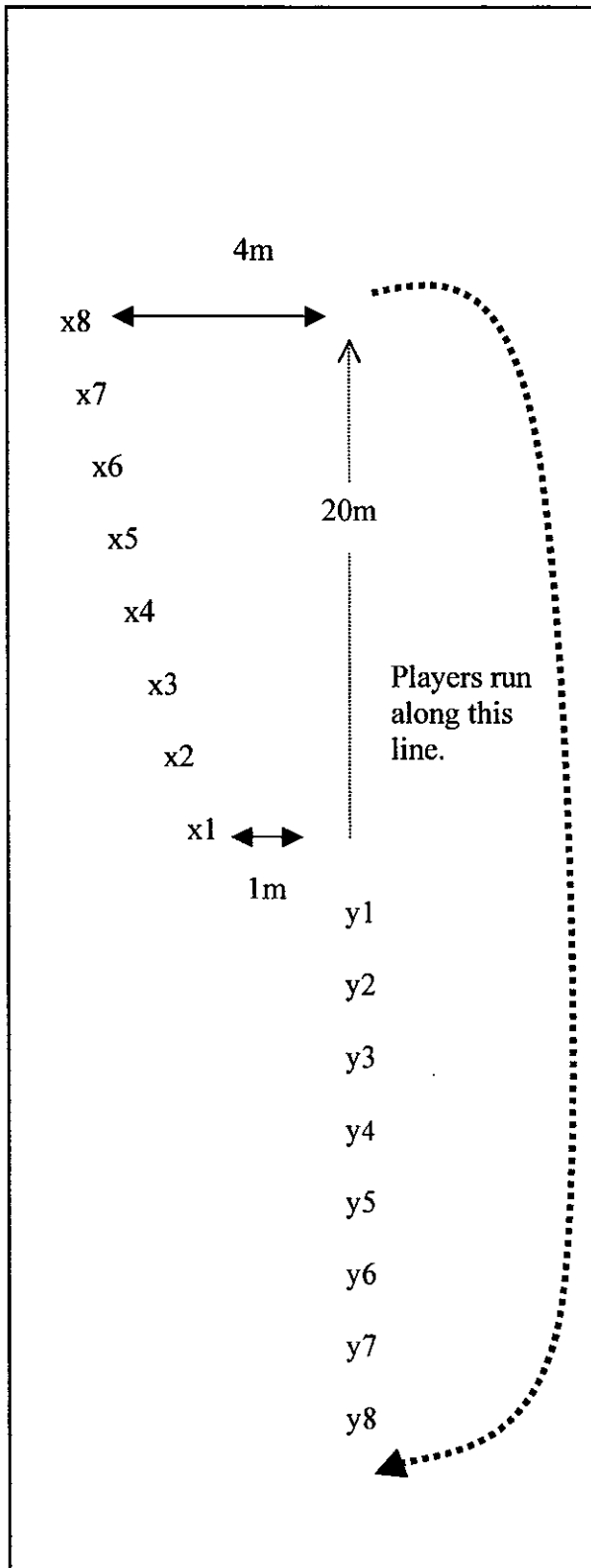


# General Team Skills Drills

## **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 10 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 3 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:**

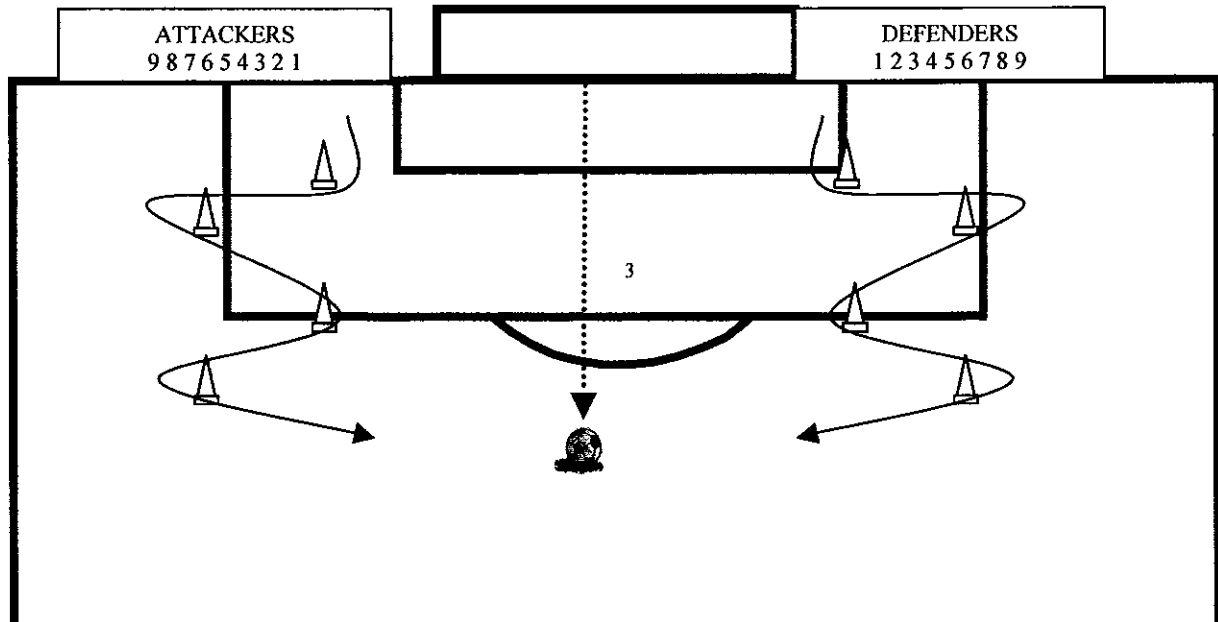
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.

**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.

# General Agility Fitness 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 20 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.

## Warm-Up Games -Head ball

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

**Focus:** improved heading accuracy

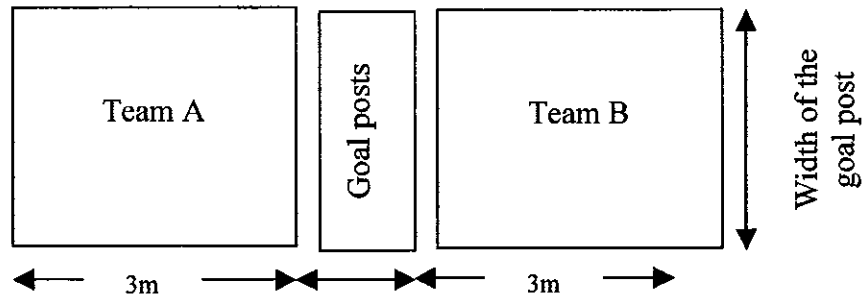
**Benefit:** increases ball control, speeds the decision-making ability of the mind as well as movement of the feet, increases accuracy of heading.

**Equipment:**

1 x football, 8 markers minimum, goal mouth

**Total time:** 5mins

**Court Design:**



**Instructions:**

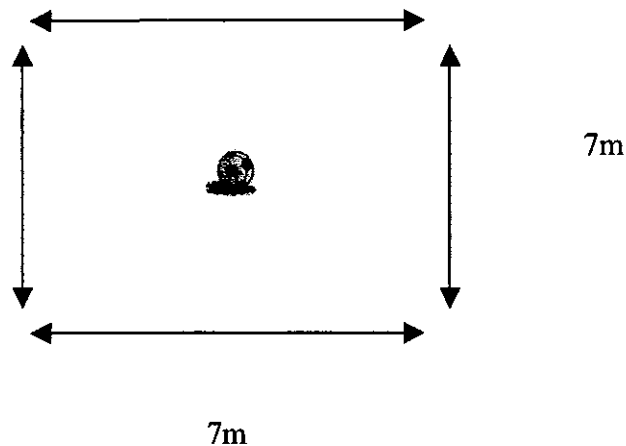
1. Players divided equally as Team A and Team B (ideally 6 players, maximum of eight players per team)
2. (If supervision permits, have 2 courts and divide team into 4 teams for a round robin)
3. Game commences with the ball thrown straight up in the air from behind the team-A back line over to the team 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.
4. Players in the each team must return the ball to the opposing team before the ball bounces.
5. Players are only permitted to use their head to return the ball.
6. The ball can be returned on the first attempt or a maximum of three attempts.
7. 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.
8. 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 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:**

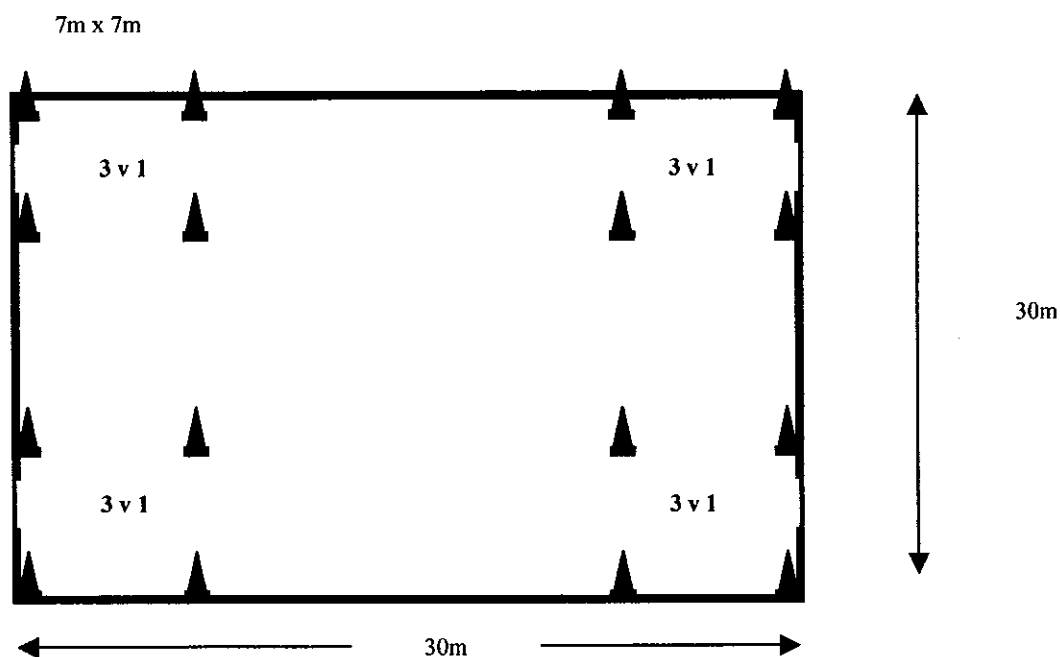
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

**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: 4 x 3 v 1



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

**Focus:** work for bouts of 30 seconds 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:** 2 sets of 30 seconds per player with 30 seconds recovery between each set. (Approx 10mins in total time)

**Instructions: Ask players to**

1. Make 4 groups of four.
2. Each group is allocated a square to stand in so that there are four players per square.
3. 3 players keep possession from 1 player for 30 seconds.
4. All players recover for thirty seconds by jogging slowly clockwise to the next square.
5. The next player is nominated to start in the middle and they work for 30 seconds, and so on until all players have had three sets in the middle.

**Variations**

1. At the end of the three sets, the coach changes the players within the group and they repeat the exercise for two or three more sets within the same square.

**Take Note:**

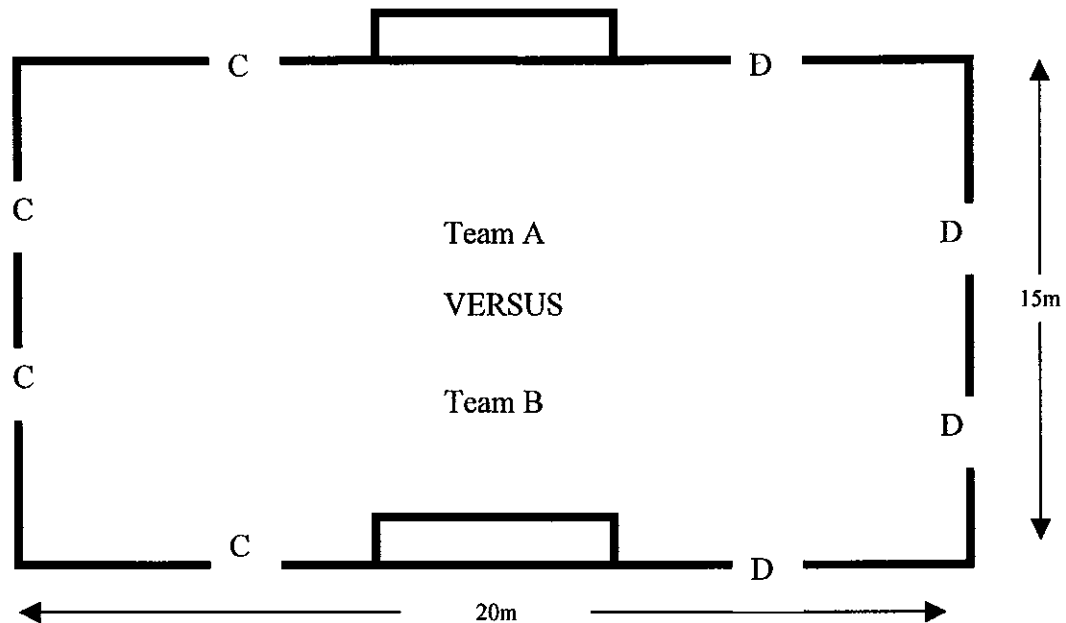
1. Players perceived effort should be at 100% intensity throughout the entire working time.

**Increasing complexity**

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

## Team Multiple Skills Drill

### Skill: 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 20mins 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.

## **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

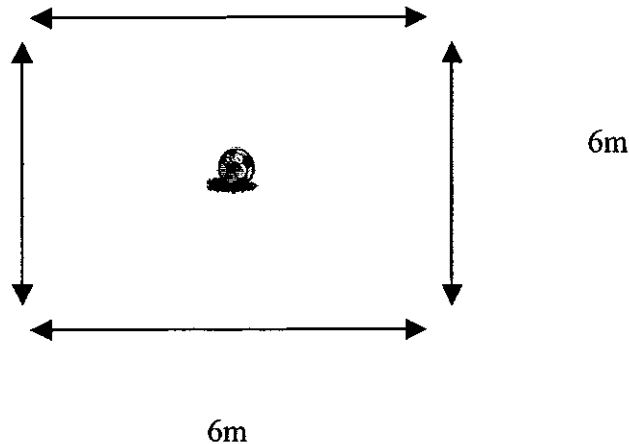
1. Players form a 5m x 5m square for approximately 8 players.
2. The game commences and players dribble inside the square.
3. Players then attempt to kick the other player's ball out of the square while protecting theirs.
4. Once a ball is kicked out of the square that person is eliminated, and the person 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

## 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:** 3 sets = each player is working for a minimum of 30 seconds. per set.

**Instructions: Ask players to**

3. 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.
4. 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.
5. This continues for a minimum of 30 seconds or until the coach calls stop.

**Take Note:**

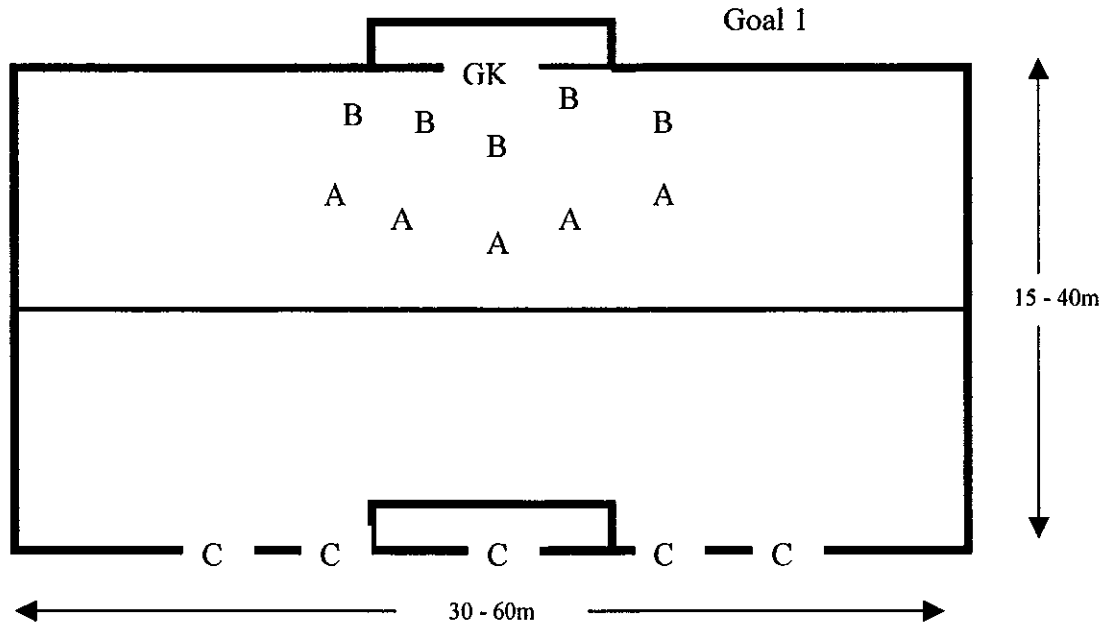
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

**Increasing complexity**

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

## 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.

## Daily Training Schedule

# Warm-Up Games - Soccer Tennis Doubles

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

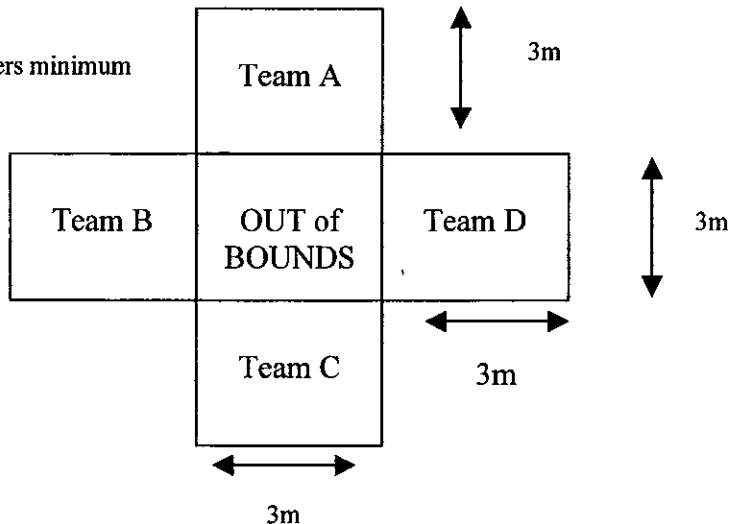
**Focus:** quick decision-making and accuracy in passing

**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:**

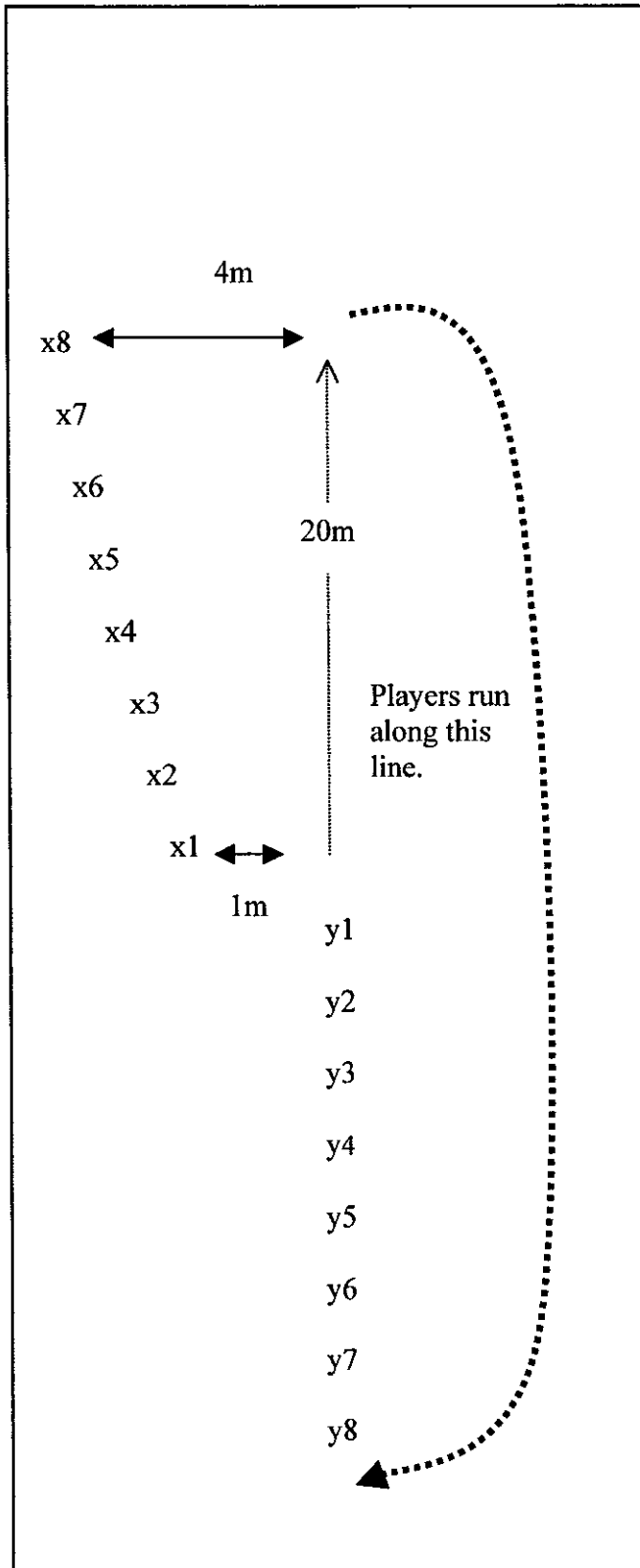
1. Players divided equally as Team A, Team B, Team C and Team D.
2. Game commences with an underarm throw from behind the team A 3m back line. The ball must land in another team's court without landing in the out of bounds or outside the court.
3. Players in the court must return the ball to any square 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	<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 Team Skills Drills

## Skill: Whole Method and Mass Practise - Full Volley



**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 10 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 from x1, y1 side foot full volleys the ball back to the chest of x1.
4. y1 then receives a pass from x2 and y1 side foot full volleys the ball back to the chest of 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 3 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:**

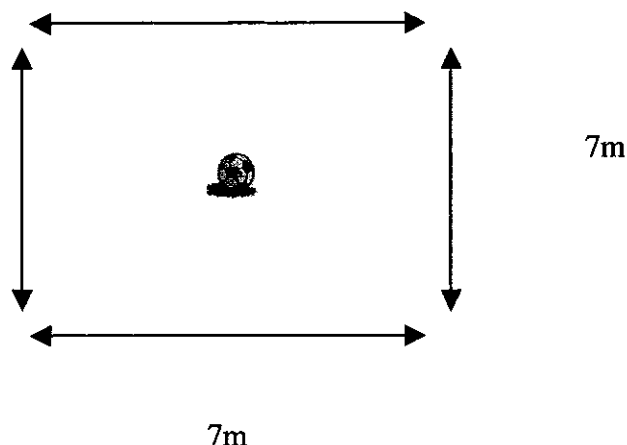
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.

**Increasing complexity**

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

## 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:** 3 sets = each player is working for a minimum of 30 seconds per set. (10mins total time)

**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.