



IAFC Under 12 Practice Activities

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

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.

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

Paint the Field: Set-up/Action: Pairs use one ball (as a "paint brush") and attempt to pass ("paint") over all of the grass in the grid within 30 seconds.

Progression: Limit touches. Right foot only. Left foot only.

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.



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.

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

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.

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.

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.



Inter-Passing 4's: Set-up/Action: Players in groups of 4, pass the ball within their group. Three of the players position themselves about 10-15 yards apart, forming a triangle shape (one central player and two outside players). They pass the ball back and forth to each other (short passes), while the fourth player (long player) positions himself/herself centrally about 25-30 yards away. After 4-5 short passes, the long player calls for the ball. The ball is played into the long player. The two outside players move quickly to support the long player, forming the triangle shape at the other end of the grid. The deepest central player stays home. The same passing sequence continues at the opposite end of the grid. **Progression:** Only 2-3 passes prior to the long pass. Long pass in the air. Have more than one group working in the same area. A player from each team becomes a defender.

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

Bending Passes in 3's: Set-up/Action: Player's in groups of 3. The player in the middle is the defender, and the players on the outsides should be approximately 20 yards apart. They must pass the ball using the inside or outside of their foot and "bend" the pass around the defender. After passing the ball, that player switches positions with the defender. **Progression:** Pass the ball in the air around the defender.

Volleys in 3's: Set-up/Action: Players in groups of three with two balls, positioned in a triangle about 15 yards apart. 2 players have ball in their hands and take turns serving to the other player who performs a volley back to the server's hands. **Progression:** Inside of foot. Outside of Foot. Half Volley. One ball between group of 3. Player serves, the next volleys, and the third player catches.

Aerial Individual Control: Set-up/Action: Each player starts with ball in hands. Players toss ball high above heads and use their thighs to control the ball with the first touch and their feet to on the second touch to settle the ball to the ground. **Progression:** Use chest on the first touch. Use foot on the first touch. Use head on the first touch. Player's in pairs with one serving the ball to the other. The receiver judges the flight of the ball and controls the ball with the appropriate body part.



Fundamental Passing Trios: **Set-up/Action:** Players in groups of three. One player in the middle and the two on the outside are facing each other. A player on the outside starts with the ball and passes it through the middle person's legs to the other player on the outside. After the pass, he and the middle person switch positions (i.e., he follows his pass and goes into the middle). The person who receives the ball takes two touches and passes it back through the new middle person's legs to the player on the outside. After the pass, he goes into the middle for the next pass to go between his legs. **Progression:** Limit touches. Play balls over middle player and not between legs.

Pass and Move in a Circle: **Set-up/Action:** Players form a circle with two or three balls. Players with the ball pass to a player on the other side of the circle and follow their pass, taking the place of the person they just passed to. **Progression:** Player with ball dribbles to another player who performs a takeover. Players must perform a wall pass.

Playing Under Pressure in 4's: **Set-up/Action:** One player is at each corner of a 10 x 10 yard grid. One player is designated as the player under pressure. Two other players each have a ball. One player passes his ball to the player under pressure, who must pass to the player without a ball. The other player with a ball immediately passes his ball to the player under pressure, who again passes to the player without a ball. Play for a minute and count successful passes. **Progression:** Two touch or one touch. Deliver ball in air to player under pressure.

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.

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 in Triangle: Set-up/Action: 2 players stand at one point of the triangle and a player stands at the other points of the triangle. In Sequence A, players pass the ball and follow their pass. Players keep the ball outside the triangle and use their first touch to prepare for the next pass. In Sequence B, players pass and receive and pass again into the run.

High Player Passing: Set-up/Action: Groups of three players pass the ball with 'high' player about 25-30 yards away from the two 'low' players. The two low players make 2-3 first time passes to each other and then one of them uses first touch to prepare a long pass. This is the cue for the high player to check back for the ball and receive the long pass. Player who didn't pass long sprints up to support the high player and receives a first time drop pass from high player. They become the new low players and sequence is repeated.

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.

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.

Volleys to Goal 2: 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.

Breaking Out: Set-up/Action: Each player with a ball dribbles within the area and is individually numbered (i.e., 1, 2, 3 and so on). A goal and goalkeeper is positioned 20-30 yards away. When coach calls out a number, that player dribbles out of the grid and into the shooting zone in front of the goal and takes a shot. **Progression:** Coach is positioned at the top of the shooting zone. When a number is called, that player finds space and hits a one-two pass to the coach and takes a shot.

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

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.



Check, Turn and Finish Pressure Training: Set-up/Action: One attacker and one defender in the penalty area and a keeper in the goal. Line up four players around the edges of the penalty area with two balls each. The attacker should check back for a ball, receive the pass, turn, and try to score as many times as possible until all 8 balls are used.

Breakaway to 2 Goals: Set-up/Action: 2 keepers in goals 30-40 yards apart with 4-5 players lined up to the right of each goal. The keepers distribute balls on the ground at the same time for the first attackers in each line, who then attack the opposite goal. The attackers can shoot at any time, or can attempt to dribble around the keeper before finishing. **Progression:** Move attackers to the left side and serve to the left.

Shot, Shot, and Head on Goal: Set-up/Action: Players are divided into two groups. One group is the shooters and the other group is the servers. A goalkeeper is in goal. 2 players from the servers stand next to each goal post with several balls and the other servers spread out to retrieve the balls. A cone is placed a few yards outside the penalty area. The first player from the shooter group starts with a ball behind the cone. He touches the ball forward and shoots from behind the cone. He then immediately shoots a ball passed out to him from one of the servers next to the goal post from between the cone and penalty area (it should be served immediately after the shooter has taken his initial shot). The shooter then runs a few steps forward inside the penalty area and heads a high ball to goal served to him by the server on the opposite post. The keeper must make each save and get up quickly to be ready for the next. Teams have one minute to score as many goals as possible then switch.

Volleys to Goal: Set-up/Action: Players form several lines in front of the same goal (6-10 yards away), each with a ball in his hands. On the coach's command, the first player in each line drops the ball, volleys it into the goal, and then quickly runs to the side. The next group of players then shoots, continuing so that all players in the practice have taken their volleys as quickly as possible. The coach then counts out 10 seconds, during which all players retrieve their balls and set up to repeat the activity again. Award one point for every ball that goes into the goal, and two points for each shot that strikes net first. **Progression:** Alternate between right and left foot. Players start further away, toss the ball out in front of them and finish with a volley on the run. Players have their back to goal, and toss the ball over their head, turn, and finish with a volley. Add a goalkeeper.

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.

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. **Progression:** Two-touch to start then one-touch to strike. Add a passive defender. Add a defender. Vary the service (in the air, driven, curling etc)

Double Give and Go Shooting: Set-up/Action: Players are divided into two groups who alternate. Player 1 plays a give and go with Player 2. Player 1 then passes to Player 3 who lays the ball ahead of the advancing player 2. Player 2 shoots at goal. Player 3 gets the ball and Player 2 takes Player 3's position. **Progression:** Shoot with weaker foot. Vary the strike on goal (chip, power, bend). Change the position of Player 3 (could be on the goal line).

Shoot on Sight: Set-up/Action: 3 even teams and 1 goalkeeper. 2 teams remain inside grid and the other team are servers. Servers are given a number and play the ball into the grid upon the coach shouting their number. The 2 teams in the middle try to win the ball and score a goal. First team to three goals then rotate teams. **Progression:** Server works on specific type of delivery (in air, driven, curling)

Penalty Kick Game: Set-up/Action: Place a cone 2 yards inside each goal post. Play a game of field players versus goalkeepers, where field players earn one point for every successful penalty kick taken. The keepers earn one point for each missed shot or any save made between the cones, and two points for every save made on shots outside either cone. Play to 10 points.

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.

End Line Targets: Set-up/Action: 3 teams of 4 plus two keepers. One team serves to the target and gets it back and shoots for goal. Teams can only score after playing ball to a target player. Rotate teams.



CROSSING

Crossing Accuracy: Set-up/Action: 2 10 by 10 grids 15 – 20 yards apart. 2 players in one grid and one in the other. Ball starts with the two players in one grid. They exchange a couple of passes, and then one of them chips the ball to the player in the other grid and immediately sprints to exchange a few passes with the new player. Ball must be played across the grids in the air and land in the grid.

Progression: 2 players in each box. Each player is allowed one touch only. One player settles the ball and the other chips the ball in the air into the other grid. A point is scored for each pair that successfully control the ball in their grid and cross the ball in the air, landing in the other grid.

Chipping Over the Keeper in 3's: Set-up/Action: A goalkeeper stands between two teammates spaced 20 yards apart. Goalkeeper bowls the ball along the ground to an outside player. This player must chip the ball over the goalkeeper and to his teammate on the other side of the keeper. The receiving player controls it and passes it back to the keeper, who bowls it back to him.

Progression: Increase distance between the players.

Pressured Crossing: Set-up/Action: Mark out a wide area and have a cone in the middle of this area, 15 yards from the goal line. An attacking player begins near the half way line and plays a ball wide to his/her teammate who dribbles forward in the marked area, and past the cone before delivering a cross in the air to the goalkeeper.

Progression: Have a group of players 10 yards behind the crosser as defenders. As soon as the crosser receives the ball, the first defender chases the crosser and attempts to stop the cross.

Cross and Control in Pairs: Set-up/Action: Pairs stand 15 – 20 yards apart and cross the ball with the inside or outside of the foot to their partner in the air. Players receiving the ball may use the appropriate part of his/her body to settle the ball before crossing it back.

Crossing to Attacker: Set-up/Action: Two lines of players approximately 25 yards out from each goal post. Place a server (with balls) near the touchline, 10 yards out from the goal line. The first player in the far line initiates action with a near post run and is trailed with a delayed run by the first player in the near line. The server responds to the runs by either driving a cross directly toward the near post, or clipping it to the back post.

Progression: Add a defender. Add a second 6 yard box (attached to the original 6 yard box), with crossing players scoring a point each time the ball is crossed into this area.

Attacking and Defending Crosses: Set-up/Action: Three teams of 3, with two teams in penalty area and one team outside. One goalkeeper. Outside player sends a long pass to the flank from where a cross is delivered. Alternate crosses from the left and right. One team is defending and the other is attacking the goal. Attacking team tries to score from cross and defending team tries to clear the ball. If clearance is reachable by the three outside players, then play continues.

Progression: Each team has ten attempts to score.



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

Crossing Game: Set-up/Action: Players are split into groups of 4. The goals are set up diagonally from one another and ten yards in from the goal line. Players can score from either side of the goal and the game doesn't stop after a goal is scored.

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 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.

HEADING

Fundamental Heading: Set-up/Action: Players in pairs with one player holding a ball in his hands (with one hand on each side of the ball). The player with the ball heads it out of his own hands (using correct technique) as hard as he can toward his partner, who catches it. The players continue the activity by heading the ball to each other. **Progression:** Player with the ball tosses it to himself slightly in the air before heading to partner. Third player stands next to the first player, and toss the ball gently into the air for first player to head to second player. First player then becomes the server for second player

Heading Sit-Ups: Set-up/Action: Have a player sit on the ground in a sit-up position. His partner should stand in front of him with a ball. The player on the ground should start by laying with his back on the ground, and as he sits up, the server should serve a ball to his head so he will meet it just above his knees to head it back to the server's hands. After heading it, he should lie back down, then immediately sit back up and do the next one. **Progression:** Players perform same exercise, but from their knees, landing on their hands in a push-up position.

Player Heading: Set-up/Action: In groups of 3, one ball per group. Add a goal for middle player to stand in. 1) Attacking Header. Middle player serves ball up for outside player to try and score past the server. Alternate attempts by players. 2) Defensive and Attacking Header. Server throws ball to outside player who heads over the server to the opposite player who heads the ball past the server, who turns around quickly to try and make a save. 3) Flick-on Header. Outside server throws ball to middle player who "flicks-on" ball using the head. **Progression:** See how many times each group can keep the ball up in the air using one touch with their head. Short-Short- Long heading



Obstructed Heading: Set-up/Action: Server stands 5-10 yards away from the other 2 players, with one player standing a yard or so behind the other. Back player receives a looped underarm service from the server, which goes over the first player's head. Second player jumps and heads the ball back to server. Switch roles after several attempts. **Progression:** First player can jump to make it more difficult for second player to head the ball. Increase the distance the ball travels.

Redirecting Headers in 3's: Set-up/Action: Players stand in groups of 3 in a triangle position. One player tosses a ball to the head of the player next to him, who heads the ball down to the feet of the third player in the triangle. This player controls the ball, then picks it up to toss it to the next player. **Progression:** Change direction. Players head the ball to the hands of the next player. Players have to keep the ball in the air using only their heads.

Defensive Heading in 3's: Set-up/Action: 3 players in a line approximately 15 yards apart. The middle player initiates action by throwing the ball to a player on the outside. The middle player then attempts to jump and catch the ball as his teammate heads it back over his head to the facing player on the opposite side.

Triangle Heading: Set-up/Action: Players in groups of 3. Player 1 throws to player 2 who heads to player 3. Player 3 throws to player 1 who heads to player 2 etc. Reverse direction. **Progression:** Throw the ball so the receiving player has to jump to head the ball. Attacking or defending headers.

Short-Short-Long Heading: Set-up/Action: Players exchange short headers with the middle player before heading across to the far player. Player 1 starts by throwing the ball to Player 2. Player 2 heads to Player 1, Player 1 heads to Player 3. Players 1 and 2 trade places and the same sequence is repeated on the other side. Player 3 heads to Player 1, Player 1 heads to Player 3, Player 3 heads to Player 2 and Players 3 and 1 trade places etc.

Heading Challenge: Set-up/Action: While in a sitting position, players try to keep the ball up with their head only. **Progression:** Same but Kneeling. One-Knee position, throw ball in air, let it bounce once then head it as many times as possible.

1v1 Heading Game: Set-up/Action: Using cones, set up an area measuring 3x3 yards. Position a player on the line between two cones, and a second player between the cones on the opposite side of the grid. One player begins the game with the ball in his hands and attempts to score by heading the ball out of his hands and across the line defended by his partner. The defending player can use his body, but not his hands, to stop the ball. Players alternate turns heading and defending. **Progression:** Players toss the ball in the air before heading.



Heading Wars: Set-up/Action: Multiple small grids are created with two 4 yard goals in each grid across from each other. Players play 2v2 in each of the grids and are allowed to use their hands. One player tosses the ball in the air to his/her partner who attempts to head the ball on goal, while the other team attempt to save it. The player who saves it, tosses the ball to his/her partner who attempts to score on their opponent's goal. The player in possession of the ball cannot move.

Progression: Players can toss the ball to their partner as many times as they want but can only score by heading first time from a partner's toss.

Throw/Head/Catch: Set-up/Action: Two even teams in a large grid with goals. The objective is to head the ball into the opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 5 seconds must throw it to the next player, who heads it to another player, who catches it, and tosses it for a teammate to head. Goals can only be scored by headers.

Defending team can contest headers, or intercept ball after a header has been made.

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 across the line of cones. 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 there.

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 they can to the line they started from while the receiver dribbles towards that line.

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.

Dribble 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 less balls or 3 less 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.

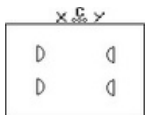


Hospital Tag: Set-up/Action: All players have a ball each and are taggers. Taggers run around the grid trying to tag each other. Whenever a player is tagged, he must hold that part of his body with one of his hands and continue running around the grid. If a player is tagged a second time, he must hold 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.

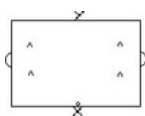
Bumpers: Set-up/Action: Four players form "bumpers" on the outside of the box (one in the middle of each side) and two pairs start in the middle. Each pair inside the area has one ball and will play a separate 1v1 game. On the outside, two of the four players also have soccer balls. The players inside the square compete against their immediate opponent (1v1) for 60 seconds. To score, the ball must be passed to a "bumper" who doesn't have a ball. When a goal is scored, the attacker runs to receive new ball from another "bumper." The defender cannot score points until he/she gains possession. Possession changes hands when the ball is passed to a "bumper" who already has a ball; when the ball is kicked or dribbled out of bounds; or when the defender wins possession from the attacker. **Progression:** 2v2 in the middle. To score, the two attacking players must be connected with a pass from a "bumper" in a 3- player sequence.

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.

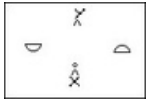
1v1 Close Finish: Set-up/Action: Limited pressure. Teams 10 yards apart. X plays the ball to Y who can score in either goal but must be 4 yards from the goal (cones) to score. As soon as he/she scores it is a race with the defender to get to the other set of cones first.



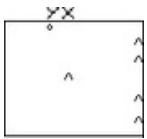
Progression: Full pressure and defender can score if wins the ball.



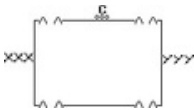
1v1 Reverse Goals: Set-up/Action: 2 goals 20 yards apart facing opposite directions. Two groups of players 12 yards apart. Full pressure. X is the defender and passes the ball to Y to begin. Y attempts to score in either goal but must be within 4 yards.



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.

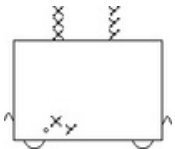


1v1 to Two Goals: Set-up/Action: Full pressure. As soon as coach plays the ball, the first player in line runs through their nearest goal and attempt to dribble through either of the opponent's goals. X's goals are at the bottom, Y's at the top.



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 endline. 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 and goalkeeper on the endline. Play 2v2 or 3v3.

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.



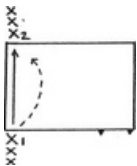
1v1 to Goal: Set-up/Action: Players are split into two groups. The defending group is positioned near the goal post on the goal line. The attacking group is positioned 25-30 yards away in the center of the field and facing the goal. The first defender serves the ball out to the first attacker and they 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. Play 2v1, 2v2, 3v2, 3v3.

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.

Hold Up Play: Set-up/Action: The ball is played to attacker who must shield the ball for 5 seconds. The passer comes in support and attempts to combine with 1st attacker to get ball to the end line

Progression: Add 2nd defender to play 2v2. Add 3rd player to each side to play 3v3. Start each time with pass into target player to control and shield

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.



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 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.

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).

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.

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.

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+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 endline. Add goals. Add goalkeepers.

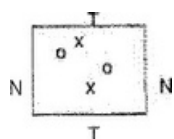
2v1: Set-up/Action: 3 groups. 2 groups of attackers at one end and 1 group of defenders at the other end. 1st defender passes the ball to either attacker and closes down space. Attackers attempt to get the ball over the defender's end line under control to score a point. If the defender wins the ball, 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+1 Transition: Set-up/Action: 4 players in a grid. Player and his partner start with the ball and play a game of keepaway. 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 keepaway 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 to Target Players: Set-up/Action: 4 players in the middle – 2 attackers and 2 defenders – playing 2v2. Players attempt to pass to both targets to score a point. Neutrals pass to same team they received ball from.



Progression: Replace one of the endline players with a goalkeeper, and have the attackers try to score instead of making a pass to the target player



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.

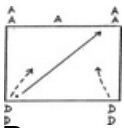
3v1 Keepaway: Set-up/Action: Create a 10 by 10 grid. Position three players on the outside of the grid, and a defending player in the middle. The outside players try to pass the ball and keep possession.

Progression: Limit touches by players. Don't allow players to use the same number of touches used by the player who passed to them.

4v0: Set-up/Action: 25 x 30 yards. The team should be arranged in a diamond shape with each player at the midpoint of each line. Players must fill all 4 positions at all times. Player must move to a new position after passing the ball. Players must sprint to the next spot. Ball should be passed with pace to the players feet or to the space they are running into.

Progression: 4v1

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 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 then all players leave the field and are replaced.

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.



3v3 to SmallGoals: Set-up/Action: Create two 5-yard goals either end of the grid and have the player's play 3v3.

Progression: 4v4

3v3 to Goal: Set-up/Action: Group of 3 defenders plays the ball out to a group of three attackers 30 yards away. Attackers attempt to combine to score a goal while defenders and goalkeeper attempt to prevent them from doing so.

Progression: If defending team win it then pass ball to next attacking group to score a point. 4v3 or 4v4.

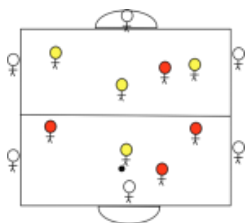
3v3+1 Keep Away: Set-up/Action: Two teams of 3, an extra player is "neutral". A point is scored whenever a team of 3 gets 5 passes in a row.

4v2 Keep Away: Set-up/Action: 4 attackers try to keep possession against 2 defenders. When the 2 defenders win the ball, they try to get out of the square by either dribbling or passing. A point is scored whenever the 4 players pass successfully without the 2 defenders winning the ball. Switch defenders after 2 minutes so every one gets a turn. **Progression:** Bonus point is scored when they pass the ball between (split) the 2 defenders

5v2 Circle: Set-up/Action: 2 defenders in the middle. Players on the outside stay in grid and try to keep the ball away from the defenders. If the defenders get a touch then the last attacker who touched the ball swaps with the defender. **Progression:** Defenders have to gain control of the ball in order to switch with an attacker. If the defenders get split then they have to stay in for another turn. If a defender gets nutmegged then have to stay in for another turn. Limit touches of attackers, or must take a certain number of touches. Passer and attempted receiver of the pass swap with both defenders

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).

6v3 with Target: Set-up/Action: Create 2 circles one with 5 yard diameter and one with 20 yard diameter. Play 6v3 in large circle with attacking target play in small circle. Attacking team attempts to pass the pass to target player to score or make 5 passes in the outer circle.





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.

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 a 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.

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.

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.

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.

Target Game: Set-up/Action: Players split into 2 teams of 4 with 4 additional players as neutrals at 2 ends of the grid. Teams score by hitting the targets & receiving it back. **Progression:** Create a half way line. Players must be in one half, and can't cross over until ball does, either with a dribble or a pass.

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.

2 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.

Goal Game: Set-up/Action: Place a goal in each corner of the grid. Play 3v3 or 4v4. Players can score in either goal. **Progression:** Add a goalkeeper who is only allowed to move along the endline. One touch finish.

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.



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.

Clockwise Squares: Set-up/Action: 4 players per square. 1 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. 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.

Timed Possession: Set-up/Action: Players split into two teams. One team spreads out in grid, the other team stand 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

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.



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.

3v1 to 6v2 Possession: Set-up/Action: The three attackers pass and move around in the grid trying to keep the ball away from the defender. Change the defender every 30 seconds. **Progression:** Limit attacker's touches. Combine 2 groups to play 6v2

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.

Counter Attack 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

2 Sided Game: Set-up/Action: 1 goal, 1 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.

6GoalGame: Set-up/Action: Two teams with each team defending three goals and attacking three goals.

End Line Targets: Set-up/Action: 2 teams against each other in the middle. Game to end line or targets. Teams score by either passing to the targets or dribbling across the opposite end line. Target players can move laterally along the end line but cannot step inside of the grid and cannot score. Target players start each attack by passing to the team that is defending their line.



Marking Pairs: Set-up/Action: Players are split into 2 teams and play a match against each other. However, players are in pairs and are only allowed to tackle their partner.

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.

Three Team Game: Set-up/Action: Players split into three groups of 3-5, and a goalkeeper in each goal. Each group keeps track of their own score. Goalkeepers act as their own team. Field is divided into thirds-defensive, midfield and attacking. Place each group (X, Z & O) into a third. The group Z in the midfield third has the ball. Group Z chooses one goal to attack and plays against the group X in that third. The group O at the other end is resting. Only the group in possession of the ball may enter the midfield third. If group Z scores they keep the ball, go back to the midfield third and attack the group O goal. If the defending group X wins the ball and gets it into the midfield third then group Z stays in the final third and group X now attacks against group O.

Thirds Game: Set-up/Action: Divide field into thirds. Equal number of players from both teams in each third. Defenders can keep possession and pass to midfielders. Midfielders keep possession and pass to forwards. Forwards try and score.

Progression: Midfield players can also score. Defender who passes to midfield can go into midfield third. Midfield player who passes ball to forward can go into forward third. If possession is lost, players must return to their original third. One defender can dribble into midfield third. One midfielder can dribble into forward third. If possession is lost, players must return to their original third.

4 Corner Game: Set-up/Action: Create a 4 by 4 area in each corner of grid. Players are divided into 2 teams. To score a point, a player must pass the ball to a teammate in any one of the corner areas.

Progression: Teammate cannot be in the corner area until the ball is passed. Player receiving the ball in the corner area must immediately pass to a teammate to score a point. All players must touch ball before team can score. Play with two balls to open game up



Fast Break Attack: Set-up/Action: 4 or more teams are created. (Can be 1, 2 or 3 players in a team). Teams are placed evenly behind the 2 goals. 1st attacking team dribbles ball towards opponent's goal and has a free shot on goal. The attacking team immediately becomes the defending team and defends against a new attacking team who come from behind the goal that was just shot on. The new attacking team tries to score in the opposite goal. If the ball goes out of play in the attacking team's half then the defenders stay and a new attacking team come on. If the ball goes out in the defending team's half then the roles switch and a new attacking team comes on.

Progression: Add goalkeepers in the goal

All Up and All Back: Set-up/Action: Players split into two teams. Place a few cones down to mark the half way line of the grid. For a goal to count all field players of the attacking team must be over the halfway line. If any of the field players are not over the halfway line and in the opponent's half of the field then the goal does not count and a goal kick follows. **Progression:** When a goal is scored against the defending team, the defending team must have all of their players in their half of the field or the goal counts double.

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

Volleying Scrimmage: Set-up/Action: Divide players into two teams, and place a goal at each end of the grid. Players cannot run with the ball and passes are made by volleying to teammates. When a ball hits the ground, it is a turnover. Goals can be scored from anywhere on the field.

Progression: Players have five seconds to release the ball. Goals can only be scored from the opponent's half. Goals scored without player catching the ball are worth three points.

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 half way 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 half way 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 to any cone, touch it and return to play.