

## Daily Training Schedule

# Warm-Up Games - Dribble Knockout

**Aim:** avoid having your ball kicked away from you while trying to kick other player's ball away from them.

**Focus:** close ball control and security.

**Benefit:** increases close ball control, speeds the decision-making ability of the mind as well as movement of the ball on the park, improves shielding ability, and promotes head lift.

**Equipment:**

1 x football per player, 4 markers

**Total time:** 5mins

**Instructions:** Ask players to

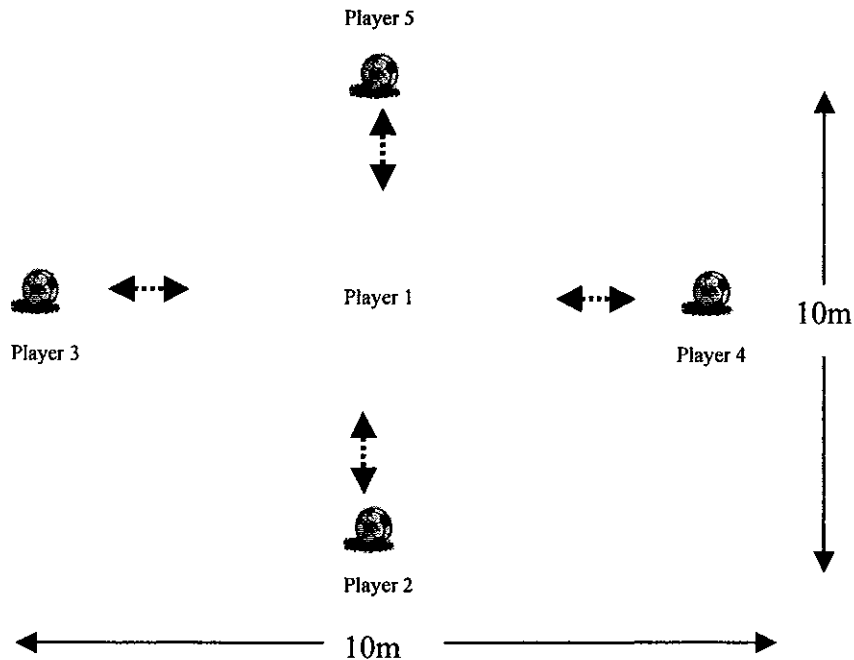
1. Players form a 5m x 5m square for approximately 8 players.
2. The game commences and players dribble inside the square.
3. Players then attempt to kick the other player's ball out of the square while protecting theirs.
4. Once a ball is kicked out of the square that person is eliminated, and the person who kicks the ball out gets a point.
5. The game continues until there is one player left in the field.
6. If your ball has been kicked out, you cannot kick another player's ball or re-enter the field until the next game starts.
7. Each time two players have been eliminated; the square needs to be made 1 metre smaller.

**Variations to complexity of the game**

	Players
Elite	<ul style="list-style-type: none"><li>- Only use the opposite leg</li><li>- Decrease the starting size of the square</li><li>- Apply time limits to finish</li></ul>
Advanced	<ul style="list-style-type: none"><li>- Only use the opposite leg</li><li>- Decrease the starting size of the square</li><li>- Apply time limits to finish</li></ul>
Under 9 – 15	<ul style="list-style-type: none"><li>- Only use the opposite leg</li><li>- Apply time limits to finish</li></ul>
Under 6 – 8	Not recommended

# General Fitness Skills Drill

## **Skill: Multi-Ball Skills- Side Foot Full Volleys**



**Aim:** Develops reaction time and side foot full volley passing skills simultaneously, through repetitive skills practise.

**Focus:** encourage player1 to work at high intensity for the period of time they are in the middle.

**Benefit:** develops reaction time and side foot full volleying 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 2 throws an under arm ball to player 1; player 1 runs towards the ball and full volleys 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 full volleys the ball back to player 4.
7. Player 5 throws an under arm ball to player 1; player 1 runs towards the ball and full volleys the ball back to player 5.

### **Variations**

1. 2 players in the middle, working in opposite directions.

### **Take Note:**

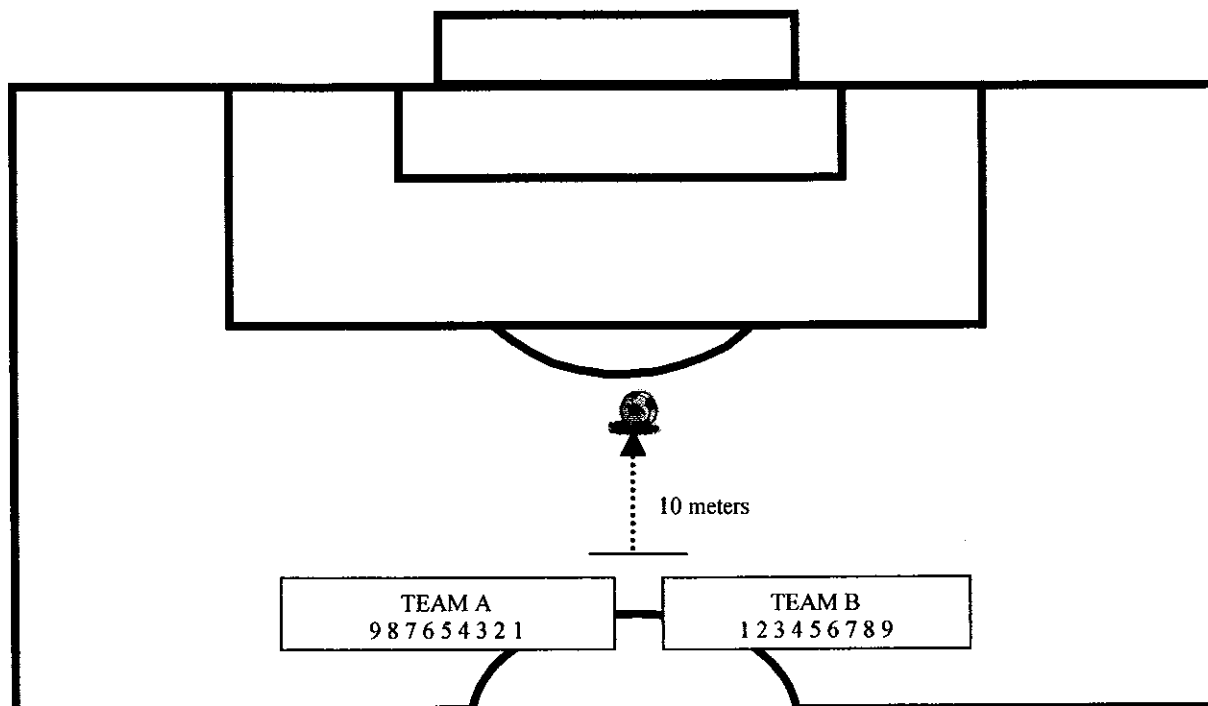
1. Middle player may get confused; it is important that outside players call out when it is their turn to pass to them.

### **Increasing complexity**

1. Middle players use the top of their foot for full volleys
2. Middle players use the opposite leg for full volleys
3. Middle players use the outside of their foot to full volley
4. Increase or decrease the space between all the players depending on player skill and success.

## ***General Agility Fitness Multiple Skills Drill***

### **Skill: Race and Shoot**



**Aim:** Develop attacking speed and creativity.

**Focus:** encourage attacking players to get to the ball as quick as possible and ensure their first touch is setting up their shot on goal.

**Benefit:** develops explosive speed and attacking skills. Replicates game situation with a race to win possession of the ball. Develops first touch, decision-making skills, vision and finishing skills.

**Equipment:** 1 football per 2 players

**Total time:** 1 set = approx 15 mins

**Instructions: Ask players to**

1. Team A stand on one side of the ball and Team B stand on the other side of the ball as seen above.
2. Team A competes against Team B
3. The first player of each team lie down on their stomach with their head closest to the goal,
4. The coach calls out 'go' and both players get up and race to the ball, take one touch and finish.

**Variations**

1. Allow the attackers compete against attackers and defenders compete against defenders.
2. Have players performing an exercise while waiting for the coach to call out 'go' e.g. push ups.
3. Players face the goal and stand side by side. Coach stands behind them so the players cannot see them. The coach rolls the ball forward and players react by sprinting to the ball and execute a shot on goal.

**Take Note:**

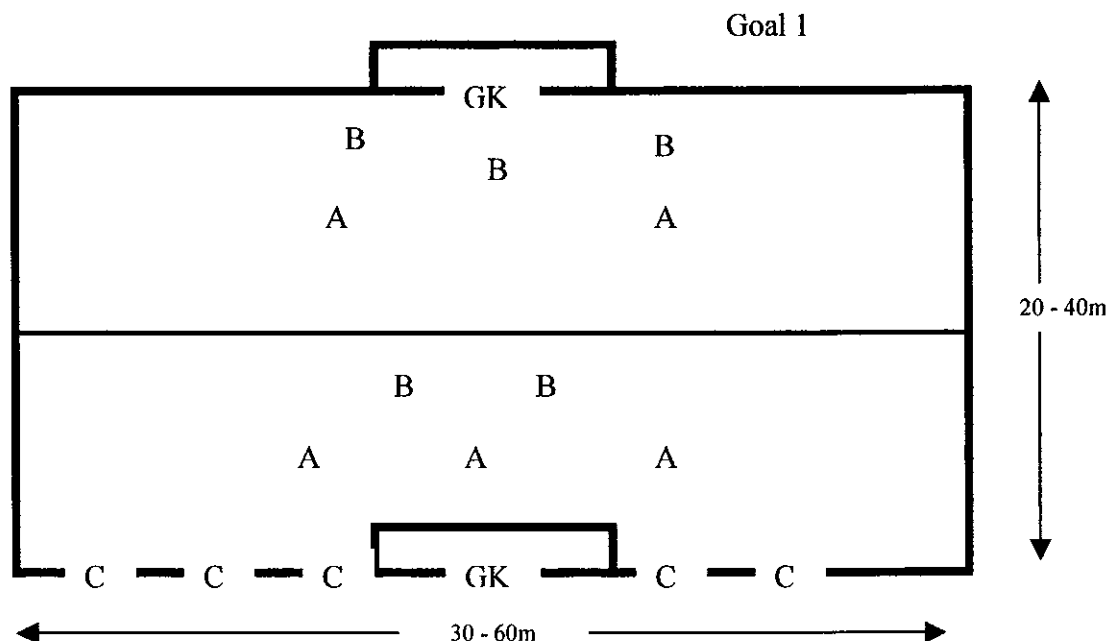
1. The speed of the attack must replicate the speed of the game; otherwise this drill becomes ineffective.

**Increasing complexity**

1. Have two players from each team compete for the ball.
2. Increase the distance of the ball and the goal, so that players have to run further.
3. After several rounds play an elimination.

# 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 20mins

**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 defending 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 defending zones have to try and win possession of the ball.
4. The three players in the defending 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.

## Warm-Up Games - Soccer Tennis Doubles

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

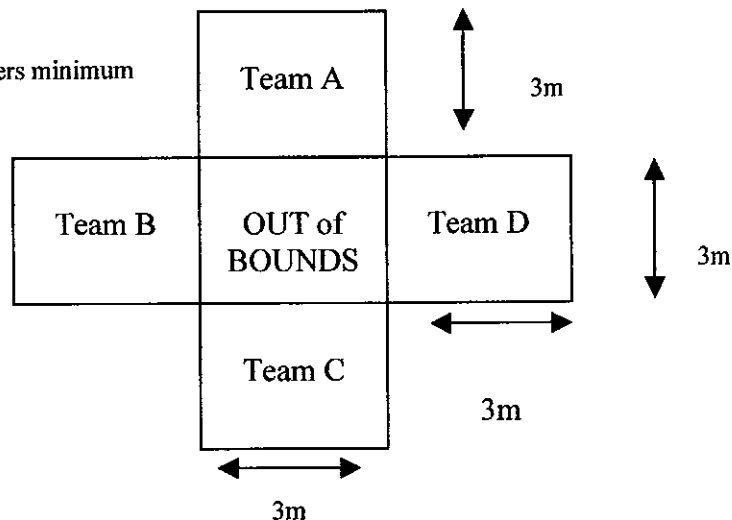
**Focus:** quick decision-making and accuracy in passing

**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.

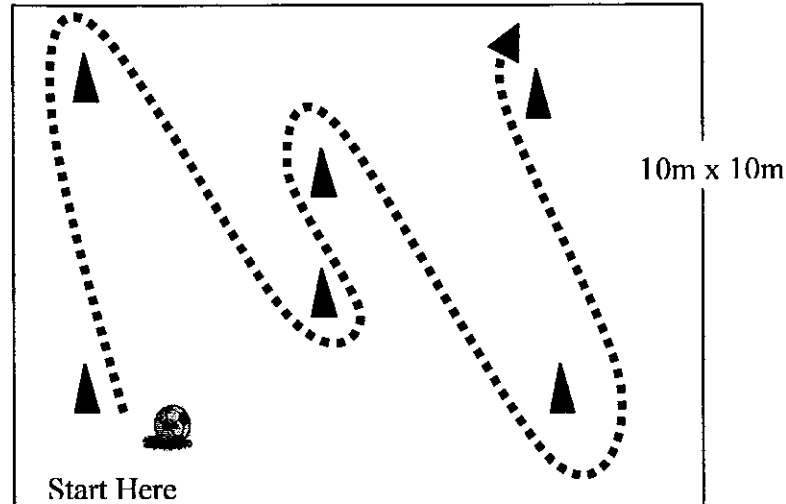
1. Game commences with an underarm throw from behind the team A 3m back line. The ball must land in another team's court without landing in the out of bounds or outside the court.
2. Players in the court must return the ball to any square of another team team, Players are permitted to use any part of 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"> <li>- Compulsory two or three touch before the ball is returned</li> <li>- Only use the opposite leg</li> <li>- Decrease the size of the court</li> <li>- Restrictions on the parts of the body that can be used</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>- Compulsory two or three touch before the ball is returned</li> <li>- Decrease the size of the court</li> <li>- Restrictions on the parts of the body that can be used</li> </ul>
Under 9 – 15	<ul style="list-style-type: none"> <li>- Decrease the size of the court</li> <li>- Restrictions on the parts of the body that can be used</li> </ul>
Under 6 – 8	Not recommended

## ***General Agility Fitness Skills Drill***

### **Skill: Dribbling**



**Aim:** Develop agility fitness and dribbling skills simultaneously, through closed and whole method skills practise.

**Focus:** encourage players to focus on dribbling with both feet through the cones at high intensity.

**Benefit:** develops players' ability to dribble at speed and change directions simultaneously.

**Equipment:** 6 footballs per team of 16, 3 stopwatches, 3 people timing

**Sets:** 5 sets per player

**Intensity:** Set 1 & 2 at walking speed, Set 3 & 4 at slow jogging speed, and set 5 as fast as possible without making a dribbling mistake.

**Time:** approx 30 sec per player per set

**Recovery time between sets:** 90sec (set up two or three agility grids to ensure desired recovery times between sets is maintained)

**Instructions: Ask players to**

1. Player commences on the start line. On 'go' one player dribbles the ball as quickly as possible through the cones as per the directions illustrated above.
2. Each player is timed and notified of their finish time.

**Take Note:**

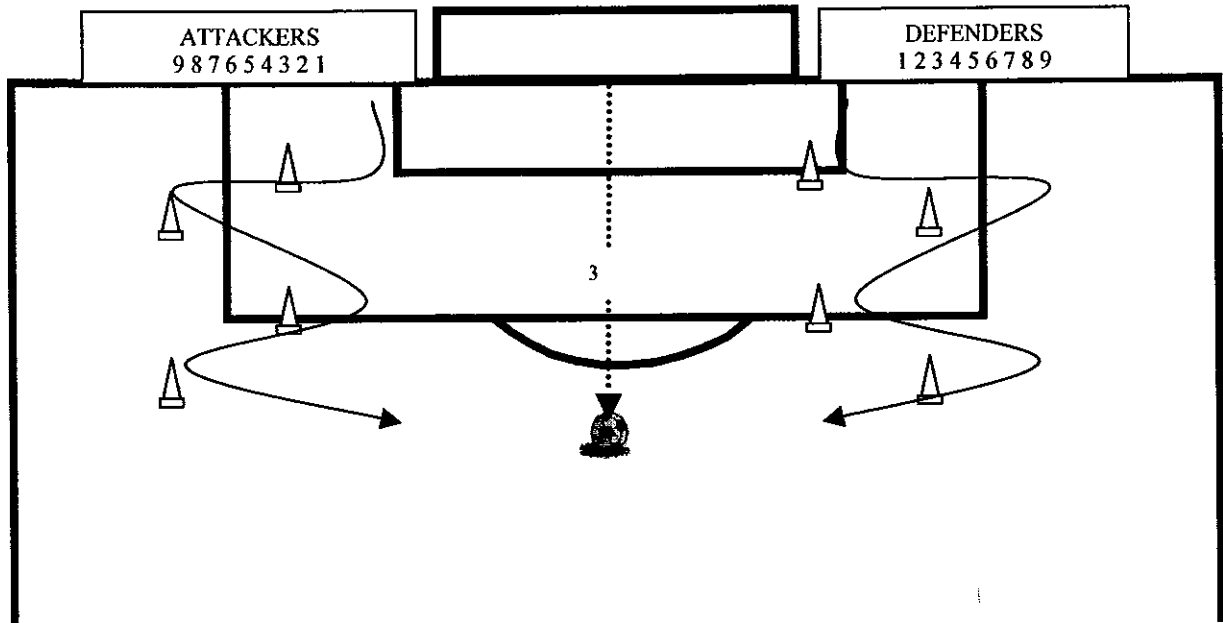
1. Completion time should not vary by more than 2 seconds between the first and fifth set. If it does then there are agility fitness issues that need to be addressed.
2. Once the first player has completed dribbling through the middle cones the next player commences and is also timed.

**Increasing complexity**

1. Use both feet, favoured leg, opposite leg, inside of foot only, outside of foot only, race with players from the other grid.
2. Reduce or increase the size of the square to increase the difficulty of the grid.
3. Increase or decrease the recovery time or sets depending on player skill, success or fitness.

# General Agility Multiple Skills Drill

## Skill: Attackers v Defenders



**Aim:** Develops agility, attacking creativity and defending skill.

**Focus:** encourage all players to run through the cones as quickly as possible, attacking players to experiment with left and right foot, and defenders to draw the attacker as wide as possible and not allow them to get a shot on goal.

**Benefit:** develops agility attacking and defending skills. Replicates game situation with applied pressure of attackers and defenders Develops early decision-making skills, speed of player movement and dribbling skills, vision and finishing skills.

**Equipment:** 1 football per 2 players to avoid waiting for the ball to be retrieved following a shot on goal.

**Total time:** 1 set = approx 15 mins

### **Instructions: Ask players to**

1. Attackers stand on one side of the goal and defenders on the other side of the goal as seen above.
2. Coach numbers the attackers 1, 2, 3, 4 and so on until they all players have a number.
3. Coach numbers the defenders 1, 2, 3, 4 and so on until they all players have a number.
4. Attacker 1 competes against defender 1; attacker 2 competes against defender 2 and so on.
5. The coach calls out a number at random; e.g. number 3; the number 3 attacker and number 3 defender run through the cones as indicated, race to the ball that has been thrown by the Goal Keeper from the goal line and is now outside the 18yd box.
6. The attacker gets the ball, turns and has to try and beat the defender and score.
7. The defender has to try and win the ball and prevent the attacker from scoring.

### **Variations**

1. Allow the attackers compete against attackers and defenders compete against defenders.

### **Take Note:**

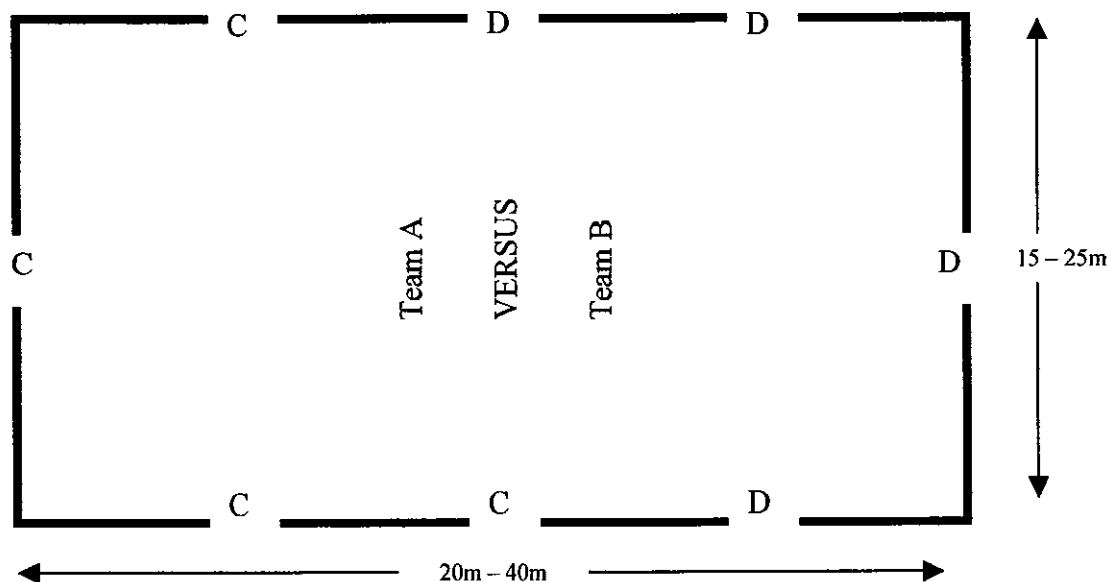
1. The speed of the attack must replicate the speed of the game; otherwise this drill becomes ineffective.

### **Increasing complexity**

1. Call out two number so now there is two attackers and two defenders, call out three numbers and so on
2. Put a time limit for the attacker to score, e.g. 15 seconds.

# 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 25mins 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:**

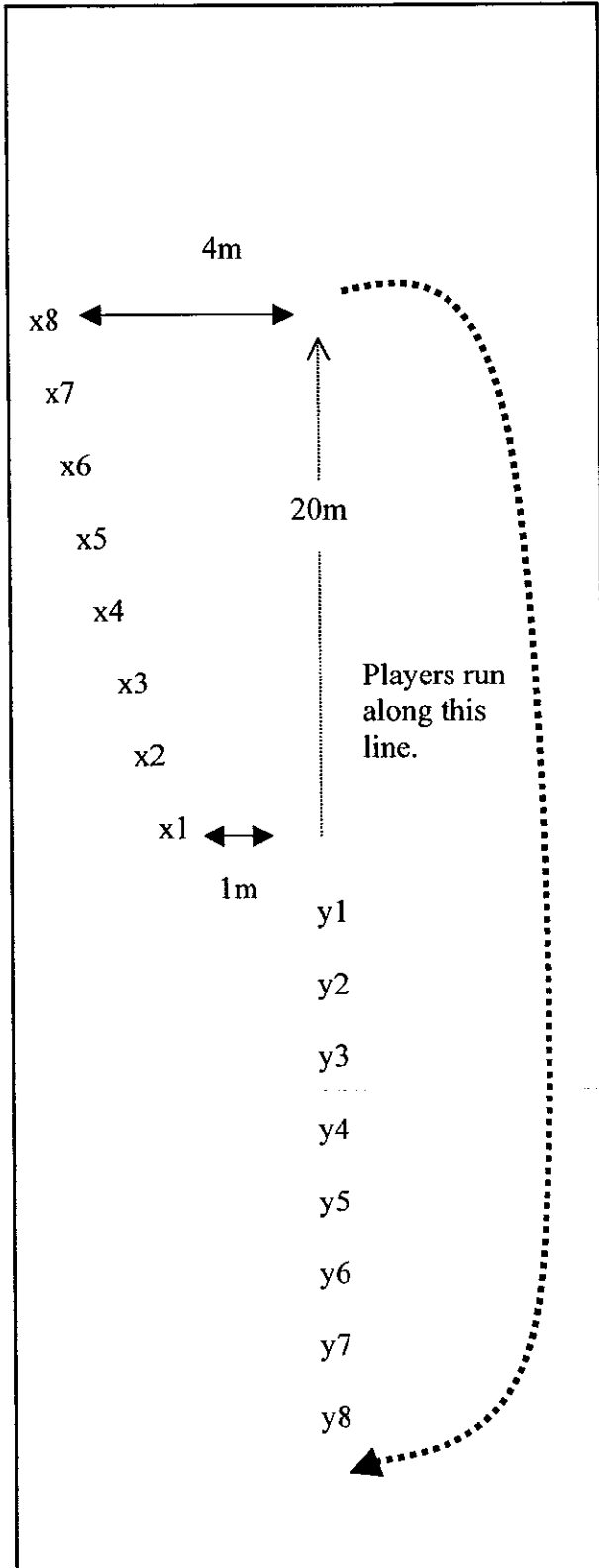
1. Movement on and off the ball is very important in this drill.

**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.

## General Team Skills Drills

### Skill: Whole Method and Mass Practise - Ground Passing



**Aim:** develop accuracy and speed of passing while ball and player is in motion.

**Focus:** encourage players to move through the drill keeping their eye on the ball when they are passing and then raising their head as they wait for the next pass to be received.

**Benefit:** develops passing skills while in motion, encouraging head lift.

**Equipment:** 1 football per 2 players

**Total time:** 1 set = approx 5 mins  
(Based on all players participating)

**Instructions:** Ask players to

1. Set up grid as per diagram.
2. Divide the Team in half (x group and y group)
3. y1 runs along the straight line receiving a ground pass from x1, y1 passes the ball back to x1 using the right foot.
4. y1 then receives a pass from x2 and y1 passes the ball back to x2, this continues for x3 right through to x8. y1 then runs back to the end of the y line.
5. The y players repeat the drill x 2 in total
6. When y1 arrives at x4, y2 commences the drill and so on until the entire y group have completed the drill.
7. X group and y group then rotate positions
8. Coach will then re-organise grid so that both groups repeat the entire exercise using the opposite leg to the leg they were just using. (this means that x8 moves closer to the 20m line (1m) and x1 moves furthest away from the 20m line (4m) and all the other players fall into line.

**Take Note:**

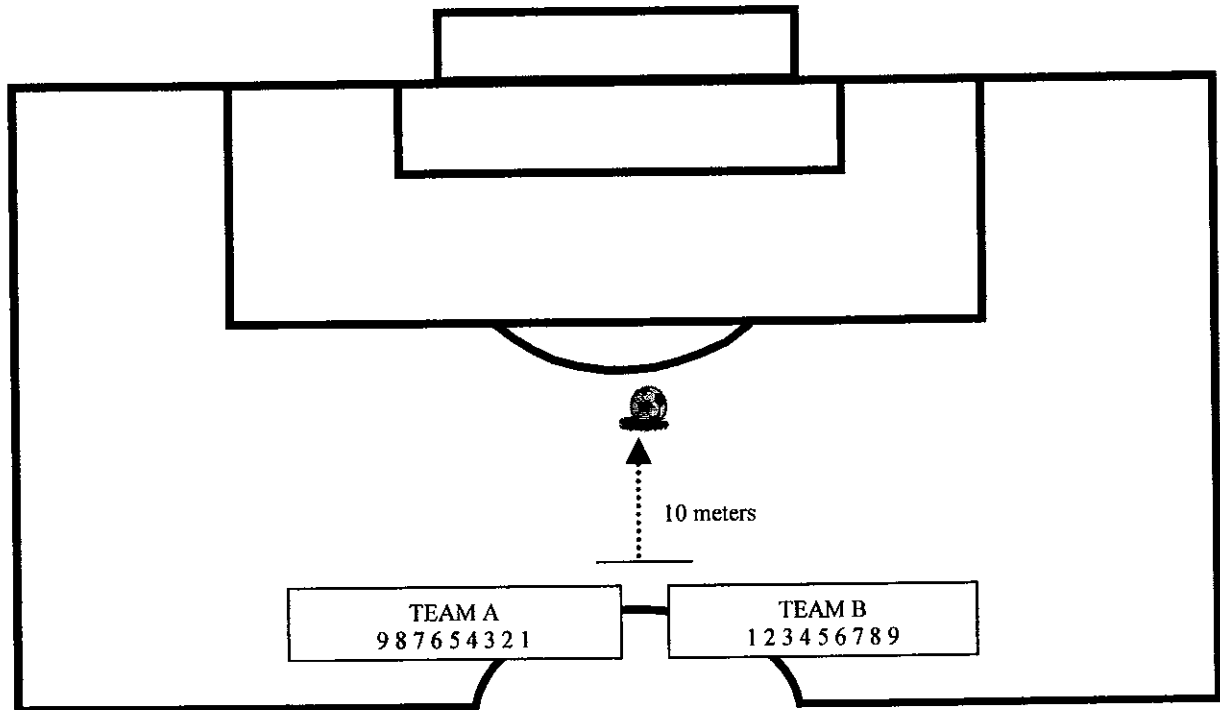
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.

**Increasing complexity**

1. Increase speed of passes over time.
2. Increase or decrease distance of players
3. Compulsory two touch

# General Agility Fitness Multiple Skills Drill

## Skill: Race and Shoot



**Aim:** Develop attacking speed and creativity.

**Focus:** encourage attacking players to get to the ball as quick as possible and ensure their first touch is setting up their shot on goal.

**Benefit:** develops explosive speed and attacking skills. Replicates game situation with a race to win possession of the ball. Develops first touch, decision-making skills, vision and finishing skills.

**Equipment:** 1 football per 2 players

**Total time:** 1 set = approx 15 mins

### **Instructions: Ask players to**

1. Team A stand on one side of the ball and Team B stand on the other side of the ball as seen above.
2. Team A competes against Team B
3. The first player of each team lie down on their stomach with their head closest to the goal,
4. The coach calls out 'go' and both players get up and race to the ball, take one touch and finish.

### **Variations**

1. Allow the attackers compete against attackers and defenders compete against defenders.
2. Have players performing an exercise while waiting for the coach to call out 'go' e.g. push ups.
3. Players face the goal and stand side by side. Coach stands behind them so the players cannot see them. The coach rolls the ball forward and players react by sprinting to the ball and execute a shot on goal.

### **Take Note:**

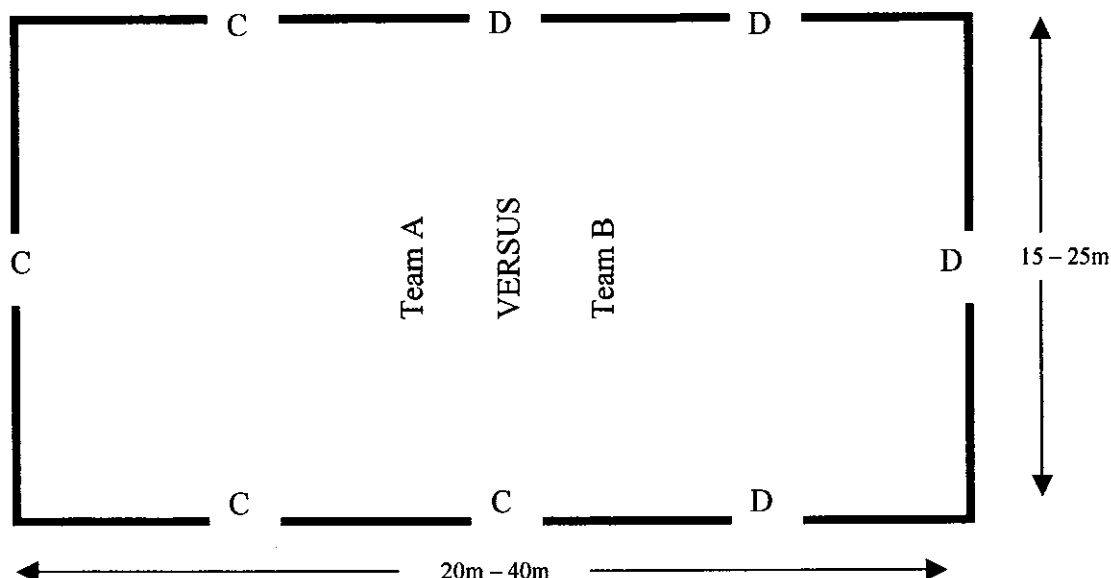
1. The speed of the attack must replicate the speed of the game; otherwise this drill becomes ineffective.

### **Increasing complexity**

1. Have two players from each team compete for the ball.
2. Increase the distance of the ball and the goal, so that players have to run further.
3. After several rounds play an elimination.

## 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 20 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.

## 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.

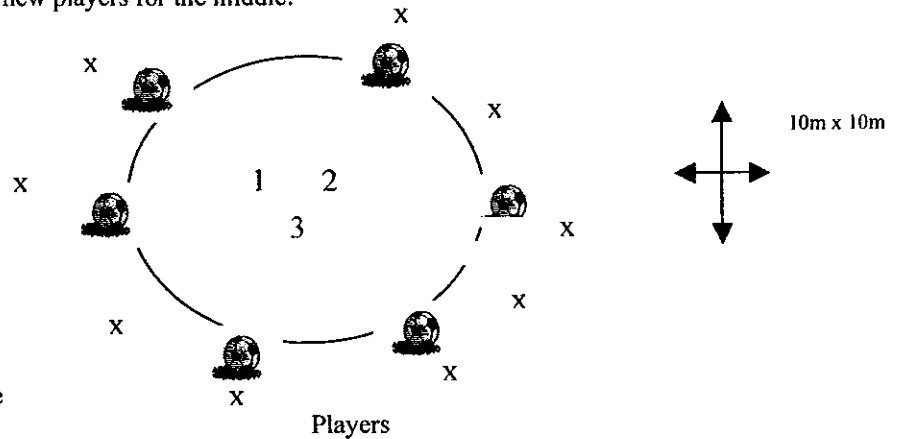
**Equipment:**

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.

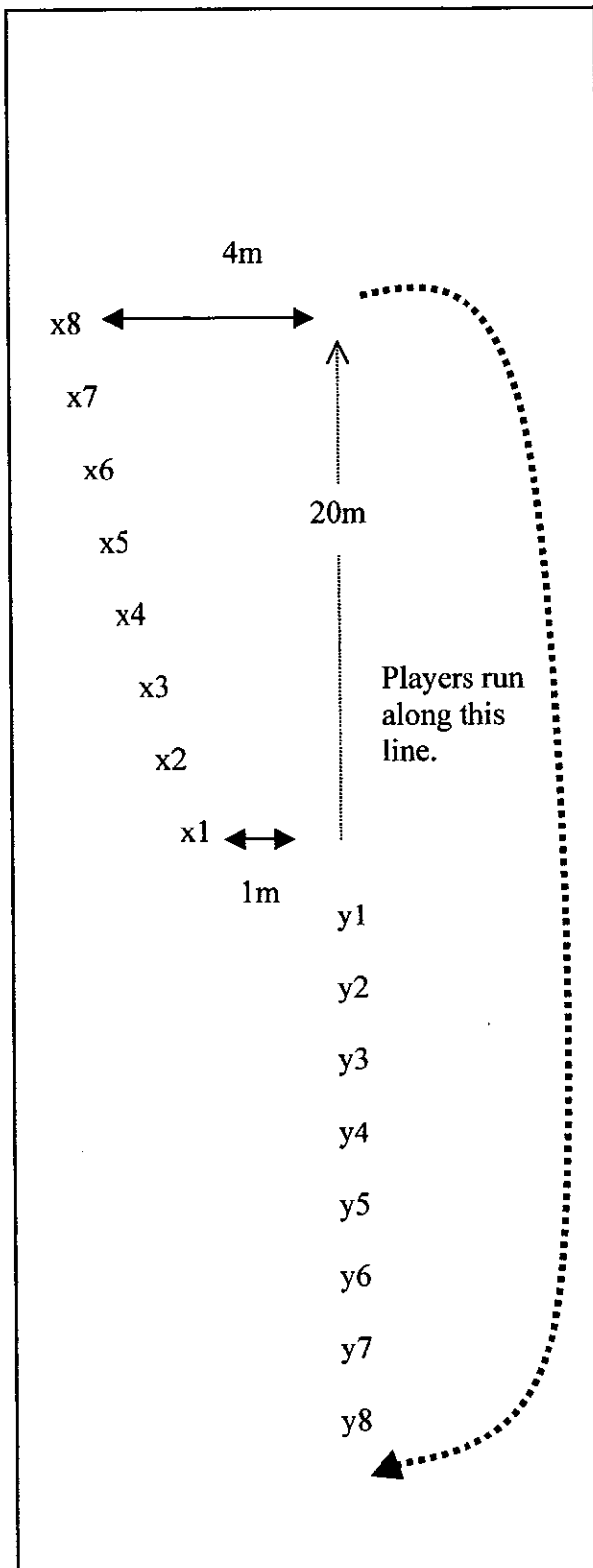


**Variations to complexity of the game**

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

## General Team Skills Drills

### **Skill: Whole Method and Mass Practise - Heading**



**Aim:** develop accuracy and speed of heading while ball and player is in motion.

**Focus:** encourage players to move through the drill keeping their eye on the ball when they are heading and then raising their head as they wait for the next throw to be received.

**Benefit:** develops heading skills while in motion, encouraging head lift.

**Equipment:** 1 football per 2 players

**Total time:** 1 set = approx 5 mins  
(Based on all players participating)

**Instructions:** Ask players to

1. Set up grid as per diagram.
2. Divide the team in half (x group and y group)
3. y1 runs along the straight line receiving an underarm throw x1, y1 heads the ball back to x1 using the forehead.
4. y1 then receives an underarm throw from x2 and y1 heads the ball back to x2, this continues for x3 right through to x8. y1 then runs back to the end of the y line.
5. The y players repeat the drill x 2 in total
6. When y1 arrives at x4, y2 commences the drill and so on until the entire y group have completed the drill.
7. X group and y group then rotate positions
8. Coach will then re-organise grid so that both groups repeat the entire exercise using the opposite side of their forehead they were just using. (this means that x8 moves closer to the 20m line (1m) and x1 moves furthest away from the 20m line (4m) and all the other players fall into line.

**Take Note:**

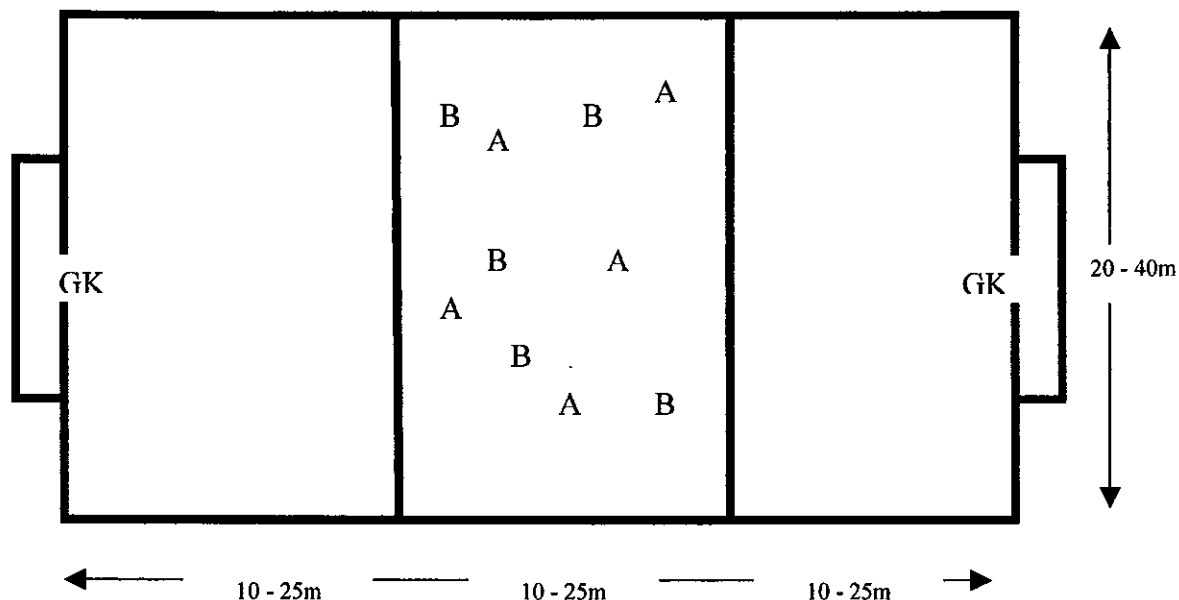
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.

**Increasing complexity**

1. Increase speed of passes over time.
2. Increase or decrease distance of players
3. Compulsory two touch
4. Players have to jump higher to receive the ball.

## 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.

**Variations**

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

**Take Note:**

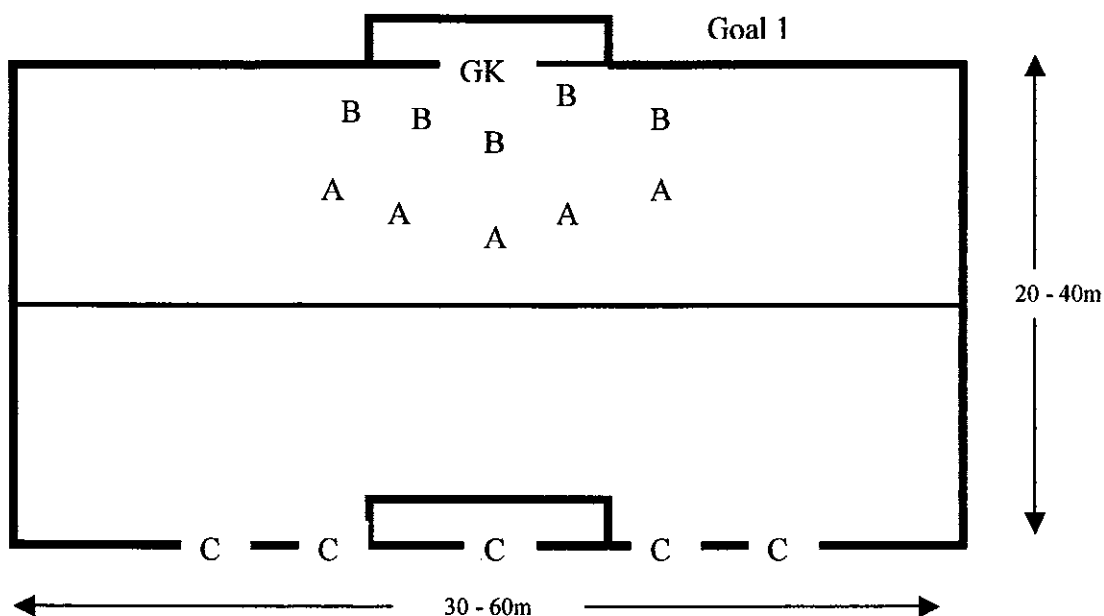
1. Each time a pass is intercepted in the middle zone, the passing count starts again.

**Increasing complexity**

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

# 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 20mins

**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 - Head ball

**Aim:** play the game of volleyball using only the head.

**Focus:** improved heading accuracy

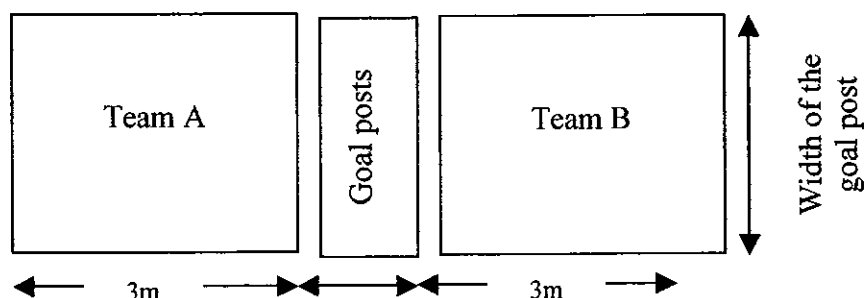
**Benefit:** increases ball control, speeds the decision-making ability of the mind as well as movement of the feet, increases accuracy of heading.

**Equipment:**

1 x football, 8 markers minimum, goal mouth

**Total time:** 5mins

**Court Design:**



**Instructions:**

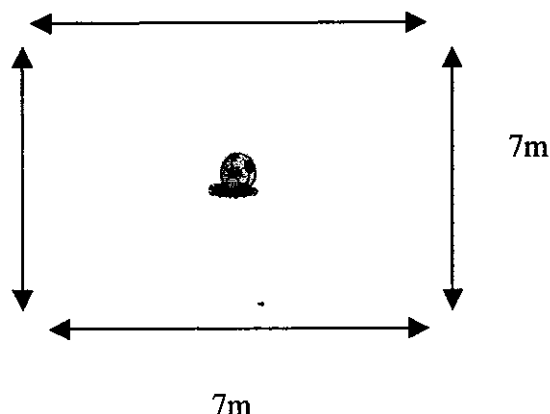
1. Players divided equally as Team A and Team B (ideally 6 players, maximum of eight players per team) (If supervision permits, have 2 courts and divide team into 4 teams for a round robin)
2. Game commences with the ball thrown straight up in the air from behind the team-A back line over to the team B-side. The players in the team B-side have a maximum of 3 touches to get the ball back to the team A side.
3. Players in the each team must return the ball to the opposing team before the ball bounces.
4. Players are only permitted to use their head to return the ball.
5. The ball can be returned on the first attempt or a maximum of three attempts.
6. A point is won if the opposition do not serve correctly, if the ball hits the cross bar and does not go over, if the ball lands outside the perimeter of the court, if the ball bounces, if more then three touches is required to get the ball over.
7. The same player is not permitted to have two touches in a row.

**Variations on the complexity of the game**

	Players
Elite	<ul style="list-style-type: none"> <li>- Compulsory two or three touch before the ball is returned</li> <li>- Decrease the size of the court</li> <li>- Use an elimination system to identify a winner</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>- Compulsory two or three touch before the ball is returned</li> <li>- Decrease the size of the court</li> <li>- Use an elimination system to identify a winner</li> </ul>
Under 9 – 15	<ul style="list-style-type: none"> <li>- Decrease the size of the court</li> </ul>
Under 6 - 8	<ul style="list-style-type: none"> <li>Catch the ball when it comes over, throw it up and try and head it back to the opposing team.</li> </ul>

## Agility Skills Drill

### **Skill: Possession 4 V 1 (beginner)**



**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:** 7-8mins made up of 3 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:**

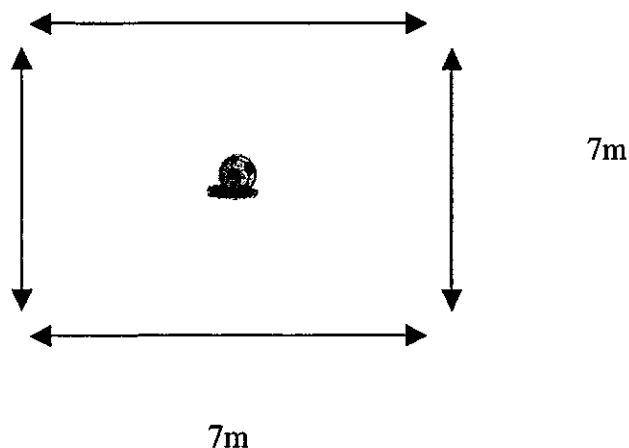
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

**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 6 V 2 (beginner)



**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, 2 bibs and 4 cones per group

**Total time:** 3 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:**

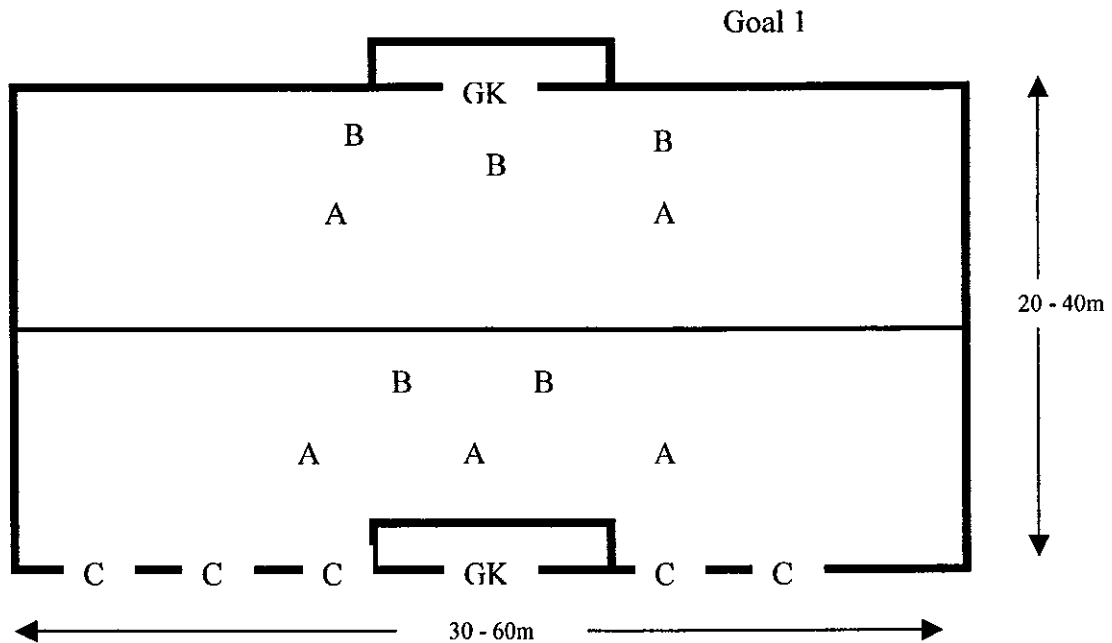
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

**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: 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 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. The three A players in the defending 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 defending zones have to try and win possession of the ball.
4. The three players in the defending 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.