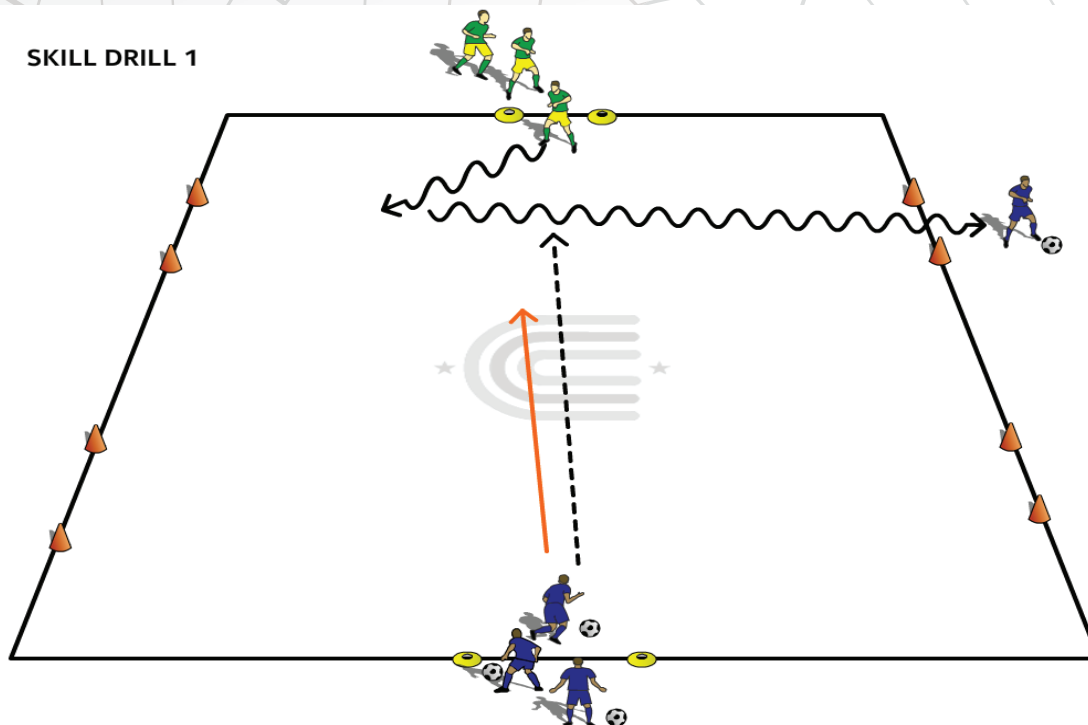


SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.1



SKILL DRILL 1



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PURPOSE

To improve Change of Direction moves and speed with limited pressure defending.

AGES

6-14 years

SETUP

Two teams form lines opposite one another in a 10 x 10 area. Four 3 yard gate goals are placed on the perimeter of the area.

ACTION

1v1 play begins with a pass from the defender. Defenders provide limited pressure to close down space, and attackers must use Change of Direction Moves - single and combinations. Attackers must dribble through small goals to score.

VARIATION

Coaches can instruct players to use specific move sets and to use their creativity.

PLAYER TIP

When receiving attacker's first touch should be directed away from pressure. Use body to protect the ball from pressure. Use of speed after a move is critical.

COACHES TIP

Coaches may adjust the size of the area based on the ability of the players.



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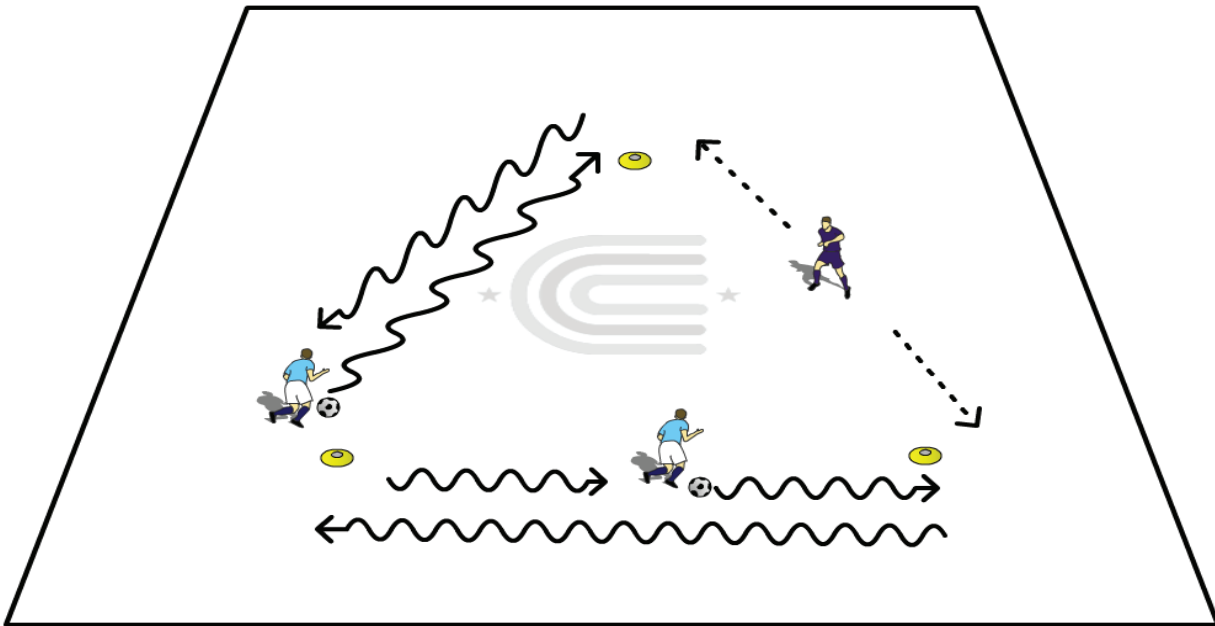


SPEED, MOVES, 1v1

MAKE YOUR MOVE 1.2



SKILL DRILL 2



© Copyright www.coerver.com 2014

PURPOSE

To improve Change of Direction moves.

AGES

7-14 years

SETUP

A group of three players move in a 3-sided 5 yd area.

ACTION

One player defends with limited pressure closing space from different angles. Attackers take turns dribbling and practicing moves to get away from pressure.

VARIATION

Coaches can instruct players to use specific move sets and to use their creativity.

PLAYER TIP

Attackers should reach to cut the ball in opposite directions. Attacker should use body to protect the ball from defenders while staying low to the ground when changing direction. Attacker focus on speed to get away from defenders.

COACHES TIP

Coaches can prescribe moves each player needs to work on. Coaches should use time to allow for attacker's creativity.



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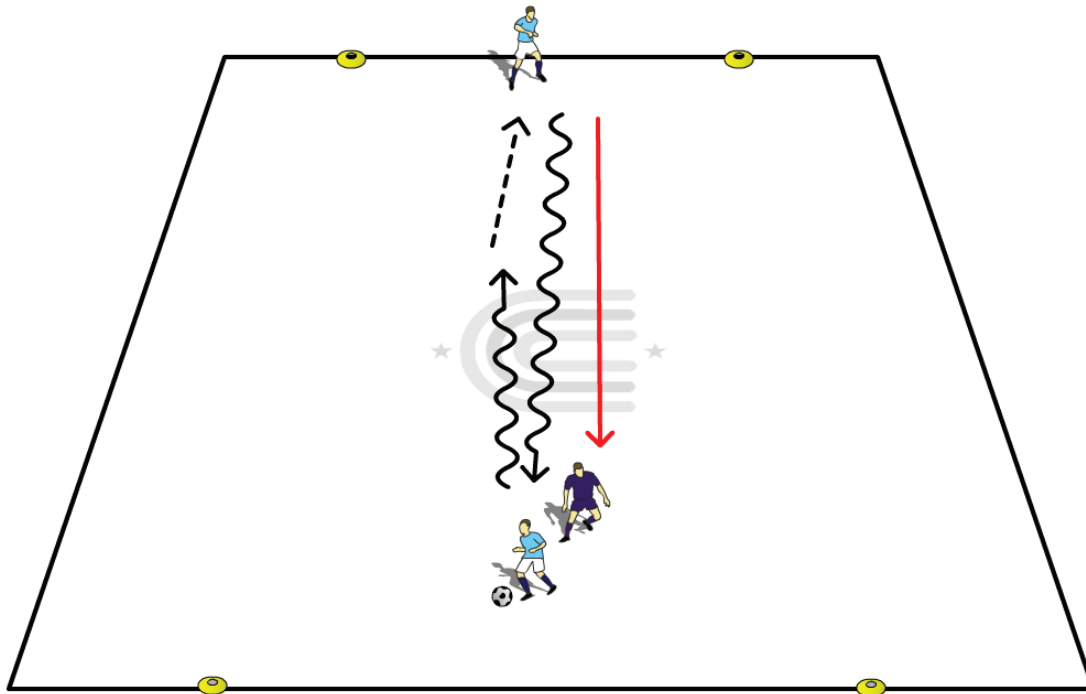


SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.3



SKILL DRILL 3



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PURPOSE

To improve Change of Direction moves and speed with limited pressure defending.

AGES

7-17 years

SETUP

A group of three players move in a 6 yd area alternating roles of attacker and limited pressure defender.

ACTION

Attacker dribbles forward and passes to second attacker after using a Change of Direction move. Attacker then overlaps second attacker and shadows with limited pressure. Players continuously alternate.

VARIATION

To increase focus on speed, defenders can be instructed to overlap attacker once at each end of the space.

PLAYER TIP

Receive ball into space with first touch, reach and be low when changing direction, and use inside push pass to teammate's feet.

COACHES TIP

Vary the space based on your team's needs. Players can be directed to practice specific moves, and can be encouraged to use creativity. Coaches can place restrictions on attacker's touches to increase speed.



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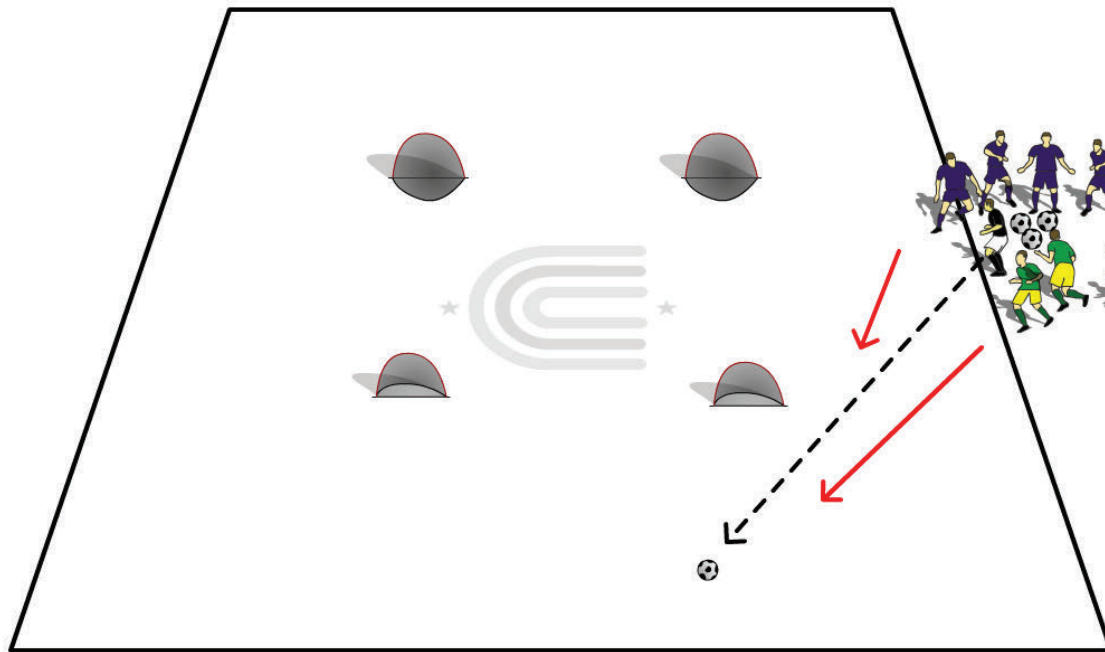


SPEED, MOVES, 1v1

MAKE YOUR MOVE 1.4



SKILL DRILL 4



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PURPOSE

To increase 1v1 moves and skill with limited pressure or full pressure defending.

AGES

7-17 years

SETUP

Two teams begin 1v1 play from the same area next to the coach. Attackers can score in four small goals in a 5yd square.

ACTION

Coach's pass begins 1v1 play. Attackers must use 1v1 moves and skill to score in any goal.

VARIATION

Coaches can pass the ball into different areas of the field to encourage speed and high pressure defending.

PLAYER TIP

Use your body to protect the ball from pressure and keep the ball moving while using single and combination moves. Use speed to get away from the defender before finishing. Use inside push pass to score in a small goal.

COACHES TIP

Coaches can vary the distance between goals to fit player's needs. Match up players with equally skilled opponents. Let players switch roles frequently. Focus on defensive skills.



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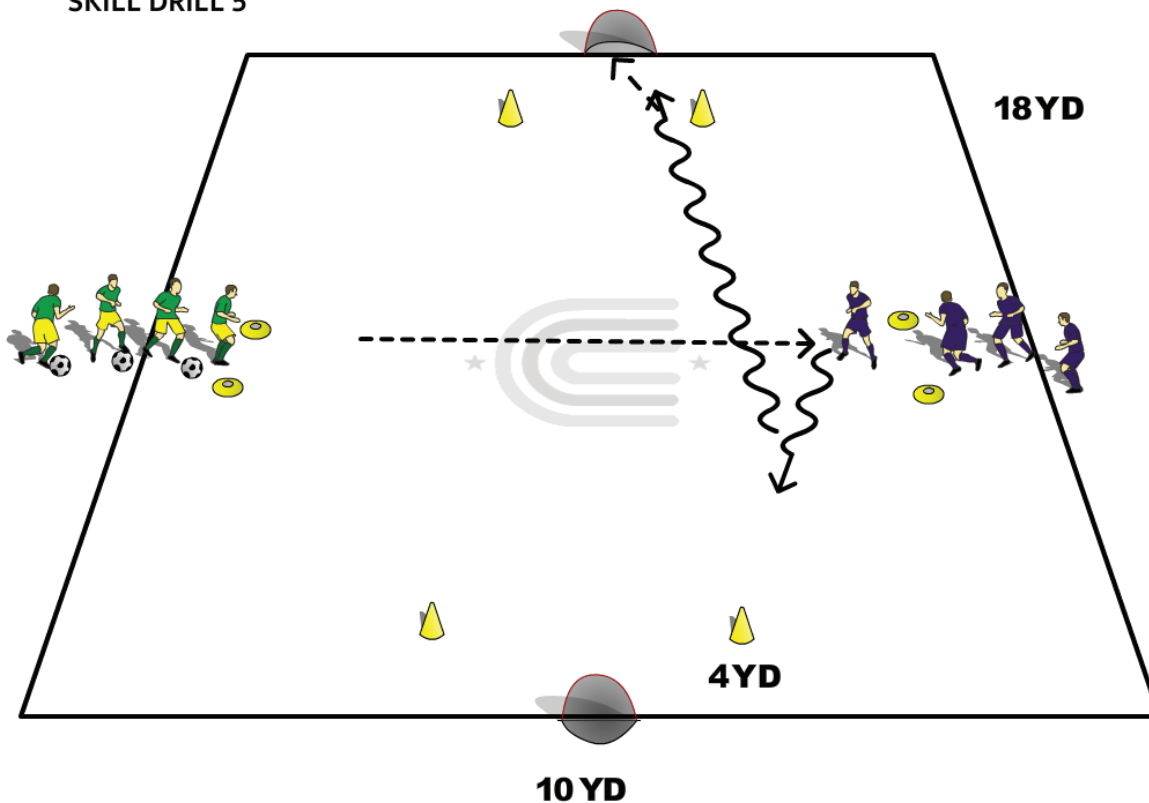


SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.5



SKILL DRILL 5



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PURPOSE

To improve receiving, first touch and 1v1 moves with full pressure defending.

AGES

6-17 years

SETUP

Two teams form lines on opposite ends of a 10x18-20 yd area. Two small goals are placed 18-20 yards apart on opposite ends of the area. Cones designate a shooting line 4 yards from each goal.

ACTION

Defender begins play with a pass across the space to the attacker. Attackers must use speed and 1v1 moves and dribble through a gate before finishing into small goal. After shot, both players must race to the opposite shooting line.

VARIATION

Coaches can adjust the space of the area to suit the needs of the players.

PLAYER TIP

Use body movements to deceive defender before receiving the pass. First touch should be directed away from pressure. Use body to protect the ball from pressure. Speed is the key to get away from the defender. Use inside foot to finish on goal.

COACHES TIP

Encourage a swift pace from defender's pass. Coach can prescribe moves and combinations for players to work on. Encourage healthy competition in races after 1v1 play.



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SEARCH: 99 Skills To Ball Mastery

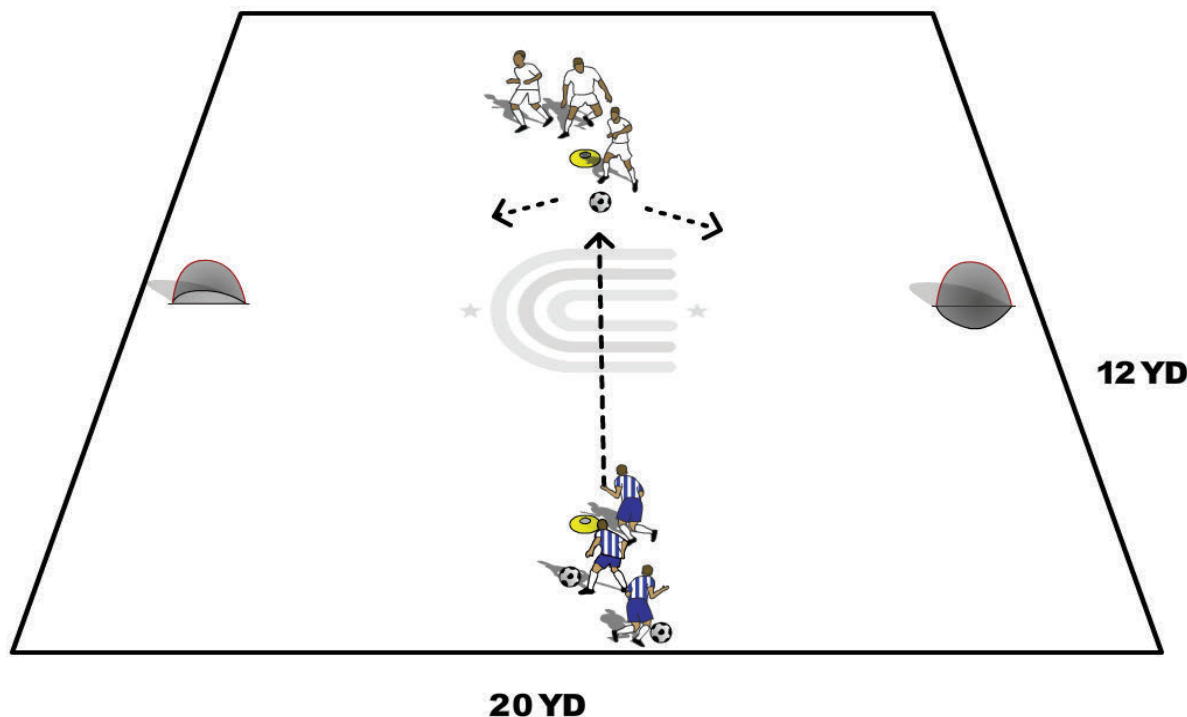


SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.6



SKILL DRILL 6



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PURPOSE

To improve receiving, first touch and 1v1 moves with full pressure defending.

AGES

6-17 years

SETUP

Two teams face each other 12 yards apart. Two small goals are facing each other 20 yards apart.

ACTION

Defender begins play with a pass across the area. Attacker receives and uses speed and skill. Attackers can only score within 4-5 yards of the goal. Defenders can score if they win the ball.

VARIATION

Coaches can vary the space between the teams as well as the goals to suit the team's needs. Coaches can progress to 2v2, 2v1.

PLAYER TIP

The first touch to receive is crucial to get away from pressure. If you can get to the goal with speed, do so. Use Change of Direction moves, stops and starts and feints. Focus on using speed and less touches to get away from the defender. Use a push pass to score.

COACHES TIP

Demand high pressure from both teams. Encourage recovery from defenders. Enhance the player's enjoyment of defending and winning the ball.



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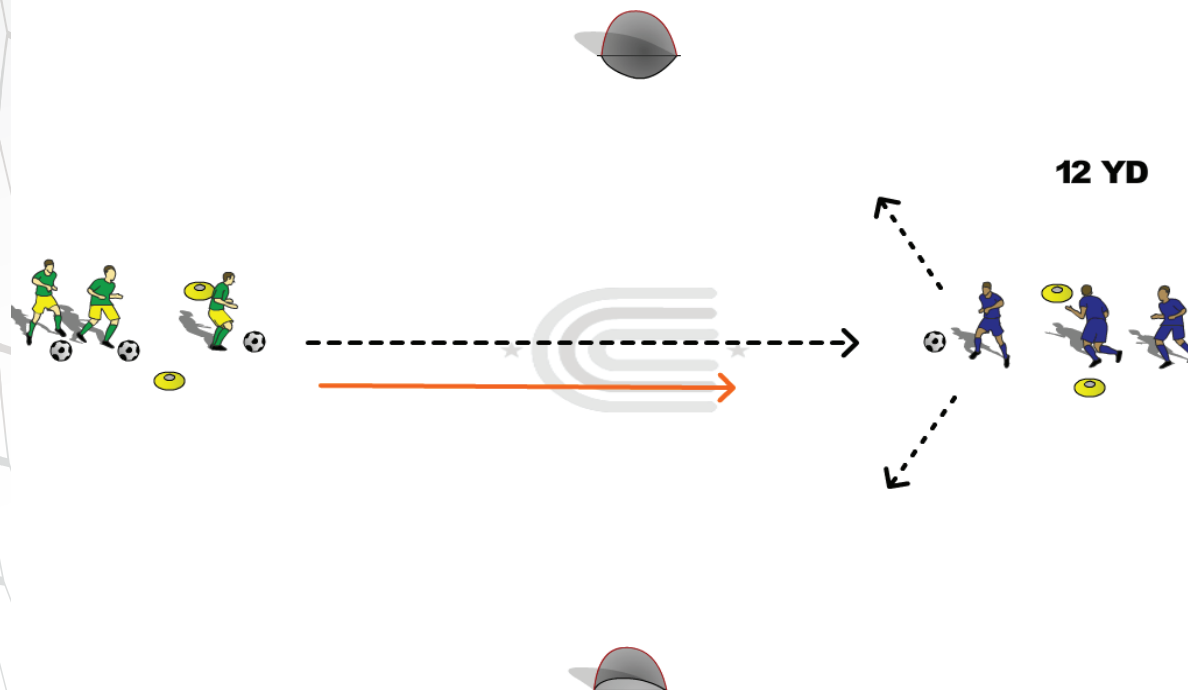


SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.7



SKILL DRILL 7



12 YD

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PURPOSE

To improve 1v1 moves and 1v1 attacking and defending in a full pressure exercise.

AGES

7-17 years

SETUP

Two teams face each other 12 yards apart. The two small goals are facing back to back 10-12 yards apart which puts a different emphasis on play.

ACTION

Defender begins play with a pass across the area. Both players can score on either goal. Attacker must use speed and quickness to get away from the defender and get separation to turn and shoot.

VARIATION

Coaches can vary the space between the teams as well as the goals to suit the team's needs.

PLAYER TIP

The first touch to receive is crucial to get away from pressure. If you can get to the goal with speed, do so. Use Change of Direction moves, stops and starts and feints. Focus on using speed and less touches to get away from the defender. Use a push pass to score.

COACHES TIP

Encourage a swift pass from the defenders. Encourage defenders to place high pressure on the attacker as quickly as possible and to recover quickly if beaten by the attacker.



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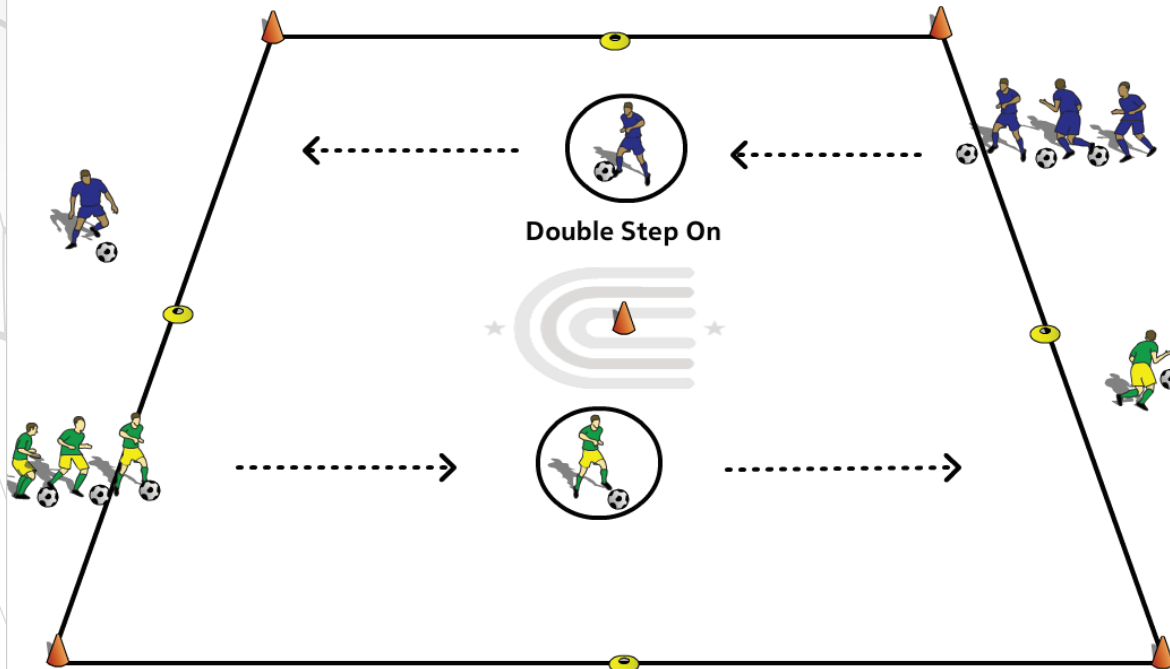


SPEED, MOVES, 1v1



MAKE YOUR MOVE 1.8.ii

SKILL DRILL 8 (ii)



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PURPOSE

To improve stop and start moves in a repetition exercise with no defensive pressure.

AGES

6-17 years

SETUP

Two 5 yard lanes in a 10x10 area. Each player has a ball.

ACTION

Players take turns dribbling into space, using Double Step On - Changes of Direction combination - move, and using speed to accelerate away.

VARIATION

Coaches can also instruct players to work on specific single and combination moves - Changes of Direction, Stops and Starts and Feints.

PLAYER TIP

Dribble with laces into space, have balance when practicing a move and focus on speed and acceleration after the move. Players should focus on correct technique.

COACHES TIP

Focus should be placed on repetitions of correct technique without pressure. Coach can adjust the size of the area to suit the needs of the players.



NEW MOBILE APP

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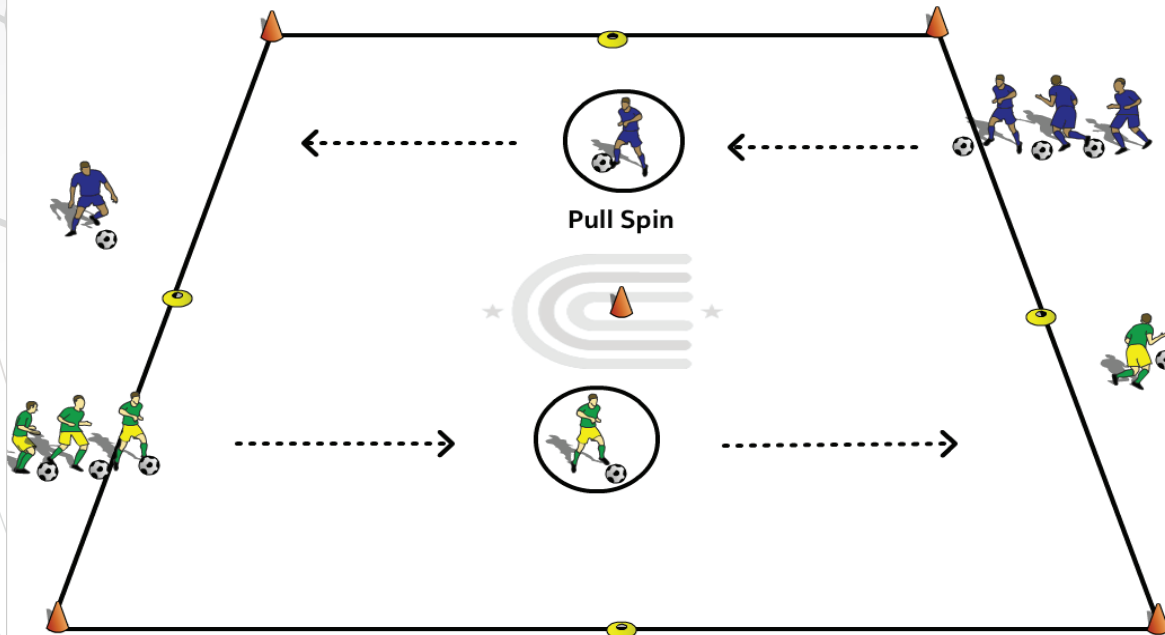


SPEED, MOVES, 1v1



MAKE YOUR MOVE 1.8.iii

SKILL DRILL 8 (iii)



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PURPOSE

To improve stop and start moves in a repetition exercise with no defensive pressure.

AGES

6-17 years

SETUP

Two 5 yard lanes in a 10x10 area. Each player has a ball.

ACTION

Players take turns dribbling into space, using Pull Spin - Stops and Starts - move, and using speed to accelerate away from move.

VARIATION

Coaches can also instruct players to work on specific single and combination moves - Changes of Direction, Stops and Starts and Feints.

PLAYER TIP

Dribble with laces into space, have balance when practicing a move and focus on speed and acceleration after the move. Players should focus on correct technique.

COACHES TIP

Focus should be placed on repetitions of correct technique without pressure. Coach can adjust the size of the area to suit the needs of the players.



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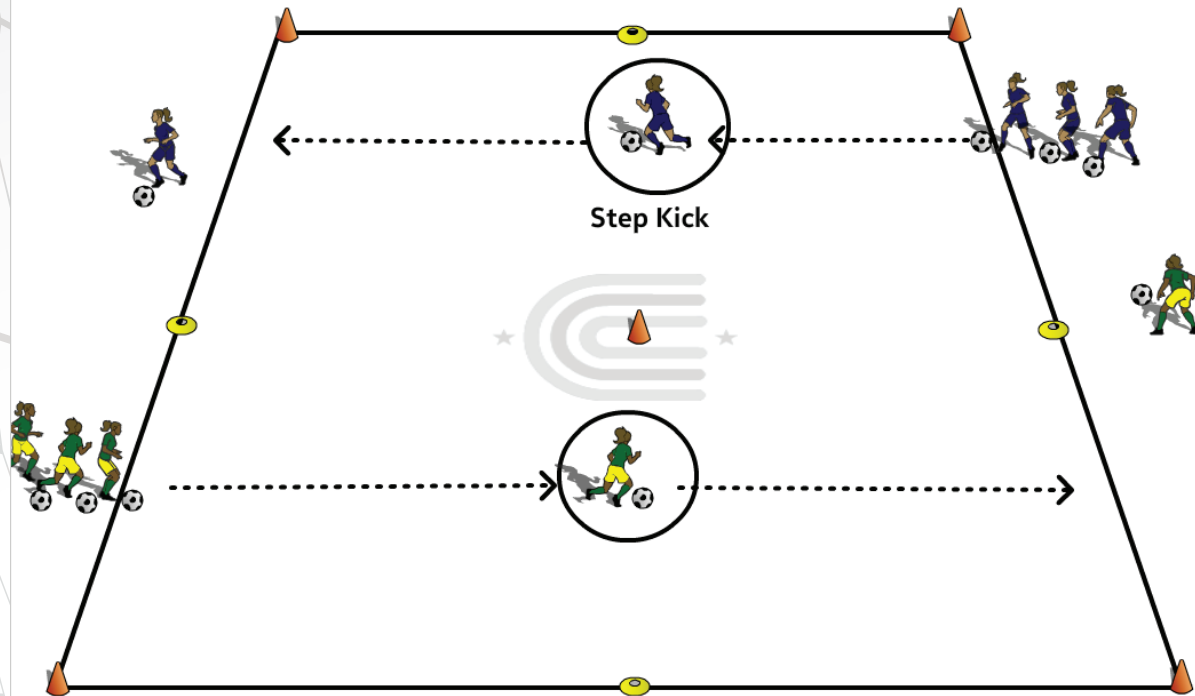


SPEED, MOVES, 1v1



MAKE YOUR MOVE 1.8

SKILL DRILL 8



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PURPOSE

To improve stop and start moves in a repetition exercise with no defensive pressure.

AGES

6-17 years

SETUP

Two 5 yard lanes in a 10x10 area. Each player has a ball.

ACTION

Players take turns dribbling into space using step kick move and use speed to accelerate away.

VARIATION

Coaches can also instruct players to work on specific single and combination moves - Changes of Direction, Stops and Starts and Feints.

PLAYER TIP

Dribble with laces into space, have balance when practicing a move and focus on speed and acceleration after the move.

COACHES TIP

Focus should be placed on repetitions of correct technique without pressure. Coach can adjust the size of the area to suit the needs of the players.



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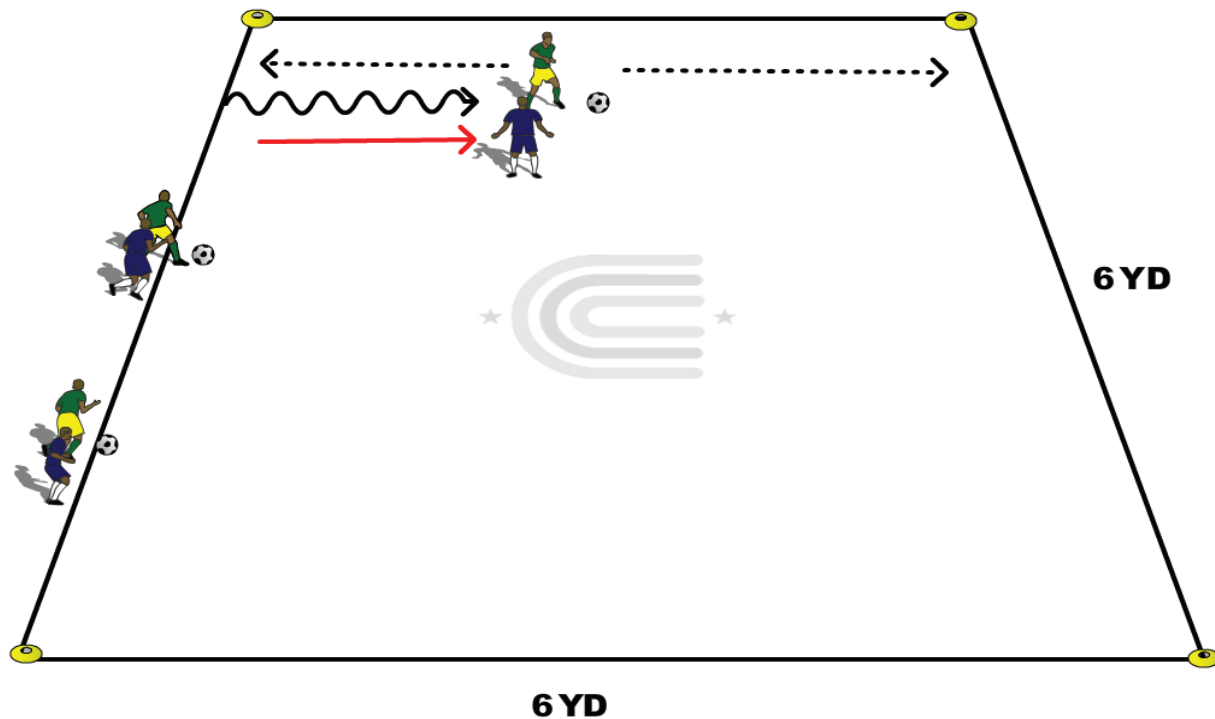


SPEED, MOVES, 1v1

MAKE YOUR MOVE 1.9



SKILL DRILL 9



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PURPOSE

To provide repetition and improve technique and skill of 1v1 moves - Changes of Direction and Stops and Starts - while under minimal pressure.

AGES

7-17 years

SETUP

Players form in pairs with a ball and switch roles of defending and attacking.

ACTION

The defender cannot move from the starting line until the attacker has touched the ball. Attacker may use skills and moves prior to touching the ball. Attacker tries to beat defender to the end line or starting line, depending on the moves the attacker chooses.

VARIATION

Coaches can adjust the space of the area to fit the needs of the players.

PLAYER TIP

Use body to protect the ball from pressure when turning and using the moves. Use the defender's position to help determine where open space is available. Stay low when using the moves and use speed to separate from the defender when getting away from the start or end line.

COACHES TIP

Instruct defenders to shadow the attacker without tackling or trying to win the ball. Make it competitive when players race back to start or end line.



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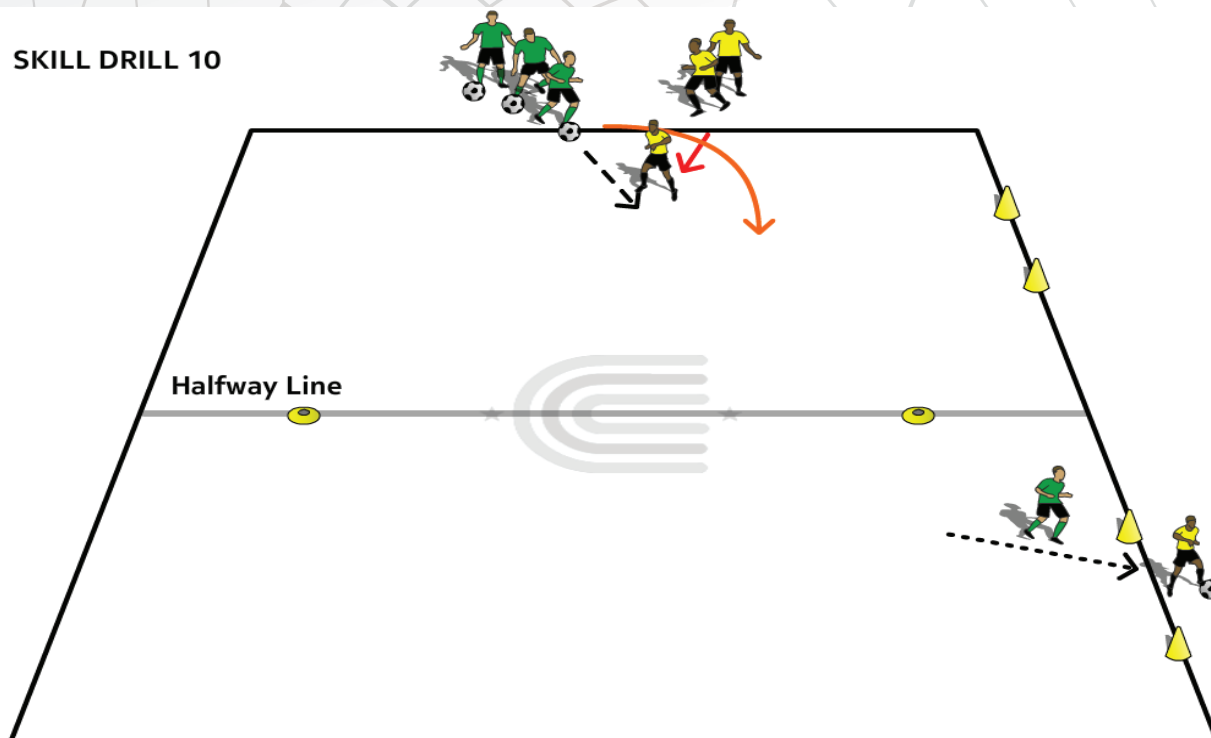


SPEED, MOVES, 1v1

MAKE YOUR MOVE 1.10



SKILL DRILL 10



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PURPOSE

To improve speed, 1v1 moves and attacking and defending skills in a full pressure 1v1 game.

AGES

7-17 years

SETUP

Two teams begin next to each other at the side of the area. Two small 3 yard goals are placed at the end of the area, approximately 6-8 yards apart.

ACTION

The defender plays a short pass into space for the attacker to begin 1v1 play. Defender must then overlap the attacker before giving pressure. Attacker must carry the ball past the halfway line before scoring into either small goal. a pass through the gate is good but a controlled dribble is even better.

VARIATION

Coaches can adjust the space of the area to fit the needs of the players. Coaches can give additional incentives for dribbling through.

PLAYER TIP

Use speed and proper first touch to separate from the defender. Use body to protect the ball from pressure. Use single and combination moves - Changes of Direction and Stops and Starts - to get away from the defender. Attackers may need to slow down before using speed to finish.

COACHES TIP

The overlapping run from the defender allows the attacker to decide which moves to use based on positioning.



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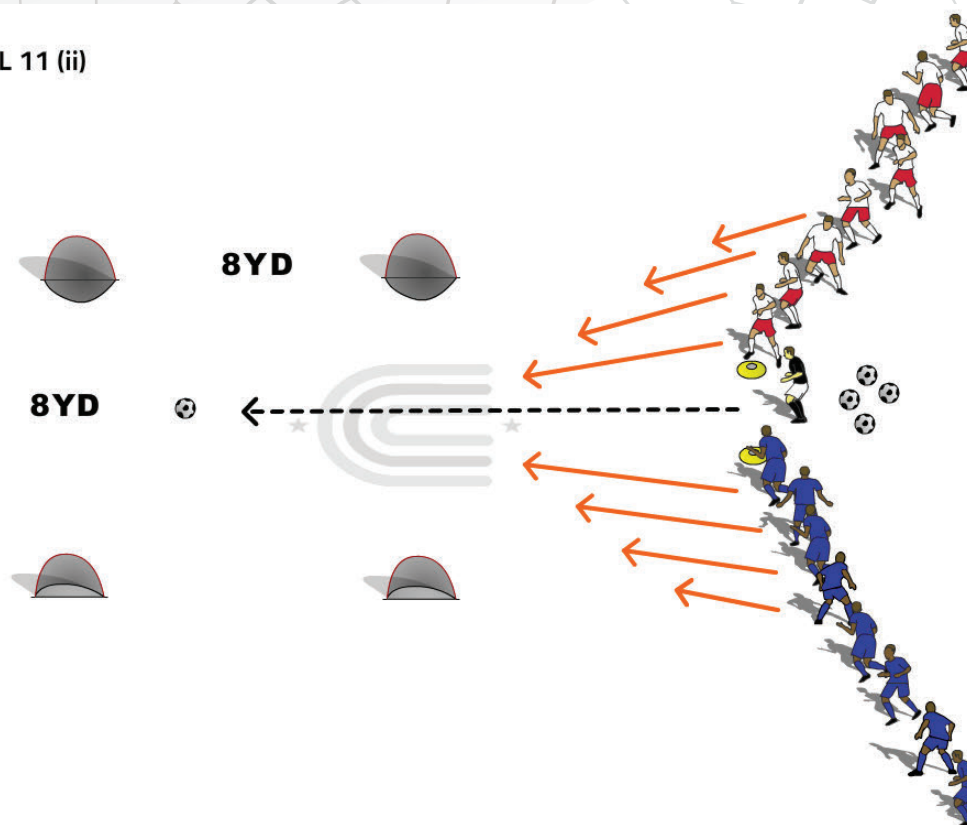


GROUP PLAY, Passing and Receiving, Finishing

MAKE YOUR MOVE 1.11.ii



SKILL DRILL 11 (ii)



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PURPOSE

To improve improve 1v1 skill in attacking and defending and enhance the player's ability to connect with teammates and problem solve with skills, vision and combination play under full pressure.

AGES

8-17 years

SETUP

4 small goals are facing outward in a 8-10 yard square. Two teams are next to each other 10 yards from the goal.

ACTION

4v4 play begins with a pass inside the area. 4 players race to the ball to win possession first. Attackers can score in any of the open goals.

VARIATION

Coaches can adjust the space of the area to fit the needs of the players. Coaches should keep time and encourage quick attacks.

PLAYER TIP

Be the first to win possession. Use a 1v1 skill to find space. Prepare to receive the ball back quickly. Look for open space. Defenders should pressure quickly and work together.

COACHES TIP

Encourage decisiveness and reward creativity. Promote a positive outlook towards new challenges and allow players to problem solve.



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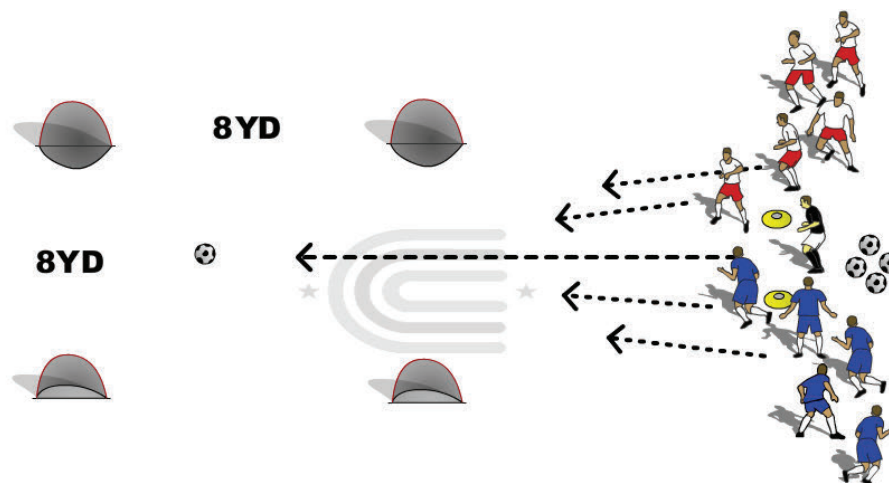
MOVES 1v1 - Attack and Defense

1v1, 2v2, Passing and Receiving

MAKE YOUR MOVE 1.11



SKILL DRILL 11



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PURPOSE

To improve 1v1 skill in attacking and defending and enhance the player's ability to connect with a teammate under full pressure.

AGES

5-17 years

SETUP

4 small goals are facing outward in a 8-10 yard square. Two teams are next to each other 10 yards from the goal.

ACTION

2v2 play begins with a pass inside the area. 4 players race to the ball to win possession first. Attackers can score in any of the open goals.

VARIATION

Coaches can adjust the space of the area to fit the needs of the players. Coaches should keep time and encourage quick attacks.

PLAYER TIP

Be the first to win possession. Use a 1v1 skill to find space. Prepare to receive the ball back quickly. Look for open space. Defenders should pressure quickly and work together.

COACHES TIP

Encourage decisiveness and reward creativity. Promote a positive outlook towards new challenges and allow players to problem solve.



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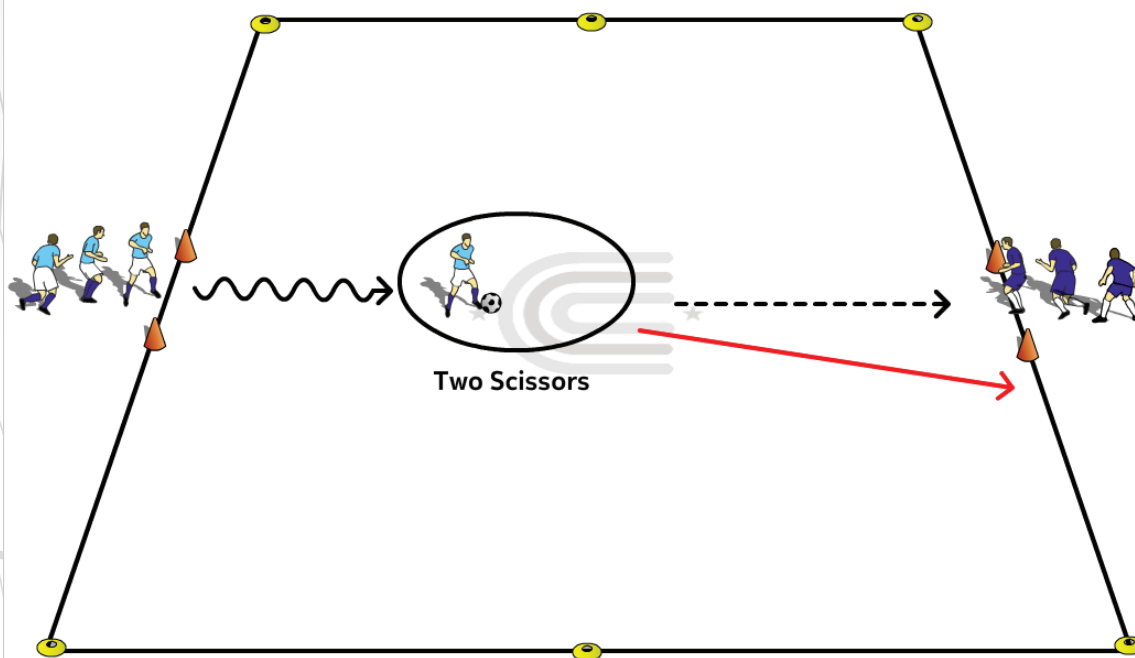


MOVES 1v1 Speed, Moves 1v,1 Passing and Receiving

MAKE YOUR MOVE 1.12



SKILL DRILL 12



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PURPOSE

To improve technique of specific 1v1 moves by increasing repetition in no pressure exercise.

AGES

7-17 years

SETUP

Two teams in lines facing each other in a 10x10 yard area. Players practice in repetition passing, receiving and dribbling using various techniques.

ACTION

Players take turns and receive the ball from teammate and then dribble into space using the technique of two Scissor moves and then passing to teammate. After passing the ball the passer must sprint to the end line.

VARIATION

Coaches can adjust the space of the area to fit the needs of the players. Players can add extra balls to promote more repetitions and add pace to the exercise.

PLAYER TIP

Always be ready to receive the ball. Use first touch to direct the ball into space and use the proper technique of Scissor move and Feints with both feet. Stay low for a strong move and pass swiftly.

COACHES TIP

Promote frequent activity from all players and keep numbers low for each line. Focus on the players using proper technique and then building speed and quickness.



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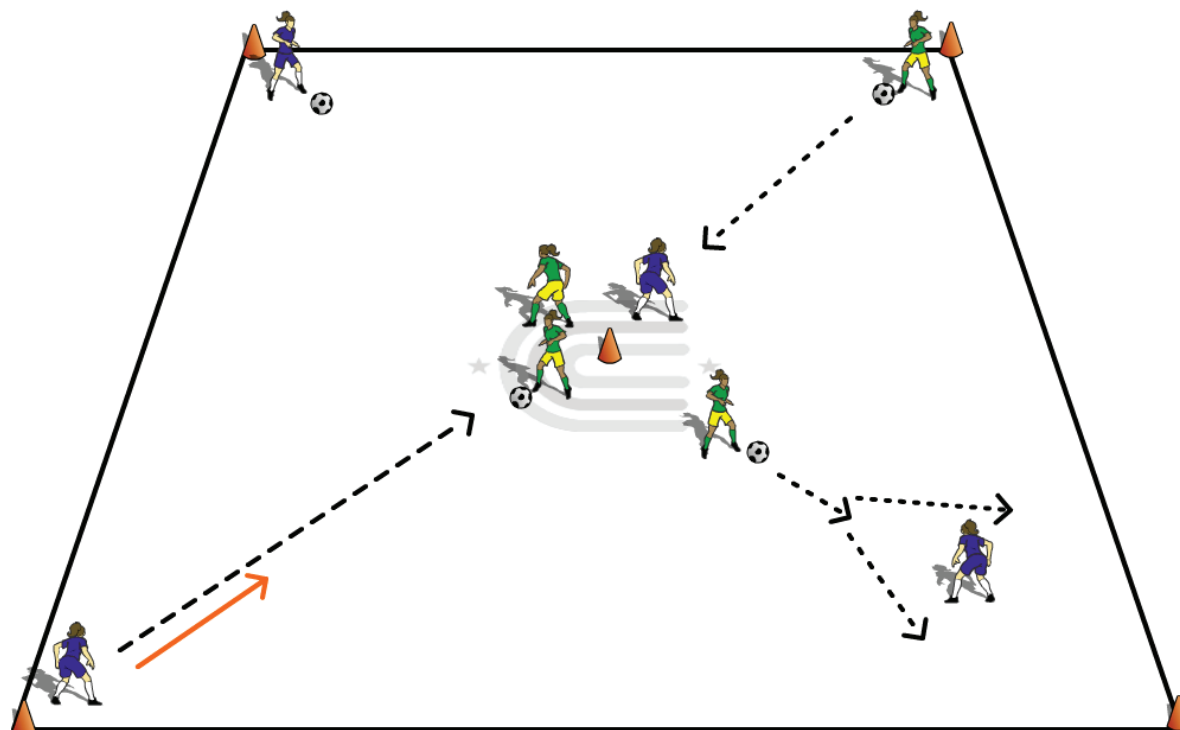


MOVES 1v1

MAKE YOUR MOVE 2.15



SKILL DRILL 15



10 YD

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PURPOSE

To improve technique and confidence of 1v1 skill - Feint Moves - against limited pressure in a small area.

AGES

7-17 years

SETUP

8 players form in pairs in a 10x10 yard area. Pairs share a ball and switch from attacking to defending.

ACTION

Player at the corner of the area passes into the attacker in the middle and the attacker uses 1v1 skill - Feint moves - to take on the defender. Pairs repeat sequence.

VARIATION

Coaches can instruct players to practice single or combination moves. Coaches can adjust the size to fit the player's needs.

PLAYER TIP

Direct a first touch into space and attack the shadowing defender. Stay low for a strong move and protect the ball when practicing moves. Break away to a goal with a minimum amount of touches.

COACHES TIP

Emphasize proper technique and encourage player's awareness of the closing defender and space in front of them. Make sure the defender understands role as passive defender.



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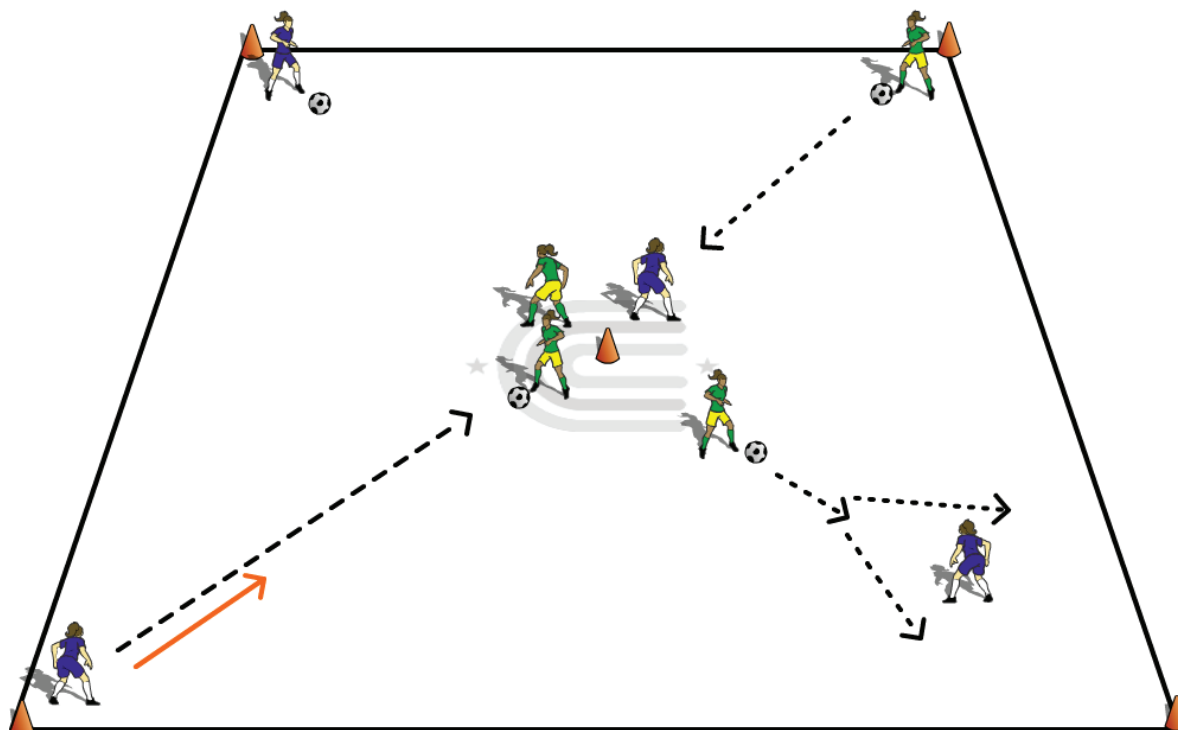


MOVES 1v1

MAKE YOUR MOVE 2.15



SKILL DRILL 15



10 YD

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PURPOSE

To improve technique and confidence of 1v1 skill - Feint Moves - against limited pressure in a small area.

AGES

7-17 years

SETUP

8 players form in pairs in a 10x10 yard area. Pairs share a ball and switch from attacking to defending.

ACTION

Player at the corner of the area passes into the attacker in the middle and the attacker uses 1v1 skill - Feint moves - to take on the defender. Pairs repeat sequence.

VARIATION

Coaches can instruct players to practice single or combination moves. Coaches can adjust the size to fit the player's needs.

PLAYER TIP

Direct a first touch into space and attack the shadowing defender. Stay low for a strong move and protect the ball when practicing moves. Break away to a goal with a minimum amount of touches.

COACHES TIP

Emphasize proper technique and encourage player's awareness of the closing defender and space in front of them. Make sure the defender understands role as passive defender.



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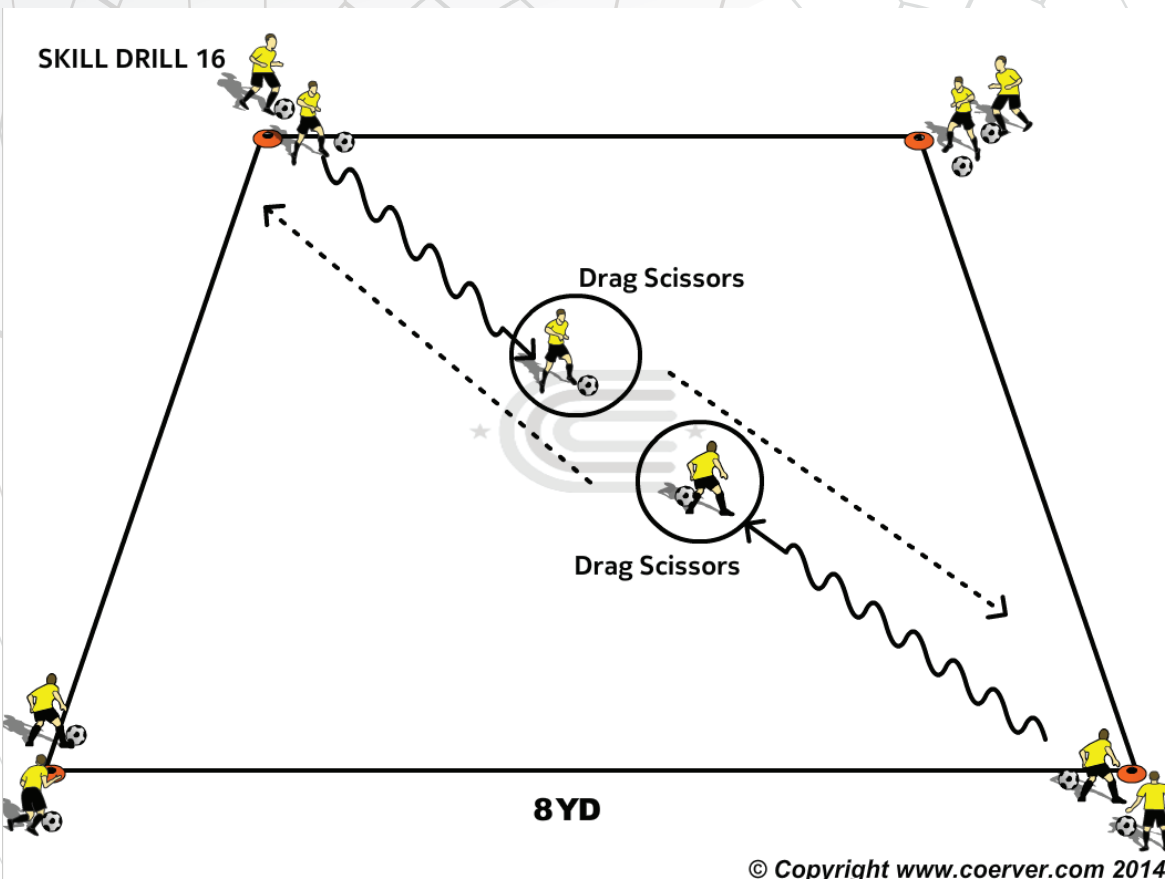
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SPEED, MOVES 1v1



MAKE YOUR MOVE 2.16



PURPOSE

To improve technique and confidence of 1v1 skill - Feint Moves - against limited pressure in a small area.

AGES

7-17 years

SETUP

Each player has a ball in lines at the corners of an 8x8 yard area.

ACTION

Two players from opposite ends dribble into the center of the area. Players practice the technique of Drag Scissors Feint moves while learning how much time and space is needed to evade the opposite player. After move, players use speed to exit the area and the resting opposite corner players enter the center.

VARIATION

Coaches can instruct certain moves or allow players to be creative. Coach can adjust size.

PLAYER TIP

Keep the ball close to the body and be aware of the space and timing of the move in relation to your opposing partner. Stay low and accelerate away from the center.

COACHES TIP

Emphasize proper technique and encourage player's awareness of the closing defender and space in front of them. Limit the number of players in the lines to increase repetition.



NEW MOBILE APP

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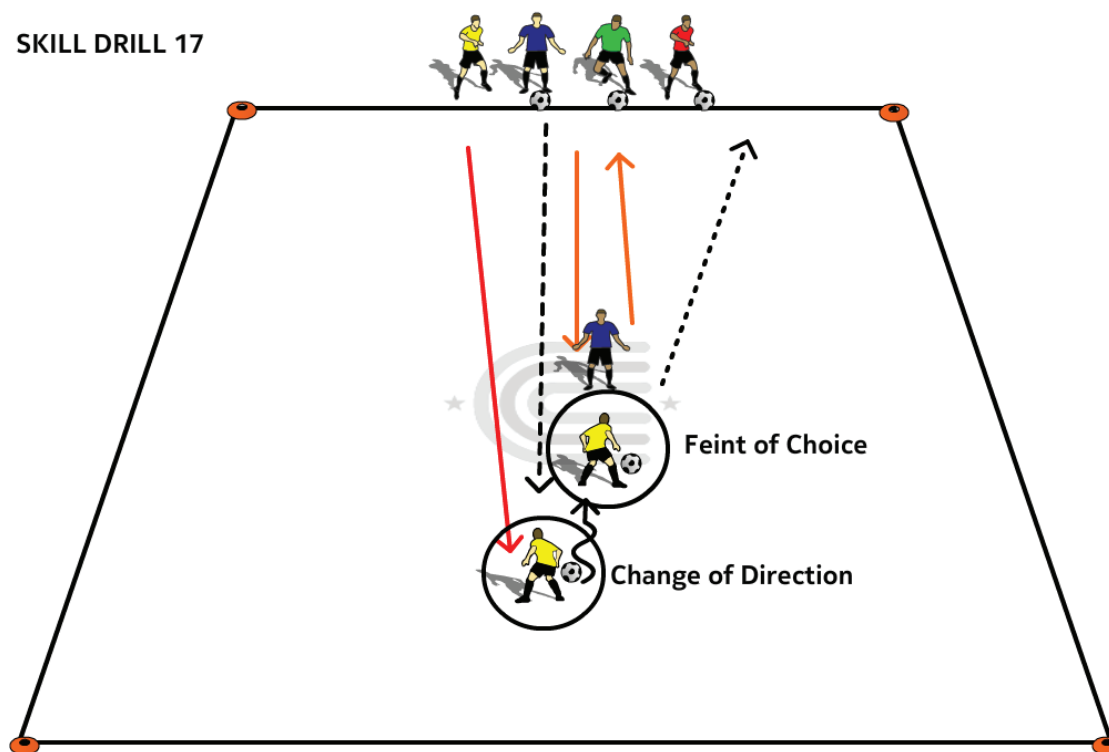


MOVES 1v1



MAKE YOUR MOVE 2.17

SKILL DRILL 17



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PURPOSE

To improve 1v1 feint moves and time and space awareness in an exercise emphasizing repetition of technique and skill with limited pressure.

AGES

7-17 years

SETUP

4 players form a line at the side of a small area. One player does not have a ball.

ACTION

Players act as partners playing the ball into space for their teammate to collect. Blue player plays ball into space and yellow player runs to collect it in the center of area and uses Change of direction move. Blue player runs into area to offer passive limited pressure to the yellow player. Yellow player goes past the blue player and dribbles with speed to the line. Green player passes to blue player to repeat sequence.

VARIATION

Coaches can instruct players to use certain moves.

PLAYER TIP

Sprint to the ball and turn quickly. Keep the ball close to the body and be aware of the space between the defender. Timing of the move is critical. Stay low and accelerate away after getting past the defender.

COACHES TIP

Emphasize proper technique and encourage player's awareness of the closing defender and space in front of them. Limit the number of players in the lines to increase repetition. Try to increase the speed for more repetition and difficulty.



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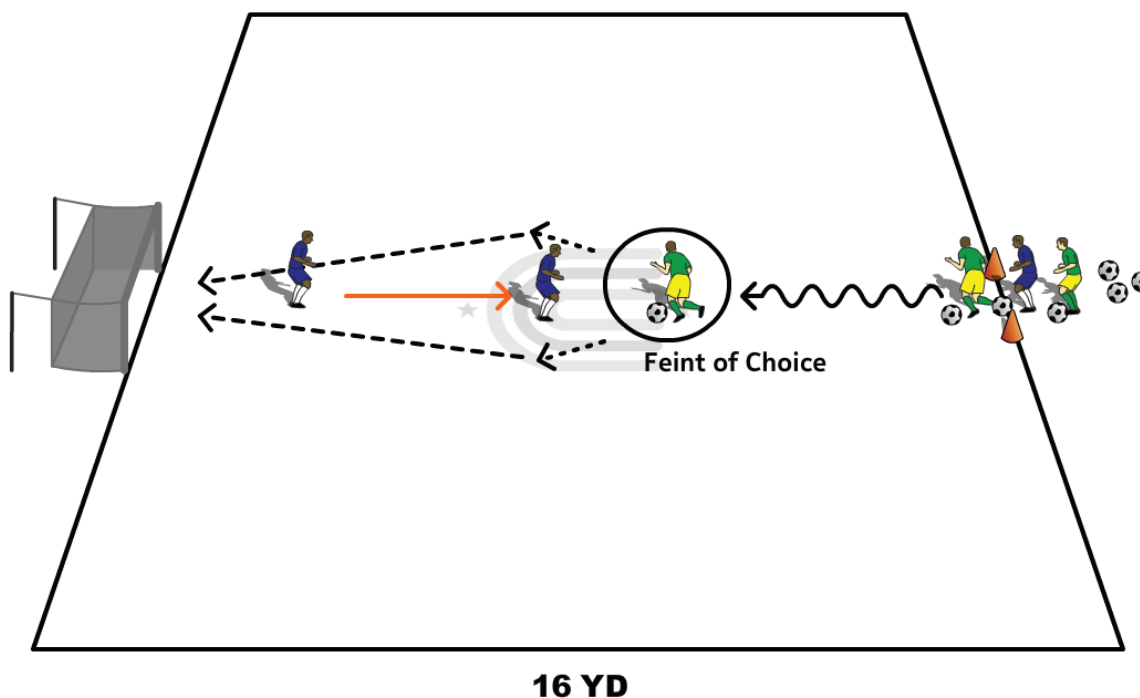


SPEED, MOVES 1V1, FINISHING



MAKE YOUR MOVE 2.18

SKILL DRILL 18



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PURPOSE

To increase speed and 1v1 skill of feint moves under limited pressure and to focus on proper technique of finishing on large goal after getting away from a defender.

AGES

7-17 years

SETUP

A small group of players each with a ball line up 16 yards from a large goal. A limited pressure defender begins facing the attacking line.

ACTION

First player in attacking line dribbles with speed to attack the defender and use a feint of choice to unbalance the defender, get away from pressure and finish on goal. Defender then moves to attacking line and attacker becomes next defender.

VARIATION

Coaches can adjust the level of defensive pressure he instructs of the defenders and should do this according to the technical needs of the players.

PLAYER TIP

Dribble with speed to attack the defender and be aware of space between the closing defender. Allow space for a feint move, stay low and over the ball for a strong move, and touch the ball towards the goal past defender. Finish with power in the corners of the goal.

COACHES TIP

Emphasize proper technique and encourage player's awareness of the closing defender and space in front of them. Limit the number of players in the lines to increase repetition.



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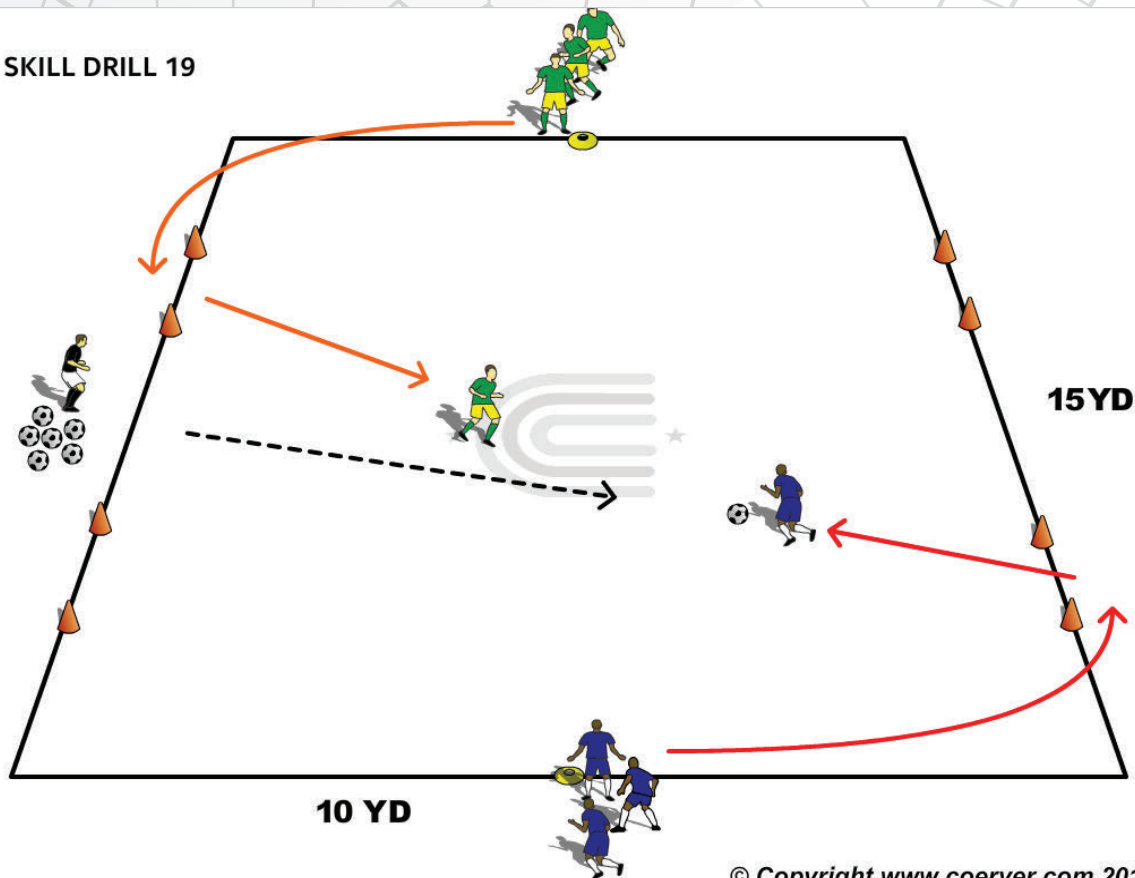


SPEED, MOVES 1V1



MAKE YOUR MOVE 2.19

SKILL DRILL 19



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PURPOSE

To improve 1v1 skills - attacking and defending - while under full pressure.

AGES

5-17 years

SETUP

Two teams face each other at opposite ends of a 10x15 yd area. Coach has ball at one end of the area. Two small cone goals are set up at each end of the area for the two teams to attack.

ACTION

Coach begins play with an entry pass to attacking player. When ball is played both attacker and defender must run through closest gated goal before entering the area. 1v1 play begins until a goal is scored by a player dribbling the ball through a gate goal. Defenders can score if they win the ball.

VARIATION

Coaches can adjust the size of the area to suit the needs of the players.

PLAYER TIP

Players should show drive in their play and must exhibit the confidence to experiment with combinations of skills - Change of Direction, Stops and Starts, Feints - to beat their opponent.

COACHES TIP

Instruct players to focus on certain moves and move combinations or instruct player to come up with their own combinations. Each round should have time limits and the next round should start right away to promote increased repetition.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



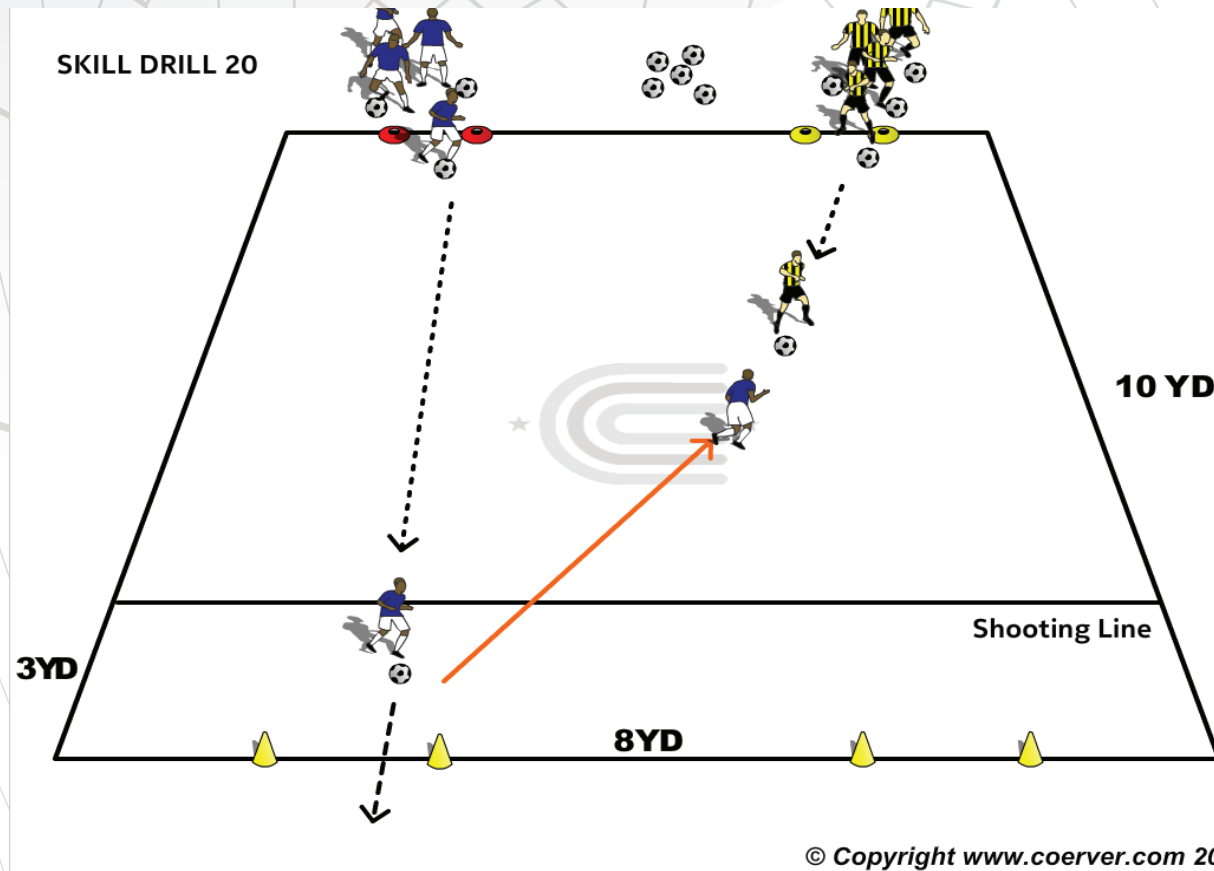
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SPEED, MOVES 1V1



MAKE YOUR MOVE 2.20



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PURPOSE

To improve 1v1 moves and speed under full pressure in a continuous fast break attack 1v1 game.

AGES

7-17 years

SETUP

Two teams line up 8 yards apart on the same side of a 10x10 area. Each player has a ball. Shooting line is designated about 3 yards from the goals.

ACTION

First player must dribble with speed across the shooting line and score in either goal. After shot the attacker becomes the defender against the new attacker with a new ball and the new attacker must shoot within the shooting line before becoming the next defender.

VARIATION

Coaches can adjust the size of the area to suit the needs of the players.

PLAYER TIP

Use speed to attack the defender and be aware of space and time of closing defender. Shoot with the farthest foot away from the defender once inside the shooting line.

COACHES TIP

Encourage positive attacking mentality and encourage attackers to continually move forward towards goals when attacking the defender. Promote creativity and quick decision making.



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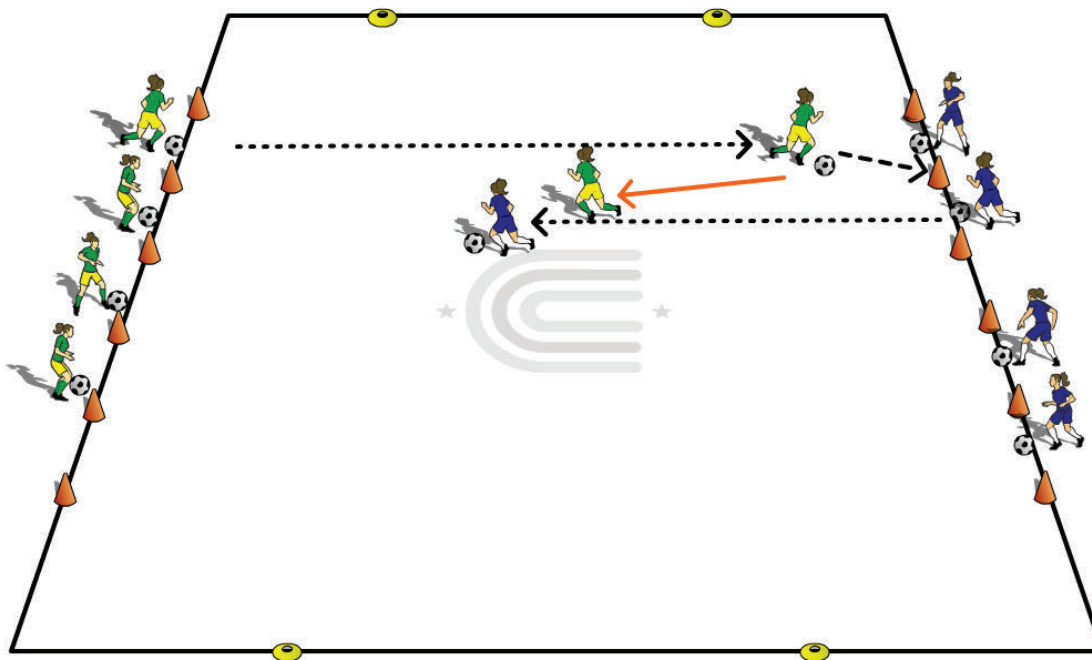


SPEED, MOVES 1V1



MAKE YOUR MOVE 3.1

1v1 SPEED DRILL 1



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PURPOSE

To improve speed of running with the ball and to increase passing accuracy towards a small target cone.

AGES

7-17 years

SETUP

Two teams line up on opposite ends of the area next to a line of upright cones.

ACTION

An attacker from the green team begins by running with the ball past the yellow cone shooting line before finishing the ball into one of the upright cones of the opposing team. After shooting the green player must try and recover to stop the next blue player from trying to score at the opposite end. The game ends when one team has knocked down all their cones.

VARIATION

Coaches can adjust the size of the area to suit the needs of the players.

PLAYER TIP

Speed with the ball is key. Take the minimum amount of touches and keep control. Attacker should use body to protect the ball and make quick recovery runs after shooting.

COACHES TIP

Encourage speed and decisiveness from attackers and encourage new attackers to begin quickly after opposing shot is taken.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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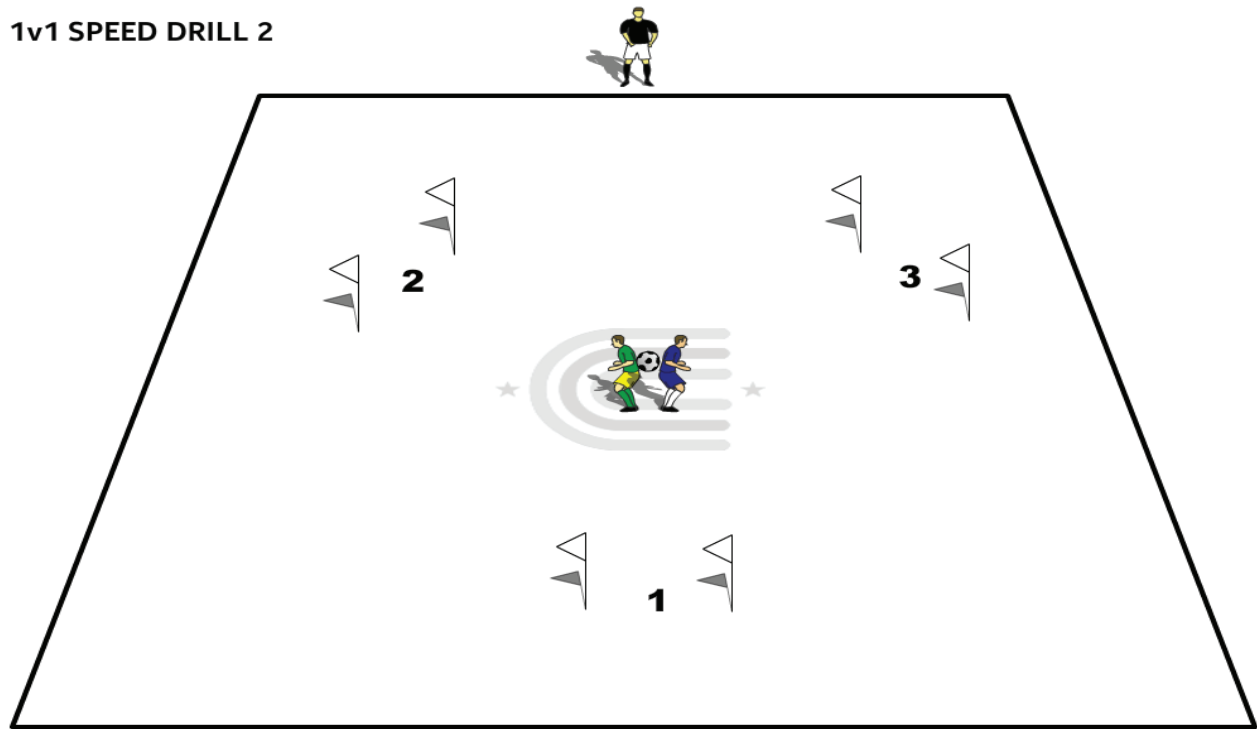


SPEED, MOVES 1V1

MAKE YOUR MOVE 3.2



1v1 SPEED DRILL 2



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PURPOSE

To improve speed of running with the ball, 1v1 attacking and defending skills, and fast decision making under full pressure in a small area.

AGES

5-17 years

SETUP

Two players line up back to back in a small area with 3 flag goals along the perimeter. The ball is wedged between the players to begin 1v1 play. Each flag goal is designed by number or color.

ACTION

On coach's signal, the players break for the ball and the coach identifies a targeted goal for the players to score in. The player that dribbles through the target goal wins.

VARIATION

Coaches can specify which side of the gated goal the players must enter through. Coach can adjust the size of the area to suit the needs of the players.

PLAYER TIP

Winning possession is crucial. Use combinations of speed and 1v1 moves, Changes of Direction, Stops and Starts and Feints.

COACHES TIP

Waiting to announce the targeted goal until possession is won challenges players to react quickly under pressure.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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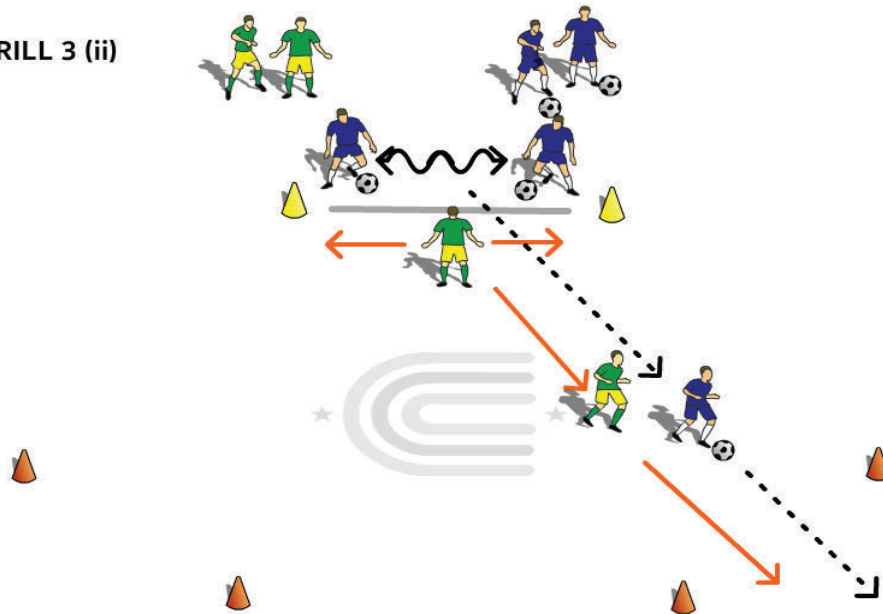


SPEED, MOVES 1V1



MAKE YOUR MOVE 3.3.ii

1v1 SPEED DRILL 3 (ii)



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PURPOSE

To improve speed and quickness of using body feints and movements without the ball to unbalance defender and to improve get away speed while racing against limited pressure defender.

AGES

7-17 years

SETUP

Two players line up facing each other on either side of a line marked by two cones. Two gate goals are angled about 10 yards away from the players.

ACTION

An attacking player begins moving and using feints without the ball while the defending player shadows the attacker's movements. The attacker then tries to break to a goal and it is a race to get through the gate first. The next group lines up immediately.

VARIATION

Coaches can adjust the space to fit the needs of the players.

PLAYER TIP

Use body movements to unbalance the defender and break quickly to the gate. Focus movements as a way to open space for your break to the gate.

COACHES TIP

Simple speed exercises without the ball can help to develop an attacker's confidence with the ball in other exercises.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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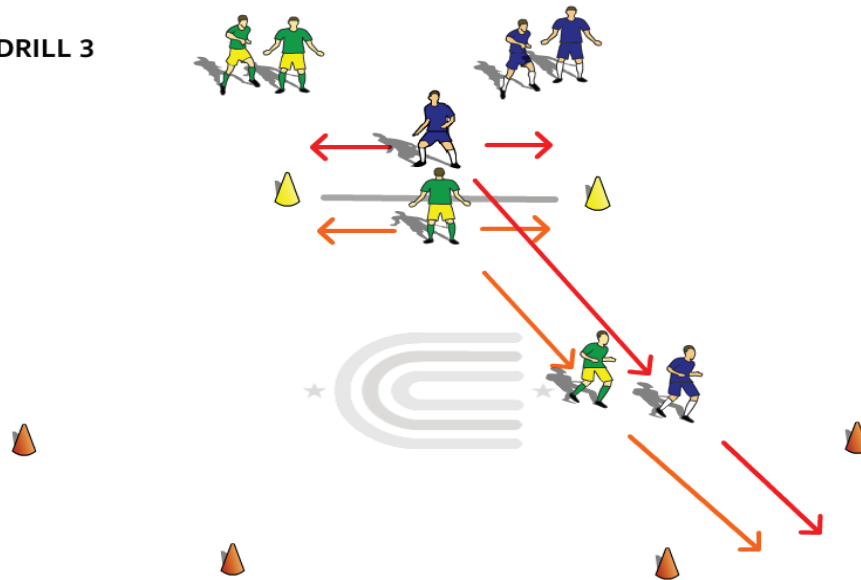


SPEED, MOVES 1V1

MAKE YOUR MOVE 3.3



1v1 SPEED DRILL 3



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PURPOSE

To improve speed and quickness of using body feints and movements without the ball to unbalance defender and to improve get away speed while racing against limited pressure defender.

AGES

7-17 years

SETUP

Two players line up facing each other on either side of a line marked by two cones. Two gate goals are angled about 10 yards away from the players.

ACTION

An attacking player begins moving and using feints without the ball while the defending player shadows the attacker's movements. The attacker then tries to break to a goal and it is a race to get through the gate first. The next group lines up immediately.

VARIATION

Coaches can adjust the space to fit the needs of the players.

PLAYER TIP

Use body movements to unbalance the defender and break quickly to the gate. Focus movements as a way to open space for your break to the gate.

COACHES TIP

Simple speed exercises without the ball can help to develop an attacker's confidence with the ball in other exercises.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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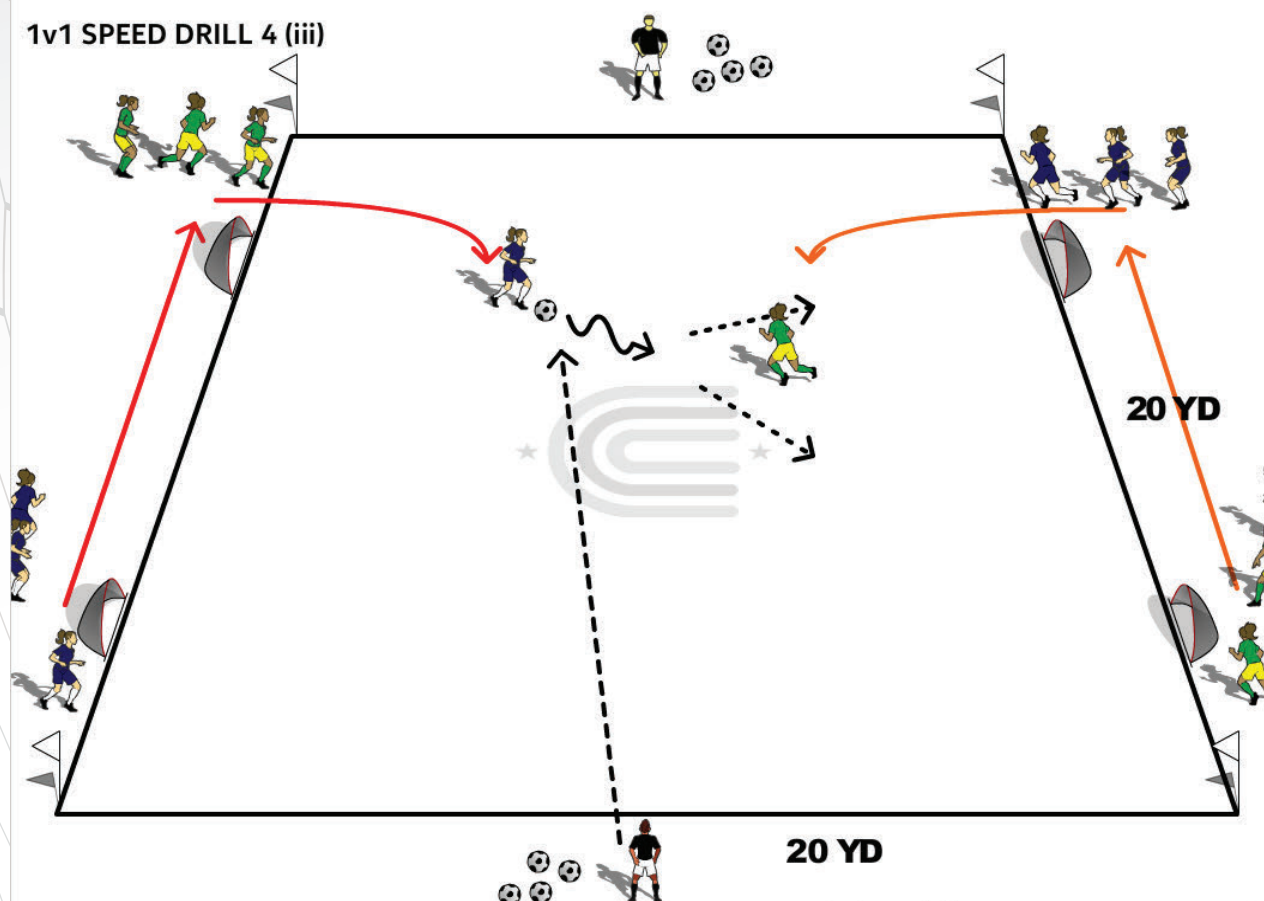


SPEED, MOVES 1V1



MAKE YOUR MOVE 3.4.iii

1v1 SPEED DRILL 4 (iii)



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PURPOSE

To improve speed and agility, 1v1 moves, and 1v1 attacking and defending skills in a full pressure exercise.

AGES

7-17 years

SETUP

Four groups in two teams form lines next to one of four goals on the touchlines of a 20x20 area. Coaches have balls to feed the players from the sidelines.

ACTION

On the coach's signal, two players from opposing teams sprint laterally across their own goal line and around the adjacent goal and onto the area. The first player onto the field receives a pass from the coach and 1v1 play begins. Both players can score on either goal of their opposition.

VARIATION

Coaches can adjust the types of races as well as the space to fit the needs of the players.

PLAYER TIP

Attacker should receive the ball on the run and use their first touch to play the ball away from pressure and in the direction they want to attack.

COACHES TIP

Promote healthy competition between players with each race. Feed in swiftly weighted passes to improve first touch receiving. Emphasize to defenders the importance of quickly closing space of the attacker.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



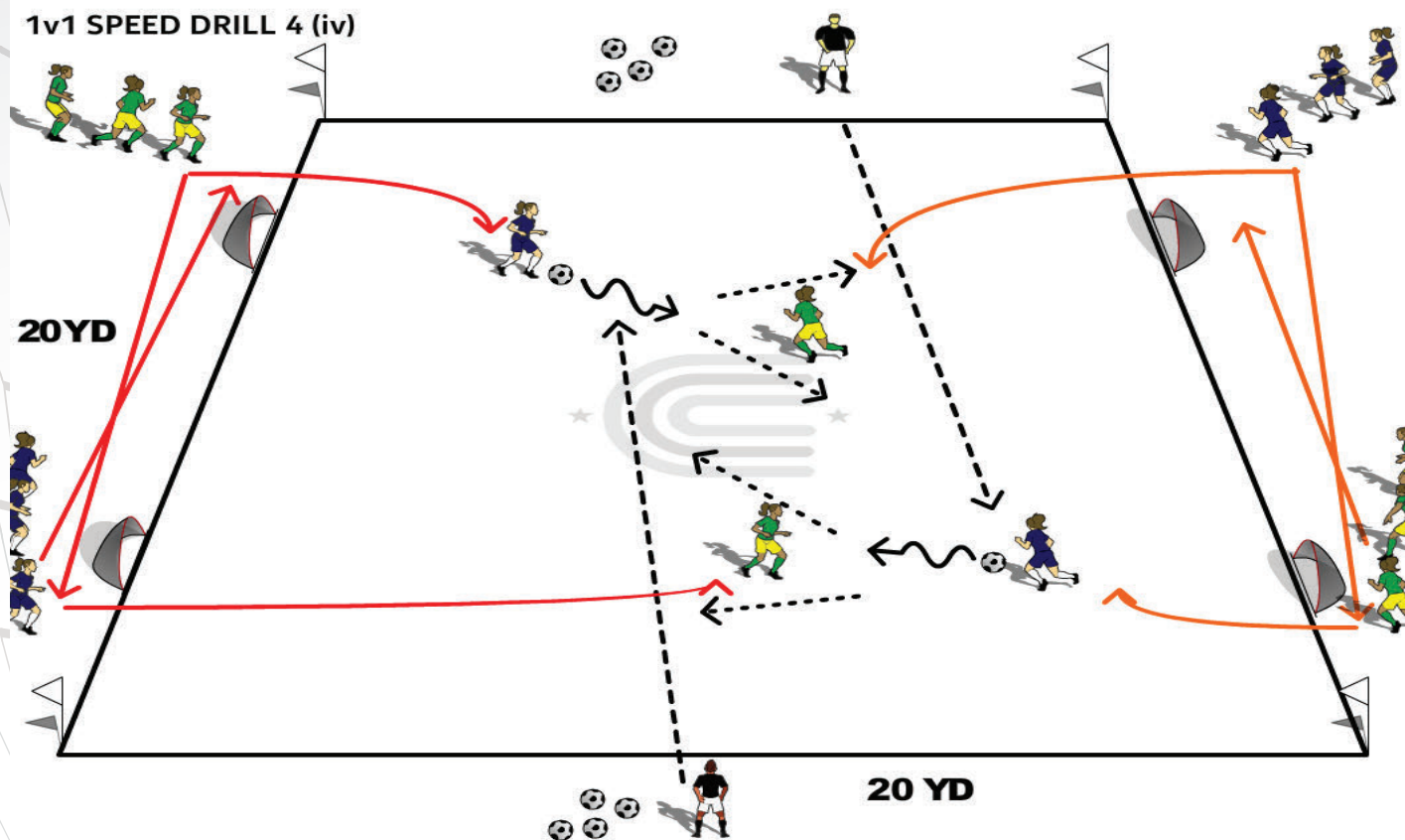
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SPEED, MOVES 1V1



MAKE YOUR MOVE 3.4.iv



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PURPOSE

To improve speed and agility, 1v1 moves, and 1v1 attacking and defending skills in a full pressure exercise.

AGES

7-17 years

SETUP

Four groups in two teams form lines next to one of four goals on the touchlines of a 20x20 area. Coaches have balls to feed the players from the sidelines.

ACTION

On the coach's signal, two players from both opposing teams sprint laterally across their own goal line and around the adjacent goal and onto the area. The first two players onto the field receive a pass from the coach and 2 1v1 sequences begin. Players can score on either goal of their opposition.

VARIATION

Coaches can adjust the types of races as well the space to fit the needs of the players.

PLAYER TIP

Awareness of space is critical. Attacker should receive the ball on the run and use their first touch to play the ball away from pressure and in the direction they want to attack.

COACHES TIP

Promote healthy competition between players with each race. Feed in swiftly weighted passes to improve first touch receiving. Emphasize to defenders the importance of quickly closing space of the attacker.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



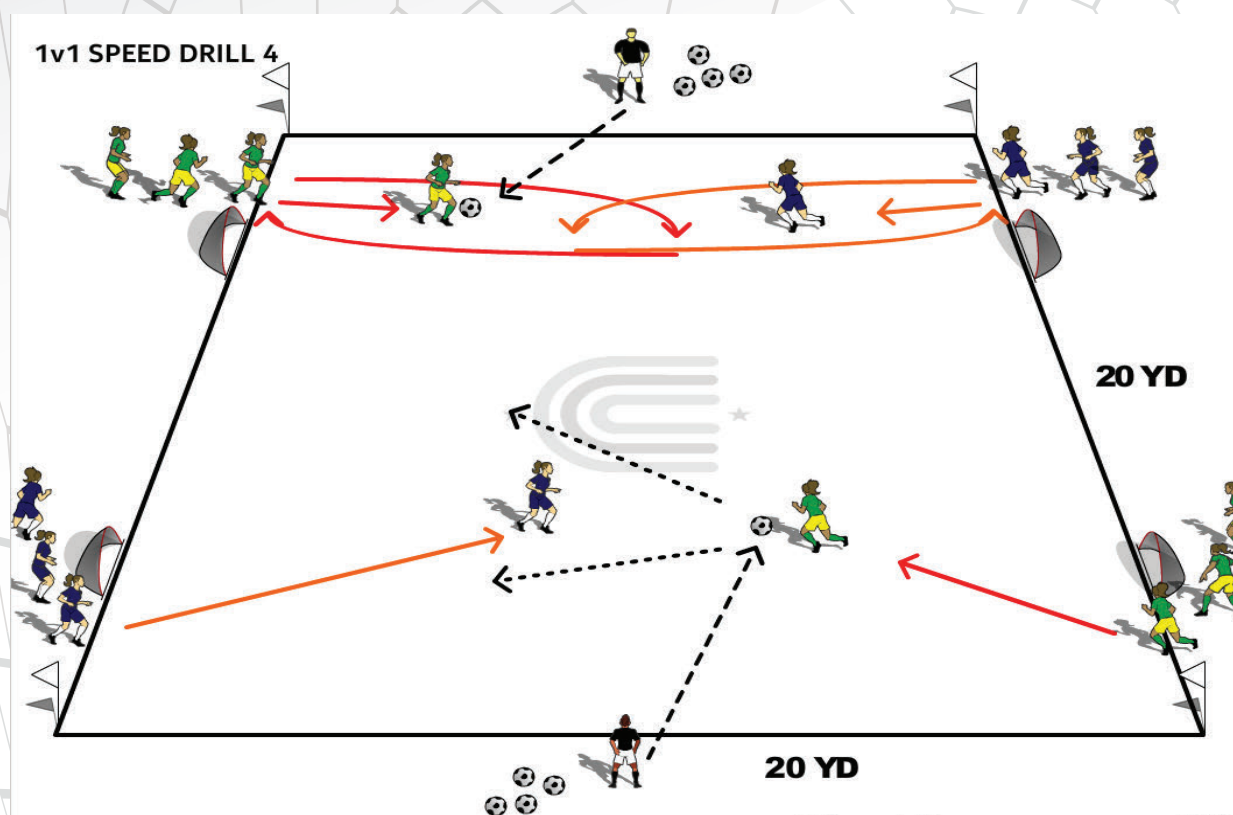
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SPEED, MOVES 1V1



MAKE YOUR MOVE 3.4



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PURPOSE

To improve speed and agility, 1v1 moves, and 1v1 attacking and defending skills in a full pressure exercise.

AGES

7-17 years

SETUP

Four groups in two teams form lines next to one of four goals on the touchlines of a 20x20 area. Coaches have balls to feed the players from the sidelines.

ACTION

On the coach's signal, two players from opposing teams sprint into the center, spin around one another, and sprint back to their own goal line. The first player back to the goal line receives a pass from the coach. Attacking player receives the pass and 1v1 play begins. Both players can score in either goal of their opponent.

VARIATION

Coaches can adjust the space to fit the needs of the players.

PLAYER TIP

Attacker should receive the ball on the run and use their first touch to play the ball away from pressure and in the direction they want to attack.

COACHES TIP

Promote healthy competition between players with each race. Feed in swiftly weighted passes to improve first touch receiving. Emphasize to defenders the importance of quickly closing space of the attacker.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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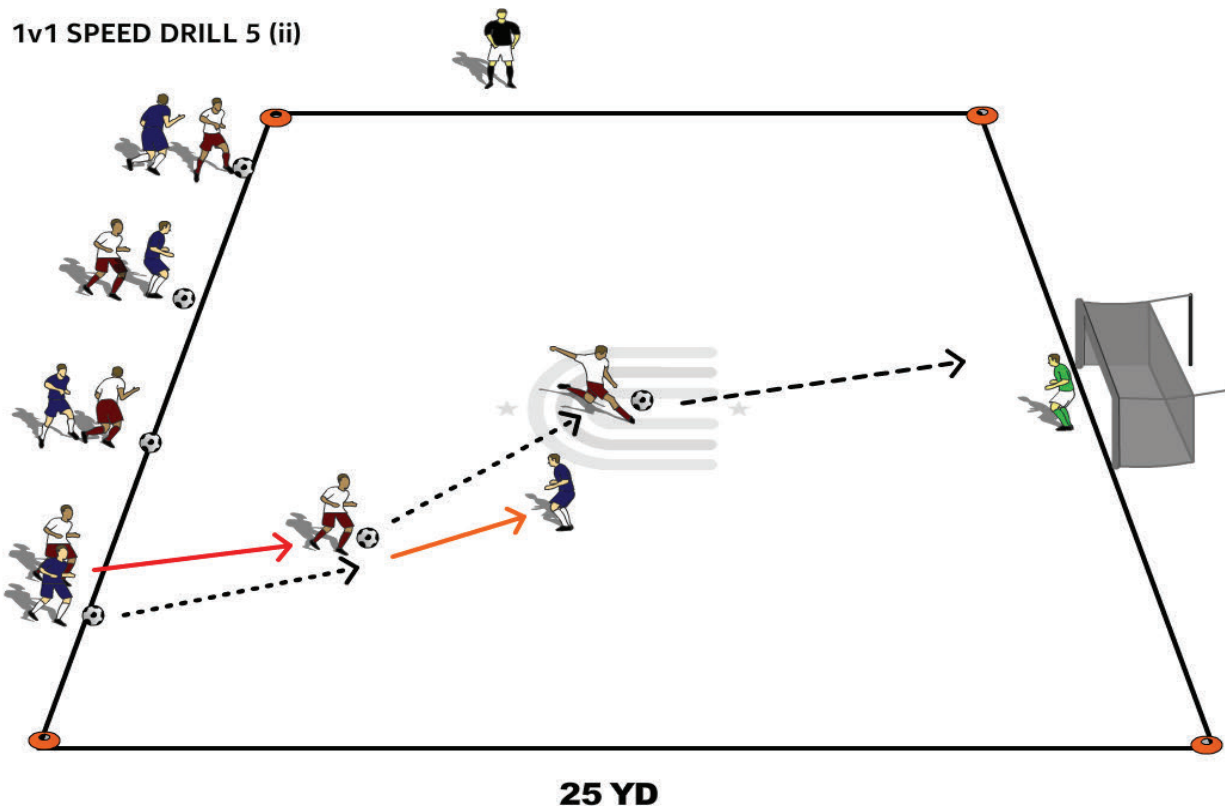


SPEED, MOVES 1V1, Finishing



MAKE YOUR MOVE 3.5.ii

1v1 SPEED DRILL 5 (ii)



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PURPOSE

To improve speed of running with the ball and using 1v1 moves - Feint moves - against full pressure in a 1v1 exercise to a large goal.

AGES

7-17 years

SETUP

Players form pairs and each pair has a ball in a line approximately 25 yards from the goal line. Player in front has a ball at feet.

ACTION

On coach's signal, the player in front dribbles towards the goal line at speed. Approximately 15 yards from the goal, the player steps on the ball and leaves it for partner while turning to defend partner. Partner takes the ball on the run and uses moves and speed to dribble past the defender and finish into goal.

VARIATION

Coaches can adjust the area to suit the needs of the players.

PLAYER TIP

Attacker should receive the ball on the run and immediately attack the defender as he or she turns to defend. Defenders should turn quickly to get set to defend.

COACHES TIP

Adjust the space to fit the needs of the players. Encourage decisive attacking.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



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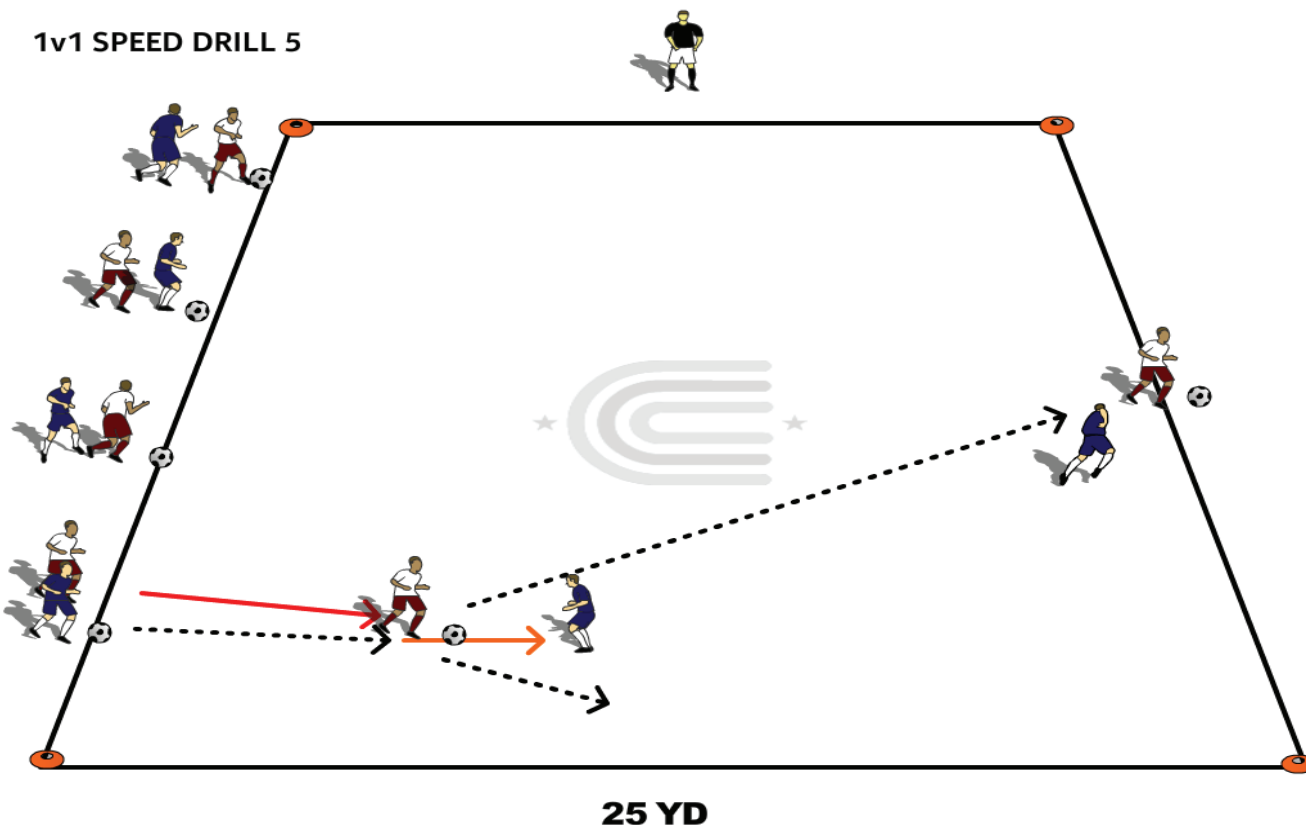


SPEED, MOVES 1V1

MAKE YOUR MOVE 3.5



1v1 SPEED DRILL 5



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PURPOSE

To improve speed of running with the ball and using 1v1 moves - Feint moves - against full pressure in a 1v1 exercise.

AGES

7-17 years

SETUP

Players form pairs and each pair has a ball in a line approximately 25 yards from the goal line. Player in front has a ball at feet.

ACTION

On coach's signal, the player in front dribbles towards the goal line at speed. Approximately 15 yards from the goal, the player steps on the ball and leaves it for partner while turning to defend partner. Partner takes the ball on the run and uses moves and speed to dribble the ball over the line under control.

VARIATION

Coaches can adjust the types of races as well the space to fit the needs of the players.

PLAYER TIP

Attacker should receive the ball on the run and immediately attack the defender as he or she turns to defend. Defenders should turn quickly to get set to defend.

COACHES TIP

Adjust the space to fit the needs of the players.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



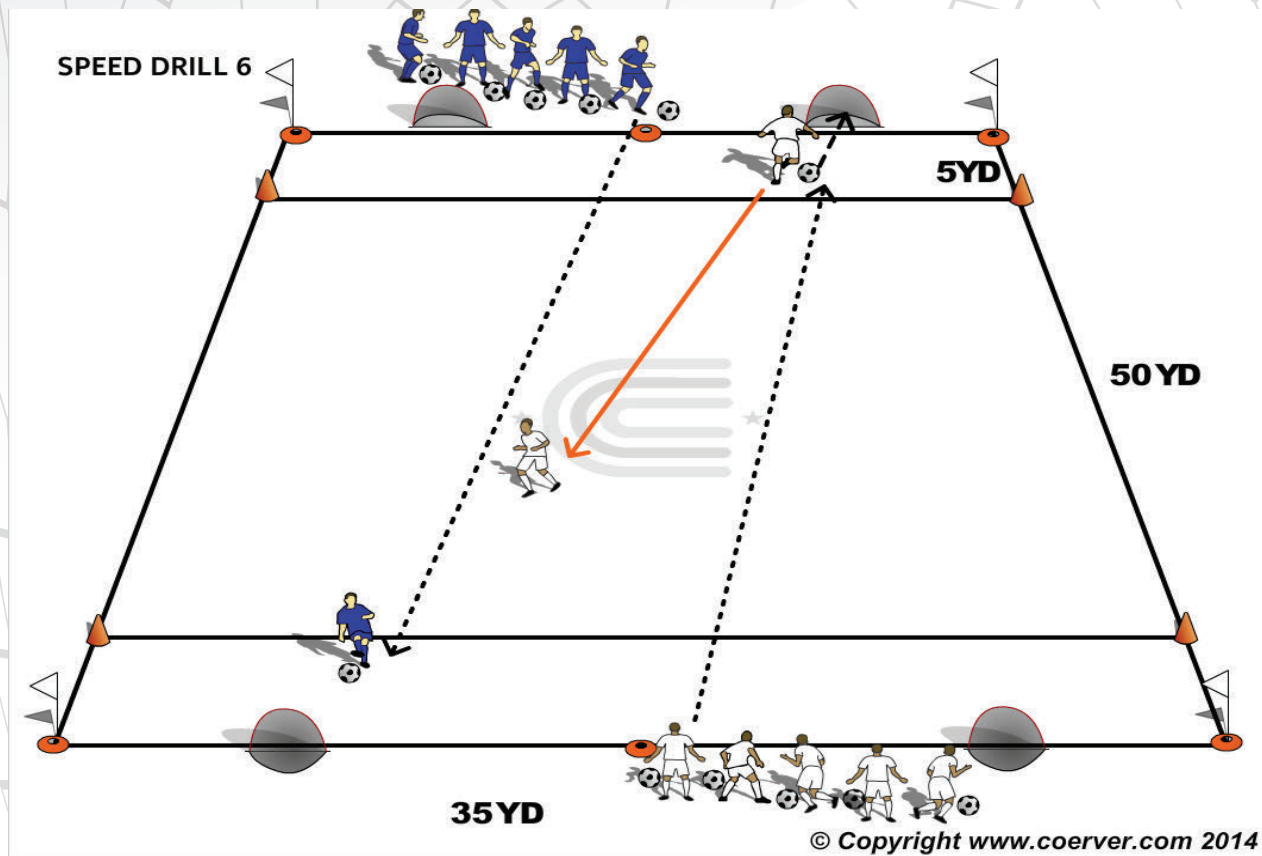
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SPEED, MOVES 1V1, Finishing



MAKE YOUR MOVE 3.6



PURPOSE

To improve speed of running with the ball and precise finishing in a 1v1 Fast Break Attack game.

AGES

7-17 years

SETUP

Two teams face each other in lines on opposite ends of a 35x50 yard area. Each player has a ball in line in between two small goals placed approximately 10 yards apart on each end. Two cones mark a 5 yard shooting line.

ACTION

First player from one team begins by running with the ball and scoring at the opponents end after crossing the 5 yard shooting line. Once the attacker's ball crosses the end line, in the goal or not, the opponent breaks out immediately and the first attacker must try and recover to defend. If the defender wins the ball they can try to score again but must defend again.

VARIATION

Coaches can adjust the area to suit the needs of the players.

PLAYER TIP

Speed running with the ball is crucial in this exercise. When running with the ball take as few touches as needed to penetrate the space. After shooting, attacker must make quick recovery run to disrupt and slow next attacking opponent.

COACHES TIP

Adjust the space to fit the needs of the players. Encourage quick attacking and quick defensive recovery.



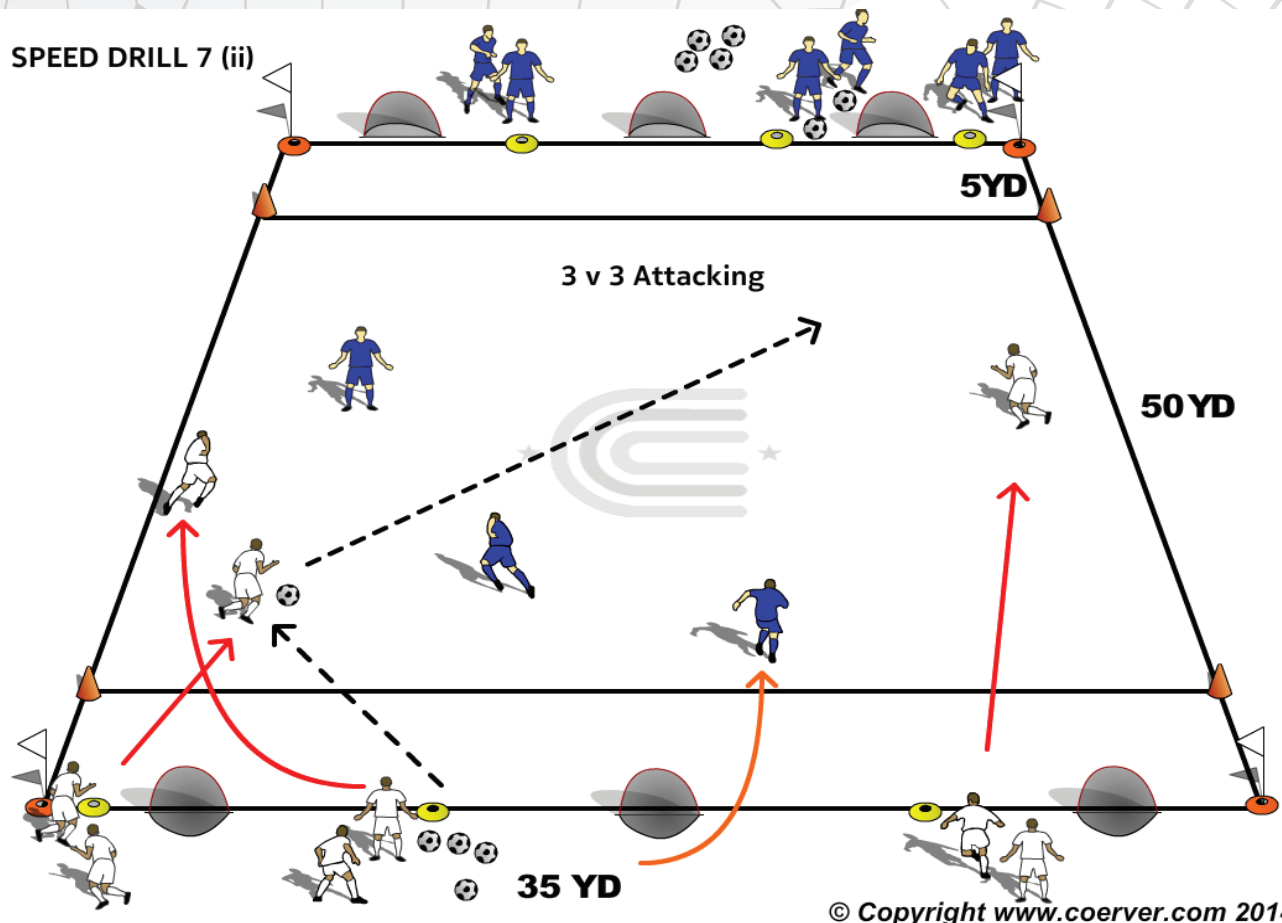
NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



SPEED, MOVES 1V1, Passing and Receiving, Group Play

MAKE YOUR MOVE 3.7.ii



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PURPOSE

To improve speed of running with the ball and, combining with teammates to attack and defend, and to improve precise finishing in a 3v3 Fast Break Attack full pressure game.

AGES

9-17 years

SETUP

Two teams face each other in three lines on opposite ends of a 35x50 yard area. Each player has a ball in line in between three small goals placed approximately 10 yards apart on each end with a 5 yard shooting line.

ACTION

First three players begin by attacking and scoring at the opponents end after crossing the 5 yard shooting line. Once the attacker's ball crosses the end line, in the goal or not, the opponents break out immediately and the attackers must recover to defend. The shooter must run around the opponents goal before they recover to defend to which makes for a 3v2 situation until the shooter recovers.

VARIATION

Coaches can adjust the area to suit the needs of the players.

PLAYER TIP

Speed running with the ball is crucial in this exercise to try and take advantage of 3v2 situations. Attackers should take into account the position of defending players.

COACHES TIP

Adjust the space to fit the needs of the players. Encourage 1v1 skill and quick combinations. Add overlaps, double passes, takeovers to attacking team's starting requirements. Encourage the killer pass when attacking.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery

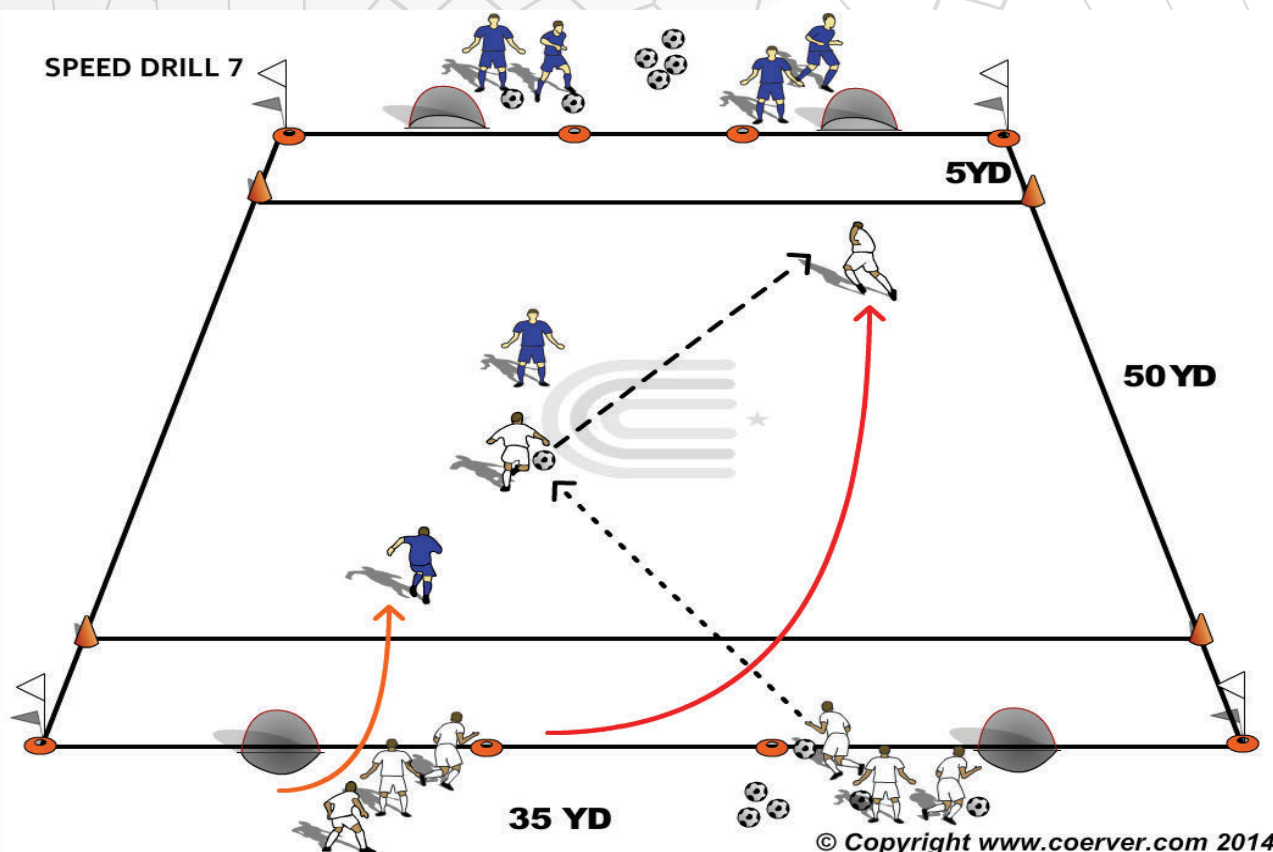


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SPEED, MOVES 1V1, Passing and Receiving

MAKE YOUR MOVE 3.7



PURPOSE

To improve speed of running with the ball and, combining with teammates to attack and defend, and to improve precise finishing in a 2v2 Fast Break Attack full pressure game.

AGES

7-17 years

SETUP

Two teams face each other in lines on opposite ends of a 35x50 yard area. Each player has a ball in line in between two small goals placed approximately 10 yards apart on each end.

ACTION

First two players from one team begins by attacking and scoring at the opponents end after crossing the 5 yard shooting line. Once the attacker's ball crosses the end line, in the goal or not, the opponents break out immediately and the attackers must try and recover to defend. If the defenders win the ball they can try to score again but must defend again.

VARIATION

Coaches can adjust the area to suit the needs of the players.

PLAYER TIP

Speed running with the ball is crucial in this exercise to try and take advantage of 2v1 situations. When running with the ball take as few touches as needed to penetrate the space. After shooting, attackers must make quick recovery run to disrupt and slow next attacking opponents.

COACHES TIP

Adjust the space to fit the needs of the players. Encourage 1v1 skill and quick combinations. Add overlaps, double passes and takeovers to attacking team's starting requirements.



NEW MOBILE APP

SEARCH: 99 Skills To Ball Mastery



LEGEND OF SYMBOLS



**ATTACKING
MOVEMENT**



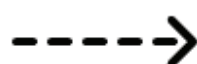
**DEFENDING
MOVEMENT**



COACH



GOALKEEPER



PASS/SHOT



**RUNNING WITH
THE BALL**



DRIBBLE



LOFTED PASS



TARGET CONE

20 YD

**SUGGESTED
GRID AREA**

NEW ERA INTRO

The Fast Break



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and finding targets in this 3v3 full pressure game with a target player at both end zones for each team.

AGES: 10-17

SET UP: Two teams of three players compete for possession in an approximately 30x40 yard area with two players positioned in end zone at opposite ends of the area.

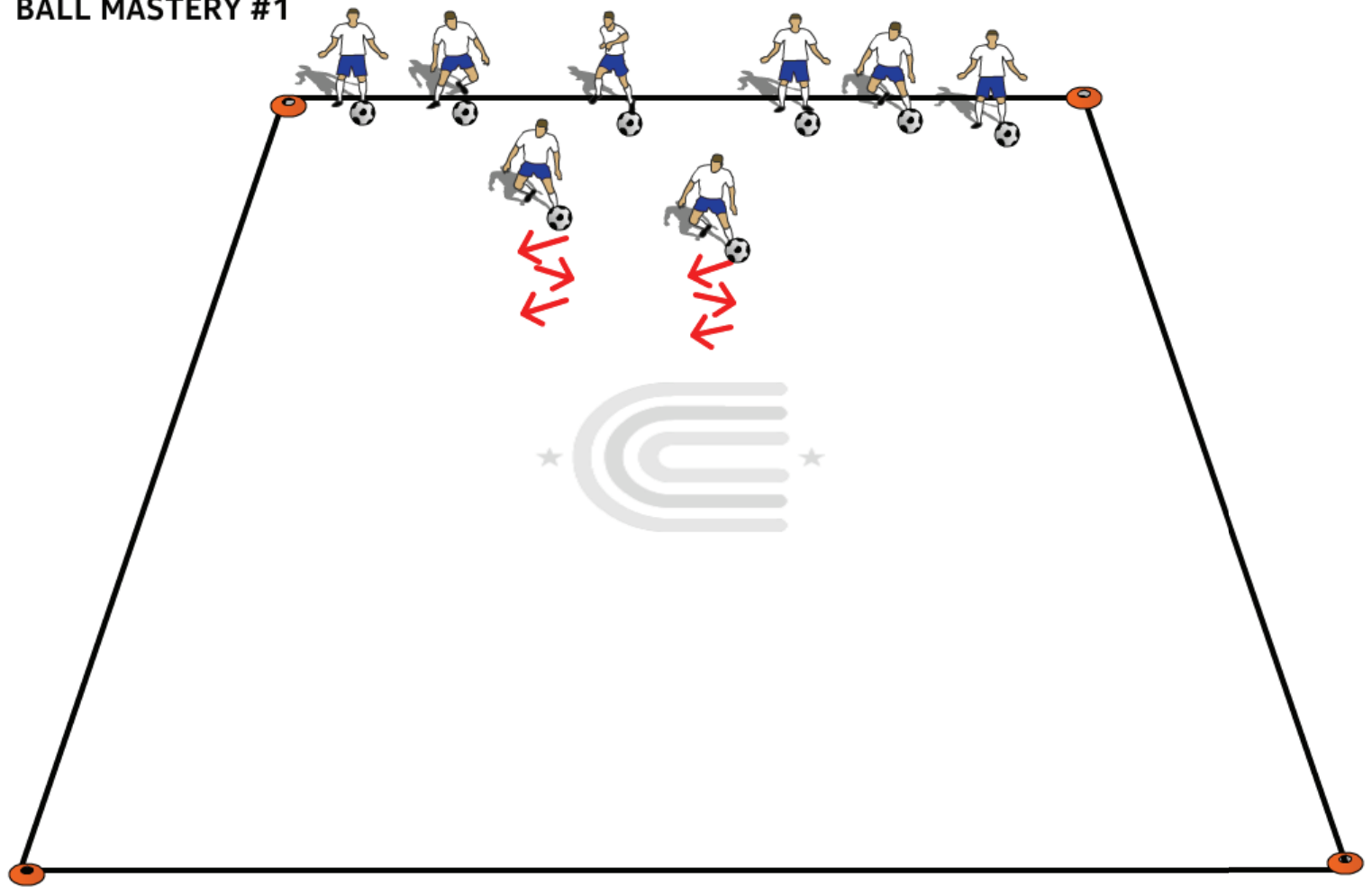
ACTION: Teams work to dribble, pass and combine in order to target the end zone players with a pass. Target passes can only be made after the attacking team crosses the center line in the area. The target player should break out quick into the area when receiving a pass, and the passer takes over the new target role. Teams can score goals by advancing the ball from one target end zone to the other at the opposite end.

PLAYER'S TIP: The attacking players supporting the ball should move continually to find open space and to open space for teammate. End zone players should always be in position to receive target pass and be prepared to receive target pass on the run and to begin a quick attack in the opposite direction in this transitional game.

COACH'S TIP: Coaches can highlight moments of quick effective transitional play. Encourage supporting players to make quick runs to penetrate open space.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.

BALL MASTERY #1



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces.

AGES: 4 - 17

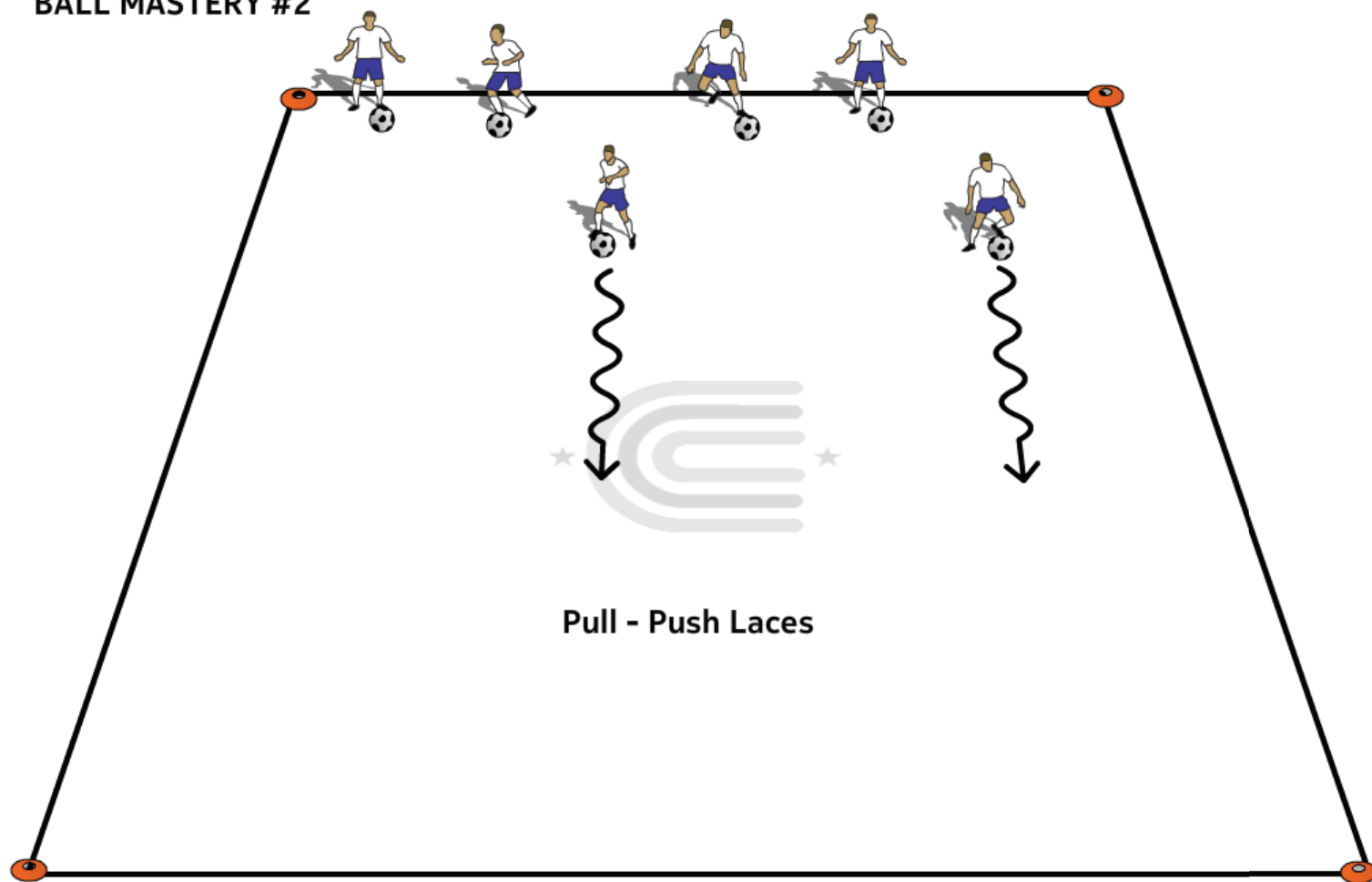
SET UP: Each player has a ball in this technical sequence.

ACTION: Players rotate in using their sole to slap ball across body to opposite foot. Players touch the ball with each step, alternating sole touches with left and right foot.

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize as many touches on the ball as possible.

COACH'S TIP: Make these exercises competitive by encouraging players to increase their amount of touches in each sequence.

BALL MASTERY #2



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces.

AGES: 4 - 17

SET UP: Each Player has a ball in this technical sequence.

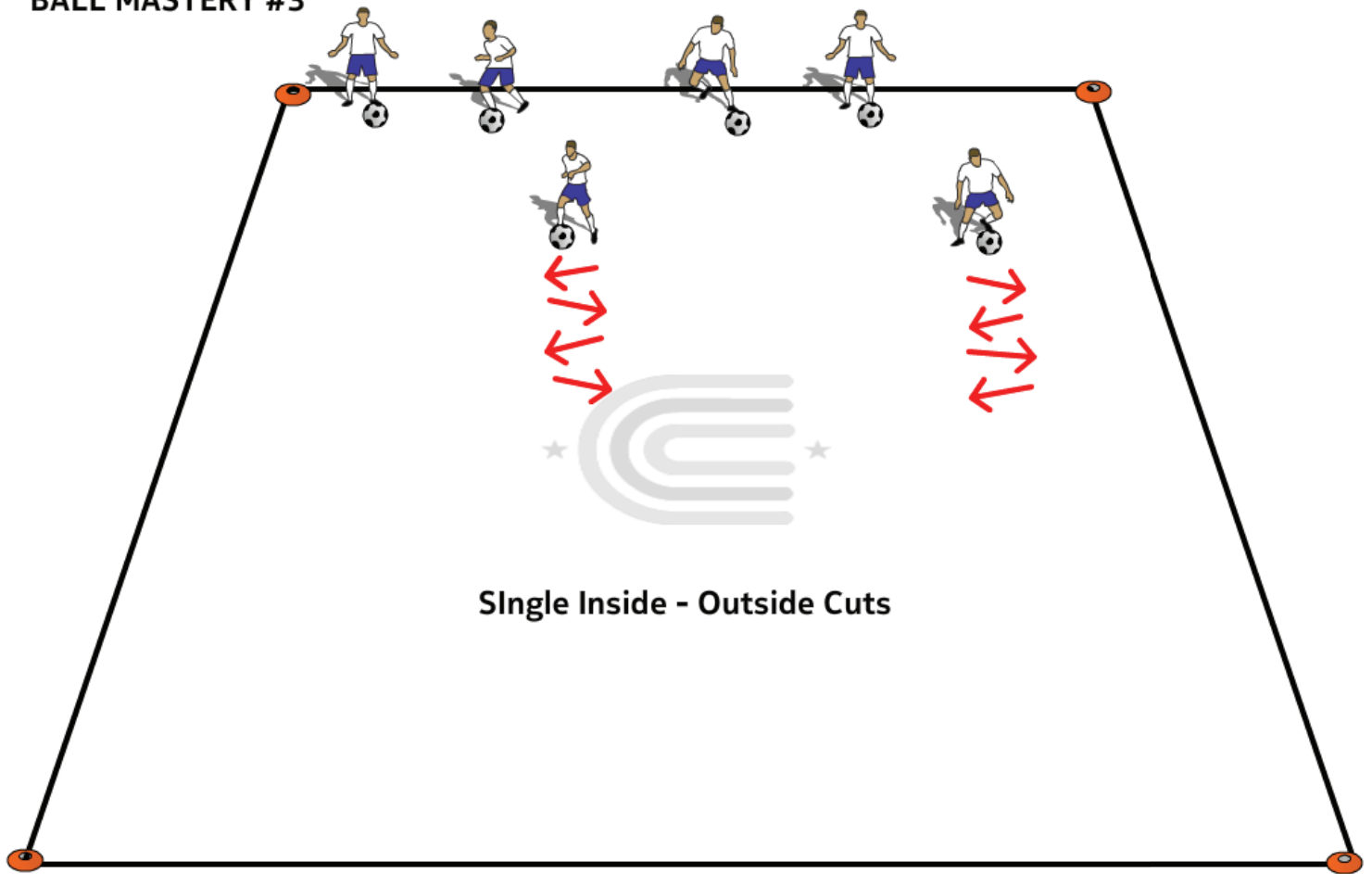
ACTION: Players rotate in small groups with this Ball Mastery exercise.

Players pull the ball back with their sole and push the ball away with the laces of the same foot, then alternate to the opposite foot - "Push - Push Laces."

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize touches on the ball in each sequence. Develop ankle flexibility.

COACH'S TIP: Make these exercises competitive by encouraging players to increase the amount of touches in each sequence.

BALL MASTERY #3



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces.

AGES: 4 - 17

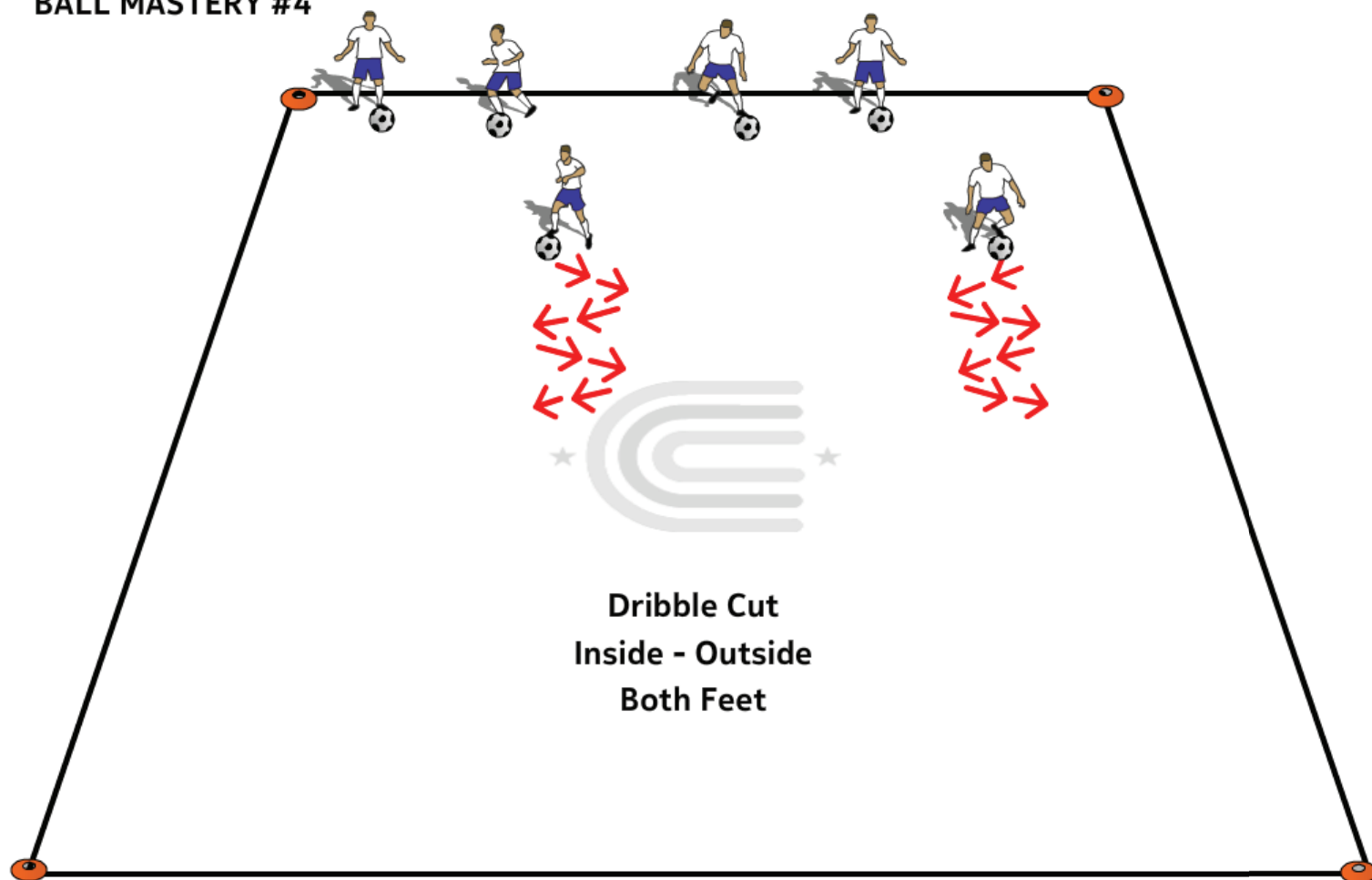
SET UP: Each Player has a ball in this technical sequence.

ACTION: Players rotate in small groups with this Ball Mastery exercise. Players cut ball with inside and outside of same foot - "Single Inside - Outside Cuts."

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize touches on the ball in each sequence. Move your feet side to side. Opposite foot follows the path of the ball.

COACH'S TIP: Make these exercises competitive by encouraging players to increase the amount of touches in each sequence.

BALL MASTERY #4



Dribble Cut
Inside - Outside
Both Feet

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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces.

AGES: 4 - 17

SET UP: Each Player has a ball in this technical sequence.

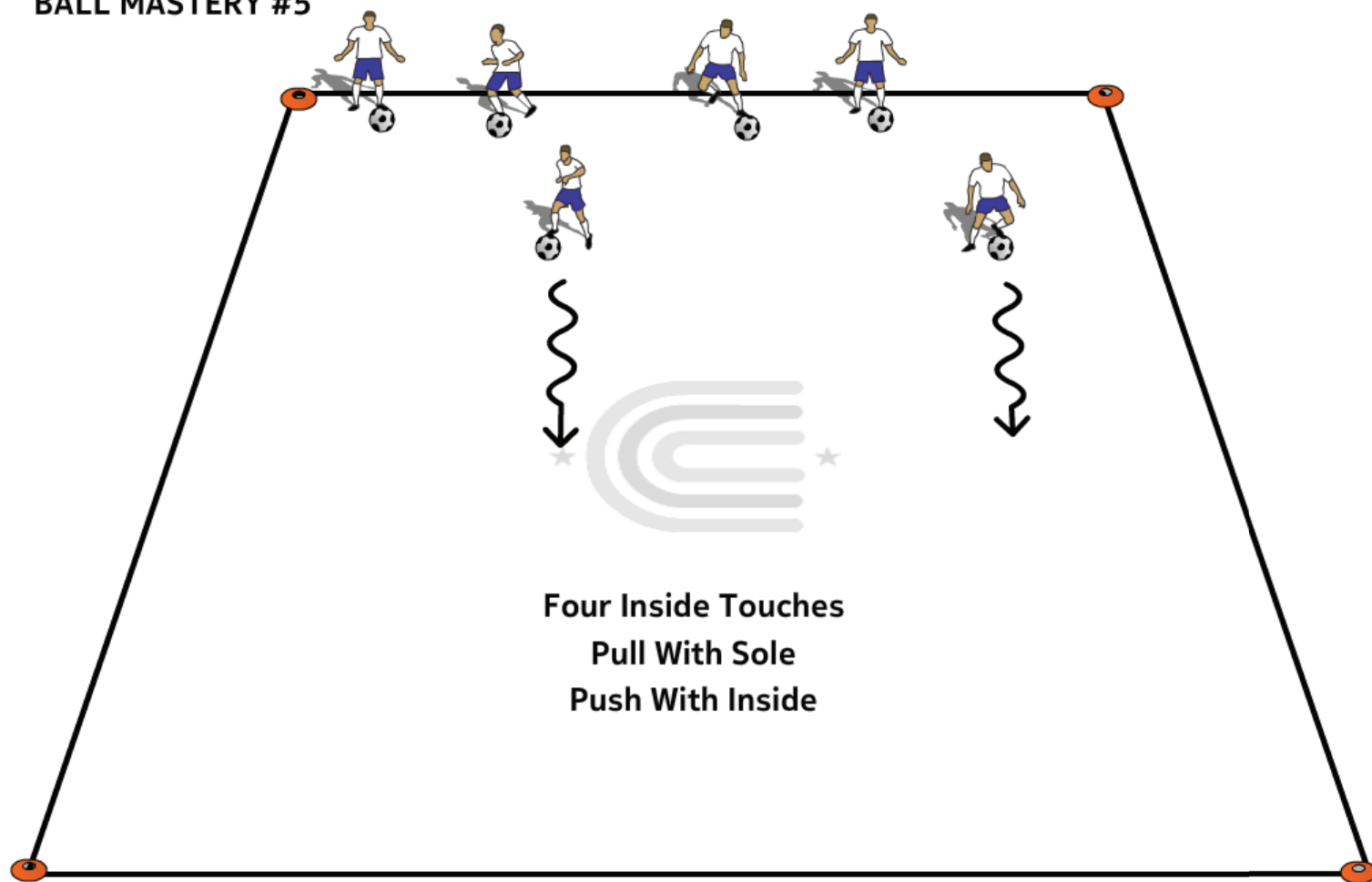
ACTION: Players rotate in small groups with this Ball Mastery exercise.

Players cut ball with inside of one foot, then outside of the other in this Dribble Cut sequence in which they use both feet - "Inside - Outside Cuts - Both Feet."

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize touches on the ball in each sequence. Focus on quickness side to side.

COACH'S TIP: Make these exercises competitive by encouraging players to increase the amount of touches in each sequence.

BALL MASTERY #5



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces.

AGES: 4 - 17

SET UP: Each Player has a ball in this technical sequence.

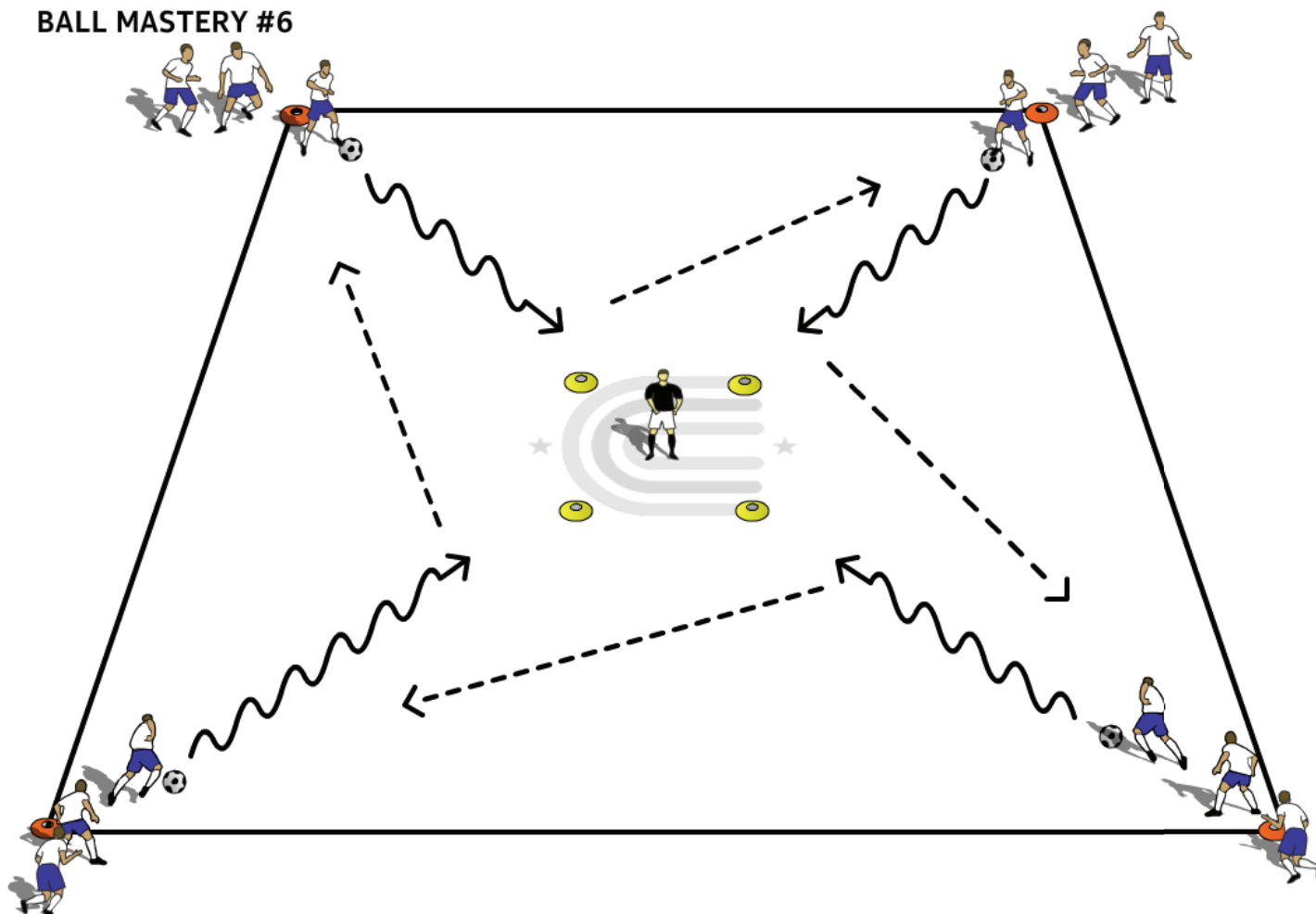
ACTION: Players rotate in small groups with this Ball Mastery exercise.

Players use insides of feet for four quick touches, then pull with sole and push with inside, with both feet in this combination sequence.

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize touches on the ball in each sequence.

COACH'S TIP: Make these exercises competitive by encouraging players to increase the amount of touches in each sequence.

BALL MASTERY #6



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery, Receiving and Passing

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces, while integrating Receiving and Passing skills into this sequence.

AGES: 7 - 17

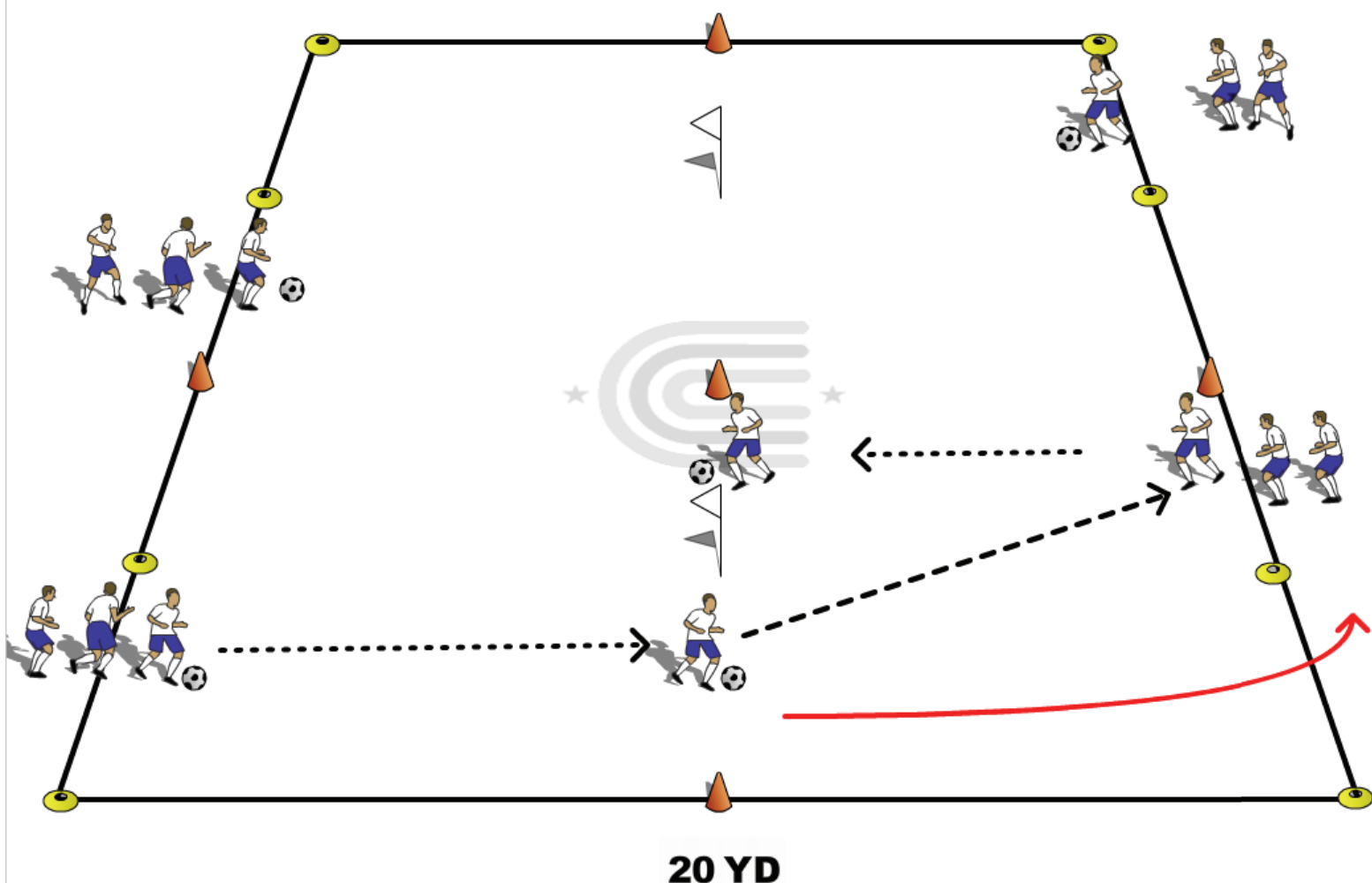
SET UP: Players form small groups in each corner of the 10x10 yard area, with a ball in each small group.

ACTION: Four players cut ball with inside and outside of same foot, moving steadily towards the center space. An inside push pass is given to the next player from the adjacent corner. Each player sprints quickly, following their pass, to the next line.

PLAYER'S TIP: Focus on staying low for balance and concentrate on soft touches. Challenge yourself to maximize touches on the ball in each sequence. Follow your pass with a short sprint after the inside push pass.

COACH'S TIP: Make these exercises competitive by encouraging players to increase the amount of touches in each sequence. Coaches can instruct players to focus on various ball mastery exercises.

BALL MASTERY #7



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery, Speed, Receiving/Passing

PURPOSE: To improve touch, control, and passing while running with the ball and to improve receiving and passing skill.

SET UP: Players form small groups at the opposite end of lanes, with a ball at each group. The lane is about 20x10 yards.

ACTION: A player from each end runs with the ball using their outside foot, and gives an inside push pass to the next player at the opposite end of the lane.

PLAYER'S TIP: Use short quick steps to increase repetitions and to develop touch when running with the ball. Develop ankle, knee, and hip flexibility.

COACH'S TIP: Coaches can adjust the size of the area to suit the needs and abilities of the players.

BALL MASTERY #8



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces in this technical sequence

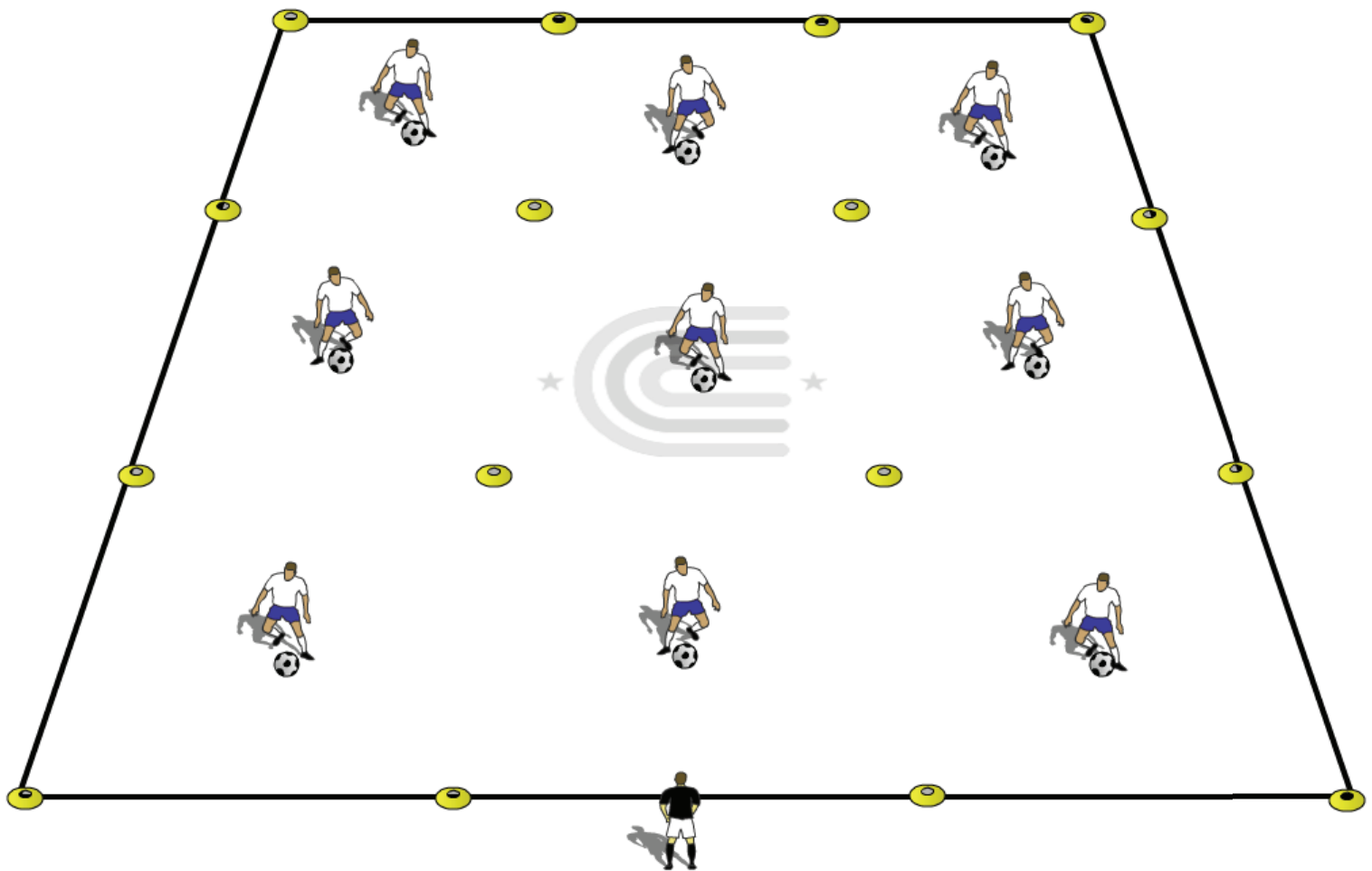
AGES: 4 - 17

SET UP: Each player has a ball in this Ball Mastery Sequence.

ACTION: Players are toe-tapping with the inside of both feet and on the coach's signal, players use their sole to pull the ball with a quarter turn.

PLAYER'S TIP: Stay low to increase balance and develop soft touch while focusing on quick touches.

BALL MASTERY #9



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces in this technical sequence

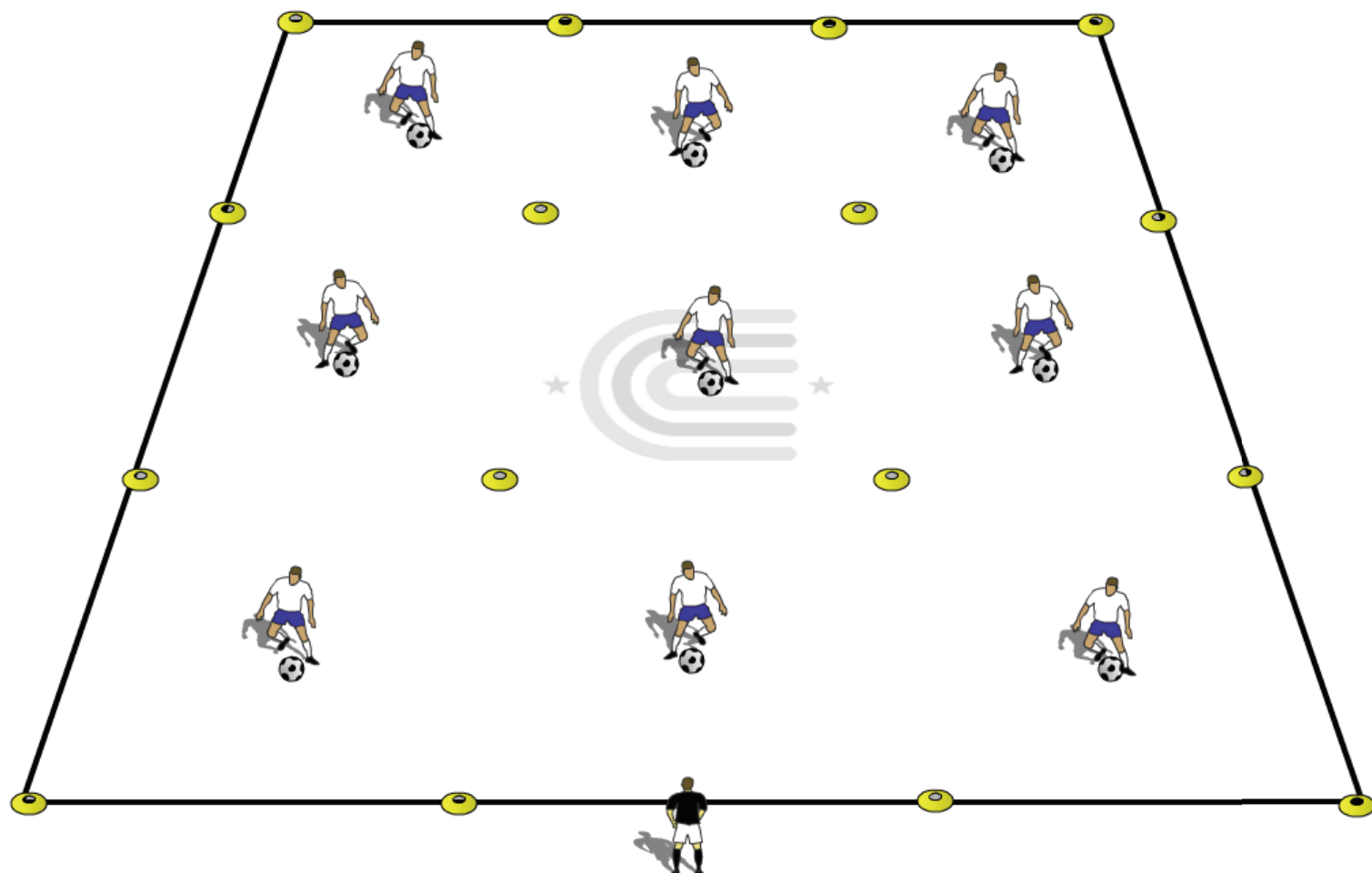
AGES: 4 - 17

SET UP: Each player has a ball in this Ball Mastery Sequence.

ACTION: Players alternate each touch with left and right foot. Players use toe-tap with each foot, and then slap roll the ball across their body to opposite foot, and repeat sequence.

PLAYER'S TIP: Stay low to increase balance and develop soft touch while focusing on quick touches.

BALL MASTERY #10



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces in this technical sequence

AGES: 4 - 17

SET UP: Each player has a ball in this Ball Mastery Sequence.

ACTION: Players are toe-tapping with inside feet and upon coach's signal, players step over the ball and then use their sole and inside of the foot to make a quarter turn, before toe-tapping again.

PLAYER'S TIP: Stay low to increase balance and develop soft touch while focusing on quick touches.

BALL MASTERY #11



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PLANNER SEGMENT: Warm Up

PYRAMID BLOCK: Ball Mastery

PURPOSE: To improve touch, control, confidence, and balance while manipulating the ball with various foot surfaces in this technical sequence

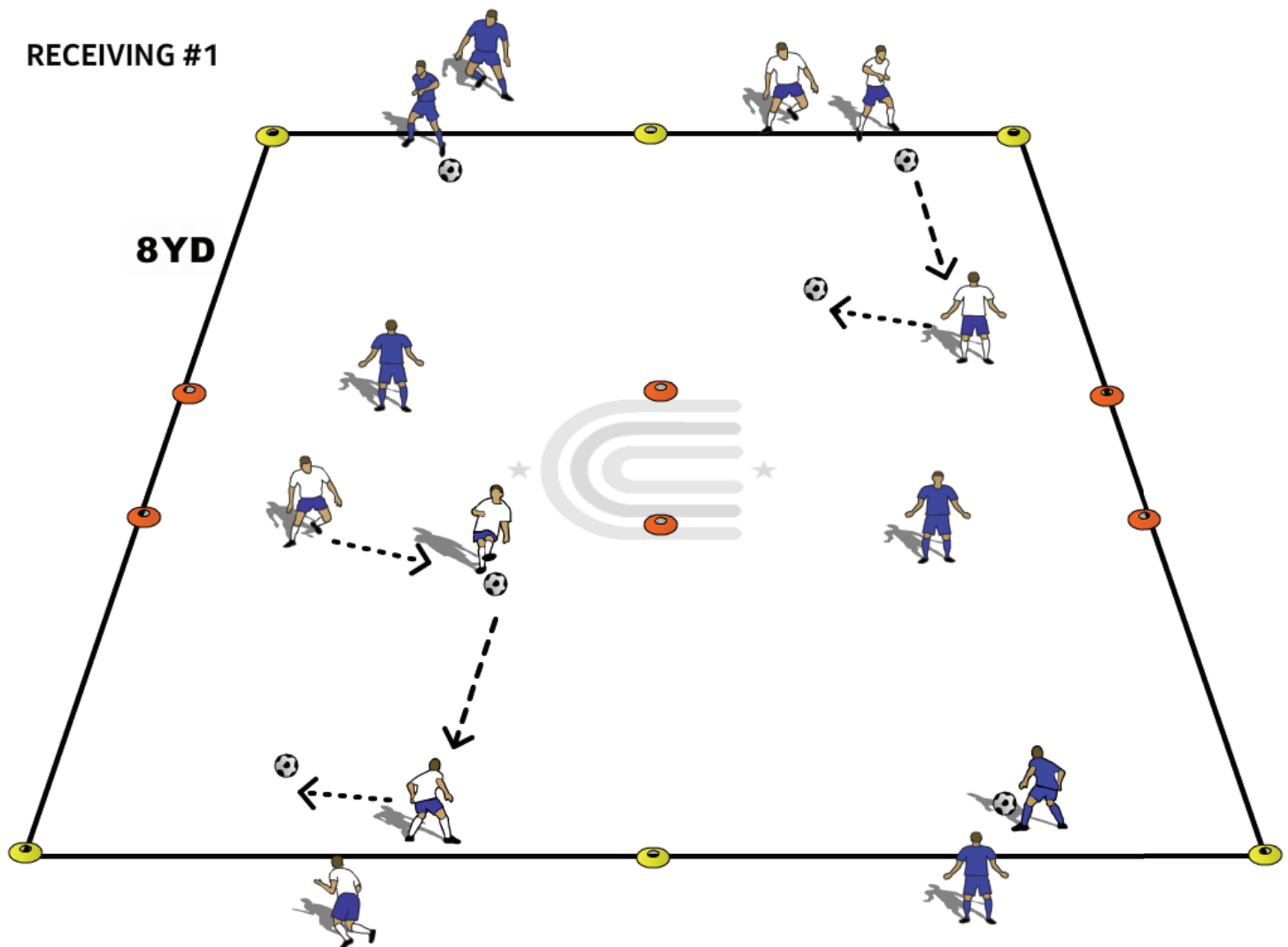
AGES: 4 - 17

SET UP: Each player has a ball in this Ball Mastery Sequence.

ACTION: Players drag ball side to side, using inside foot, sole, and outside foot, alternating feet in this sequence.

PLAYER'S TIP: Stay low to increase balance and develop soft touch while focusing on quick touches. Keep foot on the ball in this sequence.

RECEIVING #1



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PLANNER SEGMENT: Small Sided Games

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve receiving of the ball and taking first touch into space across body in this technical sequence, while focusing on accuracy in inside push passing.

AGES: 9-17

SET UP: A small group of players have one ball in a small area approximately 8x8 yards.

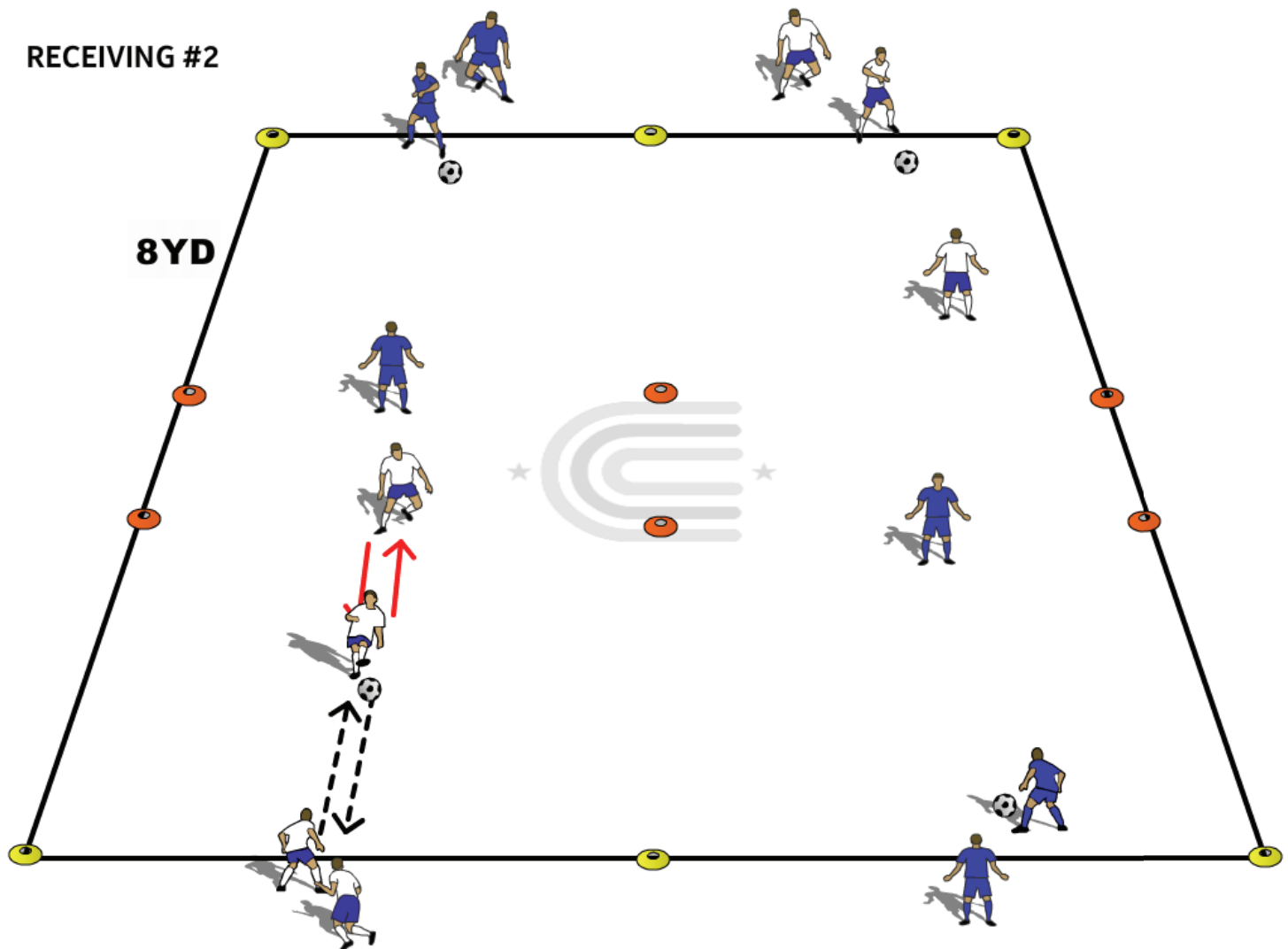
ACTION: Players exchange inside push passes, and each player received the ball with their inside foot across their body, before passing with the opposite foot.

PLAYER'S TIP: Players should open their inside foot to receive the pass across their body. Anticipate the next pass and move to support teammate.

COACH'S TIP: Coaches should adjust the size of the area to suit the needs and abilities of the players. Encourage players to develop rhythm and timing with their teammates.

VARIATION: Coaches can encourage players to use multiple surfaces of their foot to receive pass - inside, outside, sole.

RECEIVING #2



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PLANNER SEGMENT: Small Sided Games

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve receiving of the ball with the inside foot while moving to the ball in this technical sequence, while focusing on accuracy in one-touch passing.

AGES: 9-17

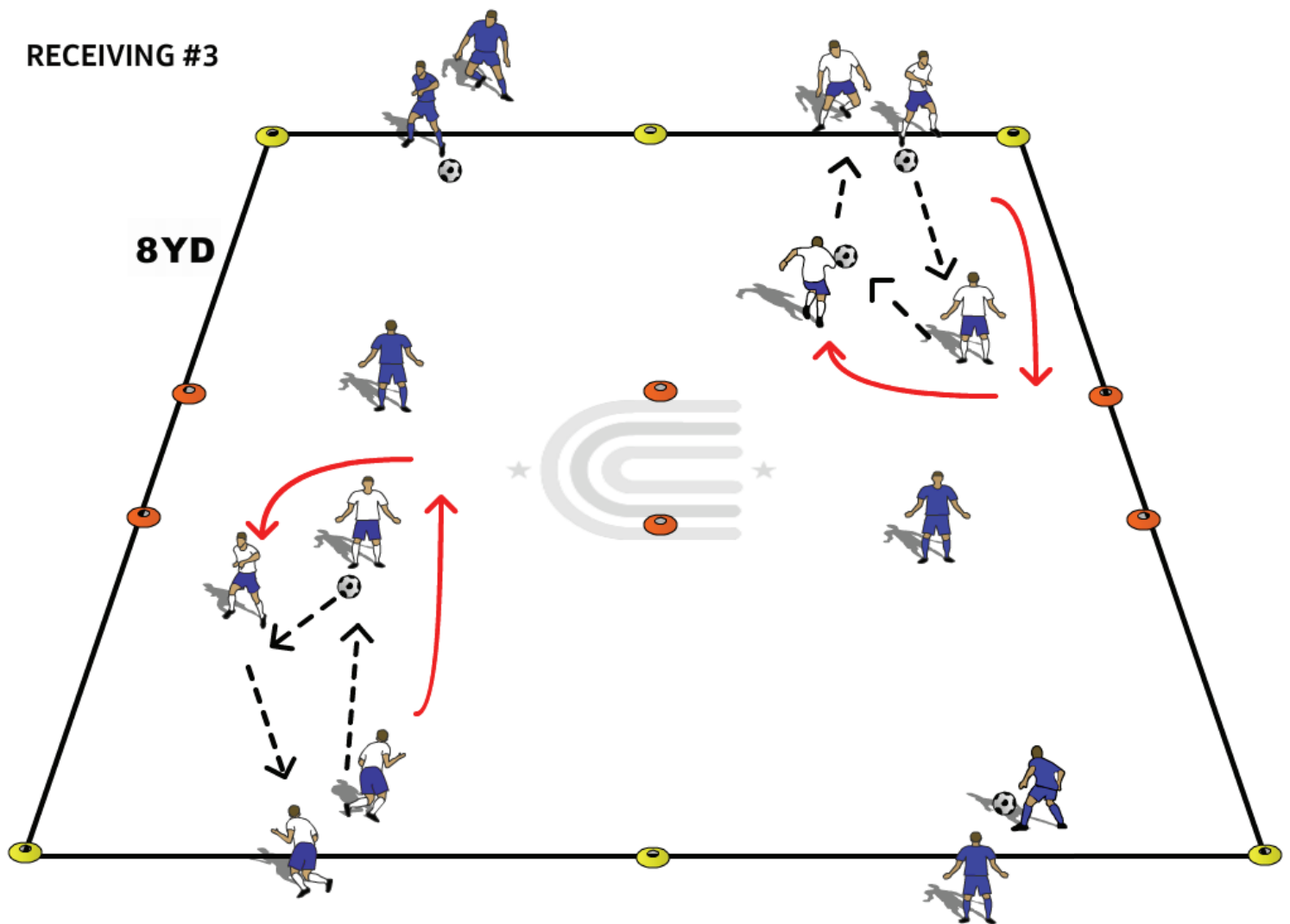
SET UP: A small group of players have one ball in a small area approximately 8x8 yards.

ACTION: Players exchange inside push passes, and the central player moves toward teammate and receives the ball with a one-touch pass, playing the ball back to the next player at the end of the space. After the pass, the central player moves backwards to the line before receiving the next pass.

PLAYER'S TIP: Receiving foot should be open to the ball while receiving, using the opposite foot to balance. Continue moving towards ball when passing to the next player.

COACH'S TIP: Coaches should adjust the size of the area to suit the needs and abilities of the players.

RECEIVING #3



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve one touch passing and moving off of the ball, while focusing on accuracy of inside foot and outside foot passing.

AGES: 9-17

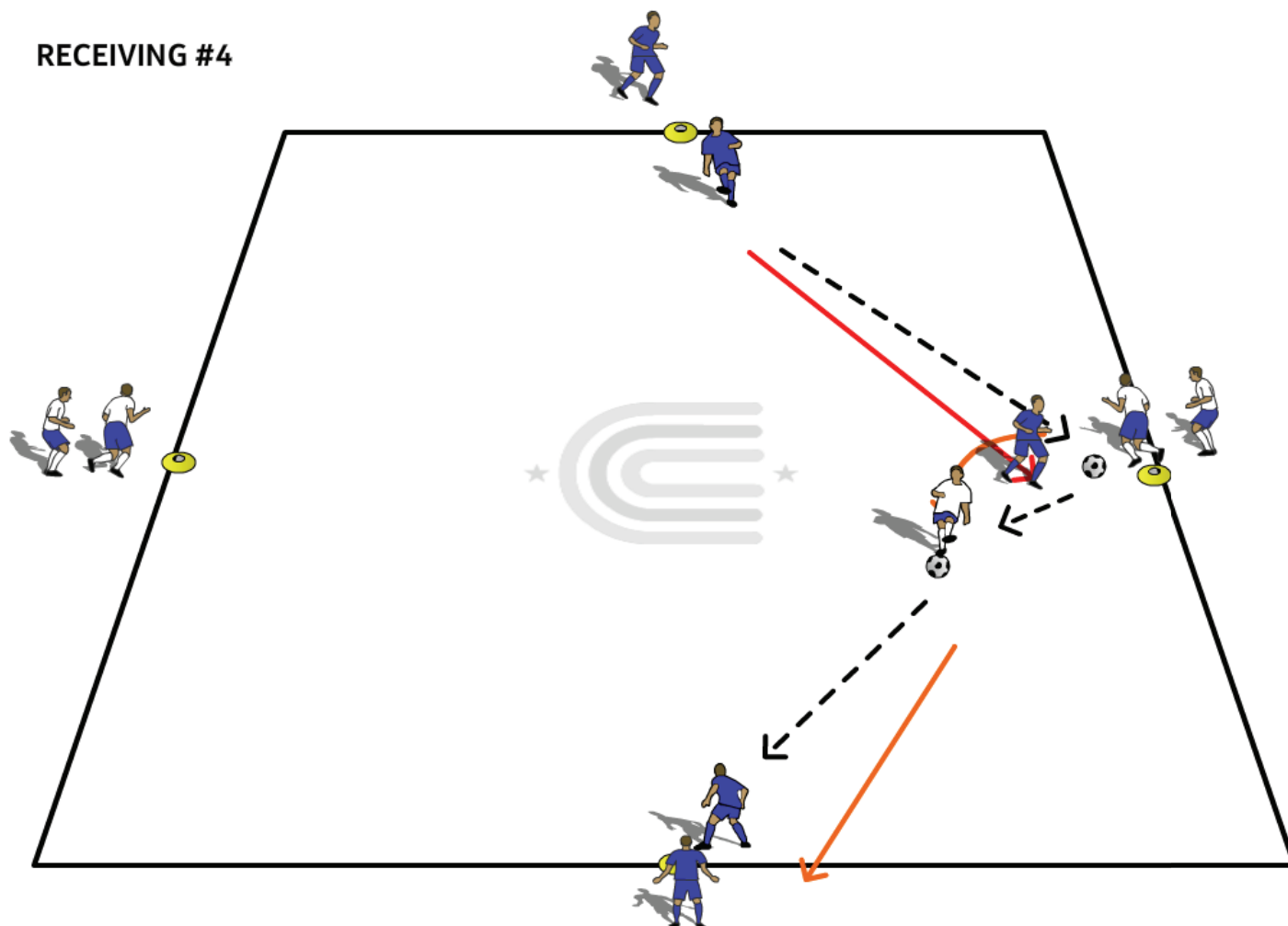
SET UP: A small group of players have one ball in a small area approximately 8x8 yards. One target player is at the opposite end of the runners.

ACTION: Each pass is a one touch pass. Runner plays a pass into target player's feet and moves quickly to overlap target player. Target player plays a one touch outside foot pass just ahead of the overlapping runner. Runner returns one touch inside push pass into next player at opposite end of the space, and the sequence continues.

PLAYER'S TIP: Develop rhythm and timing with teammates. Quick movement after pass is essential for the runners.

COACH'S TIP: Coaches should adjust the size of the area to suit the needs and abilities of the players. Focus on technique before encouraging speed.

RECEIVING #4



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve receiving longer passes with soft touches under minimal pressure.

AGES: 9-17

SET UP: Small groups of players are placed at corners of a 10x10 yard area. The group plays with one ball.

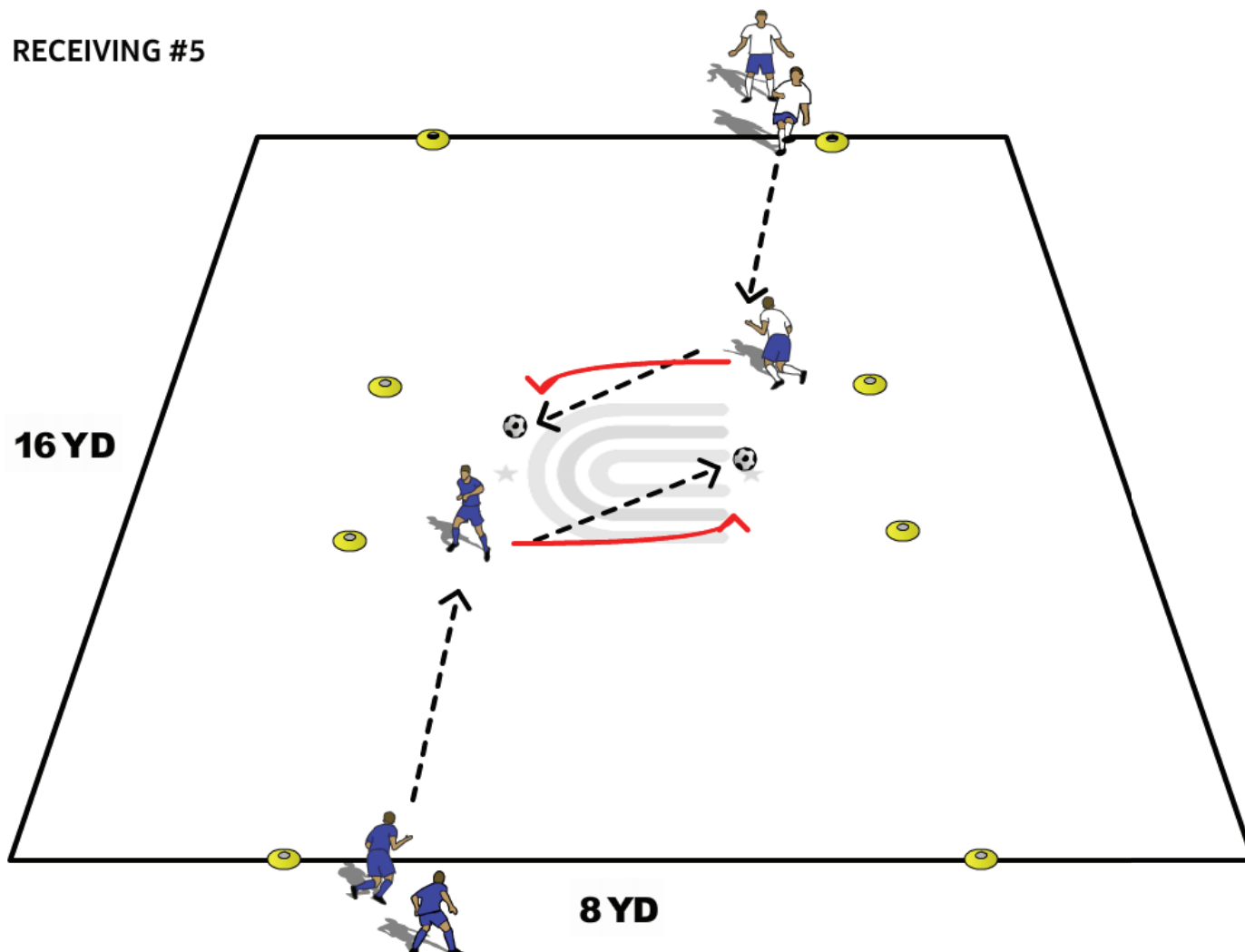
ACTION: The first player with the ball passes to the target player to the left, and quickly sprints to the target player. Target player receives with soft first touch around the incoming player and gathers ball quickly for the next pass into target of the next group. The sequence continues.

VARIATION: Coaches can adjust the size and space of the area to suit the needs and abilities of the players.

PLAYER'S TIP: Open body to guide soft touch into space. Use quickness to gather the ball after the first touch.

COACH'S TIP: Coaches can instruct players to receive the ball with different feet and different surfaces to encourage different receiving skills.

RECEIVING #5



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve one touch receiving and turning.

AGES: 9-17

SET UP: A small group of players with a ball are placed at the ends of a 16x8 yard area, with two target players in the center.

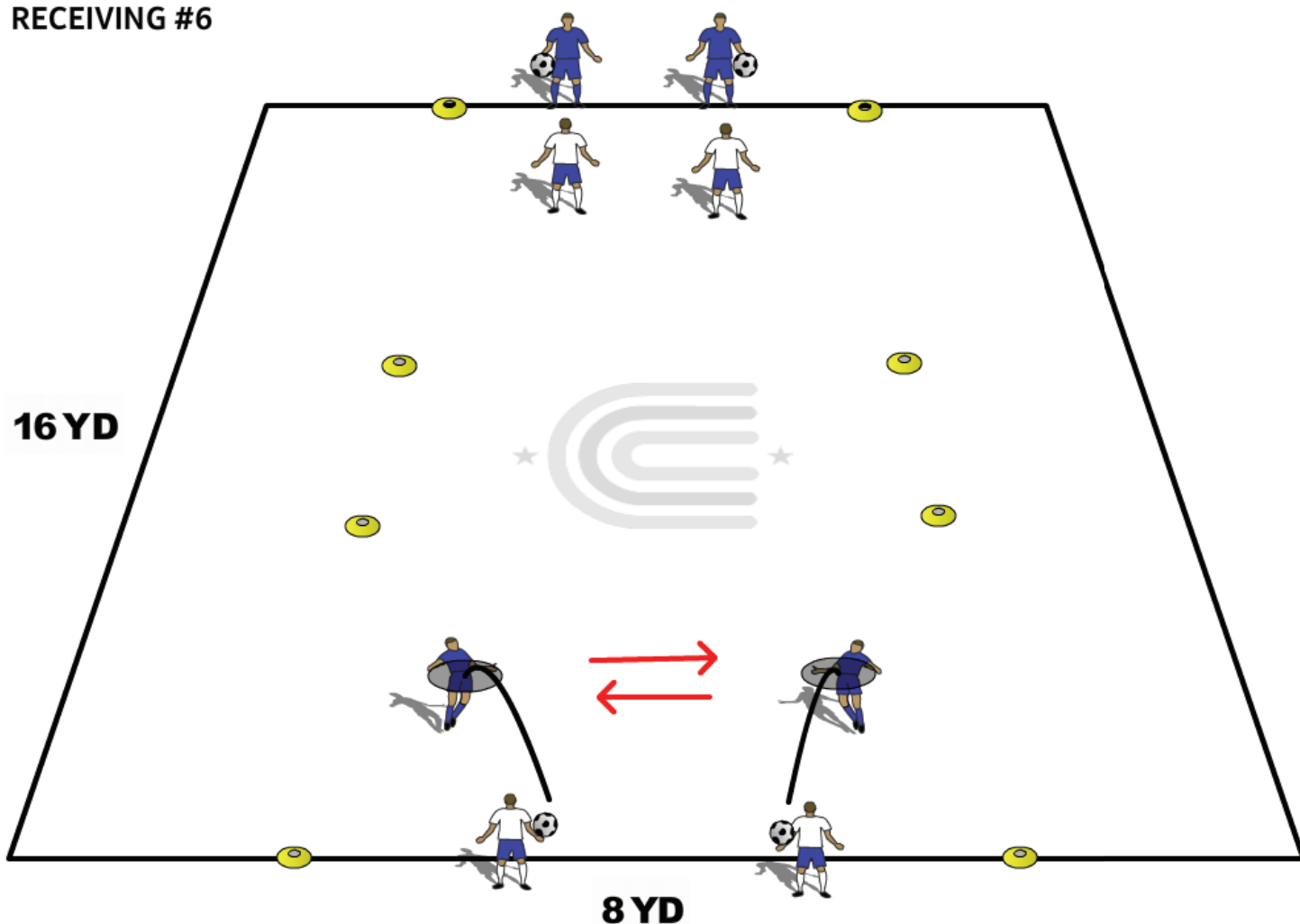
ACTION: The two target players move to receive pass from the outside player and receive and turn into space before passing the ball to the outside player at the opposite end of the area. Outside player plays a one touch pass directly to the central player and the sequence continues.

VARIATION: Coaches can adjust the size and space of the area to suit the needs and abilities of the players.

PLAYER'S TIP: Open body to guide soft touch into space. Use quickness to gather the ball after the first touch.

COACH'S TIP: Coaches can instruct players to receive the ball with different feet and different surfaces to encourage different receiving skills. Rotate central players frequently.

RECEIVING #6



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve aerial receiving with the thigh from aerial passes.

AGES: 9-17

SET UP: A group of four players share two balls in a small area. Two players have a ball in hands while the others receive the ball from teammate's hands.

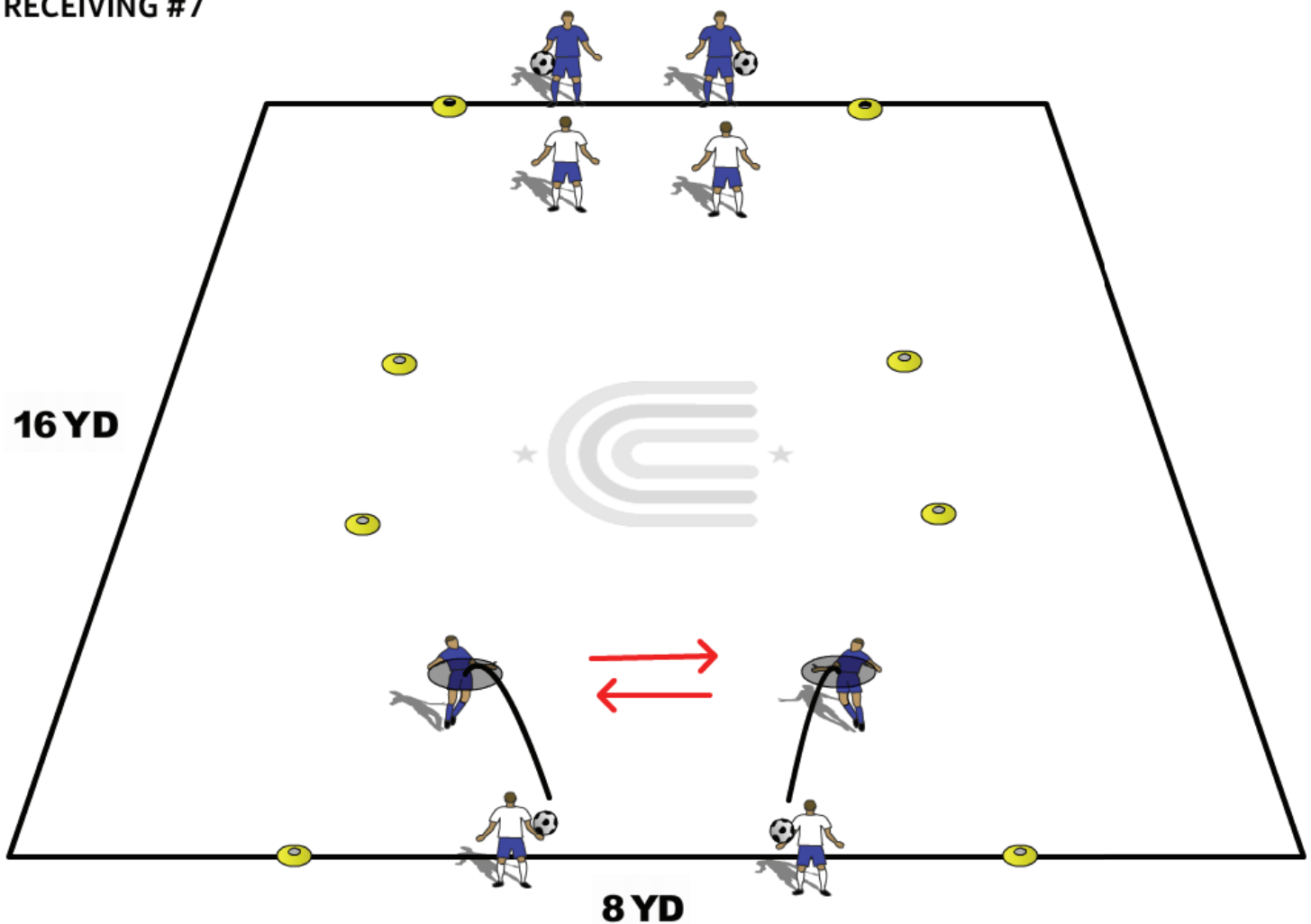
ACTION: Receiving players control aerial ball with their thigh and play ball back to feet of the thrower. Receiving player then moves to receive aerial pass from adjacent player.

VARIATION: Coaches can instruct players to receive aerial passes with different parts of their body - foot, thigh, chest, head.

PLAYER'S TIP: Drop knee quickly to cushion control. Receive ball down to feet quickly and give inside push pass to feet.

COACH'S TIP: Highlight proper technique and fix technical problems when needed. Encourage players to control, pass, and move.

RECEIVING #7



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve aerial receiving with the chest from aerial passes.

AGES: 9-17

SET UP: A group of four players share two balls in a small area. Two players have a ball in hands while the others receive the ball from teammate's hands.

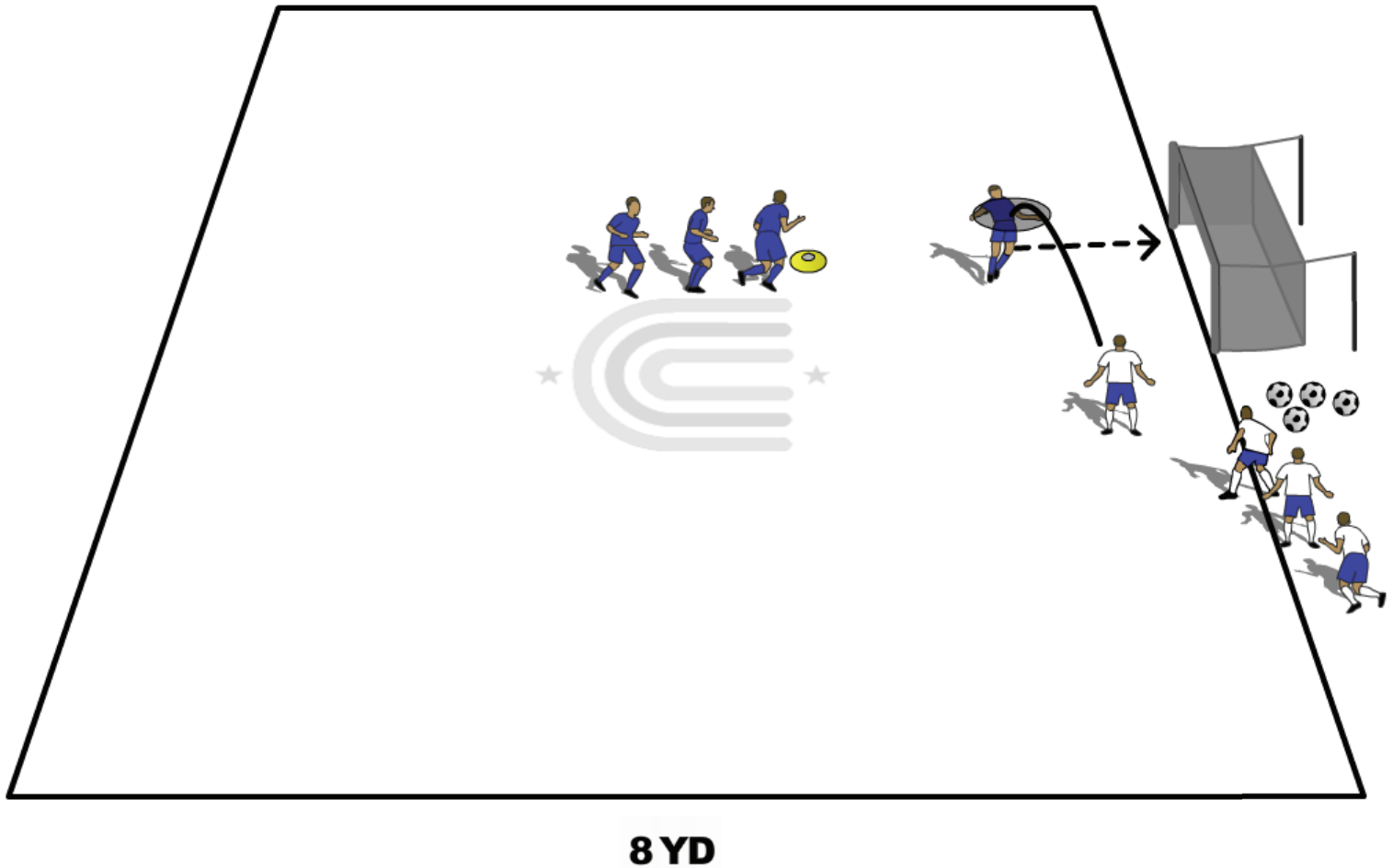
ACTION: Receiving players control aerial ball with their chest and play ball back to feet of the thrower. Receiving player then moves to receive aerial pass from adjacent player.

VARIATION: Coaches can instruct players to receive aerial passes with different parts of their body - foot, thigh, chest, head.

PLAYER'S TIP: Arch back to cushion control. Receive ball down to feet quickly and give inside push pass to feet.

COACH'S TIP: Highlight proper technique and fix technical problems when needed. Encourage players to control, pass, and move.

RECEIVING #8



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing, Finishing

PURPOSE: To improve aerial receiving with the chest and finishing with volleys.

AGES: 9-17

SET UP: Two groups form lines near the goal in this receiving and Finishing technical exercise.

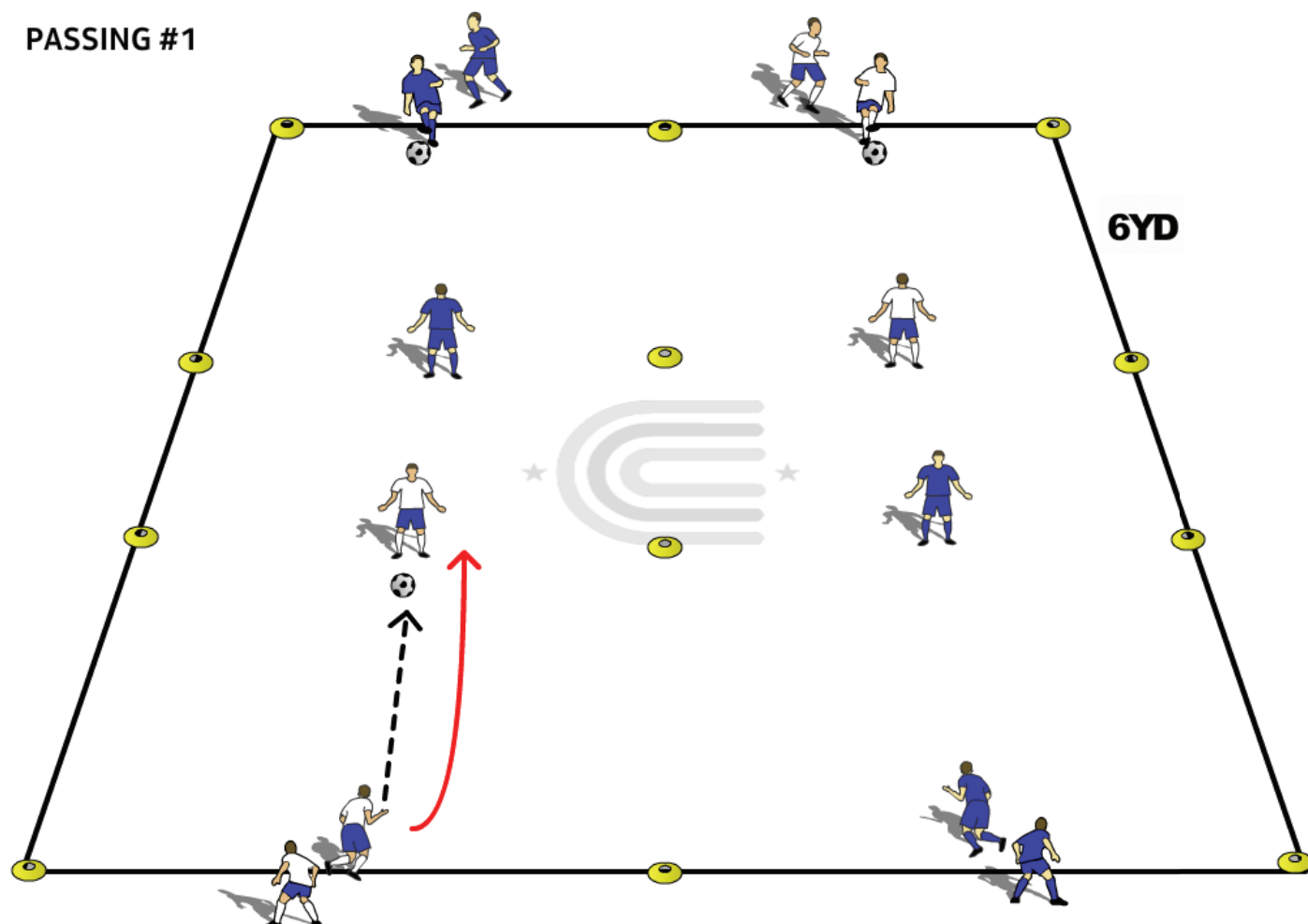
ACTION: The group of players on the end line have the ball in hands. The ball is tossed to the attacking player, who receives with chest and volleys into goal.

VARIATION: Coaches can encourage players to receive and finish with different parts of their body.

PLAYER'S TIP: Focus on using correct technique to develop confidence.

COACH'S TIP: Highlight proper technique and fix technical problems when needed.

PASSING #1



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve one touch passing and group play.

AGES: 7-17

SET UP: A group of three players have one ball in approximately a 6x6 yard area.

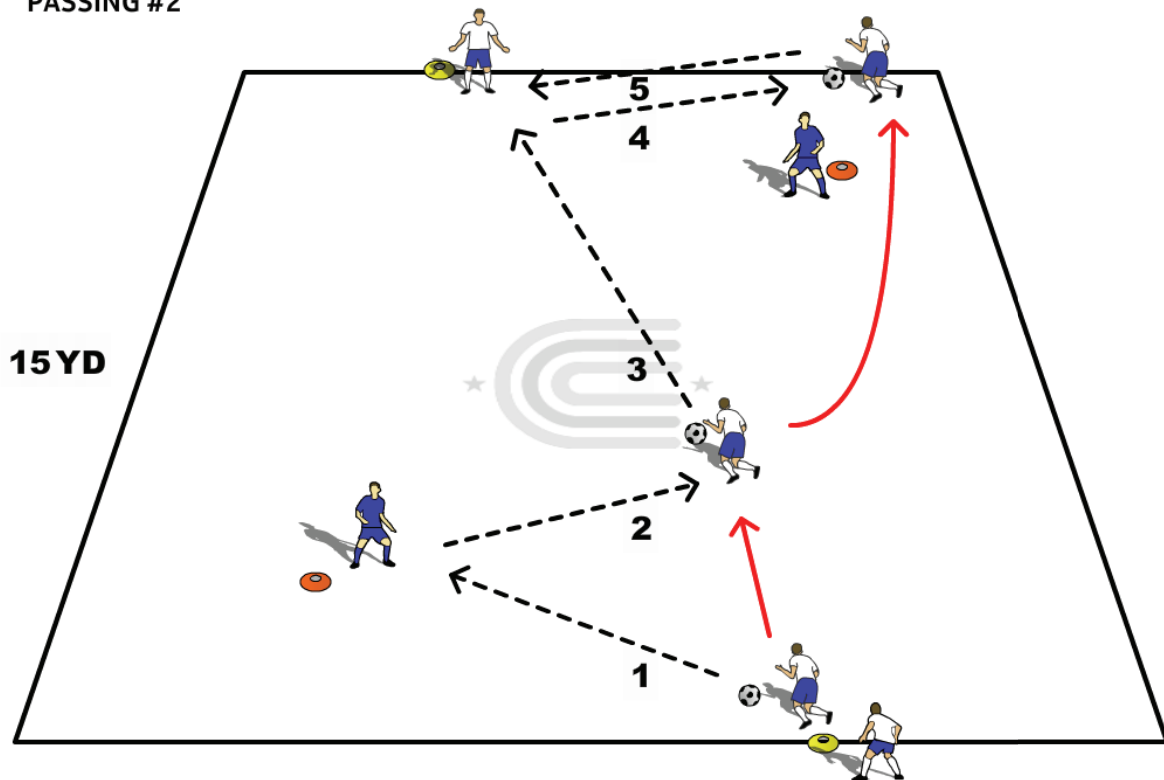
ACTION: Players connect one touch inside push passes to teammate at opposite end of the space and move quickly after the pass. Players interplay passes continuously, developing rhythm.

PLAYER'S TIP: Develop habits of moving quickly after pass. Pass of one touch pass is crucial for play to continue. Communication is critical in developing rhythm with other teammates.

COACH'S TIP: Coaches should emphasize proper weight of each pass to continue movement in this technical exercise.

VARIATION: Coaches can adjust the size of the space to suit the needs and abilities of the players. Coaches can make this exercise competitive amongst the groups to add pressure and to enhance quickness of play.

PASSING #2



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve short and long one touch passing and combination play in this passing and moving exercise.

AGES: 9-17

SET UP: A group of approximately 5 players have one ball in an area that is approximately 15 yards long. Two supporting players remain near a designated space marked by the orange markers at the edges of the area.

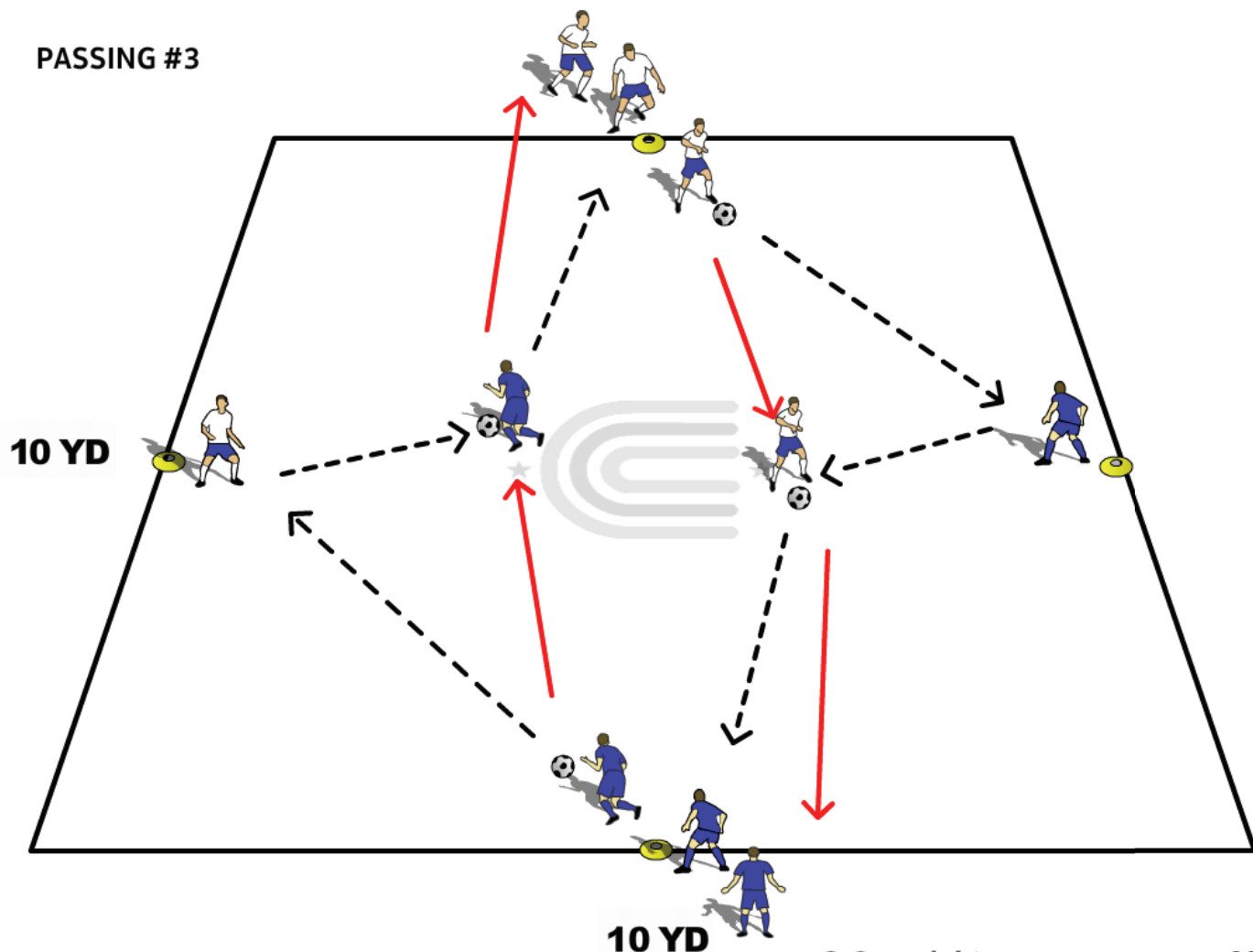
ACTION: Five passes are connected in this sequence. The first player plays a short pass to the closest supporting player and after moving, receives a one touch return short pass from the supporter player. The first player then plays a long pass to the player at the opposite end of the area. The first player then quickly overlaps the second supporting player to receive a return pass from the player at the opposite end. A fifth pass is connected and the sequence continues in the opposite direction.

PLAYER'S TIP: Players should face the way they pass their next pass. Central players should focus on accurately weighted passes and quick movements after each pass. Supporting players should move towards pass before playing one touch return pass.

COACH'S TIP: Coaches should encourage the players to verbally and non-verbally communicate to connect passes. Properly weighting both short and long passes should be an emphasis. Rotate supporting players to allow all players to develop different skills.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players. Coaches can encourage players to pass with inside or outside foot depending on the abilities of the players.

PASSING #3



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing

PURPOSE: To improve one touch wall passing and moving in this technical exercise.

AGES: 9-17

SET UP: An area is approximately 10x10 yards with two supporting players on opposite ends of the diamond shaped area. A small group of players are stationed at the other ends of the area, with a ball at both groups.

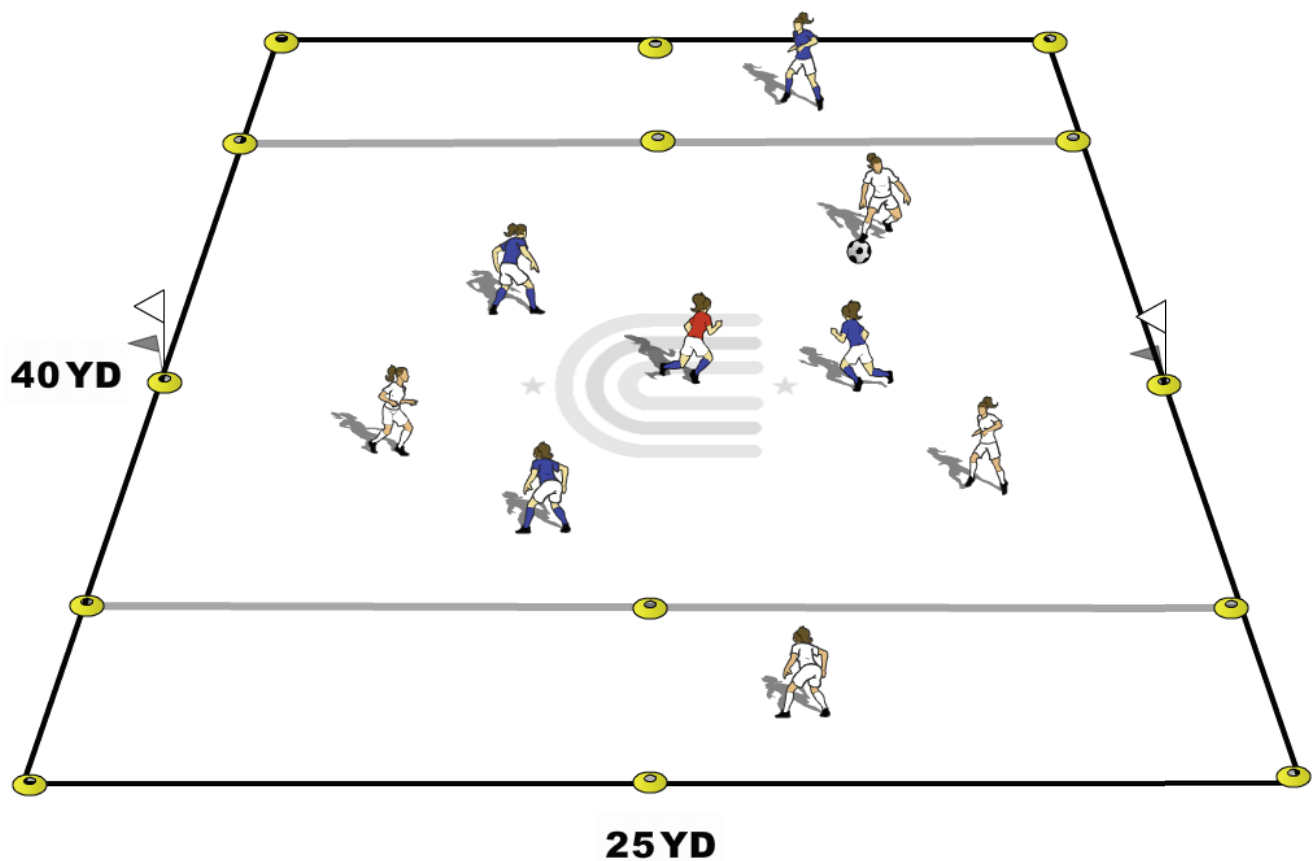
ACTION: First players pass to the supporter wall passers and receive return wall pass before passing ball to the next player at the opposite end of the area. After passing, the first players move to to the opposite end of the area, and the sequence begins with two new players.

PLAYER'S TIP: Supporting wall passers should face where they play the return pass. Return pass should be played in the space just in front of teammate. The weight of each pass is critical.

COACH'S TIP: Encourage players to be prepared to play one touch pass with each foot. Communication is vital in order to develop rhythm.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

PASSING #4



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Receiving and Passing, Group Play

PURPOSE: To improve passing, receiving, and combination play to maintain possession, and to improve possession with a directional purpose in this full pressure 3v3 precursor to the Fast Break Attack exercises.

AGES: 9-17

SET UP: Two neutral players are designated in zones at opposite ends of an approximately 25x40 yard area, with two teams of three players plus a neutral attacking player in the middle of the two end zones.

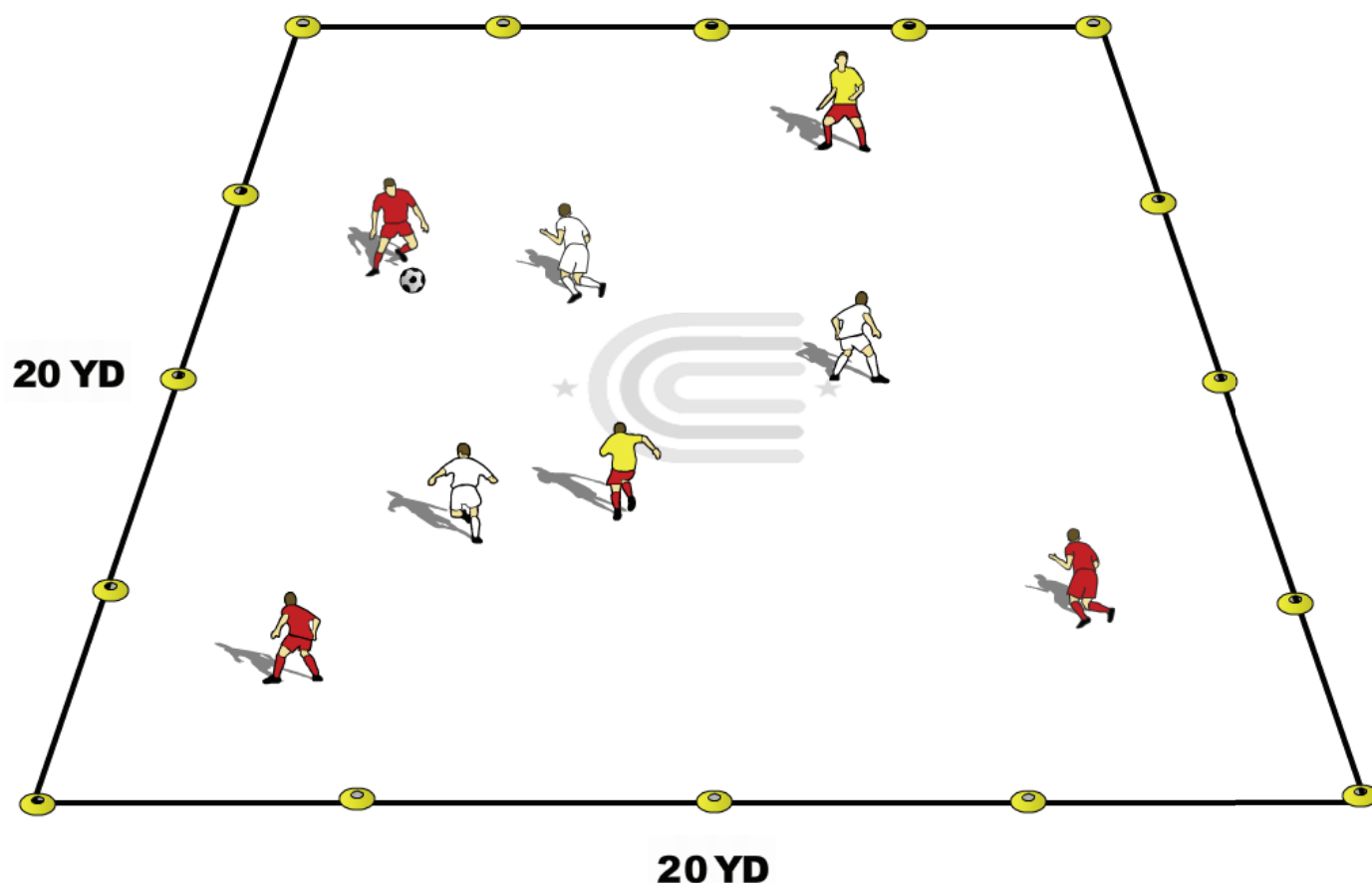
ACTION: The two teams attack and defend, competing for possession. When in possession, the attacking team can use the all time attacking player and the neutral end zone players. Goals are scored to the attacking team when both end zone players are targeted with a pass within one sequence of possession. The neutral end zone players cannot enter the central space of the area.

PLAYER'S TIP: Use passing and receiving skills to combine and possess with teammates. Be aware of position of end zone players at all times. When possession is lost, work quickly to win back possession of the ball.

COACH'S TIP: Encourage players to be aware of space on the field and encourage quick decisions.

VARIATION: Coaches can adjust the size of the space to suit the needs of the players and to adjust the pressure of the exercise. Coaches can give touch restrictions to neutral players to encourage quick supporting play.

PASSING #5



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PLANNER SEGMENT: Group Play, Small Sided Games

PYRAMID BLOCK: Receiving and Passing, Group Play

PURPOSE: To improve attacking group play, passing and receiving, combination play, and to promote good supporting habits in this full pressure exercise.

AGES: 10-17

SET UP: Two teams of three players with two neutral players are in approximately a 20x20 yard area.

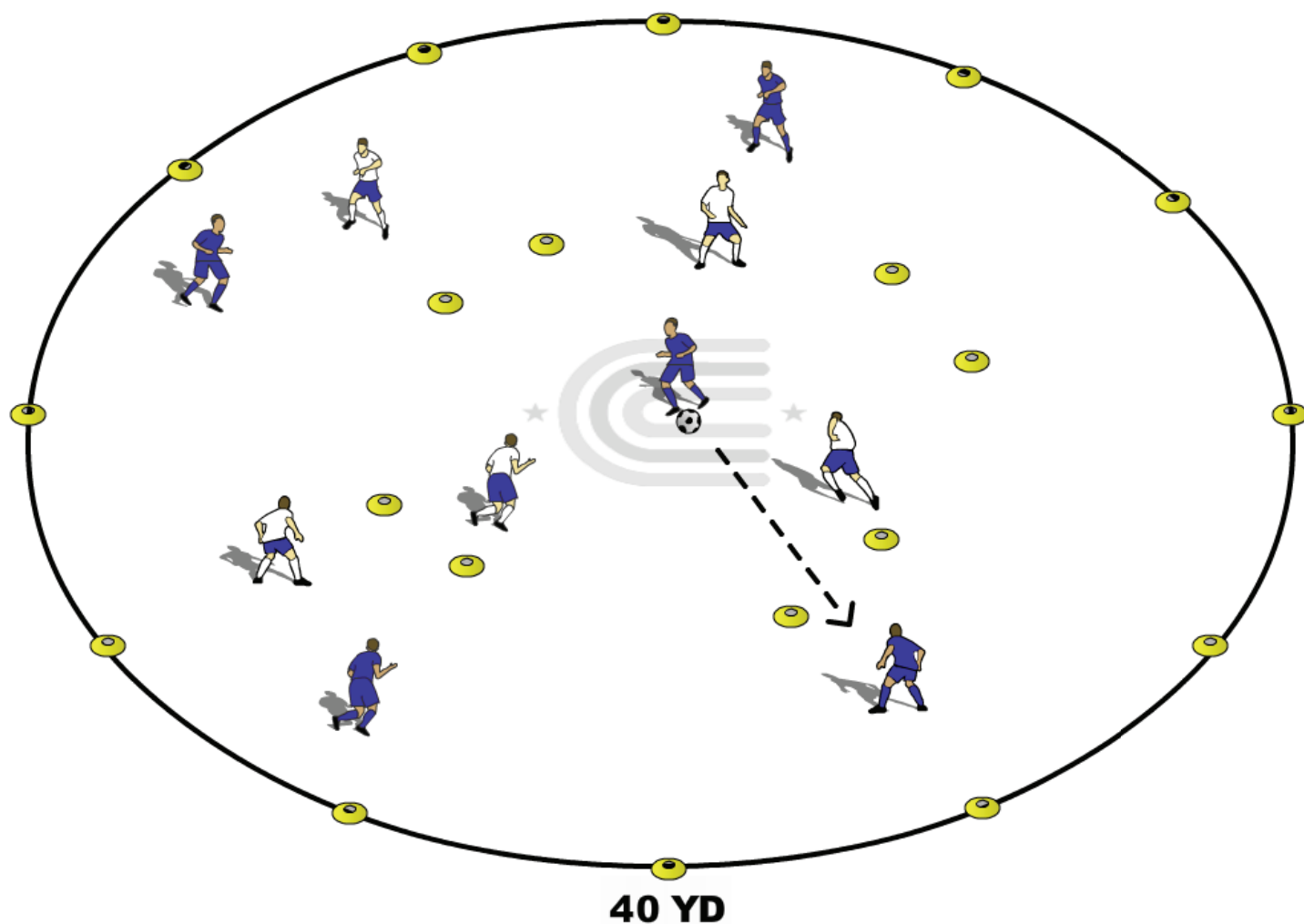
ACTION: Teams compete for possession, using neutral players to connect passes against the opposing three defenders.

PLAYER'S TIP: Focus on supporting the ball and be aware of space available in the area. Find opportunities to combine with double passes, take overs, and overlaps to escape from defensive pressure.

COACH'S TIP: Highlight positive moments of combination play and encourage players to pass and move off the ball quickly.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players. Coaches can place touch restrictions on players to put more pressure on attacking groups.

PASSING #6



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PLANNER SEGMENT: Group Play, Small Sided Games

PYRAMID BLOCK: Receiving and Passing, Group Play

PURPOSE: To improve receiving, passing, supporting play, and combination play in the full pressure possession game with direction.

AGES: 10-17

SET UP: Two teams of five players compete in a possession game in a circular area that is approximately 40 yards in diameter. Four gated goals are in the area.

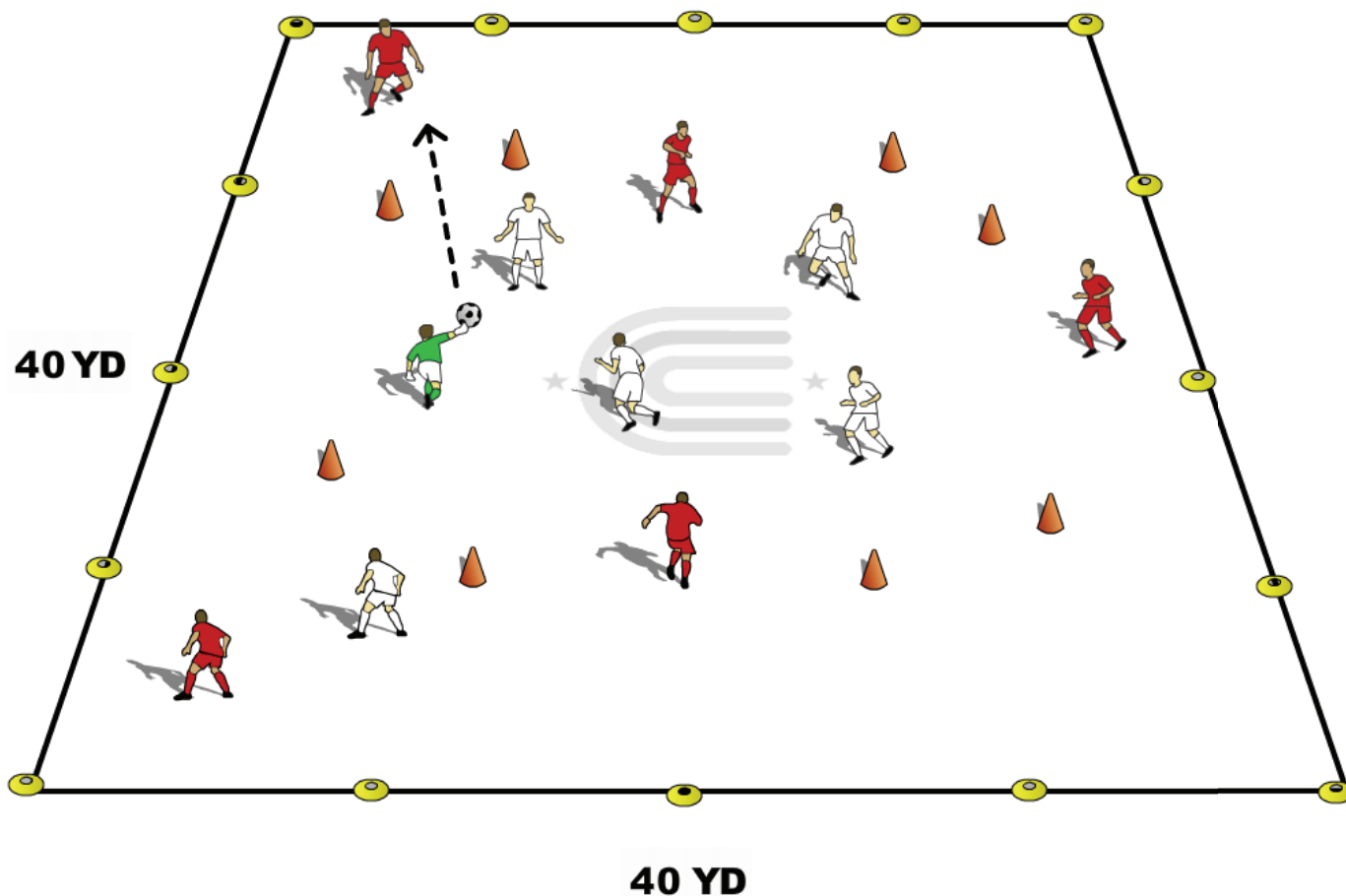
ACTION: Teams score points by connecting passes through the gated goals. Goals can be scored from inside-out or outside-in.

PLAYER'S TIP: Use combinations and quickly move off of ball to create space to escape pressure.

COACH'S TIP: Encourage players to make quick decisions and to always have awareness of open gate. Highlight positive moments of combination play.

VARIATION: Coaches can adjust the size of the space to suit the abilities of the players.

PASSING #7



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PLANNER SEGMENT: Group Play, Small Sided Games

PYRAMID BLOCK: Receiving and Passing, Group Play

PURPOSE: To improve receiving, passing, supporting play, and combination play in the full pressure possession game with direction.

AGES: 10-17

SET UP: Two teams of five players compete in a possession game in an area that is approximately 40x40 yards. Four gated goals are in the area. A Goalkeeper plays as a neutral player and uses hands to keep possession and to distribute.

ACTION: Teams score points by connecting passes through the gated goals. Goals can be scored from inside-out or outside-in. Goalkeeper uses hands and must deliver a pass within three seconds of collecting the ball.

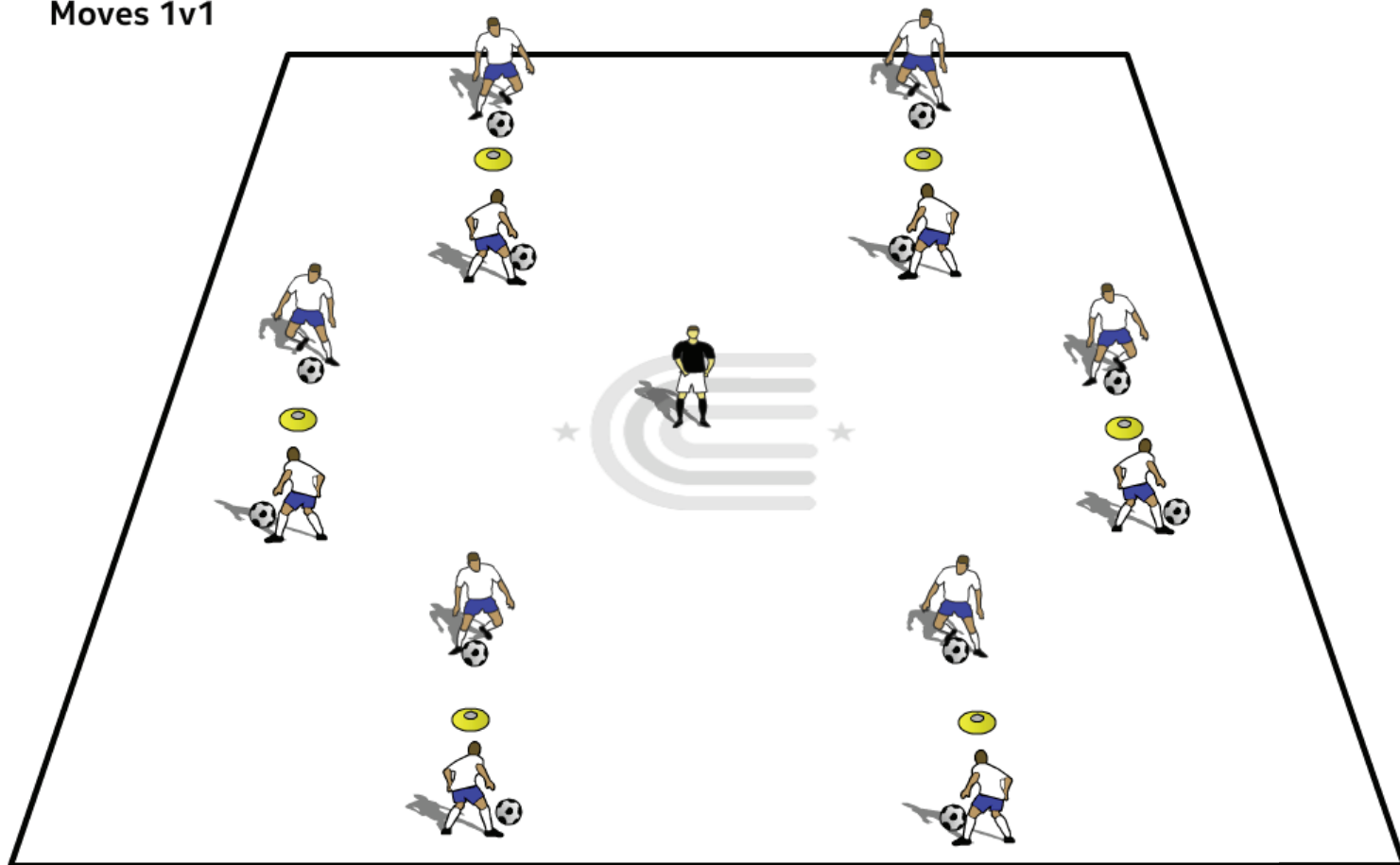
PLAYER'S TIP: Use combinations and quickly move off of ball to create space to escape pressure.

COACH'S TIP: Encourage players to make quick decisions and to always have awareness of open gate. Highlight positive moments of combination play. Coaches can focus defensive tactics and make corrections when needed.

VARIATION: Coaches can adjust the size of the space to suit the abilities of the players.

NO PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To learn techniques of 1v1 Moves step by step in a detailed manner in an exercise with no pressure.

AGES: 5-17

SET UP: Each player has a ball and practices technical repetitions of 1v1 Moves.

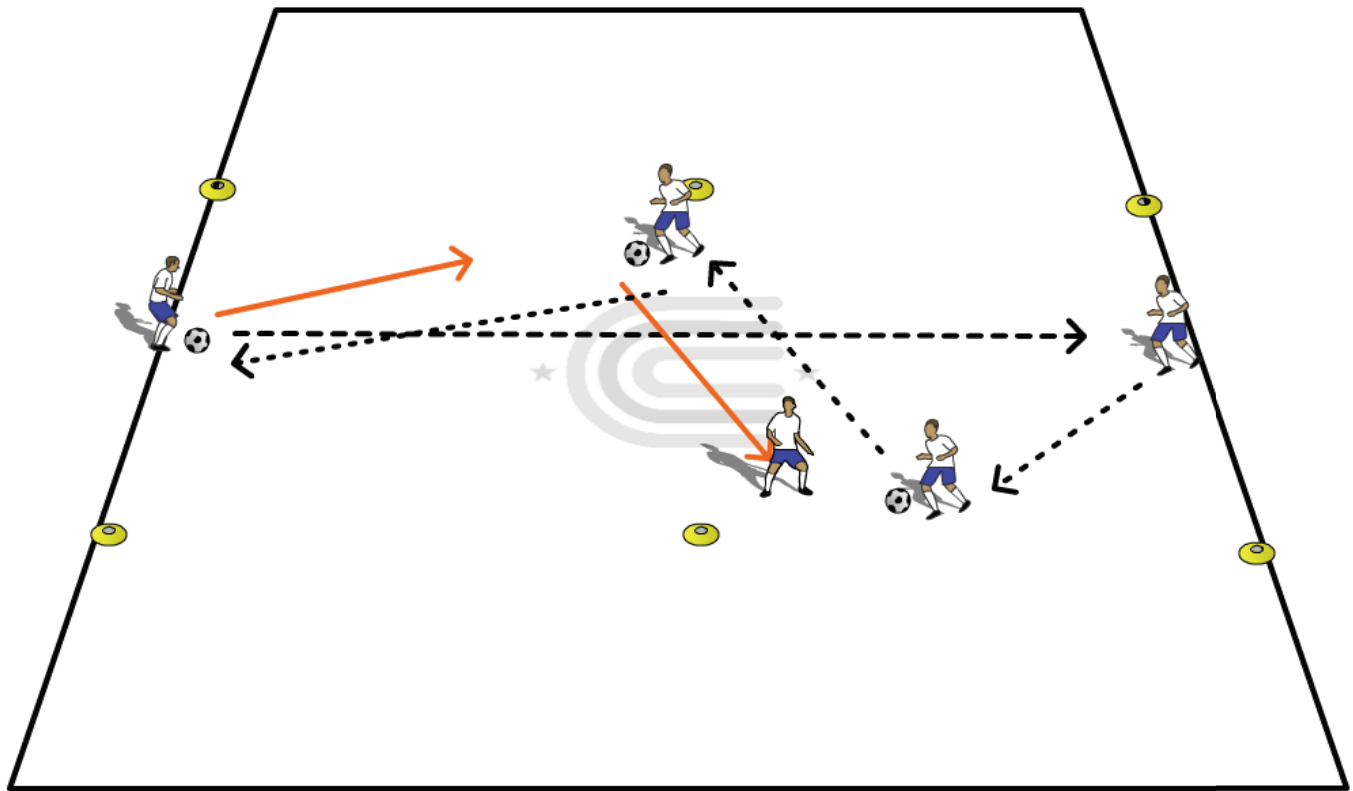
ACTION: Players practice specific moves at coach's instruction.

PLAYER'S TIP: In this no pressure exercise, learning technique properly is important to develop skill under pressure.

COACH'S TIP: Emphasis player's need to focus on technique and control before speed and quickness.

GRADUATED PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To learn techniques of 1v1 Moves with graduated pressure.

AGES: 7-17

SET UP: A group of three players have one ball in an area, with one player practicing techniques of 1v1 Moves against graduated pressure of the other two players. The three players rotate roles of attacking and low pressure defending.

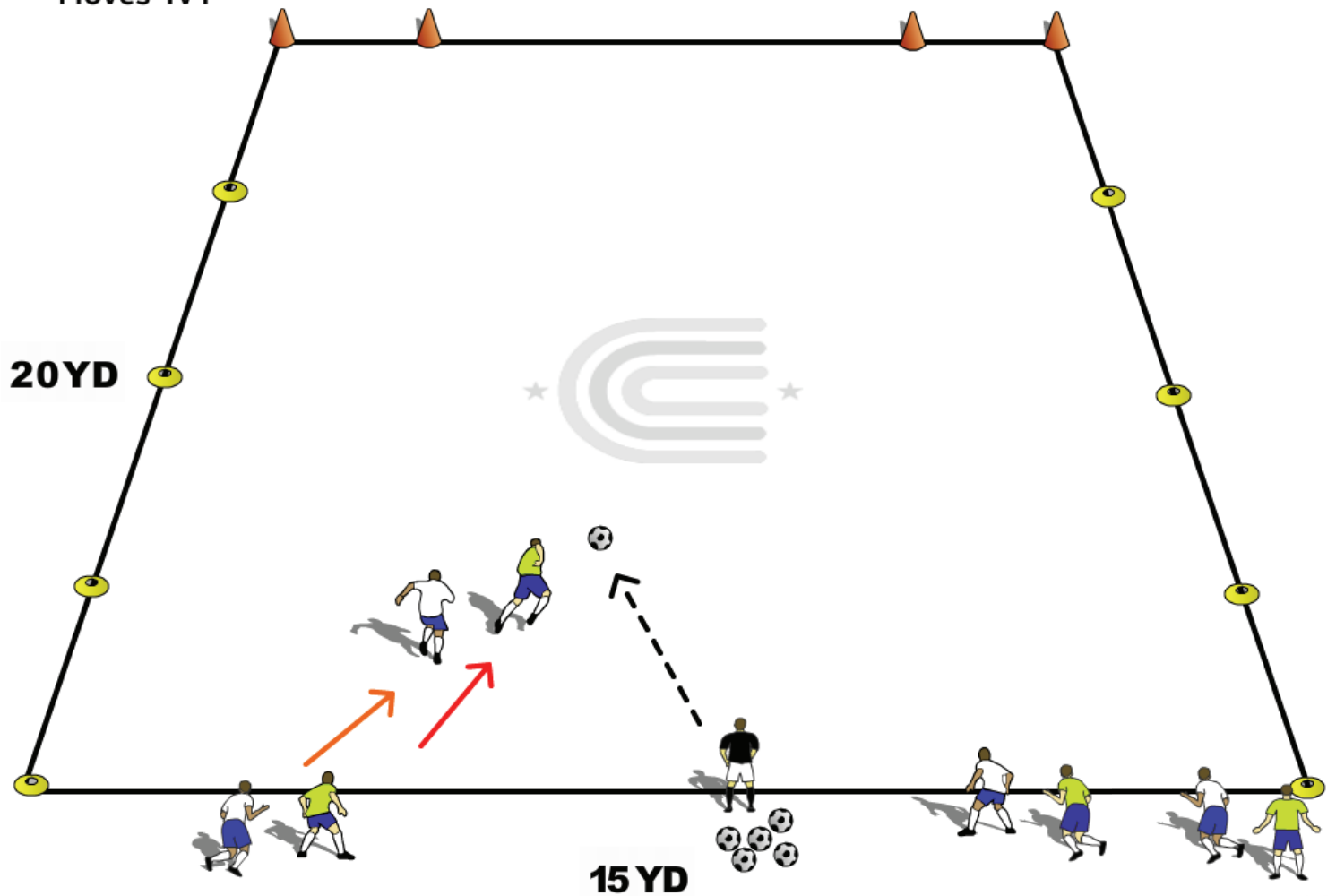
ACTION: A ball is passed across the area to the first player. The first player practices two Fakes and Feints moves pressuring defenders, and then practices a Change of Direction move before passing across the area to the next player, and the sequence continues.

PLAYER'S TIP: In this low pressure exercise, learning technique properly is important to develop skill under pressure. With added pressure, get head up to be aware of pressuring defenders position and get away from defender quickly after move.

COACH'S TIP: Emphasize player's need to focus on technique and control before speed and quickness.

FULL PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1, Speed

PYRAMID BLOCK: Moves 1v1, Speed

PURPOSE: To improve skills of running with the ball and using moves against full pressure in this 1v1 exercise.

AGES: 5-17

SET UP: Players are in pairs at the opposite end of two gated goals in an area approximately 20x15 yards. Pairs alternate roles of attacking and defending.

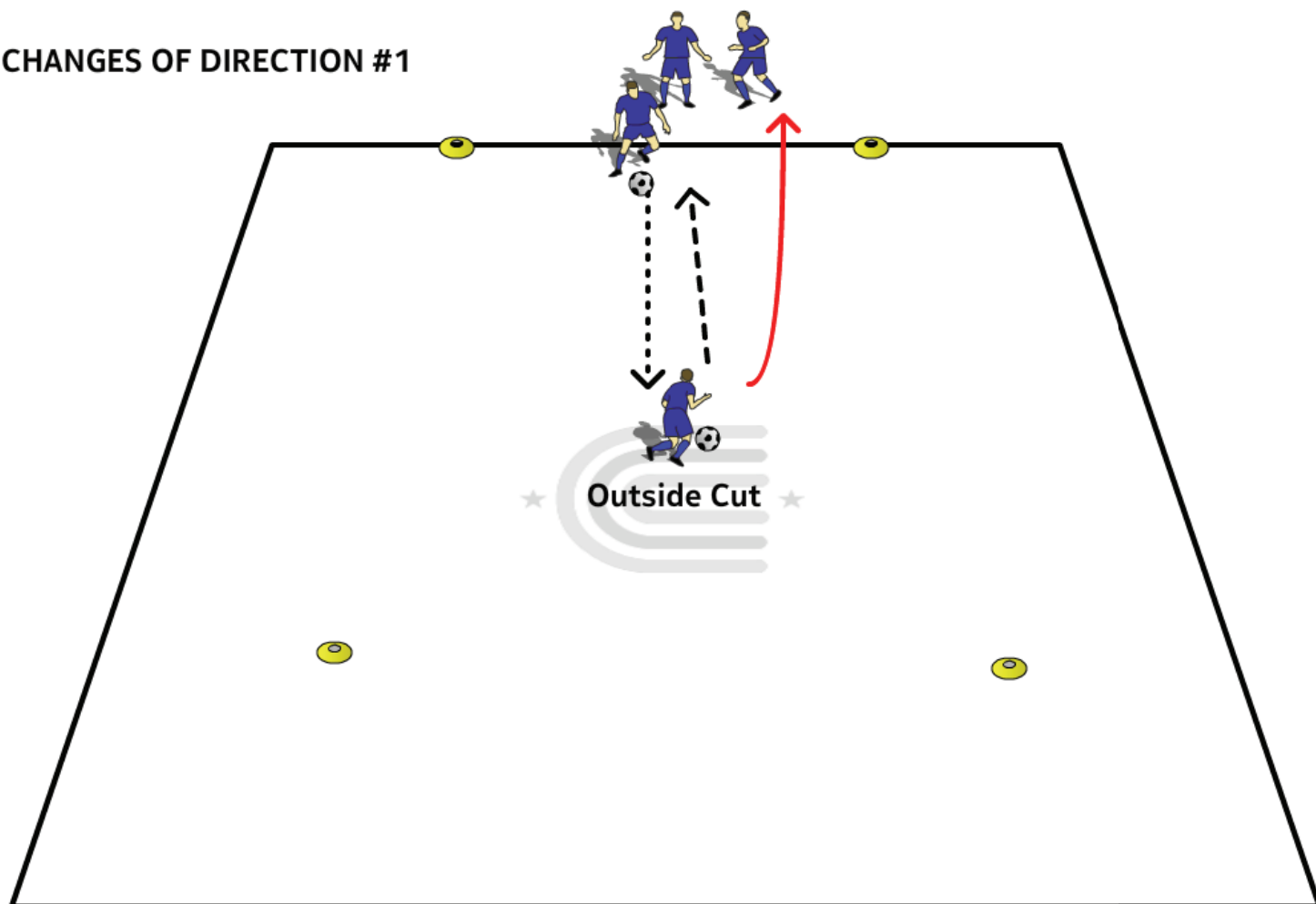
ACTION: Play begins with a pass from the coach into space and the attacking player is pressured from behind by the defender. Goals are scored when the attacking player dribbles through one of the small gated goals.

PLAYER'S TIP: Speed is crucial in this exercise. Use quickness to get away from defender after move.

COACH'S TIP: Coaches can also promote good defending habits of quick transition and recovery. Encourage attackers to score as quickly as possible.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

CHANGES OF DIRECTION #1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Change Of Directions - Outside Cut Move in this technical sequence.

AGES: 7-17

SET UP: A small group of players have one ball in a small designated area.

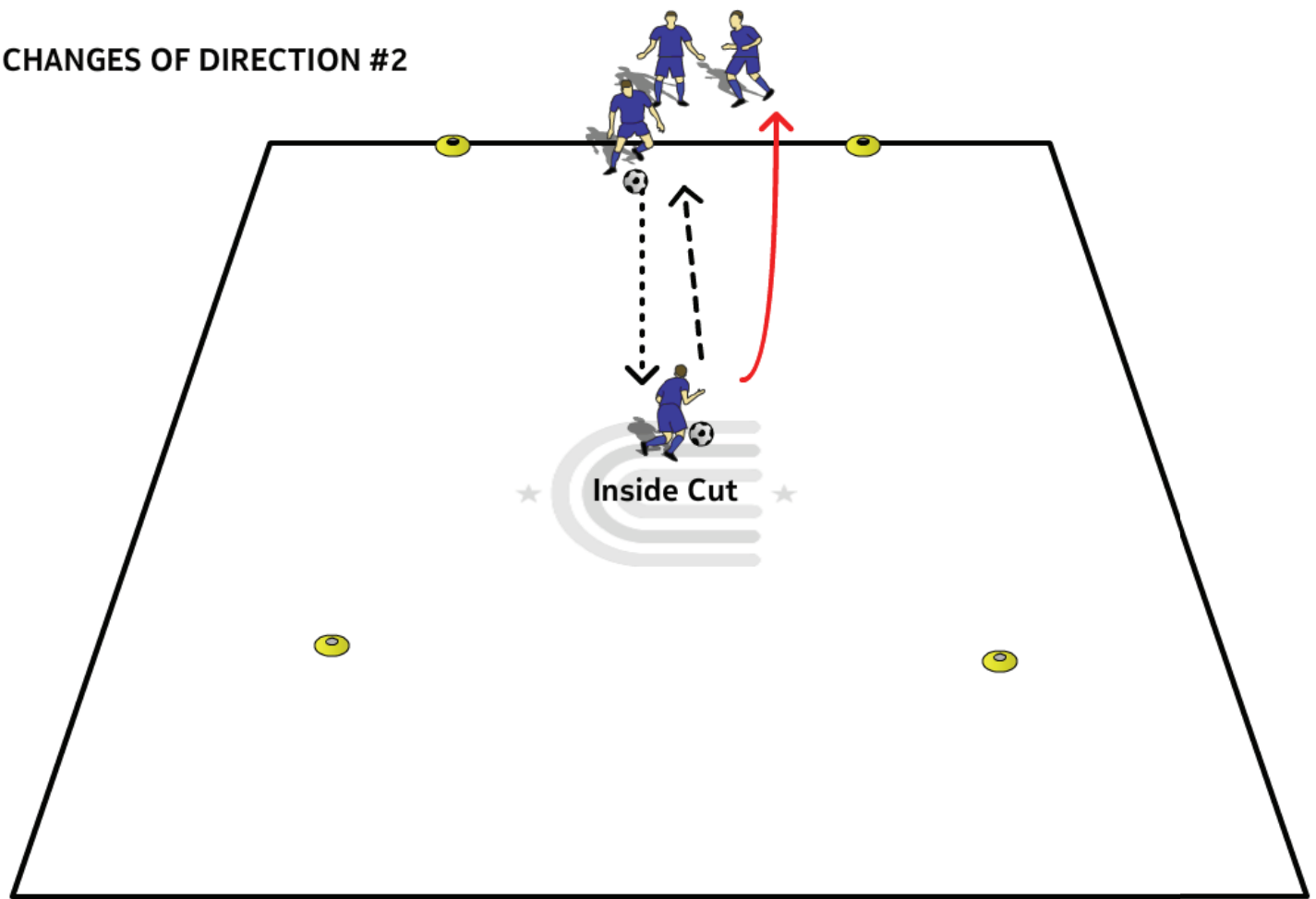
ACTION: First player plays a ball into space and practices Outside Cut, then passes ball to next player in line. The first player then joins the end of the line, and the sequence continues.

PLAYER'S TIP: Don't overrun the ball and reach to save ground when cutting the ball. Bend knee slightly and cut with the ankle. Ankle flexibility developed in ball mastery exercises becomes effective in this exercise.

COACH'S TIP: Encourage players to focus on taking one touch to cut the ball in opposite direction.

VARIATION: Additional Change of Direction moves can be practiced in this exercise.

CHANGES OF DIRECTION #2



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Change Of Directions - Inside Cut Move in this technical sequence.

AGES: 7-17

SET UP: A small group of players have one ball in a small designated area.

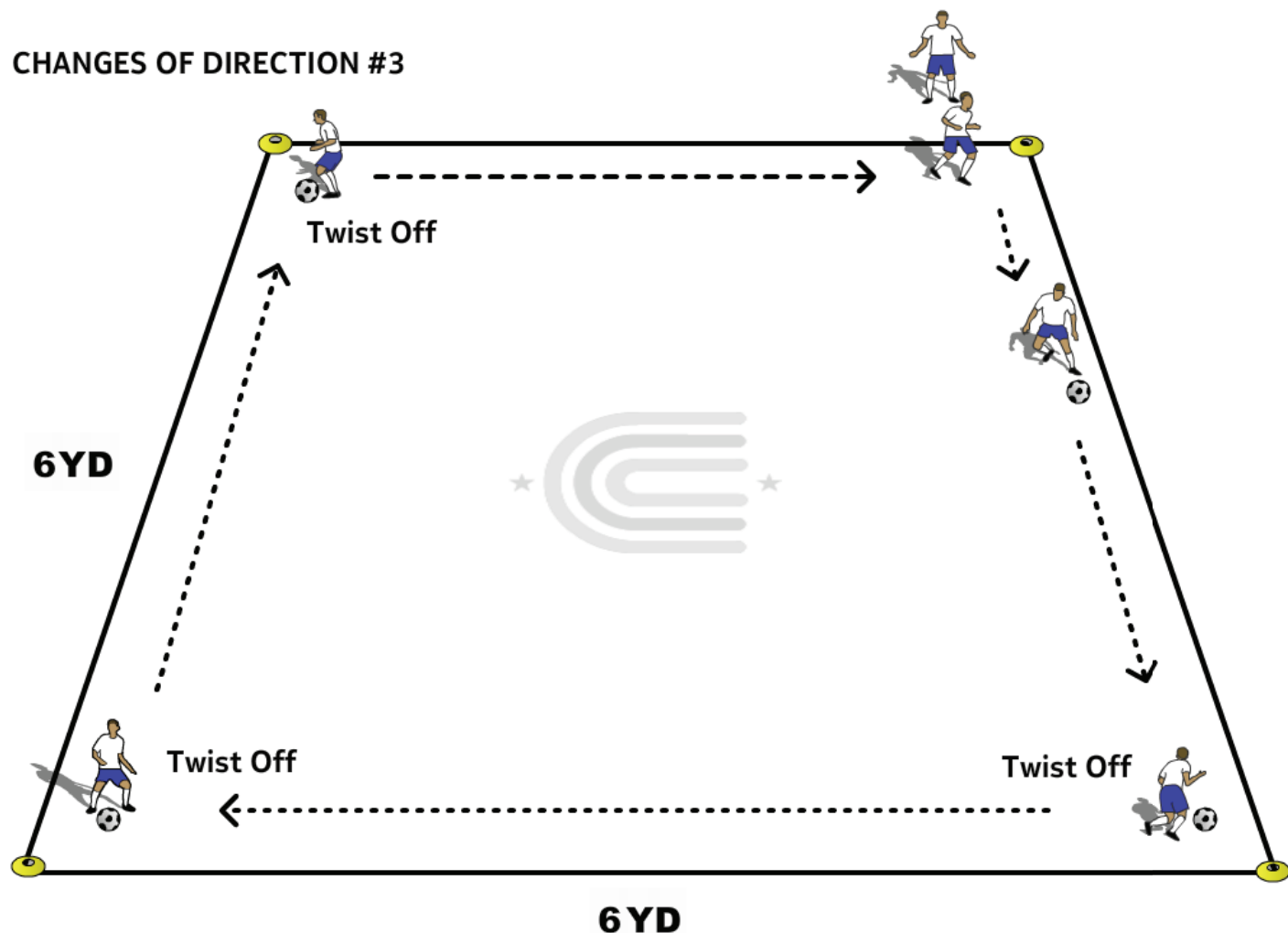
ACTION: First player plays a ball into space and practices Inside Cut, then passes ball to next player in line. The first player then joins the end of the line, and the sequence continues.

PLAYER'S TIP: Don't overrun the ball and reach to save ground when cutting the ball. Bend knee slightly and cut with the ankle. Ankle flexibility developed in ball mastery exercises becomes effective in this exercise.

COACH'S TIP: Encourage players to focus on taking one touch to cut the ball in opposite direction. Direct players to focus on receiving pass on the run and taking first touch into space before practicing move.

VARIATION: Additional Change of Direction moves can be practiced in this exercise.

CHANGES OF DIRECTION #3



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Change Of Directions - Twist Off Move in this technical sequence.

AGES: 7-17

SET UP: A small group of players have one ball in the corner of a small designated area approximately 6x6 yards.

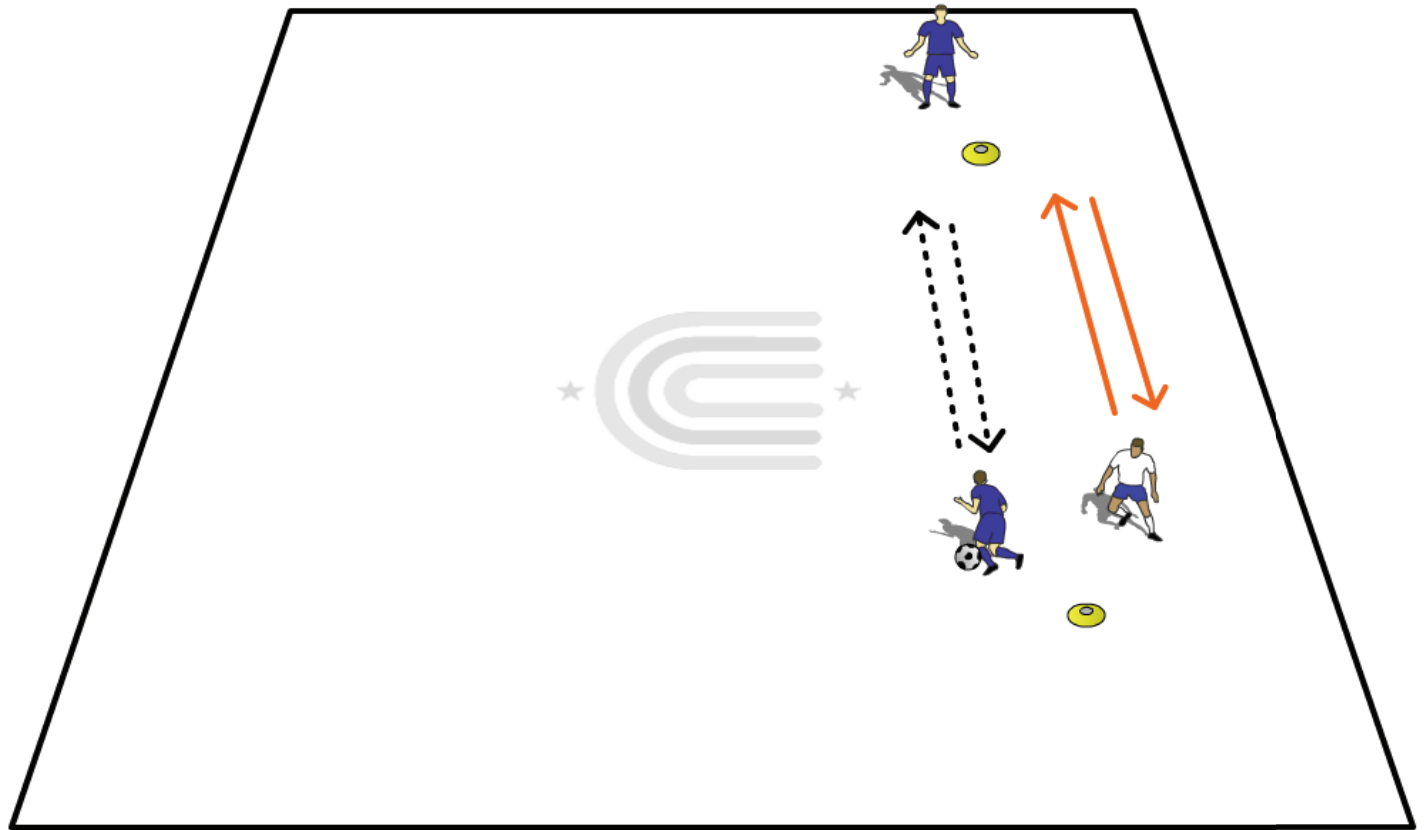
ACTION: First player dribbles towards the adjacent corner of the space and practices 3 Twist Off Changes Of Direction moves before passing into next player in line, and the sequence continues.

PLAYER'S TIP: Don't overrun the ball and reach to save ground when cutting the ball. Bend knee slightly and cut with the ankle. Reach, cut, and pivot when practicing the move.

COACH'S TIP: Encourage players to focus on taking one touch to cut the ball in opposite direction when twisting off. Direct players to focus on receiving pass on the run and taking first touch into space before practicing move.

VARIATION: Additional Change of Direction Twist off moves can be practiced in this exercise.

CHANGES OF DIRECTION #4



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Changes Direction moves - Inside and Outside Cuts - and shielding the ball skill in this low minimum pressure exercise.

AGES: 7-17

SET UP: One attacking player has a ball with a minimum pressing defender during this exercise.

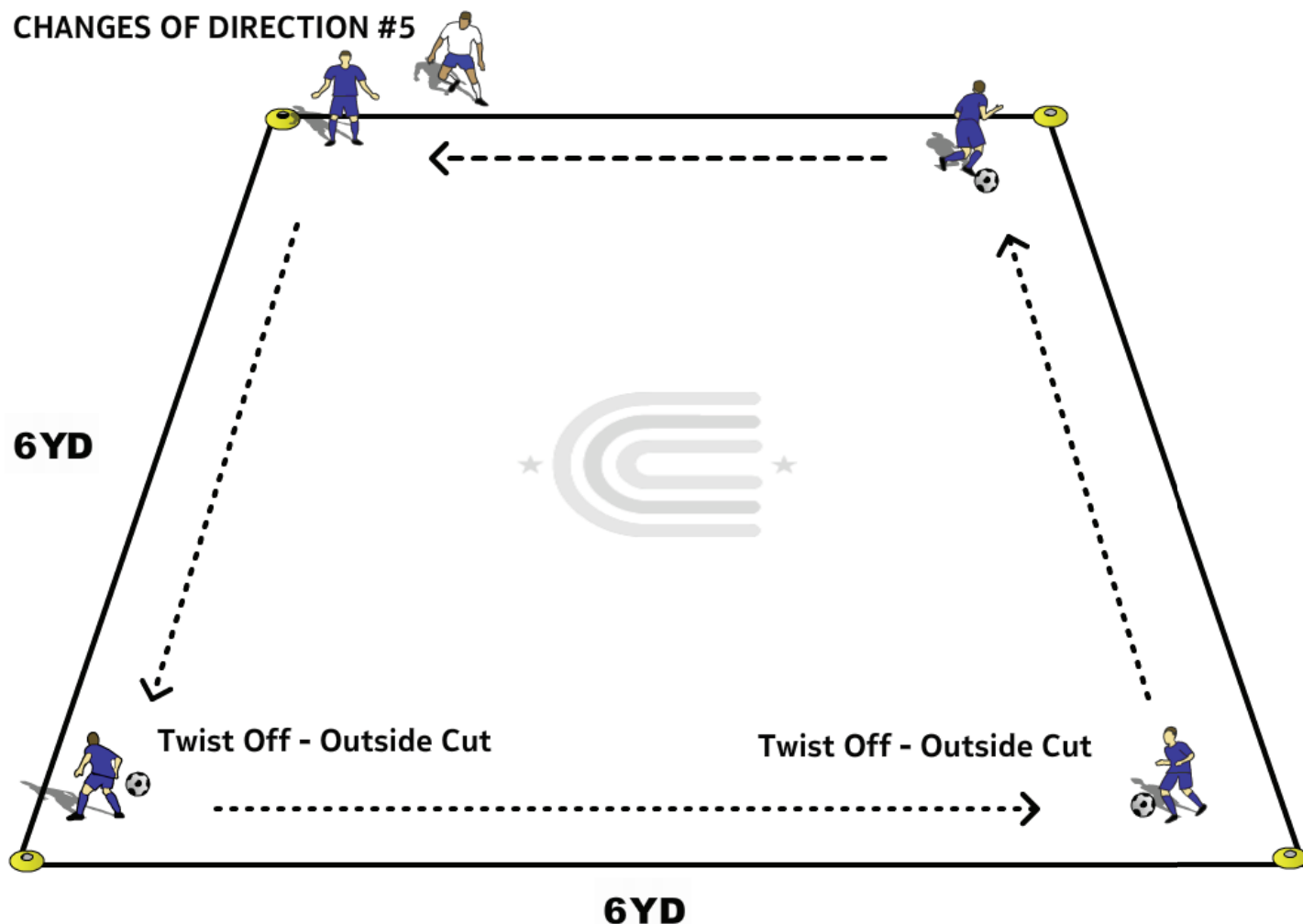
ACTION: Minimum pressing defender gives low pressure, running along side of attacker, while attacking player dribbles and practices Changes of Direction moves in this sequence.

PLAYER'S TIP: Focus on quick get away after move. Protect ball by shielding defender with body.

COACH'S TIP: Encourage low pressure defending to allow attackers to practice technique of move.

VARIATION: Coaches can instruct players to focus on practicing various Changes of Direction moves in this sequence.

CHANGES OF DIRECTION #5



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Changes Direction moves - Twist Off Variation with Outside Cut - in this technical exercise.

AGES: 7-17

SET UP: A small group of players have one ball in the corner of a small designated area approximately 6x6 yards.

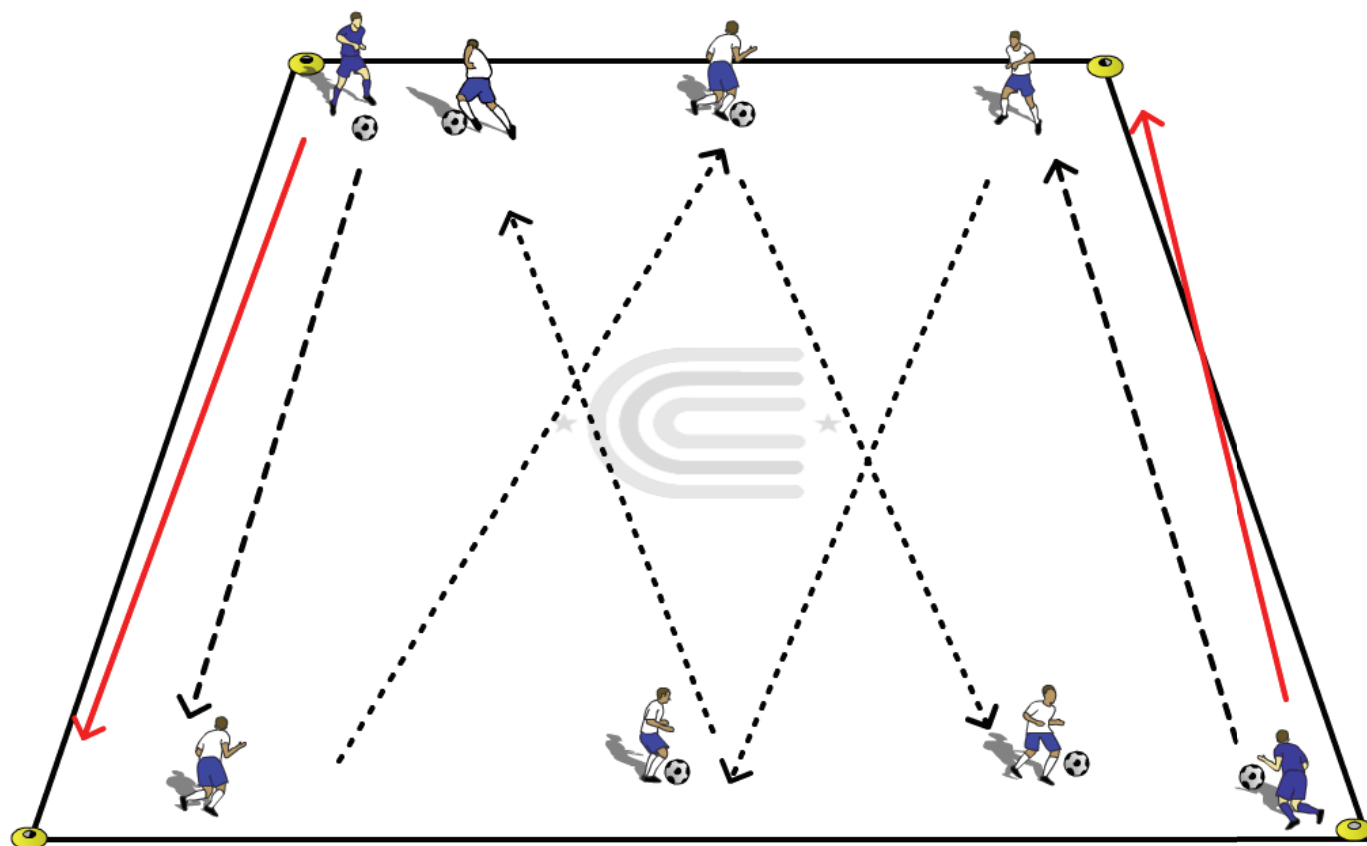
ACTION: First player dribbles towards the adjacent corner of the space and practices 3 Twist Off - Outside Cut Changes Of Direction moves before passing into next player in line, and the sequence continues.

PLAYER'S TIP: Don't overrun the ball and reach to save ground when cutting with outside foot. Bend knee slightly and cut with the ankle. Reach, cut, and pivot when practicing the move.

COACH'S TIP: Encourage players to focus on taking one touch to cut the ball when twisting off. Direct players to focus on receiving pass on the run and taking first touch into space before practicing move.

VARIATION: Additional Change of Direction Twist Off moves can be practiced in this exercise.

CHANGES OF DIRECTION #6



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1, Receiving and Passing

PURPOSE: To improve Changes Of Direction moves, receiving, and passing in this technical exercise.

AGES: 7-17

SET UP: One player begins at each corner of an approximately 6x6 yard area.

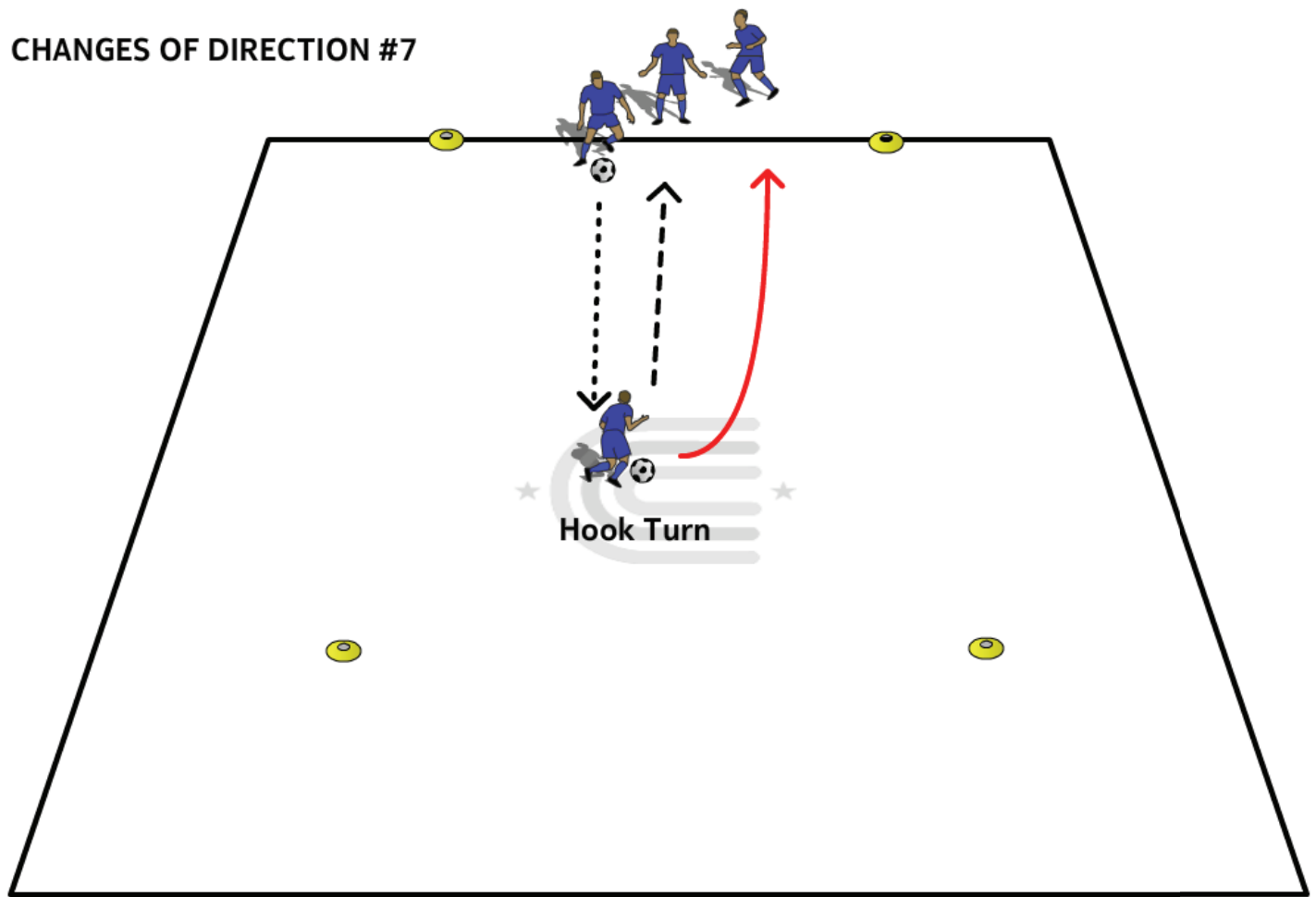
ACTION: Two players at adjacent corners have a ball and the sequence begins with a pass to the adjacent supporting player. Two supporting players receive pass into space and dribble to opposite end of the area, and perform Changes of Direction move at each end of the area. After second move, these players then pass the ball across the space to the next player, and sequence continues.

PLAYER'S TIP: Receive pass on the run into space and after performing move, focus on quickness to new space. After your pass, move quickly and follow pass.

COACH'S TIP: Coaches can instruct players to perform different Changes of Direction and Twists Off, with different combinations.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

CHANGES OF DIRECTION #7



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Changes of Directions - Hook Turn Move in this sequence.

AGES: 7-17

SET UP: A small group of players have one ball in a small designated area.

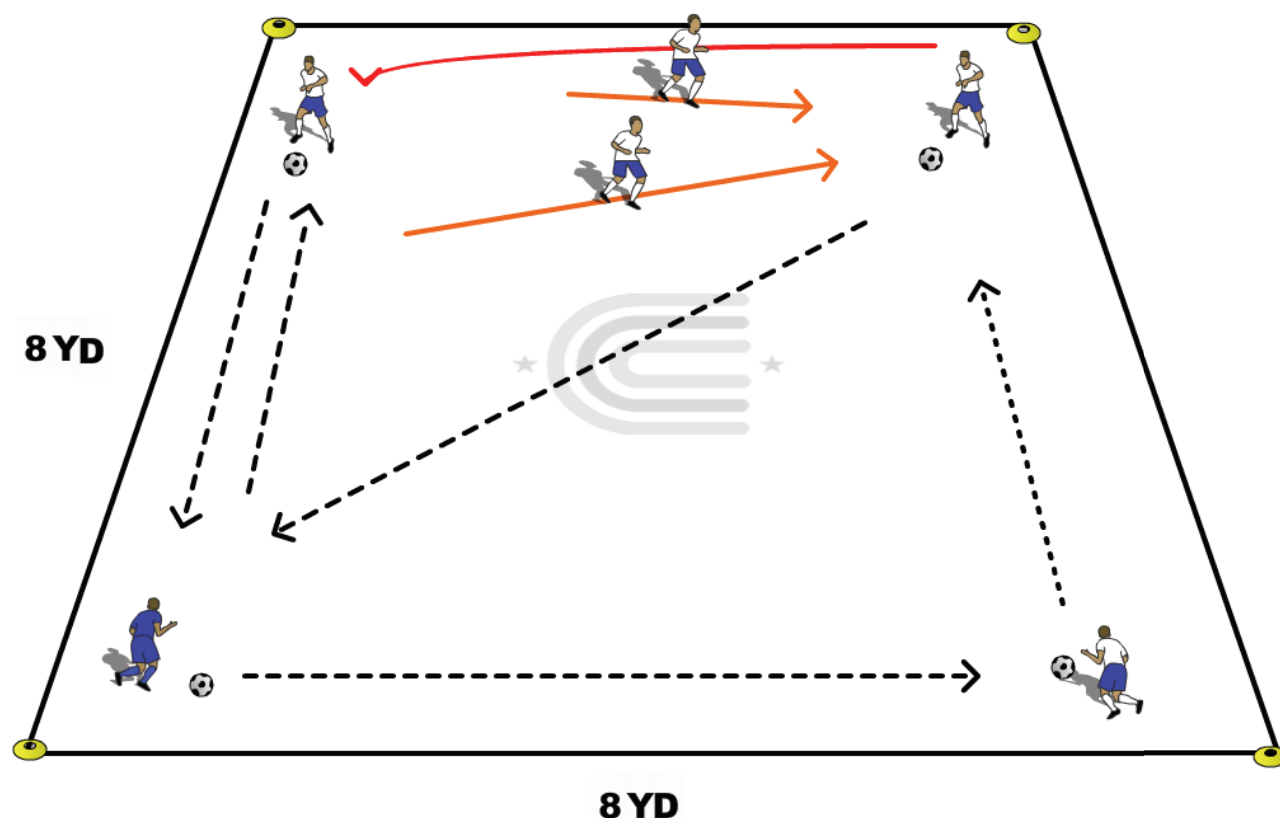
ACTION: First player plays ball into space and practices Hook Turn, then passes ball to next player in line. The first player then joins the end of the line, and the sequence continues.

PLAYER'S TIP: Use the toe part of the sole to flick the ball and pivot to change direction quickly.

COACH'S TIP: Encourage players to focus on taking one touch to change directions. Direct players to focus on receiving pass on the run and on taking first touch into space before practicing move.

VARIATION: Additional Changes of Direction moves can be practiced in this exercise.

CHANGES OF DIRECTION #8



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Changes of Direction moves while under limited defensive pressure.

AGES: 9-17

SET UP: Four players are designated in an approximately 8x8 yard area with one ball. Two players are assigned to be minimum pressure defenders, while two players are attackers.

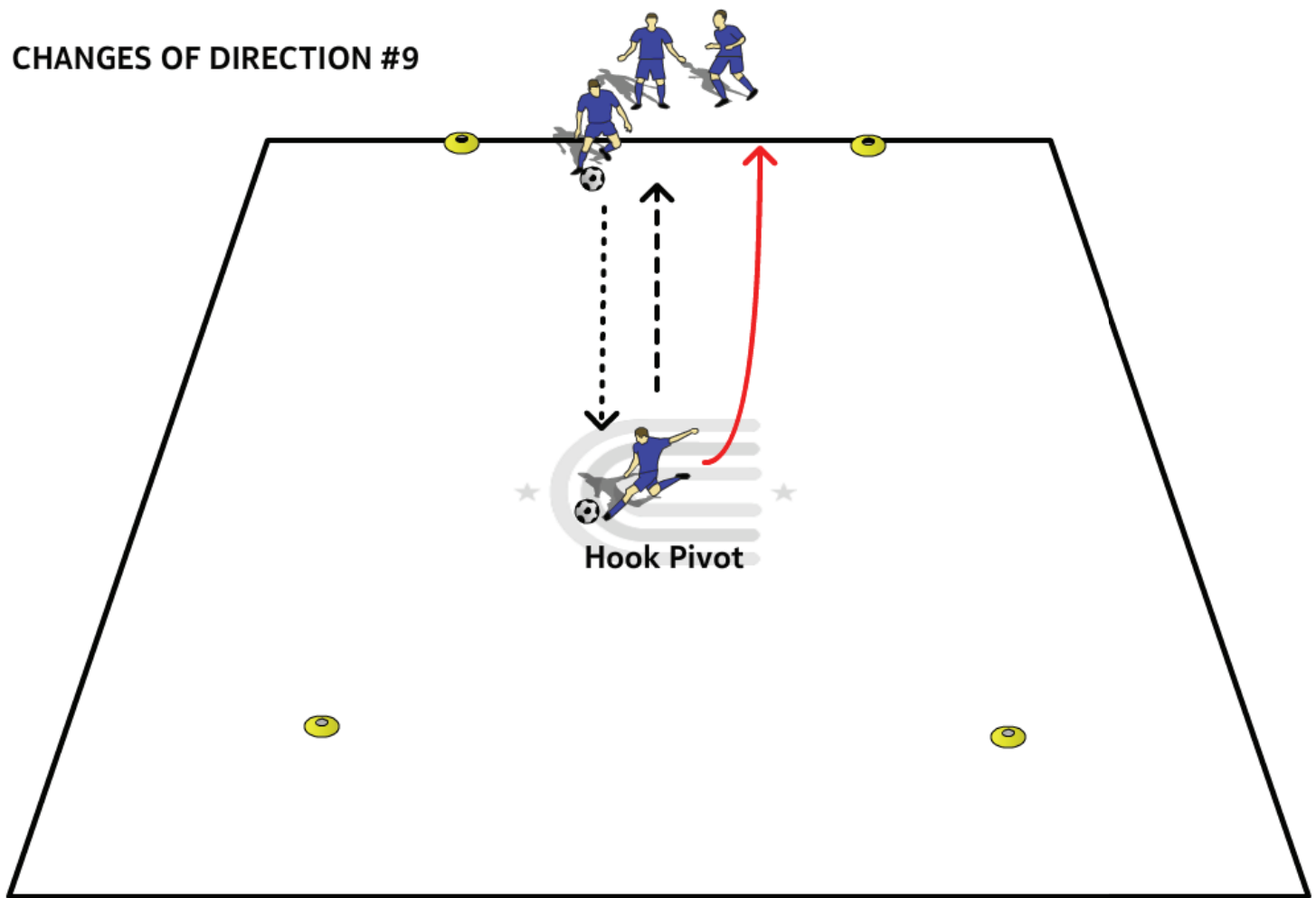
ACTION: First attacking player begins play with a pass to second attacking player. Second attacking player receives pass and dribbles into pass. The pressuring defenders close down space of second attacker, and second attacker performs Changes of Direction move to evade pressure, and plays a pass back to the first attacker. Second attacker moves around the pressuring defenders and a double pass is made around the defenders. A return pass is given back to the first attacker, and the sequence continues.

PLAYER'S TIP: Be aware of positions of pressuring defenders and time move. Pass and move quickly to receive return pass. When possible, use one touch pass.

COACH'S TIP: Encourage players to be aware of space on the field and continue to focus on proper technique of moves and pass.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

CHANGES OF DIRECTION #9



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Changes of Direction - Hook Pivot move in this sequence.

AGES: 7-17

SET UP: A small group of players have one ball in a small designated area.

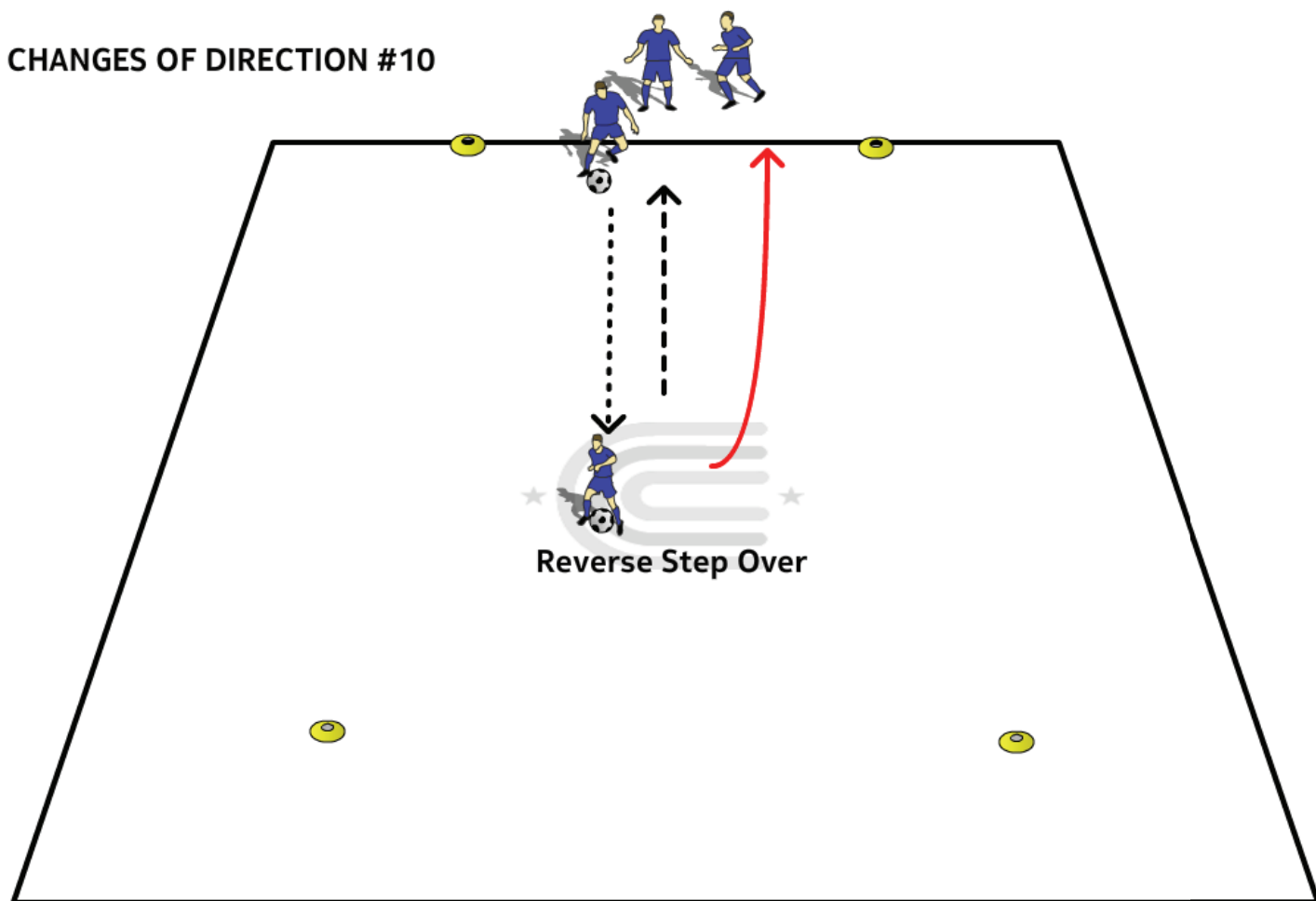
ACTION: First player plays ball into space and practices Hook Pivot, then passes ball to next player in line. The first player then joins the end of the line and the sequence continues.

PLAYER'S TIP: Before move, fake to shoot or pass and then turn ball behind the standing leg with toe part of the sole.

COACH'S TIP: Communicate to players the importance of using body to shield ball from defenders.

VARIATION: Other Changes of Direction moves can be practiced in this sequence.

CHANGES OF DIRECTION #10



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Changes of Direction - Reverse Step Over move in this sequence.

AGES: 7-17

SET UP: A small group of players have one ball in a small designated area.

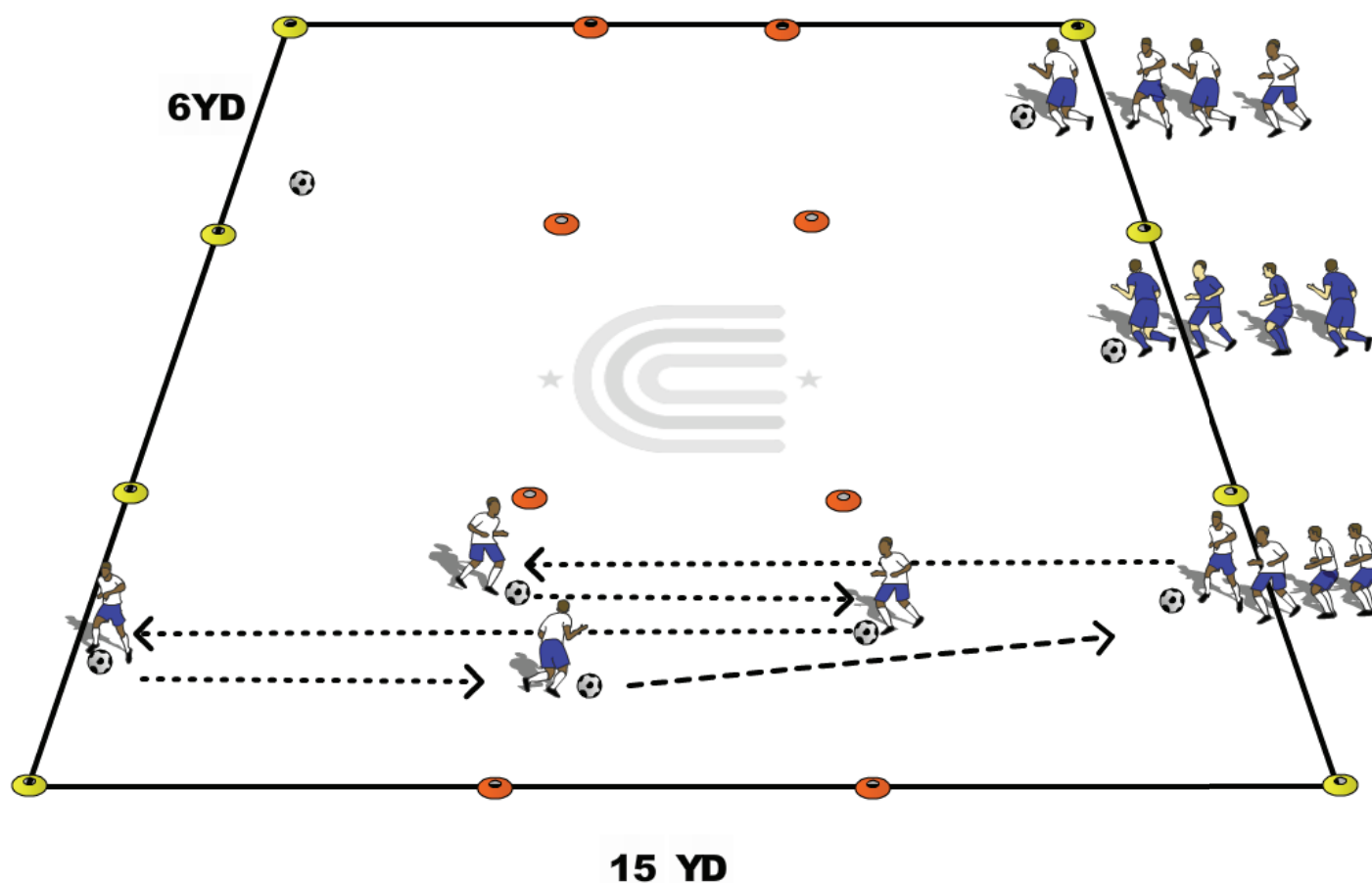
ACTION: First player plays ball into space and practices Reverse Step Over, then passes ball to next player in line. The first player then joins the end of the line and the sequence continues.

PLAYER'S TIP: Step foot and sweep low and quick over the ball as if to play it forward, then plant step over foot, and take ball in opposite direction with opposite foot.

COACH'S TIP: Communicate to players the importance of using body to shield ball from defenders.

VARIATION: Other Changes of Direction moves can be practiced in this sequence.

CHANGES OF DIRECTION #11



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PLANNER SEGMENT: Moves 1v1, Speed

PYRAMID BLOCK: Moves 1v1, Speed

PURPOSE: To improve the technique of Changes of Direction moves and running with the ball speed in this limited pressure relay race exercise

AGES: 5-17

SET UP: Small teams form a line with one ball at the end of a 6x15 grid, with multiple teams competing in this relay race exercise.

ACTION: First player on each team begins relay race by running with the ball to the third cone line and uses Outside Cut then returns to second cone line and uses Inside Cut, then dribbles to fourth cone line and uses Step On move, then plays pass into next player in line to continue relay.

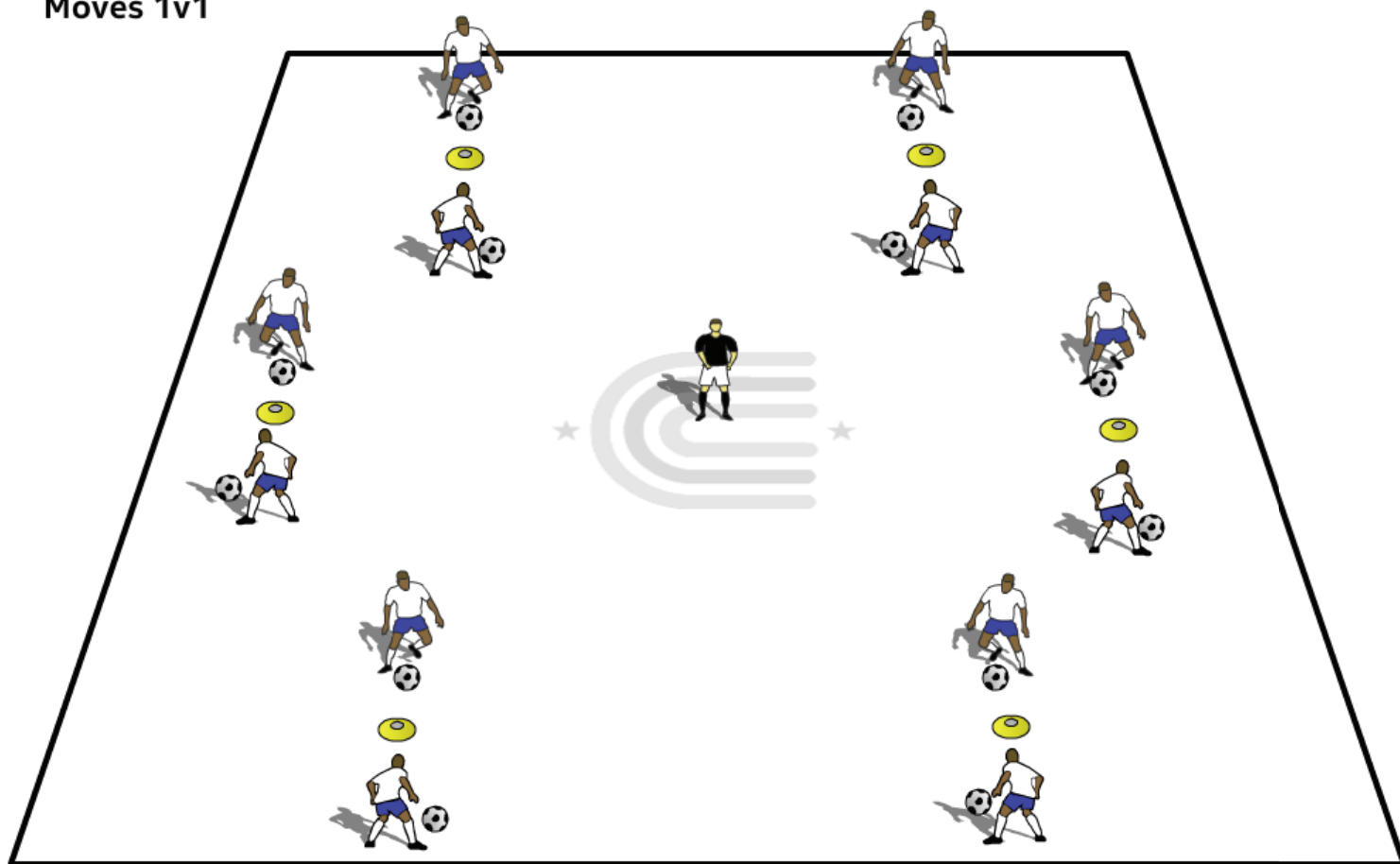
PLAYER'S TIP: Use laces to run with the ball, focusing on speed. Focus on one sharp touch to cut and change directions quickly.

COACH'S TIP: Encourage speed and quickness and encourage teams to be competitive.

VARIATION: Other Changes of Direction moves can be practiced in this relay sequence. The size of the space can be adjusted to suit the needs and abilities of the players.

NO PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Fakes and Feints moves in this technical sequence.

AGES: 5-17

SET UP: Each player has a ball and practices technical repetitions of Fakes and Feints moves in this no pressure exercise.

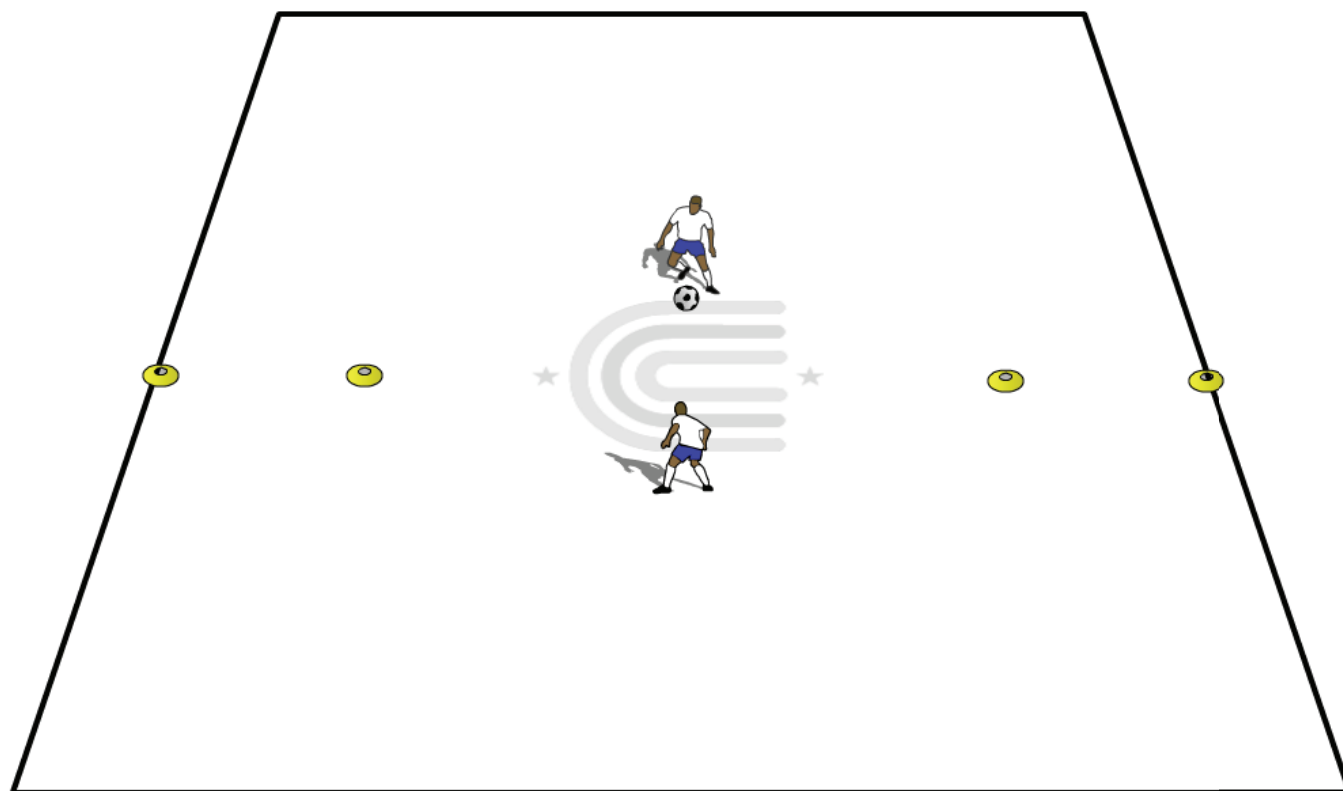
ACTION: Players practice specific Fakes and Feints moves at coach's instruction.

PLAYER'S TIP: Practicing correct technique is the emphasis in this no pressure exercise.

COACH'S TIP: Proper demonstration of Fakes and Feints moves is critical and proper technique should be emphasized before speed and quickness.

LIMITED PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Fakes and Feints moves in this low pressure technical sequence.

AGES: 5-17

SET UP: One player has a ball with another player who acts as a limited pressure defender on the other side of the cone line. Four cones mark two gated goals on either side of the players.

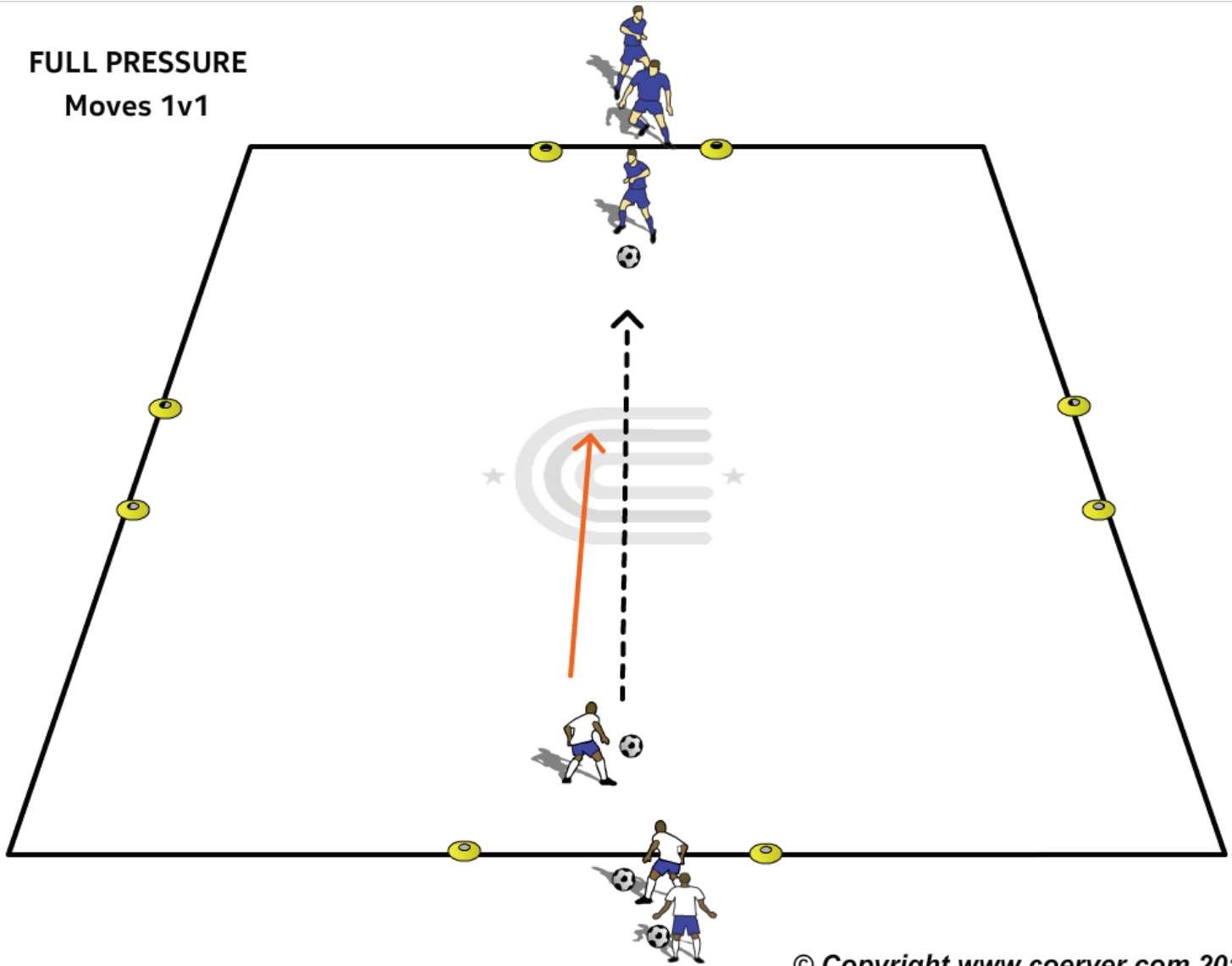
ACTION: The attacking player using Fakes and Feints moves and other move combinations to practice moves and to get defender off balance. Attacking player works to beat defender to one of the gated goals, while the defender cannot cross the cone line.

PLAYER'S TIP: Practicing correct technique and developing quickness and speed is the emphasis in this low pressure exercise.

COACH'S TIP: Proper demonstration of Fakes and Feints moves is critical and proper technique should be emphasized. Encourage players to develop quickness under limited pressure, and encourage players to use creativity and move combinations.

FULL PRESSURE

Moves 1v1



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve technique of Fakes and Feints moves in this full pressure 1v1 exercise

AGES: 7-17

SET UP: Two teams form lines approximately 20 yard apart and there are two small gate goals approximately 18-20 yards apart in this 1v1 game.

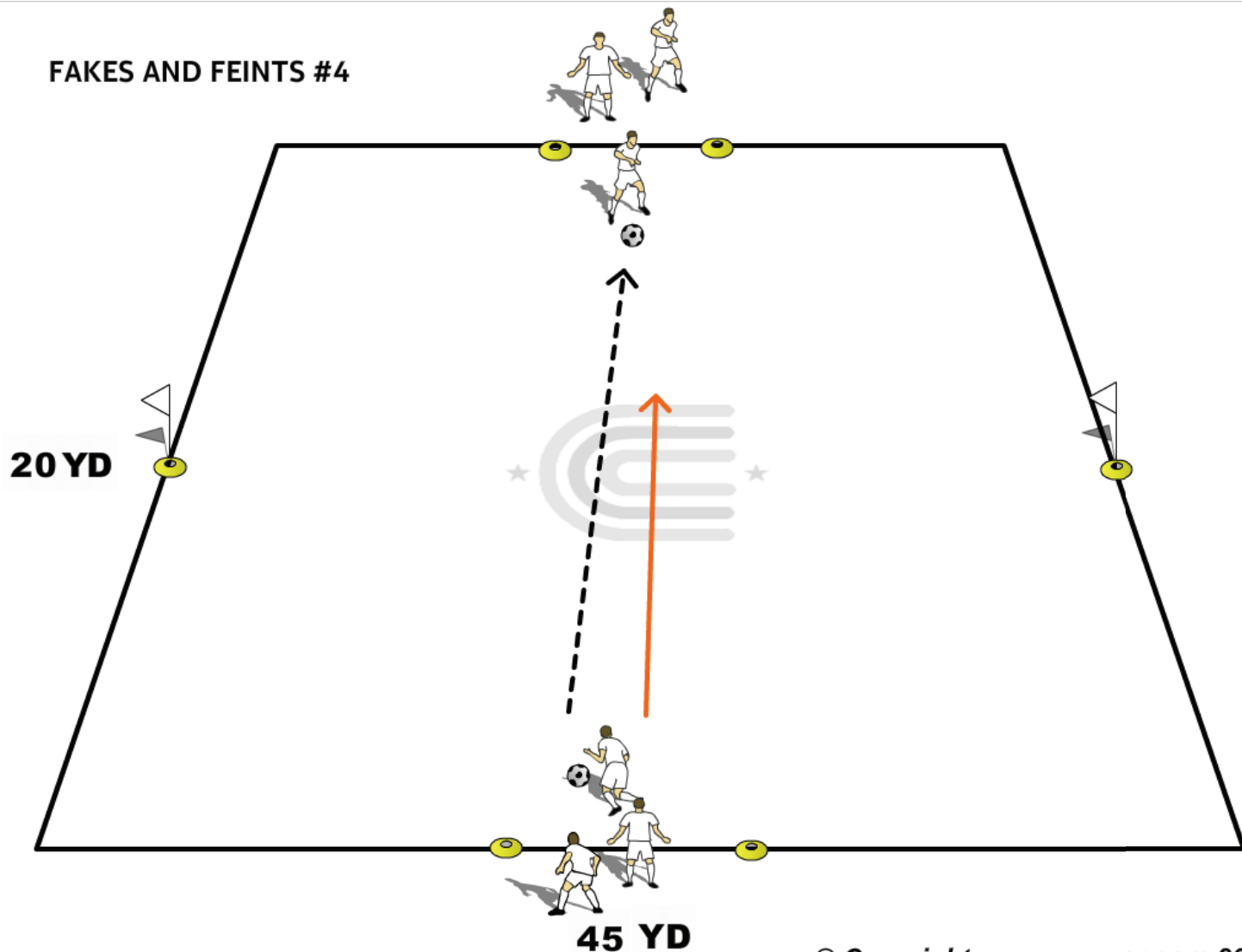
ACTION: Defender begins 1v1 with a pass to attacking player and 1v1 play continues until a player dribbles through one of the gated goals.

PLAYER'S TIP: Receiving passes on the run and using quickness and technical skill with speed is the emphasis in this high pressure exercise.

COACH'S TIP: Encourage defenders to close down space quickly to pressure attacker and to win the ball as soon as possible. 1v1 moves and skill with quickness are critical in this full pressure exercise.

VARIATION: This game can be progressed to 2v2 and coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #4



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve Fakes and Feints moves and 1v1 skill in this full pressure game.

AGES: 7-17

SET UP: Two teams form lines at the opposite sides of a 20x45 yard area with two flags at opposite ends as goals.

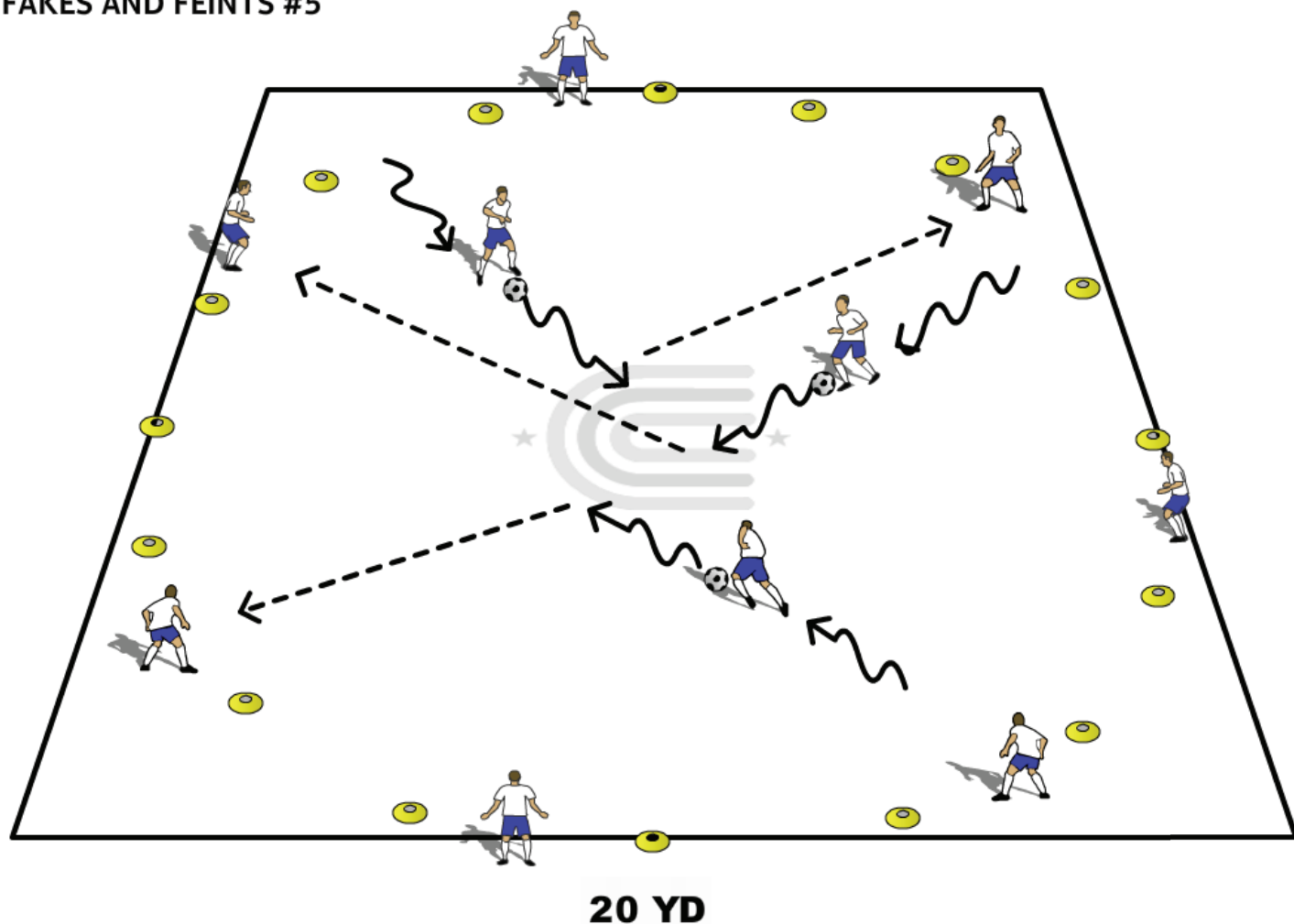
ACTION: Defender begins 1v1 with a pass to attacker and 1v1 play continues until a goal is scored by one of the players. Goals are scored when attacker gets within 3 yards of the flag/cone and passes ball into the flag target.

PLAYER'S TIP: Receiving passes on the run and using quickness and technical skill with speed is the emphasis in this full pressure exercise.

COACH'S TIP: Encourage defenders to close down space quickly to pressure attacker and to win the ball as soon as possible. 1v1 moves and skill combinations are critical in this full pressure exercise.

VARIATION: The game can be progressed to 2v2 and coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #5



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1, Passing and Receiving

PURPOSE: To improve techniques of Fakes and Feints moves and move combinations in this limited pressure technical exercise.

AGES: 9-17

SET UP: A group of 8-10 players share three balls in a circle approximately 20 yards in diameter in this limited pressure exercise.

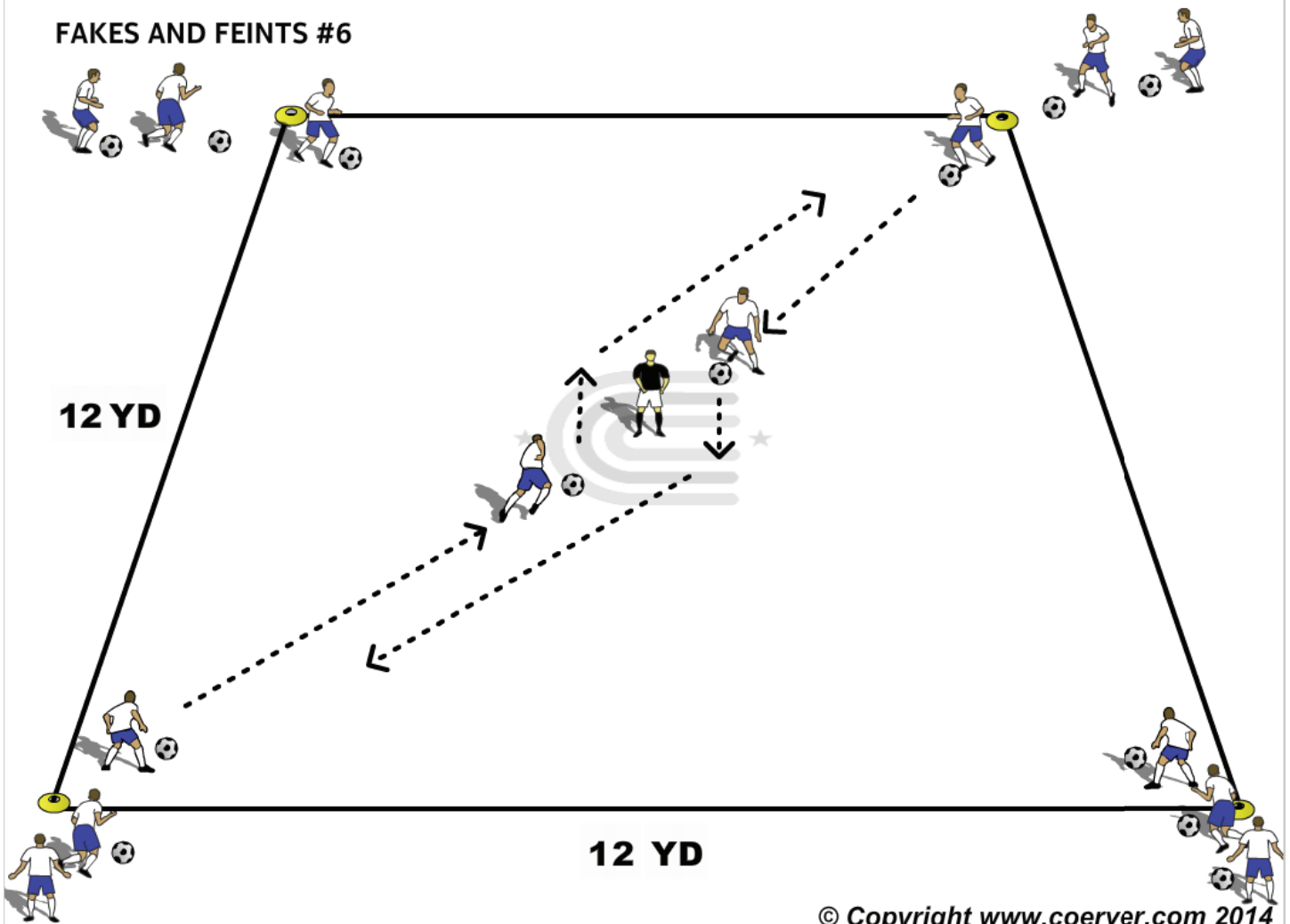
ACTION: Three players begin with a ball and the three players enter the area and make three moves of their choice before passing to one of the perimeter players, who then enter the area with the ball, and the sequence continues. After passing to the perimeter player, the passes follows pass.

PLAYER'S TIP: Receive pass on the run and focus on different Fakes and Feints and combination moves in this limited pressure exercise.

COACH'S TIP: Emphasis correct technique before quickness and speed in this low pressure exercise.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #6



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve techniques of Fakes and Feints moves in this limited pressure technical sequence.

AGES: 7-17

SET UP: Four small groups start in corners of an approximately 12x12 yard area. Each player has a ball. The coach is positioned in the center of the area and takes on role of limited pressure defender.

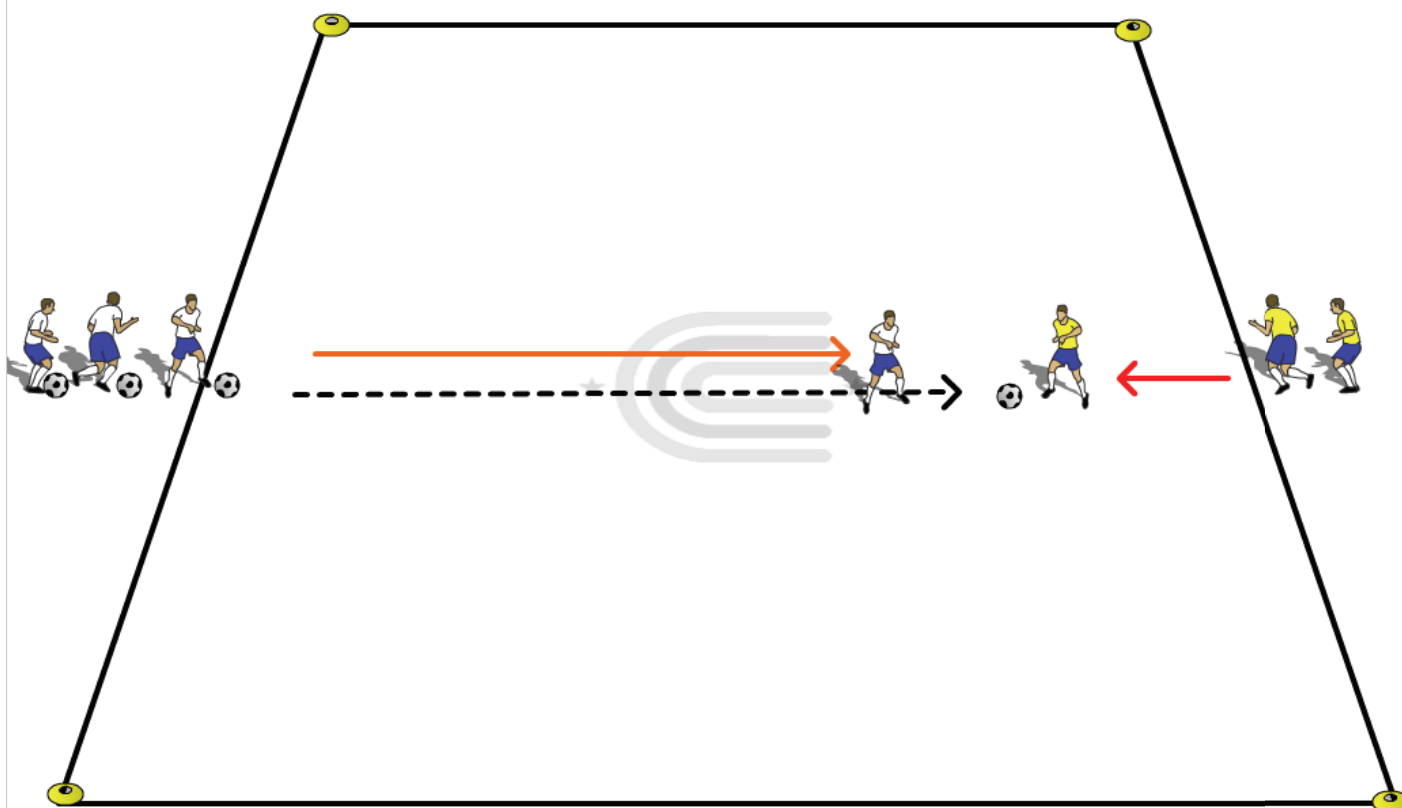
ACTION: Two players at opposite corners of the area dribble towards coach and practice Fakes and Feints move, as specified by the coach. After move, both players take touch to get beyond the space and enter group at opposite end of the area. The next two players from different groups enter the area and the sequence continues.

PLAYER'S TIP: Focus on technique and gradually develop quickness and speed in this minimum pressure exercise.

COACH'S TIP: Encourage players to be aware of space available for the move. Challenge players to use quick touch after move to get beyond defender.

VARIATION: All types of Fakes and Feints moves and move combinations can be practiced in this sequence.

FAKES AND FEINTS #7



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve 1v1 skill of using Fakes and Feints and other move combinations to get beyond full pressure defender in this 1v1 game.

AGES: 7-17

SET UP: Two teams are in lines at opposite ends of a 20x20 yard area. One team begins with balls in line.

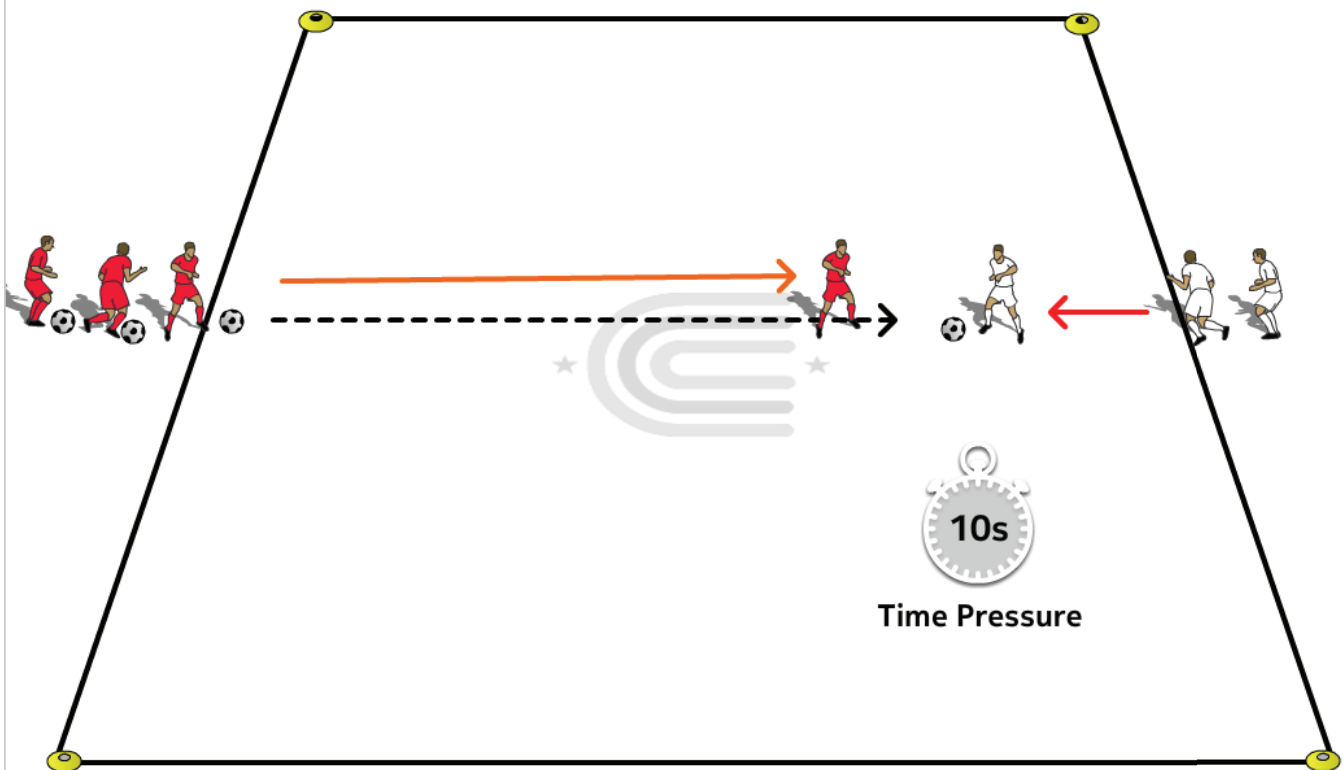
ACTION: Defender begins 1v1 play with a pass into opponent, and the attacker scores after being able to beat defender and to dribble across the line at the opposite end of the area.

PLAYER'S TIP: Receive pass on the run and engage defender. Use Fakes and Feints to get defender off balance and use speed to get away and dribble across the line. Attackers must get over end line with ball under control to score.

COACH'S TIP: Coaches should encourage defenders to close down space quickly to win the ball back as quickly as possible. Coaches should highlight when attackers use speed to get away from opponent after using 1v1 skill.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #8



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve 1v1 skill of using Fakes and Feints and other move combinations to get beyond full pressure defender in this 1v1 game.

AGES: 7-17

SET UP: Two teams are in lines at opposite ends of a 20x20 yard area. One team begins with the balls in line.

ACTION: Defender begins 1v1 play with a pass into opponent, and the attacker scores after being able to beat defender and to dribble across the line at the opposite end of the area. The attacker is now pressured to score by dribbling across the line within 10 seconds.

PLAYER'S TIP: Receive pass on the run and engage defender. Use Fakes and Feints to get defender off balance and use speed to get away and dribble across the line. Attackers must get over end line with ball under control to score.

COACH'S TIP: Coaches should encourage defenders to close down space quickly to win the ball back as quickly as possible. Coaches should highlight that attackers use decisiveness and speed to get away from opponent after using 1v1 skill.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #9



PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1, Speed

PURPOSE: To improve skills of running with the ball and using moves and move combinations, and to encourage quick decisive recovery and 1v1 defending skills against full pressure in this 1v1 exercise.

AGES: 5-17

SET UP: Players are in pairs at the opposite end of two gated goals in an area appropriately 25x20 yards. Pairs alternate roles of attacking and defending during the exercise.

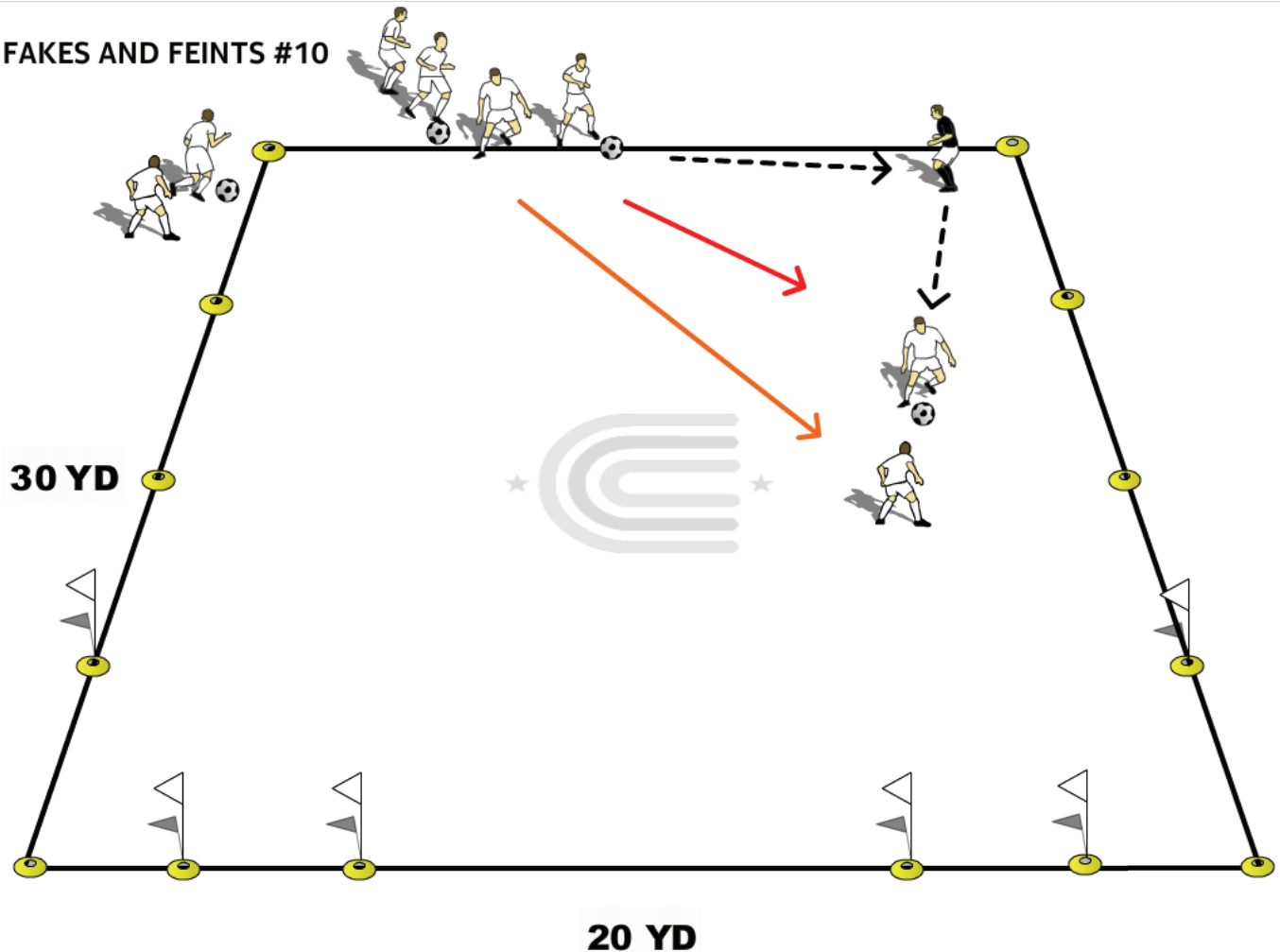
ACTION: Play begins with a pass from the coach into space and the attacking player is immediately pressured by the defender from behind. Goals are scored when one of the players dribbles through one of the small gated goals.

PLAYER'S TIP: Running with the ball at speed is crucial in this exercise. When there is space, use speed to penetrate. When needed, use moves to get away from opponent. Defenders need to move quickly to recover and win possession.

COACH'S TIP: Giving a slight advantage to the attacker can help encourage decisive and aggressive attacking play. Playing entry balls at different angles can provide players with different challenges.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

FAKES AND FEINTS #10



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve 1v1 skill of using moves and move combinations against full pressure and to improve 1v1 defending.

AGES: 7-17

SET UP: Players are in pairs at the opposite end of two small flag goals in an area that is approximately 30x20 yards.

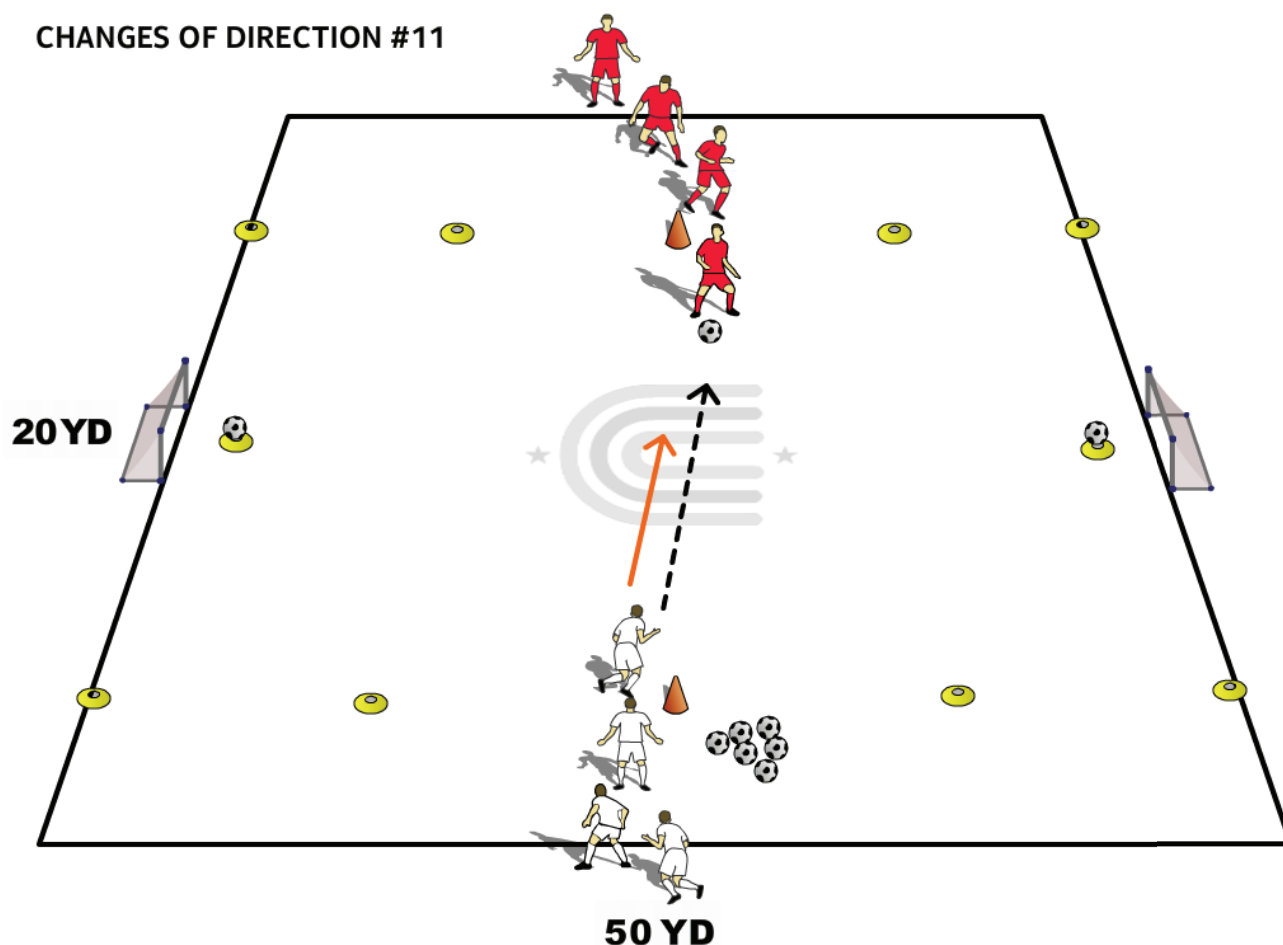
ACTION: Attacking player begins with ball and begins 1v1 play with a lateral pass to the coach followed by a return pass to the attacker along the sideline. Coach gives return pass and the attacker works to score by dribbling through one of the flag goals.

PLAYER'S TIP: Defenders must recover to delay attacker and the sideline can be used to take away the attacker's space. All 1v1 skills are needed in this exercise.

COACH'S TIP: The coach can change positions to adjust angles of double passes, changing demands given to the attacking players when receiving the ball.

VARIATION: The coach can adjust the size of the area to suit the needs and abilities of the players.

CHANGES OF DIRECTION #11



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: 5-17

AGES: To improve 1v1 skill of attacking and defending, in which Changes of Direction skill and other move combinations are needed to get away from the defender.

SET UP: Two teams form lines on the opposite sidelines of an area that is approximately 20x50 yards. One group begins with the balls at the line. Balls are placed on two cones at each end of the space, as targets for both players.

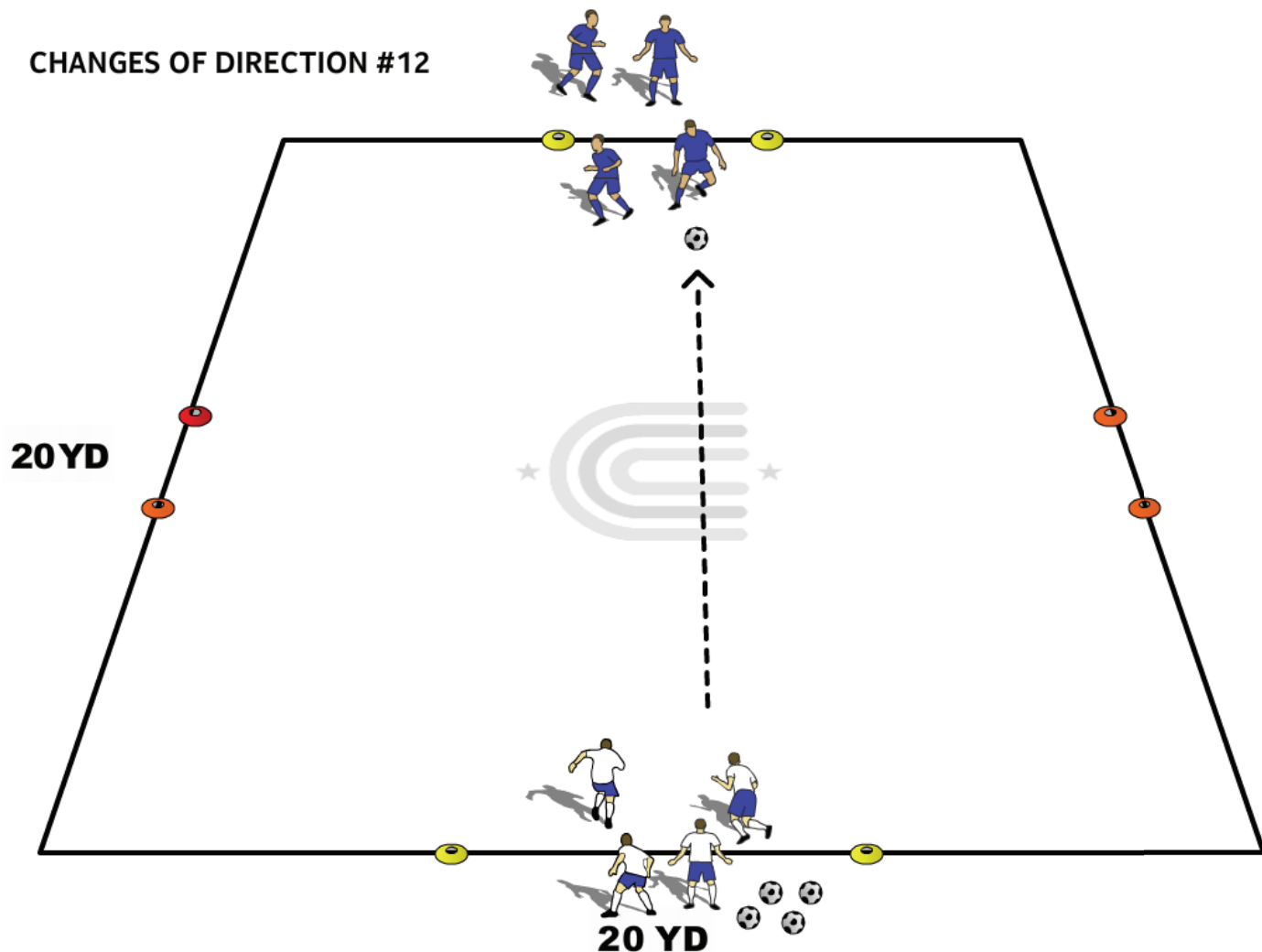
ACTION: 1v1 play begins with a pass across the area from the defending player to the attacking player. Either player may score in this sequence and goals are scored when a player dribbles within 4 yards and hits a target ball on one of the cones.

PLAYER'S TIP: Always be aware of the space given by defender and look to penetrate quickly. Use 1v1 moves and skill and get away from defender with speed. Shield ball from defender when changing directions under pressure. An accurate pass to the small target is crucial in this exercise.

COACH'S TIP: Making the area longer creates more challenges for attacking players to use speed after beating defender. The size of the area should fit the needs and abilities of the players.

VARIATION: Additional target goals can be placed on the field to add a different dynamic to the exercise. This exercise can be progressed to 2v2.

CHANGES OF DIRECTION #12



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1, Receiving and Passing

PURPOSE: To improve 1v1 skills and combination play in this 2v2 full pressure exercise.

AGES: 7-17

SET UP: Two teams form lines at opposite ends of an approximately 20x20 yard area. Two small gated goals are on the sides of the area.

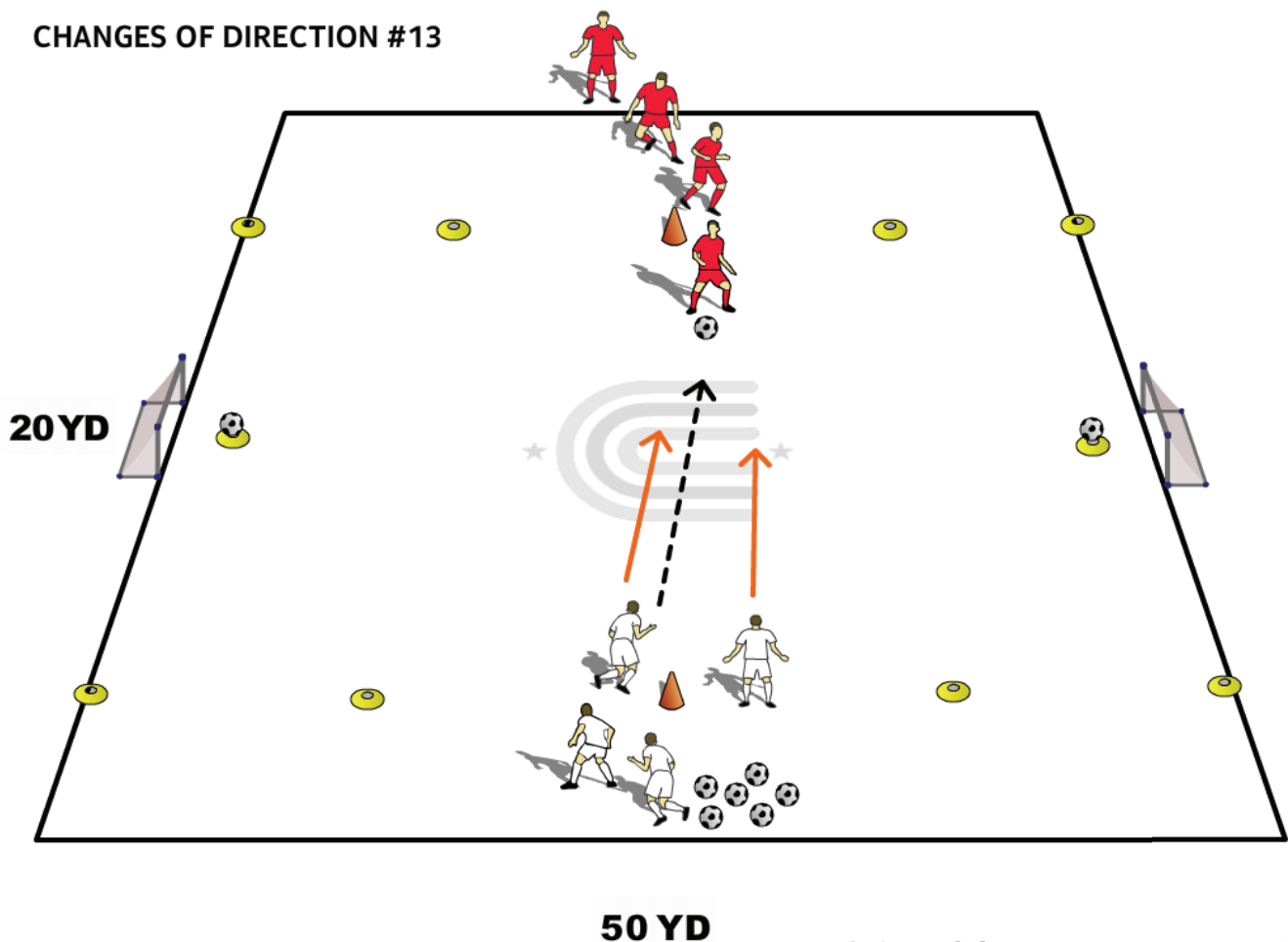
ACTION: The defending team begins 2v2 play with a pass across the space to the attacking team. Goals are scored when a player dribbles through one of the gated goals.

PLAYER'S TIP: Be aware of open space at all times when attacking. Be prepared to use all 1v1 skills to get away from pressuring defenders. Find ways to combine with teammate to play out of pressure. Look to attack open goal.

COACH'S TIP: Encourage attackers to penetrate quickly and highlight creative and dynamic movements off the ball to create space. Demand that defenders quickly to close down space and to recover quickly when beaten.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

CHANGES OF DIRECTION #13



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: 7-17

AGES: To improve 1v1 skill of attacking and defending, in which Changes of Direction skill and other move combinations are needed to get away from two defenders.

SET UP: Two teams form lines on the opposite sidelines of an area that is approximately 20x50 yards. One group begins with the balls at the line. Balls are placed on two cones at each end of the space, as targets for the players.

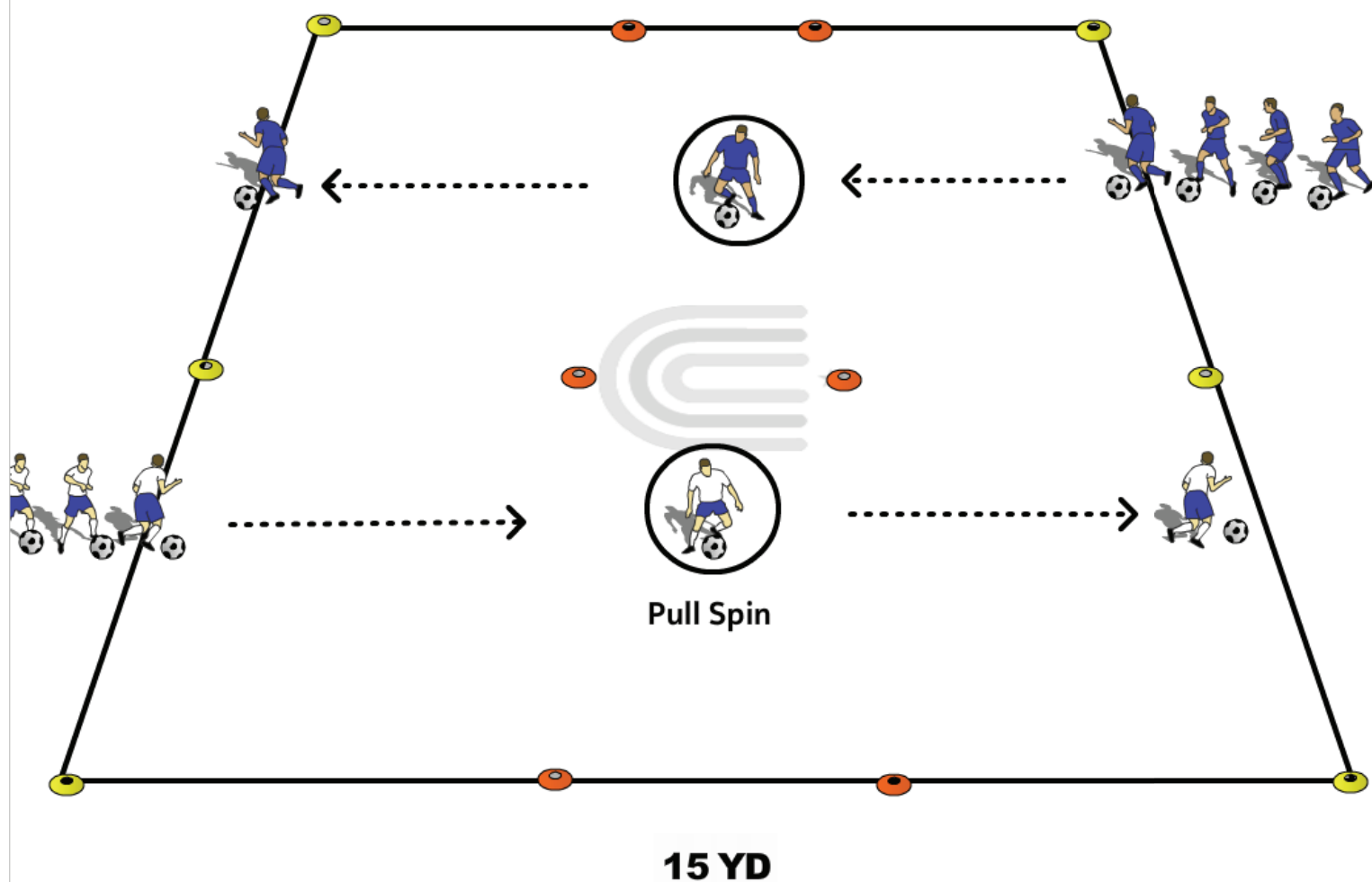
ACTION: 1v2 play begins with a pass across the area from the defending team to the attacking player. The attacking player must receive the pass and work against two defenders in order to pass the ball into one of the targets within 4 yards.

PLAYER'S TIP: Keep the ball moving and shield ball from defenders to keep possession. Use 1v1 moves and skill and get away from defenders with speed. An accurate pass to the small target is crucial in this high pressure exercise.

COACH'S TIP: Adding a second defender provides increase challenges for the attacking player. The size of the area should fit the needs and abilities of the players.

VARIATION: Additional target goals can be placed on the field to add a different dynamic to the exercise.

STOPS AND STARTS #14



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PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1

PURPOSE: To improve the technique of Stops and Starts moves, such as the Pull Spin, in this no pressure technical exercise.

AGES: 5-17

SET UP: Each player has a ball in this technical exercise. A small group of players form a line at one end of an area that is approximately 15x8 yards.

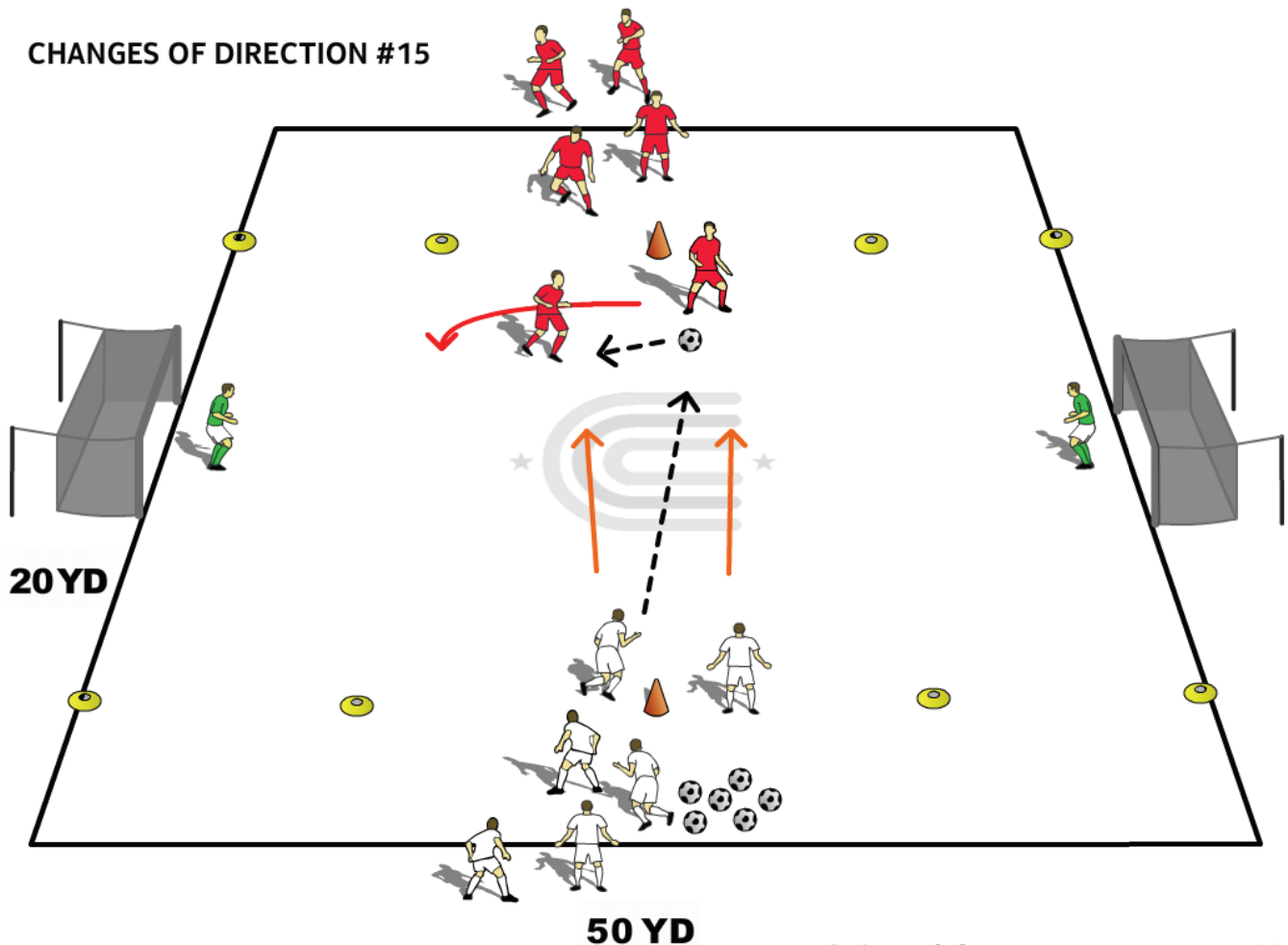
ACTION: Players take turns practicing Stops and Starts move with no pressure in the middle zone and then continue with their ball to the next line.

PLAYER'S TIP: For effectiveness of Stops and Starts move, it is important to have a change of pace. Focus on a quick getaway after the move.

COACH'S TIP: In this no pressure exercise, focusing on correct technique and control is the most important goal.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players. Additional Stops and Starts moves can be practiced in this sequence.

CHANGES OF DIRECTION #15



PLANNER SEGMENT: Moves 1v1

PYRAMID BLOCK: Moves 1v1, Receiving and Passing, Finishing

PURPOSE: 7-17

AGES: To improve combination play and 2v2 skill of attacking and defending, in which Changes of Direction skill and other move combinations are needed to attack against two defenders.

SET UP: Two teams form lines on the opposite sidelines of an area that is approximately 20x50 yards. One group begins with the balls at the line. Goalkeepers are in goals at either end of the area.

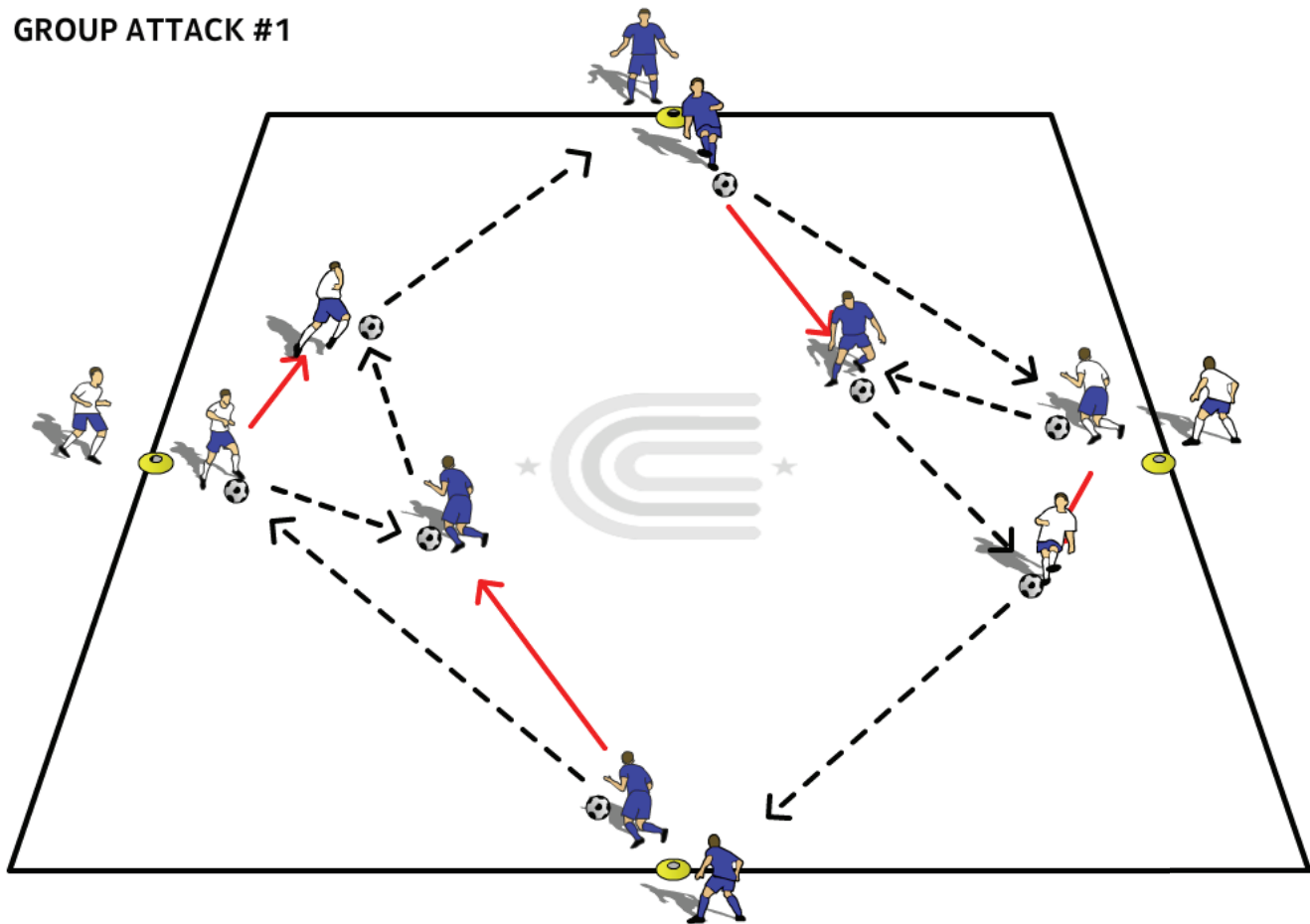
ACTION: 2v2 play begins with a pass across the area from the defending team to the attacking team. The attacking team must receive the pass and work against two defenders to create scoring chances. Both teams may score at either goal.

PLAYER'S TIP: Creative movements off the ball and combination play are pivotal in this exercise. Attackers should be aware of open space to penetrate in this two direction game.

COACH'S TIP: Highlight combination play - overlaps, double passes - that work to unbalance the defending group. Encourage attacking side to set up and take advantage of 2v1 moments.

VARIATION: Additional target goals can be placed on the field to add a different dynamic to the exercise.

GROUP ATTACK #1



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve one touch combinations and interplay in this no pressure technical exercise.

AGES: 10-17

SET UP: A small group of players form lines at the corners of an area that is approximately 15x15 yards. Two groups at opposite ends begin with a ball.

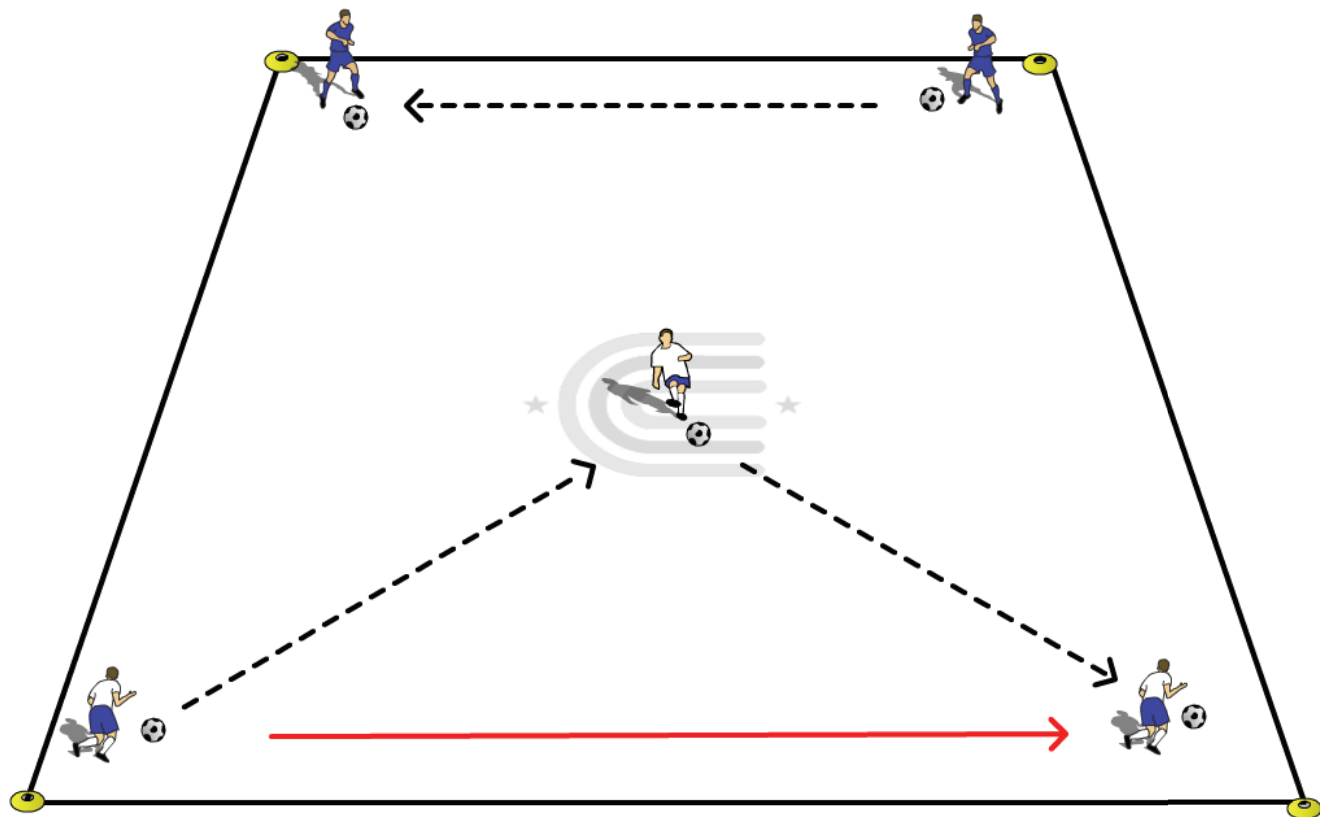
ACTION: Two balls are moving in this sequence amongst the players. A pass is made from the first player into the feet of the next player at the adjacent line. The first player moves and receives one touch return pass from the next player. The first player then plays a one touch pass back to the next player, who then plays the ball to the next group in the area, and the sequence continues.

PLAYER'S TIP: Move towards pass and use inside foot to play the one touch lay off. Communication is crucial in developing rhythm with teammates.

COACH'S TIP: Coaches can place increased technical demands on the players by instruct players to pass and use combinations with outside foot.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #2



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play in a no pressure technical exercise.

AGES: 9-17

SET UP: Four players have two balls in an approximately 10x10 area. One player is positioned in the center of the area and is designed as the wall passer. The balls begin at opposite corners of the area. The three remaining perimeter players begin the sequence by being positioned near the corners of the area.

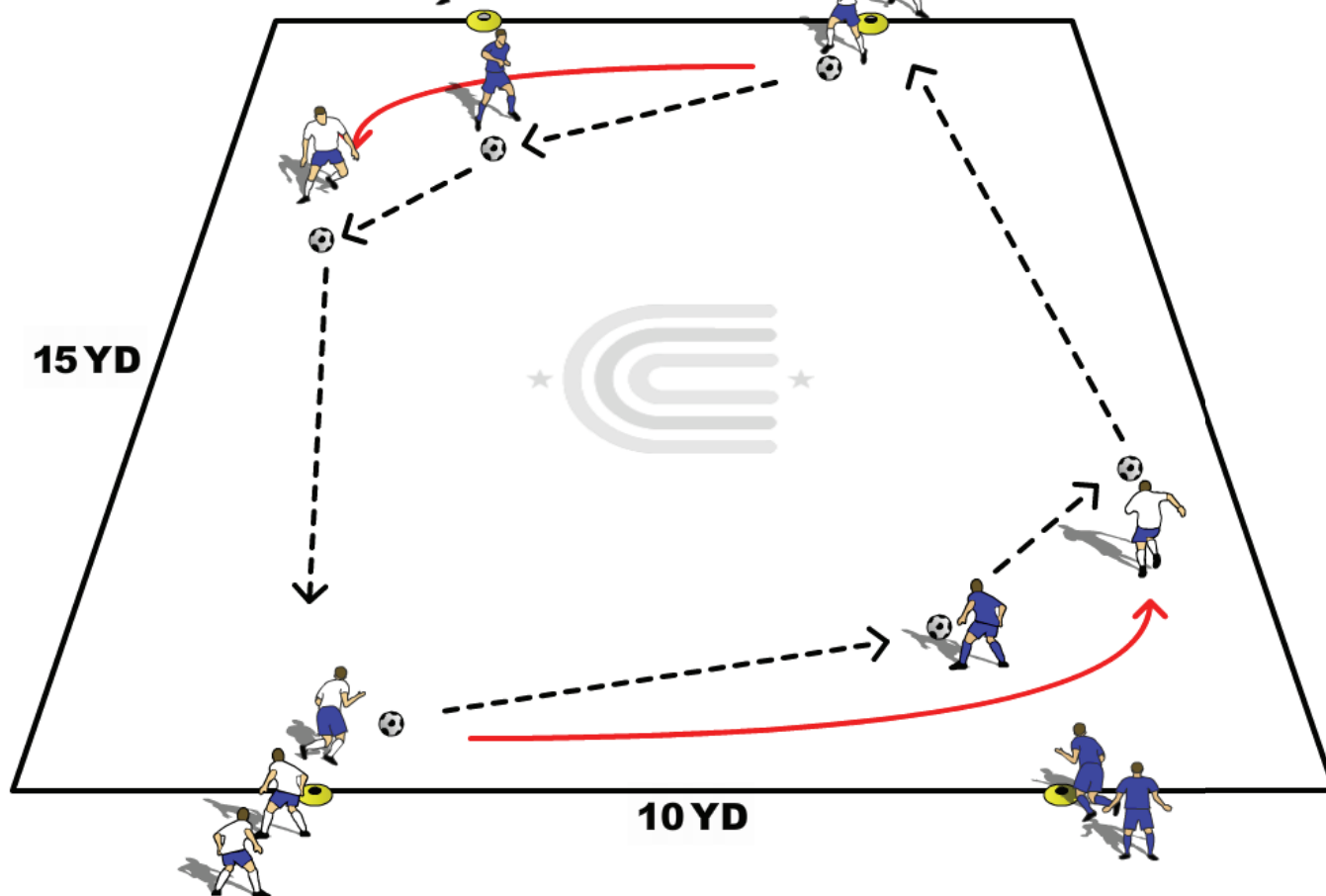
ACTION: A pass is played into the central player from the perimeter player and a one-touch return pass is played back to the perimeter play who is moving into a new space. At the same time, the other two perimeter players connect a pass, and the sequence continues with a combination double pass between the central player and the new perimeter player.

PLAYER'S TIP: Communication between teammates and the proper weight of passes is crucial in this exercise. Central players should be prepared to play a one touch pass into the new space for the perimeter player.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #3



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and overlapping in a no pressure technical exercise.

AGES: 9-17

SET UP: Small groups of players form lines at the corners of an area that is approximately 10x15 yard area. Two balls are used in this exercise, and the balls start at opposite corners of the area.

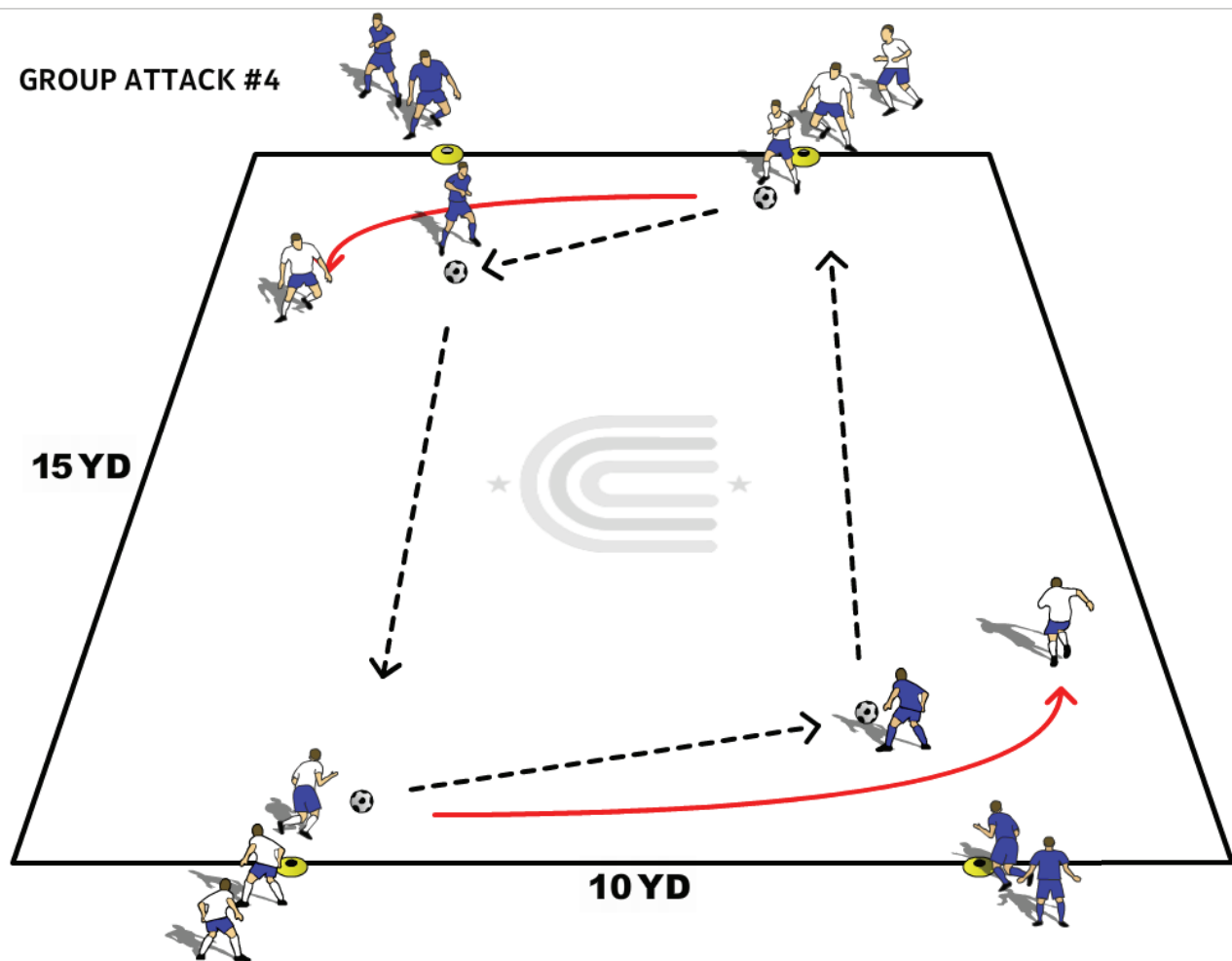
ACTION: A pass is made across the area to the nearest supporting player in the adjacent group. After the pass, an overlap is made around the supporting player. The supporting player then plays a pass into space to the overlapping player, and the overlapping player plays a longer pass to the opposite end of the area. The sequences then continues.

PLAYER'S TIP: Develop proper habits of looking up before receiving pass, passing and moving and calling for the ball.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #4



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play, 1v1 Moves, and overlapping in a no pressure technical exercise.

AGES: 9-17

SET UP: Small groups of players form lines at the corners of an area that is approximately 10x15 yard area. Two balls are used in this exercise, and the balls start at opposite corners of the area.

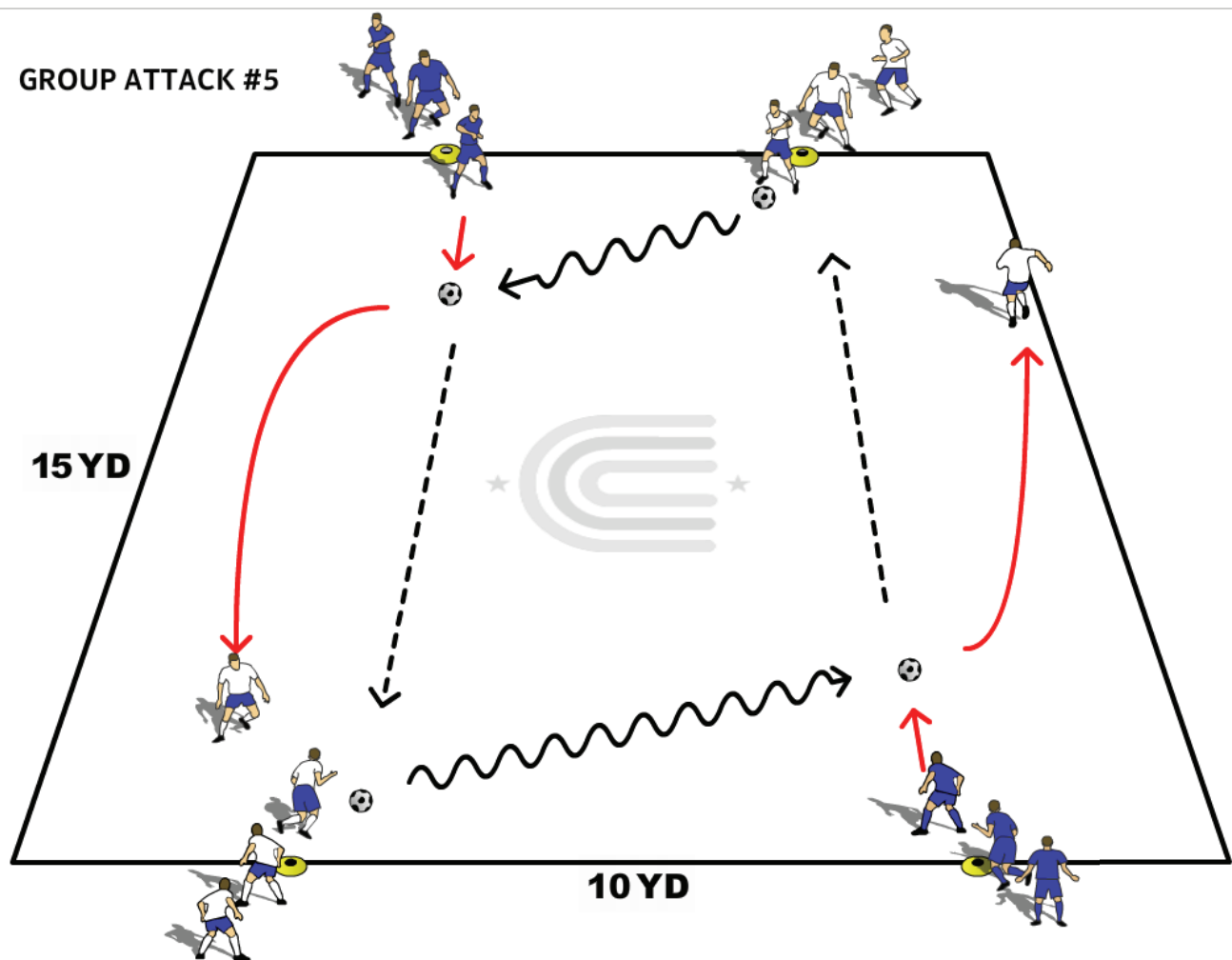
ACTION: A pass is made across the area to the nearest supporting player in the adjacent group. After the pass, an overlap is made around the supporting player. The supporting player then fakes a pass to the overlapping player, and then plays a longer pass across the area to the next line. The sequences then continues.

PLAYER'S TIP: Develop proper habits of looking up before receiving pass, passing and moving and calling for the ball. Use 1v1 Moves to fake the pass to the overlapping player. Use Fakes and Feints moves and other moves that work effectively.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes. Demonstrate to players the effectiveness of moves in combination play.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #5



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play, 1v1 Moves, and overlapping in a no pressure technical exercise.

AGES: 9-17

SET UP: Small groups of players form lines at the corners of an area that is approximately 10x15 yard area. Two balls are used in this exercise, and the balls start at opposite corners of the area.

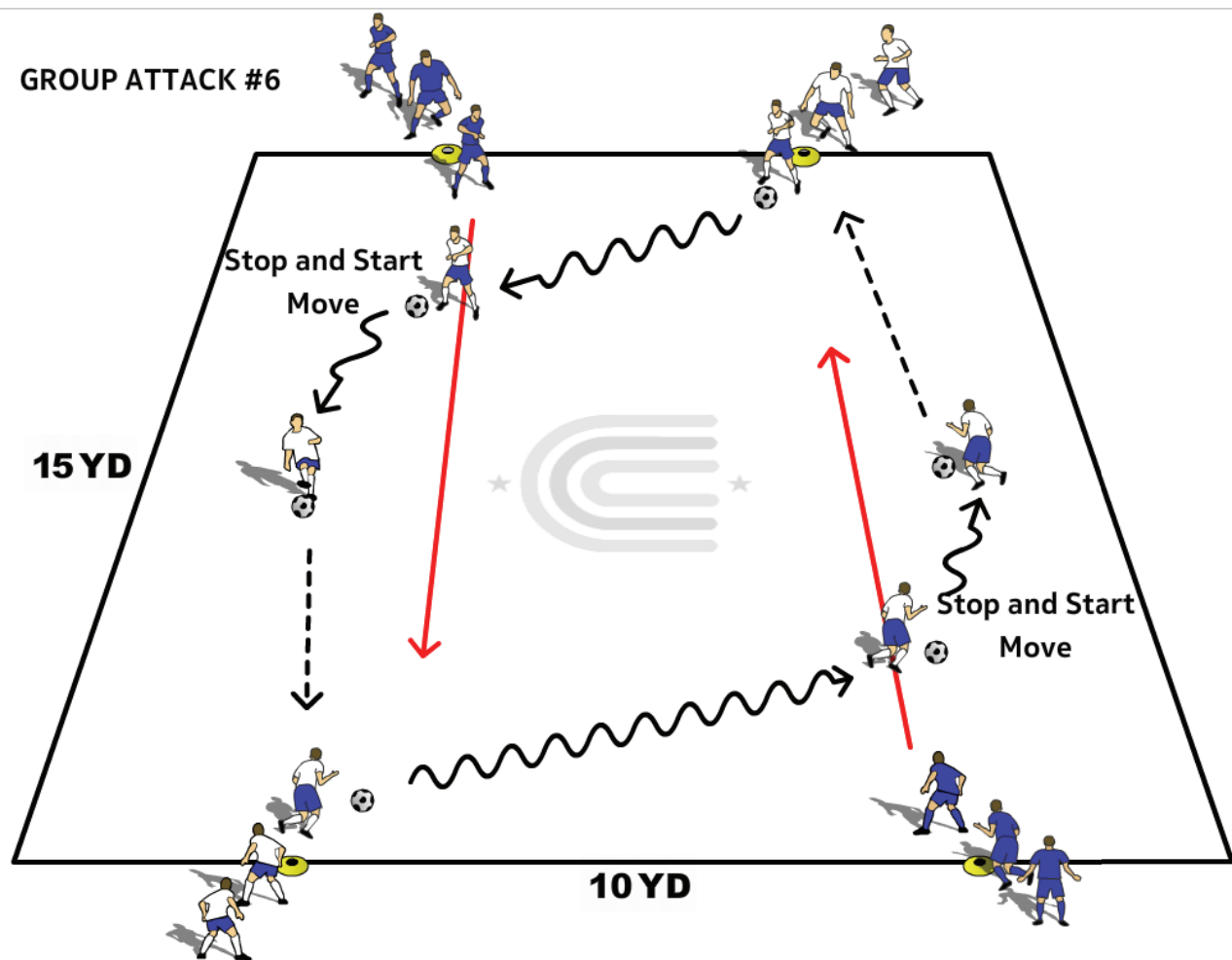
ACTION: The two players with the ball begin the sequence by dribbling across the adjacent line, making a screen run in front of the first player in the adjacent line. The players step on the ball and continue running into space, leaving the ball for the next player in line to take over and then to play a long pass to the opposite end of the area. Then the sequence continues.

PLAYER'S TIP: Develop proper habits of looking up before receiving pass, passing and moving and calling for the ball. Use the sole of the foot to step on the ball for the next player to take over.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes. Demonstrate to players the effectiveness of moves in combination play.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #6



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and the use of 1v1 Moves - Stops and Starts - in a no pressure technical exercise.

AGES: 9-17

SET UP: Small groups of players form lines at the corners of an area that is approximately 10x15 yard area. Two balls are used in this exercise, and the balls start at opposite corners of the area.

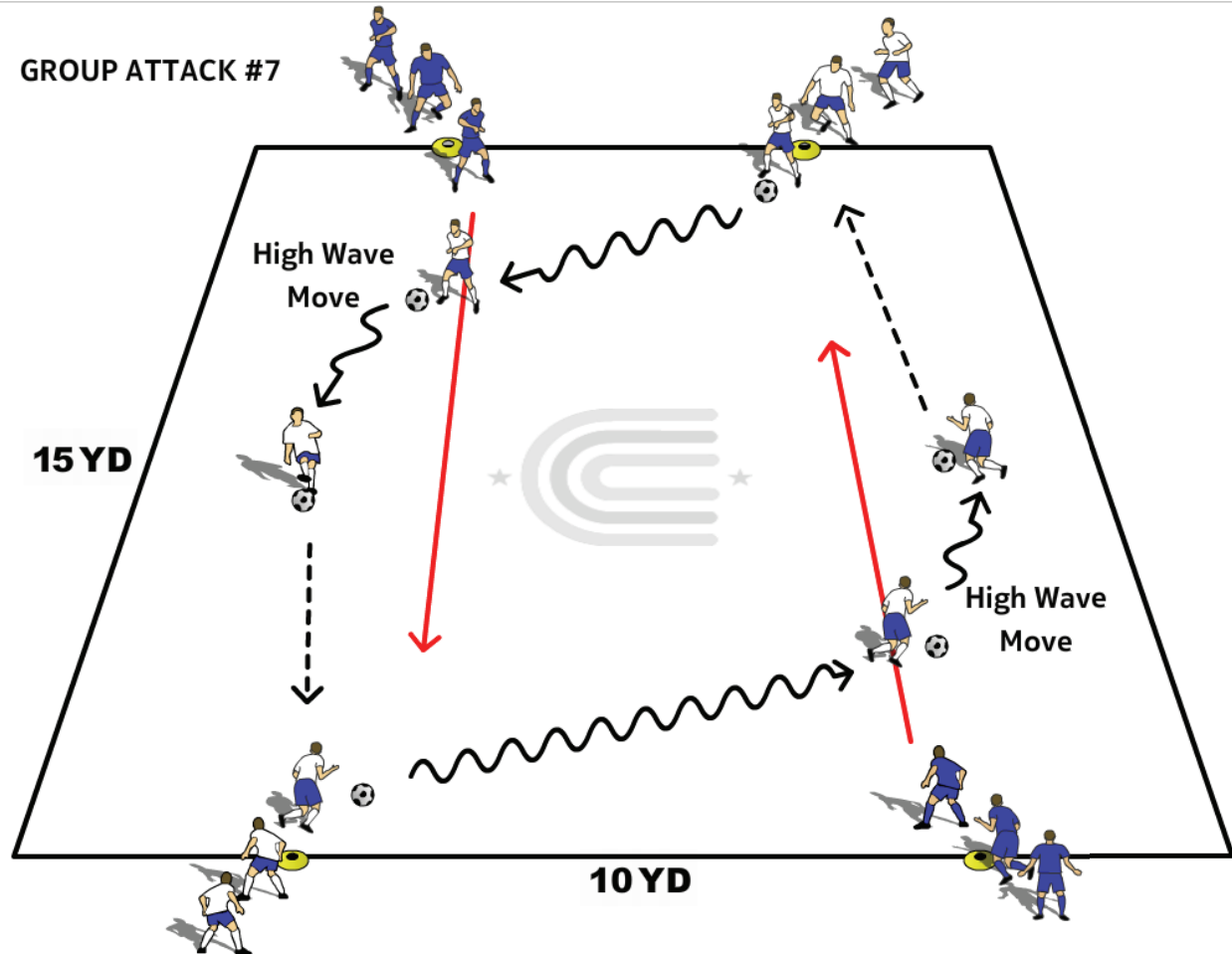
ACTION: The two players with the ball begin the sequence by dribbling across the adjacent line, making a screen run in front of the first player in the adjacent line. The players practice a Stop and Start move in front of teammate and then continue dribbling the ball before making a long pass to the opposite end of the area. Instead of taking over the ball, the teammate then moves across the area to the next line. Then the sequence continues.

PLAYER'S TIP: Develop proper habits of looking up before receiving pass, passing and moving and calling for the ball. When practicing Stop and Start move, slow down first before speeding up after move.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes. Demonstrate to players the effectiveness of moves in combination play.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players.

GROUP ATTACK #7



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and the use of 1v1 Moves - Stops and Starts - in a no pressure technical exercise.

AGES: 9-17

SET UP: Small groups of players form lines at the corners of an area that is approximately 10x15 yard area. Two balls are used in this exercise, and the balls start at opposite corners of the area.

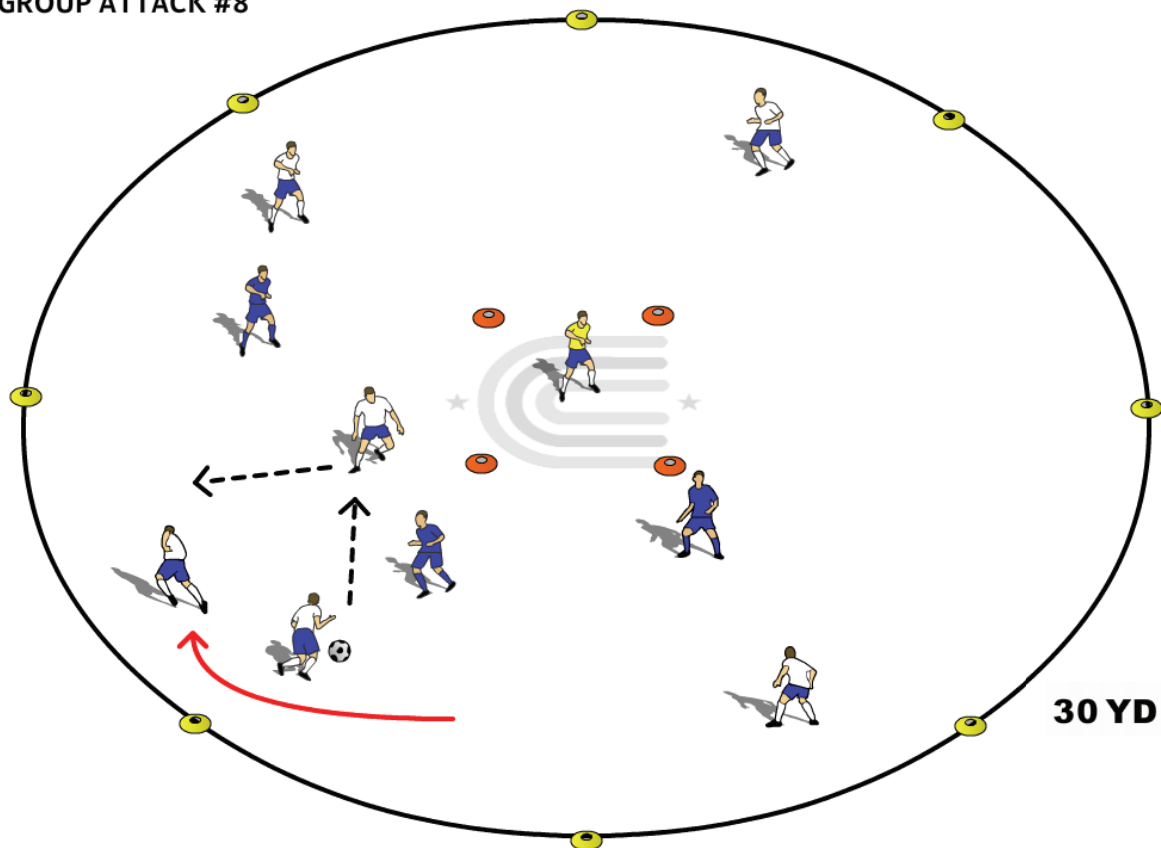
ACTION: The two players with the ball begin the sequence by dribbling across the adjacent line, making a screen run in front of the first player in the adjacent line. The players practice a Stop and Start move in front of teammate and then continue dribbling the ball before making a long pass to the opposite end of the area. Instead of taking over the ball, the teammate then moves across the area to the next line. Then the sequence continues.

PLAYER'S TIP: Develop proper habits of looking up before receiving pass, passing and moving and calling for the ball. When practicing High Wave move, slow down first before speeding up after move.

COACH'S TIP: Encourage players to communicate verbally and non-verbally when combining passes. Demonstrate to players the effectiveness of moves in combination play.

VARIATION: Coaches can adjust the size of the area to suit the needs and abilities of the players. Other Stop and Start moves can be practiced in this sequence.

GROUP ATTACK #8



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and interpassing against defensive pressure in this possession exercise with a target.

AGES: 9-17

SET UP: Six attacking players compete against three defending players in a circular space that is approximately 30 yards in diameter. One target player is positioned in a small space in the center of the circle.

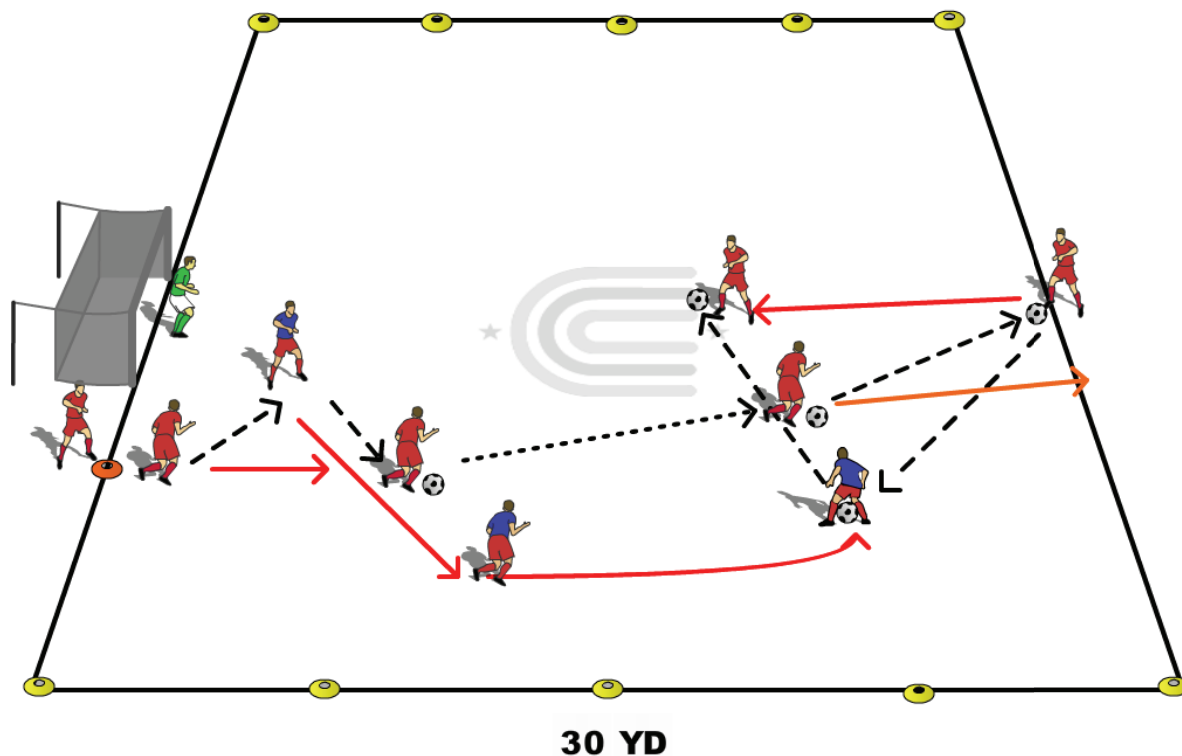
ACTION: The attacking team of six players interpass, using double passes, overlaps, fake overlaps and work to draw defenders out of the middle space. The attacking team scores when they are able to find a pass to the target player in the central area of the game. The defending team scores when they win possession. Only the central target player can be in the central target zone.

PLAYER'S TIP: Make quick decisions with the ball and look for ways to combine to escape pressure. Put good habits of passing, moving, and calling for the ball into a full pressure game. Use overlapping runs to open up space in the central areas. Always be looking for moments to switch the point of attack.

COACH'S TIP: Switch roles of defensive and attacking players quickly in this fast paced game. Highlight positive movements of combination play and effective supporting runs.

VARIATION: The size of the space can be decreased or increase to put different demands on the players. Putting touch limitations on the attacking players can promote quicker supporting runs off the ball.

GROUP ATTACK #9



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play, Speed

PURPOSE: To improve combination play under minimum pressure and to improve skills of running with the ball.

AGES: 10-17

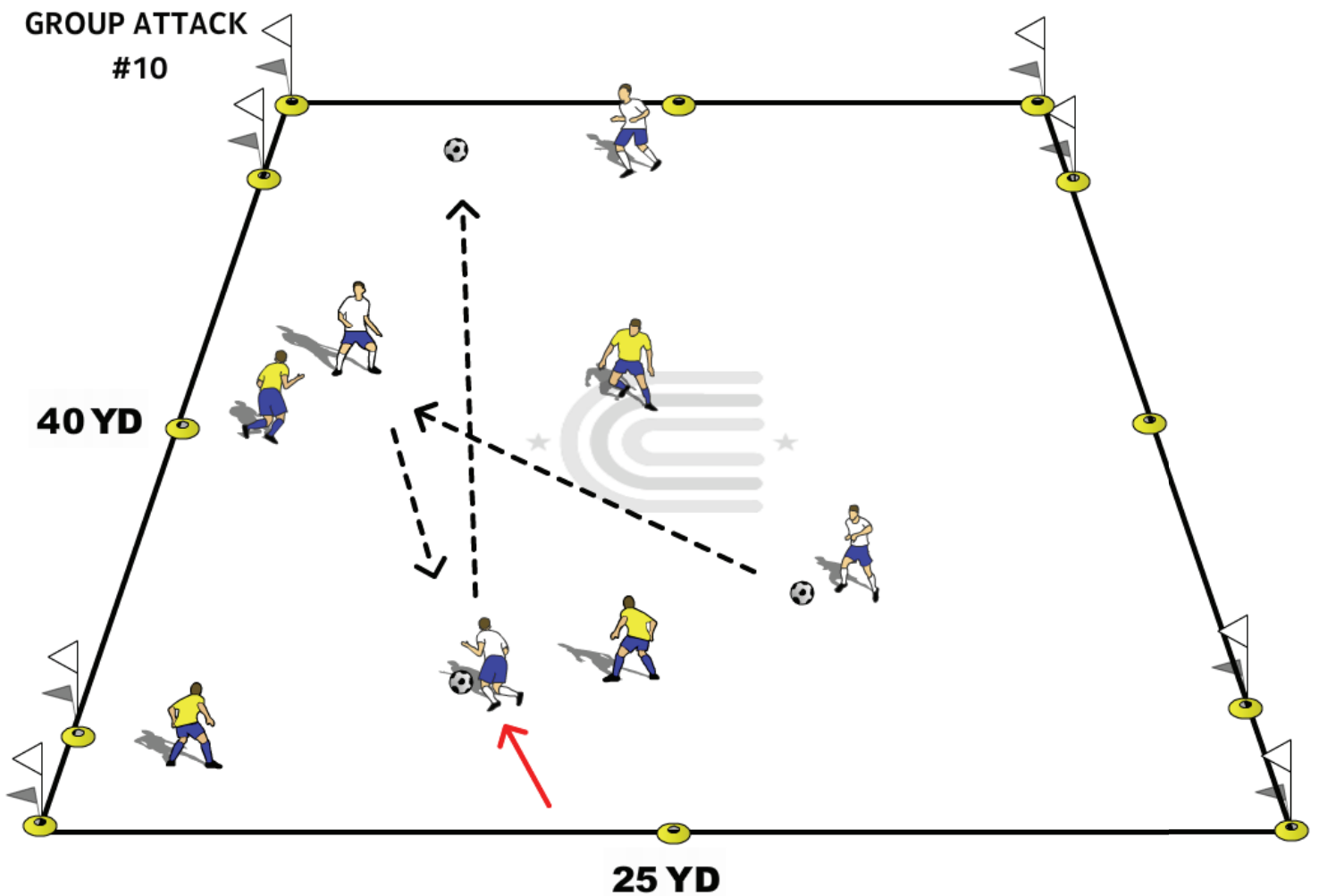
SET UP: A small group of players form a line approximately 30 yards apart at opposite ends of an approximately 30x20 yard area. One overlapping wall passer is designated for a short time in this sequence.

ACTION: The ball begins at one end of the area, with a double pass combination between the red player and blue player. After the double pass, the blue player overlaps the red player, and the red player runs with the ball to the opposite end, with the blue player overlapping. The red player then passes into the feet of the red player at the opposite end. After passing, the red player follows pass and a wall pass overlap combination is made between the new red player and the blue player. The sequence then continues.

PLAYER'S TIP: Make a commitment to move quickly after each pass, and moving to support the ball for combinations is crucial. Good habits of passing and moving quickly, while communicating with teammates is key in this fast paced exercise.

COACH'S TIP: Limit the amount of time each player is the wall passer. Coaches can use a shorter space to focus on quickness and good touches, while a longer space can emphasize stamina and accuracy of passes.

VARIATION: A second wall passer and a second ball can be added to increase traffic in the space and to increased repetitions amongst the players. A large goal and Goalkeeper can be added at one end to focus on finishing after each wall pass overlap combination.



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and changing the point of attack in this full pressure 4v4 four goal game.

AGES: 7-17

SET UP: Two teams of four players play in an approximately 25x40 yard area, with small two goals at each end of the area.

ACTION: Teams compete for possession and use combinations and to change the point of attack in this 4v4 game. One team attacks the two goals at one end.

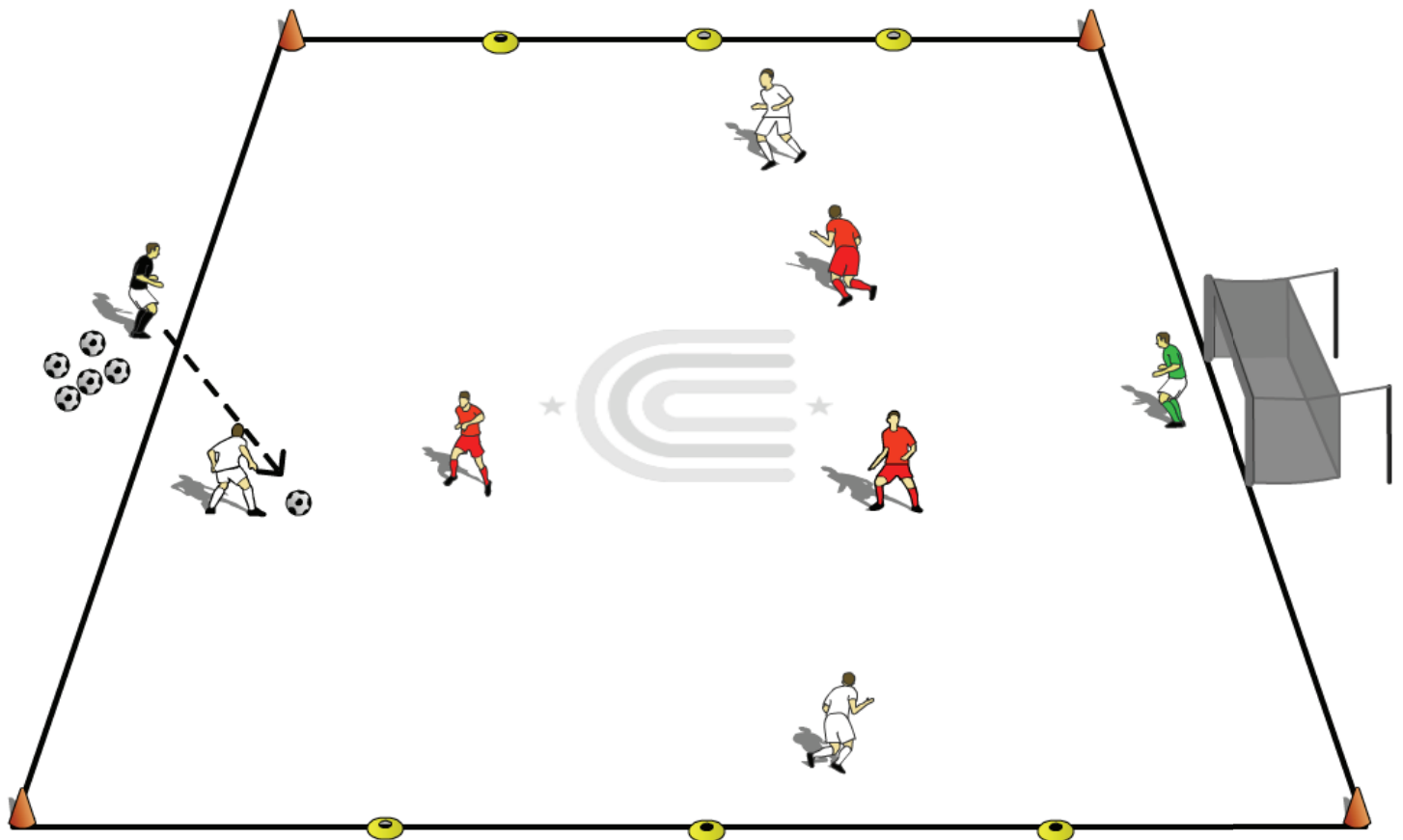
PLAYER'S TIP: Always look change to point of attack to score in open goal. Passing, moving, and effective communication are principles to success.

COACH'S TIP: The wide, short field and multiple goals encourage teams to look frequently to change the point of attack.

VARIATION: Coaches may add numbers to bring additional challenges to the players. Adjust the size of the space to suit the needs and abilities of the players.

GROUP ATTACK #11

35 YD



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PLANNER SEGMENT: Group Attack

PYRAMID BLOCK: Group Attack

PURPOSE: To improve combinations and group attack in the final third in a 3v3 full pressure game with one large Goal and Goalkeeper.

AGES: 9-17

SET UP: Two teams of three players compete for possession and goal scoring opportunities at one large goal with a Goalkeeper in an area that is approximately 30x35 yards.

ACTION: Both teams attack the goal, and play begins with a pass from the coach. Attacking teams work to combine with double passes, take overs, and overlaps to create scoring chances.

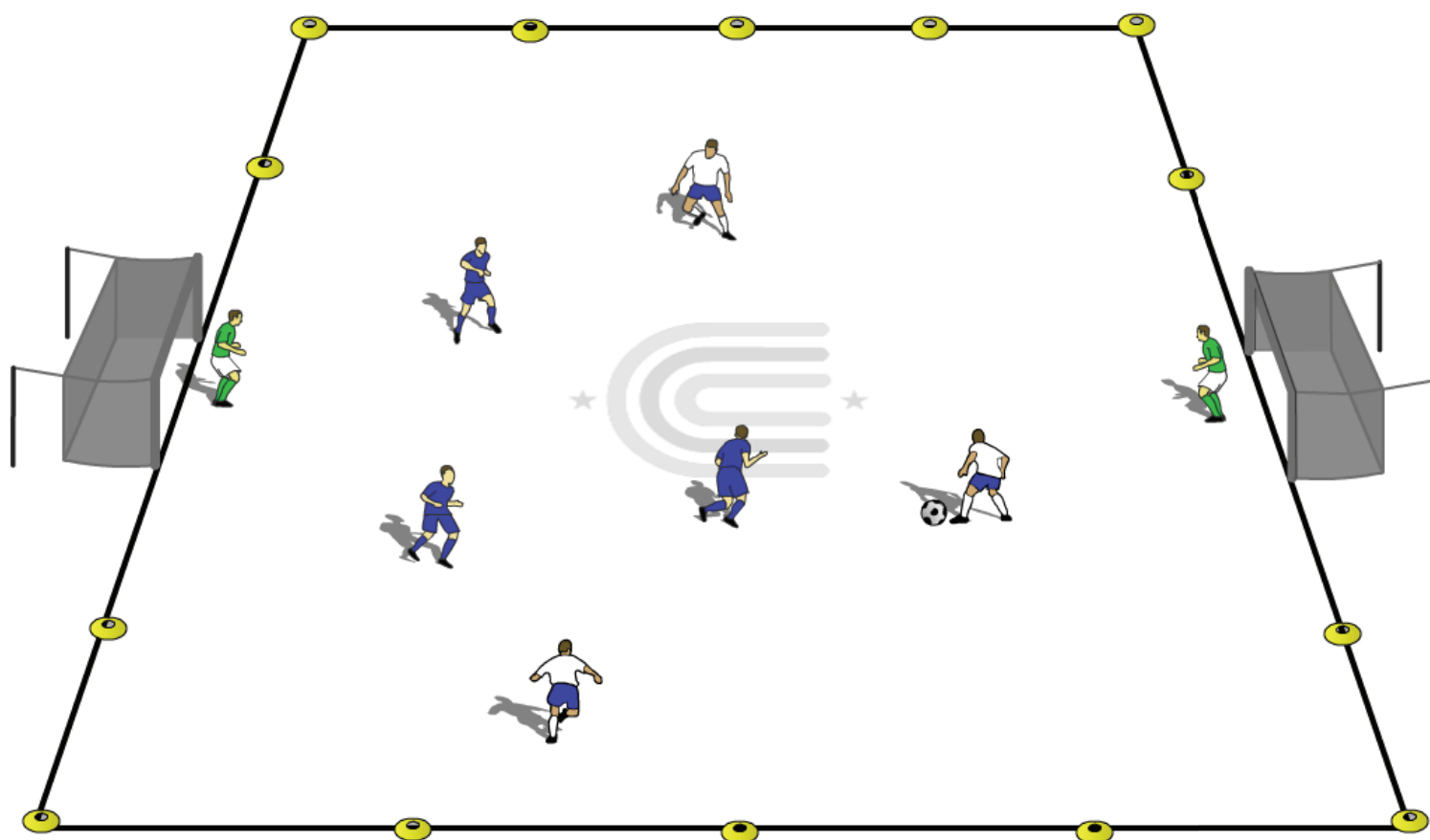
PLAYER'S TIP: Be decisive and take risks against defenders. Pass and move and continually look to move into open space to support the ball.

COACH'S TIP: Encourage defending team to quickly look to score after winning possession.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

GROUP ATTACK #12

35 YD



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PLANNER SEGMENT: Group Attack

PYRAMID BLOCK: Group Attack

PURPOSE: To improve combinations and group attack in a 3v3 full pressure game to large goals and Goalkeepers.

AGES: 9-17

SET UP: Two teams of three players compete for possession and goal scoring opportunities in an area that is approximately 30x35 yards.

ACTION: 3v3 Free Play with Goalkeepers requires both team defending and attacking skills.

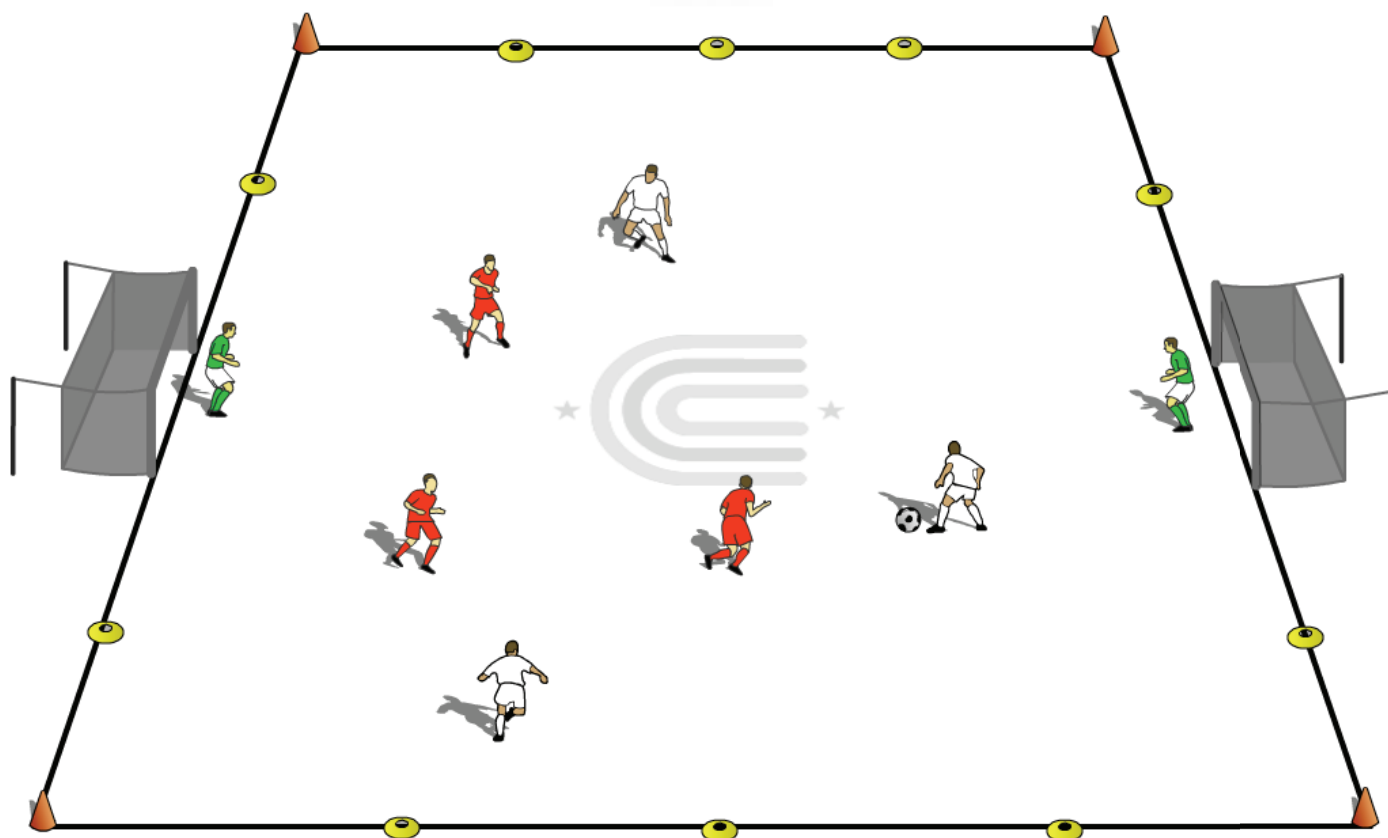
PLAYER'S TIP: Be decisive and take risks against defenders. Pass and move and continually look to move into open space to support the ball. Always be aware of moments to shoot.

COACH'S TIP: Encourage defending team to quickly look to attack after winning possession.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

GROUP ATTACK #13

35 YD



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PLANNER SEGMENT: Group Attack

PYRAMID BLOCK: Group Attack

PURPOSE: To improve combinations and group attack in a 3v3 full pressure game to large goals and Goalkeepers.

AGES: 9-17

SET UP: Two teams of three players compete for possession and goal scoring opportunities in an area that is approximately 30x35 yards.

ACTION: 3v3 Free Play with Goalkeepers requires both team defending and attacking skills. The team that scores keeps possession of the ball and then works to attack the goal at the opposite end.

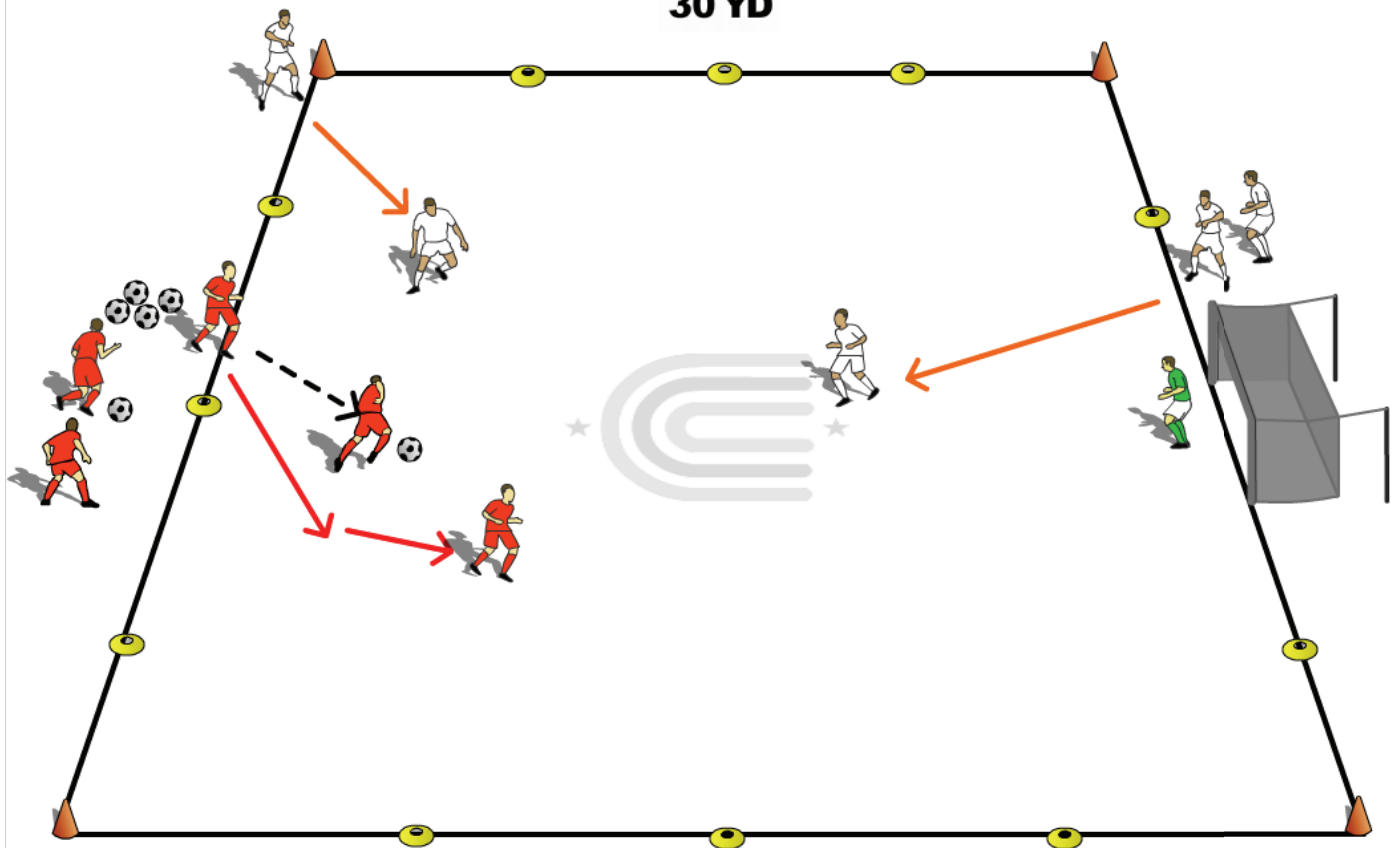
PLAYER'S TIP: Be decisive and take risks against defenders. Always look for the quick attack when defenders are out of position. Pass and move and continually look to move into open space to support the ball. Always be aware of moments to shoot.

COACH'S TIP: Encourage quick distribution from Goalkeepers. Encourage defending team to quickly look to attack after winning possession. Emphasize the importance of finishing chances.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

FAST BREAK #2

30 YD



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PLANNER SEGMENT: Group Attack

PYRAMID BLOCK: Group Attack

PURPOSE: To improve combinations and group attack in a 2v2 full pressure game to one large goal with a Goalkeeper.

AGES: 9-17

SET UP: Two teams form lines on opposite ends in an area that is approximately 30x25 yards. The defensive group begins a line also in the corner of the area. Balls are placed at the opposite end of the large goal.

ACTION: The attacking team begins with a pass and overlap against one defender closing space to pressure the ball, while a second trailing defender recovers in this 2v2 game. The defending team scores by winning possession of the ball, and the attacking team attacks the large goal.

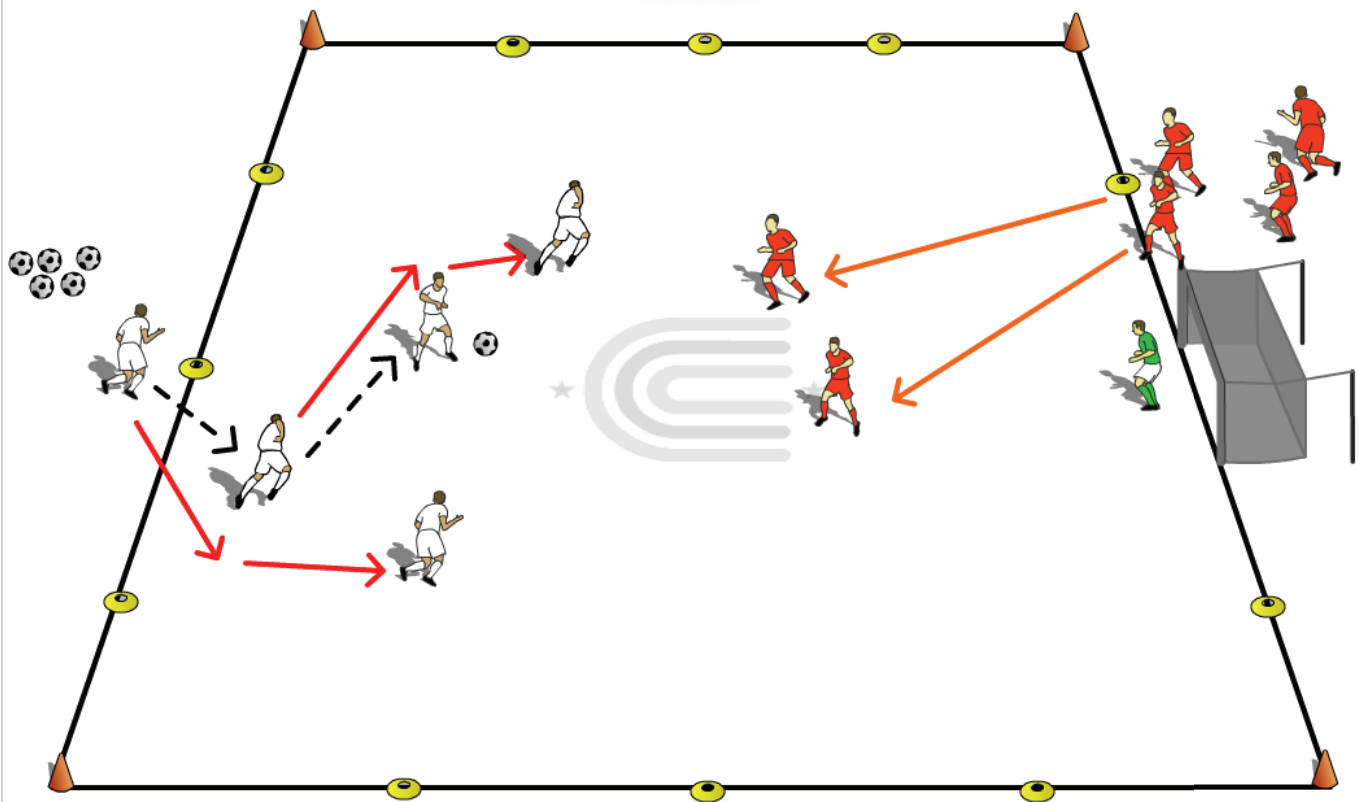
PLAYER'S TIP: Be decisive and take risks against defenders. Pass and move and continually look to move into open space to support the ball. Attacking teams should look to attack before trailing defender recovers.

COACH'S TIP: Speed of attack is essential here to create scoring opportunities. Highlights moments of when attacker can use overlapping support player or when attacker can go it alone.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

FAST BREAK #3

40 YD



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PLANNER SEGMENT: Group Attack

PYRAMID BLOCK: Group Attack

PURPOSE: To improve combinations and group attack in a 3v2 full pressure game to one large goal with a Goalkeeper.

AGES: 9-17

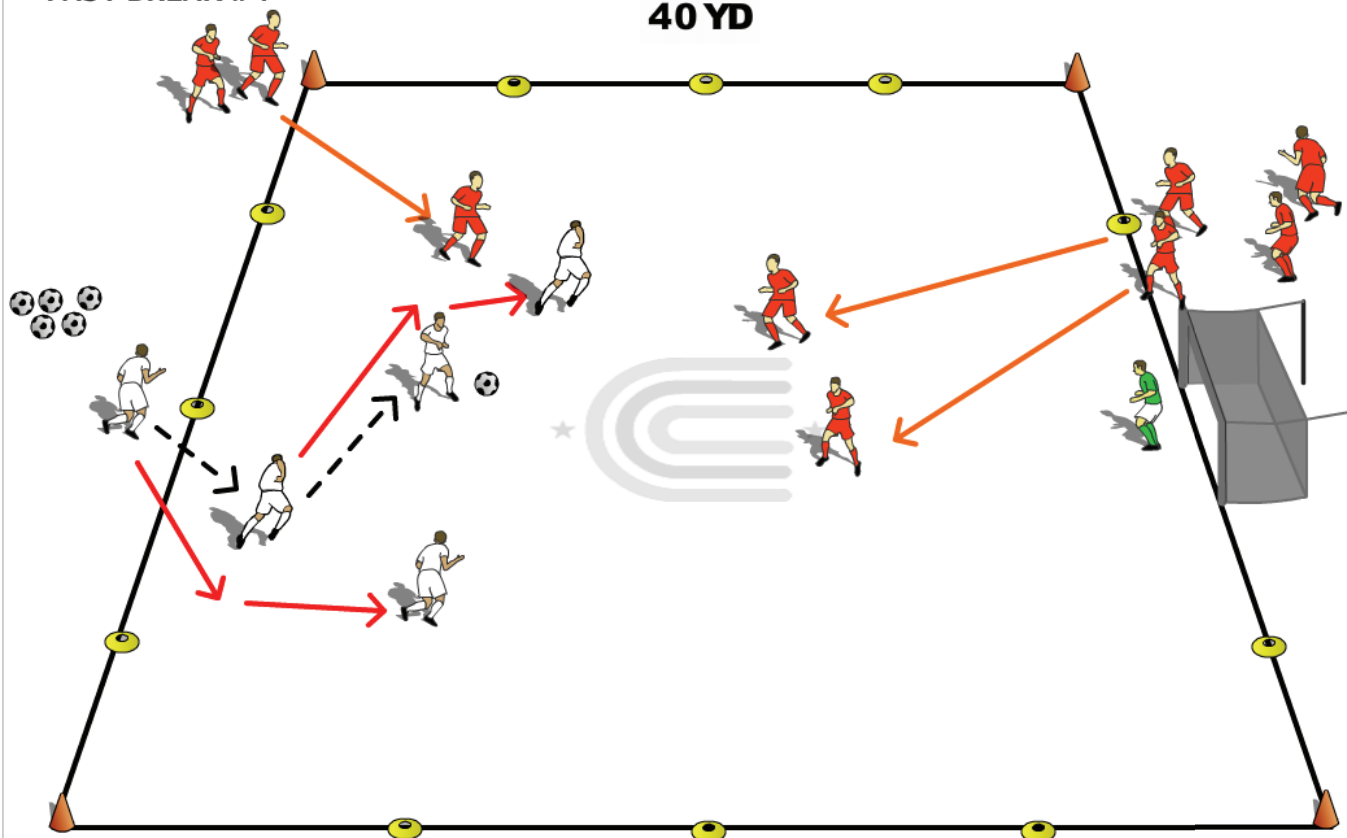
SET UP: Two teams form lines on opposite ends in an area that is approximately 40x35 yards. Balls are placed at the opposite end of the large goal.

ACTION: The attacking team begins with two passes and two overlaps against two defenders closing space to pressure the ball in this 3v2 game. The defending team scores by winning possession of the ball, and the attacking team attacks the large goal.

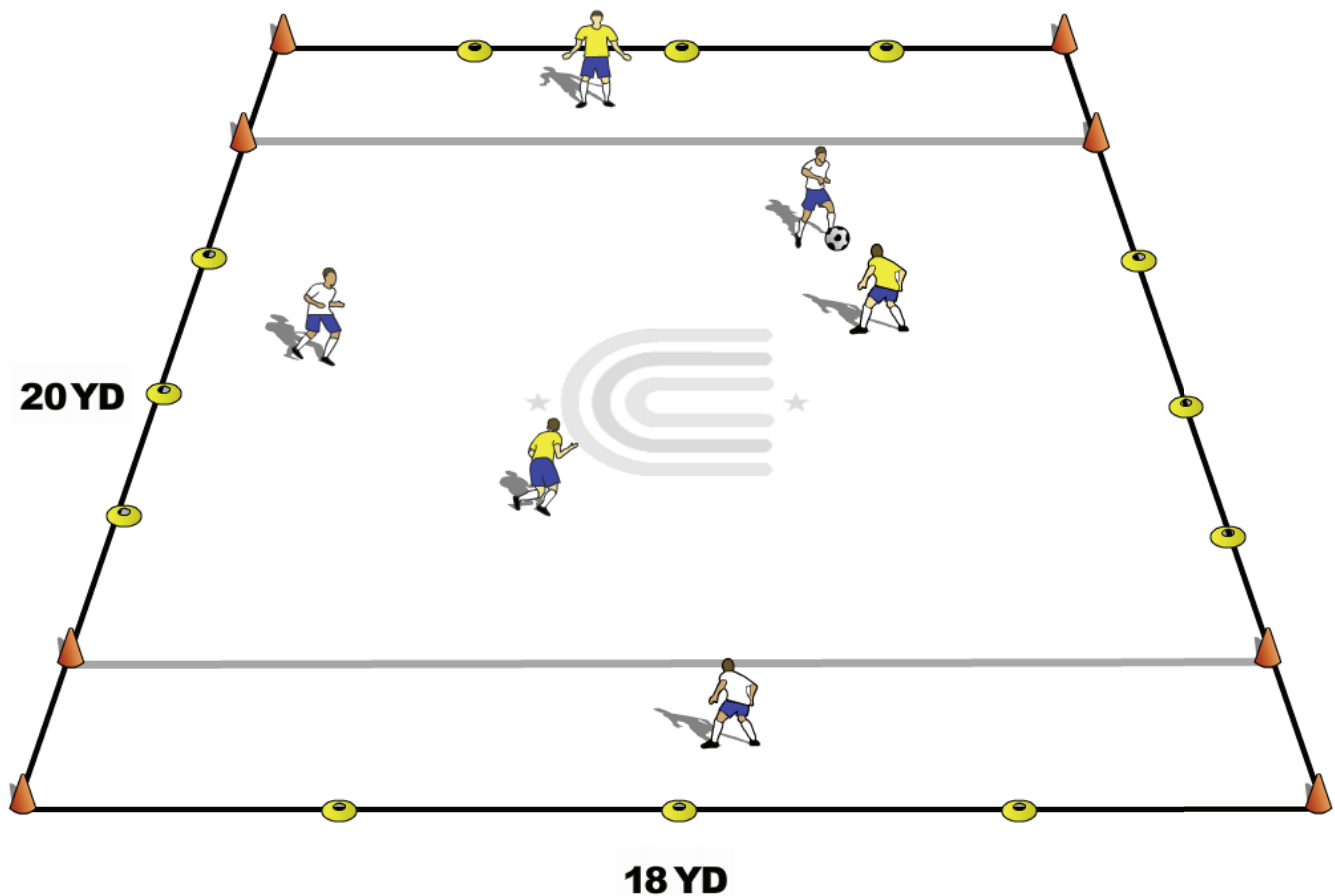
PLAYER'S TIP: Be decisive and take risks against defenders. Pass and move and continually look to move into open space to support the ball. Attackers should engage defenders with the ball and take advantage of numbers up situations.

COACH'S TIP: Speed of attack is essential here to create scoring opportunities. Coaches can use moments to demonstrate the importance of the timing of the pass to the overlapper.

VARIATION: The size of the area can be adjusted to suit the needs and abilities of the players.

FAST BREAK #4**40 YD**© Copyright www.coerver.com 2014**PLANNER SEGMENT: Group Attack****PYRAMID BLOCK: Group Attack****PURPOSE:** To improve combinations and group attack in a 3v3 full pressure game to one large goal with a Goalkeeper.**AGES:** 9-17**SET UP:** Two teams form lines on opposite ends in an area that is approximately 40x35 yards. Balls are placed at the opposite end of the large goal. An additional defensive line is level with the attacking line.**ACTION:** The attacking team begins with two passes and two overlaps against two defenders closing space to pressure the ball, while a third trailing defender recovers in this 3v3 game. The defending team scores by winning possession of the ball, and the attacking team attacks the large goal.**PLAYER'S TIP:** Be decisive and take risks against defenders. Pass and move and continually look to move into open space to support the ball. Attackers should engage defenders with the ball and take advantage of numbers up situation before trailing defender can recover.**COACH'S TIP:** Speed of attack is essential here to create scoring opportunities. Coaches can use moments to demonstrate the importance of the timing of the pass to the overlapper.**VARIATION:** The size of the area can be adjusted to suit the needs and abilities of the players.

FAST BREAK #5



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and finding targets in this 2v2 game with a target at both end zones.

AGES: 9-17

SET UP: Two teams of two players compete for possession in an approximately 18x20 yard area with two players positioned in end zones at opposite ends of the area.

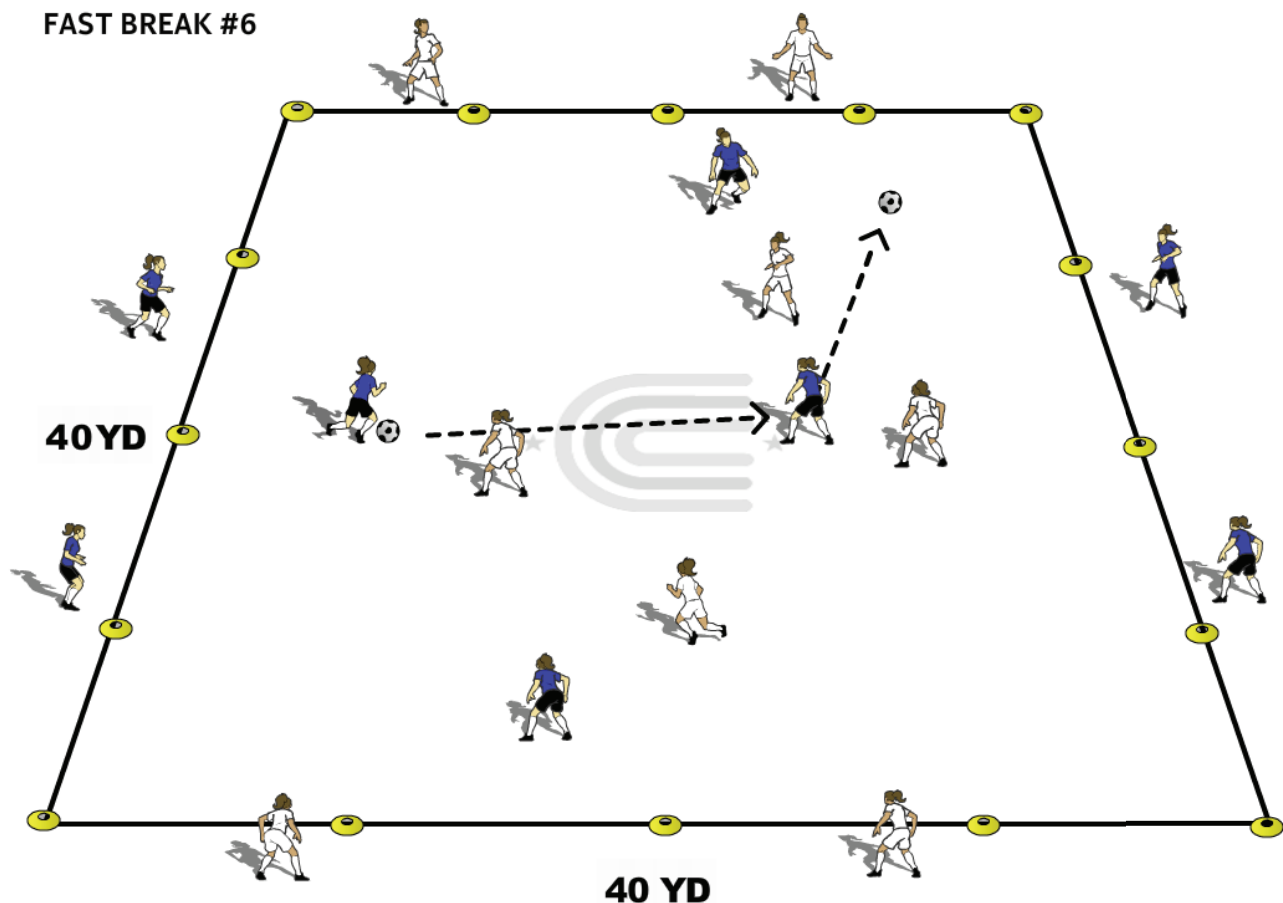
ACTION: Teams work to dribble, pass and combine in order to target the end zone players with a pass. Both target players remain in end zones and keep possession for the attacking team.

PLAYER'S TIP: The attacking player supporting the ball should move continually to find open space and to open space for teammate. End zone players should always be in position to receive target pass.

COACH'S TIP: Coaches can give end zone players touch limitations to encourage quicker supporting play and quicker movements when in transition.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.

FAST BREAK #6



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and finding targets in this 4v4 full pressure game with two target at both end zones for each team.

AGES: 10-17

SET UP: Two teams of four players compete for possession in an approximately 40x40 yard area with two players positioned in two end zones at opposite ends of the area.

ACTION: Teams work to dribble, pass and combine in order to target the end zone players with a pass. Target players enter the area when receiving a pass, and the passer takes over the new target role. Teams can score goals by advancing the ball from one target end zone to the other at the opposite end.

PLAYER'S TIP: The attacking players supporting the ball should move continually to find open space and to open space for teammate. End zone players should always be in position to receive target pass and be prepared to receive target pass on the run and to begin a quick attack in the opposite direction in this transitional game.

COACH'S TIP: Coaches can highlight moments of quick effective transitional play. Coaches can give instruction on cues of when to possess and when to penetrate quickly.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.

FAST BREAK #7



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and finding targets in this 3v3 full pressure game with a target player at both end zones for each team.

AGES: 10-17

SET UP: Two teams of three players compete for possession in an approximately 30x40 yard area with two players positioned in end zone at opposite ends of the area.

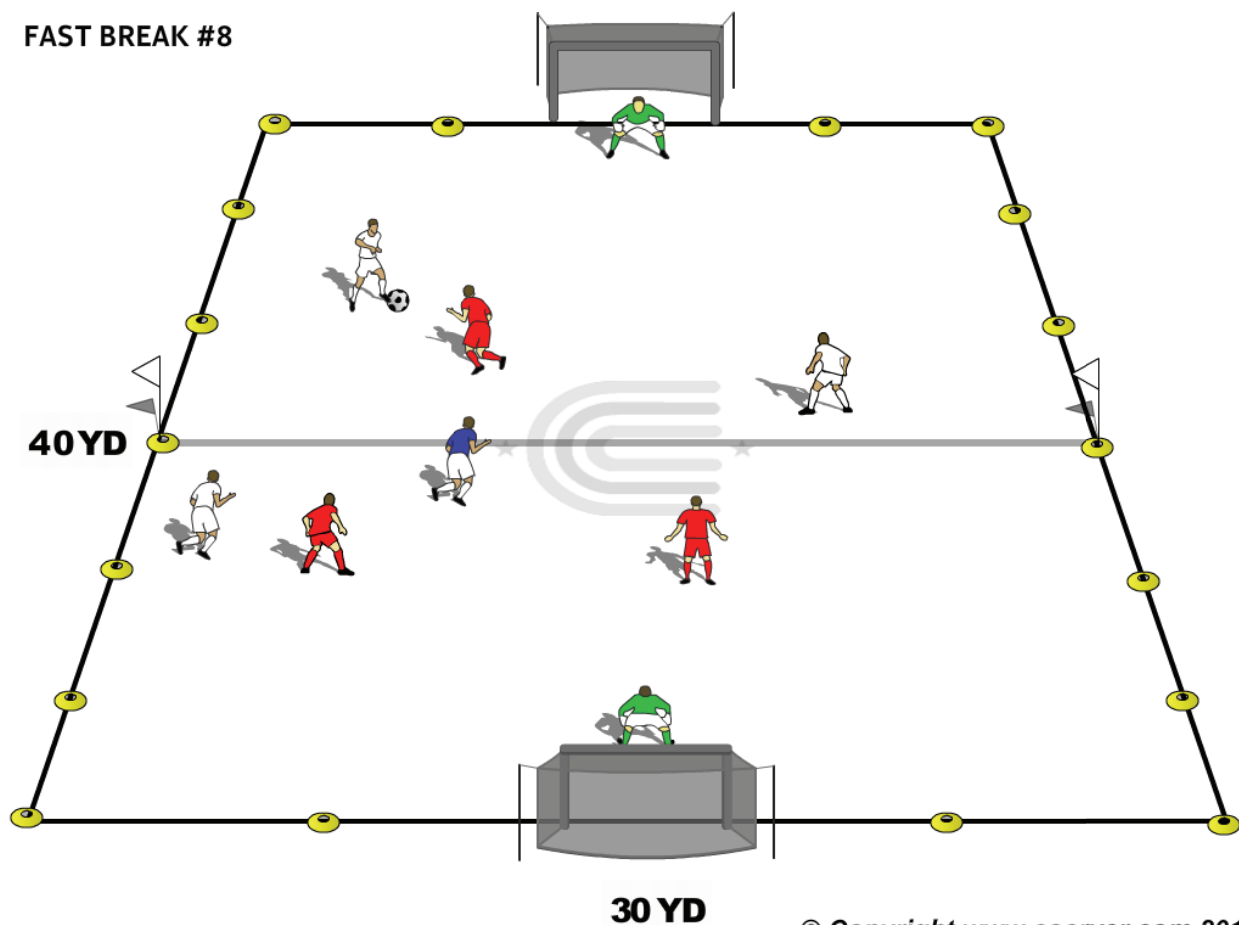
ACTION: Teams work to dribble, pass and combine in order to target the end zone players with a pass. Target passes can only be made after the attacking team crosses the center line in the area. The target player should break out quick into the area when receiving a pass, and the passer takes over the new target role. Teams can score goals by advancing the ball from one target end zone to the other at the opposite end.

PLAYER'S TIP: The attacking players supporting the ball should move continually to find open space and to open space for teammate. End zone players should always be in position to receive target pass and be prepared to receive target pass on the run and to begin a quick attack in the opposite direction in this transitional game.

COACH'S TIP: Coaches can highlight moments of quick effective transitional play. Encourage supporting players to make quick runs to penetrate open space.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.

FAST BREAK #8



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play and quick penetrating attacks in this 3v3 plus 1 neutral player full pressure game with two large goals and Goalkeepers.

AGES: 10-17

SET UP: Two teams of three players plus one neutral player compete for possession and goal scoring chances in an approximately 30x40 yard area with two goals and Goalkeepers at each end. The neutral player is an all time attacker.

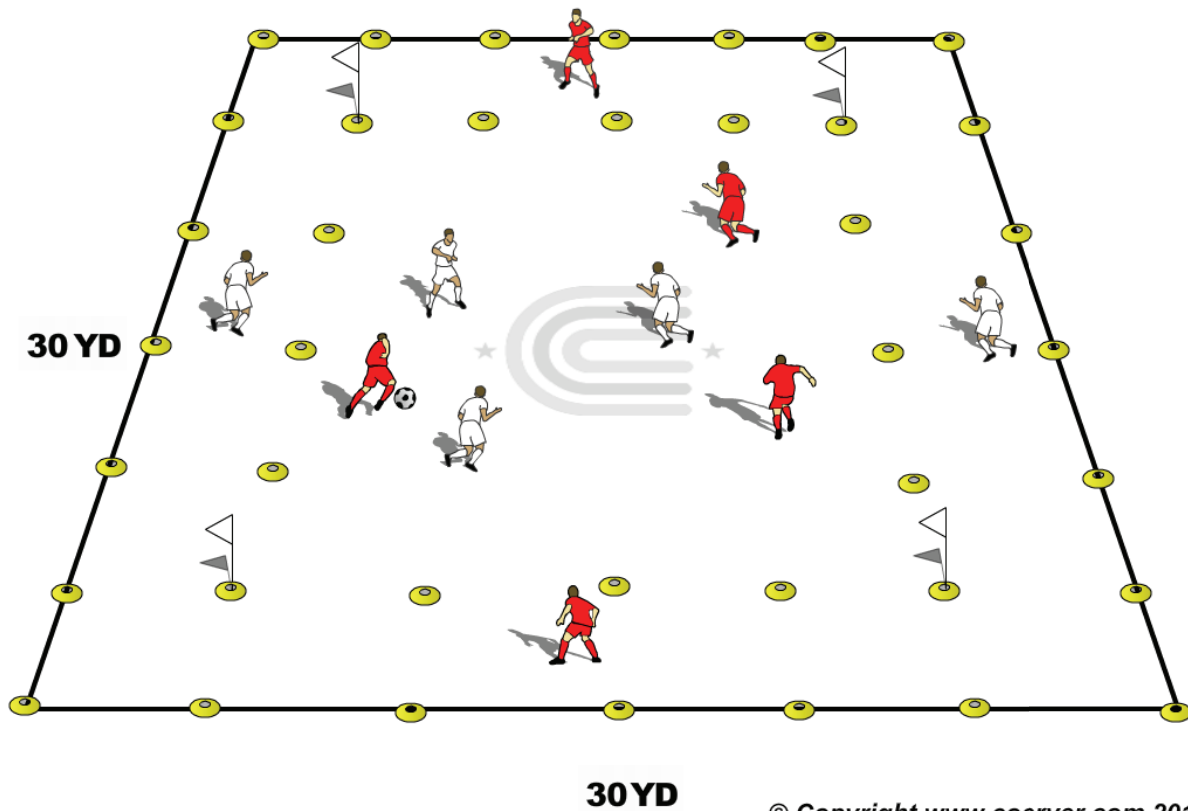
ACTION: The team in possession can use the neutral player to possess and penetrate quickly. The neutral blue player can score for both teams. All players on the attacking team must cross the half way line before the team can score.

PLAYER'S TIP: The attacking team should quickly take advantage of the numbers up situations and penetrate to create scoring chances quickly. Minimize use of back pass and square pass, and make runs to penetrate areas quickly.

COACH'S TIP: Coaches can highlight moments of quick effective transitional play. Encourage supporting players to make quick runs to penetrate open space. Communicate to the players that there is no offside rule.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.

FAST BREAK #9



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PLANNER SEGMENT: Group Play

PYRAMID BLOCK: Group Play

PURPOSE: To improve combination play, penetrating attacks, and target passes in this 3v3 Fast Break game with end zones.

AGES: 10-17

SET UP: Two teams of three players compete for possession in an approximately 25x25 yard area with 5 yard end zones on each side of the area. Two target players are positioned within opposite end zones for each team.

ACTION: The team of three attacking players look to penetrate open spaces quickly to pass into end zone target player. When receiving pass, end zone target player is released onto the field and the passer takes over new target player role. Teams score by connecting passes from one end zone player to the end zone player at the opposite end. One team attacks side to side while the opposing team attacks up and down.

PLAYER'S TIP: The attacking team should look to penetrate open space as quickly as possible. Target players should receive pass and break out to begin attack in opposite direction. Target players should recognize open space before receiving pass.

COACH'S TIP: Coaches can highlight moments of quick effective transitional play. Encourage supporting players to make quick runs to penetrate open space. Communicate to the players that there is no offside rule. Encourage end zone players to support play behind the ball to keep possession and to change point of attack.

VARIATION: Coaches can add additional players to provide new challenges to the game and the size of the space can be adjusted to suit the needs and abilities of the players.