



IAFC Under 10 Practice Activities

DRIBBLING MOVES AND ACTIVITIES TO INCLUDE IN WARM-UP (BEGINNING OF PRACTICE) CAN BE FOUND IN THE "TECHNICAL WARM-UP" DOCUMENT.

Do This, Do That: Set-up/Action: Players stand side-by-side in front of you, and only copy your action when you say "Do This". If you say "Do That", players should continue with present action. Players that make a mistake should perform a quick forfeit (e.g. 2 jumping jacks), then carry on playing the game.

Progression: A ball can be added once the game is understood.

Chain Tag: Set-up/Action: All players, except for two, stand in pairs side-by-side randomly around the grid. The two players not side-by-side are split into one chaser and one runner. The chaser can only tag the runner. The runner attempts to avoid the tagger by standing on the end of one of the pairs standing side-by-side. Upon this action, the player on the opposite end to the runner now becomes the runner.

Cones and Balls Tag: Set-up/Action: Players spread out in the grid. 2 players begin with a ball in their hands and 2 players with a cone in their hands. Player's with balls cannot be tagged. Player's with cones are the taggers. All of the other players are runners. Balls can be thrown to a runner at any time. Once a runner is tagged by a player holding the cone, the cone is dropped, and they become the tagger and pick the cone up.

Progression: Use feet to pass the balls instead of throwing.

Musical Balls: Set-up/Action: Player starts by dribbling a ball inside the area while trying to avoid collisions with the other players. Periodically, the coach calls out "Switch!", and each player must leave his ball, find a different ball, and control the new ball by placing one foot on top. The last player to find a ball must do two "hops" before play resumes.

Progression: Now have a player without a ball. On "Switch", this player has three seconds to attempt to legally get the ball from another player. If successful, the player who lost the ball now becomes the player without the ball.

Push Me/Pull You: Set-up/Action: Players are in pairs facing each other, feet flat on the ground and palms of both hands touching. The goal of the activity is to unbalance your partner so that he/she moves his/her feet or falls over. The players can lean in and push with one or both hands or they can lean back, but neither player can move their feet, otherwise their partner gets a point. Keep score and can switch partners after a couple of rounds.

Progression: Put a ball between them. Both players hold on to the ball to begin with and then when you say, "GO", they try to steal the ball from each other. One partner wins when he/she gets the ball or the other partner's feet move place.

Cyclones and Ladders: Set-up/Action: Players are split into 2 groups, cyclones or ladders. Cyclones form a tight circle and ladders form a straight line. One player from cyclones runs around their circle as many times as they can while the ladders perform over and under using a soccer ball. Once the ladder group has finished the score of the cyclones is noted. Players then switch roles and attempt to beat the score.

Get in Groups: Set-up/Action: Players dribble around in space, weaving in-and-out of each other. When coach calls out a number ("Two", "Three", etc.), players leave their balls and get in groups of that size. Any players left without the correct number of players in their group perform two "hops". Players then return to balls and continue dribbling

Progression: Each player must have foot on top of their soccer ball in the correct group size



Team Handball: Set-up/Action: Split team in half, using regular goals and goalkeepers. Players play a game of handball where players can only take one step before passing the ball. The ball can be intercepted by the opposing team, or if the ball is dropped then the opposing team gains possession. Teams score by throwing the ball into goal.

Progression: Players are allowed to take a maximum of two steps and must volley the ball to a teammate. Teams score by volleying the ball into the goal.

PASSING

Get Ball to Coach: Set-up/Action: Players are in groups of 3 or 4 standing behind coach. Coach plays ball anywhere and designates the number of touches the group has to stop the ball between the coach's legs.

Progression: Coach can move. Add conditions such as everyone has to touch it. One touch passing only. Add a time limit. Finally, add one player from the other team as a defender and no touch restrictions.

Group Fetch: Set-up/Action: Players in groups of 3 or 4. The coach holds one ball for each team. Coach throws balls away simultaneously. Each team must bring their ball back to coach using passing with the condition that each player must touch the ball on its way back to the coach.

Progression: One touch only. Competition between teams to return ball back to coach first. Coach can move. One player from another team can be a defender

Soccer Pong: Set-up/Action: Players are in pairs with one ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Play for time.

Progression: 2 touch only with same foot, with alternate feet. One touch only.

Gate Passing: Set-up/Action: Players are in pairs and must dribble/run around passing the ball between each set of cones to their partner. One player should be on one side of the cones, and the other player on the other side. Players have to control the ball before dribbling to another set of cones and passing the ball back to their partner.

Progression: Each successful pass through the cones is a point. Players have 30 seconds to score as many points as they can. Players try to beat their own score. Right foot only. Left foot only.

Sequence Passing: Set-up/Action: Divide players into groups of 3 or 4 players. Players in each group should be given a number. Object is for the groups to pass through the sequence while moving throughout the field.

Progression: Go backwards through the order.

Checkout Passing: Set-up/Action: Divide players into pairs; each pair has a ball. Mark out a 15 x 15-yard field. Put 10 cones on the sidelines around the field. Partners pass, dribble and move. After each pass, the passer runs (or "checks out") around a cone and receives a pass from their teammate inside.

Progression: Players have to run around a cone on a different side every time.

Bulldog: Set-up/Action: All players in the grid. Two players start off as the "bulldogs" and wear pennies. Place other pennies and balls around the playing area. The two bulldogs have one ball and try to work together to "hit" a player without a pinnie below the knees with a ball. When a player gets hit, they join the "bulldogs".

Ball Tag: Set-up/Action: Players are in two teams. Players dribble in grid and try to kick their ball and hit other team's balls. Players count their score. Coach stops after 60 seconds and adds up each team's score.



Barrel Soccer: Set-up/Action: Place a barrel 15 yards away from you. Players are in 2 groups standing side by side next to the coach. Coach calls number of players (e.g. 1 or 2 etc) and that is how many players from each team come out. 1 pt for hit barrel, an extra point for hitting it on the rebound.

Progression: Hustle play, which means that the player chasing the ball can continue with it even though they may have kicked it out of the area.

3 Player Passing: Set-up/Action: players, one with a ball, are positioned at different corners of a 10 x 10 yard grid. The player with the ball passes across the grid to a supporting player. After he makes the pass, the third player moves to a supporting position (the unoccupied corner of the grid). This gives the player with the ball two passing options. He passes to either corner player, and play continues with players moving to support the receiver after each pass

Progression: Add a defender so it becomes 3v1.

Wall Passing: Set-up/Action: 15 by 15. 4 players 2 balls. 3 players on the outside (X) with one wall passer (Y) in the middle of the grid. One X player with the ball passes to the middle player and makes a run to the open cone to receive the return pass. Upon receiving the pass, the X player passes the ball to the X player without a ball.

Wall Pass and Overlap down the Field: Set-up/Action: Two lines of players 10 yards apart, with all balls in one line. The first two players start by making wall passes to each other while advancing across the field. The rest of the players in line begin as soon as there is some distance between them and the players in front of them

Progression: Require the player on the left to make a pass to his partner and then overlap him. The receiving player should dribble quickly on a diagonal towards his left, and then make the next pass to his overlapping teammate (now on his right). Repeat across the field

Dynamic Lines: Set-up/Action: Players in groups of two facing another group of two players at the other end of the grid. Players pass the ball across to the other player and follow their pass. If they make a bad pass, the whole group has to move to keep the lines and passes straight.

Progression: Two touch only. One touch only. Increase or decrease distance of groups.

Pass and Receive Trios: Set-up/Action: Players in groups of 3. 2 players stand 30 yards apart with a ball each, with the third player in the middle without a ball. An outside player passes the ball to the person in the middle who must sprint to the ball and pass it back. He should immediately turn to face the other outside player, sprint to the ball passed by this server, and repeat for 1 minute intervals. Switch players in the middle with each rotation.

Progression: Only one player on the outside has a ball. The ball is passed to the player in the middle who controls the ball and plays it to the opposite player and sequence is repeated.

Pass and Change: Set-up/Action: One player is in the center of 15x15 yd. grid, with a player in each of the grid's corners. One of the corner players has a ball, and starts the exercise by passing to the player in the middle. The middle player then passes to a player on a far corner, after which the original passer and the middle player exchange positions. The exercise continues in the same fashion around the grid.

Progression: Limit touches.

3 Man Weave: Set-up/Action: Three players line up, with about 10 yards between them. The middle player starts with the ball, passes to a player on the outside, and follows his pass there. The receiver dribbles toward the center, passes the ball to the other side, and overlaps that way. Continue with the same rotation across the field

Aerial Ball in 3's: Set-up/Action: Position three players facing each other in a triangle. Two players have a ball, and one does not. One player with a ball tosses it to the person without a ball for him to trap and return. The other player with a ball does the same. When the player without the ball has received five tosses, he keeps that ball and the roles in the triangle change (i.e., he now becomes a server). Progression: Volley the ball back to the server using the inside of the foot or laces.



Passing Relay: Set-up/Action: 4 players, 10 yards apart from one another in a straight line, each at a cone. The ball is with the first player at one end. The ball has to be passed to each player and back to the start before an additional player can dribble his/her ball to the end and back. Players rotate roles each time.

Passing Combinations: Set-up/Action: Players in groups of 4, 2 players per end. 1) Long-pass give and go. Follow your pass. 2) 2 players in the middle, outside player static. Play ball into middle player who controls and plays back, then runs around the outside receiver and checks to the opposite ball. After 45 seconds switch players. 3) Short-Short-Long. 1 Ball, Players in middle set the outside player to pass the long ball across the field to the furthest player. The furthest player plays a wall-pass with the middle player before passing to the furthest play. After the pass the passer and middle player switch positions.

Progression: 2 touch only. 1 touch only

Passing Combinations (2): Set-up/Action: 10 by 30 yard grid. Dribble and pass to the next player in line then follow pass.

Progression: 1) Soft pass from cone closest to partner. 2) Firm pass from cone furthest from partner. 3) Dribble to right hand side of grid and pass diagonally.

Passing Zig Zag: Set-up/Action: Players pass the ball in sequence and follow their pass. The last player to receive the pass speed dribbles back to the beginning.

Progression: 1 touch to control, 1 touch to pass using different surfaces of the feet

Square Passing: Set-up/Action: Players are in four groups at the corners of the grid. One ball per group. The player with the ball makes a clockwise pass to a teammate at the corner and follows his/her pass. The receiver takes one touch and passes clockwise and follows his/her pass etc.

Progression: Repeat in other direction. Play a wall pass (receiver runs behind cone then onto the ball). Player passes to teammate advancing who passes the long ball. Player who originally passes the ball runs to support long pass receiver and gets the ball back and repeats sequence.

Long Pass Give and Go: Set-up/Action: Players are in two groups at either end of the grid. Player passes a long pass to the opposite end of the grid, and follows their pass. The receiver controls the ball and plays a give and go with the advancing passer. They then play a long pass to the next player in line and repeat the sequence.

Progression: Increase the distance between the players or decrease the distance between the players. Play one touch where possible.

Receiving Square: Set-up/Action: Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from another outside player.

Receiving Line: Set-up/Action: Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.



SHOOTING

Stationary Shooting: Set-up/Action: Players in pairs 15-20 yards apart with a set of cones (goal) between them. Players attempt to “shoot” the ball between the cones (goal) using the correct shooting technique. Attempt with each foot.

Progression: Players increase the distance they away from the goal. Players now move so there is only one cone between them. Players now attempt to “shoot” the ball over the single cone.

2 Way Partner Shooting: Set-up/Action: 2 pairs (Player 1 and Player 2) stand either side of a goal that has a goalkeeper. Each pair takes it in turns to shoot on goal. Player 1 receives the ball, runs behind Player 2 and rolls the ball through Player 2’s legs to run onto and shoot.

Progression: Player 1 receives the ball and runs to one side of the goal, turns to face Player 2 and rolls the ball back allowing Player 2 to shoot an oncoming ball. Player 1 receives the ball and runs next to Player 2 and rolls the ball allowing Player 2 to shoot from a square pass. Player 1 runs behind Player 2 and throws the ball over Player 2’s head allowing Player 2 to shoot a ball that is bouncing.

Shooting Against GK: Set-up/Action: Players are in pairs. One player passes to his/her partner who controls the ball then shoots at the goal

Progression: Partner hits shot 1st time. Vary the service into partner (low, high, bouncing) Server follows shot for rebound. Server follows up pass to put pressure on shooter

2 Way Shooting: Set-up/Action: Players are in groups of 3, with one player as the goalkeeper in the middle. Players on the outside take turns to shoot the ball. If the goalkeeper saves the ball, he/she turns and feeds the other player. Play for 1 minute and rotate goalkeeper.

Progression: Each player has the ball and now pushes the ball forward with one touch before shooting. Players can move further from the goal if becoming too easy

Beat the Keeper: Set-up/Action: 2 attackers, one goalkeeper. 2 balls. Each attacker has a ball and takes turns to shoot at the goal. Goalkeeper must turn quickly to save.

Progression: 1 ball. Attacker passes long ball in air to teammate who takes 1 touch to control and the second to shoot

Volleys to Goal: Set-up/Action: Players stand 15-20 yards away from the goal and facing in the opposite direction. On coach’s signal, players must throw the ball over their head and shoot on goal before the second bounce of the ball.

Junkyard Soccer: Set-up/Action: Divide the grid into 2 halves. Place half of the players into one half and the others in the other half. The object of the game is to strike balls into the other team’s yard. Each team wants to have a clean yard when the coach calls time. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.

Progression: Require a pass to be made to a teammate before the ball can be struck back to the other half.

Four Corner Shooting: Set-up/Action: On a 20x25 yard grid, position two goals at each end. Split group into two teams (red and yellow). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the yellow team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every few minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored.

Progression: Teams begin diagonal from each other.



Quick Fire: Set-up/Action: Players are in 2 teams. Coach serves ball into penalty box where players shoot at goal. Players score 3 points for a full volley (no bounce), 2 points for a bouncing ball, and 1 point for a rolling ball.

Pairs Volley Competition: Set-up/Action: Players stand 5-10 yards apart in pairs. One player starts with the ball in his hands. When the coach says, "go", the first player volleys the ball to his partner's hands, which catches it and quickly volleys it back. Each pair counts aloud, and competes to complete as many "clean" volleys in 30 seconds. Balls that hit the ground before being caught do not count.

Progression: Require players to alternate feet with each volley. Attempt half-volleys.

Developmental Shooting: Set-up/Action: Players form 2 groups 30 yards from the goal and 15 yards apart. One group has all the balls. The first player in this group dribbles forward 10 yards and towards the center where he/she stops the ball, continuing their run and leaving the ball. The first player in the other group starts his/her run at the same time as the dribbler, and runs onto the ball that the dribbler leaves, taking one touch before shooting at goal.

2v0 Takeover Finish: Set-up/Action: Position two groups of players 20 yards from the goal and 15 yards apart.

Give a ball to each player in one of the groups, and position a cone halfway between the two groups of players. The first player with a ball initiates action with a lateral dribble toward the player across from him who responds with a crossover run in support. When the dribbler reaches the cone, the players perform a takeover, and the player receiving the ball finishes quickly with a shot on goal.

Criss-Cross Shooting: Set-up/Action: Place two cones at the edge of the penalty area in line with each goal post.

Line up an even number of players on a cone next to each goal post. The players on the post should each have a ball and make a pass across the goal diagonally to the first player on each cone. The players on the cones go to the ball and take a shot on goal. The players who made the pass should sprint around the back of the lines to get into the line where they made the pass to.

Break Out: Set-up/Action: All players dribble inside a grid. When their name is called, they break out of the grid and race their opponent to the 5 yard line where they attempt to pass the ball into an open goal. They then recover the ball and dribble back around the outside of the grid.

Progression: Make the goal smaller. Move the line back so players shoot from further away. Make the goal larger and add goalkeepers.

Give and Go Finishing: Set-up/Action: Line of players with a ball each approximately 30 yards out from the center of the goal. Have a posting player start at the top of the penalty area, facing the line, and put a goalkeeper in the goal. The first player with a ball initiates action by passing to the posting player who lays the ball off left or right for an overlap. The passer runs onto the ball and shoots first time. After each shot, the posting player retrieves the ball and returns to the passing line, and the shooter becomes the new posting player.

Progression: Posting player follows up for rebounds.

Crossing and Finishing: Set-up/Action: Two attackers, and one crosser out wide on each side. One attacker plays the ball wide and both attackers make runs into the box to receive a cross from the wide player.

Progression: Add a defender. Add a second defender and have the wide player not crossing the ball allowed to attack the back post.

Go For Goal: Set-up/Action: Players form two lines on either side of the coach who is standing 20 yards from the goal. All players have a ball. When coach shouts "go" the first two players race to dribble their ball towards the goal and score first.

Progression: Coach has all the balls and plays one ball towards the goal. It is a race between the players to win the ball and shoot. Add a goalkeeper.



4 Goal Shooting: Set-up/Action: Place 4 goals in the middle of the grid with a goalkeeper in each one. Attackers have a ball each on the outside. Attackers dribble around and shoot in their own time. Goalkeeper switches every minute.

Progression: Remove 1 goalkeeper and only half of attackers have the ball. Attackers try and pass to find easy scoring opportunities to the empty goal. Goalkeepers can move to try and protect all four goals.

Finishing with Power and Accuracy: Set-up/Action: 2 teams, 2 goals, 2 goalkeepers. Teams at opposite ends of field with balls. 1st player in both teams dribble at the same time and pass to opposite player who shoots on goal. Players continue to the end of the opposite line.

Progression: One player from each group inside grid facing his own group. Inside players receive a pass from the 1st player in their group, turns, and shoots. Player who passed ball goes inside the grid and player who shot goes to the back of the opposite line. Wall pass followed by a shot.

How/When to Finish With Accuracy: Set-up/Action: Groups of 5 players and a keeper. Player X1 passes to Player X2 who plays a wall pass with Player X3 and shoots. Player X3 goes for the rebound. Players rotate with each player moving to the next position and Player X3 goes to the back of the line

Progression: In sequence B, Player X1 passes to Player X2 who turns away from Player X3. Player X3 runs flat until a through ball is played by Player X2.

Get Outta Here!: Set-up/Action: Players stand 5 yards apart next to the coach on the sideline. 2 small goals are at either end of the grid. Coach calls out a number and that is the number from each team runs into the middle and attempts to score on either goal (e.g. "1" would mean player from each team). As soon as a goal is scored, or the ball is out of play, the coach shouts "get outta here!" and the players must immediately exit the grid and return to their start positions.

Progression: Replace small goals with regular goals and add a goalkeeper.

Close Range Shooting: Set-up/Action: Players split up into groups of 4. 4v4 in penalty area. Coach feeds balls from edge of penalty area. Conceding team switch with next group of 4.

Crossing and Finishing Game: Set-up/Action: Create a 10-15 yard channel on each side. Group split into two teams with one neutral player. Players are limited to two touches inside the central grid and unlimited touches in the wide channels. All players can enter the wide channels at will. 3 points for a goal direct from a cross.

ATTACKING AND DEFENDING

Speed Dribble: Set-up/Action: Players in pairs stood next to each other 10 yards away from a line of cones. One player has ball and attempts to beat his/her partner by dribbling across the line of cones under control. Defender can only move when the attacker touches the ball.

Progression: Players stand 15 yards away from line of cones. Player with ball passes the ball to his/her partner and makes an overlap. Player with ball attempts to dribble across the line of cones before overlapping player can get to the line of cones.

Speed Dribble 2: Set-up/Action: Players are in two lines 15-20 yards apart facing each other. First player with ball dribbles to within 3 yards of the opposite line and passes the ball. He/she then backpedals as fast as possible to the line they started from while the receiver attempts to dribble towards that line and make a pass to the next player within 3 yards away.



Shadow Dribbling 2: Set-up/Action: Players in pairs number themselves 1 and 2. 1 runs anywhere in grid while 2 tries to stay as close to 1 as possible. When coach shouts “stop”, players stop and number 2 gets a point if close to number 1. Switch roles after 30 seconds.

Progression: Number 2 has ball and attempts to stay close to number 1 who does not have a ball. Both players have balls.

Drizzle Relay: Set-up/Action: Split players into 2 or three teams who race against each other through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

Progression: Add a square in which the player has to stop the ball before the next player can go.

Perimeter Goals: Set-up/Action: 2 players to a ball passing back and forth. When coach shouts, “go”, one tries to beat the other & dribble through a mini goal. Only 1 goal can be scored at each goal.

Pirate: Set-up/Action: One player in the grid is without the ball and is the Pirate. All other players have a ball and dribble. The pirate attempts to win a ball from any other player. The player who loses his/her ball becomes the new pirate.

Last Player Out: Set-up/Action: Play in a large grid. All the players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player who doesn't have a ball has to perform a minor penalty then a new round begins.

Progression: Begin with 2 or 3 less soccer balls.

Knock Away: Set-up/Action: All players have a ball inside a grid. When coach shouts, “go”, players keep their ball but try to “knock” someone else's ball away. If a player's ball gets knocked away and it stops rolling then that player must do 5 toe taps before returning to the game. If they get their ball knocked away and they can get to the ball before it stops rolling then no toe taps.

Sharks and Minnows: Set-up/Action: One player (or coach) is the defender (shark). The other players all have a soccer ball each and dribble around the grid trying to keep their ball away from the defender. The defender tries to steal the soccer ball, by gaining possession and putting his/her foot on top of the soccer ball. Every time the defender does this they score 1 pt. The player retrieves their soccer ball and is back in the game.

Progression: Split players into teams of 3. Each team takes turns to defend and compete to score the most points.

Gate Game: Set-up/Action: Place a number of “gates” around the grid. All players have ball. Players try to dribble the ball through as many gates as possible in one minute.

Progression: Can players beat their score? Players only use right foot. Players only use left foot. Add a couple of players as “Gate Closers”. These players move around the gates and if they stand in the gates then the gate is blocked and players cannot dribble through that gate. If ball hits “Gate Closers” then player is frozen for 3 seconds.

Freeze Tag: Set-up/Action: To begin, players do not have a ball. One player (or coach) is “it”. Players run around in the grid and try to avoid getting tagged. If a player gets tagged, then they are frozen. To resume play, they must be tagged by a teammate

Progression: Each player has a ball, except the player (or coach) who is “it”. The “it” player tries to touch the other player's soccer ball with his/her feet. If “it” player touches a player's soccer ball then that player is frozen and has to stand with the legs wide and hold the soccer ball above his/her head. The frozen player can be freed by a teammate touching the ball through the frozen player's legs.

Hospital Tag: Set-up/Action: All players have a ball each and are taggers. Taggers run around the grid trying to tag each other. Whenever a player is tagged, he must hold that part of his body with one of his hands and continue running around the grid. If a player is tagged a second time, he must hold where he was hit with his other hand and continue running. If a player is tagged three times, he must go to the “hospital” (outside the grid), receive some form of “treatment” from the coach (for example, doing 5 hops), and then return to the grid to continue playing.



1v1 Tackling: Set-up/Action: Have 2 players stand 2-3 steps on either side of the ball. On command both players should squarely step to address and block the ball.

Progression: 1v1 to goal. Players attack goal they start at. Defender must recover goal side.

1v1v1 to Goal: Set-up/Action: Players are in groups of 3 on each side of the goal with a goalkeeper. The player who has the ball attempts to score a goal. Each player attempts to win the ball so they can score a goal. If the ball goes in or goes to the other side then the 3 players on that side compete to score a goal.

Progression: Players play 3v3 using the same area and both sides of the goal. If goalkeeper catches the ball, he throws it to open space.

Get Out The Grid: Set-up/Action: Coach is on outside of grid with all the balls. Players are split into groups of no more than 6 players. Coach serves a ball into the area and each player attempts to win possession of the ball and stop the ball just outside one of the sidelines for a point.

Progression: Players in pairs and must complete a minimum of one pass before the ball can be dribbled outside of the grid. 2 consecutive passes before dribbling over sideline to score a point.

Transition: Set-up/Action: Players split into two teams with balls split between both teams. Teams stand spread apart on the opposite sides of the area. Players of each team are given a number. Player 1 from each team comes into the middle. The player with the ball is the attacker and the other is the defender. Play 1v1 with players attempting to dribble over their opponent's end line. If they are successful, then they become the defender and player 2 from the opposite team is the attacker.

Progression: 2v2, 3v3

End Line Game: Set-up/Action: Players are split into 2 teams. Each team attempts to dribble the ball over their opponent's end line to score a point. Players can pass and dribble within the grid but only score by dribbling and stopping the ball over the end line.

Triangle Goals: Set-up/Action: Three teams of 3 players. A triangle is created in the middle of the field using cones, which are the goals. One team acts as keepers, defending the 3 goals. The other two teams play 3v3 to score on any of the three goals. If keeper catches the ball then it is thrown out randomly for play to continue. After a set time, switch the teams.

Defend your City: Set-up/Action: Players split into teams of 3 and play 3v3 on small fields. Instead of using goals, 3 cones are placed on each end line. Teams attempt to knock over an opponent's cone. When all cones on a team have been knocked over, start a new game or switch teams.

Shoot Them Up: Set-up/Action: Two teams of 4 players in a field split into two halves. Each team has only one defender who is restricted to staying in his/her own half. The other players are restricted to staying in the other team's half. This creates a situation in each half. Keeper starts by throwing ball to his attackers in the other half who try to score. If defender or keeper wins the ball, they play it to their teammates in the other half.

Breakaway: Set-up/Action: Two teams of 3 to 4 players play in a middle grid 25 by 25 and two keepers are in goals located 20-25 yards from the grid. The coach starts by passing the ball into the grid randomly. The team in possession attempts to make 3 passes and then passes the ball outside of the grid towards a goal for a teammate to run onto and shoot. Only one attacking player can leave the middle grid at one time and no defenders.

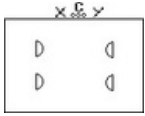
Progression: Players have to shoot the ball first time. Players can be offside with the lines of the grid as the 'last' defender. A defender can chase the attacker.

Touch Finishing Game: Set-up/Action: Players in 2 teams with one goalkeeper and a counter goal (for defending team to score in). Players play a scrimmage, but attackers can only score by a player taking a maximum of two touches with one of those touches being a shot.



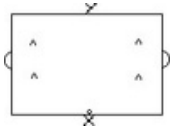
Goals, Goals, Goals: Set-up/Action: Create a large grid and add 4 goals (4 to 5 yards wide in the middle of each side of the grid). Have one player in each goal as a goalkeeper. Divide the remaining players into 2 teams. Teams can score in any of the goals.

1v1 Outward Goals: Set-up/Action: 2 sets of goals 10 yards apart. Coach plays ball in and X and Y play 1v1 with near full pressure and attempt to score in one of the outward facing goals.



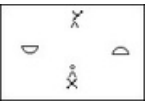
Progression: Full pressure.

1v1 Close Finish: Set-up/Action: Limited pressure. Teams 10 yards apart. X plays the ball to Y who can score in either goal but must be 4 yards from the goal (cones) to score. As soon as he/she scores it is a race with the defender to get to the other set of cones first.

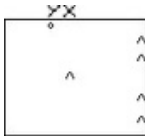


Progression: Full pressure and defender can score if wins the ball.

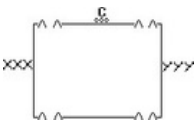
1v1 Reverse Goals: Set-up/Action: 2 goals 20 yards apart facing opposite directions. Two groups of players 12 yards apart. Full pressure. X is the defender and passes the ball to Y to begin. Y attempts to score in either goal but must be within 4 yards.



1v1 Sideways Goals: Set-up/Action: Y is the defender and passes to X and overlaps. X must dribble over the half way line (middle cone) before attempting to dribble through one of the goals. Defenders can win the ball and score.

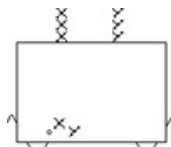


1v1 to Two Goals: Set-up/Action: Full pressure. As soon as coach plays the ball, the first player in line runs through they're nearest goal and attempt to dribble through either of the opponent's goals. X's goals are at the bottom, Y's at the top.



Progression: Coach can demand a certain move. **1v1 Transition: Set-up/Action:** Full pressure. X attempts to beat Y and get past the cones and score in either goal.

As soon as X scores, he/she becomes the next defender with the next player in line Y dribbling out and attempting to score. Y then becomes the next defender and the next X player attempts to score.





1v1 Back to Goal: Set-up/Action: 2 teams line up 10 yards apart on the end line. One team are defenders, one team are attackers. Defenders have all the balls. The 1st defender passes the ball out into the open space and the 1st attacker runs to the ball. The defender closes down the attacker and tries to deny a turn. The attacker tries to turn quickly and beat the defender and dribble over the line.



Progression: Add a goal between the 2 lines so attackers can score. Add a goalkeeper. Play 2v2 or 3v3.

1v1 Immediate Chase: Set-up/Action: Players are in two groups with the second group 5 yards behind the first group. The second group has all the balls. The first player from the second group passes the ball into space and the first player in the first group tries to dribble the ball over the end line under control while being chased by the first player from the second group (passer).

Progression: If the passer wins the ball then he/she tries to return it to the start. Add a goal. Add a goalkeeper.

Take-On Challenge: Set-up/Action: Divide the group into two teams and place at opposite corners with a goal at either end. Player 1 passes the ball across the grid to the opposite player. Player 2 comes out to receive the ball and has to beat Player 1 with a move and then try to score. If player 2 wins the ball, he/she attacks the other goal. Switch lines after ball goes out of play, or in the goal.

Progression: 2v2. 3v3. Players on opposite sidelines facing each other and can score in either goal. Player receiving the ball must get within 3 yards of either goal before they can shoot.

1v1 to Goal: Set-up/Action: Players are split into two groups. The defending group is positioned near the goal post on the goal line. The attacking group is positioned 25-30 yards away in the center of the field and facing the goal. The first defender serves the ball out to the first attacker and they play 1v1. Once a goal is scored or the ball goes out of play, the players join the back of the opposite line.

Progression: If defender wins the ball, play is continued and the defender and attacker switch roles. Add 2 small counter attacking goals for the defenders to attack should he/she win the ball.

1v1 Delayed Pressure: Set-up/Action: Position a group of attackers 40 yards out from the goal. Position a group of defenders on the side line halfway between the attackers and the goal. Defenders serve the ball to attackers and cannot move until attacker takes his first touch. Attackers dribble towards the goal and try and score against the goalkeeper while the defenders attempt to win the ball.

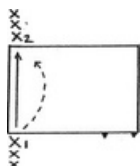
Progression: Defender can go as soon as ball is passed.

1v1 Defending: Set-up/Action: In pairs, ball between 2. Stand on opposite ends of the grid, facing each other. Defender plays the ball into attacker then closes the space quickly. Once he/she has the attacker within a yard or two, "jockey" the attacker. The attacker dribbles smooth zig zags towards the defenders line to make the defender improve footwork. Switch roles and repeat.

Progression: Defender tries to steal ball. Attacker scores 1 point for getting to defenders line. Defender scores 1 point for forcing the attacker out of grid, or three points for stealing the ball and getting to the attacker's line.



1v1 Defending (2): Set-up/Action: 2 groups of players. 1 goal, Player X1 passes to Player X2 and comes in to close him down at an angle to keep him on the outside, away from the goal. Begin with no tackling, just closing down quickly at an angle and jockeying the dribble down the line. Players switch lines after each turn.



Progression: Attacker trying to score on side goal and defender trying to win ball and dribble across end line.

1v1 Shielding: Set-up/Action: Players are paired up, and each pair has a ball. On the coach's signal, the player with the ball attempts to screen the ball from his partner for at least 10 seconds. Then switch roles.

Score on Four: Set-up/Action: 4 goals are made in the corners of the grid facing towards the middle. Coach throws a ball in the grid and players attempt to win the ball and score in any of the goals.

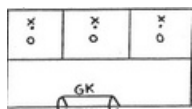
Progression: Can't score in a certain goal. Players play 2v2. Each group has 2 goals to protect.

1v1 Promotion and Relegation: Set-up/Action: Set up several fields next to each other that have two small cone goals across from each other. Two players should be on each small field, playing 1v1 to goal. After two minutes of playing, the winners advance to the next 'higher level' field, and the losers move to the next 'lower level' field. Announce a method for breaking ties in advance.

1v1 Free Play: Set-up/Action: Players play against each other, trying to score through a 'two sided' goal by passing or dribbling through the goal. There is no out-of-bounds. The player in possession of the ball is the attacker, the other player is the defender. Play one-minute games then switch players.

Progression: If defender wins possession then players immediately switch roles. 2 pts for dribbling through goal. 1 pt for passing through goal. Play 2v2, or 3v3

1v1 to Shot: Set-up/Action: Players are in pairs in each of the 10 by 10 grids. Once beaten, the defender cannot go into area closest to the goal. If the defender wins the ball and dribbles out of the area under control then players switch roles. Coach calls out what pair will start.



Progression: Attacker only allowed two touches when in the area closest to the goal. Attackers have to shoot first time in the area closest to the goal.

1v1 With Help: Set-up/Action: A rectangular field with a small cone goal at each end. A player is on each sideline of the grid. 2 other players play 1v1 and can use the players on the sideline as help. Players on the sideline cannot enter the grid or score a goal. Two new players come on after a goal is scored.

1v1v1: Set-up/Action: Create a triangular field with three cone goals 15 yards apart. Each player defends one goal, and attacks the other two.

Progression: Goals can be scored from either side of the goal.



Number Challenge Game: Set-up/Action: 2 goals. Players split into 2 teams. Each player is given a number and must remain linked in front of their goal. Coach calls out number and rolls the ball into play. The players with the corresponding number unlink and compete for possession and try to score. Remaining players are linked and cannot use hands to save the ball. They must stay within a yard of the goal line.

Progression: Coach calls out two or more numbers. Players play for a minimum of twenty seconds (if ball goes out, coach plays another one in). Play with traditional goalkeepers (remaining players on team stand behind goal).

1v1 Seize: Set-up/Action: Create three square grids using 8 cones. Put a defender in each grid and an attacker just outside the first grid with a ball. The attacker attempts to dribble past the defender in the first grid, then past the defender in the second grid, etc. The defenders must start on the 'back' line of their grid and cannot leave their grid to chase the attacker. The attacker scores a point each time he/she makes it past a defender and into the next grid.

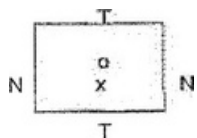
Progression: Add a goal and a goalkeeper, and create two grids in front of the goal beginning at the penalty area. Attackers attempt to dribble past the defenders in each of the two grids before shooting at the goal.

2v1 Seize: Set-up/Action: Similar to 1v1 seize, except 2 attackers are going at one time. Every time the attackers beat a defender, they get a point. Defenders only have to knock the ball out of the grid area to stop the attack. Each time the defenders stop an attack, they move up a space, changing places with the defenders in the grids in front of them. The defenders become attackers by stopping an attack. When this happens, the attacker who lost the ball goes into the last grid and becomes the new defender for that grid, the successful defender in the first grid goes to the end of the attacking lines, and the remaining defenders all move forward by one.

1v2: Set-up/Action: Position a server with a ball at one end, an attacker 10 yards away facing him, and two defenders at the far end of the grid. The server initiates action with a pass to the attacker who turns and attempts to exit the opposite end of the grid. As soon as the ball leaves the server's foot, the two defenders work together to force a turnover.

1+1v2: Set-up/Action: 3 groups of players. 2 defenders and 1 attacker. One target on opposite side to attacker. 1st Defender passes the ball to attacker and closes him/her down. 2nd defender makes recovery run into covering position. Attacker tries to either dribble across the end line or pass the ball to target on end line. Defenders try to win the ball and take ball across attacker's end line.

1v1 to Target Players: Set-up/Action: Players play 1v1 in the grid. Attacking player tries to pass ball to one target, get it back and pass to the other target to score a point. If the defender wins the ball then switch roles. Neutral players play back to the player who passed the ball.



Progression: 2v2 in grid. No neutrals.

1v1+1: Set-up/Action: Players play 1v1 in the grid with a neutral player to use when in possession of the ball (making it 2v1). Neutral player cannot defend. Players attempt to score a point by making 5 consecutive passes.

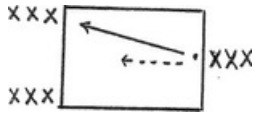
Progression: Players attempt to dribble or pass the ball to teammate over the end line. Add goals. Add goalkeepers.

2v1 Possession: Set-up/Action: Three players with a ball in the grid. Designate one player as the defender. The other two players attempt to make passes using a maximum of three touches.

Progression: Reduce touch limit.



2v1: Set-up/Action: 3 groups. 2 groups of attackers at one end and 1 group of defenders at the other end. 1st defender passes the ball to either attacker and closes down space. Attackers attempt to get the ball over the defender's end line under control to score a point. If the defender wins the ball, he/she can dribble across the attacker's end line with the ball under control to score a point.



Progression: Defender is the offside line

2v1 to Goal: Set-up/Action: Position a group of defenders next to the goal and 2 groups of attackers 10 yards from each other and 35 yards out from the goal. The first defender serves a ball to one of the players at the front of an attacking line and play 2v1. If the defender wins the ball, he/she should either dribble past the attackers or pass the ball back to the goalkeeper.

2v1 to Goal with Overlap: Set-up/Action: X1 and X2 are attackers and O is the defender. X1 pass the ball to O, who passes the ball to X2. While the ball is being passed from O to X2, X1 makes an overlapping run around X2 to offer support.



2v1+1 Transition: Set-up/Action: 4 players in a grid. Player and his partner start with the ball and play a game of keep away. One of the two defending players "takes a knee" while his partner is the only defensive player. If the defender gets control of the ball, his partner stands up to play keep away with him and the player on the other team closest to the ball "takes a knee" while those players play 2v1.

2v2 Defending: Set-up/Action: 2 pairs of players facing each other in opposite ends of grid. 1 ball per group.

Defending team plays the ball to attacking team then closes the space quickly using pressure-cover. Begin with passive defending.

Progression: Defending team tries to steal ball. Attacking team scores 1 point for getting to defender's line.

Defending team scores 1 point for forcing the attacking team out of grid, or three points for stealing the ball and getting to the attacking team's line.

2v2 Counterattack: Set-up/Action: A group of defenders positioned either side of the goal, and 2 groups of attackers 35 yards away positioned next to a small goal. A defender serves the ball to one of the first attackers and play 2v2. If defenders win the ball, then they attempt to score through one of the 2 small goals.

Progression: Defenders have to dribble through one of the small goals.

2v2 to Target Players: Set-up/Action: Same as 1v1 to target players, except there are 4 players in the middle – 2 attackers and 2 defenders – playing 2v2. Progression: Replace one of the end line players with a goalkeeper, and have the attackers try to score instead of making a pass to the target player

2v2 Back to Goal: Set-up/Action: 2 attackers and 2 defenders start 15 yards out from the goal facing the server who is positioned a further 10 yards away. The server initiates action with a pass to either attacking player. The attackers work together trying to score while the defenders work hard to deny a good shot. If defenders win the ball, then they try to pass the ball to the server.

2v2 with Overlap Run: Set-up/Action: Two lines of attackers outside the penalty area, facing each other, with approximately 20 yards of space between them. Give a ball to each player in one of the lines. Place a goalkeeper in goal, and two defenders in the penalty area. The first player with a ball initiates action with a diagonal dribble towards the other line of attackers. The player opposite him responds with an overlap run in support. Attackers work together to create a shot against the two defenders, who step up to apply pressure as soon as the ball is in play.



2v2 to Small Goals: Set-up/Action: Create two 5-yard goals either end of the grid and have the player's play 2v2. **3v1:**

Set-up/Action: Defender passes ball to one of the attackers and then moves forward to defend. Attacking players try to combine to get the ball past the defender and to the end line. Whoever loses the ball becomes the defender.

Progression: Add a second defender to make it 3v2.

2v2+2: Set-up/Action: 2v2 in central grid with 2 players from each team supporting around the outside creating a 4v2 for attacking team when they are in possession. Defending team tries to win the ball. If they do, they combine with their own supporting players on the outside to create 4v2.

Progression: Score 1 point every time the attacking pair connects a pass with one of their supporting players. Only score points when attacking players in the middle connect to each other.

3v2: Set-up/Action: 3 Attacking players are positioned on one end of the grid and two defending players on the other. A defender serves the ball to one of the attackers. That person controls the ball and attempts to combine with his/her teammates to score a point by stopping the ball on the defender's line.

Progression: If defenders win the ball then they can score by stopping the ball on the attacker's line. Add another defender and play 3v3.

3v2 to Goal: Set-up/Action: 2 teams, 1 goal, and 1 goalkeeper. 3 attackers v 2 defenders. Coach plays ball to attacking team and they try to score. Once a goal is scored, ball is saved, or the ball is out of play, all players leave the field and are replaced.

3v2 (1 Hold): Set-up/Action: 3 attackers, 2 defenders. Defenders pass the ball to any of the two attackers and come out to challenge attackers. A third attacker is behind the line and cannot step inside but can be used to support the ball from behind. Two attackers try to get the ball across the opposite end line with the ball under control. If defenders win the ball, they try and get the ball across the attackers' end line.

Progression: Off-side line is the last defender (in the grid).

3v2+2 Flank Play: Set-up/Action: Mark off two wide channels outside the width of the penalty area. Put a goalkeeper in goal, three attackers and two defenders in the central zone, and a flank player in each wide channel. A defender begins the play by passing to one of the attackers. Flank players must stay in the wide channel and only have two touches to control the ball and deliver a cross to the attackers.

Progression: Add a third defender and play 3v3+2. Add two small counterattack goals for the defenders to attack when they win possession of the ball. Add another full-size goal and goalkeeper and play 4v4+2 on full field.

3v3 Defending: Set-up/Action: Players play 3v3 and work on pressure-cover-balance. Attackers try and stop the ball across the defender's end line to score a point.

4v2 Keep away: Set-up/Action: Players play 4v2 in a grid. If attackers complete 10 consecutive passes or "split" the defenders with a successful pass to a teammate, then they score a point. If an attacker loses possession, he/she trades places with a defender.

Four Gate Game: Set-up/Action: Two sets of goals, placed in a "t" shape. Two teams compete with one defending the east-west goals, and the other defending the north-south goals. Goals are scored by dribbling (not passing) through the gates.



Hollywood Squares: Set-up/Action: Create a large grid with a small square in each corner. Place one player in each corner. Divide remaining players into 2 groups. 1 group of 3 or 4 players and the other 2 or 3 players. The group with larger numbers scores by passing the ball to any player standing in a corner square and having that player control the ball. The other group score by stealing the ball and dribbling it out of the grid. Players in the squares pass the ball back to the same team.

Progression: Attacking team cannot pass to the same square twice in a row.

Support and Possession: Set-up/Action: 2 teams of 3 to 6 players. Teams attempt to keep possession of the ball inside a grid. Players pass the ball with their hands but ball can only be passed rolling on the ground.

Progression: Play with feet but start using several 'neutral' players to create 'numbers up' situations. E.g. play 3v3 plus 3 neutrals that help the team in possession. Reduce neutrals until you have same numbers for each team.

3v3+1 Keep Away: Set-up/Action: Two teams of 3 and one player is the "neutral" player. A point is scored whenever a team of 3 gets 5 passes in a row.

Attacking 4v4+4: Set-up/Action: Organize 3v1 in each grid. Neutral players play on the outside of the grid and are limited to one touch. Players are limited to two touches in the defensive half of the field and unlimited in the attacking half. Goals can be scored from either half. Rotate teams based on time (3-5 minutes).

Gate Possession: Set-up/Action: Gates are created with cones in the grid. One defender, five attackers. One ball. Attackers try to pass the ball between the gates to a teammate to score a point. Defender tries to win the ball and dribble outside of the grid to score a point. Play for one minute and rotate players.

Progression: Limit attacker's touches. Have to score in all gates before returning to a previous gate. Add a second defender.

Timed Possession: Set-up/Action: Players split into two teams. One team spreads out in grid, the other team stands in a line on the outside of the grid. Coach plays a ball to the team in the grid and starts his/her watch. As soon as ball is passed in, a defender goes in and tries to knock the ball out. After 4 passes, another defender is added. After another 4 passes, another defender is added, and so on. When the ball is kicked out of grid, the defenders exit the grid. Another ball comes in, and a new defender comes in. Team in grid receives 5 balls (chances). When all balls have been kicked out of the grid the time is stopped and the teams switch over. **Progression:** Start with 2 defenders. Limit touches for team in grid.

Grid Possession: Set-up/Action: Half players on outside, half players on inside. One defender from outside comes into middle to defend for 15 seconds. Middle players pass and move to try and keep possession of the ball. Each player on the outside gets a turn to defend then switch teams.

Progression: Inside team scores 1 point every 5 consecutive passes. Outside team scores a point every time he/she touches the ball. Put two defenders in at one time. Limit inside player's touches.

Team Possession: Set-up/Action: 3 equal teams in different colored pinnies. 2 teams keep possession from one team. The team that gives the ball away becomes the defending team. To begin with, the new defending team must run around coach before they can defend.

Progression: Defending team doesn't have to run around coach. 6 consecutive passes scores a point against the defending team. First team to 5 points loses.

One Touch Passing to Score: Set-up/Action: Two teams of even numbers in the grid with 2 neutral players.

Neutral players do not defend and only play with team in possession of the ball. Teams attempt to keep possession and score a point each time a one-time pass is successful made to a teammate.

World Cup: Set-up/Action: Organize groups of three or four players. Each group picks a country to represent. You are the goalkeeper. Starting from the goal, pass a ball in any direction away from the goal. The teams (all of them) try to get the ball and score on you. The last player who touches a ball before it goes in the goal is the goal scorer and their team gets a point. Winners are the team with the most points after a certain time.



Team Knockout: Set-up/Action: Divide players into two teams. One team enters the grid, with each player having a ball. The other team positions themselves around the outside of the grid. On a given signal, the players with the ball attempt to keep them away from the defending team who now has entered the grid. The defending team attempts to steal the balls and put them through any one of the goals. If an attacking player loses a ball, they immediately try to regain possession. The game stops when all of the balls are put through the goals. If the ball goes out of the grid but not through a goal then that ball is restarted with a throw-in.

Team Knockout 2: Set-up/Action: Players are split into 2 teams. Each player has a ball and tries to knock opponent's balls out of the grid. Once a player's ball is knocked out of the grid, they continue to play without a soccer ball. When down to one soccer ball, winning team is the group that can pass the soccer ball to the coach. If the ball goes out when one soccer ball is in play, then a throw-in is taken.

End Zone Game: Set-up/Action: Create a 10-yard end zone at each end of the grid. Players are in 2 teams (can have neutral players). Players have to pass to a teammate in the endzone to score a point. Defenders can't enter their own endzone.

Progression: Players have to make three consecutive passes before they can pass the ball into the endzone. Once a goal is scored, immediately attack going in the other direction. The endzones are free, only the attacking team can enter these areas.

GoalGame: Set-up/Action: Place a goal in each corner of the grid and play 2v2 or 3v3. Players can score in either goal.

Progression: Add a goalkeeper who is only allowed to move along the end line. One touch finish.

Clockwise Squares: Set-up/Action: 4 players per square. One ball per group. Players numbered 1-4. Pass and move in squares.

Progression: While passing and moving, coach shouts a number. The corresponding players defend in the square clockwise of them. 1st defender to steal ball and dribble out of the grid wins a point for their team. Defenders return to their original grid. Limit touches. Defend anti-clockwise.

Zone Transition: Set-up/Action: Grid split into 3. 3 teams, 3 different colors. Defending team in the middle grid. Team starting with the ball must make three passes before playing a long pass into the opposite end zone. 1 point scored for doing this. 1 defender from middle is allowed to come into the attacking grid upon the 1st touch by the attacker. If defending team wins the ball, then defending team and attacking team switch zones. Play starts in other grid. Middle grid cannot intercept.

Progression: Must make 4/5 passes before switch ball. Middle grid can intercept. One additional defender can enter. Long pass must be 1st time

Box to Box (Transition): Set-up/Action: Players play 4v2 in one grid and attempt to complete 5 passes. When 5 passes or more is completed, the ball is passed to an open teammate in the other grid (2v1). 2 of the four players sprint to the 2v1 grid to support their teammates and attempt to complete 5 passes.

Supporting Angles: Set-up/Action: 3 equal teams. Zones added around grid as shown. One team has all players in each of the zones as neutral players. The other two teams play against each other. Neutral team cannot leave the zones. Score 1 point by playing a pass into a neutral player and receiving it back to your team. Passes must go into the zone to count. Play for 2 minutes then rotate teams.

Progression: Return pass from neutral player must go out a different side of the zone. Passes to neutral player must go one touch



Goal Game: Set-up/Action: There are 4 coned goals set up near the corners of the grid. Players play 5 attackers against 3 defenders in the middle. One ball. Attackers try and combine to dribble between one of the coned goals to score a point. If the defending team wins the ball then they have to pass to a teammate on the outside of the grid to score a point.

Progression: Attacking team has to make a pass to a teammate after dribbling through coned goal to score a point

4 Goal Game (2): Set-up/Action: Two equal teams play in the middle of the grid and attempt to score by dribbling through any of the 4 goals. A team may not score through the same goal twice in succession.
Progression: One team now attacks goals A and the other team attacks goals B.

Counterattack Game: Set-up/Action: 2 teams, one goalkeeper. Attacking team tries to score in the goal. If defending team wins the ball, they counter to 2 small goals and have to pass the ball between the cones to score.

Progression: Defending team has to dribble the ball through one of the small goals to score

2SidedGame: Set-up/Action: One goal and one goalkeeper. 2 equal teams. A goal can be scored on either side of the goal

Progression: One team can only score on one side of the goal, and the other team can only score on the other side of the goal.

6 Goal Game: Set-up/Action: Two teams. Each team defends three goals and attacks three goals.

Get It Wide: Set-up/Action: Two teams of 4 to 6 players plus 2 players who are “neutrals” on the flanks and who play for both teams. Neutral players must stay in the flanks and no one else is allowed into the flanks. Teams must get the ball to a neutral player before they can score. The neutral player passes back to team that passed the ball to them or cross it for a chance on goal.

Dribbling Scrimmage: Set-up/Action: Players are in two teams and play a regular scrimmage. The only condition is that players who cross the halfway line cannot pass. They must dribble at goal and shoot or lose the ball trying. Players can pass the ball in their own half.

All Change Scrimmage: Set-up/Action: Players are split into 2 teams with half of each team playing on the field and the other half waiting off the field. Players on field play regular scrimmage. When coach shouts “change” all players come off the field and players waiting come on the field. Play does not stop so whoever gets to the ball first has possession and play continues.

Clear the Half Scrimmage: Set-up/Action: A halfway line is marked out. Two teams play a regular scrimmage. Goals only count if the whole team (minus the goalkeeper if used) crosses over the halfway line into opponent’s half before the goal is scored. Also, the goal counts double if any of the defending team’s players remained in the other half.

Touch The Cone Scrimmage: Set-up/Action: Players are split into two teams and play a regular scrimmage with 2 goals except a number of cones are placed on the perimeter of the grid. The only condition is that every time a player passes the ball, he/she must sprint around a cone before returning to the game.