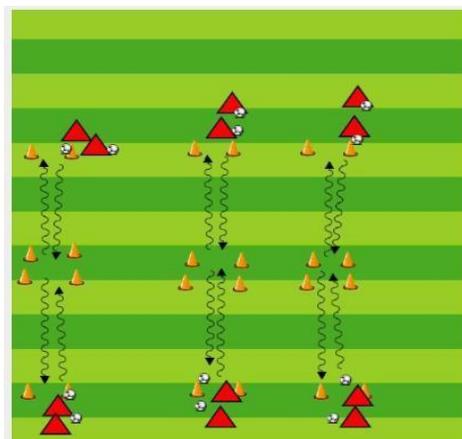


# EXERCISES

**BACKMOVES** One player of each cone dribbles to the gate in the middle, makes the back move, and speeds up and dribbles back to their starting gate. Once a player is back, next one goes.

## Back moves (180 degrees turns):

1. Outside cut, take same outside
2. Inside cut + take other outside
3. Tip of the toe pull, U-turn (right foot=turn over left shoulder and jump other leg away)
4. Cruyff, fake shot and cut inside foot behind the standing leg, take ball other outside foot
5. Step-over, step-over ball one foot, cut the ball with other
6. Fake pass, roll inside foot to same outside foot



Cones approximately 12 yards apart (depending on level) Once players have done all the moves: make a 'speed game' out of it! Winner is the player who has 8 points first? (1 point per move)

## 1v1 USING BACK MOVES I

- Player 1 passes to player 2.
- Player 2 receives and tries to score by dribbling through one of the gates.
- Player 1 tries to win the ball back and tries to score the same way.
- Next players after a goal or when the ball is out of bounds
- Once a player has been on the offense line, he/she moves to the defense, once on defense then he/she moves to the offense.



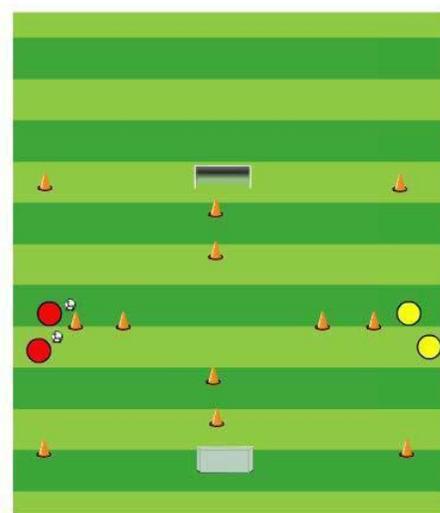
Field size: 10 x 10 yards, size field and gates depends on level (high level= small field and gates).

## 1v1 USING BACK MOVES II

- Player 1 passes to player 2.
- Player 2 receives and tries to score by dribbling through as many gates as possible, and then score on the small goal.
- Player 1 tries to win the ball back and tries to score directly on the small goal
- A round is no longer than 20 seconds.
- After a game, the attacker become defender and vice versa.
- For every gate the player dribbles through before scoring, the player receives a point. When dribbling through all four gates and score, the player will receive a bonus point.

### Instructions:

- Dribble (on your toes, heels off the ground), every step you take touch the ball with the outside of your laces
- Timing of the move
- SPEED UP /ACCELERATE after your move, receive the ball in motion, and give the ball direction.



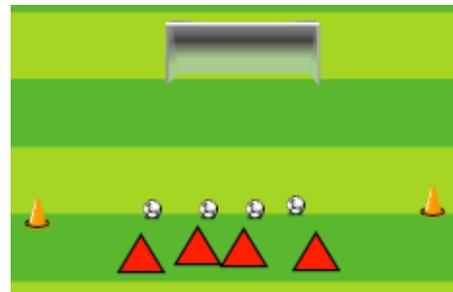
## 7 STEPS OF SHOOTING

6-7 players line up side by side 10 yards away from a large goal. All can shoot at the same time (make sure they don't run in front of the goal!) No goalie, players try to hit the net with a laces shot without a spin (ball is not allowed to touch the ground).

Make the distance longer/shorter depending on level

### *Coaching points:*

1. Approach ball diagonally (3 steps back and two to the side)
2. Little steps and last one a big one
3. Lock your ankle (90degrees)
4. Hit ball in the heart (center)
5. Hit the ball with your laces
6. Plant standing leg beside the ball (not too close!)
7. Follow through (land on your shooting foot)



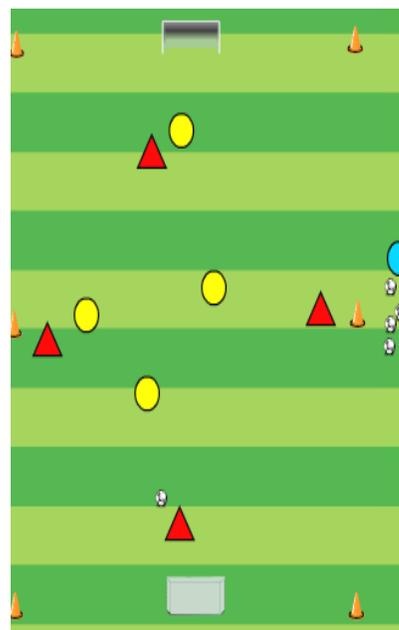
Make a game out of it – who has 5 goals first? And/or play the 'grade' game (see back of the net camp final)

### 4v4 TWO SMALL GOALS

- Size 44 yards long and 22 yards wide
- Both teams play in a diamond formation (no goalies)
- After one team has 3 goals: make new teams
- Goal or ball out of bound: coach or sub player passes in a new ball
- No offside
- Last defender can't stand close in front of the goal
- 8-11 players: two teams (with subs)
- 12-15 players: three teams. Team that gives up a goal goes off the field. If no goal in 3 - minutes, team that has been on the field the longest goes off.
- 16 players: two fields

### *Coaching points:*

- Coach formation (correct distances) and shows how to check in/out for the ball
- Receive on far leg, pass in front of your teammate
- 1st option is forward, 2nd and 3rd back to switch fields
- Eye contact when you pass the ball
- Demand the ball! Receiver should decide where and when to get the ball



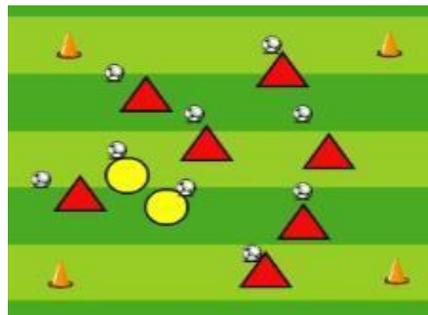
## BACK MOVES TAG GAME "FREEZE TAG"

Two defenders (who also have a ball); try to tag the other players. If you are tagged or you dribble your ball out of bounds, you are "frozen" and pick up the ball in your hands. When a teammate passes their ball through your legs, you are free to play again.

If the tagger dribbles his or her ball out, everyone is free again.

Winner is the player who tags the most players?

Size field: 15 x 15 yards



## PASSING GAME

Two players: one ball. Each player tries to pass the ball through the opposite gate. Receive ball through one of your gates, pass out of the other gate. Intermediate level, 3 touch. Higher level player = limit of 2 touch.

Use two-touch. Distance and size of the gates depending on the level, make sure the young players have success!

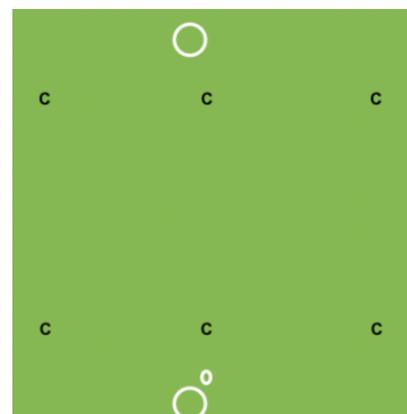
### Coaching points:

- Line up straight behind ball (not a very long run up)
- Don't hit the ball on the side but center
- Hit the ball with center of inside foot (bend toe all the way to the outside)
- Position standing leg next to the ball (but a bit behind the ball)
- Make firm straight passes, no soft, spin or bounce

Make competitions! What couple has 4 points first?

Each opponents wrong pass or bad receiving is a point for you

Ball hits cone, pass either gate and/or unlimited touch



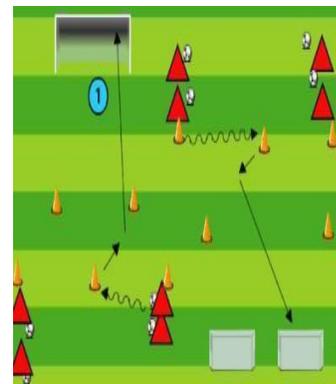
## CUT MOVES SHOOTING

Player dribbles to cone in the middle: makes a cut move and shoots on goal. Next player starts from other cone. Player shoots on the big goal, goes to the cone for shooting on the small goals. And after small goals, goes to big goal. Distance of the gate for shooting range approx. 14 yards: depending on level... Lower level: shoot from closer to have more success.

- Once you've been on left foot line, go to right foot line
- Don't shoot closer than the gate
- On the small goals, it only counts if you hit the net first (without the ball touching the ground)

### Cut move shots:

1. Inside right cut, take outside left foot and shoot left (so 3 touches)
2. Inside right cut, take inside left foot and shoot right (so also 3 touches) Players have to do it in tempo, ball can not lay still.



## PASSING ‘TRIANGLE’

Player 1 passes to player 2, player 2 receive the ball on the outside of the cone  
Player 2 passes to player 3, who dribbles the ball back to the first cone

Everyone moves up a cone  
Use two touch on 2<sup>nd</sup> cone

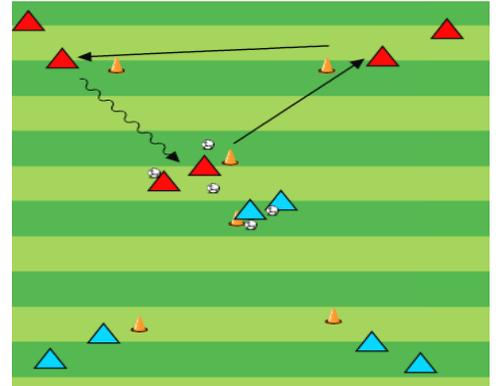
Distance: about 12 yards between cones

### Coach points:

- Only pass when teammates ask and shows for the ball
- Pass firmly in front of your teammate
- Receive far leg
- Take off (speed up) after your first touch
- Look over the ball
- After right foot receiving, go the other way around to train left foot receiving

### Variation:

1. *With give and go*: Player 2 wallpasses, and goes around the cone and receive the ball back – passes to player 3, who does the same.
2. *3rd man*: Player 1 passes, player 2 wallpasses, player 1 passes to player 3, who wall passes to player 2 and get the ball back.



## PASSING ‘Y’

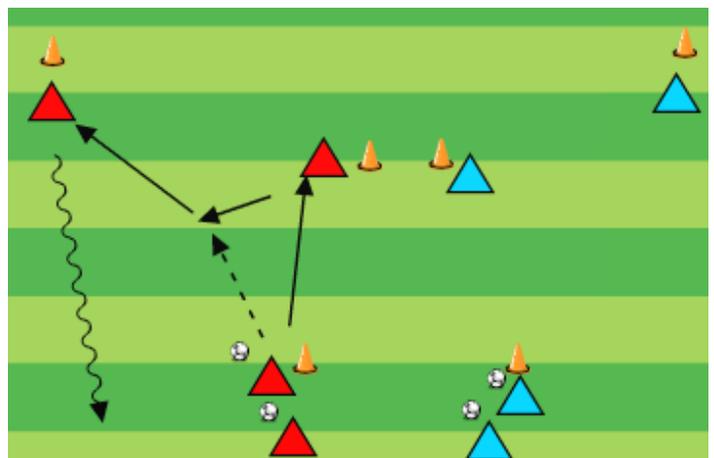
Player 1 passes to player 2, player 2 wall passes, player 1 passes to player 3

Everyone moves up a cone

Coach points:

- Check away, and check in.
- See passing triangle

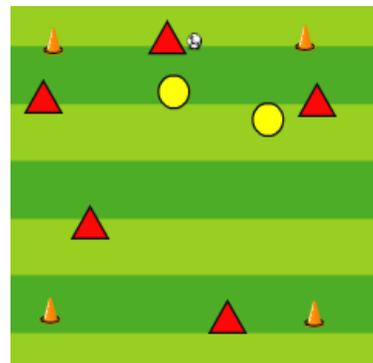
Variation: Add a give and go on the far cone



## 5v2 POSSESSION GAME

- Five offensive players keep the ball away from two defenders.
- Two defenders try to win the ball. If they do, they can earn a point by dribbling the ball out of the field.
- Defenders receive a point for each successful dribble. They also receive a point if the offense players pass the ball out of bounds.
- After 3 points, select new defenders.

*Field size: 17 yards long and 12 yards wide. Level lower = bigger field*



### **Coach points:**

- Receive the ball far leg
- Get an angle on the ball by dropping to the side off the player on the ball, show for the ball turned open
- Pass the ball in front of your teammate
- Receive the ball away from you to look over the ball
- Pass the ball firmly

Variation: Minimum of two touch

## SIDE MOVES

One player per cone dribbles to the cone on the middle, makes a side move, and accelerates to the right.

Once a player arrives on a cone, the next player goes.

Make sure to also go the other way around for each move! (to practice both feet)

### **Side moves:**

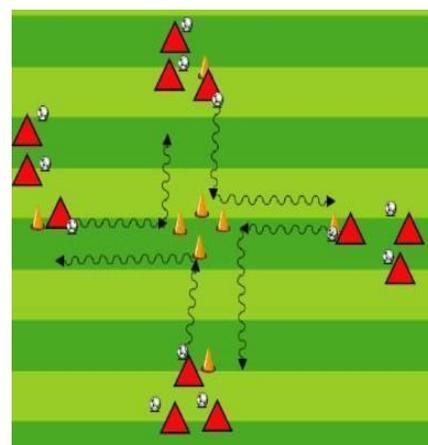
1. Fake shot take to outside same foot
2. Fake shot, inside cut towards your body, take it to other outside foot
3. Fake shot, pull back and jump, take it other inside foot
4. Fake shot, behind the standing leg, take it other outside foot
5. Okocha - roll one side + stepover other foot

Make a speed game of it: What teams has 5 points first?

Four teams on each (out)side cone.

All teams start on sign of coach:

Dribble to center cone, make a side move, once arrived at next cone make back move and dribble back to starting cone to give the ball to the next player.

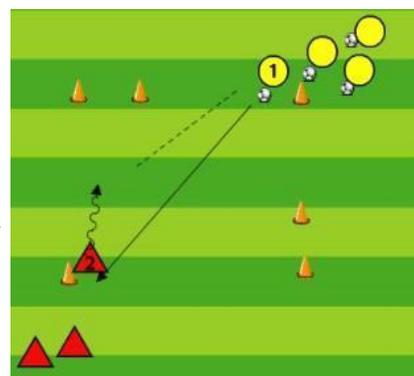


## 1v1 USING SIDEMOVES

- Player 1 passes to player 2.
- Player 2 receives and tries to score by dribbling through one of the gates.
- Player 1 tries to win the ball back and to score the same way.
- After a goal or when the Ball is out = new players start
- Once you've been in the offense line you go defense, and vice versa

Field size: 10 yards long, 8 yards wide.

Size of the gate depends on level. Scoring too easy? Move goals closer to defensive line



## 2v1 TO LARGE GOAL

Two offensive players can start the attack once the defender is on the cone; the offensive players try to score on the big goal with goalie. The defender tries to win the ball, if successful he/she tries to score on the other goal (he/she can use the goalkeeper if needed)

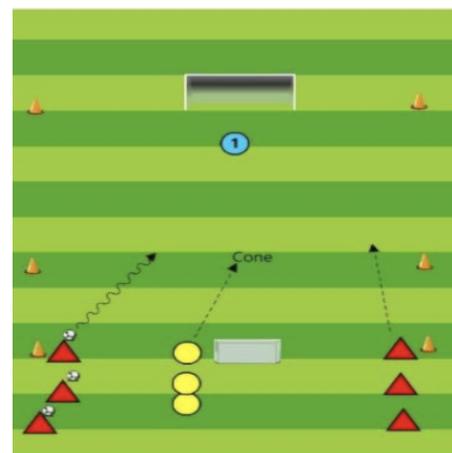
Ball out, goal or too much time = new attack with new offense and a new defender.

Offside rule for the offense players only (behind the middle cones)

Every +/- 5 minutes new defenders

Field size = 30 yards long and 15 yards wide

Make a game = what team or what defender has 4 points first?  
Defender who scores receives 2 points per goal, offense players 1 point.



## DRIBBLE SKILLS

Two players a time dribble through cones (3 feet apart)

Use two touch inside, two touch outside **same foot**

Go 10 times, and 10 times weaker foot only

Make a game: who scores first?

### **Pull back moves:**

Pull left foot, push outside right foot

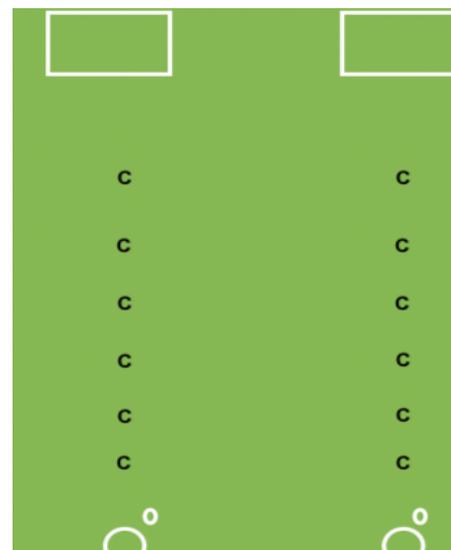
Pull right foot, push outside left foot

Go up two cones, go back one cone, etc.

Coach point:

Head up, pick a point to peak at. Shoulder blades up

Be on toes, quick short touches



## 1v1 MOVES

A: player 1 passes to player 2, and runs up a few yards

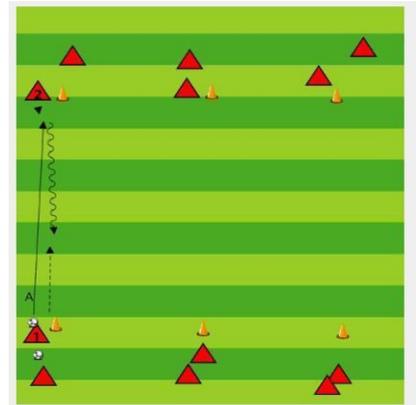
B: player 2 dribbles and makes a 1v1 move (going diagonal after the move) and accelerates.

Player 1 doesn't play defense! Player #1 takes player

#2 his/her spot, and #2 takes #1 spot. Then the next player goes.

### 1v1 moves:

1. Fake shot take outside foot
2. Outside touch, cut inside foot
3. Dribble inside foot, take off same outside foot
4. Henry (dribble inside, take off inside foot)
5. Single scissor
6. Double scissor
7. Maradona



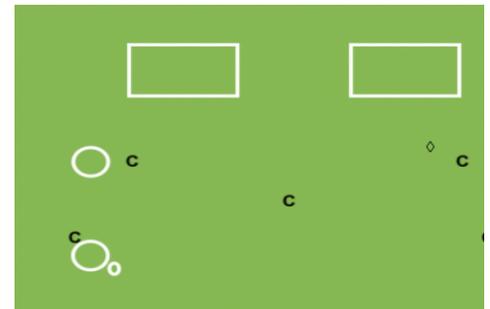
Size field: Cones about 20 yards apart

## 1v1 APPLYING 1v1 MOVES. SMALL GOALS

- Defender foot on cone
- Offense player starts dribbling when defender has foot on cone
- Offense player tries to score on one of two small goals, can't shoot closer than middle cone
- Defender tries to avoid the offense player from scoring
- Switch off left and right side starting point

Size: Adjust per level. Defender 5 yards from goal, Offense player 4 yards from defender. Goals 3 yards apart

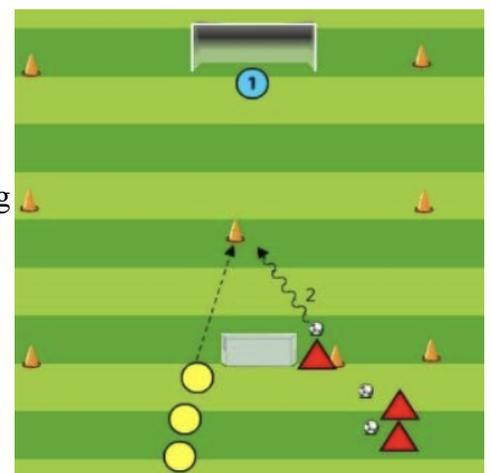
Coach points: Make speed on ball, use outside or inside dribble with inside or outside cut. Fake shot or fake cut



## 1v1 APPLYING 1v1 MOVES. LARGE GOAL

- Defender jogs to cone
- Offense player starts dribbling once defender is on cone
- Offense player tries to score on the big goalie (with GK)
- Defender and goalie try to avoid the offense player from scoring
- Defender wins ball, he/she can score on the small goal
- One back pass to GK allowed
- GK can't score and has a limit of two touches

Field 25 yards long, 16 yards wide



## 2v2 LARGE GOALS

Yellow player passes the ball firmly to the Red player, and plays defense along with one teammate. If they win the ball (or the goalie does), they try to score on the other goal. Red player receives, along with teammate, tries to score on the goal on the other side.

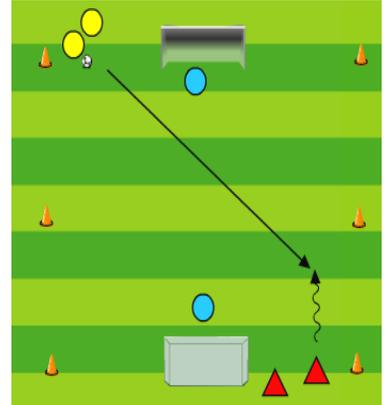
No back passes to the goalie allowed (depending on the level of play)

Ball is out / a goal / or offside = new players start.

Offense team is the only team that can be offside.

Once you've been in offense line go to the defense line, and vice versa

Field size 36 yards long x 30 yards wide



## 5v3 POSSESSION GAME

*'3v3 with a neutral player on each end'*

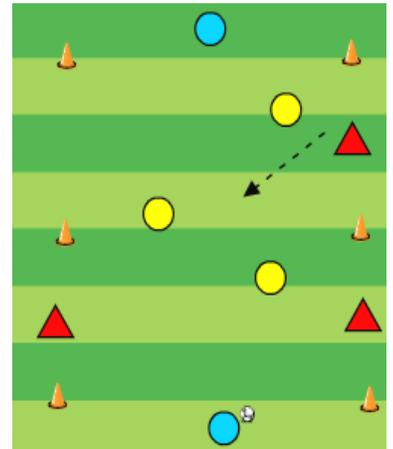
Field size 27 x 20 yards.

Ball out = coach passes in a new ball.

Positioning: 3 players in ball possession position wide, the far wide player checks in center (see picture).

**Make a game:** who has 3 points first? (point every time you switch it from one neutral to the other, without a touch from the other team).

Variation: limit of two touch. If level of play is high (limit of one touch for the neutral players).



## 3v2 TO LARGE GOAL

Three offense players can start the attack once the two defenders are on the cone (half of the field). The offense players try to score on large goal with a goalie. The defenders try to win the ball and try to score on the other goals (he/she can use the goalkeeper if needed).

Offside rule for the offense players only (behind the middle cones).

Ball out, goal or too much time = new attack with new offense and new defenders.

Every +/- 5 minutes new defenders

Field size = 35 yards long and 20 yards wide

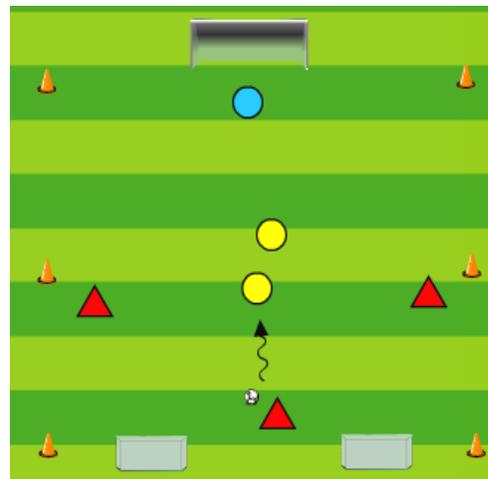
### Coaching of the overlap:

Start ball with an outside player who dribbles diagonally Center player overlaps with speed on the moment the outside player draws one of the defenders

Outside player has 3 options:

1. Goes him/herself
2. Passes to overlap player
3. Passes across to the other outside player

Make it a game = what team has 3 goals first?



## TURN MOVES AND SHOOTING

Player 3 moves away and sprints to the ball and asks for it. Player 2 passes the ball. Player 3 uses a turn move and shoots/finishes on the goal (can't shoot closer than the gate)

Player 2 goes where player 4 is. Player 3 gets the ball, and goes to the other line towards the other goal

Player 4 moves away and moves to the ball and asks etc.

### Turn moves:

1. Outside left + right footed shot (ask for ball on your right)
2. Inside right + right footed shot
3. Behind the standing right leg + right footed shot

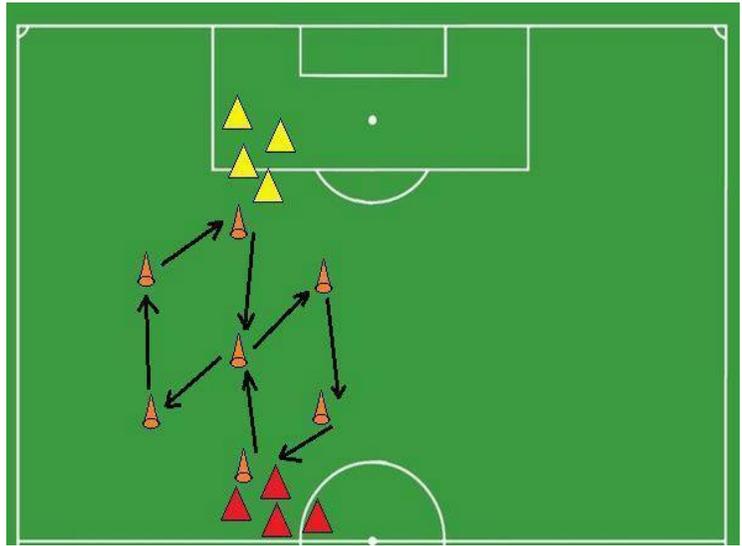
**Next step:** Pass from the other side and move and shoot with other foot



## HEXAGON

A: The first player of red and yellow both start dribbling towards the first cone and make a move (coach decides what moves). After the first move they follow the arrows, and continue making moves (again, based on coaches input) on the cones appropriate to the direction that follows.

B: Work from a pass. One of the players will check to and from the first cone, and then continue the drill as described at A.



C: Last step is to change the direction of the hexagon. So rearrange the arrows so that the players have to choose a direction when they receive the ball.

### 1v1 TRANSITION TO 2v2 (on large goals with goalies)

One yellow player passes the ball to the red player across from him/her.

Same time, one red player passes the ball to the yellow player across from him/her.

Right after the pass, the defender is allowed to defend.

When the player receives the ball both 1v1s start.

between each passer and receiver (the other players can not help the other at this point).

When the ball goes out of bounds, or if there is a goal scored, the two players who just finished their game will have to help their teammates, and so the 1v1 transitions to a 2v2 game.

