

Warm-Up Games -Sheva

Aim: Deny the inside players access to the ball by passing it to the outside players.

Focus: always think about your best option to pass the ball to, even prior to receiving the ball.

Benefit: speeds the decision making ability of the mind as well as movement of the ball on the park

Equipment:

1 x football, set of bibs for the middle players

Total time: 5mins

Instructions: Ask players to

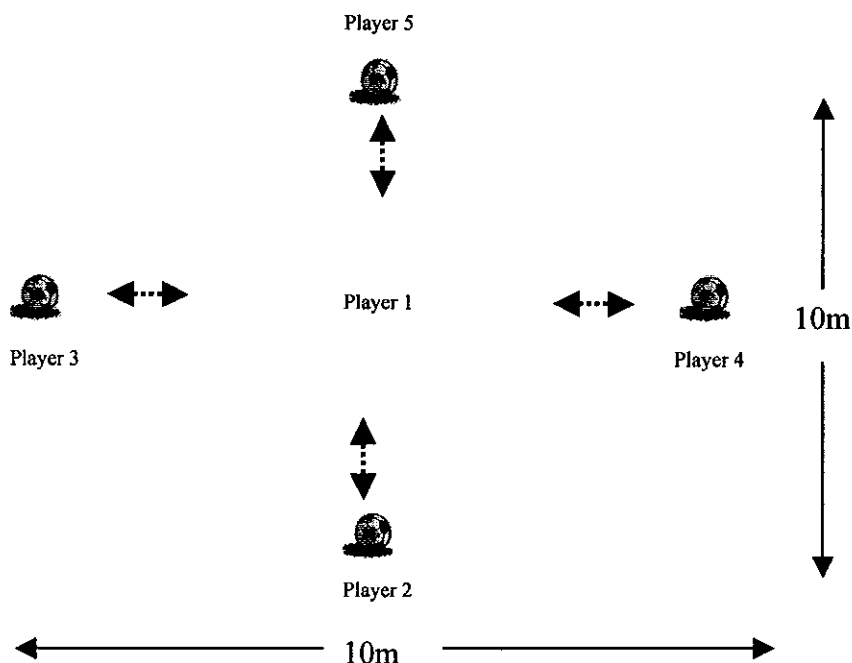
1. Players form a circle, so that they are standing at arms length apart.
2. Two players are nominated to start in the middle (usually the youngest players start or the player(s) that have arrived last to the game)
3. The players on the outside pass the ball to each other, while the players on the inside of the circle have to try and win the ball off them.
4. Outside players must try and keep the shape of the circle (avoid it getting bigger and bigger) while passing the ball to each other
5. If a player in the middle gets a touch on the ball, then the outside player who passed the ball swaps with the inside player and the game continues.
6. If an outside player passes the ball poorly or fails to get control of the ball that has been passed to them, they then swap with the person in the middle and the game continues.

Variations to complexity of the game

	Outside Players	Inside players
Elite	<ul style="list-style-type: none"> - One touch only - Compulsory two touch - Can not pass ball back to same player - Only use opposite leg - Can not pass ball to person beside you - Can only use the outside of the foot - Decrease the size of the circle - Use extra players in the middle 	<ul style="list-style-type: none"> - Must get control of the ball - Must cleanly pass the ball to the other person in the middle - Increase the size of the circle - Use less players in the middle
Advanced	<ul style="list-style-type: none"> - One touch only - Can not pass ball back to same player - Can only use the outside of the foot - Use extra players in the middle 	<ul style="list-style-type: none"> - Must get control of the ball - Increase the size of the circle - Use less players in the middle
Under 9 – 15	<ul style="list-style-type: none"> - Two touch only - Can not pass ball back to same player - Can not pass ball to person beside you - Decrease the size of the circle 	<ul style="list-style-type: none"> - Increase the size of the circle - Use less players in the middle
Under 6 – 8	<ul style="list-style-type: none"> - Can not pass ball back to same player - Can not pass ball to person beside you 	<ul style="list-style-type: none"> - Must get control of the ball - Must cleanly pass the ball to the other - Use less players in the middle

General Fitness Skills Drill

Skill: Multi-Ball Skills- Ground Passing



Aim: Develops reaction time and 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 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 passes a ground ball to player 1; player 1 runs towards the ball and passes the ball back to player 2.
5. Player 3 passes a ground ball to player 1; player 1 runs towards the ball and passes the ball back to player 3.
6. Player 4 passes a ground ball to player 1; player 1 runs towards the ball and passes the ball back to player 4.
7. Player 5 passes a ground ball to player 1; player 1 runs towards the ball and passes the ball back to player 5.

Variations

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

Take Note:

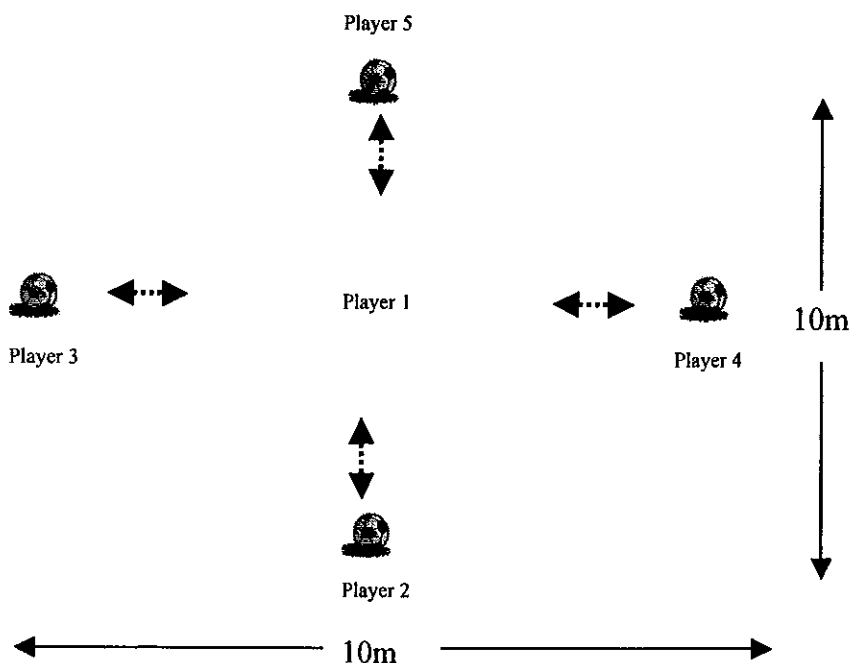
1. Middle player may get confused; it is important that outside players call out when it is their turn to pass to them.

Increasing complexity

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

General Fitness Skills Drill

Skill: Multi-Ball Skills- Headers



Aim: Develops reaction time and heading 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 heading 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 under arm ball to player 1; player 1 runs towards the ball, jumps and heads the ball back to player 2.
5. Player 3 throws under arm ball to player 1; player 1 runs towards the ball, jumps and heads the ball back to player 3.
6. Player 4 throws under arm ball to player 1; player 1 runs towards the ball, jumps and heads the ball back to player 4.
7. Player 5 throws under arm ball to player 1; player 1 runs towards the ball, jumps and heads the ball back to player 5.

Variations

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

Take Note:

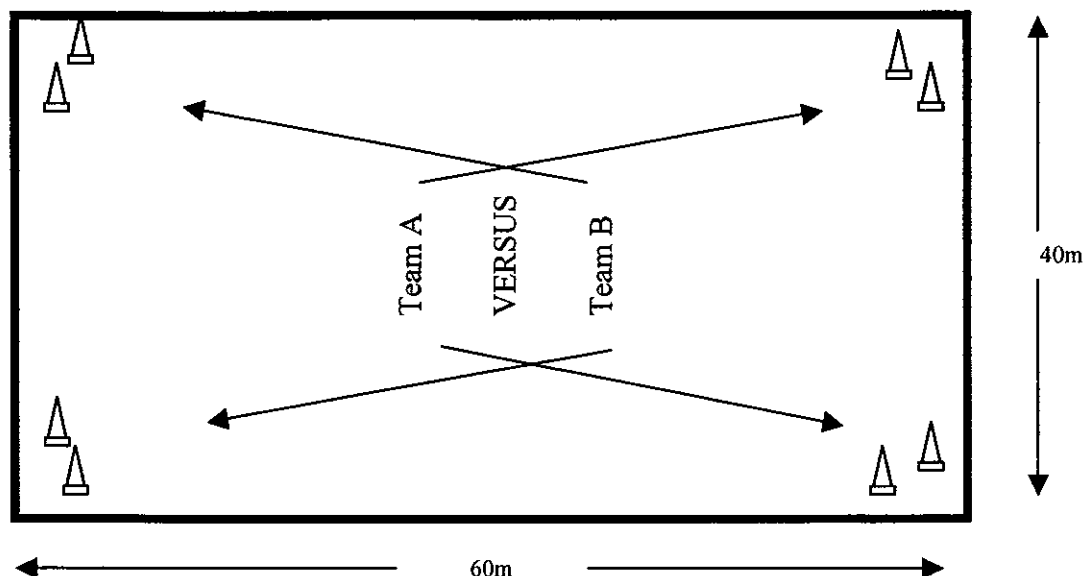
1. Middle player may get confused; it is important that outside players call out when it is their turn to pass to them.

Increasing complexity

1. Outside players throw low ball for diving headers
2. Outside players throw high ball for middle player to jump high and head the ball back
3. Increase or decrease the space between all the players depending on skill and success.

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 25mins 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.

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.

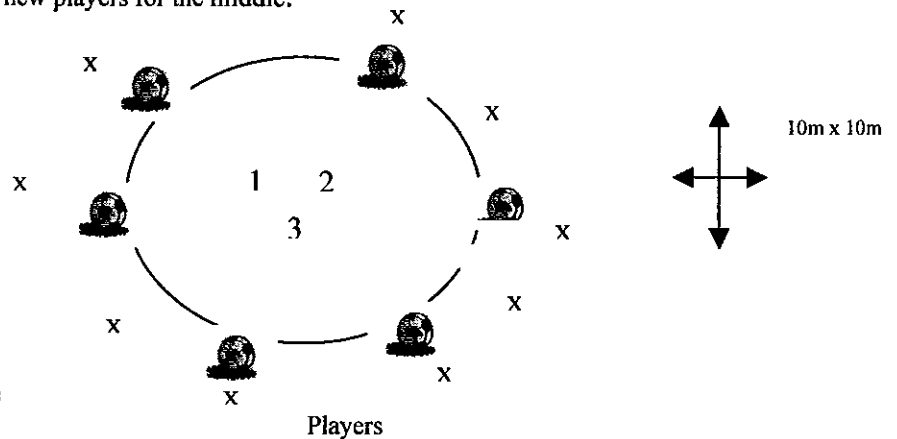
Equipment:

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.

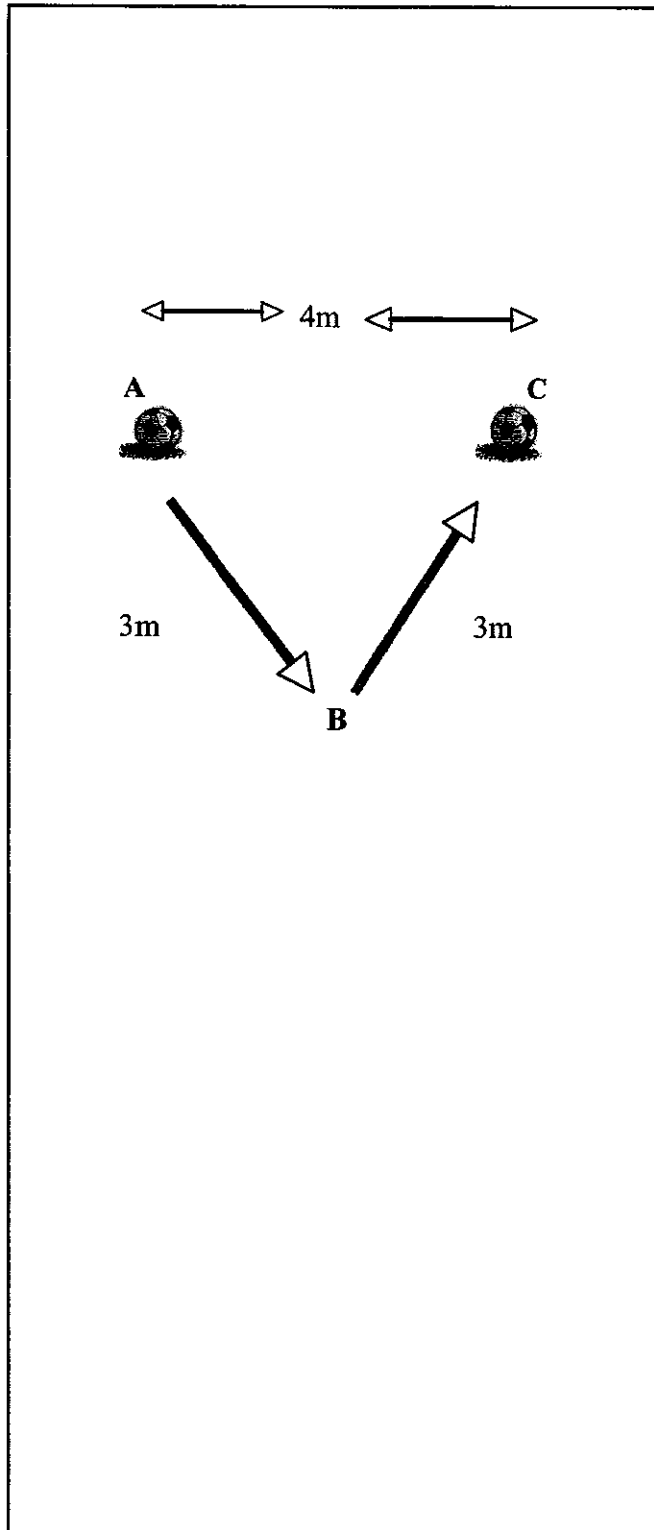


Variations to complexity of the game

- | | |
|--------------|--|
| 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 Speed Skills Drills

Skill: Quick Feet and Passing



Aim: develop accuracy and speed of passing.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, passing skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A passes the ball to player B
2. Player B passes the ball to player C with their left foot.
3. Player C passes the ball immediately back to player to player B and player B passes it back to player A with their right foot.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

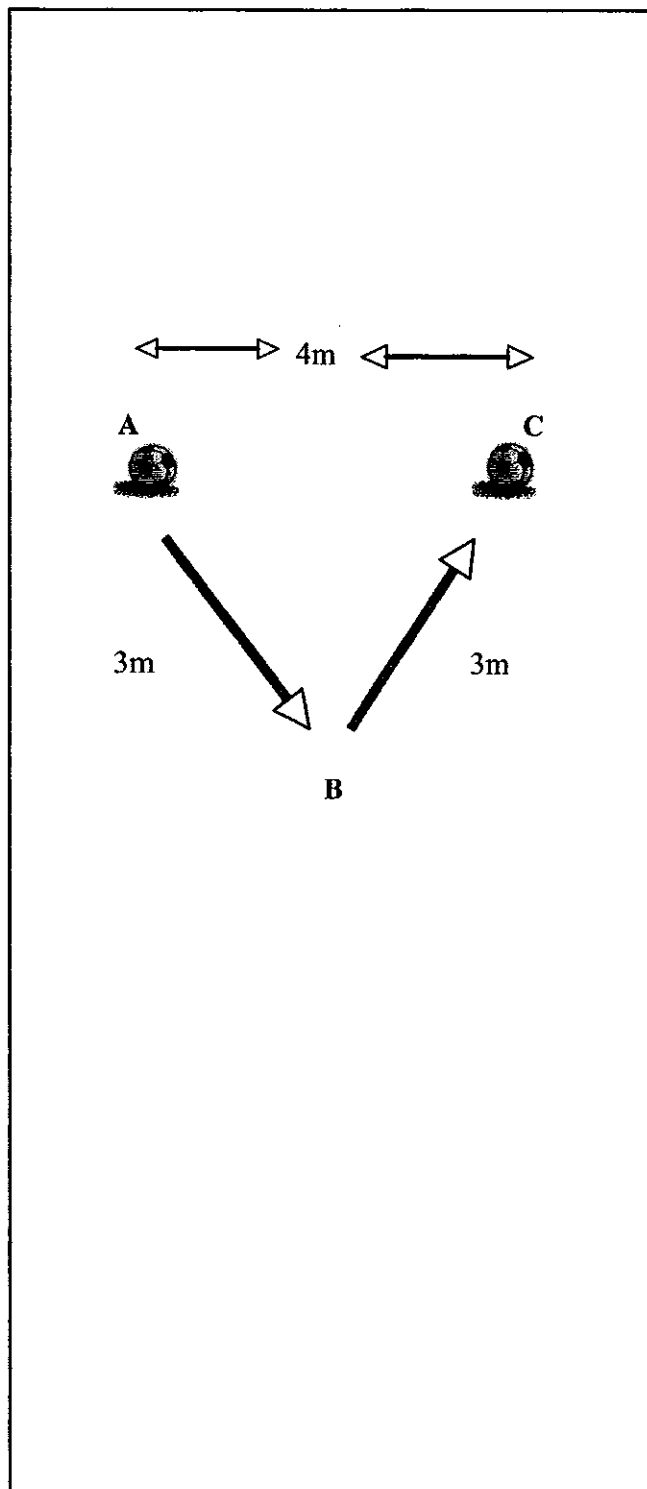
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.
3. All Players must stay light on their feet.

Increasing complexity

1. Increase speed of passes over time.
2. Increase duration of Player B
3. Compulsory two touch for all players
4. Increase or decrease distance of players
5. Put a time limit to complete a certain number of passes (more advanced footballers)

General Speed Skills Drills

Skill: Quick Feet and Headers



Aim: develop accuracy and speed of heading.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, heading skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B heads the ball to player C with the right side of their forehead.
3. Player C now throws an underarm ball to player B and player B heads the ball to player A with the left side of their forehead.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

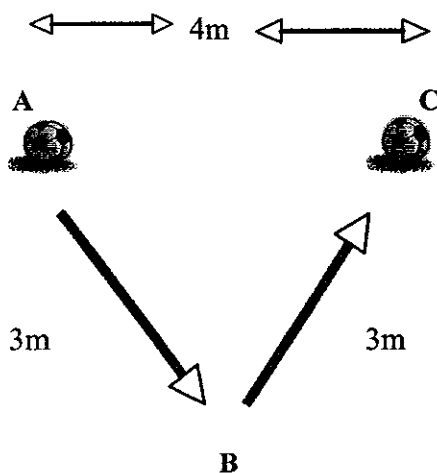
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. It is important that all player throws are accurate and well weighted.
3. It is also important that players A and C throw an underarm ball back to player B as soon as possible.
4. Heading must be accurate and firm.
5. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned header over time.
2. Increase duration of Player B
3. Two Touch for B. first one is up in the air and the second is to the next player
4. Increase or decrease distance of players
5. Increase the height of the ball being thrown so that players have to jump higher.
6. Put a time limit to complete a certain number of headers (more advanced footballers)

General Speed Skills Drills

Skill: Quick Feet and Full Volleys



Aim: develop accuracy and speed of volleying.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, volleying skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B full volleys the ball to player C with the inside of their left foot.
3. Player C now throws an underarm ball to player B and player B full volleys the ball to player A with the inside of their right foot.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

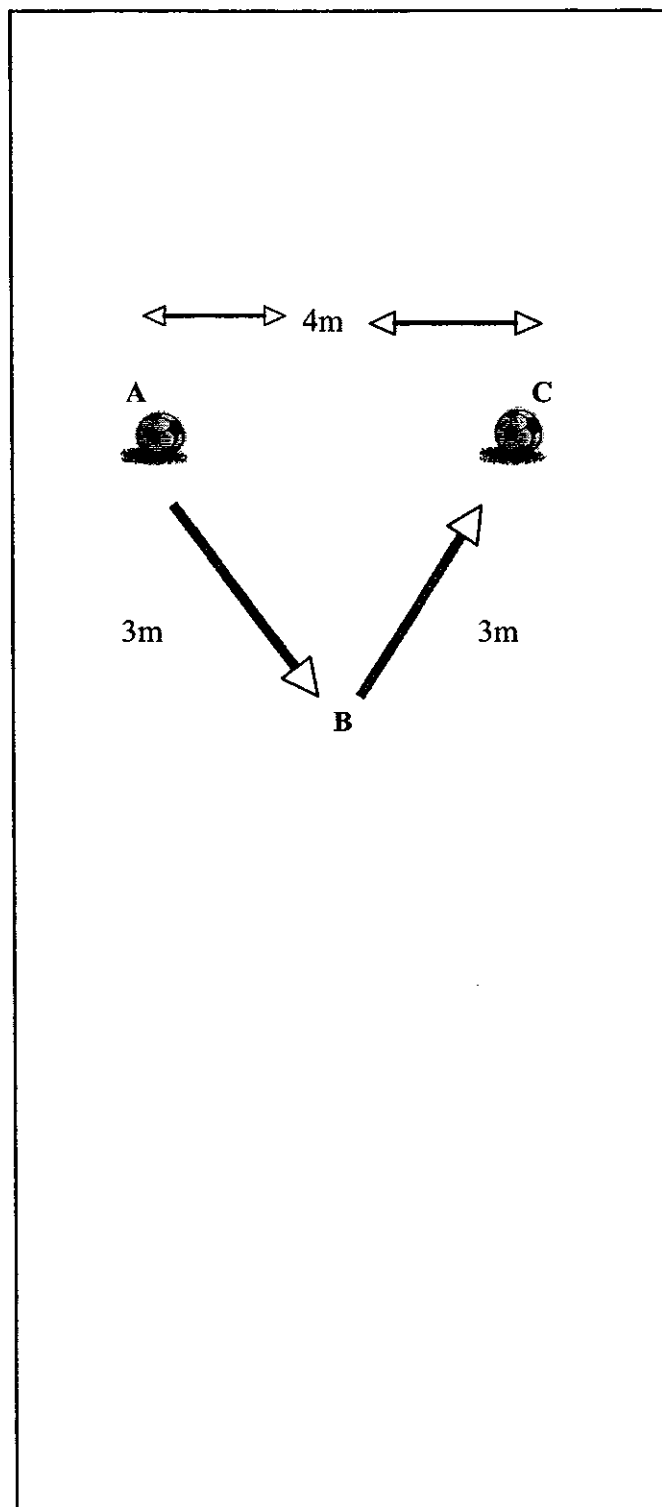
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. It is important that all player throws are accurate and well weighted.
3. It is also important that players A and C throw an underarm ball back to player B as soon as possible.
4. Full Volleys must be accurate and firm.
5. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned full volleys over time.
2. Two Touch for B. first one is up in the air and the second is to the next player
3. Increase or decrease distance of players
4. Increase the height of the ball being thrown so that players have to jump to volley.
5. Put a time limit to complete a certain number of full volleys (more advanced footballers)

General Speed Skills Drills

Skill: Quick feet and Half Volleys



Aim: develop accuracy and speed of half volleying.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, volleying skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B half volleys the ball to player C with the inside of their left foot.
3. Player C now throws an underarm ball to player B and player B half volleys the ball to player A with the inside of their right foot.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

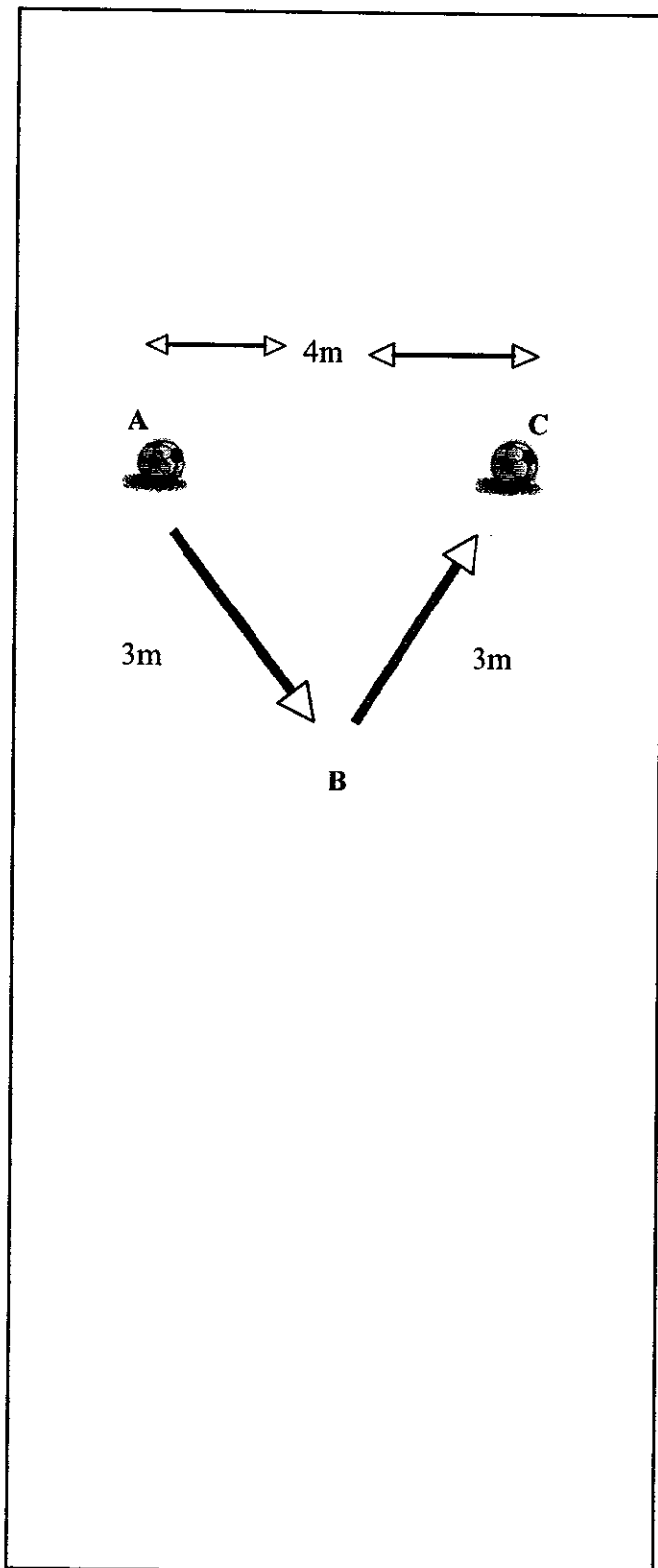
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. It is important that all player throws are accurate and well weighted.
3. It is also important that players A and C throw an underarm ball back to player B as soon as possible.
4. Half Volleys must be accurate and firm.
5. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned half volleys over time.
2. Two Touch for B. first one is up in the air and the second is to the next player
3. Increase or decrease distance of players
4. Increase the height of the ball being thrown so that players have to jump to volley.
5. Put a time limit to complete a certain number of half volleys (more advanced footballers)

General Speed Skills Drills

Skill: Chest and Full Volleys



Aim: develop accuracy and speed of chest and full volleying.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, chest control, volleying skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B chest and full volleys the ball to player C with the inside of their left foot.
3. Player C now throws an underarm ball to player B and player B chest and full volleys the ball to player A with the inside of their right foot.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

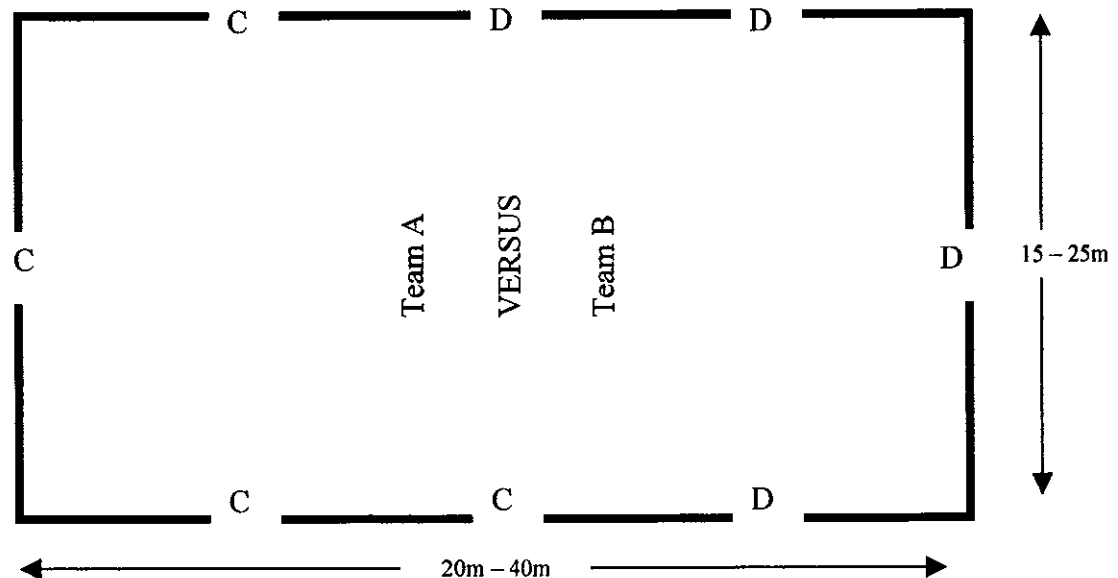
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. It is important that all player throws are accurate and well weighted.
3. It is also important that players A and C throw an underarm ball back to player B as soon as possible.
4. Chest and full volleys must be accurate and firm.
6. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned chest and full volleys over time.
2. Two Touch for B. first one is up in the air and the second is to the next player
3. Increase or decrease distance of players
4. Increase the height of the ball being thrown so that players have to jump to chest and full volley.
5. Put a time limit to complete a certain number of chest and full volleys (more advanced footballers)

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 - Soccer Tennis

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

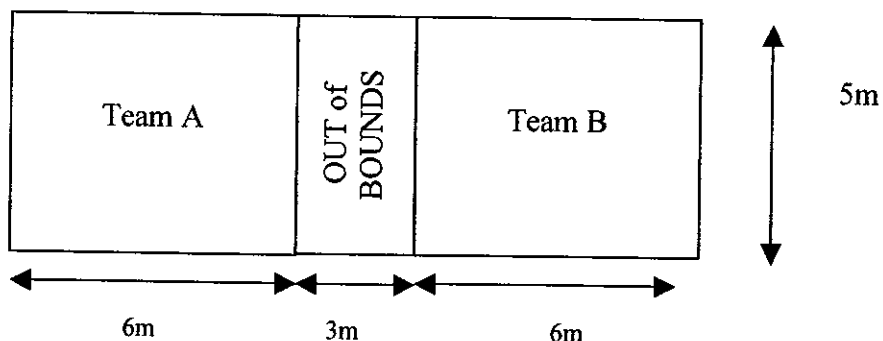
Focus: quick decision-making and accuracy in passing

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, 8 markers minimum

Total time: 5mins

Court Design:



Instructions:

1. Players divided equally as Team A and Team B (if room permits, have 2 courts and divide team into 4 teams for a round robin). Game commences with an under arm throw from behind the Team A 5m back line. The ball must go over the out of bounds line and land in the team B court.
2. Players in the Team B side must return the ball to the team A court, before the ball bounces more than once.
3. Players are permitted to use any part of the body other than their hands to return the ball.
4. The ball can be returned on the full volley, or the half volley.
5. 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.
6. No more than three players are allowed to 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
- Use an elimination system to identify a winner

Advanced

- 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
- Use an elimination system to identify a winner

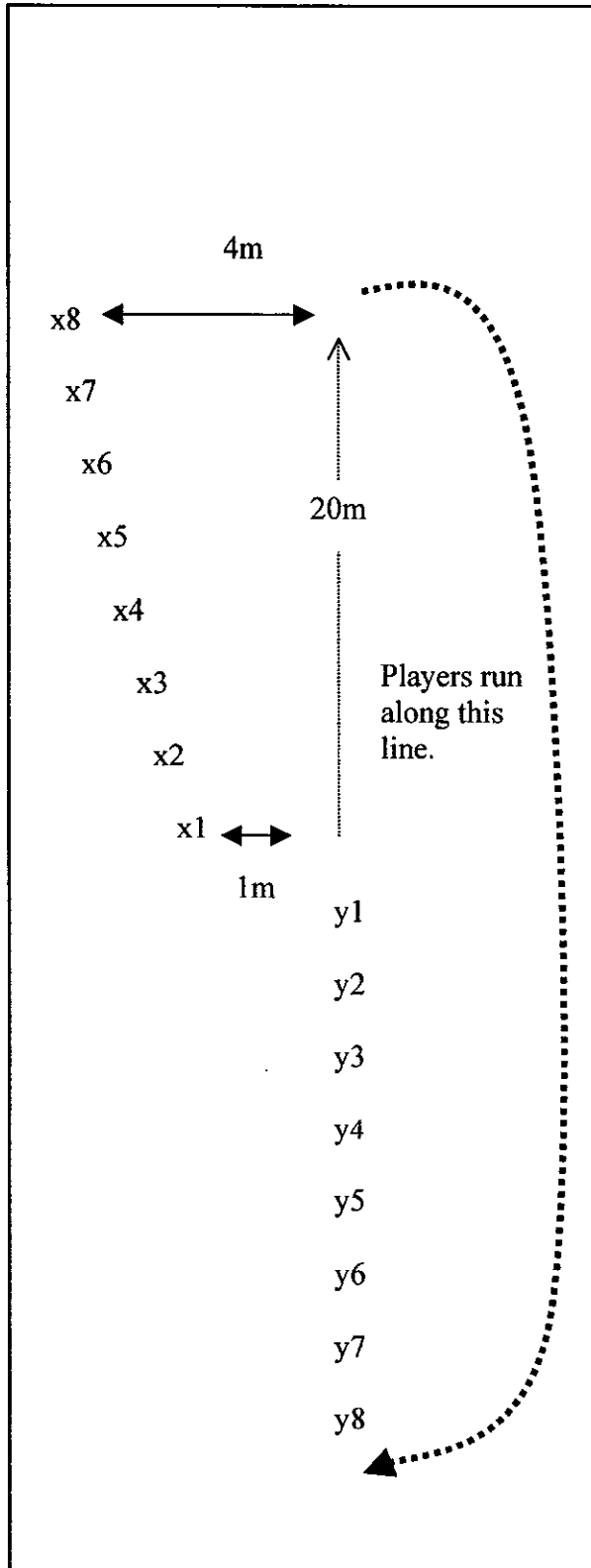
Under 9 – 15

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

Under 6 - 8 Not recommended

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 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 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 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