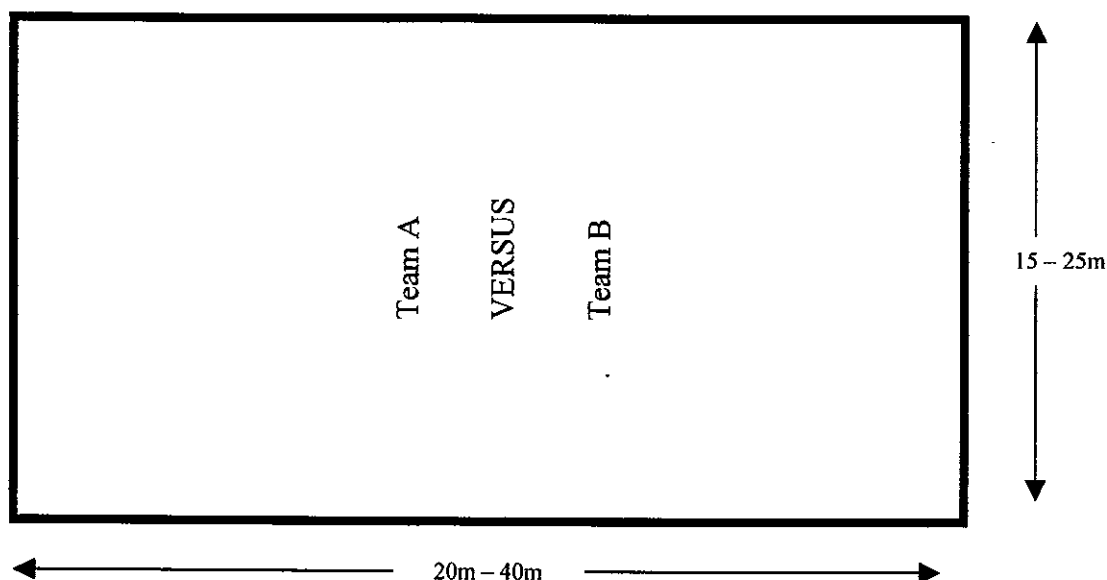


Team Multiple Skills Drill

Skill: 2 Team Possession



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued passes, 2 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins play for approx 15 mins in total

Instructions: Ask players to

1. Make 2, 3 or 4 teams depending on available players.
2. Name each team (usually by colour of bib)
3. Teams play against each other for three-minute bouts, keeping possession as long as possible.
4. The two teams in the middle can use the players on the outside as a wall to assist
5. Players on the outside must pass the ball to the team that passed it to them.
6. A scorer keeps a competition table. The winning team is the team that keeps possession for the longest time in the game.
7. Play a semi final and grand final

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

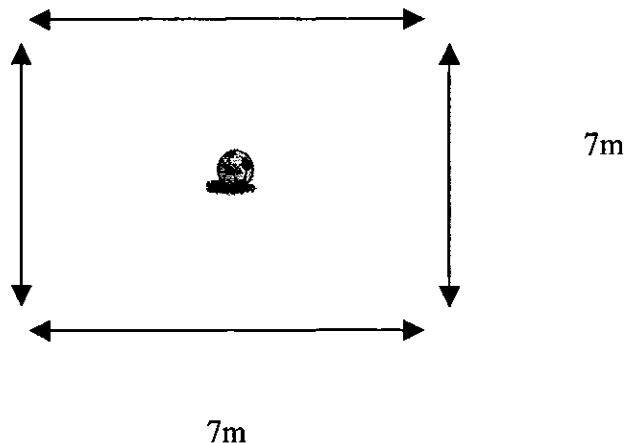
1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict, touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Agility Skills Drill

Skill: Possession 3 V 1 (beginner to intermediate)



Aim: Develop agility, passing skills, ball control and player movement simultaneously, through repetitive skills practise.

Focus: encourage defenders to work at high intensity for the period of time they are in the middle. Attackers should be able to pass the ball for a minimum of 30 seconds without it being intercepted by a defender.

Benefit: develops players ability to eliminate an overlap or an extra attacking player when defending, while the attackers practise capitalising on an overlap or an extra player in attack.

Equipment: 1 football, 1 bib and 4 cones per group

Total time: 5 mins in total made up of 2 sets = each player is working for a minimum of 30 seconds. per set.

Instructions: Ask players to

1. The attacking players must keep possession of the ball away from the defender(s), by passing the ball to each other within the set grid as indicated above.
2. The defender(s) must work together to try and win the ball from the attackers. Winning the ball means intercepting a pass or executing a tackle.
3. This continues for a minimum of 30 seconds or until the coach calls stop.

Take Note:

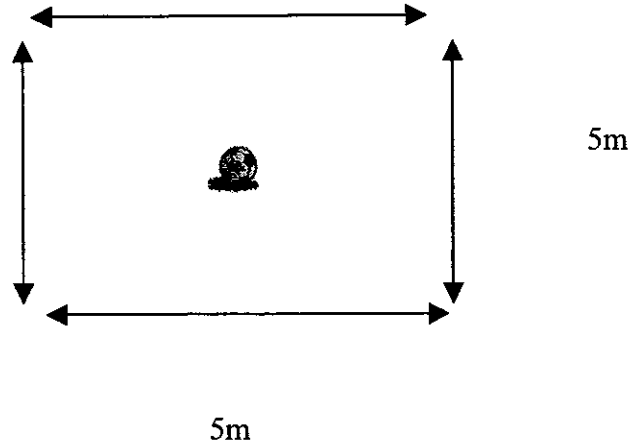
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

Increasing complexity

1. Restrict touches of the attackers from two touch to one touch
2. Compulsory two touch from the attackers
3. Reduce or increase the size of the square to increase the difficulty of the attackers/defenders.
4. Attackers cannot pass the ball to the same player they just received a pass from.
5. Attackers must only use the opposite leg.
6. Defenders must string 1 pass together.
7. Increase or decrease the space depending on player skill and success.

Agility Skills Drill

Skill: Possession 3 V 1 (beginner to intermediate)



Aim: Develop agility, passing skills, ball control and player movement simultaneously, through repetitive skills practise.

Focus: encourage defenders to work at high intensity for the period of time they are in the middle. Attackers should be able to pass the ball for a minimum of 30 seconds without it being intercepted by a defender.

Benefit: develops players ability to eliminate an overlap or an extra attacking player when defending, while the attackers practise capitalising on an overlap or an extra player in attack.

Equipment: 1 football, 1 bib and 4 cones per group

Total time: 5 mins in total made up of 2 sets = each player is working for a minimum of 30 seconds. per set.

Instructions: Ask players to

1. The attacking players must keep possession of the ball away from the defender(s), by passing the ball to each other within the set grid as indicated above.
2. The defender(s) must work together to try and win the ball from the attackers. Winning the ball means intercepting a pass or executing a tackle.
3. This continues for a minimum of 30 seconds or until the coach calls stop.

Take Note:

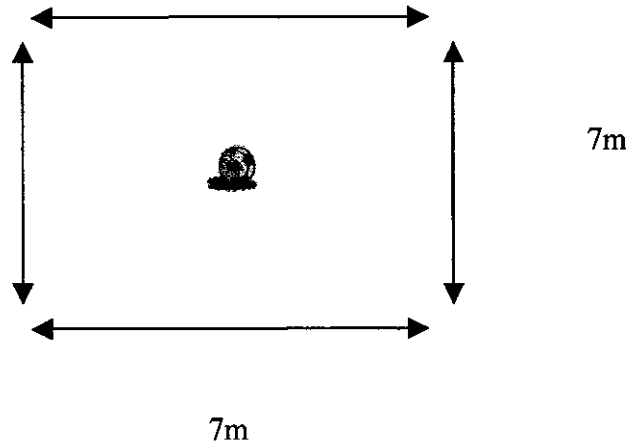
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

Increasing complexity

1. Restrict touches of the attackers from two touch to one touch
2. Compulsory two touch from the attackers
3. Reduce or increase the size of the square to increase the difficulty of the attackers/defenders.
4. Attackers cannot pass the ball to the same player they just received a pass from.
5. Attackers must only use the opposite leg.
6. Defenders must string 1 pass together.
7. Increase or decrease the space depending on player skill and success.

Agility Skills Drill

Skill: Possession 5 V 2 (Intermediate)



Aim: Develop agility, passing skills, and ball control and player movement simultaneously, through repetitive skills practise.

Focus: encourage defenders to work at high intensity for the period of time they are in the middle. Attackers should be able to pass the ball for a minimum of 30 seconds without it being intercepted by a defender.

Benefit: develops players ability to eliminate an overlap or an extra attacking player when defending, while the attackers practise capitalising on an overlap or an extra player in attack.

Equipment: 1 football, 2 bibs and 4 cones per group

Total time: 5 mins in total made up of 2 sets = each player is working for a minimum of 30 seconds. per set.

Instructions: Ask players to

1. The attacking players must keep possession of the ball away from the defender(s), by passing the ball to each other within the set grid as indicated above.
2. The defender(s) must work together to try and win the ball from the attackers. Winning the ball means intercepting a pass or executing a tackle.
3. This continues for a minimum of 30 seconds or until the coach calls stop.

Take Note:

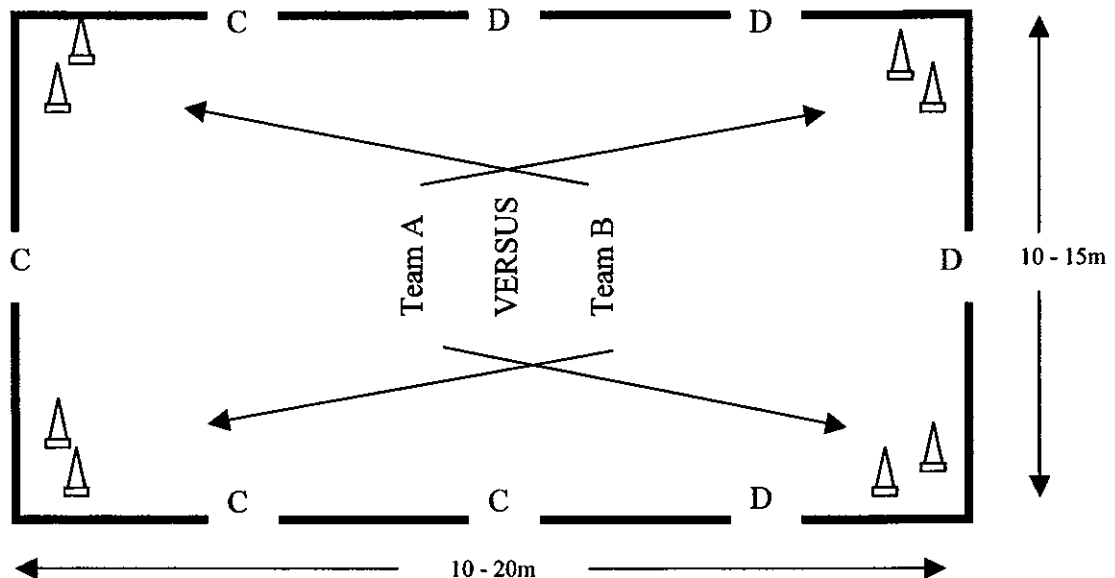
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

Increasing complexity

1. Restrict touches of the attackers from two touch to one touch
2. Compulsory two touch from the attackers
3. Reduce or increase the size of the square to increase the difficulty of the attackers/defenders.
4. Attackers cannot pass the ball to the same player they just received a pass from.
5. Attackers must only use the opposite leg.
6. Defenders must string 1 pass together.
7. Increase or decrease the space depending on player skill and success.

Team Multiple Skills Drill

Skill: Twin Goals



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible in the two goals, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 4 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins (approx 25mins in total)

Instructions: Ask players to

1. Make 4 teams of 4 of equal ability.
2. Name each team (usually by colour of bib)
3. Each team has two goals to score in (see arrows)
4. Teams play against each other for three-minute bouts, scoring as many goals as possible.
5. The two teams in the middle can use the players on the outside as a wall.
6. Players on the outside must pass the ball to the team that passed it to them.
7. A scorer keeps a competition table.
8. Play a semi final and grand final

Variations

1. Remove two goals and play with one goal or cones.

Take Note:

1. Outside players cannot score or favour a team.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or increase playing time.

Warm-Up Games - Soccer Tennis Doubles

Aim: play the game of tennis using all the parts of the body other than the hands.

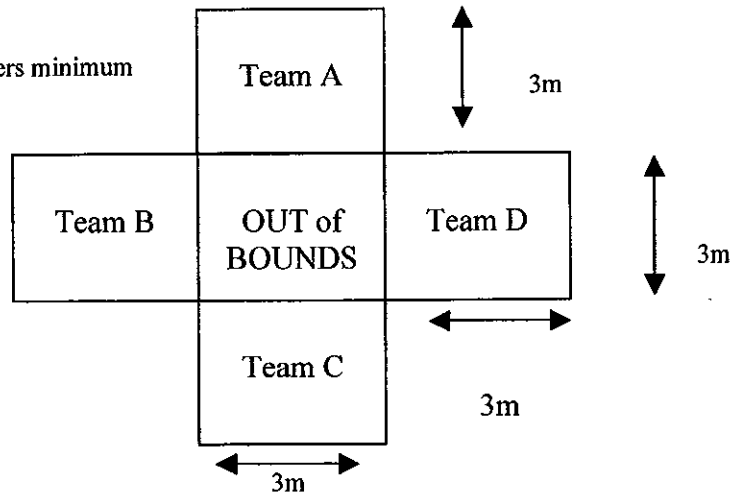
Focus: quick decision-making and accuracy in passing

Benefit: increases close ball control, speeds the decision-making ability of the mind as well as movement of the ball, increases accuracy of passing.

Equipment: 1 x football, 16 markers minimum

Total time: 5mins

Court Design:



Instructions:

Players divided equally as Team A, Team B, Team C and Team D.

1. Game commences with an underarm throw from behind the team A 3m back line. The ball must land in another team's court without landing in the out of bounds or outside the court.
2. Players in the court must return the ball to any square of another team team, Players are permitted to use any part of the body other than their hands to return the ball, and the ball can be returned on the full volley or half volley. Not bouncing more than once.
3. A point is won if the opposition do not serve correctly, if the ball lands in the out of bounds area or lands outside the perimeter of the court, if the ball bounces more than once or if players use their hands.
4. More than one player cannot touch the ball each time it is returned from the opposing team.

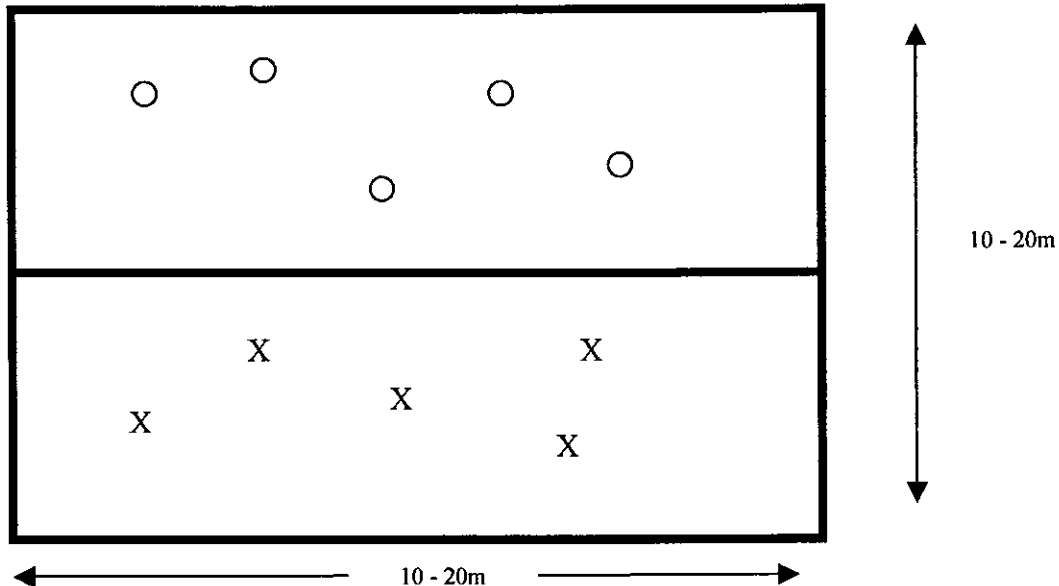
Variations on the complexity of the game

Elite	<ul style="list-style-type: none"> - Compulsory two or three touch before the ball is returned - Only use the opposite leg - Decrease the size of the court - Restrictions on the parts of the body that can be used
Advanced	<ul style="list-style-type: none"> - Compulsory two or three touch before the ball is returned - Decrease the size of the court - Restrictions on the parts of the body that can be used
Under 9 – 15	<ul style="list-style-type: none"> - Decrease the size of the court - Restrictions on the parts of the body that can be used
Under 6 - 8	Not recommended

Daily Training Schedule

Team Multiple Skills Drill

Skill: 5 V 2 game



Aim: Develops a whole range of skills e.g. passing, ball control, tackling, dribbling, as well as fitness simultaneously.

Focus: work for bouts of one minute at high intensity focusing on quality of passing and ball control.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: one ball, 1 sets of bibs, 6 cones per team .

Total time: 4 sets of 4 mins with 1 min recovery (20 mins in total)

Instructions: Ask players to

1. Organise team into two equal teams.
2. Each team takes their possessions as indicated above
3. Players O start with the ball, and try to pass a total of 5 consecutive passes among each other in their half of the field.
4. While this is happening, 2 players from the X team run across and try and win the ball from the O team.
5. If the O team can make 5 consecutive passes then they are awarded a 'goal'.
6. If players X intercept the ball or force players O to make a mistake, then they win possession of the ball.
7. Players X now starts and this continues for 5 minutes.

Variations

1. At the end of the five-minute bouts, change teams around and create new teams and repeat.

Take Note:

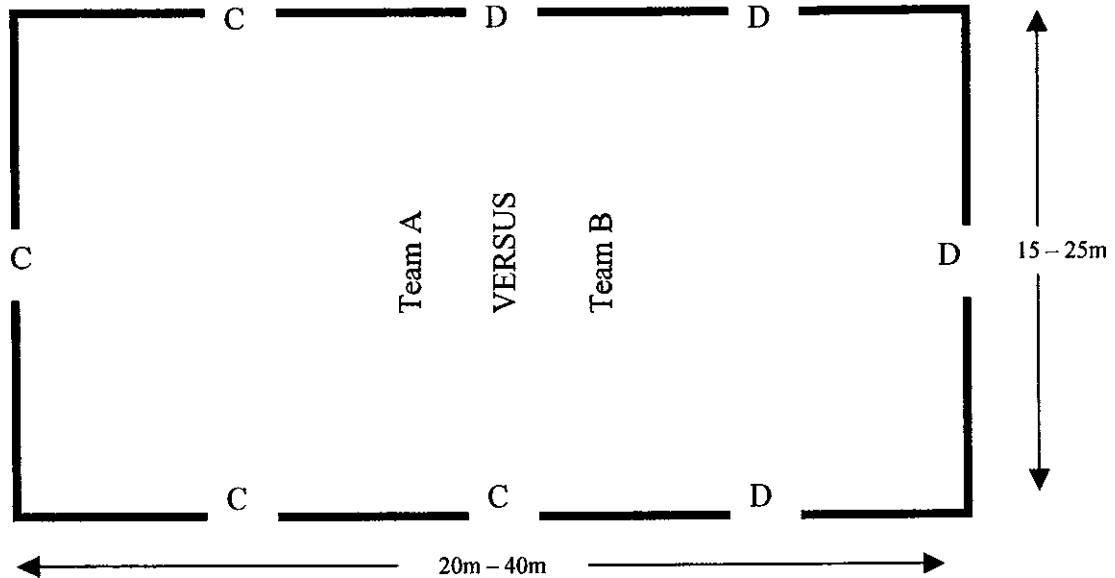
1. Players perceived effort should be at 80% intensity throughout the entire working time.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or modify the playing time.

Team Multiple Skills Drill

Skill: 4 Team Possession



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 4 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins (approx 25 mins in total)

Instructions: Ask players to

1. Make 2, 3 or 4 teams depending on available players.
2. Name each team (usually by colour of bib)
3. Teams play against each other for three-minute bouts, keeping possession as long as possible.
4. The two teams in the middle can use the players on the outside as a wall to assist
5. Players on the outside must pass the ball to the team that passed it to them.
6. A scorer keeps a competition table. The winning team is the team that keeps possession for the longest time in the game.
7. Play a semi final and grand final

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

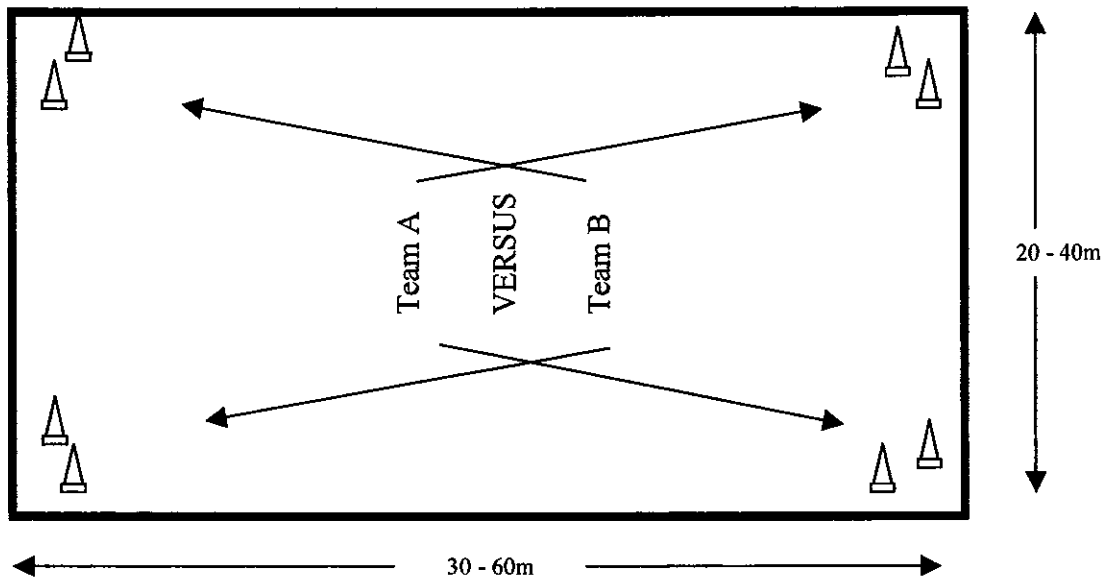
1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict, touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Team Multiple Skills Drill

Skill: 2 Team Twin Goals



Aim: Develops a whole range of skills passing, ball control, shooting, tackling, and dribbling, as well as fitness simultaneously.

Focus: players constantly moving to create space for each other, they must score through the two goals on the opposite end.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 2 sets of bib, 8 cones and a stopwatch.

Total time: 4 x 5 min games with 60 seconds recovery between games (approx 25 mins in total)

Instructions: Ask players to

1. Organise two teams
2. Name each team (usually by colour of bib)
3. Teams play against each other for five-minute bouts, trying to score through the two goals available to each team.
4. Record results for reference.
5. Announce a winning team

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

1. Movement on and off the ball is very important in this drill.

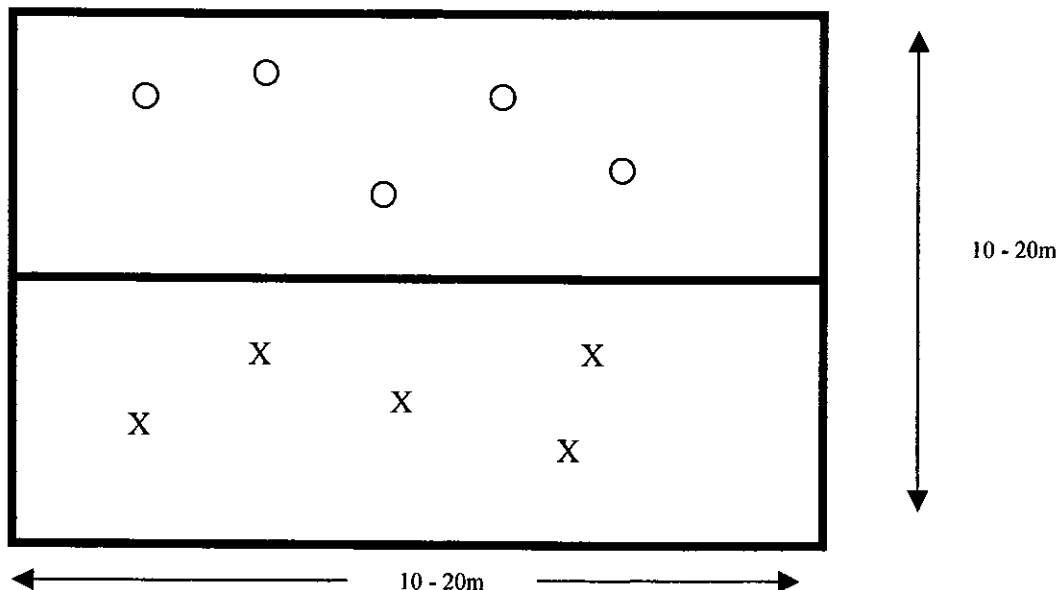
Increasing complexity

1. Restrict touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Daily Training Schedule

Team Multiple Skills Drill

Skill: 5 v 2 game



Aim: Develops a whole range of skills e.g. passing, ball control, tackling, dribbling, as well as fitness simultaneously.

Focus: work for bouts of one minute at high intensity focusing on quality of passing and ball control.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: one ball, 1 sets of bibs, 6 cones per team.

Total time: 4 sets of 4 mins with 1 min recovery (15 mins in total)

Instructions: Ask players to

1. Organise team into two equal teams.
2. Each team takes their possessions as indicated above
3. Players O start with the ball, and try to pass a total of 5 consecutive passes among each other in their half of the field.
4. While this is happening, 2 players from the X team run across and try and win the ball from the O team.
5. If the O team can make 5 consecutive passes then they are awarded a 'goal'.
6. If players X intercept the ball or force players O to make a mistake, then they win possession of the ball.
7. Players X now starts and this continues for 5 minutes.

Variations

1. At the end of the five-minute bouts, change teams around and create new teams and repeat.

Take Note:

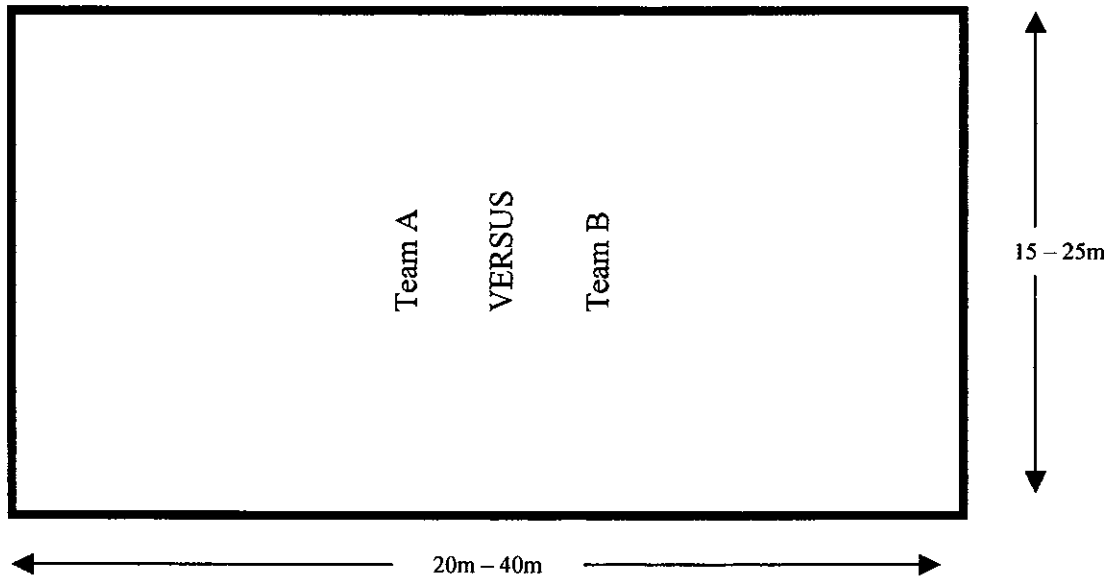
1. Players perceived effort should be at 80% intensity throughout the entire working time.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or modify the playing time.

Team Multiple Skills Drill

Skill: 2 Team Possession



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued passes, 2 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins play for approx 25 mins in total

Instructions: Ask players to

1. Make 2, 3 or 4 teams depending on available players.
2. Name each team (usually by colour of bib)
3. Teams play against each other for three-minute bouts, keeping possession as long as possible.
4. The two teams in the middle can use the players on the outside as a wall to assist
5. Players on the outside must pass the ball to the team that passed it to them.
6. A scorer keeps a competition table. The winning team is the team that keeps possession for the longest time in the game.
7. Play a semi final and grand final

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict, touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Cool-down

Focus: Reduce the lactic acid/fatigue and muscle soreness effect of a game of football and to commence the active recovery process.

Mins

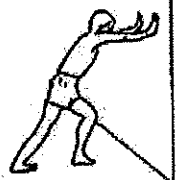






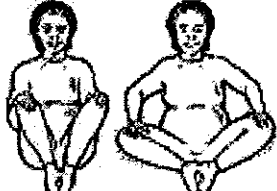
Equipment:
1 x stopwatch

Total time: 5mins

5

Instructions: Ask players to

- Stretch** - form a 10m circle with the coach in the middle demonstrating the following stretches. Each stretch should be held for 10-15sec. Players should not hold their breath.

<p>Calf (bottom of the back leg)</p> 	<p>Quadriceps (upper front of the leg)</p> 
<p>Gluteal (backside stretch)</p> 	<p>Hip Flexor (upper front of the leg)</p> 
<p>Lower back</p> 	<p>Neck</p> 
<p>Hamstring (upper back of the leg)</p> 	<p>Adductors (groin)</p> 

2. **During this time**, the coach/players should evaluate team and individual performances and discuss the schedule for the week and weekend to come.

3. Within 10mins

Footballers should be encouraged to hydrate themselves with water or a sports drink. At least 2 litres over the next 2 hours

4. **Within the next 20mins** a bag of ice should be applied directly on the injured muscles (20mins on 20mins off 20mins on again, repeat daily over the next 72 hours)

5. **Within the next 24 hours** – players who are not injured should be encouraged to go for a 10min jog at 50% intensity. Players should then go through the entire stretching routine at the conclusion of the run. This will reduce muscle soreness.

Warm-Up Games -Switch pass

Aim: improve players passing and receiving skills in a confined space.

Focus: pass and move, keep head up

Benefit improves players one touch, pass and receiving skills.

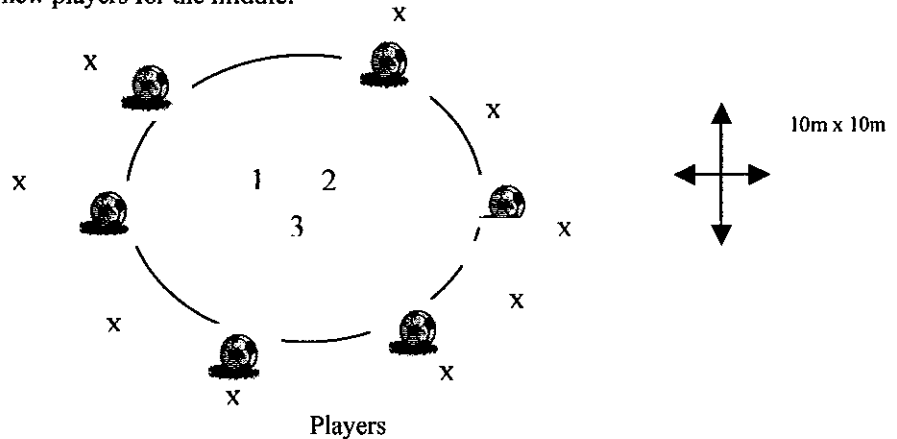
Equipment:

6 x football per team of 16 players

Total time: (30 sec per player) equals 5mins in total

Instructions: Ask players to

1. Players form a circle about 10m in diameter, or use the centre circle in the middle of the field
2. The game commences with three players in the middle of the circle.
3. The remaining players stand around the circle. Six of these players have a ball at their feet.
4. The Three players in the middle move towards one of the six players with a ball, they receive the ball, turn and pass it to another player on the outside that does not have a ball. This continues for 30 seconds.
5. Coach then nominates three new players for the middle.

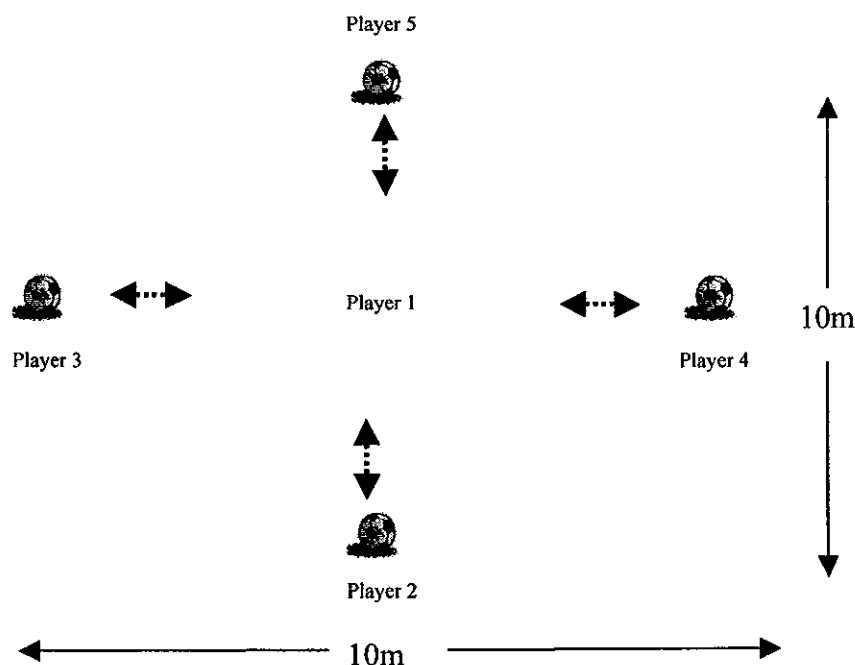


Variations to complexity of the game

- | | |
|--------------|--|
| Elite | <ul style="list-style-type: none"> - One touch only - Compulsory two touch - Only use the opposite leg - Decrease the size of the circle for faster movement - Increase the size for longer passes - Restrictions on the parts of the body that can be used - Add a defender to mark the player in the middle |
| Advanced | <ul style="list-style-type: none"> - One touch only - Compulsory two touch - Only use the opposite leg - Restrictions on the parts of the body that can be used - Add a defender to mark the player in the middle |
| Under 9 – 15 | <ul style="list-style-type: none"> - Restrictions on the number of touches permitted - Restrictions on the parts of the body that can be used |
| Under 6 – 8 | Not recommended |

General Fitness Skills Drill

Skill: Multi-Ball Skills- Varied



Aim: Develops reaction time and varied football control skills simultaneously, through repetitive skills practise.

Focus: encourage player 1 to work at high intensity for the period of time they are in the middle.

Benefit: develops reaction time and skills in tight situations.

Equipment: 4 footballs per 5 players

Total time: 1 set = approx 5 mins (30 sec per person)

Instructions: Ask players to

1. 1 player stands at each of the points indicated above.
2. Player 1 starts in the middle. Outside players have possession of a football.
3. Coach calls the word 'go' and player in the middle works for 30 seconds.
4. Player two passes a ground ball to player 1, player 1 passes the ball back to player 2.
5. Player 3 throws an under arm ball to player 1; player 1 runs towards the ball and full volleys the ball back to player 3.
6. Player 4 throws an under arm ball to player 1; player 1 runs towards the ball and heads the ball back to player 4.
7. Player 5 throws an under arm ball to player 1; player 1 runs towards the ball and chests and half volleys the ball back to player 5.

Variations

1. All outside players play the same ball; pass on the ground, in the air, full volley throws, half volley throws, and chest volleys etc.

Take Note:

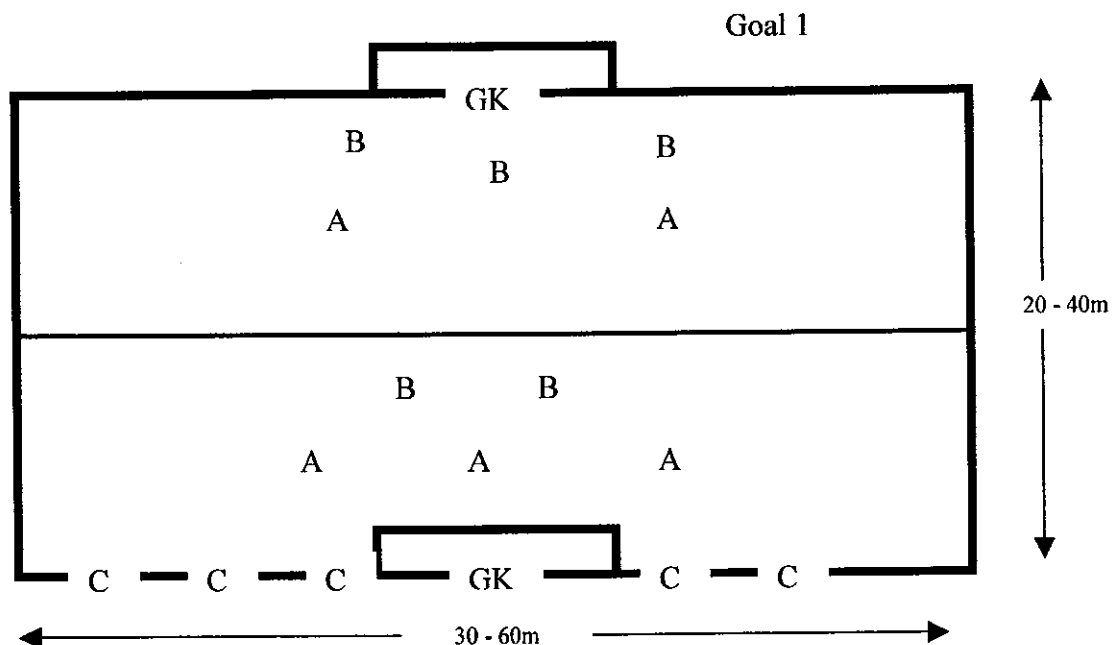
1. Middle player may get confused; it is important that outside players call out when it is their turn to pass to them.

Increasing complexity

1. Middle players use the outside of their foot to pass ground ball
2. Middle players use their laces to full or half volley the ball
3. Increase or decrease the space between all the players depending on skill and success.

Team Multiple Skills Drill

Skill: Two-Stage Attack - Three Teams



Aim: Develops a whole range of attacking and defending skills, as well as fitness simultaneously.

Focus: encouraging creativity in attack and speed of ball movement in defence.

Benefit: encourages game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 3 sets of bibs, 2 goals as indicated above, a stopwatch, score card/pen

Total time: approx 10mins

Instructions: Ask players to

1. Make 3 teams of equal numbers and equal ability.
2. Name each team (usually by colour of bib)
3. Team A attacks goal 1 which Team B defends. The three A players in the defensive zone can not cross the half way line, while the two players in the attacking zone cannot cross over to the defensive zone. The three Team A defenders must try and pass a ball to the two Team A attackers, who have to try and score a goal. The B players in the attacking and defensive zones have to try and win possession of the ball.
4. The three players in the defensive zone have 3 touch restrictions, while the attackers have unlimited touches permitted.
5. If Team A scores they are awarded a goal and Team C replace Team B, however,
6. If Team B wins the ball, Team C replaces Team A and Team B begins the attack, while Team C defends.

Variations

1. Remove goals and play with mini goals or cones if two goalkeepers are not available.

Take Note:

1. If a team scores, they win the right to attack again, if they do not score, they lose the right to attack and are replaced by the waiting team.

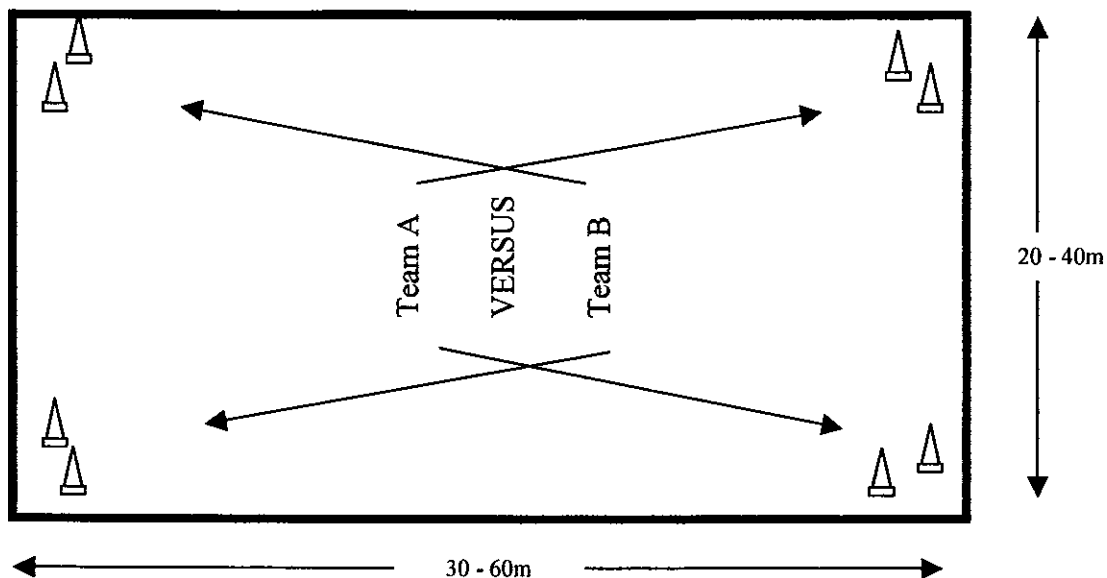
Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team.

Daily Training Schedule

Team Multiple Skills Drill

Skill: 2 Team Twin Goals



Aim: Develops a whole range of skills passing, ball control, shooting, tackling, and dribbling, as well as fitness simultaneously.

Focus: players constantly moving to create space for each other, they must score through the two goals on the opposite end.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 2 sets of bib, 8 cones and a stopwatch.

Total time: 4 x 5 min games with 60 seconds recovery between games (approx 25 mins in total)

Instructions: Ask players to

1. Organise two teams
2. Name each team (usually by colour of bib)
3. Teams play against each other for five-minute bouts, trying to score through the two goals available to each team.
4. Record results for reference.
5. Announce a winning team

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

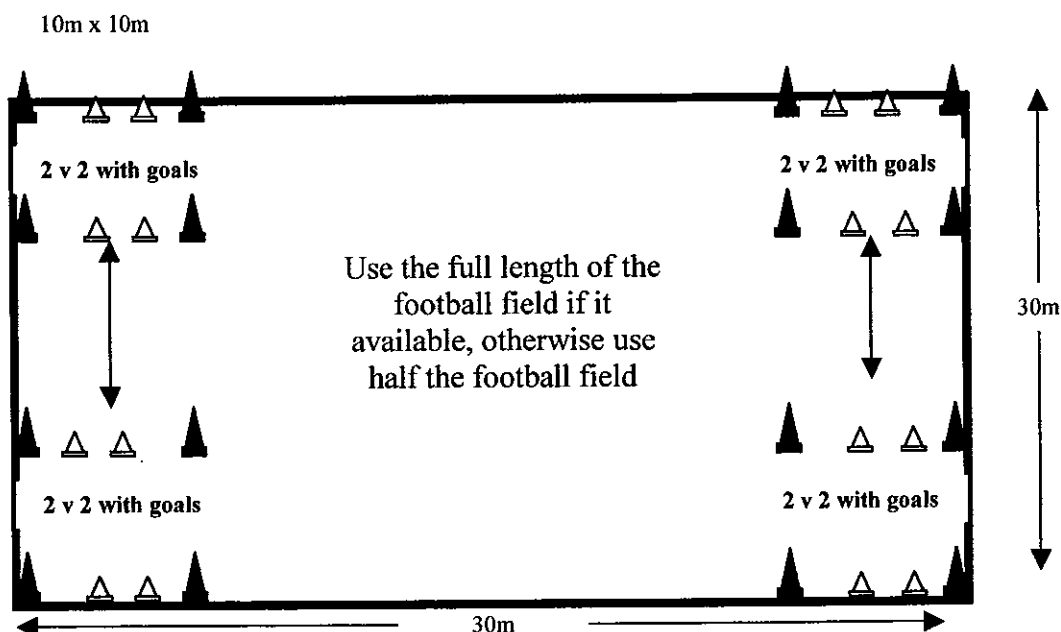
1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Team Multiple Skills Drill

Skill: 2 v 2 x Four Games



Aim: Develops a whole range of skills e.g. passing, ball control, tackling, dribbling, as well as fitness simultaneously.

Focus: work for bouts of 1 minute at high intensity focusing on quality of passing and ball control.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued passes, 8 sets of bibs, 16 cones, 16 mini cones and a stopwatch.

Total time: allow 1 min between the start of each game. (Approx 15mins in total time)

Instructions: Ask players to

1. Make 8 teams of 2 of equal ability. Name each team (usually by colour of bib).
2. Each team is allocated a square to stand in so that there are two teams per square.
3. Teams play against each other for one-minute bouts, scoring as many goals as possible.
4. After the one-minute bout, coach calls 'change'; the losing team rotates, sprinting to the next square at 80%, as indicated by the arrows above.
5. Players recover for 60 seconds, and then the next game is played.
6. At the end of the second game, the two teams that did not play against each other must play.
7. Swap teams with the other squares so that eventually all teams play each other. Play a semi and grand final

Variations

1. Swap with the team diagonal to your square so that players are running further.

Take Note:

1. If a winner cannot be determined e.g. a draw, than the coach nominates a team to change.

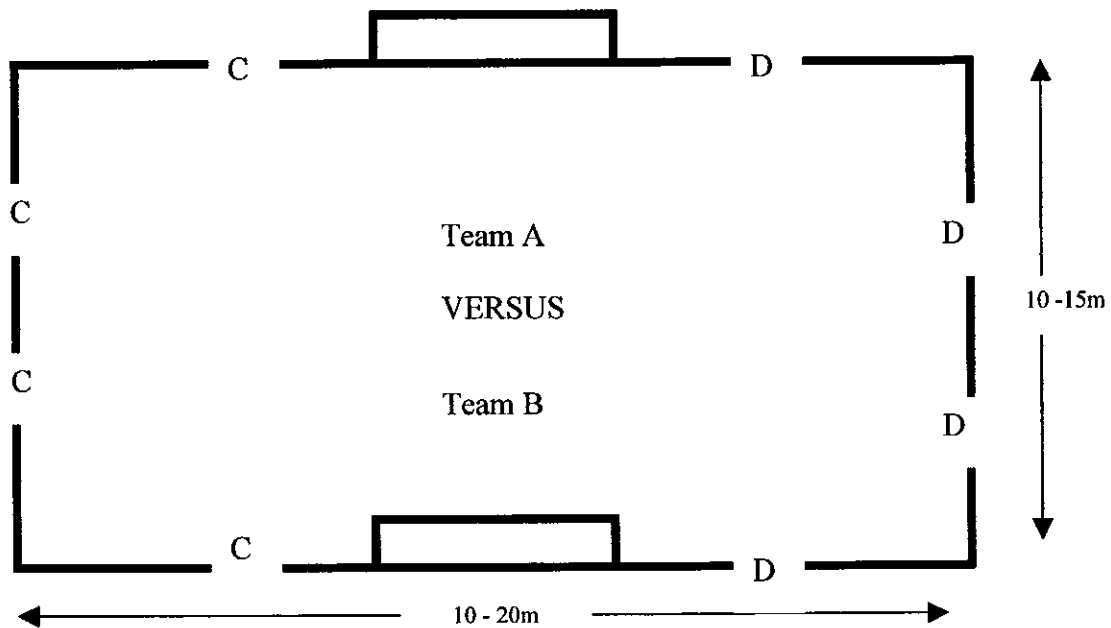
Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or modify the playing time.

Finals Daily Training Schedule

Team Multiple Skills Drill

Skill: World Cup



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, heading, as well as fitness simultaneously.

Focus: using the extra players (C & D see above) on hand to score as many goals as possible, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 4 sets of bibs, 2 goals as indicated above, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins (approx 25mins in total)

Instructions: Ask players to

1. Make 4 teams of 4 of equal ability.
2. Name each team (usually by colour of bib)
3. Teams play against each other for three-minute bouts, scoring as many goals as possible.
4. The two teams in the middle can use the players on the outside as a wall.
5. Players on the outside must pass the ball to the team that passed it to them.
6. The goalkeeper that concedes a goal, recommences the game by rolling it out of their box to one of their players.
7. A scorer keeps a competition table.
8. Play a semi final and grand final

Variations

1. Remove goals and play with mini goals or cones if two goal keepers are not available

Take Note:

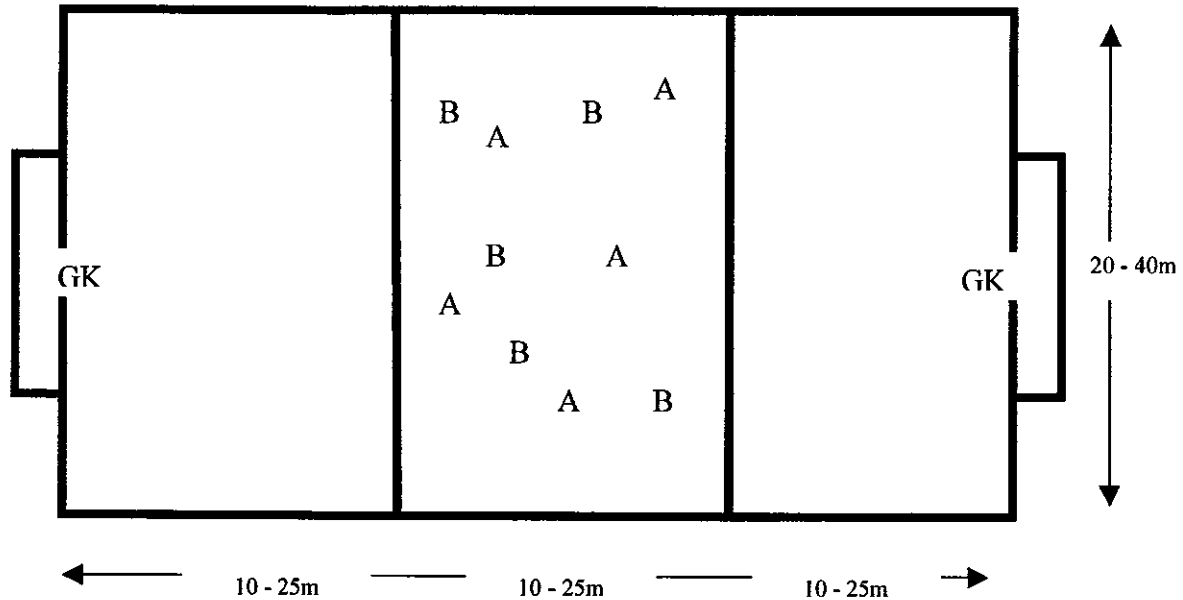
1. Outside players cannot score or favour a team.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team.

Team Multiple Skills Drill

Skill: Zone Game



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, heading, movement as well as fitness simultaneously.

Focus: all players must be moving in attack and defence.

Benefit: encourages players to develop strategy in attack and defence.

Equipment: multiple balls for miscued shots, 2 sets of bibs, 2 goals as indicated above, cones and a stopwatch, score card/pen

Total time: 1 game = 15 mins

Instructions: Ask players to

1. Make 2 equal teams of 5 - 7 players per team. Name each team (usually by colour of bib)
2. The game starts with both teams in the middle zone. Each team has to try and string 5 continuous passes together inside the middle zone, and try and prevent the opposite team from doing the same.
3. Once a team has successfully passed the ball 5 times to each other continuously in the middle zone, they can begin to attack, this means that a ball has to be played into the attacking zone. Players are not permitted to enter the attacking zone until a through ball has been played. (Watch for the offside).
4. Attacking and defending players are not allowed in the attacking or defending zone until a ball has been played into that area.
5. Once the ball has been played, players are allowed to move into the area and continue the game.
6. If the attacking team score a goal, they restart the game with the ball in the middle zone.
7. If the defending team wins the ball, they must play their way into the middle zone, string 5 continuous passes together before they can move into the attacking zone. This continuous for approx 9 mins.

Variations

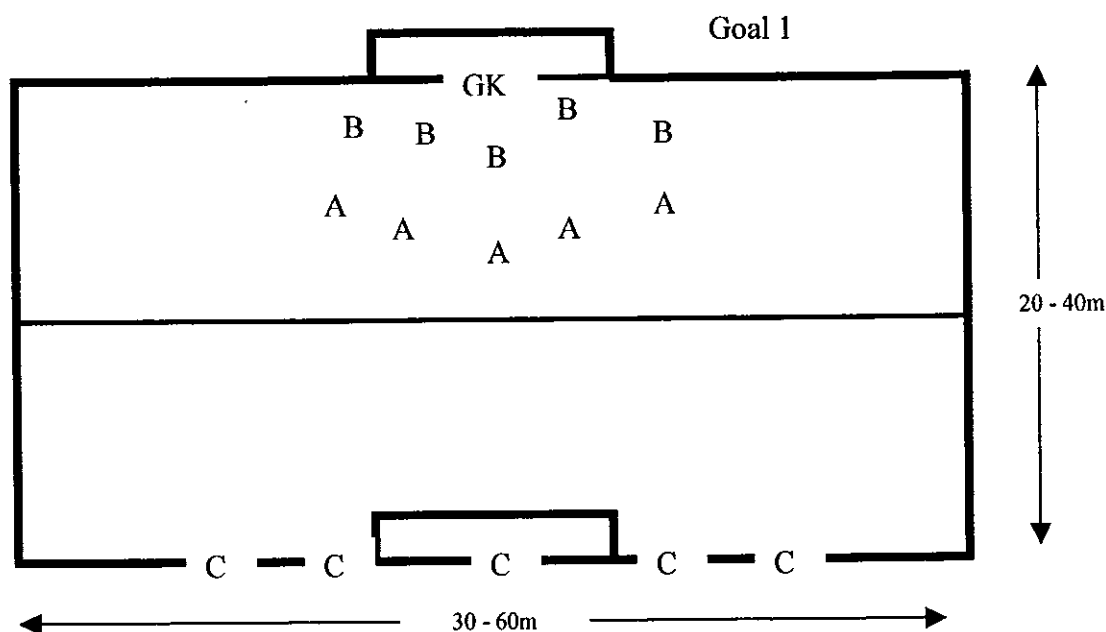
1. If two goal keepers are not available, remove goals and play with mini goals or cones

Take Note:

1. Each time a pass is intercepted in the middle zone, the passing count starts again.

Team Multiple Skills Drill

Skill: Continuous World Cup



Aim: Develops a whole range of skills -passing, ball control, shooting, tackling, heading, as well as fitness simultaneously.

Focus: creating overlapping runs to create extra player and score as many goals as possible, while preventing the opposition from scoring.

Benefit: encourages game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 3 sets of bibs, 2 goals as indicated above, a stopwatch, score card/pen

Total time: approx 25mins

Instructions: Ask players to

1. Make 3 teams of equal numbers and equal ability.
2. Name each team (usually by colour of bib)
3. Team A attacks goal 1 which Team B defends
4. If Team A scores they are awarded a goal and the game starts again, however,
5. If Team B wins ball, they must cross the half way line
6. Once Team B crosses over the half way line, Team C, comes out to defend their goal which Team B attacks.
7. Team A drops to goal line 1, and waits for Team C to come across and attack.

Variations

1. Remove goals and play with mini goals or cones if two goal keepers are not available or play a game of possession

Take Note:

1. If a team scores, they win the right to attack again, if they do not score, they lose the right to attack and must wait.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team.

Warm-Up Games - Soccer Tennis Doubles

Aim: play the game of tennis using all the parts of the body other than the hands.

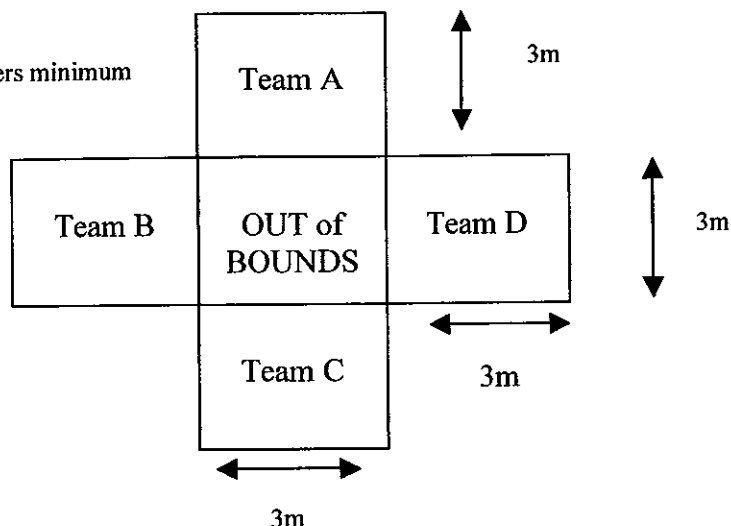
Focus: quick decision-making and accuracy in passing

Benefit: increases close ball control, speeds the decision-making ability of the mind as well as movement of the ball, increases accuracy of passing.

Equipment: 1 x football, 16 markers minimum

Total time: 5mins

Court Design:



Instructions:

1. Players divided equally as Team A, Team B, Team C and Team D.
2. Game commences with an underarm throw from behind the team A 3m back line. The ball must land in another team's court without landing in the out of bounds or outside the court.
3. Players in the court must return the ball to any square of another team team, Players are permitted to use any part of the body other than their hands to return the ball, and the ball can be returned on the full volley or half volley. Not bouncing more than once.
4. A point is won if the opposition do not serve correctly, if the ball lands in the out of bounds area or lands outside the perimeter of the court, if the ball bounces more than once or if players use their hands.
5. More than one player cannot touch the ball each time it is returned from the opposing team.

Variations on the complexity of the game

Elite

- Compulsory two or three touch before the ball is returned
- Only use the opposite leg
- Decrease the size of the court
- Restrictions on the parts of the body that can be used

Advanced

- Compulsory two or three touch before the ball is returned
- Decrease the size of the court
- Restrictions on the parts of the body that can be used

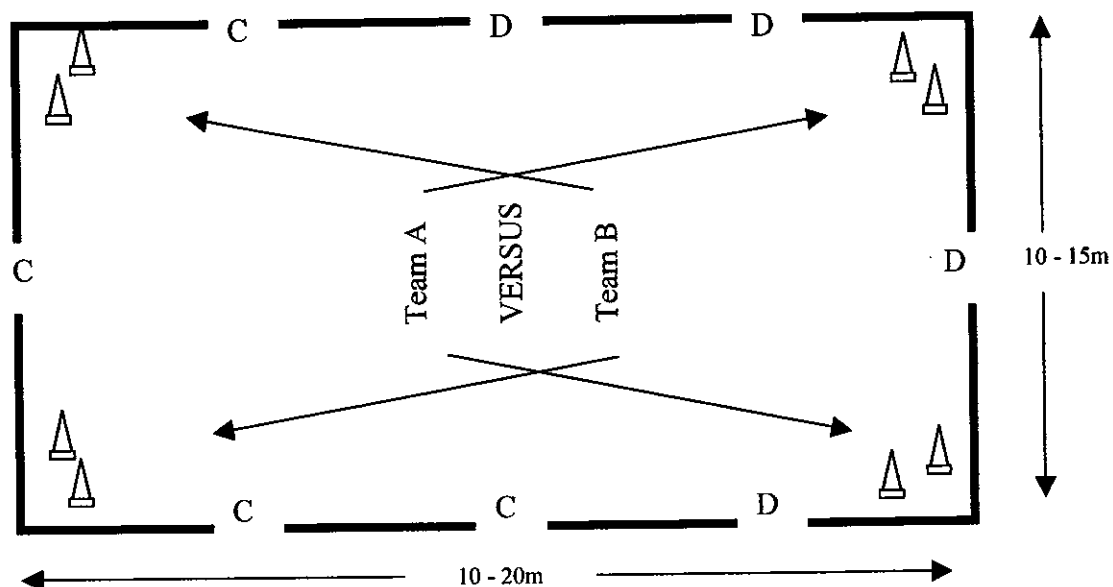
Under 9 – 15

- Decrease the size of the court
- Restrictions on the parts of the body that can be used

Under 6 - 8 Not recommended

Team Multiple Skills Drill

Skill: Twin Goals



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible in the two goals, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 4 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 3 mins (approx 15mins in total)

Instructions: Ask players to

1. Make 4 teams of 4 of equal ability.
2. Name each team (usually by colour of bib)
3. Each team has two goals to score in (see arrows)
4. Teams play against each other for three-minute bouts, scoring as many goals as possible.
5. The two teams in the middle can use the players on the outside as a wall.
6. Players on the outside must pass the ball to the team that passed it to them.
7. A scorer keeps a competition table.
8. Play a semi final and grand final

Variations

1. Remove two goals and play with one goal or cones.

Take Note:

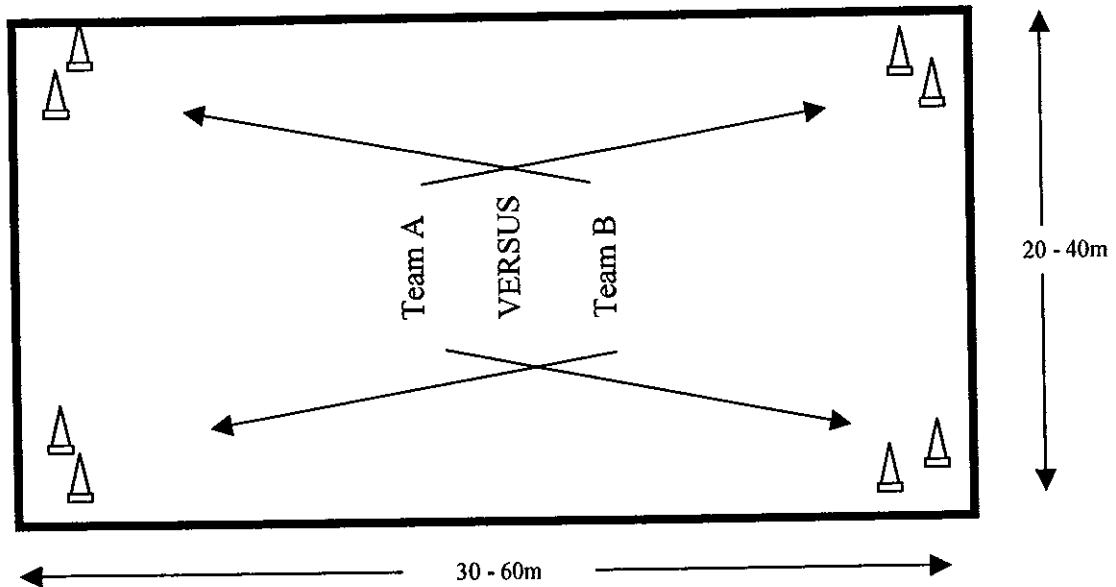
1. Outside players cannot score or favour a team.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or increase playing time.

Team Multiple Skills Drill

Skill: 2 Team Twin Goals



Aim: Develops a whole range of skills passing, ball control, shooting, tackling, and dribbling, as well as fitness simultaneously.

Focus: players constantly moving to create space for each other, they must score through the two goals on the opposite end.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 2 sets of bib, 8 cones and a stopwatch.

Total time: 4 x 5 min games with 60 seconds recovery between games (approx 25 mins in total)

Instructions: Ask players to

1. Organise two teams
2. Name each team (usually by colour of bib)
3. Teams play against each other for five-minute bouts, trying to score through the two goals available to each team.
4. Record results for reference.
5. Announce a winning team

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.