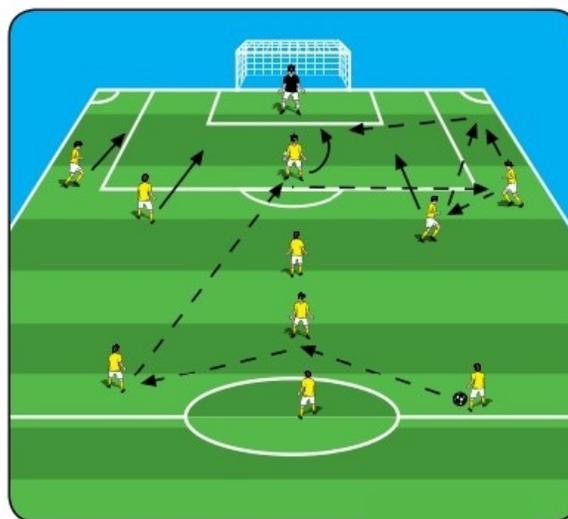
**Up – back - wide and serve**

The trailing player plays the ball wide to winger who dribbles to the endline and serves. The 3 attacking players go to goal. The attackers should take up positions at near and far post and center of box. The serve should be to one of the 3 players.



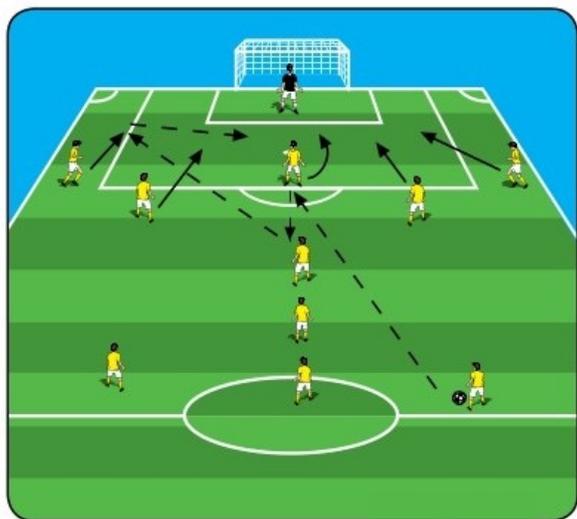
**Up – back – over and shoot**

Up, back and over to the other trailing player who dribbles and shoots. Quick inter-passing between the trailing players for a quick change of direction in the middle of the field.



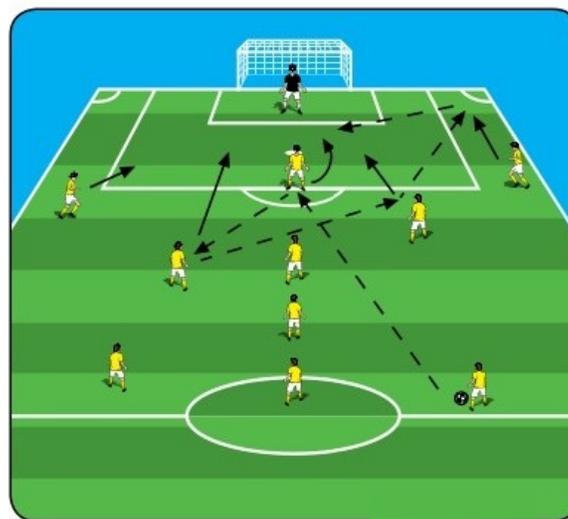
**Build out of the back – deep to target – wide – give and go - serve**

This is a 7 pass sequence with the point of attack changing. The back plays up to the defensive midfielder who lays the ball off to the opposite back. That player will now play a deep ball up to the target player who will then play wide to winger. The winger will play a give and go with the trailing player and then serve. The attacking players will go to goal and take up positions for the serve.



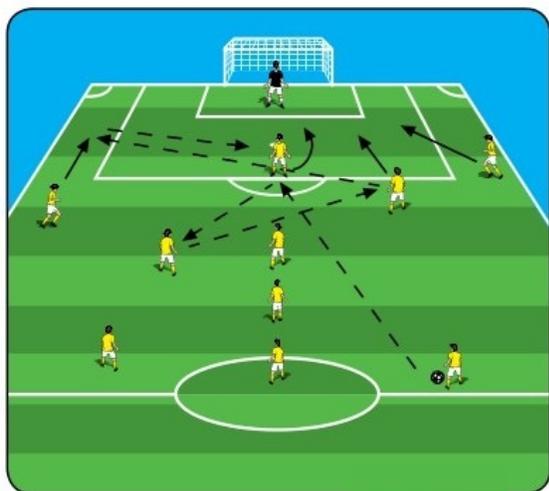
**Up – straight back and deep diagonal ball to the winger and serve**

A progression of the last drill – the central midfielder will play a deep diagonal ball to the winger who will serve within 2 touches. The ball to the winger must be well played -- good pace and placement. The winger must time his run to the delivery of the ball. The attackers go to goal for the serve.



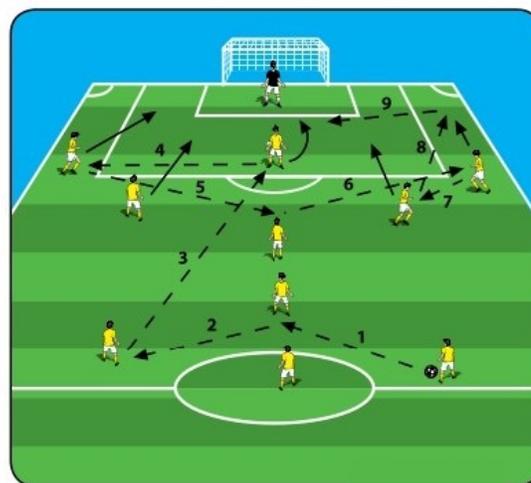
**Up – back – over – wide and serve**

Same as previous drill but the trailing player now plays the ball wide to the winger who goes to the endline and serves. The pass wide should be well played and the winger should serve within 2 touches. The attacking players take up positions in the box.



**Up – back – over – reverse diagonal ball and serve**

Progression of the last drill – now the trailing player drives a reverse diagonal ball to the opposite winger. The winger receives ball and serves within 2 touches. The ball to the winger must be driven and well placed, so the winger can run on to it and serve within 2 touches. The winger must time his run to the ball so as to arrive on time.

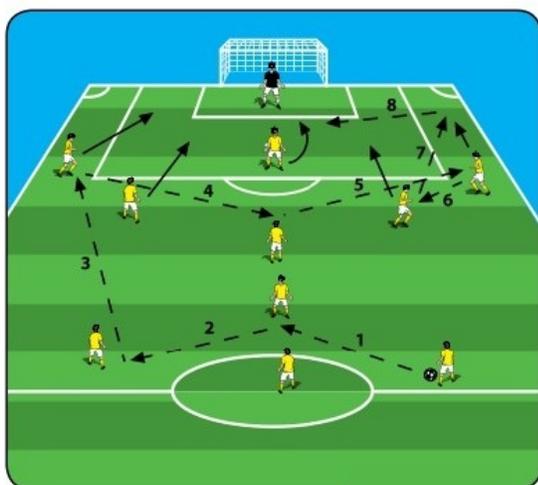


**Busy – Busy – Busy and then go to goal!**

This is a 9 pass sequence with the ball going everywhere and finally to goal.

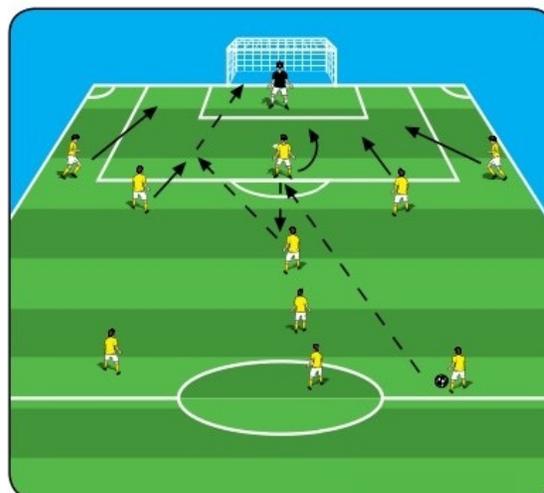
Here we go – from the back up to the defensive midfielder and then off to the opposite back. Now, a deep ball up to the target and then out to the winger.

The winger plays back in to the central midfielder and then to the opposite winger. A give and go with the trailing player and the ball returned into the corner and served. The attacking players go to goal and take up positions for the serve. Quick, crisp passing throughout the sequence, with a combination of short and long passes will be expected by all the players.



**Defensive midfielder as playmaker**

Back starts the play up to the defensive midfielder and then to the opposite back. The ball is then played wide to the winger and back in to the defensive midfielder. The play is now switched to the opposite winger with a quick give and go, followed by a serve. The defensive midfielder has a short layoff and deep diagonal ball to play. Both wingers are involved as the play switches from side to side. As the winger runs on to the ball to serve, the attackers should take up positions in the box for the serve.



**Up – straight back and up to third man in**

Add the central midfielder into the pattern for the first time. Ball up to target player and directly back to central midfielder and then through to trailing player.

Quick and close ball exchanges are demanded in this exercise. All passes should be played first time. The trailing player shoot within 2 touches and the target player should follow for a rebound.



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## 4vs4 SMALL-SIDED GAMES

The 4v4 game puts the emphasis on small sided play. The 4v4 game allows for the perfect shape - a diamond with depth and width. Decision-making and the three main moments become the focal points. The objective of 4v4 games is to involve all the players in all aspects of the game. It is arguably the best tool to teach the game. Restrictions and conditions can be added to emphasize what ever technical or tactical concepts the coach may want to develop or train.

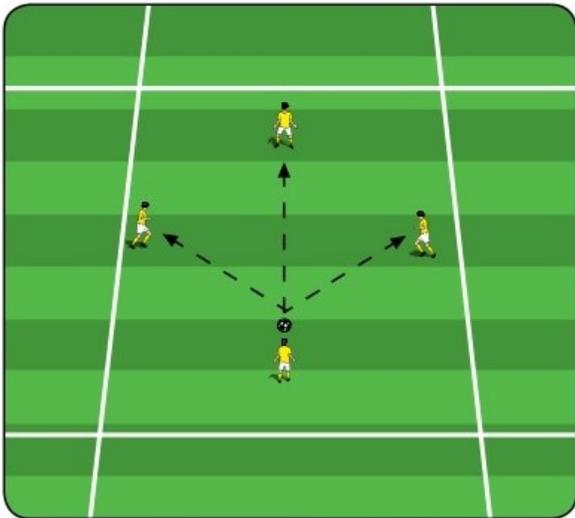
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The ideal shape when in possession of the ball. Both depth and width are provided with this shape. When the possession group adopts this shape, it is difficult for the defending team to win the ball. Making the playing as large as possible, makes possession easier to maintain.

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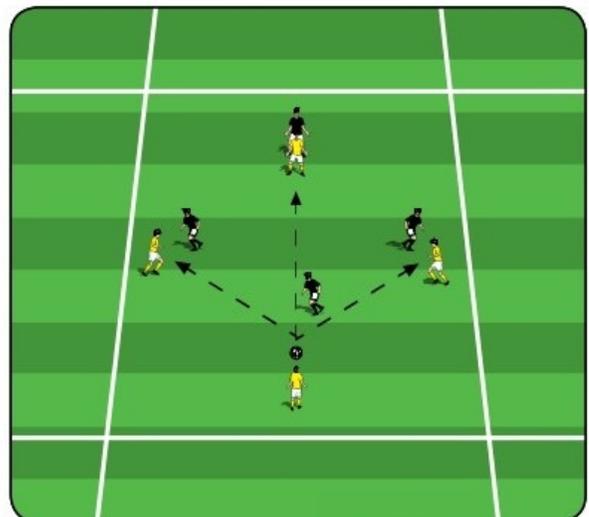
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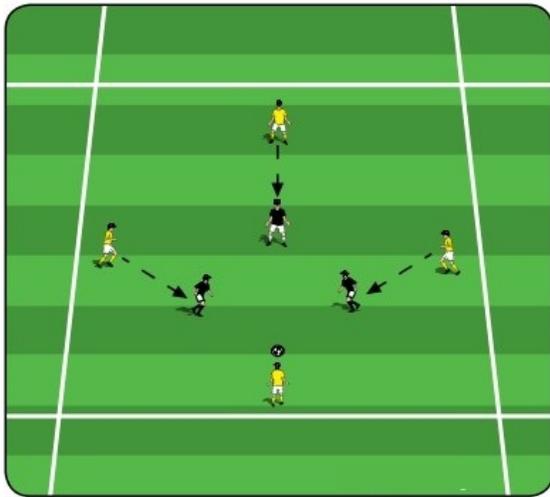
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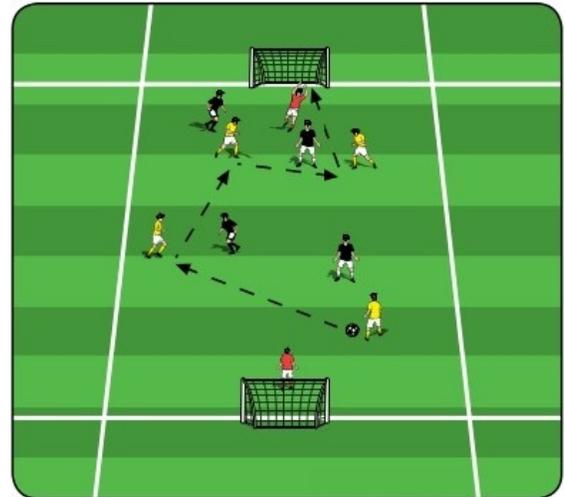
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When the defending team takes up their positions, there is space available for the possession team to maintain ball possession. Movement off the ball and beating your immediate opponent ( 1 v 1 ) create the advantage that the possession team needs.

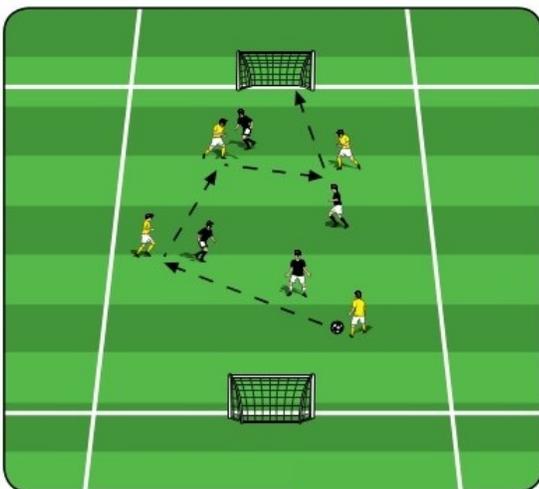


A very common mistake is for the possession players to come back to the ball, thus reducing the available space. They have closed themselves down by shrinking the space by their off the ball movement.



### 2 goals with keepers

Same game, just add keepers. Now the shooting accuracy must be sharp !! The keeper should work with the team – coaching play, stopping shots and playing out.

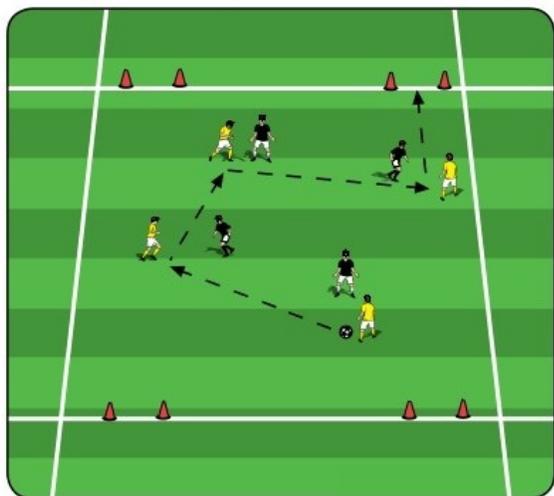


### 2 goals without keepers

Playing area is 40 x 25 yards -- goals can be full size. Encourage scoring and taking shots -- have the players first look to shoot and pass second. Defending team must close down quickly to prevent shots at goal. Attackers must shoot accurately as the goal is open.

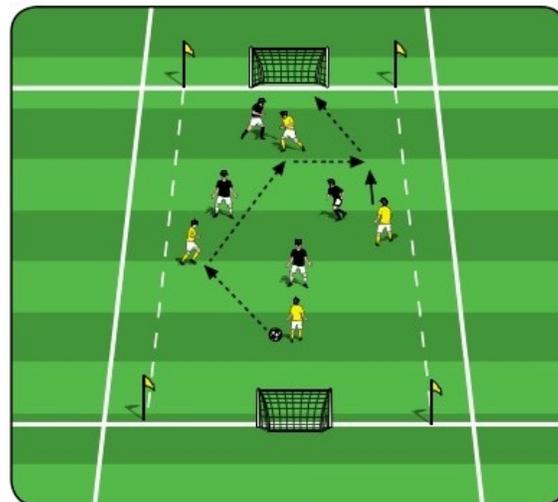


Turnovers will be common and then the fight to regain possession. It will be extremely difficult to maintain possession with such little available space.



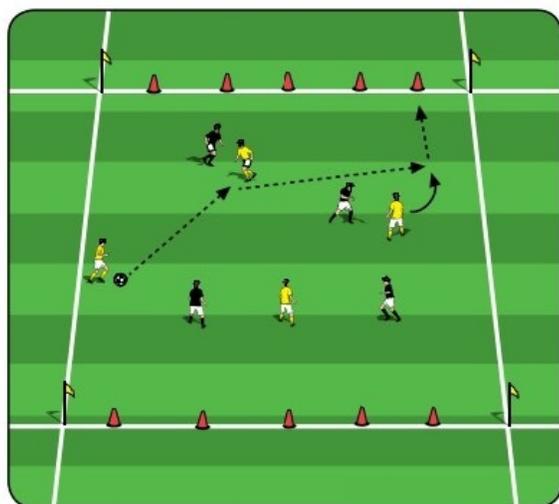
### 4 small line goals without keepers

The goals are positioned on the endlines spread to the width of the field. This encourages play from flank to flank and takes the play out of the middle of the field. The 4 goal setup encourages directional changes. Goals may be scored from direct passes or from a dribble. The coach may determine the exact method of scoring -- a direct pass, a give and go, 1 vs 1 dribble, switch fields to score.



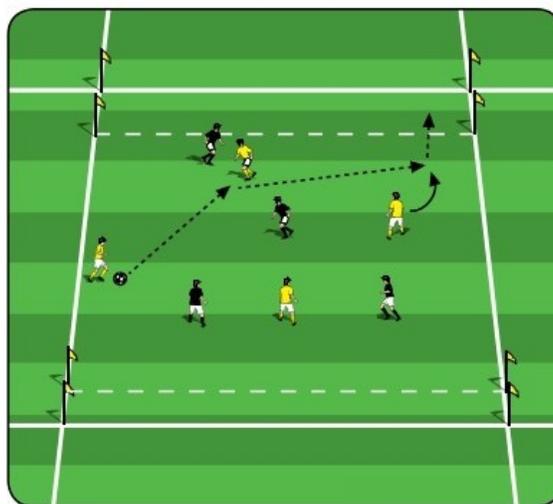
### Long, narrow field (40 x 15 yds)

The game is played to the length of the field, so the shape will start with a deep forward. The first look should be deep and then build from there. There is no width to speak of, so the shape will be determined by the length. Link up quickly with the deep set forward and go to goal. In the transition, it is very important for the deepest front player to break out and establish the shape.



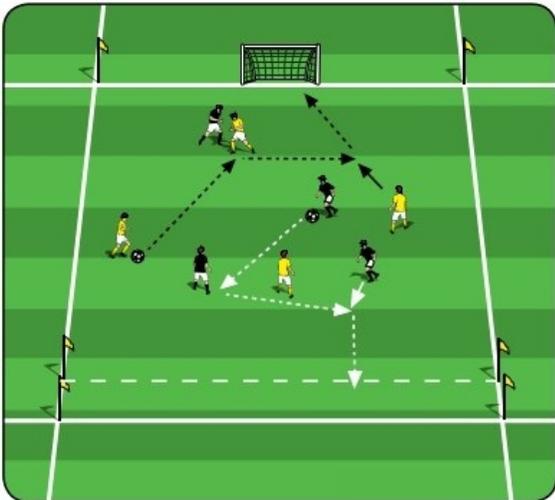
### Cone game

Place cones along the endline -- spacing them apart. A goal is scored by knocking a cone down with a pass. Once the cone is down, it stays down. A great game for passing accuracy.



### Line Soccer

Teams must defend the entire width of the field. A goal is scored when the ball crosses the endline and is under control -- a dribble or a pass received. The ball must cross the line and be stopped to count.

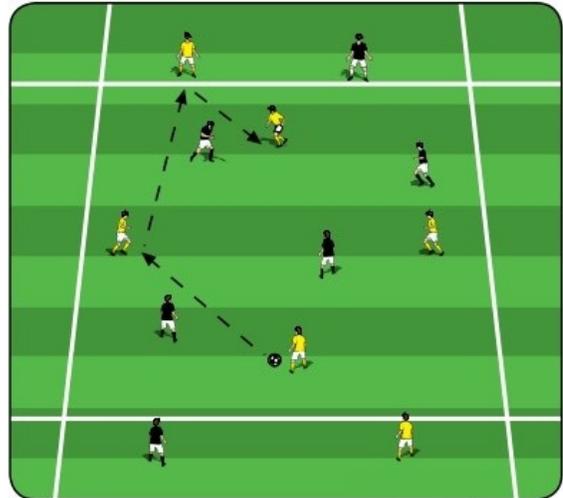


### Combination game – 1 keeper and an end zone goal area

One team will attack the full size goal with a keeper. The other team will play to the endzone. To score in the endzone, the ball must be played or received under control. No control of the ball, no goal!

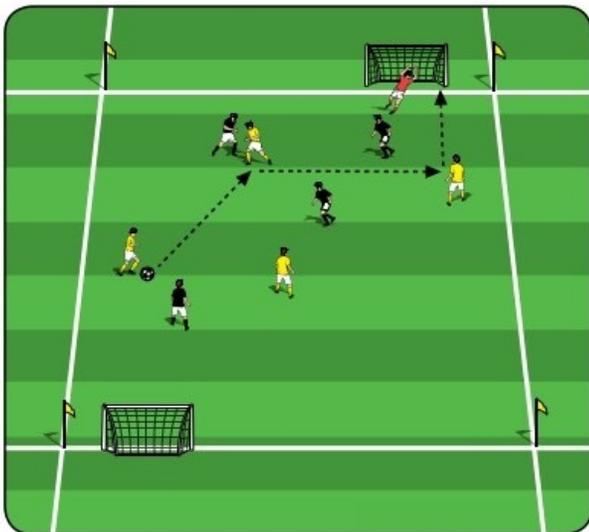
The team attacking the endzone plays through the entire width of the field, while the other team then must defend the same area.

Switch direction of play so that both teams attack and defend both goals.



### 4 v 4 + 2 – Change the direction of play

Play in the direction of the endline, play out to a target player and play back in and then go to the other end. You can have the players switch on the playout. Every time the ball is played out to the endline target player, play is restarted in the opposite direction. Play in a 30 x 25 yard area.



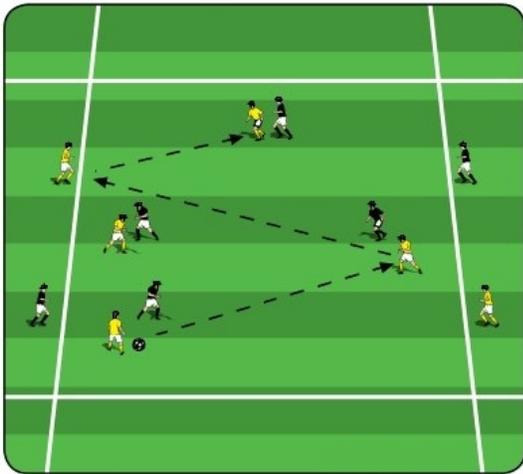
### Off-set goals

Place the goals on the endline and at the corner of the field. This will create a one side of the field type game. Move the goals so as to play a right and left sided game. This is a great game for serves or to isolate 1 side of the field and the interaction of the teammates in that side of the field. A different set up than usual, but very functional.



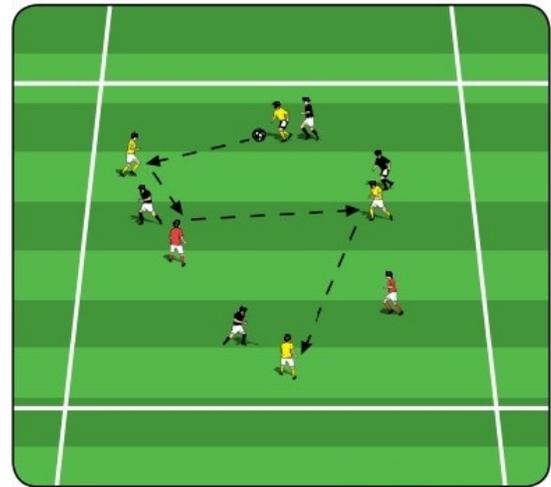
### 2 small goals and 2 line goals

Play directly into the small goals and play controlled through the line goals. The ball must be controlled as it passes the line goal – received by a teammate or controlled by the dribbler.



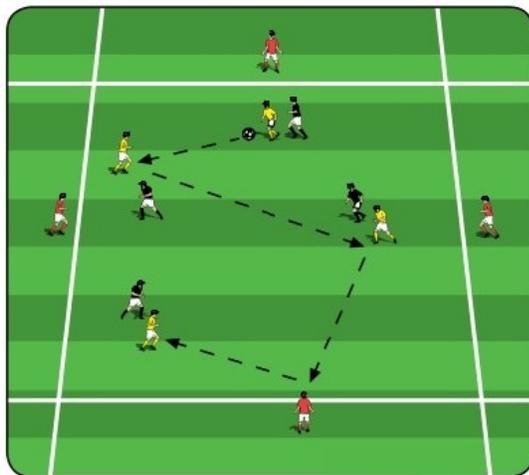
#### 4 v 4 + 2 off-set target players on the sidelines

Similar to the last game, but the target players are now on the sidelines and at opposite ends. The target players are positioned diagonally from each other. Play in a 30 x 25 yard area.



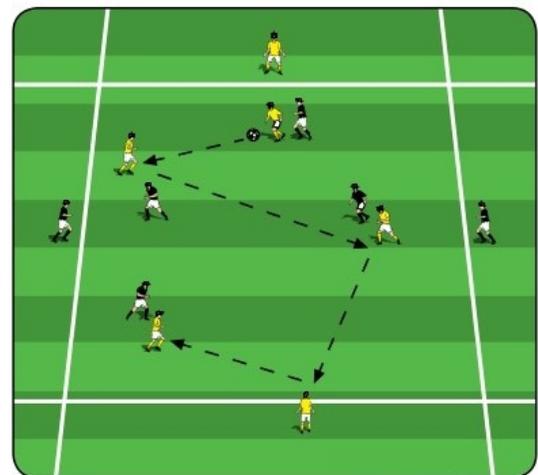
#### 4 v 4 with 2 inside neutral players

The 2 neutral players make it a constant 6 v 4 possession exercise. Establish a shape when in ball possession that is difficult to defend – large area with depth and width. Regulate the number of touches according to the ability level and maybe reduce the touch for the neutral players.



#### 4 v 4 w 4 neutrals

The 4 neutrals on the outside make the game 8 v 4 -- 4 team players plus 4 neutral players – thus many options to maintain possession. Neutrals should play 1 touch and the inside players – 2 touch. Keep the ball moving quickly and find the open player – look for change of direction also.



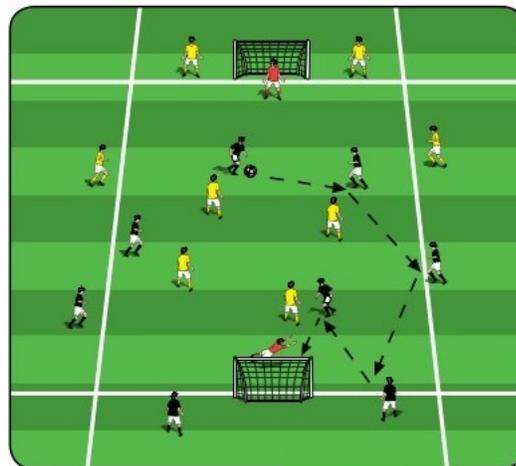
#### 4 v 4 + 2 directional game

The outside players set the direction of play for the team. Each team will play in a different direction. Interesting rhythm of play as the direction of play is different for both teams. You can allow the players to switch on the play out if you wish.



**3 teams of 4 with 2 teams playing against the other**

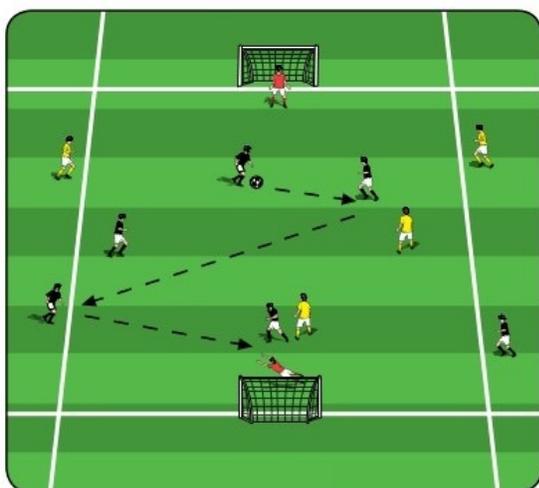
The 2 teams are restricted to their respective endzones. The third team defends in the middle and tries to prevent penetrating passes to the opposite endzone. The teams in the endzones may move within their zone, but may not leave the zone. They are looking for opportunities to pass through the defenders to the receiving team. The defending team should establish and maintain a compact defensive shape with pressure, support and cover. When the defending team wins the ball, they exchange with the team that lost the ball.



**BUMPER !!! 4 + 4 v 4 + 4 to 2 goals with keepers**

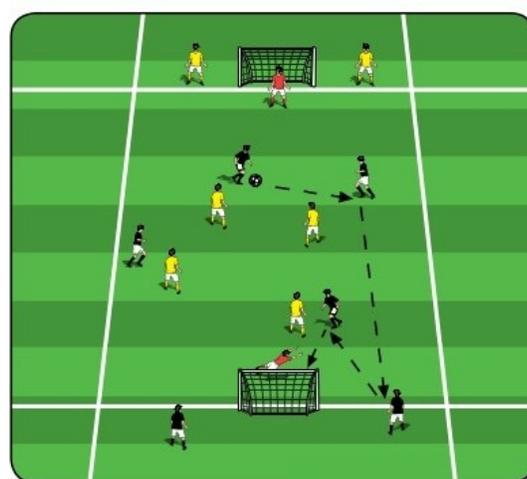
This is the final progression – a very lively game. Inside players should play 2 touch and the outside players play 1 touch. Everyone in this game becomes very involved and shots should be taken from anywhere and everywhere. Playing area is 35- 40 x 25 yards. The keepers will be very tested with a high volume of shots from all directions and deflections. Use the outside players to make it an 8 v 4 game. Encourage rapid ball circulation and first time finishing. Players will develop a quicker release on their shot and be looking for rebounds to put away.

Play for 4 -5 minutes and then switch the inside and outside players. Keep score and let the fun begin !!



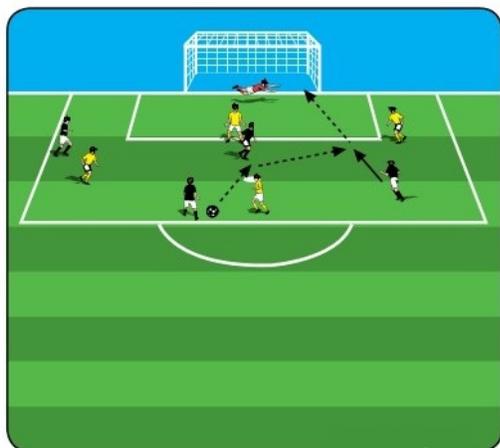
**Same game as above with sideline players**

In this progression, the target players now play along the sidelines and encourage wide play. You may want to consider that goals may only be scored after the target player has been involved and maybe directly from the target player. Encourage the use of the target player and also first time shooting. Allow the target player to be the assist player in the scoring sequence. Target players should play 1 touch.



**4 + 2 v 4 + 2 to 2 goals with keepers**

This is first of 3 progressions that go to goal with outside target players. The target players are positioned on the endline and they will play 1 touch. The inside players should be encouraged to use the target player as they go to goal. You may even only allow goals that go through the target players. The keepers may intercept either the ball into the target player or the ball from the target player back in to the inside player. This becomes a good decision making exercise for the keepers as well.



### 4 v 4 with 1 keeper in the penalty area

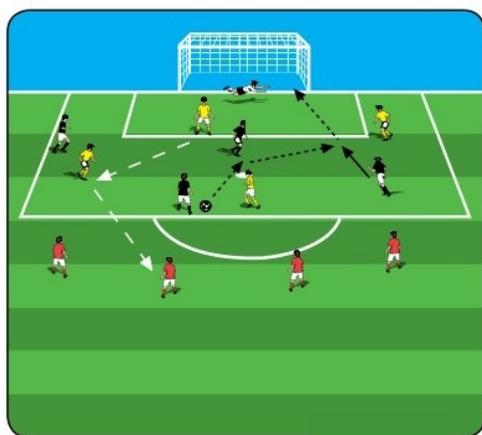
This is the first of 3 progressions of this activity. A game of 2 different aims. While the one team will try to score against the keeper, the other team with the keeper will play possession. Both teams are confined to the penalty area. The attacking team must be able to hold the ball, keep possession and look for shooting opportunities. The defending team must remain compact and along with the keeper deny shooting opportunities. The defending team on winning the ball will combine with the keeper and play 5 v 4 – shape will be very important in order to maintain possession -- width and what little depth there will be. The attacking team on losing ball possession will quickly transition to defense and try to regain the ball and try to score.



### 3 zone -- distance shooting

The teams play in the middle zone and look for opportunities to shoot. Players may follow the shot in for a rebound, but all shots must be initially taken from the middle zone. Play in an area of 3 penalty areas extended length-wise.

The middle area may be larger if need be. All shots are taken from a minimum of 18 yards from the goal. Recognition of the opportunity to shoot is a key component of this exercise.



### 3 teams of 4 play in and out in the penalty area to 1 keeper

Team 2 attacks team 1 in the penalty area with a keeper. Team 3 is waiting outside the area. Team 1 tries to win the ball and play out to Team 3. Then Team 2 replaces Team 3 outside the area and Team 3 attacks Team 2.

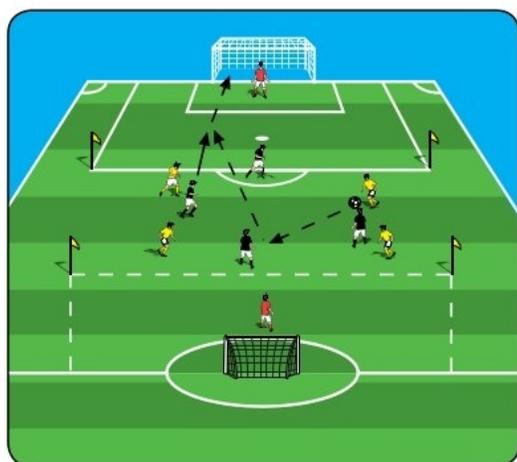
The team with the ball attempts to score. When they lose possession, they immediately transition to win it back. Once the ball is played out to the waiting team, all the roles change. The keeper plays with the defending team and helps them play out. A very good exercise for transition!



### 4 + 1 v 4 + 1 with a keeper

The attacking team of 4 try to score against the defending team of 4 and the keeper. When the defending team wins the ball, they must play the ball out to the target player outside the penalty area. The player who plays out, follows the ball out and becomes the next target player and the target player brings the ball in and starts an attack at goal. The previous attacking team, now becomes the defending team. It is a game of in and out – when the ball is played out, the roles reverse.

The attacking team, on losing ball possession, should immediately try to regain the ball. Once the ball is played out, the roles reverse. Keep score and make it competitive.



### Breakout game in 3 zones

Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take that player to goal for a shot. Quick recognition and response is critical to getting the best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.



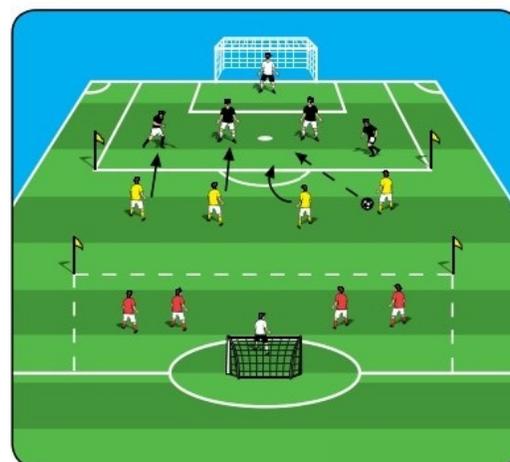
### 2 zone game with 2 different aims ( 16 players)

Players are restricted to their zone, the ball may transfer. One team attacks the end zone while the other team attacks 2 line goals. Switch roles and direction of play after a given period of time. Each team must play towards it's objective. The team attacking the end zone has the entire width of the field to use to create a goal. There must be ball possession in the zone, either through a dribble or a pass and receive or a give and go. The team attacking the 2 line goals must keep the ball moving and look for gaps in the defense around the goals for a chance to score. They may pass or dribble into the goals.



### 2 zone game with 1 full size goal with a keeper and 2 line goals

Same concepts as the previous game except for the full size goal. Now shooting becomes the means to score. Switch role and direction of play after a given period of time.



### 3 zone Turnover game

Play starts in the middle zone with Team 1 attacking Team 2. Team 3 is waiting in the third zone. Team 2 is defending the goal and when they win the ball, they must work to possess the ball in the middle zone. Once they reach the middle zone with the ball under control, they regroup and attack Team 3. Team 2 waits at the far end. The game is played up and down the field with teams changing roles on the turnover and the middle zone possession. The team losing the ball must quickly transition to defense and try to win the ball back and not let it out of the zone.



### 3 keepers in 3 zone game with 2 full size goals

The game is played to full size goals with keepers. The third keeper is the play out player. When the defense plays out, the ball must go to the third keeper who then puts it in play in the next zone. The third keeper has 2 functions: receive ball from defense ( hands or feet ) and then play into the next zone to start the next attack.

The defending team must find a way to play to the third keeper. Only the ball leaves the zones.



### 2 zone game with wingers

A 22 player exercise with constant game-related action for everyone. The game is carried by the wingers who must get in a quality serve for their attacking teammates. The defenders and the keeper challenge the serve and then it's game on !! Every clearance must go to the wingers who initiate every attack.

The defenders or the keeper must play out to the winger to clear the zone. The attackers must take up good positions in the box and look for 2nd chance opportunities. The game is on until the ball is played to the wingers.



### 4 teams of 4 play in opposite directions

Team 1 vs Team 2 playing across the width of the field, while Team 3 plays Team 4 up and down the length of the field. Only 1 ball in the game, so all 4 teams are fighting for ball possession. Goals may be of whatever size --full size to modified. This is a great exercise to maintain concentration and for changing the point of attack.



### Complex game of 3 zones with 3 aims -- possession, attack and defense

In the middle zone, possession play among midfielders – they are trying to play the ball in to their attackers in the next zone. Then it becomes attack vs defense to goal with a keeper. It is 2 v 2 in the final zone and you may choose to release a midfielder to create a 3 v 2 in the box. Defenders in the box try to play the ball back to the midfielders who then take play the other way. This is a very functional exercise as it becomes very game-like.



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