



Melville City Football Club

Rooball 5-9's Small Sided Game

Information Booklet



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Introduction

What is Rooball?

Rooball is essentially a small sided football program endorsed by Football West which is continually being assessed, supported and enhanced since its introduction in Australia back in 2007 by the FFA. The idea of Small Sided Football is not new, Small Sided Football is played and recognized throughout England, Ireland, The Netherlands, Scotland, Germany, France, Korea and USA, to name a few. Small Sided Football is a modified form of 11-a-side football, designed to meet the needs of players from under 5 to 11s. Our Melville City Rooballers (5 - 9 yrs) play an intra-club competition at Len Shearer Reserve on Saturdays. The aim of Rooball is to give young girls and boys the maximum opportunity to participate in football, the world's **most popular sport. Rooball is kids' football, as long as you are between 5 and 9** years old you can sign up start playing Rooball at Melville City right now.

Why Rooball?

Small Sided Football is truly aimed at young people of all abilities, not simply the more talented players in each age group. With the emphasis on participation and enjoyment, and an associated removal of the emphasis on the importance of winning, children are much more likely to enjoy their football playing experience, will be keen to play more often and are less likely to drop out of the game.

The smaller fields, modified rules and fewer players mean a more enjoyable game with more player participation, more touches of the ball, more passes attempted, more 1v1s, more goals scored and most importantly **More Fun!**

The benefits to our kids playing Rooball include:

- The improvement of fundamental motor skills;
- The development of social skills through peer interactions;
- Enforces the values of team work, cooperation, fair play, and respect for others;
- Enhances a child's ability to make quick decisions and improves reaction time;
- Not to mention the Health and wellbeing benefits from regular participation in outdoor exercise;



Why Melville and the intra-club model?

Every Saturday morning from May to September between 8:30am and noon, Len Shearer Reserve in Booragoon is abuzz with over 250 young players along with their parents, preparing for then playing scheduled Rooball matches.

- **Parents only need to travel to the same location each week they do not have a "home and away" situation.**
- **There is less emphasis on competition as our games are in house and not against other clubs.**
- **We offer a greater degree of flexibility in terms of being able to monitor, asses and or move players between teams if required.**
- **The club can provide a greater level of support to game leaders, coaches and manager as they are all at the club's home ground rather than travelling to other clubs**
- **There is a greater number of people at the ground each week which helps to share the load of the various roles enriching the kids' experience.**

Melville City Rooball helps to build a strong, active local community and aims to ensure the health of future generations.

How is Rooball Structured?

In Rooball we have four age groupings, we slowly develop and expand the training and matches as the children get older and more experience. Age groups are generally **directly reflective of child's DOB and the four groups are 5/6's, 7's, 8's and 9's**. Each registered Rooball player will be allocated to a team for the season and playing times are

Age grouping	Times
5/6's	8:30 am – 9:30 am
7's	8:30 am – 10:00 am
8's	8:30 am – 10:00 am
9's	9:30 am – 11:00 am

5/6's and 7's play short 4 v 4 matches on a small pitch with pop up goals and no goal keeper where 8's and 9's play 7 v 7 play longer length games on a slightly bigger pitch with larger goals and the introduction of goal keepers. Teams will usually include 1-2 reserves in addition to those on the pitch and substitutions can be rotated freely.



What's Provided?

As part of the registration fee, each player is provided with a full uniform (Melville City shirt, shorts and socks) for them to keep. Players must provide their own boots and shin pads. In the interest of safety we do operate a no shin pads no play policy. A boot bin recycling program is available if you might be looking for a pair of good quality second hand boots or your child has out grown a pair that someone may still get the use out of.

How **you** can help?

All we really ask of parents is your support and positive encouragement of the Rooball spirit; that is an emphasis on fun and participation rather than on winning!

Having said this however our club relies heavily on parent-helpers, everyone involved in the club is a volunteer and we do ask that you be mindful of this fact. We are always on the lookout for and need helpers, parent-coaches and managers, so **please don't be shy to put your hand up** and help out where possible there is always a place for parents on a Rooball team. Volunteering for your club to support an activity your son or daughter is taking part in is truly a rewarding experience. The rules of Small Sided Games are not complicated so even if you have never been involved in football before, you can still be involved. Having good personal and organisational skills are beneficial skills for parent coaches however the aim is allow the kids to learn through playing the game with minimal instruction. Our club does provides excellent opportunities and support for our parent coaches which allows them to learn and to build their coaching skills.

Our parent coaches are there to make the football experience of every player and their families in their team as enjoyable as possible, so please give them the respect that they deserve.



Rules & Laws of Small Sided Football

All Age Groups

The following aspects of Small Sided Football are common across all age groups from 5/6's to 9's.

Markings

Marker ropes, cones and or corner flags are all suitable forms of pitch markings.

Start of play & Re-start after a goal

Pass forward to a team mate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the parent or helper instructing the game.

Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.



5/6's

Teams of about 9/10 kids with parent manager and parent coach. Post training they are then divided into two teams, a home team and an away team (bibs). There are four children on each team (if all children are there then the teams with 5 just substitute). The away team then rotates around the pitches playing games against the other teams in the age group.

The field of play - 25 metres x 20 metres

Goals – Pop Ups approx. 1.8m wide

Ball – Size 3

No penalty area

Training – 15 mins

Games – 3 x 10 minute games

Number of Players 4 v 4 no Goal Keepers max 1 sub per team

Substitutes may rotate during the entire game. The coach or manager is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

7's

Teams of about 9/10 kids with parent manager and parent coach. Post training they are then divided into two teams, a home team and an away team (bibs). There are four children on each team (if all children are there then the teams with 5 just substitute). The away team then rotates around the pitches playing games against the other teams in the age group.

The field of play - 25 metres x 20 metres

Goals – Pop Ups approx. 1.8m wide

Ball – Size 3

No penalty area

Training – 30 mins

Games – 3 x 15 minute games

Number of Players 4 v 4 no Goal Keepers max 1 sub per team

Substitutes may rotate during the entire game. The coach or manager is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.



8's & 9s

Teams of about 9/10 kids with parent manager and parent coach. Post training they play a pre-determined match against one of the other club teams

The field of play - 40 meters x 30 metres

Goals – The smaller of the Aluminium Frame Goals 3m x 2m approx

Ball – Size 3 or 4

Penalty area - non marked Rectangular – 5m depth x 12m width

Training – 30 mins

Games – 1 game **20 minutes each half with half time break**

Number of Players 7 v 7 including Goal Keepers max 3 sub per team

Substitutes may rotate during the entire game. The coach or manager is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

For the 9's age group, the final stages of the season and before they move to U10's football at the club, we shall endeavour where facilities and scheduling allows to set-up the field as a 70 meter x 50 meter with larger goals and a 9 v 9 format in preparation for the transition.

Game Leader – Under 5/6's & 7's

The main role of the game leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun and have maximum involvement. The game leader can be a club official, parent, older child / player and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game, be flexible and patient.

Instructing Referee – Under 8s to 11s

The main role of the instructing referee is to control the game to ensure it is played fluently and instruct and correct the players on how to behave and what the rules are, e.g. what a foul is, what a free kick is and how to throw in etc. Should these indiscretions happen a second time the referee should stop the game and apply the appropriate action and decisions? This person can be a club official, capable parent, older child or player.



Laws of Small Sided Football – 5/6's & 7's

Goal type

It is preferable that pop up style or portable goals are used where possible however, the use of poles and markers as the goals particularly in the 5/6's & 7's age groups is also suitable.

Goalkeeper

No Goalkeeper

The game leader, coaches and managers should continually discourage children from permanently and/or persistently standing in front of the goal.

Ball crossing the touch line

There is no throw in. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball crossing the goal line

There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Offside

No offside

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again.

Point's tables and finals

To ensure that Rooball is played in the correct spirit and to give all players the best possible chance to develop, FFA advises that the keeping of point's tables and playing of finals must not be done.

Laws of Small Sided Football – 8's & 9's

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

Ball crossing the touch line

Throw-in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5m away from the ball until it is in play. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick. A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5m away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 5m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area.

Offside

No offside

Note: In the 8's & 9's age groups, team coaches and managers should strongly discourage children from permanently and/or persistently standing in blatant offside positions. Instructing referees should direct players permanently and/or persistently standing in blatant offside positions to move into onside positions.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent from behind to gain possession of the ball
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately
- plays in a dangerous manner
- impedes the progress of a player.

Point's tables and finals

To ensure that Rooball is played in the correct spirit and to give all players the best possible chance to develop, FFA advises that the keeping of point's tables and playing of finals must not be done.



Equal Playing Time Policy

Melville City Football Club (MCFC) is recognised as a club that focuses on developing young players and endeavours to provide them with every opportunity for improvement. It also actively promotes the growth of the game, with the long-term aim of retaining and developing in *all* children a life-long love of the sport.

This in turn will ensure that these young individuals in the future will put back into the game as supporters, volunteers, players (at any level from social through to elite) or any combination thereof.

Most coaches will be well aware that children's football skills develop at different rates and that only a very small percentage of players will become professional footballers. Good coaches support these dreams and understand that these young individuals they have under their control are on a development path. This means that the coaches' association with them is *not* the final product, but that they have a significant, critical impact *on* the end result. Players play football because they love it, they love the game and playing it, be it training or match day. Major studies have shown that limiting their time playing is often taken by the child as a punishment or judgement on their ability – this has a negative effect on the child and will affect their confidence.

The club policy will define what is expected from all coaches who have teams that represent Melville City Football Club from 2012 onwards.

MCFC Football Equal playing time policy

This policy applies to all the age groups from 5 through to 12 years of age.

"All Melville City Football Club players between the age of 5 and 12 years of age will be given EQUAL GAME TIME for each match every week and be a starting player for a fair and equitable number of matches – exceptions may **only** occur for injury, ill-discipline, or a choice by the parent or child."

These are only grounds to vary the equal playing time for any age group on the day.



Frequently Asked Questions

Q: Won't this be an onerous job for a coach to manage this policy, especially for younger grades?

A: This policy isn't intended to be something that coaches or managers need to fastidiously record. The idea sets the tone to change the default thinking about how coaches should behave in substituting players equally.

Q: If I wanted an easy system to ensure equal time on the pitch, what would you recommend?

A: The best way, especially for junior grades, is to rotate players at set times, and keep a list and work through the list in order. Rotations could be done every 10 minutes, for example, or something divisible into the total playing time of the game (which varies depending on age group).

Q: If I wanted a system to rigorously record the time on the pitch, what is the best way of doing it?

A: While not necessary, a parent or manager could record all of the interchanges as players come on and off.

Q: Under what circumstances would you say it is OK for me as a coach to not give a player equal playing time?

A: In addition to the points above, the club values good code of conduct. A player being disrespectful in some way would be the typical grounds for such a decision. This might include:

- Being rude to the coach, other team members or players of another team
- Not attending regular training, without notice to coach or manager
- Not being prepared for training or games: late, or without the right equipment
- Not respecting the referee during a match



Coaching Goals

Our aim is to prepare the players for the future, be it the first team or a professional club, developing them both individually and as a team.

The environment will be challenging, motivating and FUN.

We will reinforce non-football specific skills such as:

- Communication
- Responsibility
- Teamwork
- Time management
- Respect for coaches and players.

This will require a serious commitment on the part on the players and their parents.

Player Proposal

All players will receive quality-structured sessions.

All training sessions will help **develop** and **improve** all **players' motor skills with** and without a ball by fine-tuning **individual balance** and **core strength**. Proper warm-ups and cool downs will be taught to insure players have a better understanding of how to prepare themselves for games and training and at the same time how to recover quickly post game.

Emphasis will be on football skills; practices that encourage the players to work on and improve their ball control using a variety of surfaces. Areas such as the foot, thigh, chest and the head can all be skilfully used in matches. In addition to the training sessions we will be working on plyometrics, speed training drills, agility training, soccer specific conditioning and balance training. Agility ladders, speeds hurdles in co-operating Speed Agility and Quickness and much more will be part of some of the sessions.

EXPECTATIONS FROM THE PLAYERS:

- Commitment
- Respect for Coaches and Players
- The Desire to Progress
- Responsibility
- Punctuality
- HAVE FUN

Proven Tips for a More Successful Season

The art of coaching football to kids requires one thing in abundance ... enthusiasm. It's your most important quality. Kids will respond to you if you're an eager, hardworking leader. Some kids find learning boring, some don't care about winning, and some can't remember which goal they are kicking towards. But what unites them, what they all want is to have fun and play a game. And that's your job, making learning fun.

Make Sure Your Players are listening

If your players aren't listening, how will you get your important message across?

Remember these simple points to keep them concentrating when you are coaching.

- No one can listen until everyone is quiet and still. Don't talk until then.
- Hold up your hand to gain attention.
- Don't hold a ball while you are talking (unless you are demonstrating something) – for some reason nothing is funnier than the coach dropping the ball.
- Make sure all balls are on the ground.
- Make sure the sun is in front of you, not behind you. Players need to look at you as well as hear you to gain understanding, so if they have to squint, communication is less effective.
- Face your players away from any other activity to avoid distractions.

Plan Your Sessions and Make Them Fun

Possibly the most important key to successful youth football coaching is making training session's fun for everyone – including you. You can only do this with careful planning. Always think about what it is you want to achieve beforehand.

Your training session plan should take into account the ages and capabilities of your players, but generally your sessions should follow this pattern:

- A warm up to raise the heart rate, stretch muscles and get players focused on the session.
- A quick and simple demonstration of the skill or technique that you want them to learn. (**Important. Don't forget to ask them what they** think is the best way to pass or shoot or keep the ball, rather than tell them why you think they should do it that way).
- Some fun games that will allow them to practice **what you've just shown them.**
- A small sided game to finish.



You should always consider an individual session as part of a larger training schedule. How do your sessions progress from week-to-week? Variety is important in order to keep your sessions fresh and interesting while coaching young players new skills and techniques.

While it's important to plan your sessions, be careful not to make them too rigid. Be prepared to adapt according to what you see and hear on the practice field. Above all, don't be afraid to let your players play! Don't try to pack too much in – remember to allow time for discussion, setting up and drinks.

DON'T persevere with a plan that isn't working. Have a couple of tried and tested alternatives up your sleeve and work out what went wrong afterwards.

DON'T use drills that involve children standing in lines for more than a few seconds – they'll soon get bored and bored players are trouble!

DON'T train children on your own. Always have at least one assistant, even if all they do is tie laces and fetch balls.

DO treat your players with respect. They like you to listen and take notice of their feelings and opinions.

New to Coaching 5/6's & 7's ?

Pick one or two "Warm Ups" and two or three "Main Training Activities." Include a water break and time for chasing down balls and you'll easily fill the fifteen or thirty minute training time. Remember: No laps, no pressure, no lectures!

All kids are working at their own level, so try to differentiate your goals for them in a non-competitive way.

Warm Ups

- **Alphabet Stretching:** Kids in a circle – ask kids to suggest letters and then stretch in the shape of those letters. For first few weeks you may want to go around circle asking kids their names and using the first letter of each name for stretching to help everyone learn names

- **Any Variation of Tag:**

Body Part Tag: have kids dribble around with the balls and the coach yells out parts of the body that they must stop the ball with such as foot, knee, elbow, stomach, chin!

Freeze Tag: Coach or Kid is "It" – other kids run around and are frozen until a teammate tags them. (Start without dribbling soccer balls, then add dribbling with balls).

Variation—kids can only be unfrozen if teammate dribble soccer ball between their legs.



Foxes and Rabbits – One player or the coach is the fox, kids dribble inside pitch with a bib ticked down the back of their shorts fox needs to pull the tails out to turn rabbits into foxes play continues until on rabbit remains who then becomes the fox for the next game.

“Hit the Coach”: Coach runs around frantically waving arms and legs. All kids dribble around with their soccer balls and try to kick the ball into one of the coaches. Tell the team if they can hit you 5 times you will make any animal noise they want.

Main Activities

- **Driving School** - Kids start on one side of the pitch with their footballs balls.

Coach yells “Go” and kids dribble toward Coach.

Coach yells “stop” and they should try to stop the ball by stepping on it.

Coach can add commands such as “This Way!” (coach points in one direction—yelling “right” or “left” is not as effective as pointing) to move kids side to side.

You can yell “U-Turn.” When the kids get across pitch.

You can do this a few times back and forth.

- **Eggs in the Basket:** Scatter Footballs balls around field. Have all kids start in one location.

Yell “Go” and see how fast they can get all the balls into one goal. You can “time” them a few times and see if they can beat their last record. (Encourage them not to steal the balls from each other— point out they are all on the same team).

- **Keep your Yard Clean:** Two teams facing each other. Each kid has a ball. When Coach Yells go, kids try to kick soccer balls onto the other team’s side. Keep going for 1 or 2 minutes or until you’ve lost all the balls.

- **Sharks and Minnows:** A couple kids (or coaches) are the “sharks” and form a line in the middle of the field. The rest of the kids are “minnows” and try to dribble their balls past the sharks to the other side. The sharks try to kick away the minnows’ soccer balls. If a minnow loses his or her ball, he or she becomes a shark (Note: You may want to try this without footballs balls a few times first, with the kids just tagging each other).

- **Circle Game:** Break kids into two sets of 5 or 6 and have each set of kids form a circle. Place 3 or 4 orange cones in the middle of the circle and try to have the kids knock over the cones by kicking the ball through the middle of the circle (Explain to the kids across from the kids kicking to look for the ball coming to them, and then they can kick the ball).

- **Relay Races with Coaches/Parents:** The kids will love any kind of races against a willing group of coaches/parents. Any combination of running with and/or without a soccer ball will work. Use the cones to create an “obstacle course” for the relay races or points to run back and forth from.

Training Exercises and Drills

Below are a selection of potential training exercises and drills, Rooball 8's and 9's should still consider using small sided games as a pre match training exercise every few weeks, this can also be reduced to 3 touch passing to try and encourage team work and movement into space and discourage individual play.

Meet Mr. Ball



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is for the young players to get familiar and comfortable with the ball. This can also be used as a fun warm up activity with your team.

Field Preparation

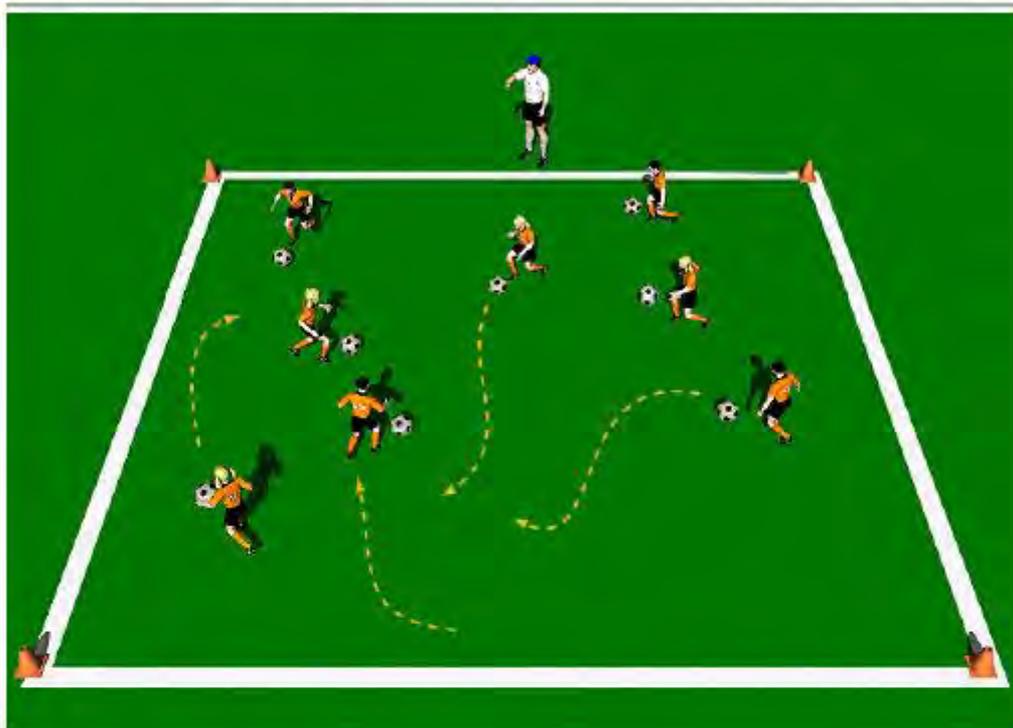
Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Have players tap the ball back and forth from left to right foot while jogging in place. Have them roll the ball forward and backward using the sole of the feet. Have them move side to side or in a circle using the outside of each foot. Allow them to be creative and combine all surfaces of the foot in any sequence while moving around each other.

Give specific commands such as "Stop", "Dribble", "Tap Dance".

Lets Go Dribbling



Exercise Objectives:

This is a great exercise designed to improve each players dribbling skills. An emphasis is placed on dribbling the ball by using a variety of foot surfaces.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

The group is positioned inside a square. Each player has a ball. The players dribble their ball around the square using the instep, outside, toes, laces and heel of the foot. The exercise is started slowly but the pace is increased as the players get more comfortable with the ball.

Monster Trucks



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision and having the players scan the field while dribbling the ball. This can also be used as a fun warm up activity with your team.

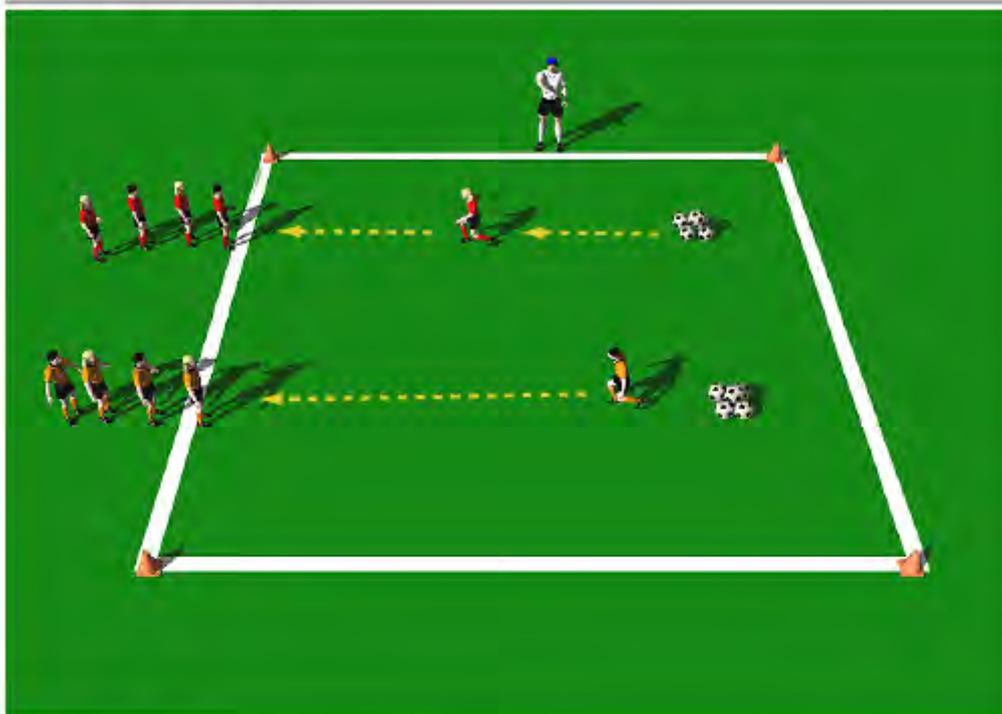
Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

The players pretend that their ball is a Monster truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their monster trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. Have them drive slow and fast, reverse and stop on demand.

Bob the Builder



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Divide your group on two teams. Each player has a ball. The object of the game is for each team to build a pyramid using their balls. First team to complete wins.

On the coaches command the first player on each team has to dribble their ball out 6-8 yards. They leave their ball and run back to the end of their line. The next person dribbles their ball and does the same. This is repeated until the last player who picks up the ball and placed on top of the bunch of balls. Balls should be group together.

The Wiggles



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 15 x 15 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart. The two teams play a competition to see which team can dribble (wobble) through the cones first.

On the coach's command, the first player dribbles through the cones and dribbles directly back to the end of the line. The drill is performed by all the players in the group until the last player returns. First team back wins.

Cops and Robbers



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Select two or three volunteers to be the "cops." All the "robbers" line up at one end with their "diamonds" (soccer balls). The robbers attempt to dribble their "diamond" from one end to the other without having their diamond kicked out by a cop. If their diamond gets kicked out, they go to jail (a designated area outside the grid).

If a robber successfully dribbles across the grid 5 times, then a jailbreak occurs and all those in jail get to re-enter the game.

Dribbling Knock Out



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball.

The practice is started with one defender placed in the center of the grid (Mad Max).

The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he then becomes a member of the Mad Max gang and has to help him kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes Mad Max in the following game. Players should also look to screen the ball whenever needed, using their arms to hold off pressurizing defenders.

Push Pass Mechanics



Objectives:

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Push Pass."

Field Preparation:

Two players with one ball.

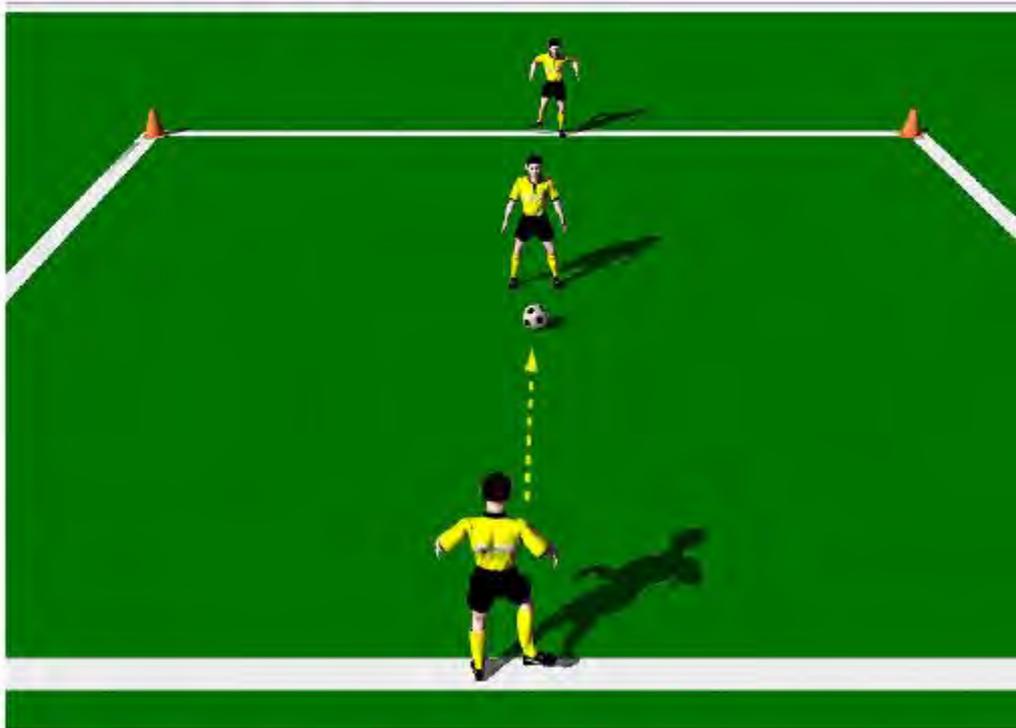
Coaching Points:

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the "Push Pass." The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Under the Bridge



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

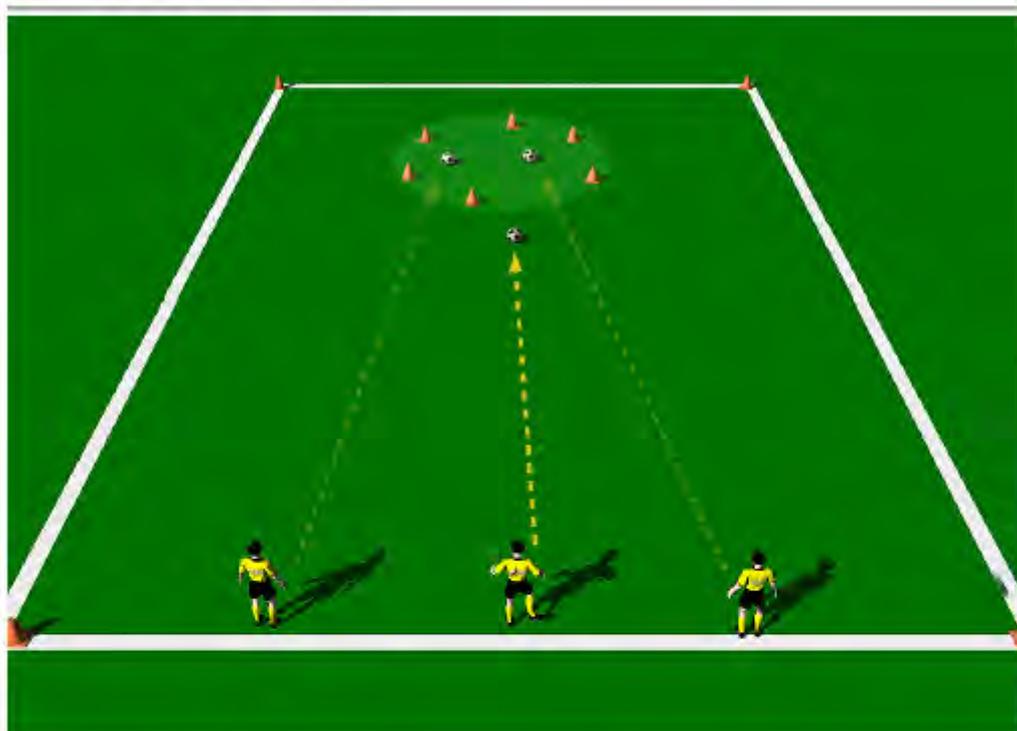
Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

The coach should emphasize the following coaching points:

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

Land on the Moon



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 15 yards. Small group of players, balls and cones.

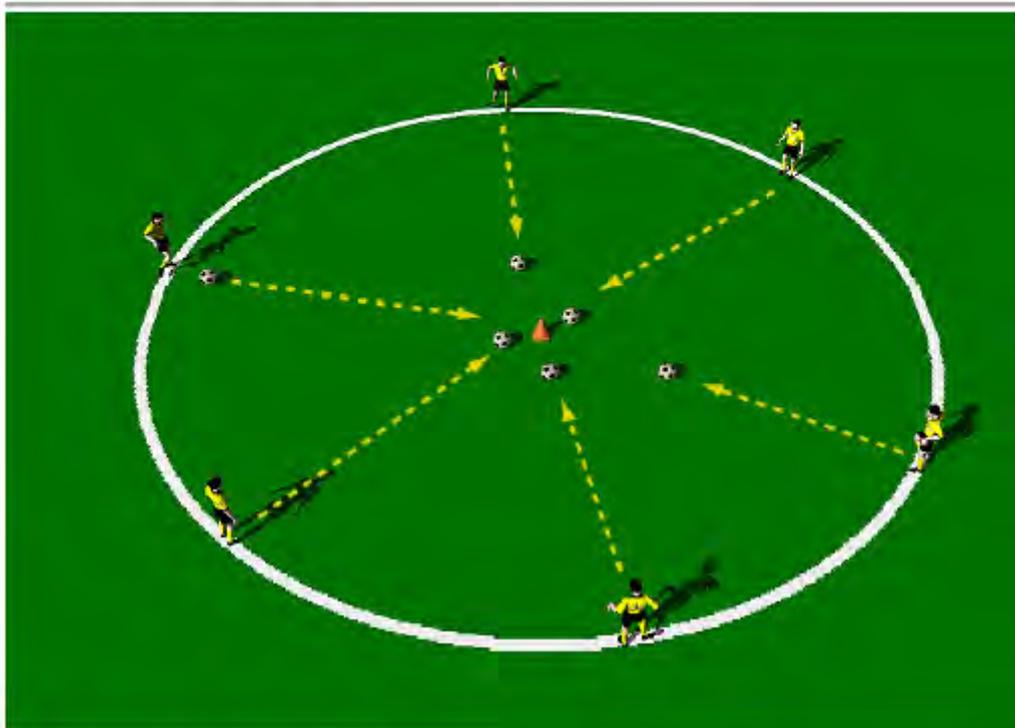
Coaching Points:

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

Soccer Marbles



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

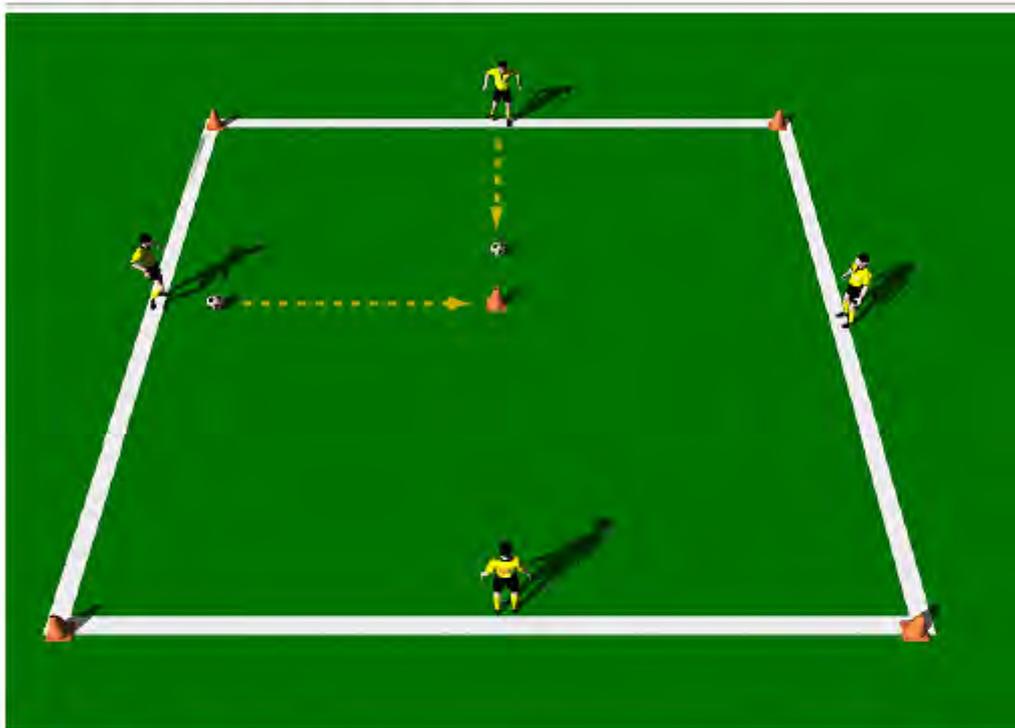
Center circle. Small group of players, balls.

Coaching Points:

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble.

The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Knock Down the Cone



Objective of the Practice:

This practice is designed to improve the mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach's command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Passing Relay



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "Pace and accuracy".

Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

Two groups are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.

Control Relay Game



Objective of the Practice:

This practice is designed to develop each player's technique in controlling the ball using the sole or the inside of the foot.

Field Preparation:

Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently. Emphasize quality over speed.

Get in Line



Objective of the Practice:

This practice is designed to improve ball control by having players to move into the flight of the ball.

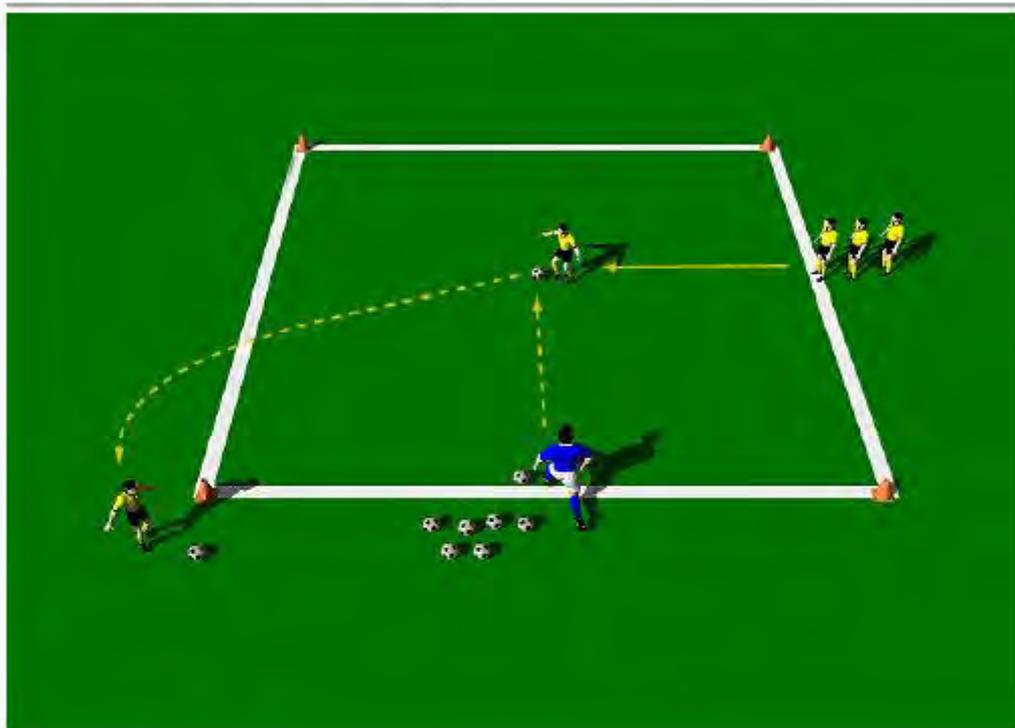
Field Preparation:

Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

Players are placed at the corner of the grid. The coach is at the opposite side with a supply of balls. The coach rolls out a ball for the first player to run across and control using their feet. The service must be to the opposition cone from the players and fast enough so the play meets the ball on the line. After returning the ball to the coach, the drill is repeated with the next player in line.

Collect the Coconuts



Objective of the Practice:

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

Field Preparation:

Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count

Catch the Bus



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

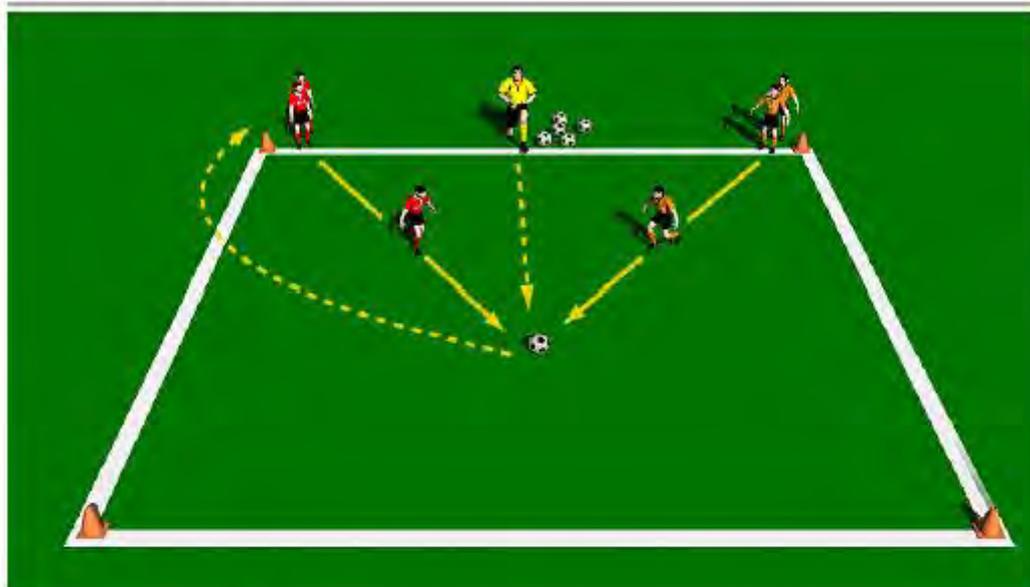
Field Preparation:

Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.

Power Rangers



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

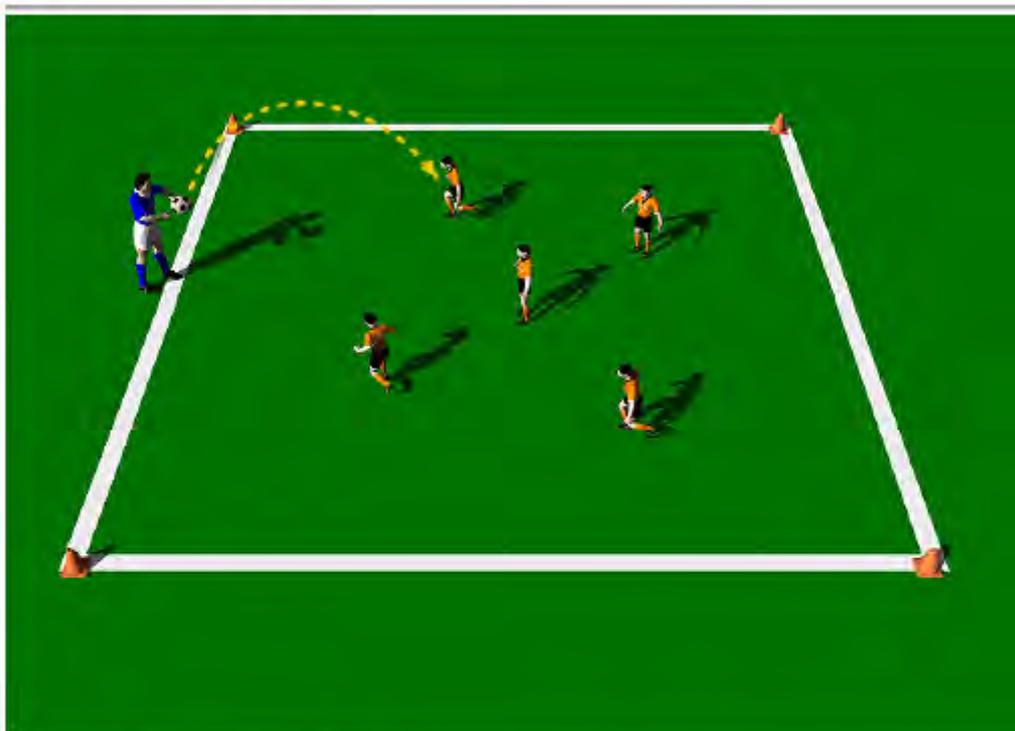
Field Preparation:

Area 10 x 10 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don't collide

Catch the Egg



Objective of the Practice:

This practice is designed to encourage young players to have the confidence to control a ball in the air.

Field Preparation:

Area 10 x 10 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

The entire group are placed in an area 10 x 10 yards. The coach is positioned at the side o the square. The coach calls out a players name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

Dribble, Turn and Escape



Exercise Objectives:

This practice is designed to develop close control while running and turning with the ball.

Field Preparation

2 Players, Area 10 x 10 yards, Cones , 2 Balls

Coaching Pointers:

Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.

Dribble to Corners



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Truck and Trailer



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

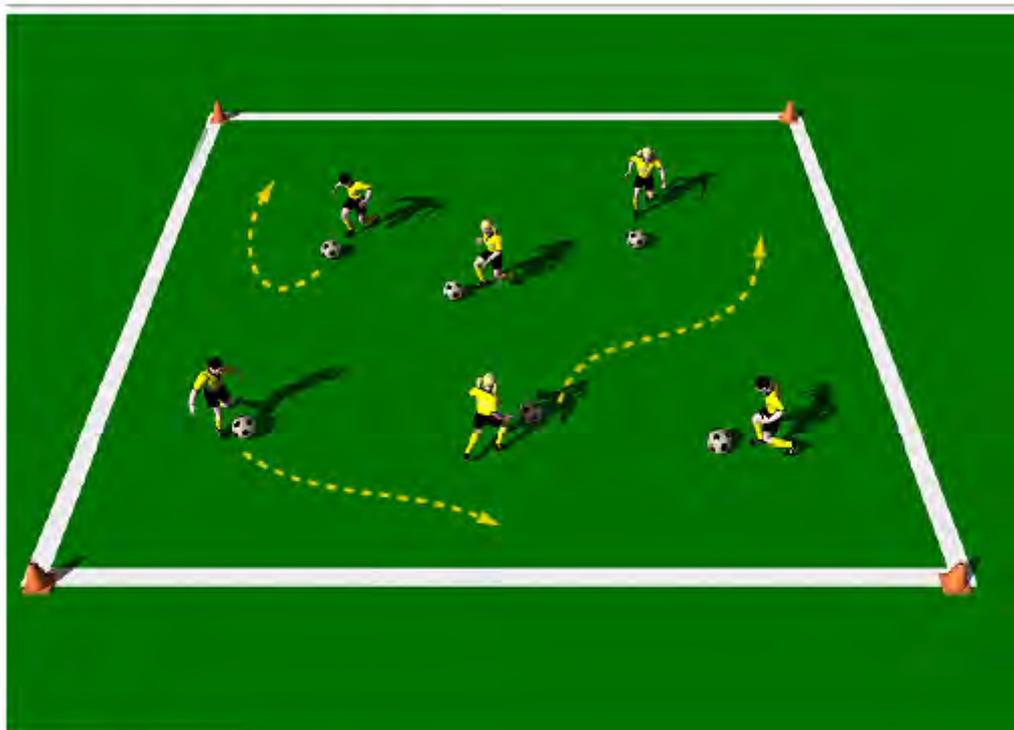
Coaching Pointers:

Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Show me the Moves



Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones.

Coaching Pointers:

The group is positioned in a grid 20 yards x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

Stop – Players must stop the ball using the sole of the foot.

Turn – Players must change direction 180 degrees.

Step Over – Players perform a step over move over the ball.

Fake – Players must fake to pass or cross the ball.

Explode – Players must change speed rapidly into an open area.

Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.

The incredible Shrinking Box



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 20 yards. Small group of players, balls and cones.

Coaching Points:

A grid is marked off approximately 10 yards by 20 yards. A line of cones is placed across the middle of the grid, forming a box. A group of players with a ball each is positioned on one end of the grid. In turn, players try to pass their ball into the box. A point is awarded if the ball stays within the box. After all players have taken a turn they retrieve their ball and return to the starting position.

To make the game progressively challenging, the box is now reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn and return to their starting positions on the end line.

The box is once more reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn. Line up all the players and total the points.

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

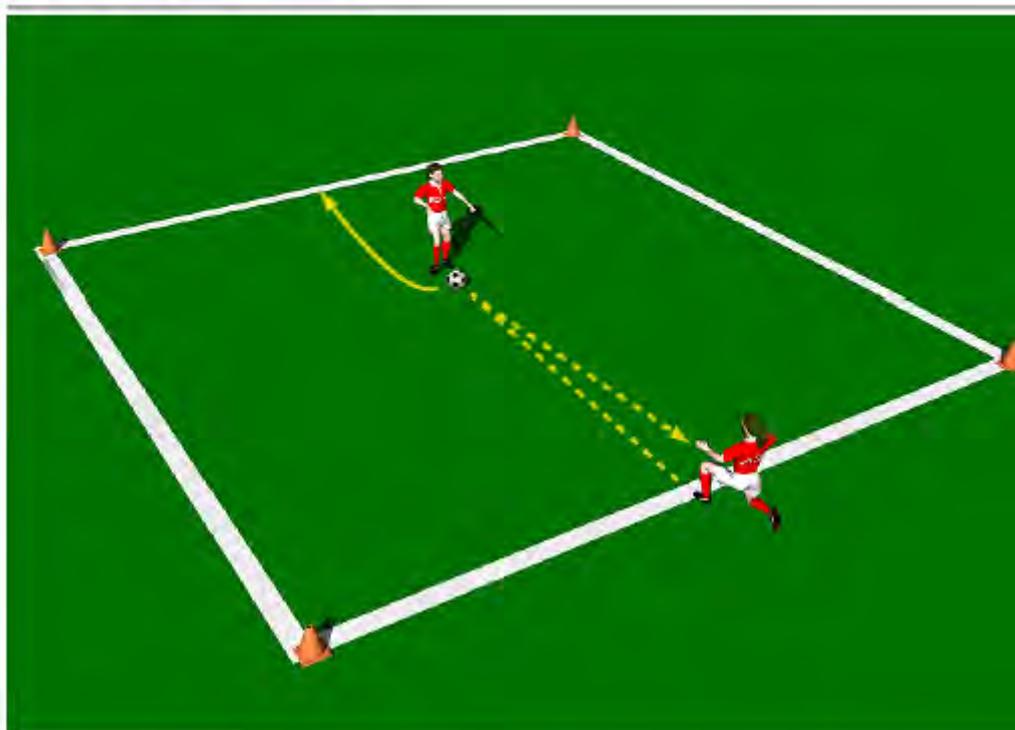
Field Preparation

Entire Group (split into teams of three or fours), Area 20 x 20 yards, Use Small Goals, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

One Player Relay



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 10 yards. Two players. One ball, Four cones.

Coaching Points:

One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

Target Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on accuracy.

Field Preparation:

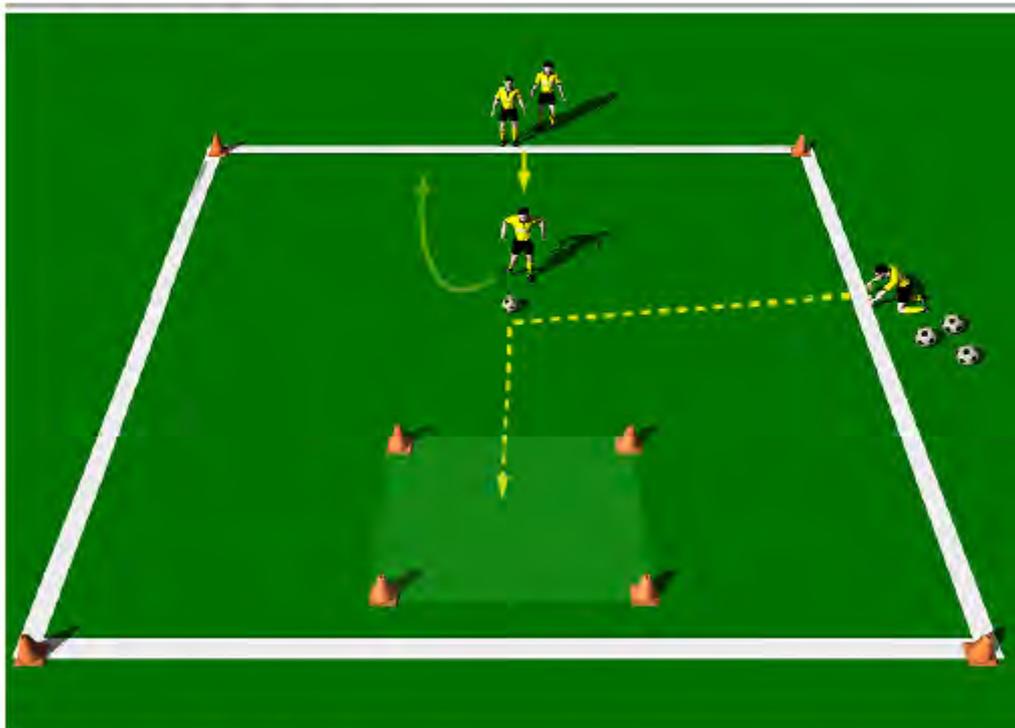
Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

Coaching Points:

A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball "first time" through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.

Balls in the Box



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in passing a moving ball. An emphasis is placed on timing and accuracy.

Field Preparation:

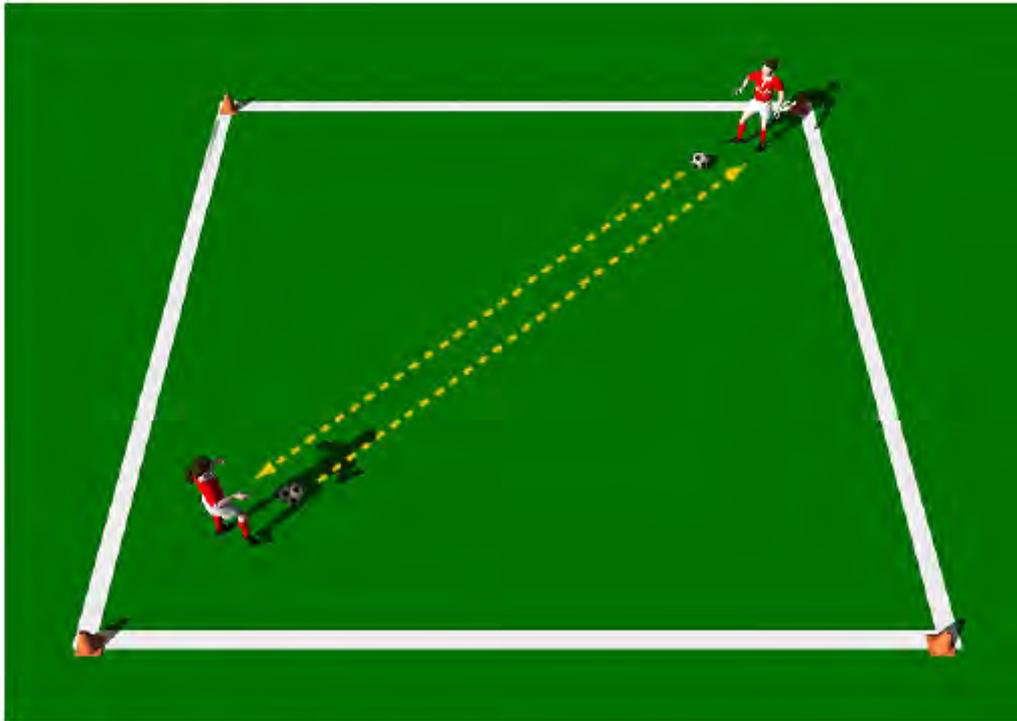
A grid is marked off approximately 10 yards by 20 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. A group of players are positioned at the opposite end of the grid and a server placed on the side. The server has a supply of balls within reach.

Coaching Points:

The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line.

Have 2 groups side by side competing against each other. First team to get all their balls in the box wins. Try making the box smaller to challenge your players. Rotate servers to ensure everyone practices the activity.

Swap the Ball



Objective of the Practice:

This practice is designed to improve the mechanics involved in the "Push Pass". An emphasis is placed on accuracy and movement.

Field Preparation:

Area 10 x 10 yards. Two players. Two balls.

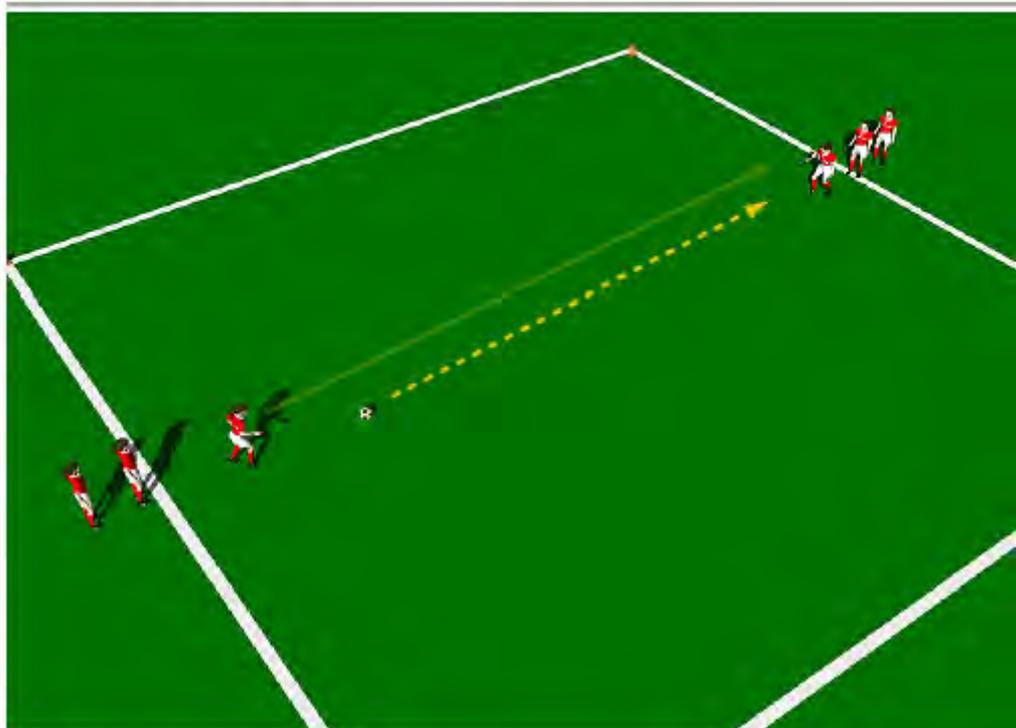
Coaching Points:

Two players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid.

On the count of three, both players pass the ball across the grid to their partner. Players should be alert on their feet, get behind the flight of the ball quickly and control it. The practice is then repeated.

Players should pass the ball slightly to the side of their partner to avoid the balls from colliding.

Pass and Run



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass".

Field Preparation:

Area 10 x 10 yards. Small group of players. 1 ball. Cones.

Coaching Points:

Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball

Cushion Control using inside of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

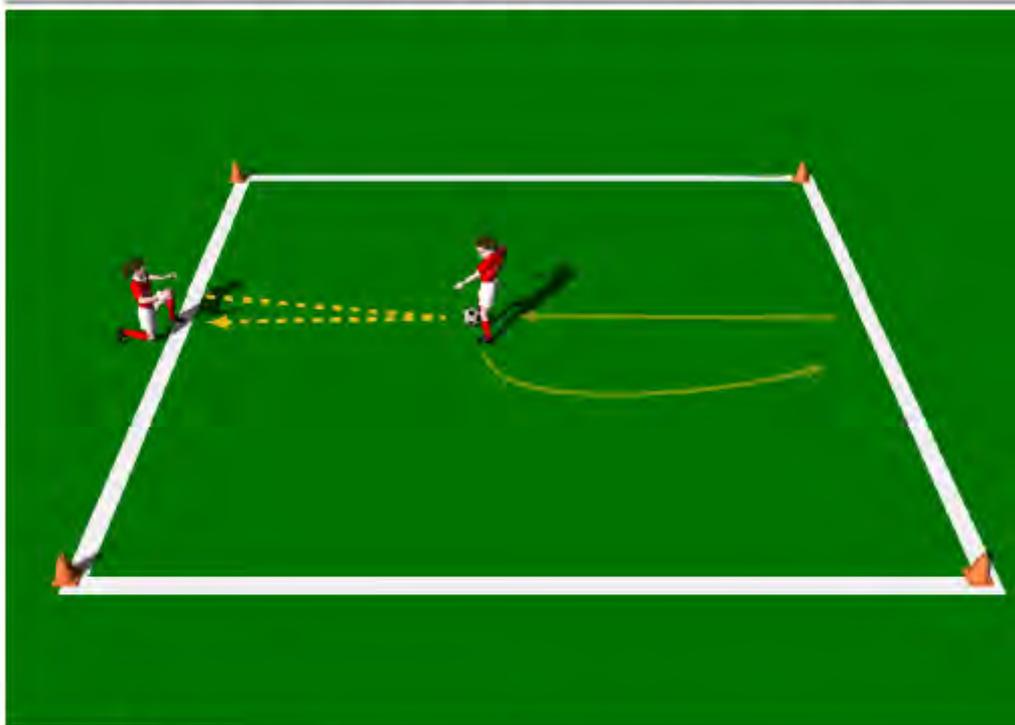
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Control using inside of the Foot - on the Run



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Relay - Cushion Control - using the Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server rolls the ball along the ground to the receiving players. Players alternate receiving the ball from the server.

The receiving player must control the ball using the inside of the foot. After successfully controlling the ball the player must pass the ball back to the server, turn and join the end of the line. The player receives a point for each successful control and pass back to the server.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Cushion Control using the Top of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe. The player controlling the ball should get the controlling foot under the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Cushion Control on the Run



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

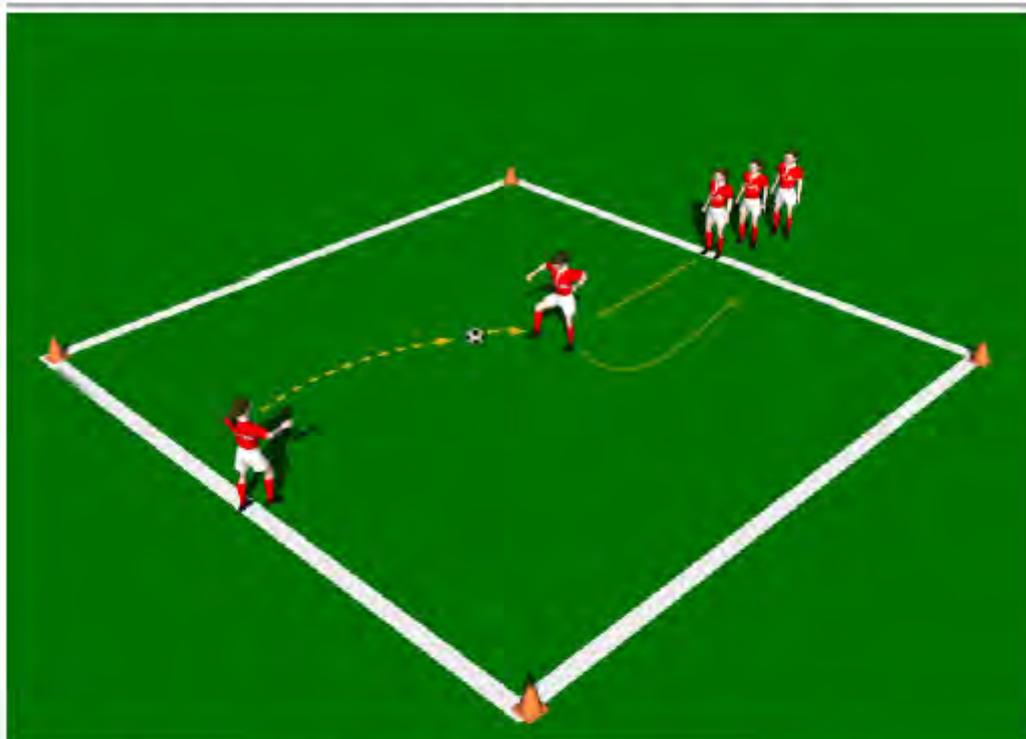
Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. The server throws a looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the ball.

The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

Relay - Cushion Control - using Top of Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Feet".

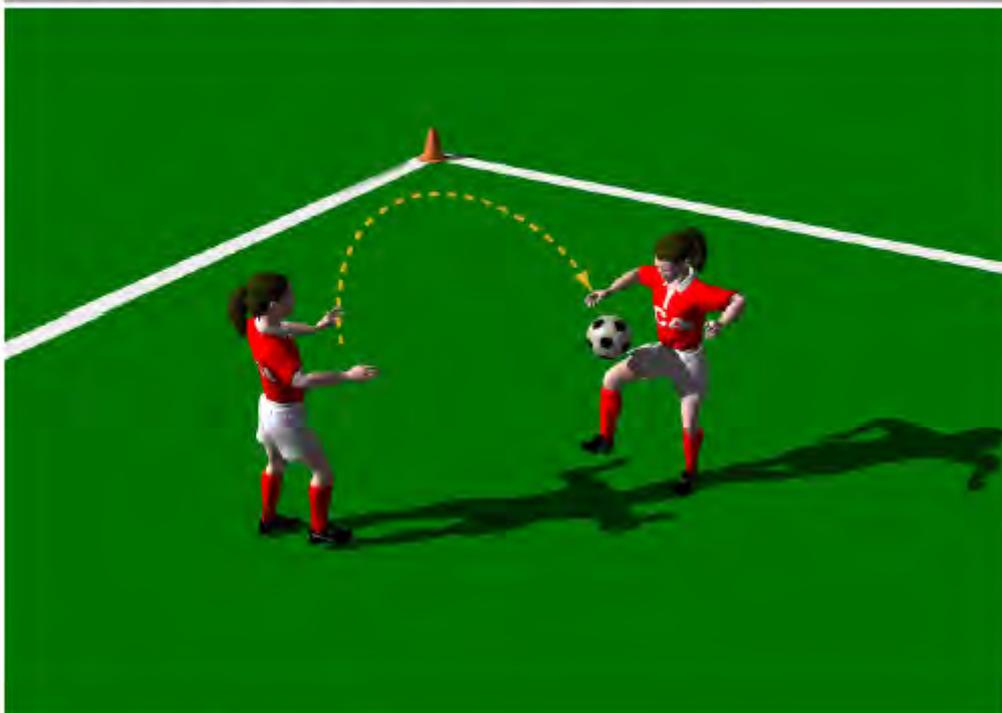
Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Cushion Control using the Thigh



Objective of the Practice:

This practice is designed to improve each player's ability in Ball Control. The emphasis is placed on "Cushion Control using the Thigh".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

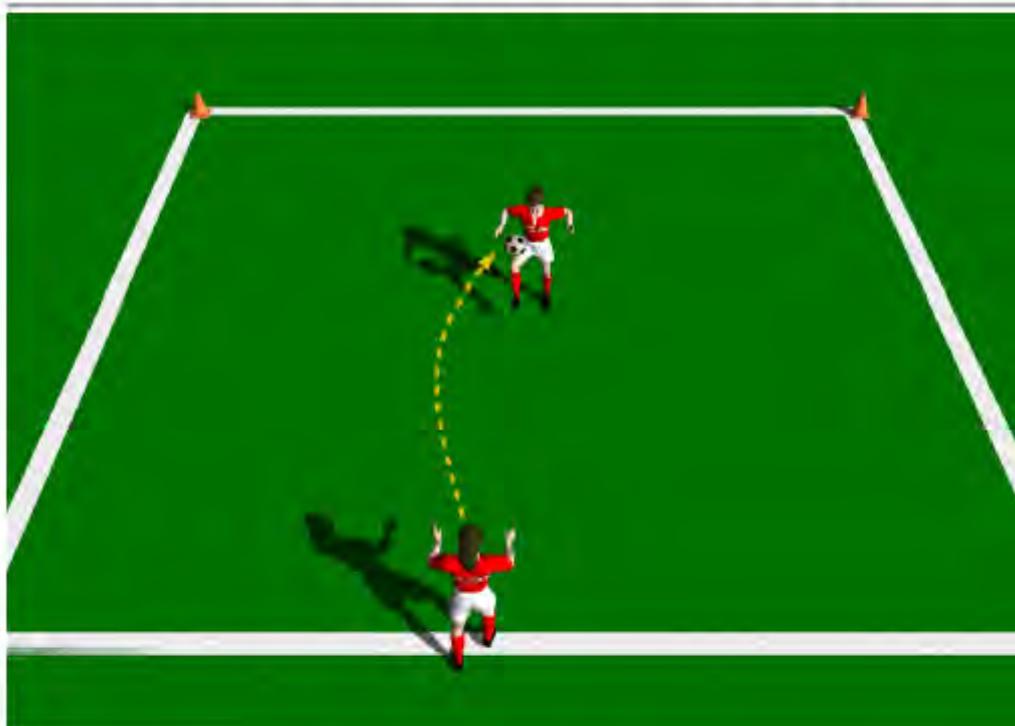
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for their partner to control using the thigh.

The player controlling the ball should constantly be moving to get their thigh under the flight of the ball. On contact with the ball, the player immediately withdraws the thigh, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a high "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Cushion Control using the Thigh - on the Run



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Thigh".

Field Preparation:

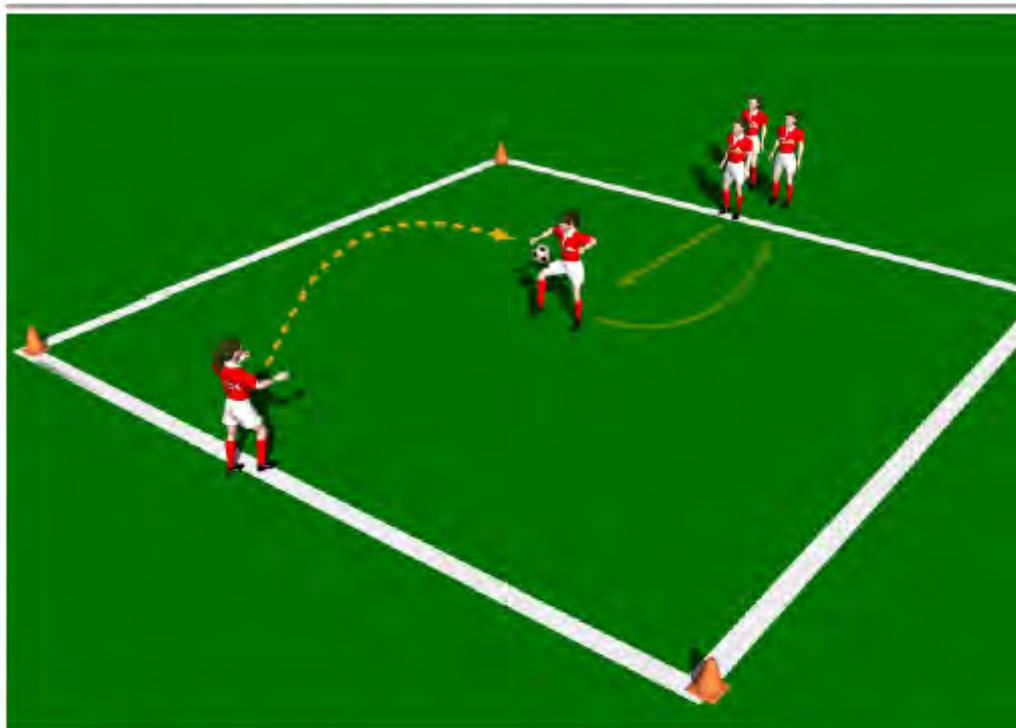
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The player runs towards the server and receives the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat. The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

Relay - Cushion Control - using The Thigh



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Thigh".

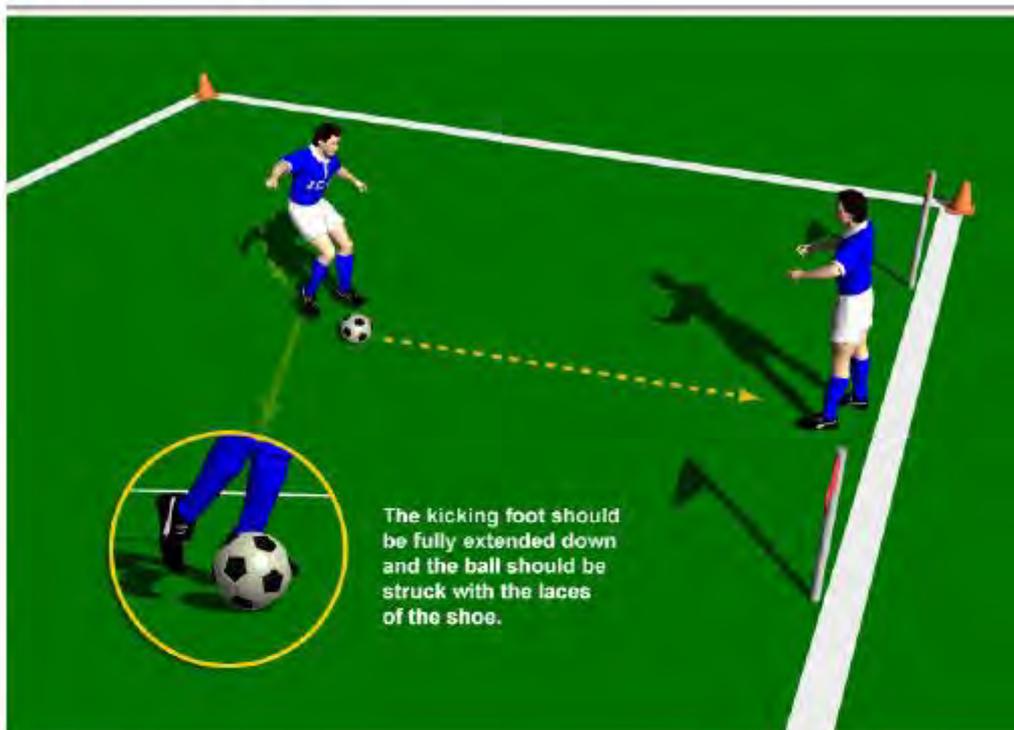
Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Shooting Basics 1



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

Field Preparation

2 Players, Area 10 x 10 yards, Cones, 1 Ball

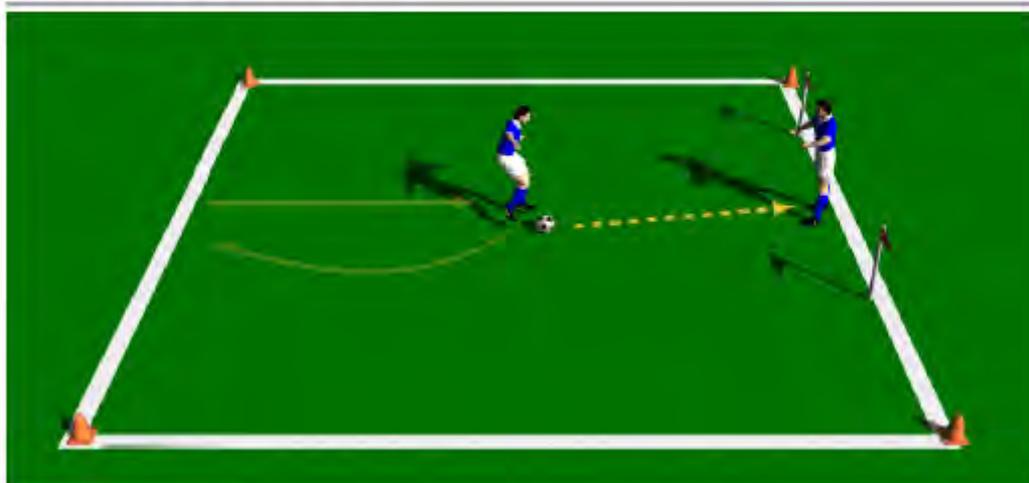
Coaching Pointers:

Two players are positioned in a grid 10 yards by 10 yards. One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Both players should alternate roles.

The coach should emphasize the following coaching points:

- Remember to keep the head steady and eyes fixed firmly on the ball.
- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The last stride to the ball should be the longest stride.
- The non-kicking foot should be placed along side and slightly in front of the ball.
- Contact on the ball with the kicking foot should be made through the horizontal mid-line of the ball.
- The kicking foot should be fully extended down and the ball should be struck with the laces of the shoe.
- The follow through should be made through the center of the ball and continue in the direction of the goal.

Shooting Basics 2



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

Field Preparation

2 Players, Area 10 x 10 yards, Cones, 1 Ball.

Coaching Pointers:

Two players are positioned in a grid 10 yards by 20 yards. One player is the server, the second a receiver. The players start the practice at one end of the grid. The server stands approximately 2 yards from the receiver and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball back to the server's hands. The server then retreats 2 yards and repeats the service. This is done until both players reach the opposite side of the grid, then both players change roles.

Shooting Relay



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

Field Preparation

Small group of players, Area 10 x 20 yards, Cones or Flag poles, Supply of Balls, Colored Bibs.

Coaching Pointers:

Four players are positioned in a grid 10 yards by 20 yards with one player as the goalkeeper. The practice starts when the first shooter inline pushes the ball forward and shoots at goal. After shooting, the players must retrieve their ball and return to the starting position and join the end of the line. Players should alternate roles of the goalkeeper.

Pressure Passing 1



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

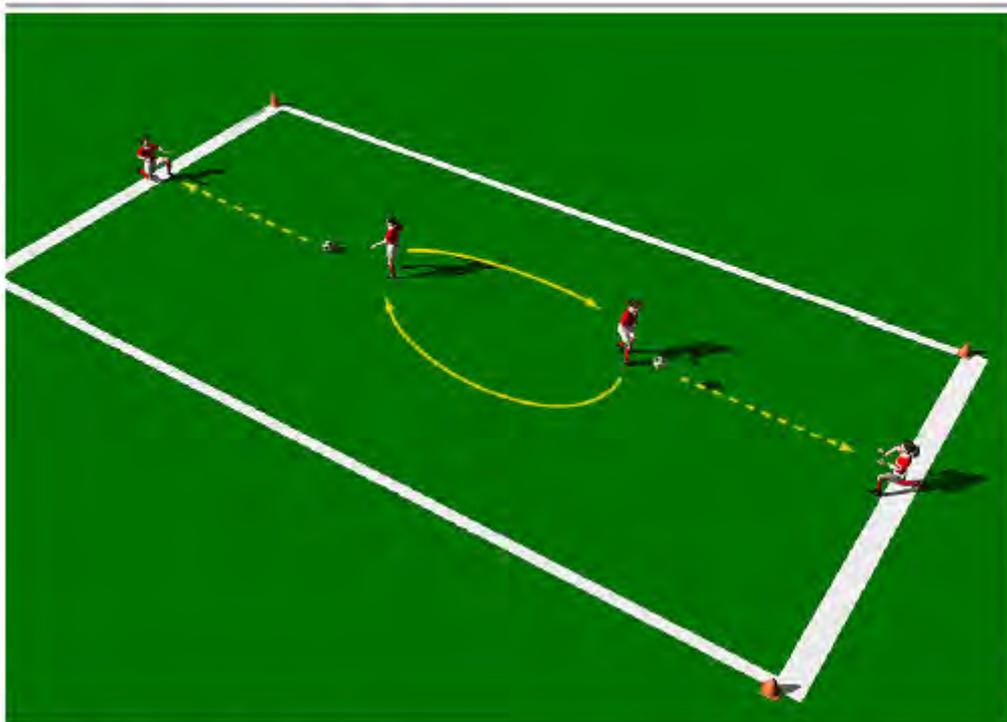
Area 10 x 10 yards. Three players. Two balls.

Coaching Points:

Two servers are positioned each side of the grid. Server's alternate passing the ball to the receiver whom passes back "first time", turns quickly and repeats with the opposite side. Ensure that the servers do not roll the ball too far, so that the player in the center does not need to come to meet the ball. The player in the center should work at full speed and concentrate on quality first touch passing.

If the player working turns to a server for a pass and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between groups. See how many passes can be accomplished in 60 seconds, or who is the first player to reach 20 good passes. Only passes made on the ground are countable.

Pressure Passing 2



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 20 yards. Four players. Two balls. Cones.

Coaching Points:

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back "first time" to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Create a competition between players and see who can get the most passes in 60 seconds.

- The first player to reach 20 good passes wins.
- Only passes made on the ground are countable.

Give and Go Drill



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" as it relates to a "give and go" situation. Emphasis should be placed on "pace, accuracy and timing".

Field Preparation:

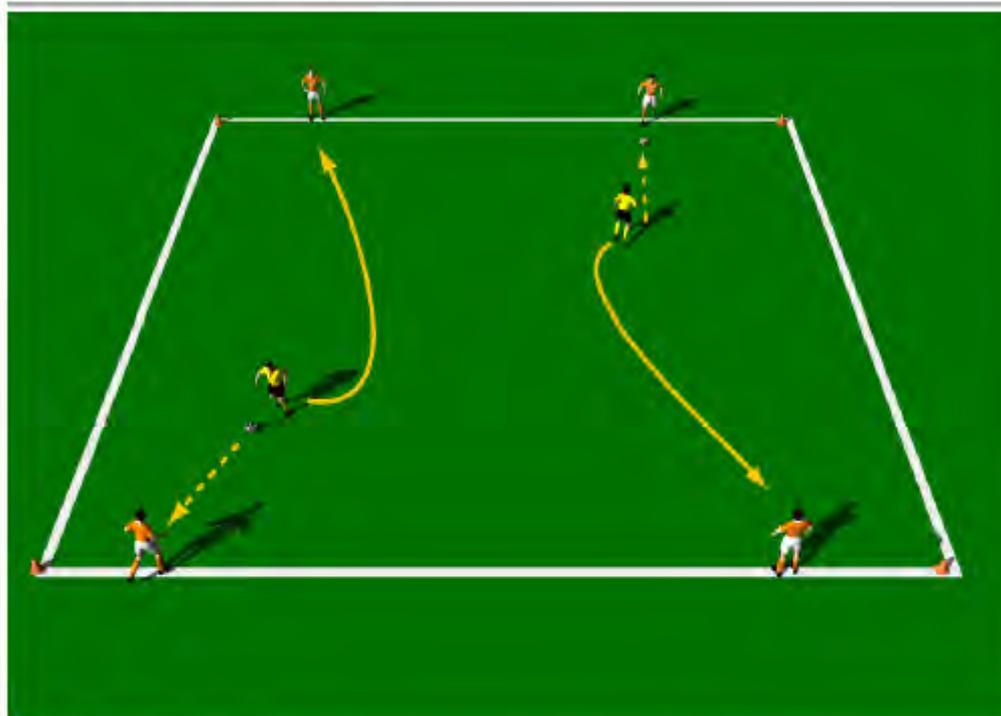
Area 10 x 20 yards. Small group of players. 1 ball. Cones.

Coaching Points:

Players at each end of the grid alternate playing a "give and go" with the receiving player facing them in the center of the grid. Once the player receives the ball back from the center player they must pass it to the player on the opposite side of the grid to repeat.

Players should keep score. A goal is awarded for every completed "give and go" with a quality pass forward.

Passing Rotation



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on pace, accuracy and "one touch" passing.

Field Preparation:

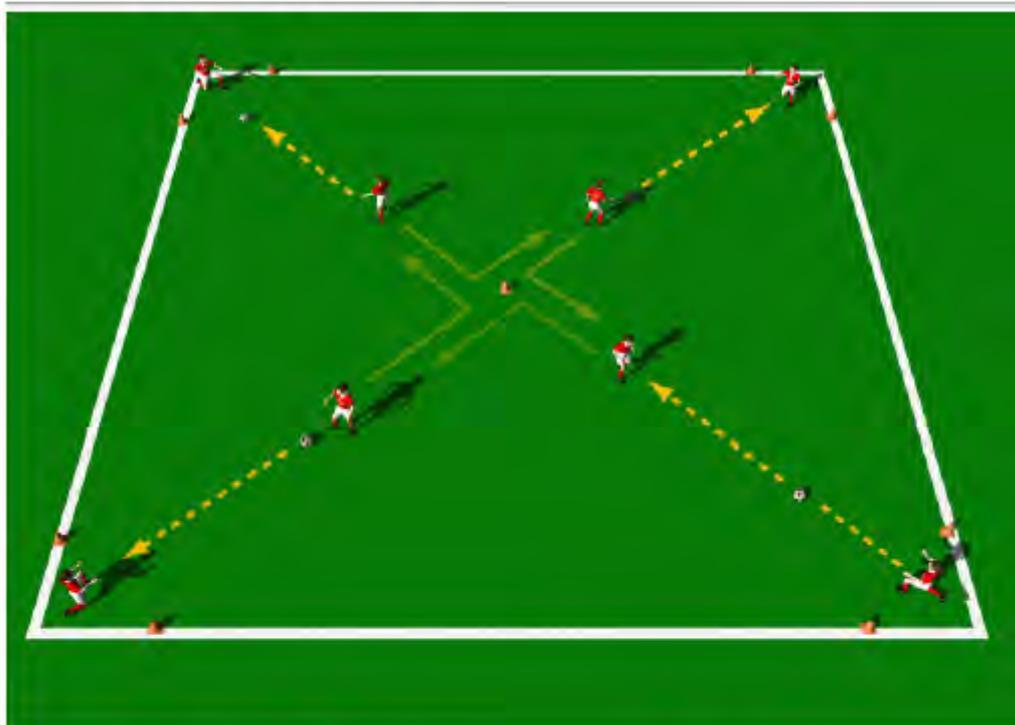
Area 20 x 20 yards. 6 players. 2 balls. Cones.

Coaching Points:

A player is positioned in each corner of the grid. Two players in the center rotate receiving passes from the corner players. Players in the center must try and pass the ball "first time" to either of the two servers they are facing. The two servers should look to exchange passes between them whenever possible and not stand still with the ball at their feet.

Players in the center work for 60 seconds then rotate with two servers. See which pair can get the most passes in 60 seconds.

Passing Rotary Drill



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

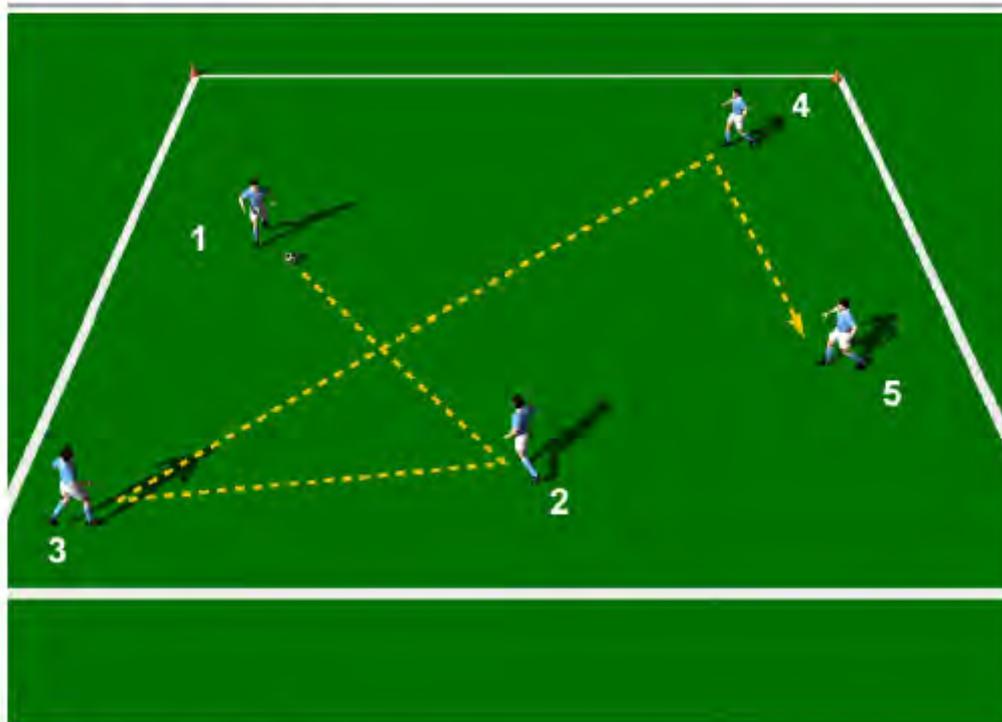
Area 20 x 20 yards. 8 players. 4 balls. Cones.

Coaching Points:

A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball. Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point.

After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server. Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

Numbers Game



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on awareness of supporting players.

Field Preparation:

Area 20 x 20 yards. Small group of players. 1 ball. Cones.

Coaching Points:

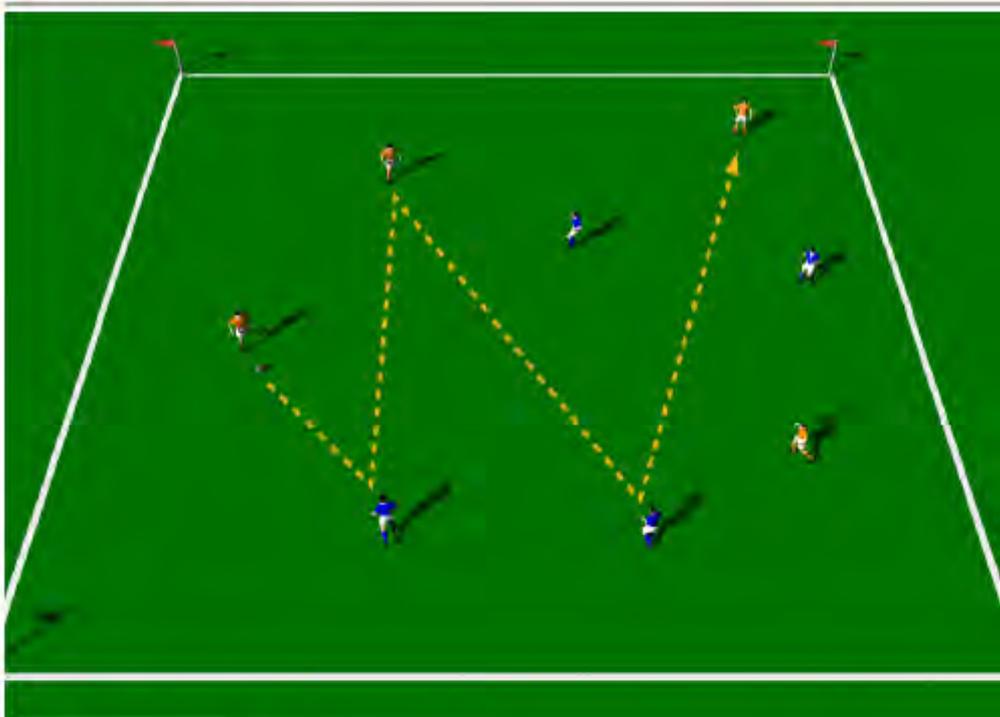
Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5.

The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1.

This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

The players should move continually around the full area of the grid, constantly adjusting their position. Players should be encouraged to look around them before they receive a pass, enabling them to identify the next passing option quickly.

The Color Game



Objective of the Practice:

This practice is designed to improve each player's vision when passing the ball.

Field Preparation:

Area 30 x 30 yards. Small group of players. 1 ball. Cones. Colored bibs.

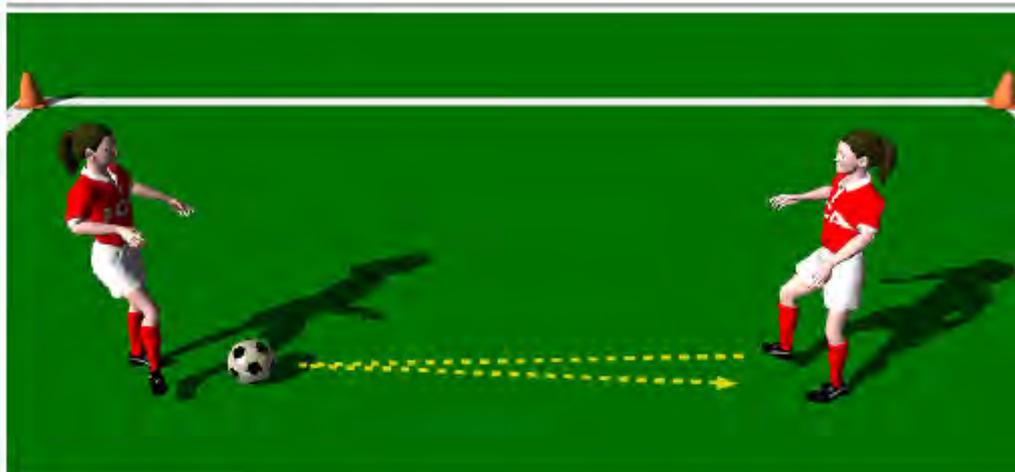
Coaching Points:

An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "Red Player - Yellow Player" (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play. Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

Progression:

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the player's feet. The play is continued with the "Red-Yellow" sequence until the coach calls another player's name.

Speed Passing



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 10 yards. Two players. One ball.

Coaching Points:

Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

The players must pass the ball back and forth between the cones using the "Push Pass". The ball must be kept on the ground and struck firmly enough to cross the cones. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups.

Increasing the distance of the cones to make the practice more challenging. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

Cushion Control using the Chest



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Chest".

Field Preparation:

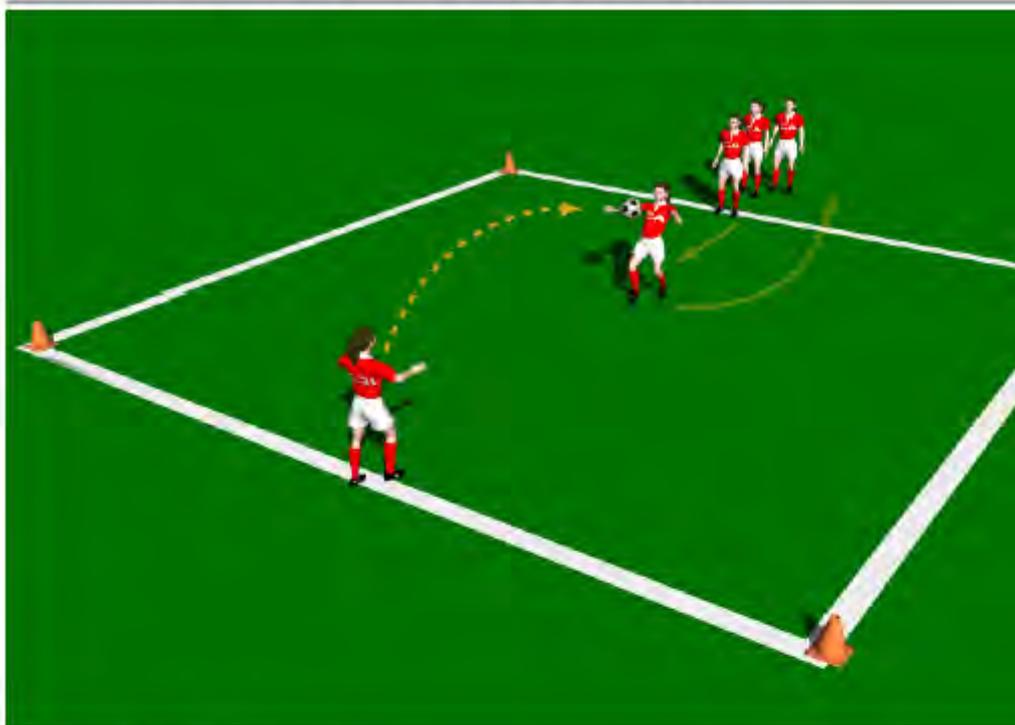
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height for their partner to control using the chest. The player controlling the ball should constantly be moving to get the chest under the flight of the ball.

On contact with the ball, the player immediately withdraws the chest, taking the pace off the ball, and cushioning it down to the ground. The player then passes the ball back to the server to repeat drill. Ensure that the serve is a high "looped" serve and not shallow. Players can keep score, one point for every successful control. Alternate roles so each player performs the drill.

Cushion Control using the Chest Relay



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Chest".

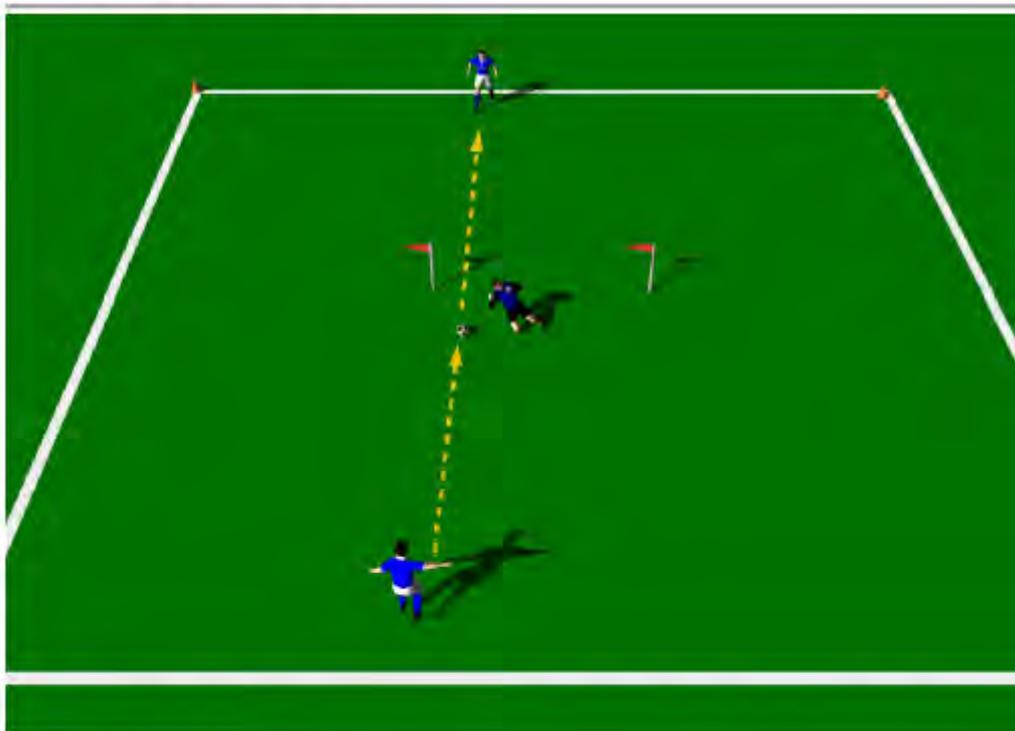
Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the chest. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group. The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Shooting *Both Sides*



Exercise Objectives:

This practice is designed to improve the player's technical ability using the "Low driven shot".

Field Preparation

3 Players, Area 20 x 20 yards, Cones or Flag poles, 1 Ball

Coaching Pointers:

Three players are positioned in a grid 20 yards x 40 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the flagpole's or cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner: 3 goals if the player scores on first touch. 2 goals if the player takes two touches before scoring. 1 goal if the player takes three or more touches before scoring.

The player on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they turn around and roll the ball out to the opposite player. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Shooting 1 v 1 with Goalkeeper in the Middle



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

3 Players, Area 30 x 30 yards, Cones or Flag poles, 1 Ball

Coaching Pointers:

Five players are positioned in a grid 30 yards x 30 yards, using one ball. Two players are positioned either side of the goal. The goalkeeper starts the practice by rolling the ball to one of the players. The first player to the ball tries to score past the goalkeeper, the second must defend, if they win the ball they may also shoot. The ball must travel between the cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

- 3 goals if the player scores on first touch
- 2 goals if the player takes two touches before scoring
- 1 goal if the player takes three or more touches before scoring.

The players on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they then turn around and roll the ball out to the opposite players. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Heading Reaction



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

Field Preparation

Entire group of players, Area 20 x 20 yards, Supply of Balls

Coaching Pointers:

A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

- If the coach shouts, "HEAD" - the player must do the opposite and catch the ball.
- If the coach shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

Heading Relay



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

Field Preparation

Small group of players, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

In an area 10 yards x 10 yards, players alternate receiving the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the servers hands. After each header the receiver must turn and join the end of the group.

The server must throw a high looped serve to the receiving player. The ball should be served approximately 5 yards. If the server throws the ball too far the receiving player will not come to meet the ball. With a correct serve the receiving player is always encouraged to attack the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between teams. Keep score and award points for the first team to reach 20 good headers or the team who can perform the most headers in one minute.