

CoachDeck™ cards were created to assist the millions of hard-working youth sports volunteers and parents who would like to help players learn important skills and fundamentals through fun drills and games. The time commitment involved in coaching is enormous, and sometimes it is not possible to thoroughly prepare for each practice.

Designed by National Championship player and coach, Guy Newman, the drills in CoachDeck-Soccer can be performed by kids from 6-16 and are laid out in a fast, easy-to-understand format that allows you to conduct an extremely effective session with little or no preparation. Because the deck is portable, you'll always have it with you. The nearly infinite number of drill combinations you can create means kids will never get tired of the "same old practice."

Inside this deck you will find 52 color-coded cards that teach basic and valuable fundamental soccer skills. But because you'll get more out of kids when they play and compete, nearly every drill contains a unique, "Make it a Game" feature that will ensure your players want practice to go on forever. Also provided are two double-sided instructional cards on Safety, Terminology, Practice Tips and How to Use CoachDeck.

We know you'll enjoy using your CoachDeck and hope you'll check back to www.coachdeck.com as we continue to bring you new decks for every sport you coach. With CoachDeck, *A Perfect Practice is in the Cards™*.



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Patent Pending

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 goalkeepers 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!

Terminology

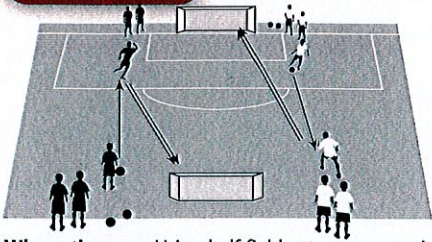
This card will assist you with the terminology you will encounter in CoachDeck Cards.

- **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.

FIRST TIME SHOOTING

Long-range shooting

SHOOTING



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

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

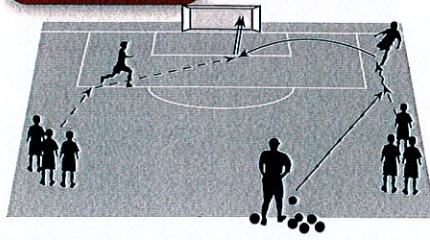
Key Point: Player must get to ball quickly and take shot on the run.

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

CROSS AND SHOOT

Crossing, finishing crosses

SHOOTING



Where they go: Two groups of players 20-30 feet from goal; "Crossers" on one side of field, "Shooters" on other. Coach between both groups.

- Coach passes ball ahead to crosser who is running onto it. Crosser one-touches it down the line and, on 2nd touch, crosses to shooter running into goal-scoring positions.
- Shooter should try to finish on one touch.

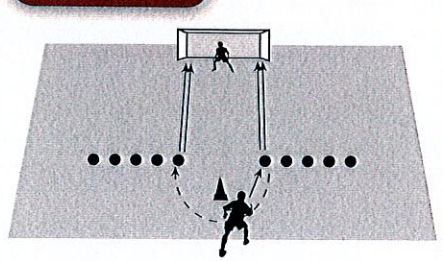
Key Point: Crosser tries to kick outside of ball to spin it away from keeper, towards shooter. Shooter's timing is important: Not too early or too late.

Make it a Game: Score = stay as shooter. Miss = go to crosser.

AROUND THE CONE

Shooting with both feet

SHOOTING



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

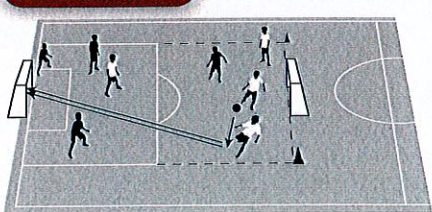
- Player starts at cone and runs to one ball and shoots on goal, then sprints back around cone and shoots ball on other side, with other foot.
- Continue until finished with all ten balls.

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

LONG RANGE SHOOTING

Long shots, following rebounds

SHOOTING



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

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

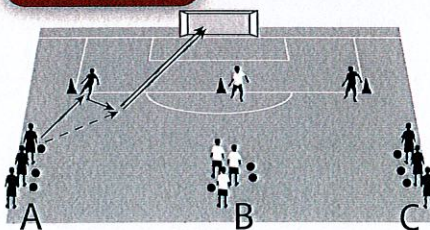
Key Point: Defenders try to set up teammates for shots. Attacker also looking to score by stealing defenders' passes.

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

GIVE AND GO

Timing passes, taking proper angles

SHOOTING



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

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

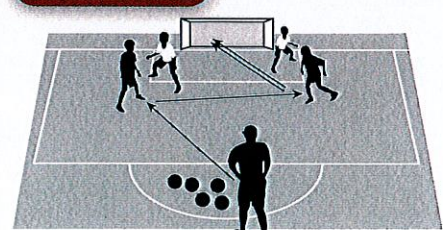
Key Points: Shooters coming in must time it so as not to overrun pass. Pass into cone should be firm, and tap back can be soft.

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

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.

SOCCER GOLF

Developing touch and accuracy

SHOOTING



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

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

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

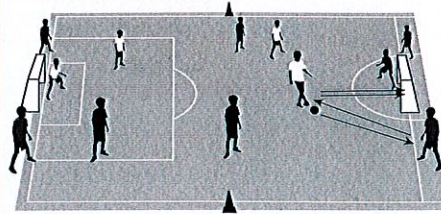
Key Points: Make some holes longer than others. Use additional cones, trees, park benches, and other "hazards" to make course more challenging.

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

TWO GOAL GAME

Shot selection, angles, awareness

SHOOTING



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

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

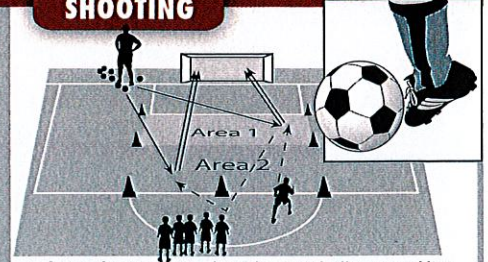
- Support Players pass right back to player who passed to them. Goals directly off passes from Support Players count 2. (Automatic win).

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

SHOOTING CHALLENGE

Shooting off the pass

SHOOTING



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

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

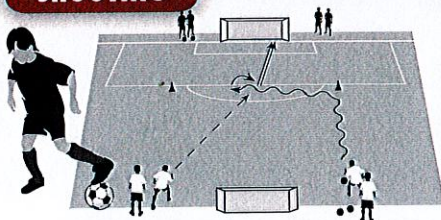
Key Point: Proper approach angle, head down, body over ball. Drive through ball and land on kicking foot.

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

PULL BACK TO FINISH

Pull-back passing, shooting

SHOOTING



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

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

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

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

RAPID FIRE

Getting off quick shots

SHOOTING



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

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

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

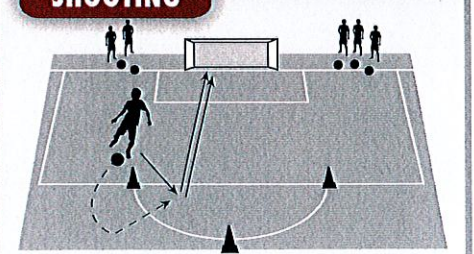
Key Point 2: Kicking foot toe pointed down and ankle locked. Opposite arm thrown forward right before kicking leg comes through for proper balance.

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

PASS TO MYSELF

Scoring from touch passes

SHOOTING



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

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

- Player runs around near cone and shoots.

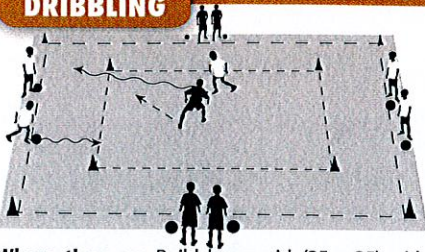
Key Point: Ball must be passed with proper touch so that player can get to it just before it stops rolling. As soon as first player passes, player from other line starts.

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

CROSSOVER

Advancing ball upfield

DRIBBLING



Where they go: Build large grid, (25 x 25) with smaller grid, (20 x 20) inside. Half of Team A on east side of large grid, half on west. Half of Team B on north side, half on south.

- Player from Team A advances ball toward teammates on other side. Player from Team B defends. When dribbling player gets across far line of small box, teammate takes over and goes in opposite direction.

- Defender who steals ball goes towards teammates on north or south end. Player who lost ball now defends.

Key Point: Players start outside large square. Only defend in small square.

Make it a Game: One point for each time line is crossed. First team to 10 wins.

CAGE ATTACK

1 v 1 offense, defense

DRIBBLING



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

- Defenders pass ball down to attacker. Attacker receives ball and runs at defender coming in.

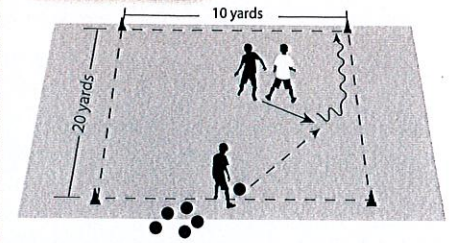
- Player with ball must beat opponent and place ball on defender's line. Defender tries to steal or knock ball away, (tackle). After play is over, switch roles.

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

1 V 1 DECISION

Beating defender off pass or dribble

DRIBBLING



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

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

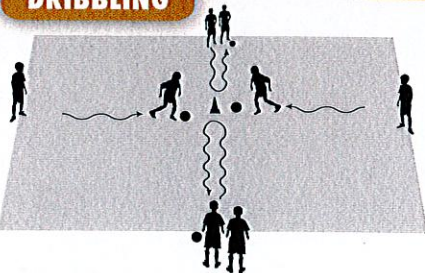
Key Point: Offensive player can pass back to feeder and look to get return pass. Player must make decision to turn on ball or pass back if defender is too tight.

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

FOUR LINE TURN DRILL

Turning

DRIBBLING



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

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

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

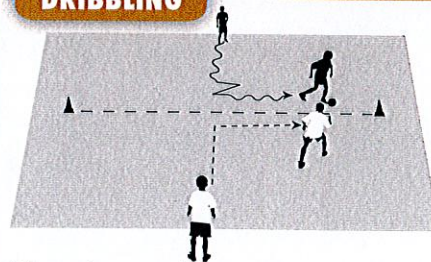
Key Point 2: Shorten stride at start of turn. Realistic fakes. Low center of gravity.

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

FAKE TO THE CONE

Ball fakes, sprinting

DRIBBLING



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

- On "Go!" players advance straight towards each other. Then, using fakes, attacker tries to gain advantage.

- Attacker cuts right or left and tries to reach either cone before defender.

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

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

END ZONE

Ball control

DRIBBLING



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

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

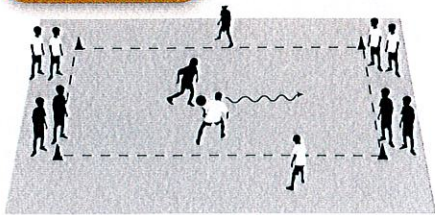
- Player passing ball becomes end zone player.

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

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?

KNOCKOUT

Shielding ball from defenders

DRIBBLING



Where they go: Players dribble around 20x20 grid.

- Coach sends in defender who has one minute to knock all balls outside.
- Players must dribble and shield ball from defender, trying to outlast minute.

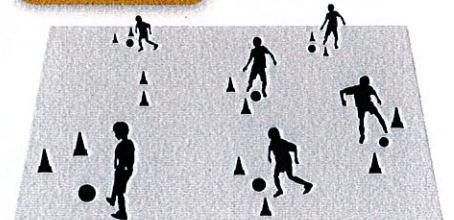
Key Point: Always keep ball close and body between ball and opponent, (illustration).

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

GATES

Spatial awareness, dribbling

DRIBBLING



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

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

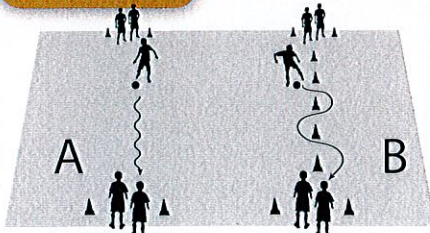
Make it a Game: See how many gates each player can dribble through in 1 minute without going through same gate twice in a row.

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

ZIG ZAG DRILL

Lateral movement, speed

DRIBBLING



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

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

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

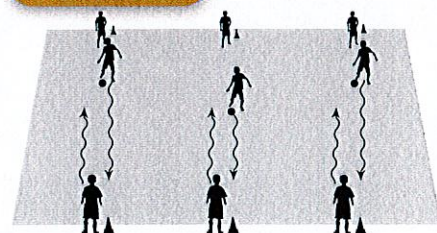
Key Point 2: Keep ball close. Short stride. Feet close to ground.

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

THREE UP AND BACK

Ball mechanics, speed

DRIBBLING



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

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

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

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

TAKE ON

Getting past defenders

DRIBBLING



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

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

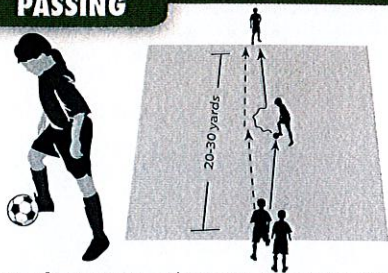
Key Point: Work on different moves and change of pace to beat cones. Also work on turning by coming back to players' own lines.

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

DOWN AND BACK

Receiving on the half-turn

PASSING



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

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

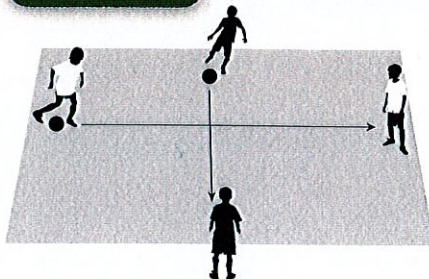
Key Point: Players get into position to receive ball side-on (sideways) with inside of back foot, but only as ball is on its way (above). Coax ball into passing position quickly.

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

BUMPOUT

One-touch passing, accuracy

PASSING



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

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

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

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

3 v 1 KEEPAWAY

Passing lanes, first touches

PASSING



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

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

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

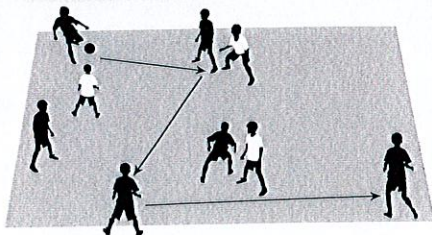
Key Point 2: Players without ball should look for passing lanes and make sure player with ball has at least two options.

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

TWO TEAMS AGAINST ONE

Passing, finding open space, defense

PASSING



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

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

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

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

TEN PASSES

Ball control, passing, defense

PASSING



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

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

Key Point: Attackers only have 2 touches.

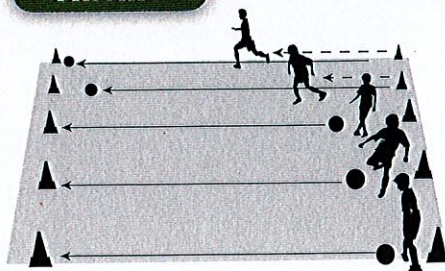
Key Point 2: Attackers should make proper angles to receive ball and have options ready before ball is passed.

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

HIT THE CONE

Passing accuracy

PASSING



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

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

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

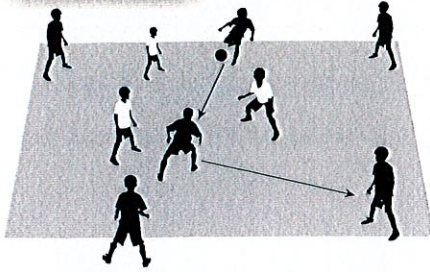
Make it a Game: First player to hit three cones wins.

MIDDLEMAN

Passing, teamwork



PASSING



Where they go: Six attackers and three defenders in 20x20 grid. One offensive target player in middle.

Key Point: Attackers have 2 touches. Player in middle has one touch, (unless coach prefers 2 so that player can work on turning, etc.).

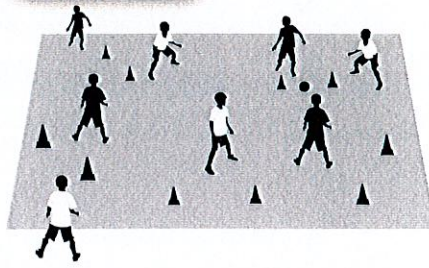
Make it a Game: Attackers try and keep possession. 10 complete passes = 1 point. If ball is passed to "middleman" and then passed back out to different player, offense gets a point. If defenders win ball 3 times, they can get out and another 3 go in. Three with least amount of points against win.

MANY GOALS

Passing, receiving, teamwork



PASSING



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

● Object is to get the ball through one of the gates so that teammate on other side receives it.

● Players work on passing and getting open with no more than 3 touches.

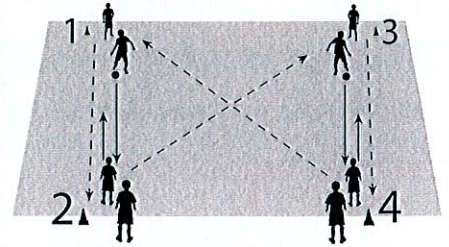
Make it a Game: See which team gets most gates in designated time frame.

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).

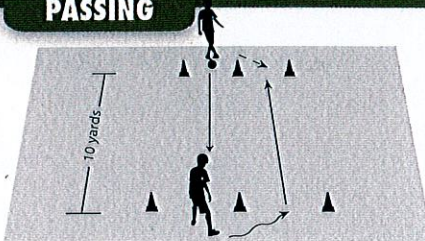
Make it a Game: Shift so players pass diagonally and run straight. Countdown from 20. Start over if passed balls hit each other.

TWO-TOUCH GATES

First touch, passing



PASSING



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

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

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

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

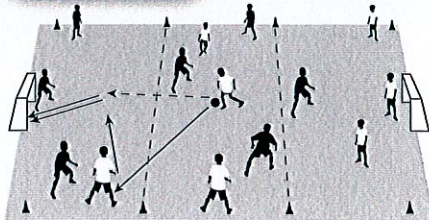
Make it a Game: Which pair of teammates gets most in a row?

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.

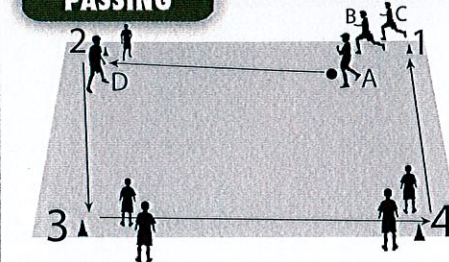
Make it a Game: Keep track of goals scored.

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.

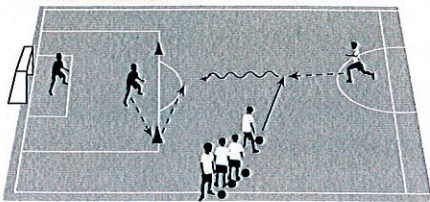
Key Point: Players should work on developing right "touch" so as not to lead too much or too little.

PASSER, ATTACKER, DEFENDER

Recovering into good defensive position



DEFENSE



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

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

- Attacker must dribble past cones before shooting.

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

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

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.

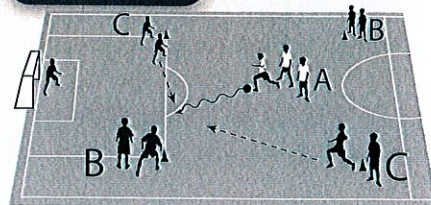
Make it a Game: After five minutes, mix up teams and partners.

DEFEND FROM THE BACK

Defensive positioning and teamwork



DEFENSE



Where they go: Three teams. Team A attacking 20-30 yards from goal. Team B with 1/2 at one corner of penalty box and 1/2 diagonally across field 10 yards behind attackers. Team C lined up on corners opposite of Team B.

- Attacker dribbles ball toward goal and tries to score. One player from each group of Team C defends. Attacker can only shoot in penalty area.

- Objective of defender behind ball is to force attacker towards teammate and to try to double-team.

- Team B and C alternate turns. Defenders switch from front to rear each time.

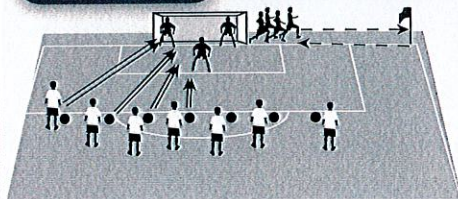
Make it a Game: After each attacker goes twice, rotate Team A to B, B to C, and C to A. Team with most goals after all 3 have attacked, wins.

QUICK SHOT DEFENSE

Reaction to quick shots, conditioning



DEFENSE



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

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

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

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

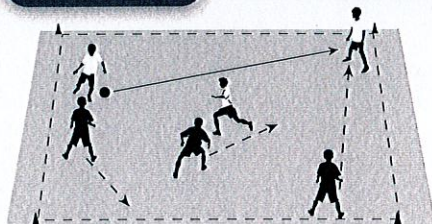
Make it a Game: After all shots taken, teams switch. New defenders each time.

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.

PENALTY AREA CLEAR

Clearing ball out of penalty area



DEFENSE



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

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

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

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

DEFEND THE RING

Anticipating and intercepting passes

DEFENSE



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

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

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

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

COUNTDOWN

Defending two players at once

DEFENSE



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

- On command, one attacker from each line advances ball toward goal while coach counts down, aloud, from seven.
- Defender must choose to pressure ball or defend pass.

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

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

MARK A PLAYER

Staying with one player

DEFENSE



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

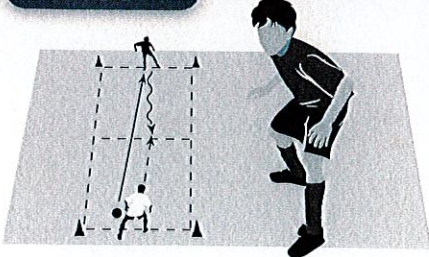
- On command, offensive players run away from partner. Defenders try to stay close. Players may not backpedal.
- After 15-20 seconds, coach blows whistle and all players must freeze.
- Any defensive player who can touch partner with no more than 2 steps wins point. Switch roles and play again. Then, change partners.

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

GO GET 'EM

Quick, aggressive pressure

DEFENSE



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

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

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

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

CATCH FROM BEHIND

Stopping breakaways

DEFENSE



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

- Coach rolls ball toward goal. First player from mid-field line runs ahead, controls ball and races toward goal on a breakaway.

- Player from back line tries to catch up and knock ball away before a shot can be taken.

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

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

CLEAROUT

Clearing ball to the sides

DEFENSE



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

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

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

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

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