

# Practice Plan

Conditioning & Positioning / Tuesday - Aug/7/2007

Activity / Drill	Duration	Start	End	Coach
Dribbling Drill - Dribble Across A Square	5 min	6:30 pm	6:35 pm	
Conditioning Drill - Race Around The Track	5 min	6:35 pm	6:40 pm	
Break	2 min	6:40 pm	6:42 pm	
Dribbling Drill - Backward Sole Dribble	5 min	6:42 pm	6:47 pm	
Conditioning Drill - House Building	5 min	6:47 pm	6:52 pm	
Break	2 min	6:52 pm	6:54 pm	
Defensive Drill - Mark Up Behind Opponent Practice	3 min	6:54 pm	6:57 pm	
Throwing Drill - Down the Line Throw In (2)	5 min	6:57 pm	7:02 pm	Mark up
Shooting Drill - Get to the Ball	10 min	7:02 pm	7:12 pm	
Break	1 min	7:12 pm	7:13 pm	
Offensive Drill - Pass To Space, Run With Ball & Shoot Goal	10 min	7:13 pm	7:23 pm	Jens & Jen
Defensive Drill - Fullbacks ("FB's") how to clear the ball	10 min	7:13 pm	7:23 pm	Tony
Break	1 min	7:23 pm	7:24 pm	
Instruction-Field Zones & Positions	3 min	7:24 pm	7:27 pm	
Defensive Drill - First and Second Defender Teach	5 min	7:27 pm	7:32 pm	
Defensive Drill - Instruction - Shift & Sag	5 min	7:32 pm	7:37 pm	
Scrimmage: 6v6 or 5v5	20 min	7:37 pm	8:00 pm	

## Notes

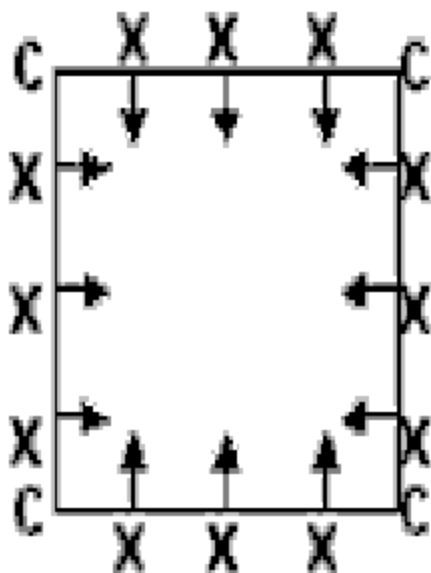
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# Practice Drills

- Drill** Dribble Across A Square  
**Equipment** cones. Each player has a ball  
**Formation** Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age & number of players)

## Description

1. Spread players around the square, all facing inward
2. All players start on "Go" & each player dribbles across the square & back. (Tell them to dribble to the imaginary line on the opposite side of the square, make a turn & dribble back to where they started. Point out at the first of the game that the cones create an imaginary "Starting Line" and "Turning Line" for each player).
3. " Must do a "Pullback", a "Stop/Turn", a "Cutback" or a "Hook Turn" to turn. (Do a Pullback, aka a "Drag Back", by putting the bottom of the foot on top of ball to stop it & pull it back in the direction you came from. Do a Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back. A Cutback uses the inside of the foot to hook the ball). See photos of a Pullback (called a "Drag Back"), Hook, Cutback & Stop/Turn at [www.fa-soccerstar.com](http://www.fa-soccerstar.com) (click "Turning" on the left side and then "How To Master" on the right side above the photo).
4. Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions).
5. Each player keeps count of his or her trips across the square. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score after each game.
6. Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with. For advanced or select players, require a Pullback one game, then a Hook, then a Cutback. Let a "Stop/Turn" count for a Pullback.
7. After your team has played this game in a few practices, make the square larger so it is less crowded. This will let players speed up when they get in open space. Tell them that they can go faster if they kick the ball in front of them, but they MUST still keep control of the ball. If they kick it too far, they won't be able to make their turn. In most games, a player will lose the game if he or she loses control of the ball even once. The game is self-teaching, but it is helpful for the coach to be encouraging and to point out how players can improve their performance.



PLAYERS DRIBBLE  
ACROSS SQUARE  
& BACK  
X = Players C = Cones

- Drill** Race Around The Track
- Equipment** Each player with a ball
- Formation** Square 20x20. Control dribbling, speed dribbling, turning & shielding. Variation No. 2 also teaches teamwork, talking & movement of the ball.

## Description

Rules: No pushing, tripping, or kicking away balls & must stay outside the cones

1. Players race (i.e., dribble) around the outside of a square
2. Each player has a ball & starts at the "Starting Line" (i.e., to the outside of whichever cone the Coach picks)
3. Put the slowest players nearest the cone & in front & have the fastest players start behind or on the outside; this will even things up some
4. On "Go", players dribble around the "track" & the first one to go around 2 or 3 times is the winner. (You decide how many times).
5. At the end of each game, ask each player how many times he or she went around the track & give encouragement
6. Have 2 or 3 races one way, each time making the faster players start a little farther back, so everyone has a chance of winning & the fastest dribblers will be challenged
7. Then, reverse & race in the opposite direction so they get practice making turns to the right & to the left
8. At the end of each game comment & give encouragement

Variations:

Kick Aways - A player can only kick away someone else's ball so long as he has control of his own ball (i.e., his ball must be within one step of him; he can't just leave his ball & try to kick away others).

Pairs or 3's. Pair up players & let them move the ball by passing & dribbling (whichever they prefer). Allow players without the ball to cut across the center of the square to get open for a pass, but the ballhandler must stay outside the cones.

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**Drill** Backward Sole Dribble

**Equipment** Ball for each player

**Formation**

### Description

Have each player hop backwards on one foot and dribble the ball (i.e., move it backward) with the sole of the other foot. Repeat for several yards then switch feet.

Focus on keeping balance and controlling the ball.

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No illustration for this drill

# Practice Drills

Conditioning

**Drill** House Building

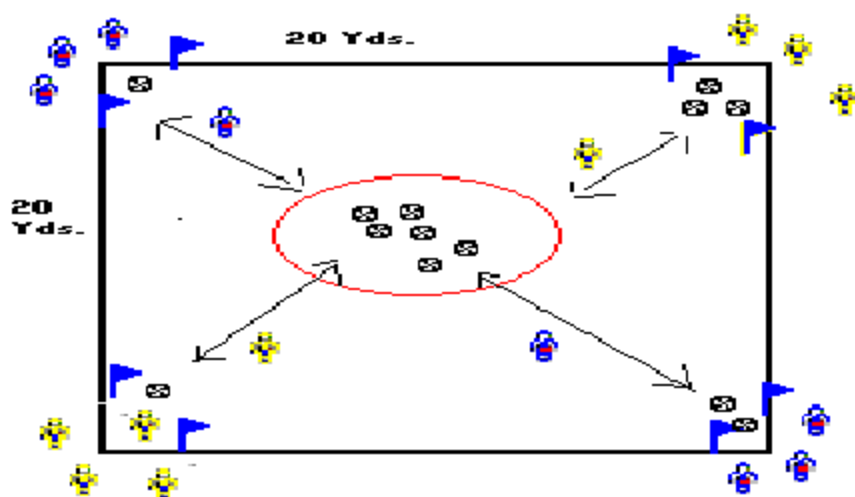
**Equipment** 1 ball per player placed into a center circle, 8 cones

**Formation** 1 pair of cones at the corner of a square area. Divide team into 4 groups

## Description

1. One player at a time leaves their designated area (pair of cones at the corners), called their house, to come into the center to retrieve a ball and then return it to their house (i.e. they are building their house).
2. Then the next player proceeds to repeat until all the balls have been removed from the center.
3. See which teams obtains more balls to build their house.
4. Return balls to the center and replay.

Additional options: ask players to perform a move such as a pull back, cryuff, etc at the center. Allow players to steal a ball from the center or any other house (players at the house must allow the ball to be stolen).



- Drill** Mark Up Behind Opponent Practice  
**Equipment** 1 ball and playing field  
**Formation** Divide team up using pinny. Various formations.

## Description

On the other team's goal kicks, punts, throw-ins, & free kicks, mark up behind an opponent & then step in front & steal the ball, or, if the ball goes past you, box out the opponent and win the ball".

Setup practice situations where one team marks up behind a player during:

1. Goal kick
  2. Throw in
  3. Free Kick
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**Drill** Down the Line Throw In (2)

**Equipment** Several balls

**Formation** Organize players into two lines approximately 10 yards from the touch line in the field of play.

## Description

Have a coach roll a ball a few yards beyond the touch line. The first player in the first line chases down the ball and throws the ball back in to the first player in the second line who is running down the line to receive the throw in.

Focus on players looking down the line to advance the ball.

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No illustration for this drill

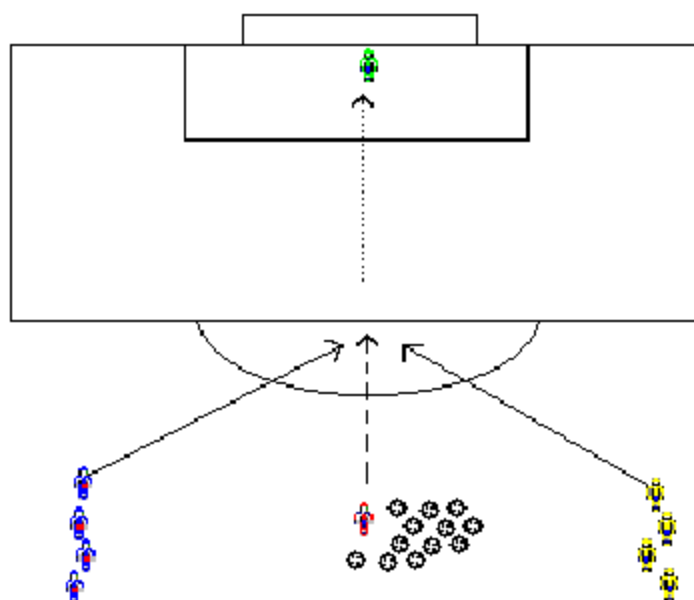
**Drill** Get to the Ball

**Equipment**

**Formation** A feeder stands 40 yards from the goal with a bunch of balls. A line of offensive players is to one side of the feeder and a line of defensive players is on the other side. A goalkeeper is in the the goal area.

**Description**

As the feeder passes the ball forward toward the eighteen yard line, the offensive player and the defensive player run to the ball. The offensive player must get the ball and shoot on the goal before the ball enters the penalty area. The defensive player sprints to defend. Players switch side after their turns.



**Drill** Pass To Space, Run With Ball & Shoot Goal

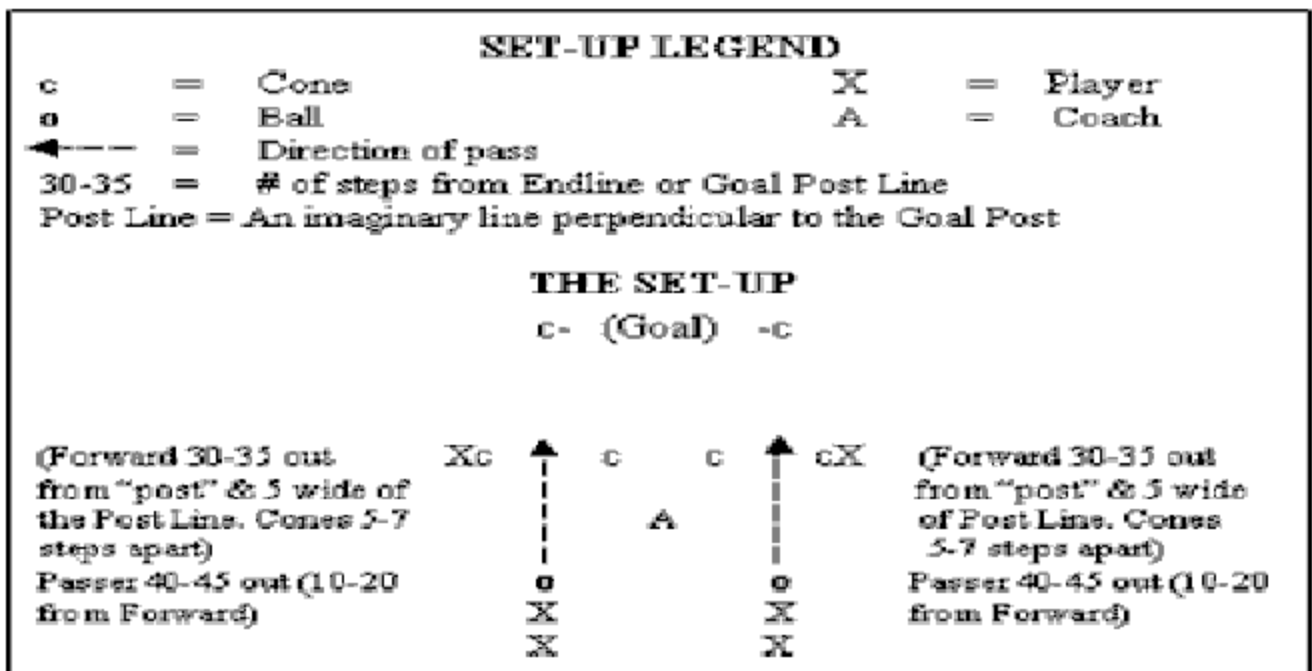
**Equipment** 6 cones. 2-4 balls

**Formation** This is a great way to teach how to pass to space, let a pass go through, and to run with it. It also teaches how to time runs onto the ball and shooting on the run. 2 teams. Set-up a ball and a line of passers 40-45 steps out from each post (passers should be 10-20 steps farther from goal than the

**Description**

1. Split into 2 teams
2. On "Go", the passers pass thru the "slot" between the 2 cones toward the imaginary "post", as shown above. (This is a pass to space, not to the receiver's feet. Pretend the cones are defenders).
3. When the ball is passed, the Forward runs toward the ball's "line" and then runs with it, catches it and shoots on goal. He should shoot as soon as he can make the shot or one-touch it toward goal and run to it (i.e., "pop it"). Too much dribbling will slow him down.
4. The passer should follow his pass and move up to become the next Forward.
5. The Coach should stand in the center to kick away bad passes so they don't interfere with the other team.

Scoring: The first team to 14 wins (play to a score at which each player has had 2 shots).  
If the score is lopsided, switch up the teams and play a second game



- Drill** Fullbacks ("FB's") how to clear the ball  
**Equipment** Ball per Pair  
**Formation** Line up as far as they can reach with their kicks

## Description

Teach your Fullbacks ("FB's") how to clear the ball by kicking it hard away from your goal. Practice this & tell them to point their toes down & push the toes against the bottom of the shoe to lock the ankle, keep eyes on the ball, strike the ball low, stand straight up or lean back while striking it (do not lean over the ball or it will stay low), & follow thru. An efficient way to practice this is to pair up players who can kick the ball about the same distance and have them kick it as far as they can to each other. This will also let you see who needs help and who has a good leg

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- Drill** First and Second Defender Teach
- Equipment** 1 ball per group of 6
- Formation** A line of 3 players and a line of ball passers (coaches, parents, or other players)

## Description

How To Teach First Defender/Second Defender and a Basic Zone Defense. If your team is young or inexperienced with a Zone Defense (assuming you play a zone), spend 10 minutes demonstrating how First Defender/Second Defender and a basic Zone Defense works. Following is a simple way to demonstrate: If, for example, you use 3 FB's, put 3 players in front of a goal, about 5 steps apart for this exercise (I prefer my FB's to be fairly close together, about a short pass or 5-10 steps apart, depending on circumstances; if they are too far apart they are easy to penetrate). Put parents or other players to the left, right and center to simulate attackers and have them throw a ball around (throw it using their hands); have them throw it and stop & wait for the FB's to shift so there is a First Defender & one or 2 Second Defenders. For example, if the ball is on the right side, the RFB should be the First Defender and within 3 steps of the ball (to apply pressure & not allow a clear shot or pass) and the CFB should have shifted so he is the Second Defender and is out from the Near Post and in a line between the ball & the goal about 5 steps behind the First Defender, and the Far FB (in this case the Left) should have shifted to cover the center of the goal (he must stop at the Center or he will leave the goal front open to attack and he must stay alert for opponents getting behind him & quickly move to the ball if it is passed to the Far Post side. In this case the LFB would be the Third Defender). Another example: if the ball is thrown to the center, the CFB becomes the First Defender & both the LFB & RFB become Second Defenders & move within 5 steps of the First Defender but stay behind him closer to the goal (one on each side about 5 steps to the side) ; in this way, either of them are prepared to confront the Onball Attacker and become the First Defender if the Attacker gets past the CFB; in a real game at least 2 of your MF's must drop back to help the FB's when your goal is under attack and to cover the ball if it is toward the sideline, allowing your FB's to stay closer to the goal (these MF's will run a lot & probably will need to be subbed a lot). Teach the First Defender that if he gets beat, the Second will be there to slow down the Attacker & he must continue after the ball & either become the First defender again or become a Second Defender.

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- Drill** Instruction - Shift & Sag
- Equipment** Scrimmage field
- Formation** Players in starting positions

### Description

putting the players in position (having 2 players in the same "position" is okay for this) & holding a ball in your hands & walking slowly around the field (pretend that you are the opponent with the ball) & have your team "shift" with the ball from side to side, up & back while keeping "shape" & the correct positions relative to each other; have the team shift slowly & look at where they are relative to the ball, to the goal and to teammates, and if they play on the left or right side (e.g., LF, LMF, LFB or RF, RMF, RFB), tell them to not cross the "center" of the field. For example, if the opponent had the ball on the left side of their half of the field, your LF (Left Forward) should be the "First Defender" and the LOMF (Left Offensive Midfielder) should be the "Second Defender" and should be a short pass behind the First Defender, the LDMF should be a pass behind the LOMF (as a "Third Defender") and between the ball & the goal, & the LFB should be on the left side of the penalty box line; ALL THE RIGHT SIDE PLAYERS SHOULD HAVE SHIFTED TO THE CENTER OF THE FIELD BUT STOP AT THE CENTER. . By teaching your players the concepts of First Defender/Second Defender/Third Defender, you have good field coverage and your players will have rules to guide their decisions, based on where they are relative to teammates and their positions on the field (e.g., if you are playing on the left side or right side, don't cross the center of the field). When they get better, you can give them more flexibility to make decisions themselves, but if you try to teach them too much at once they will get confused & frustrated, so this is a way of simplifying it. In this exercise someone should always be the First Defender & the next closest should be the Second Defender. This is a teaching exercise, so do it slowly & have the First Defender stay 2 or 3 steps away from you (the objective is NOT to try to steal the ball from the Coach); tell the First Defender that in a game his job is to slow down the attacker & to try to "toe poke" away the ball or steal it if it gets away from the ballhandler, but he must not rush at the attacker because he will probably get beat if he does; the First Defender should stay low, on the balls of his feet and to keep his eyes on the ball. One thing to remember: As the opponent moves the ball closer to your goal, all of your players do NOT keep sagging back; your F's must stay the distance of a cleared kick away from the ball or your team will not be able to clear the ball off your half of the field because no one will be there to win the balls your FB's and DMF(s) clear. As your team improves, when your goal is under attack you want your FB's & DMF's to defend, but your OMF's to stay a short pass out from the ball & your F's to stay a long kick away from the ball. This is so you can clear the ball from your end of the field; if all your players drop back into the Penalty Box, it will be difficult to get the ball out of your "Defensive Third"

