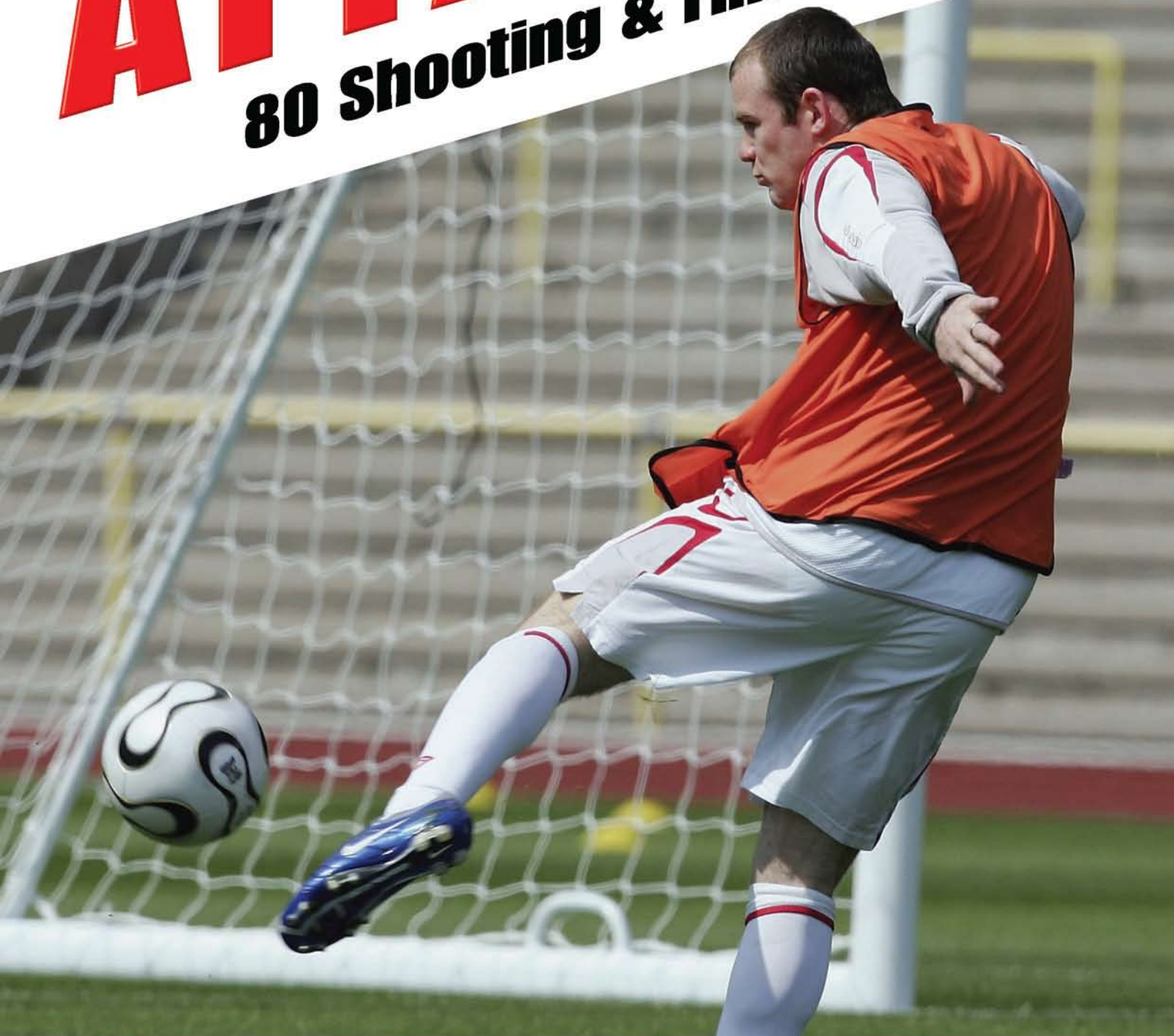


NEW!

FOOTBALL ATTACK!

80 Shooting & Finishing Drills



Michael Beale

**BetterFOOTBALL
COACHING** 

Contents

SECTION 1 - Unopposed build up and combination play

- 1 - Free Movement to Score
- 2 - Hat-Trick of Chances
- 3 - Blind Side Runs
- 4 - Back Onside to Score
- 5 - Yorke and Cole
- 6 - Score and Assist
- 7 - Combination Play to Score (Part 1)
- 8 - Combination Play to Score (Part 2)
- 9 - The Two Footed Striker
- 10 - Set and Go
- 11 - Crossing Alley 1
- 12 - Crossing Alley 2
- 13 - Crossing Alley 3
- 14 - Crossing Alley 4
- 15 - Crossing Alley 5
- 16 - In- or Out-Swing
- 17 - One-Two Cross
- 18 - Overlap Cross
- 19 - Two Cross Combination
- 20 - Power From Distance, Place in the Box
- 21 - Team Finishing Circuit
- 22 - Build Up to Score 1
- 23 - Build Up to Score 2
- 24 - Build Up to Score 3
- 25 - Build Up to Score 4
- 26 - Build Up to Score 5
- 27 - Overlap Movement to Score
- 28 - Overlap and Crossover to Score
- 29 - Passing Wave to Score
- 30 - Two Way Finishing Circuit

SECTION 2 - Opposed Drills

- 31 - 1v1 Disguise
- 32 - 1v1 Front and Back
- 33 - 1v1 Shoot and Defend
- 34 - 1v1 Choice
- 35 - Progressive Choices
- 36 - 1v1 Finishing Circuit
- 37 - 1v1 Crossways
- 38 - 2v1 Crossways
- 39 - 2v1 / 1v2 Transition Game
- 40 - 2v1 Target Choice
- 41 - 3rd Man Shoot and Defend 2v1
- 42 - 3rd Man Shoot and 2v1 Cross
- 43 - Continuous Overload
- 44 - 3 Player Attacking Game
- 45 - Build Up Confidence
- 46 - 2v1 / 3v2 Transition Game
- 47 - 3v2 Targets
- 48 - Shoot and Defend Close
- 49 - ABC Finishing 1
- 50 - ABC Finishing 2
- 51 - ABC Finishing 3
- 52 - ABC Finishing 4
- 53 - ABC Finishing 5
- 54 - ABC Finishing with Defender 1
- 55 - ABC Finishing with Defender 2
- 56 - ABC Finishing with Defender 3
- 57 - ABC Finishing Combinations 1
- 58 - ABC Finishing Combinations 2
- 59 - ABC Finishing Combinations 3
- 60 - ABC Finishing Combinations 4
- 61 - ABCD Finishing 1
- 62 - ABCD Finishing 2
- 63 - ABCD Finishing 3
- 64 - ABCD Finishing 4
- 65 - ABCDE Finishing
- 66 - 1v1 / 2v1 Game
- 67 - 2v1 / 3v2 Game

SECTION 3 - Small-Sided Games

- 68 - Use the Neutral
- 69 - 2 Goal v 1 Goal Game
- 70 - Role Reversal
- 71 - Overload Continuous Game
- 72 - 3 Player Counter
- 73 - 3 Player Counter with Neutrals
- 74 - Wide and Central Advantage
- 75 - Pressure on the Defence
- 76 - 4v4 Score to Continue
- 77 - 2v2v2 Crossing Game
- 78 - 4v2 Continuous
- 79 - 3v2 Continuous Defend and Attack
- 80 - Wide or Central Advantage

Legal Notices

Disclaimer

Whilst the editor and publisher have made every effort to ensure the accuracy and above all safety of the information and advice contained in this publication, and have gathered the information from sources believed to be reliable, Newsletter Publishing Ltd makes no warranty or guarantee as to the completeness, accuracy or timeliness of the information, and is not responsible for any errors or omissions.

In no event will Newsletter Publishing Ltd, its affiliates or other suppliers be liable for direct, special, incidental, or consequential damages (including, without limitation, damages for personal injury or related claims) arising directly or indirectly from the use of (or failure to use) the information in this publication, even if Newsletter Publishing Ltd has been advised of the possibility that such damages may arise.

Copyright notice

This publication is protected by national and international copyright laws. No part of it may be reproduced, copied or transmitted in any form or by any means electronic, mechanical (including photocopying), recording or by any information storage or retrieval system, without prior written permission from Newsletter Publishing Ltd.

Newsletter Publishing Ltd will take legal action against any individuals or organisations found to be infringing its rights, and will make that action public. Purchasers of this publication may circulate electronic or hard copies only to members of their own club or school, provided this is done without commercial gain. However, no part or whole of this publication may be circulated elsewhere or displayed on any website or distributed commercially except under licence from the copyright owners.

Newsletter Publishing Ltd will pay a £250 reward for information leading to the successful legal prosecution against individuals or organisations copying or republishing this information in any format, including websites and bulletin boards. Your confidentiality is guaranteed.

Credits

Author

Michael Beale

Editor

Kevin Barrow

Design, Cover and Illustrations

Artlife

Cover Photo

Getty Images / Ross Kinnaird

Customer Services

Duncan Heard

Publisher

Kevin Barrow

Managing Director

Andrew Griffiths

Newsletter Publishing Limited

Meadow View, Tannery Lane, Bramley, Surrey GU5 0AB

T: +44 (0)1483 891074 F: +44 (0)1483 894148 Email: info@newsletters.co.uk

Introduction

At its heart, football is a simple game. The difference between winning and losing comes down to your team's ability to score more goals than your opponents.

Everybody loves to watch attacking football; club sides like Arsenal and Manchester United and international teams like Brazil and Holland are followed by millions of people who do not necessarily support those teams, but who enjoy watching fast, incisive and attractive attacking football.

The thrill of scoring a goal and the feeling it gives you is very hard to describe. This is the same for a young player playing his first game, or a veteran on a Sunday park pitch, as it is for a top professional in the World Cup final. However, one thing is for sure, once you score that first goal, you are immediately in love with the game and the feeling of scoring a goal.

This book aims to increase your team's chances of creating and converting goal scoring opportunities. The drills aim to build confidence in possession of the ball and enhance your player's understanding of when, where and what to do in the final 3rd of the pitch.

The drills are designed to allow maximum time in contact with a ball and include lots of variation on movement and choice of action by the players. As a coach you can modify the drills and add your own rules that fall into line with your own tactics and vision of how you would like your team to play.

Often the best attacking play is instinctive and "off the cuff"; however, in your training sessions you must be able to show the players all the possibilities that are open to them when attacking. Once you have opened up your players awareness, then they will be more flexible and creative in game situations. This in turn will lead to more goal scoring chances being created.

This book is divided into three key areas of training:

- 1 – Unopposed build up and combination play
- 2 – Opposed drills
- 3 – Small-Sided Games

As we go through the book, we will describe why each area is so important in creating the building blocks of training and learning.



Michael Beale

How to use this book

Setup

Area

You may not be able to exactly recreate the suggested area for any number of reasons. The size is by no means an absolute but should not be deviated from too excessively. As a general rule 10 yards is equal to 7 strides. You can use this simple equivalent to mark out the area you need; 20 yards = 14 strides, 30 yards = 21 strides etc.

Players

Each drill in this book shows a recommended number of players needed to run that particular drill. The drills can, on the whole, be easily expanded and many assume that you will have a queue of players that keep the drill ticking over while your players collect errant shots and make their way back to the starting point.

Equipment

One of the beauties of the game is that it can be played almost anywhere with a reasonably flat surface. If you do not have some of the equipment listed in the Setup section, you can, of course, substitute equipment you do have. Training tops become cones, corner flags become goalposts, parents and coaches become mannequins.

The Steps

The steps required to run each drill have been broken down into 3 sections, each relating to a numbered illustration showing what movements should be made within each step.

In section 3 (Small-Sided Games) some of the games are continuous so the steps shown here are in fact the initial rules and apply throughout the duration of the game.

Rotation

Some of the drills in this book operate on a more obvious rotation than others. A player takes his shot and then rejoins the back of the queue for example. Others require players to move from one station to the next taking on the role of attacker, defender or server. Others, such as the small-sided games in section 3, operate continuously for a set period of time.

SECTION 1

Unopposed build up and combination play

“Unopposed drills improve the technique, movement and, most importantly, the confidence of players when attacking the opponents’ goal. We start this section with simple two player combinations and gradually build into crossing areas and team build-up play in order to score a goal”

Unopposed build up and combination play

1 - Free Movement to Score

"This drill encourages your forwards to find and attack space beyond the back line."

SETUP

Area: Half Pitch
 Equipment: 3 Mannequins, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. The midfielder makes an angled movement in order to receive a pass. He receives the ball side on and then dribbles towards the mannequin.
2. The midfielder looks up whilst dribbling and makes a through pass for the forward.
3. The forward receives the pass into space and then shoots at goal.

ROTATION

- The midfielder becomes the forward.
- The forward joins the queue to become the attacker.



The midfielder moves to receive a pass.



The forward must time his run to stay onside.



The forward receives the ball in space and shoots at goal.

KEY

..... Player Movement → Ball Movement

Unopposed build up and combination play

2 - Hat-Trick of Chances

“Test your attackers with this simple drill which encourages a range of finishing techniques.”

SETUP

- Area: Half Pitch
 Equipment: 3 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. The shooting player passes into the target player and runs to receive a return pass and shoot.
2. The shooting player reacts and runs to the goal line server in order to receive an aerial pass to head at goal.
3. Finally, he runs to the last server and receives a pass to turn and shoot at goal.

ROTATION

- The shooting player becomes the target player.
- The target player joins the queue to become the attacker.



The forward plays a one-two and shoots at goal.



Then runs into the box for a header...



...before running out to receive a third ball for a final shot at goal.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

3 - Blind Side Runs

“Get your strikers moving along the line and timing their runs to perfection to meet a through ball and beat the keeper.”

SETUP

- Area: 40 x 30 yards
 Equipment: 2 Cones, 2 Mannequins, 2 Goals
 No. of Players: 4 Outfield, 2 Goalkeepers

THE STEPS

1. The dribbling player runs with the ball at full pace towards the mannequin. The forward makes a run along the line of the mannequins and then into the space behind as the dribbling player makes a through pass.
2. The forward attempts to score with a first time shot.
3. Immediately the attack comes from the opposite end. The original dribbling player is now a forward and must react quickly to make his run and score at the opposite end.

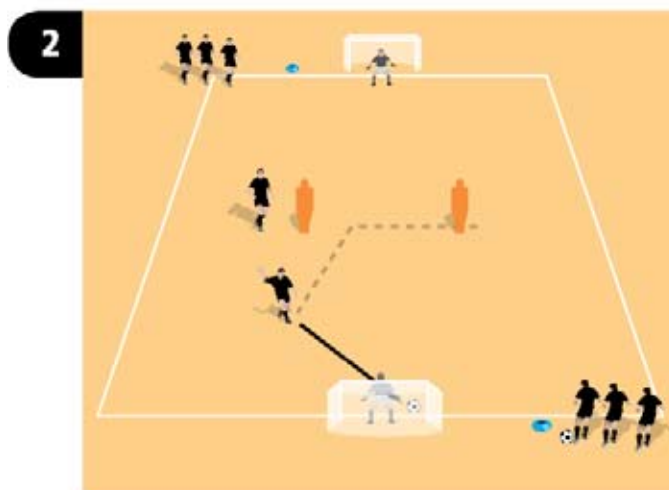
ROTATION

- The dribbling player becomes the forward.
- The forward joins the queue to become the dribbling player.
- The target player joins the queue to become the attacker.

KEY →
 Player Movement Ball Movement



The forward must time his run to stay onside.



Before finishing the dribbling player's through ball.



The dribbling player becomes the new forward and attacks the opposite end.

Unopposed build up and combination play

4 - Back Onside to Score

"Keep your strikers on their toes as they try to get back onside for a second chance to score."

SETUP

- Area: 40 x 30 yards
 Equipment: 2 Cones, 2 Mannequins, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. The attacker dribbles, completes a skill (such as a stepover) and then shoots at goal.
2. Now the attacker reacts to quickly get back onside.
 Once back onside, the attacker makes another run in behind the mannequin as a 2nd ball is played into space by the coach.
3. The forward races after the ball and gets a 2nd shot at goal.

ROTATION

- The attacker joins the back of the queue on the opposite side ready for their next turn.



The attacker beats the mannequin for a shot at goal.



He must then get back onside...



...before latching onto a through ball for another chance to score.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

5 - Yorke and Cole

"This practice enables both strikers to combine in order to shoot at goal and is reminiscent of Dwight Yorke and Andy Cole in their Manchester Utd. heyday."

SETUP

- Area: 40 x 30 yards
 Equipment: 2 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

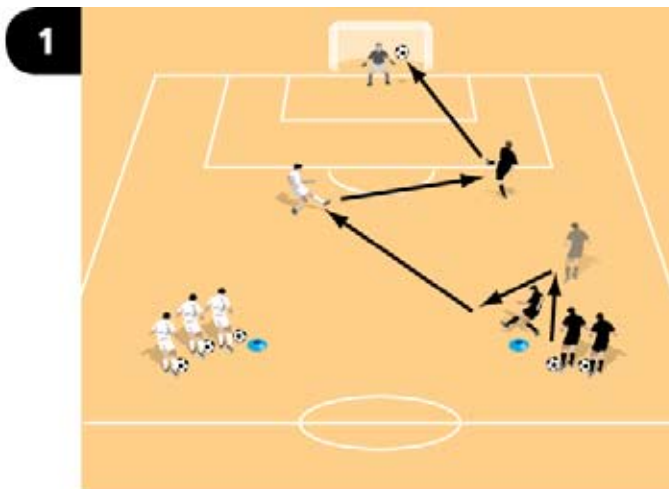
THE STEPS

1. The black striker comes short and plays a one-two with his team mate.
 Now a longer pass is made into the white striker.
 The white striker now sets the grey striker to shoot at goal.
2. Immediately both players react.
 The white player calls for a pass from his team mate.
 The white player now dummies this pass and spins to receive a layoff from the black striker.
3. The white striker now shoots at goal.

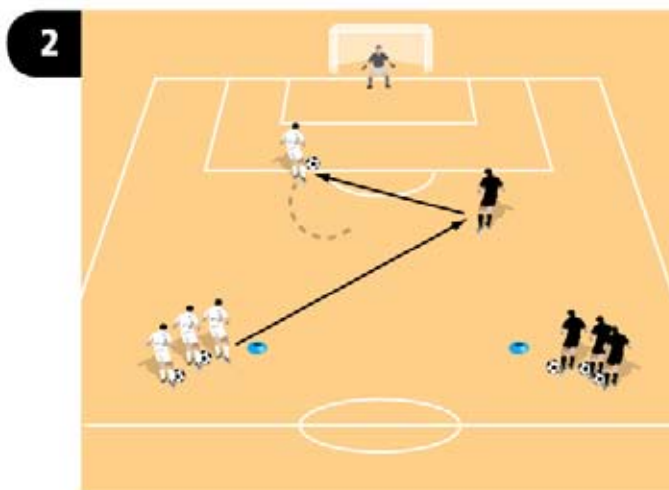
ROTATION

- The players join the back of the queue for the other role ready for their next turn.

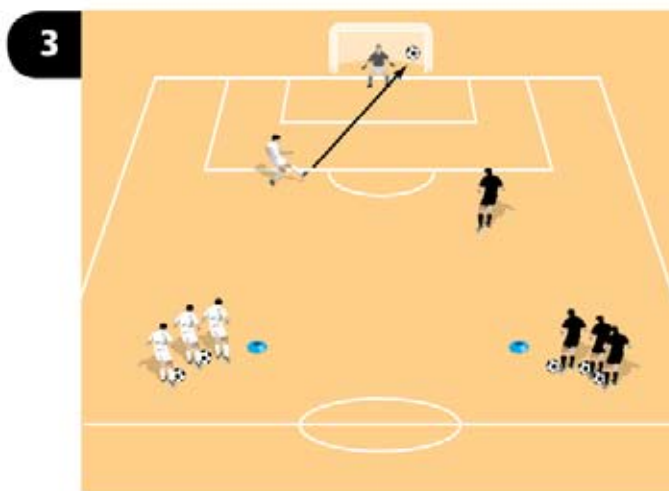
KEY →
 Player Movement Ball Movement



Sharp, accurate passing releases the black striker for a shot at goal.



The white striker dummies the pass and spins to receive a layoff.



The white striker is now through on goal for a chance to shoot.

Unopposed build up and combination play

6 - Score and Assist

“Can the first attacker finish his chance before spinning to lay-off a pass from his teammate and create a second opportunity?”

SETUP

Area: 40 x 30 yards
 Equipment: 2 Cones, 1 Goal
 No. of Players: 2 Outfield, 1 Goalkeeper

THE STEPS

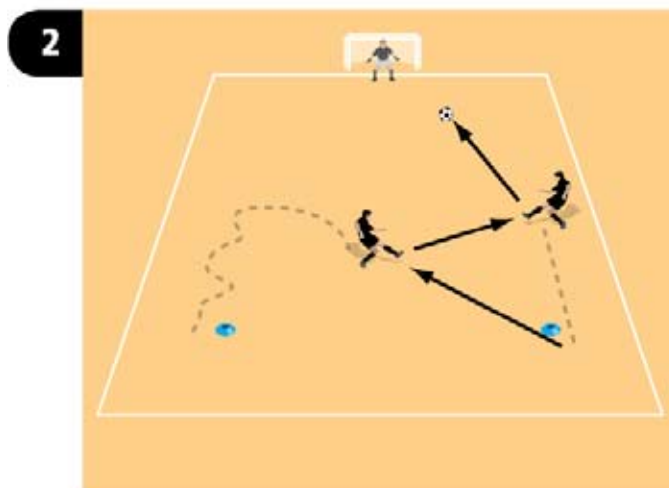
1. Player 1 dribbles and shoots at goal.
2. Immediately Player 1 spins and plays a wall pass for Player 2 to shoot at goal.
3. Player 1 then follows the shot in order to get any rebounds off of the goalkeeper or posts.

ROTATION

- The players switch roles for the next attack.



Player 1 dribbles with the ball and takes a shot.



He must react quickly to play a one-two with Player 2...



...and follows Player 2's shot to capitalize on any rebounds.

KEY

.....
Player Movement

—————>
Ball Movement

Unopposed build up and combination play

7 - Combination Play to Score (Part 1)

“This drill is perfect for encouraging attacking midfielders to support the forwards and turn possession into a goal scoring opportunity.”

SETUP

- Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

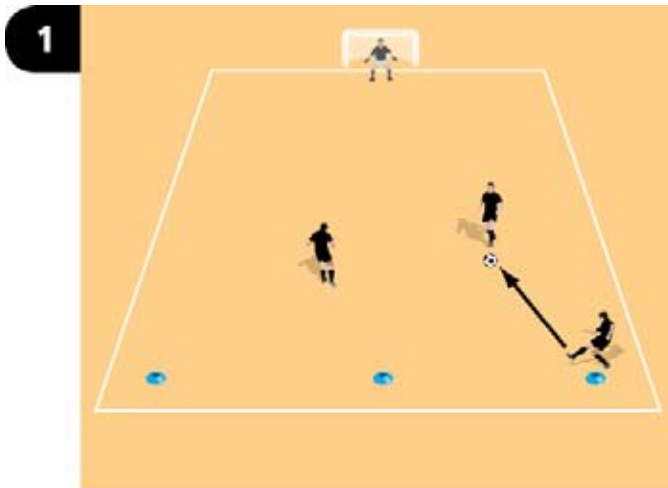
1. To start the drill, Player 1 passes into Players 2 and 3.
2. Players 2 and 3 combine as Player 1 makes a supporting run.
3. Players 2 and 3 make a through-pass for Player 1 to shoot at goal.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 joins the queue to become Player 1.

KEY →

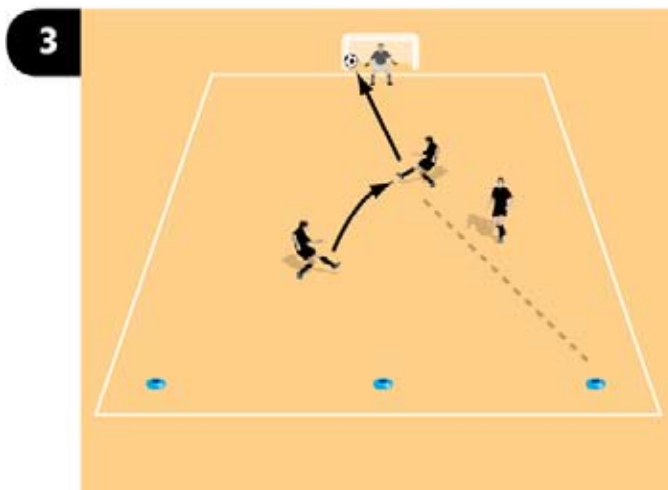
Player Movement Ball Movement



The drill begins with a pass into the two forwards.



Who combine as Player 1 makes a forward run.



Player 1 latches onto a through ball for a shot at goal.

Unopposed build up and combination play

8 - Combination Play to Score (Part 2)

“Develop the midfielder’s decision making as they must choose whether to shoot or cross if sent wide.”

SETUP

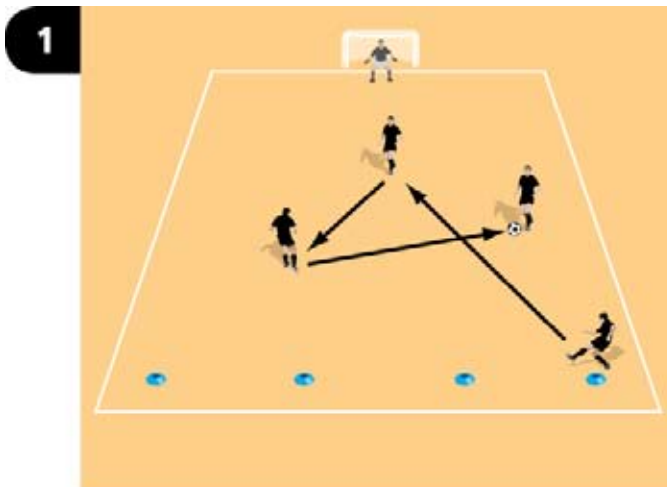
- Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. Player 4 passes into Players 1, 2 and 3 who combine with each other.
2. After passing, Player 4 runs to receive a through pass in order to shoot at goal.
3. If Player 4 ends up in a wide area then he must improvise and cross the ball for the other players.

ROTATION

- Player 4 joins the target players.
- Player 1 becomes the new starting player.



The drill begins with a pass into the three forwards.



Who combine to release Player 1 for a shot at goal.



If he is sent wide, Player 1 must decide whether to shoot or cross for the other players.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

9 - The Two Footed Striker

"Great strikers can score with any part of their body. Set your players on the road to greatness with this exercise to get them scoring with either foot."

SETUP

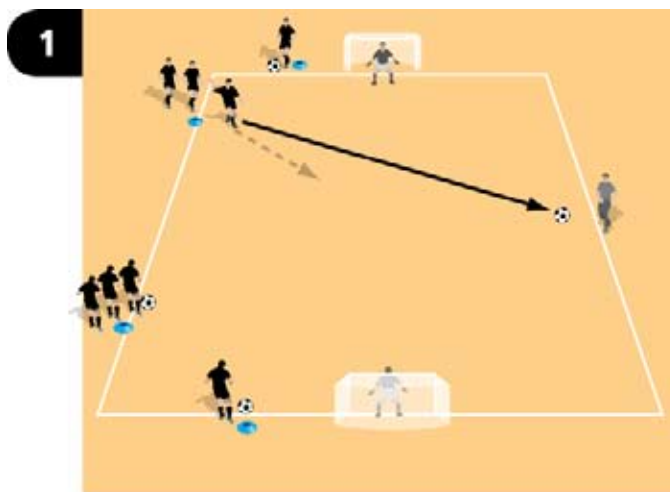
Area: 40 x 30 yards
 Equipment: 4 Cones, 2 Goals
 No. of Players: 6 Outfield, 2 Goalkeepers

THE STEPS

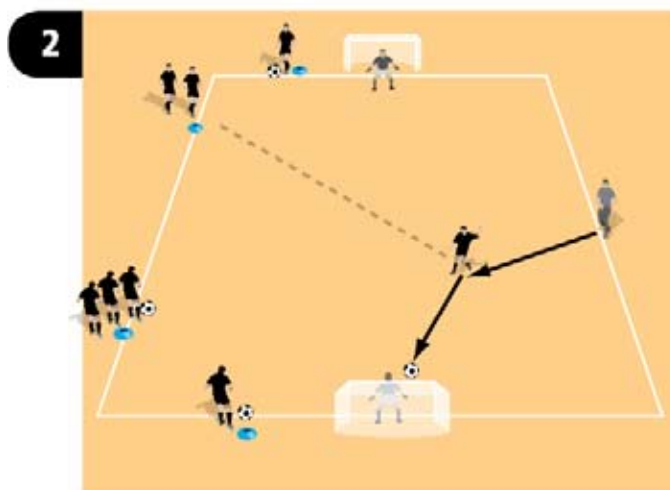
1. The starting player makes a long pass into the coach and runs to receive a lay off.
2. The player now shoots with one foot.
3. After shooting, the player reacts and runs to receive a 2nd ball from the server and shoots with the other foot.

ROTATION

- After completing the circuit, the player becomes a server for the next shooter.



The player makes a long pass to the coach...



...and follows the ball to receive a return pass for a shot at goal with his left foot.



He then reacts quickly for a shot with his right.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

10 - Set and Go

“Get your strikers and midfielders combining in this exercise that requires a neat lay off and a precise threaded ball to set up the shot across the ‘keeper.”

SETUP

Area: 40 x 30 yards
 Equipment: 4 Mannequins, 2 Cones, 2 Goals
 No. of Players: 6 Outfield, 2 Goalkeepers

THE STEPS

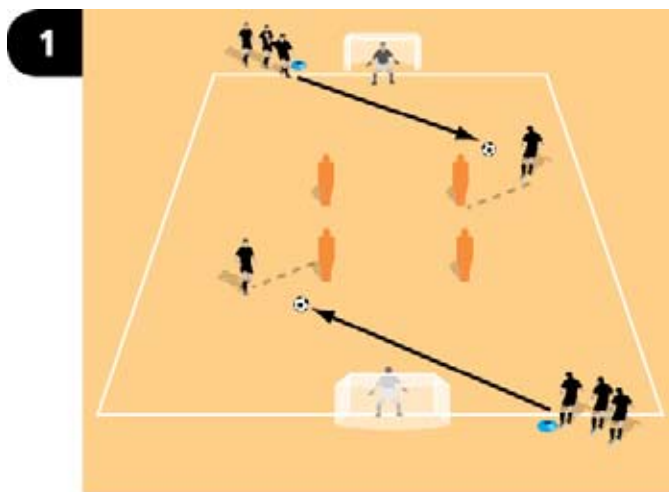
Both groups work at the same time

1. The forwards make a movement off the mannequin in order to receive a pass.
2. The forwards set the pass to the supporting midfielders.
3. The midfielders then return the pass into space for the forwards to spin and run after. The forwards now shoot across the goal.

ROTATION

- The midfielder becomes the forward for the next turn.

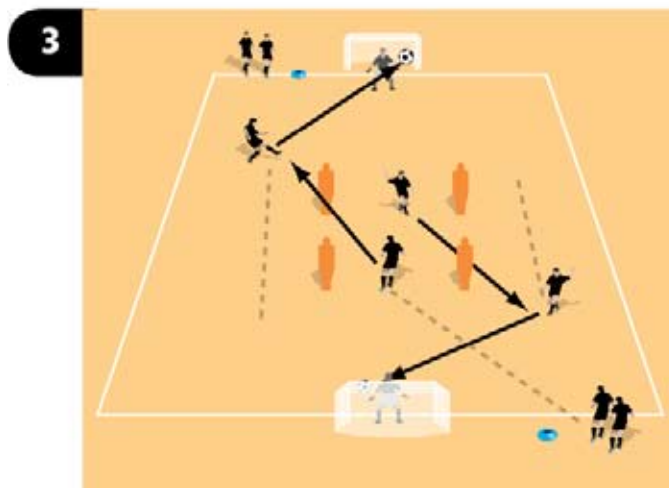
KEY →
 Player Movement Ball Movement



The forwards move to receive a pass.



They must lay the ball back before running for a return pass.



Encourage the players to shoot across the keeper.

Unopposed build up and combination play

11 - Crossing Alley 1

"This drill encourages wide players to practice crossing the ball using both feet and gives your strikers practice at finishing crosses."

SETUP

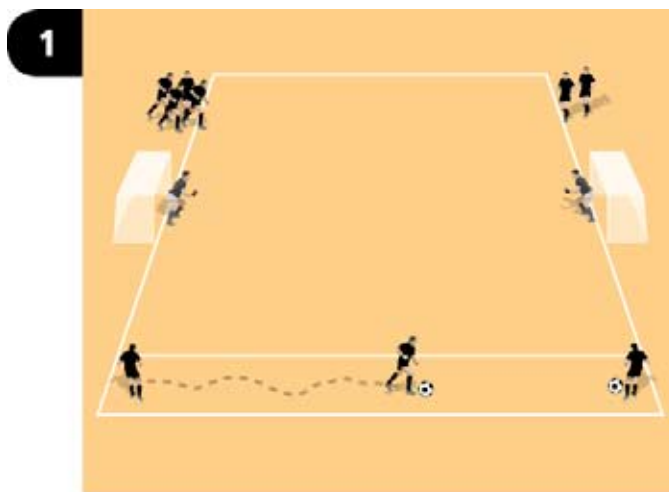
Area: 40 x 30 yards
 Equipment: 6 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

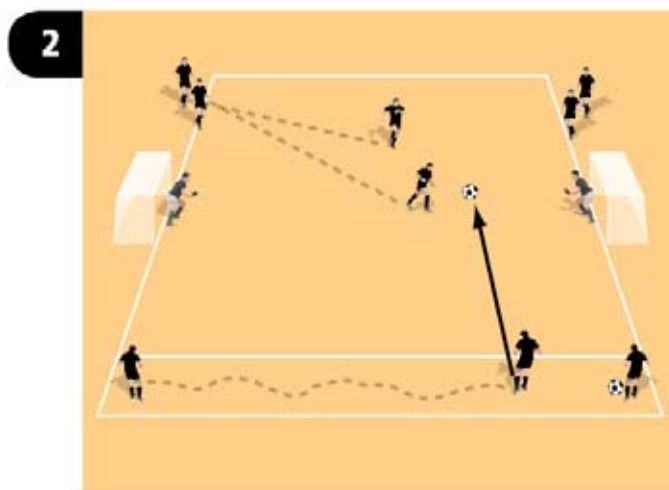
1. The wide player dribbles to the opposite corner and crosses the ball.
2. The attackers must use realistic movements to get into the box and attempt to score from the cross.
3. Once a cross has been made, a different wide player dribbles straight away in the opposite direction to make a cross on the other goal.

ROTATION

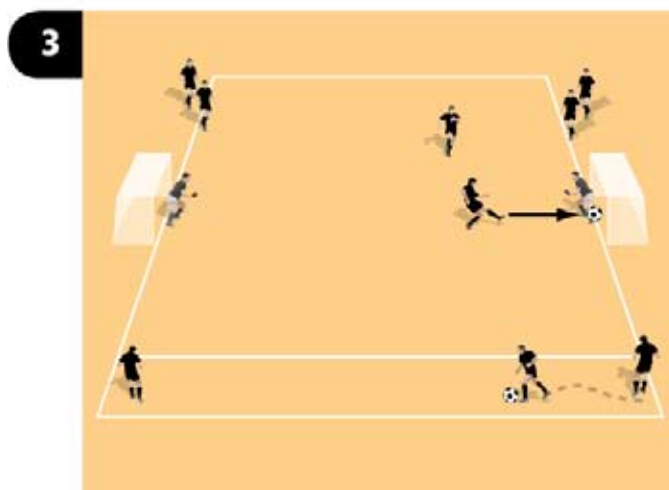
- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The wide player dribbles to the opposite corner of the playing area...



...and crosses for the group of attackers.



Once a shot has been taken an attack is launched in the opposite direction.

KEY

..... Player Movement

→ Ball Movement

Unopposed build up and combination play

12 - Crossing Alley 2

"This development of the previous exercise tests your wingers' ability to get the ball into the box first time."

SETUP

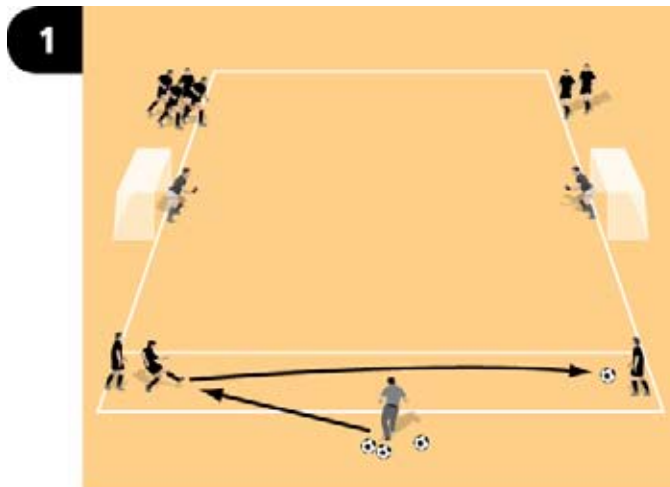
- Area: 40 x 30 yards
 Equipment: 6 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

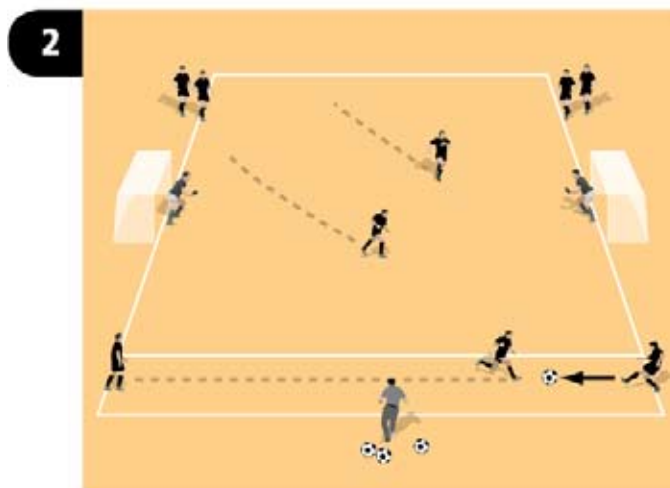
1. The wide player receives a pass from the coach and plays a longer pass to the opposite player.
2. The opposite player sets the ball back so that the wide player can run onto the ball and cross 1st time.
3. The attackers must use realistic movements to get into the box and attempt to score from the cross.

ROTATION

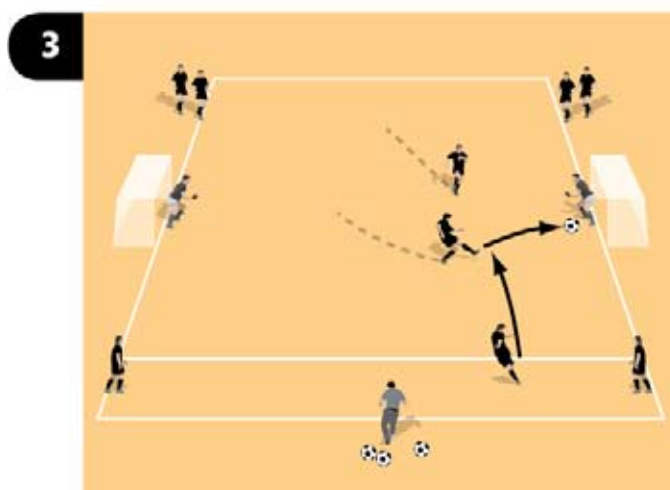
- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The wide player receives a pass and plays it long to the opposite corner.



The wide player runs to receive a lay off...



...and crosses for the attackers to score.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

13 - Crossing Alley 3

"A further progression of the previous drills gets your wingers changing pace, covering half the ground without the ball and half with it before crossing to the strikers."

SETUP

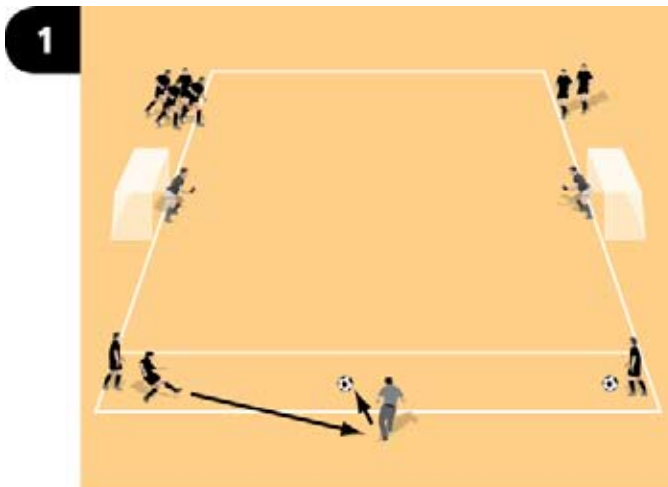
- Area: 40 x 30 yards
 Equipment: 6 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

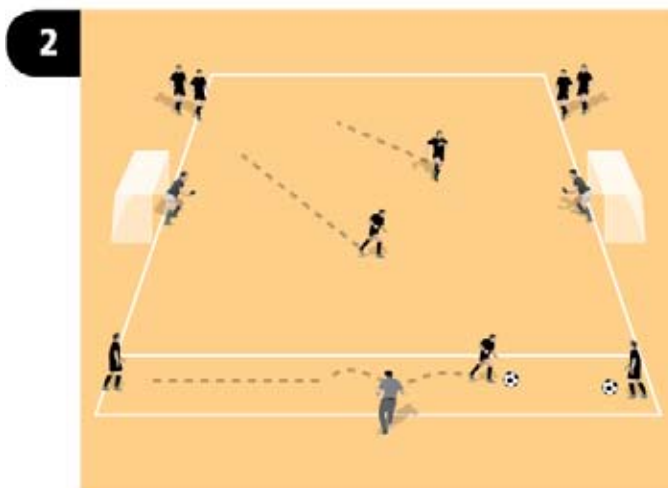
1. The wide player starts by playing a one-two with the coach.
2. He then dribbles to a crossing position in the opposite corner.
3. The attackers must use realistic movements to get into the box and attempt to score from the cross.

ROTATION

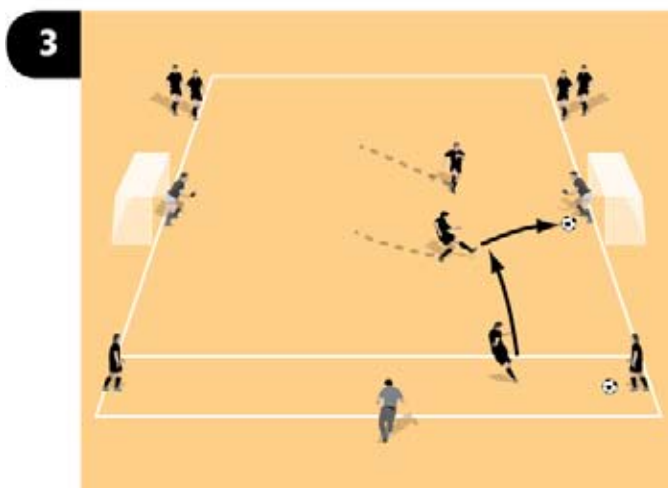
- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The wide player plays into the coach and runs to receive a return pass.



He then dribbles the ball to the opposite corner...



...before crossing for the attackers.

KEY

.....
Player Movement

—————>
Ball Movement

Unopposed build up and combination play

14 - Crossing Alley 4

"Any team that can get their fullbacks into crossing positions will create chances. The overlap run gets them into a dangerous area to put in a first time cross."

SETUP

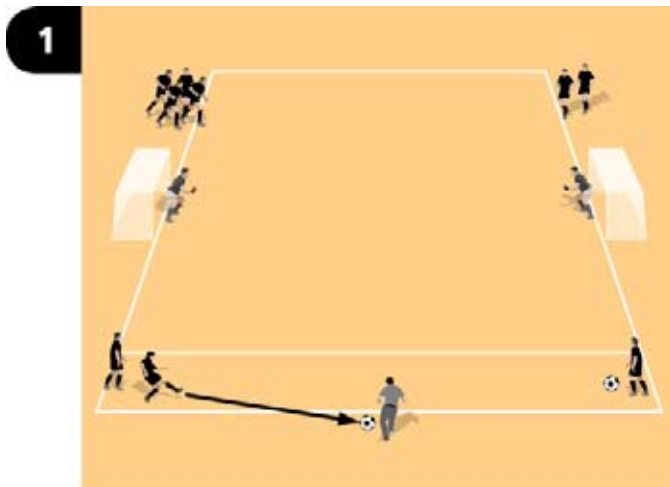
- Area: 40 x 30 yards
 Equipment: 6 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

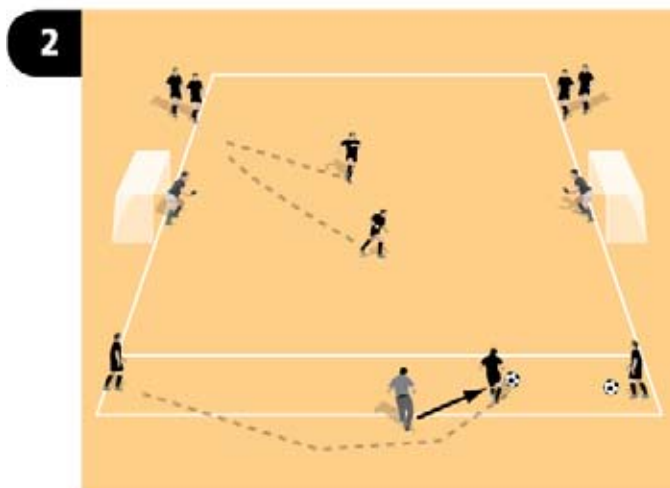
1. The wide player starts by passing into the coach.
2. He makes an overlapping run in order to cross the ball from the opposite corner.
3. The attackers must use realistic movements to get into the box and attempt to score from the cross.

ROTATION

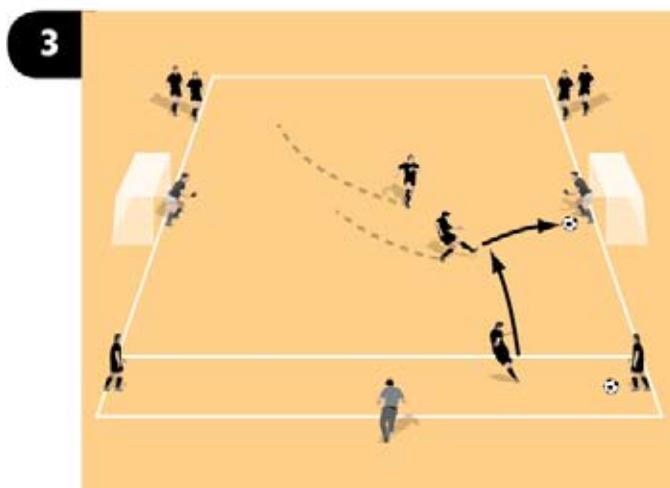
- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The wide player starts by playing a ball into the coach.



He then makes an overlapping run...



...and crosses for the attackers.

KEY

..... Player Movement

→ Ball Movement

Unopposed build up and combination play

15 - Crossing Alley 5

“The build-up play becomes more intricate in this further progression of Crossing Alley as the wide players link up to get into a dangerous crossing area.”

SETUP

Area: 40 x 30 yards
 Equipment: 7 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

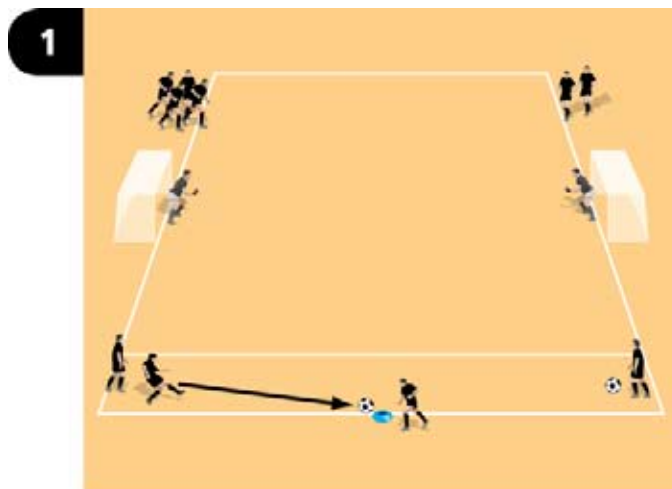
1. The starting player passes into the wide player who immediately sets the ball back.
2. The starting player passes the ball into space for the wide player to run after and cross.
3. The attackers must use realistic movements to get into the box and attempt to score from the cross.

ROTATION

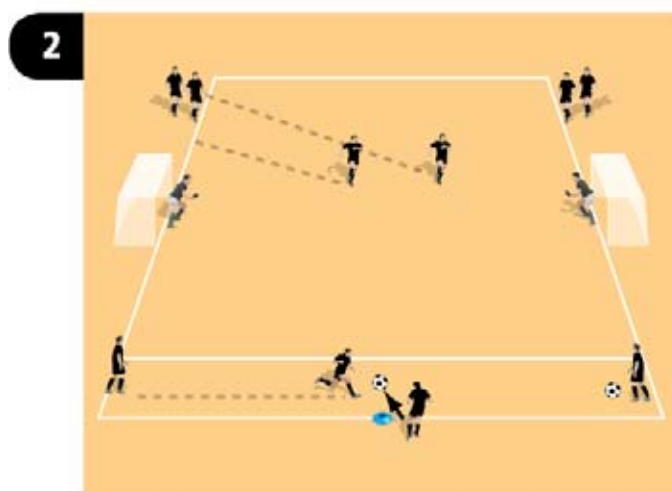
- For the next attack the starting player becomes the new wide player and crosses on the opposite goal.
- The drill runs continually for a set period of time before the attackers and crossers switch roles.

KEY →

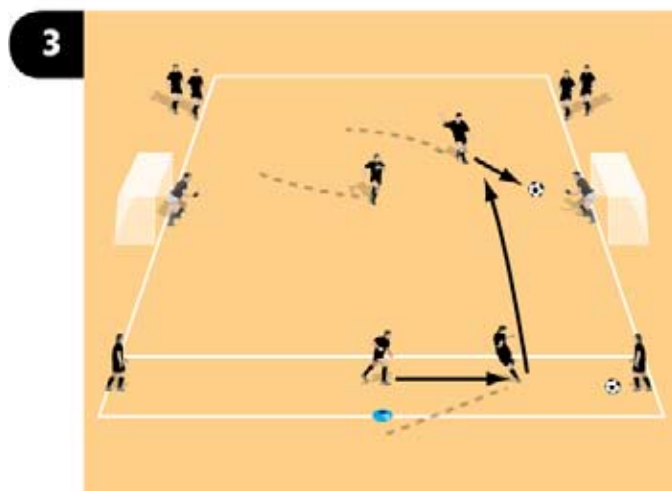
Player Movement Ball Movement



The first wide player passes into the central player...



...and follows his pass to receive a lay off.



The central player runs to the touchline to receive a return pass and cross for the attackers.

Unopposed build up and combination play

16 - In- or Out-Swing

"Finding the space to cross does not always come from a run straight down the wing. In this exercise the wingers must decide whether to cut inside or head for the by-line."

SETUP

- Area: 30 x 30 yards
- Equipment: 4 Mannequins, 2 Cones, 1 Goal
- No. of Players: 6 Outfield, 1 Goalkeeper

THE STEPS

1. The wide players work towards goal and have a choice on the cross to be made.
2. The wide players complete a skill to go past the mannequin on the outside and make an out-swinging cross using their right foot.
3. Or, they can cut inside the mannequins and make an in-swinging cross using their left foot.

ROTATION

- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The wide player works towards goal and has two options.



Go down the line and put in an outswinging cross, or...



...cut inside and make an inswinging cross.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

17 - One-Two Cross

"Release your wide players to cross for the attackers who must time their runs to arrive in the box at the same time as the ball."

SETUP

Area: Half Pitch
 Equipment: 6 Cones, 1 Goal
 No. of Players: 10 Outfield, 1 Goalkeeper

THE STEPS

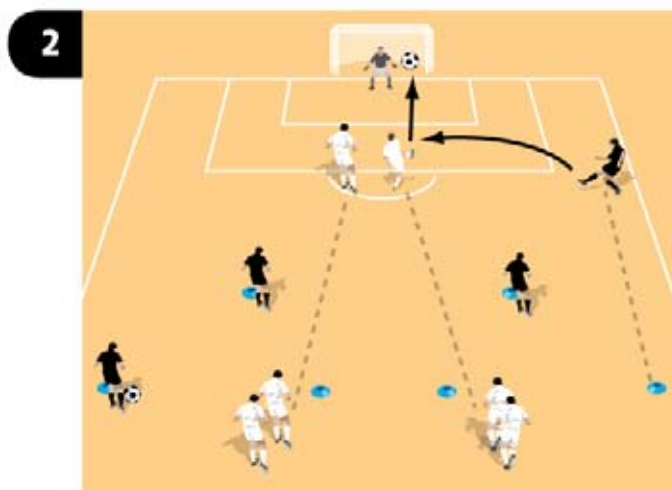
1. One of the deep wide players makes a one-two with his team mate to get into a crossing position.
2. He crosses for the two attackers to score.
3. The next attack comes from the opposite side. Keep the attacks flowing from side to side.

ROTATION

- The drill runs continually for a set period of time before the attackers and crossers switch roles.



The deepest wide player plays a one-two with his team-mate...



...and crosses for the attackers to score.



The next attack starts from the opposite side.

KEY →

Player Movement Ball Movement

Unopposed build up and combination play

18 - Overlap Cross

“In this progression from the previous practice - One-Two Cross - the wide players overlap and pull the cross back from the byline for the forwards to attack.”

SETUP

Area: Half Pitch
 Equipment: 6 Cones, 1 Goal
 No. of Players: 10 Outfield, 1 Goalkeeper

THE STEPS

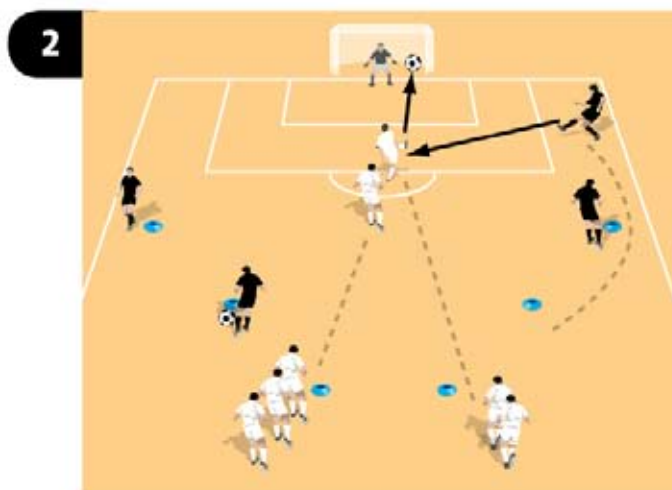
1. The deepest wide player passes the ball to his team mate and makes an overlapping run.
2. The two attackers make runs into the box and attempt to score from the cross.
3. The next attack comes from the opposite side.

ROTATION

- The practice runs continually for a set period of time before the attackers and crossers switch roles.



The deepest wide player passes to his teammate and makes an overlapping run...



...before crossing for the attackers to score.



The next attack starts from the opposite side.

KEY

..... Player Movement

—————> Ball Movement

19 - Two Cross Combination

“For this quick-fire practice the wide player must complete both a one-two and an overlap to give the attackers two opportunities to score.”

SETUP

Area: Half Pitch
 Equipment: 6 Cones, 1 Goal
 No. of Players: 10 Outfield, 1 Goalkeeper

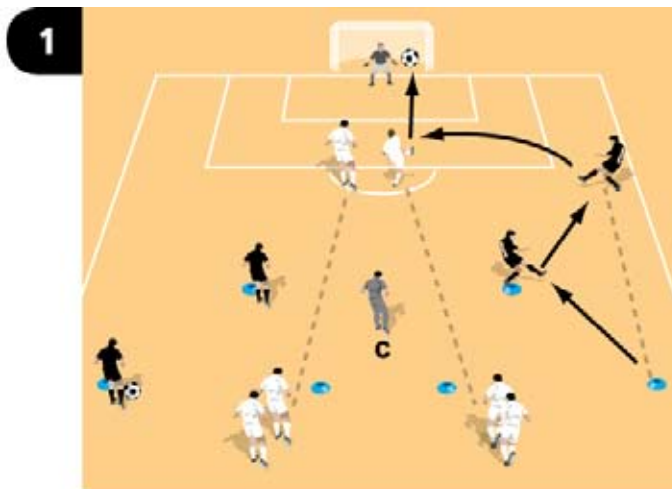
THE STEPS

1. The deepest wide player makes a one-two with his team mate and crosses for the attackers
2. The wide player that doesn't cross must react and receive a 2nd pass from the coach.
3. The player then passes to the crossing wide player and makes an overlap to cross the ball into the box.

The attackers have reacted from the first cross and made a 2nd run in order to try and score for a 2nd time.

ROTATION

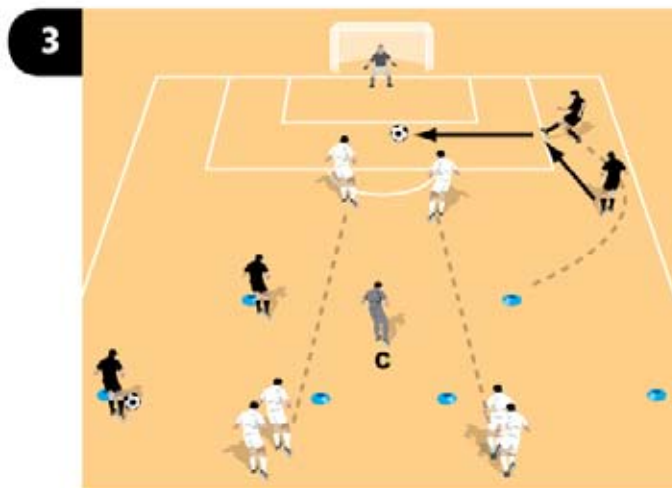
- The next attack comes from the opposite wing. time before the attackers and crossers switch roles.



The wide players play a one-two and cross for the attackers.



The coach passes in a second ball which is moved wide.



The player who received the ball from the coach overlaps and crosses for the attackers.

KEY

..... Player Movement → Ball Movement

Unopposed build up and combination play

20 - Power From Distance, Place in the Box

“Develop your attacker’s full range of finishing with this two-strike drill to test both their power and precision.”

SETUP

Area: 40 x 30 yards
 Equipment: 1 Mannequin, 1 Cone, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. The attacker dribbles, completes a skill on the mannequin/cone and shoots with power.
2. Immediately the attacker must react and run to receive a pass from the server.
3. The attacker now shoots from inside the box with a placed finish.

ROTATION

- The drill runs continually for a set period of time with attackers rejoining the back of the queue after each turn.



The attacker dribbles past the mannequin...



...and shoots with power from outside the box.



Before moving for a close range finish with precision.

KEY

..... Player Movement

→ Ball Movement

21 - Team Finishing Circuit

“Get your players combining with this varied finishing circuit that will test their ability to work as a team as well as a range of individual skills.”

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 2 Goals, 1 Mannequin
 No. of Players: 8 Outfield, 2 Goalkeepers

THE STEPS

1. Player 1 dribbles, completes a skill on the mannequin and shoots at goal.
2. Immediately, Player 1 reacts and receives a pass from Player 2 and shoots for a 2nd time.
3. Player 2 immediately reacts and runs to play a one-two with Player 3. Player 3 now crosses for Players 4 and 5 to score.

ROTATION

- After each attack the players move to the next place on the circuit.

KEY →

Player Movement Ball Movement



Player 1 is first to take a shot.



He gets another chance from Player 2's pass.



Players 2 and 3 combine to cross for 4 and 5 to score.

Unopposed build up and combination play

22 - Build Up to Score 1

"Crisp, accurate passing combined with effective runs from the wide player and attackers will carve out chances time-after-time."

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. The central player makes a pass out to the wide player.
 The wide player sets the ball back to the full back.
2. The full back plays a pass into the centre forward.
 The centre forward now plays the ball down the line for the wide player to run onto.
3. The wide player crosses for the two forwards to score.

ROTATION

- The central player becomes the full back.
- The full back becomes the wide player.
- The wide player becomes the forward on their side of the pitch.
- The forward returns to the beginning and waits to become a central midfielder.

KEY →
 Player Movement Ball Movement



A series of passes moves the ball wide to the full back.



The forward lays off a pass from the full back for the wide player.



The wide player crosses for the forwards to score.

Unopposed build up and combination play

23 - Build Up to Score 2

"In this progression of the previous drill, a run from deep by the full-back enables the wide player to join the forwards giving three targets for the cross."

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. The central player passes out to the wide player.
2. The wide player dribbles inside and passes into the forward.
 The forward plays a pass wide for the overlapping full-back to cross.
3. The two forwards and the wide player get into the box to score from the full-back's cross.

ROTATION

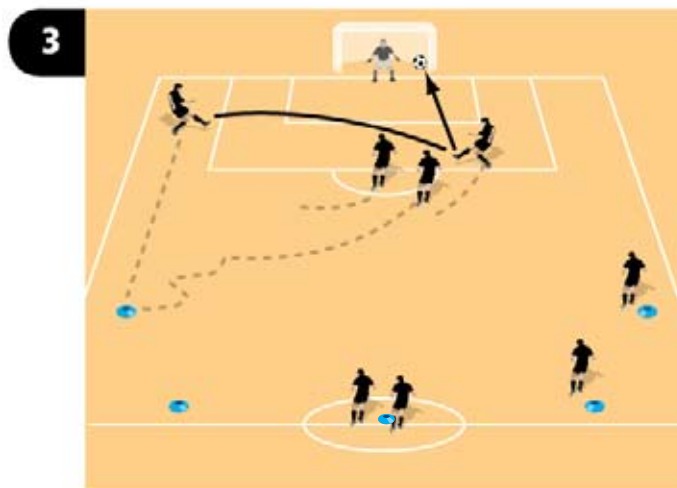
- The central player becomes the full-back.
- The full-back becomes the wide player.
- The wide player becomes the forward on their side of the pitch.
- The forward returns to the beginning and waits to become a central midfielder.



The ball is played out to the wide player.



He cuts inside and creates space for the full back to overlap.



The full back receives the ball and crosses for the wide player and two forwards to attack.

KEY

..... Player Movement

→ Ball Movement

Unopposed build up and combination play

24 - Build Up to Score 3

"A further progression of drill 22. One of the forwards spins into the wide channel while the wide player covers ground to get on the end of the cross."

SETUP

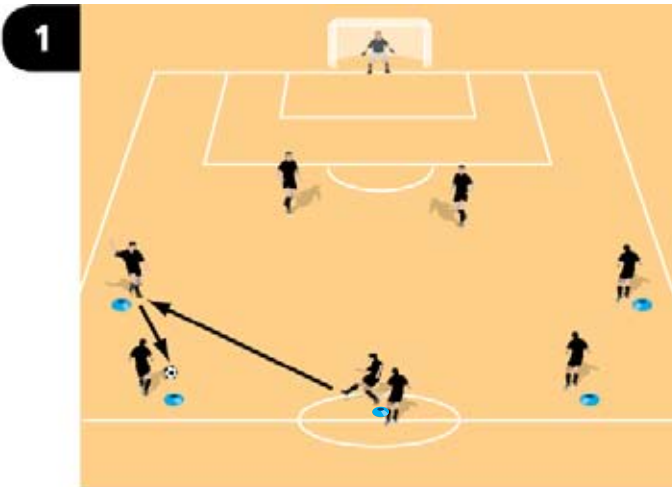
Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. The central player passes to the wide player who sets the ball back to the full back.
2. The full-back passes into the centre forward as the wide player starts his run.
3. The centre forward spins outside and into a wide area to cross for the wide player and the opposite forward to score.

ROTATION

- The central player becomes the full back.
- The full back becomes the wide player.
- The wide player becomes the forward on their side of the pitch.
- The forward returns to the beginning and waits to become a central midfielder.



The players combine to move the ball to the full-back.



The wide player moves inside as the ball is played to the nearside forward.



He spins outside with the ball and crosses for the wide player and second forward to attack.

KEY

..... Player Movement → Ball Movement

Unopposed build up and combination play

25 - Build Up to Score 4

“Finish a similar build-up scenario with a through ball to one of the forwards. Make sure the second forward spins into the box to benefit from a miss-hit shot or rebound.”

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. The central player passes to the wide player who sets the ball back to the full back.
2. The full back passes into the centre forward who lays the ball off to the wide player who has made a supporting run inside.
3. The wide player now makes a through pass to the opposite centre forward to shoot. The nearside forward should follow up for any rebounds.

ROTATION

- The central player becomes the full back.
- The full back becomes the wide player.
- The wide player becomes the shooting forward.
- The shooting forward returns to the beginning and waits to become a central midfielder.

KEY →

Player Movement Ball Movement



The ball is played out to the full back.



The wide player moves infield to receive a layoff from the nearside striker.



Before releasing the striker to score.

Unopposed build up and combination play

26 - Build Up to Score 5

“The build up becomes more intricate with this series of short passes leading to a shooting opportunity for the wide player.”

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. The starting player makes a one-two with the coach and then passes to the wide player.
2. The wide player then passes into the forward and makes a run inside. The forward passes back to the wide player and spins outside.
3. The wide player returns the pass to the forward and then gets into the box and attempts to score from the forward's cross.

ROTATION

- The starting player becomes a wide player.
- The wide player becomes a forward.
- The forward returns to the beginning and waits to become a starting player.



After a quick one-two the ball is moved wide.



A further one-two brings the winger inside.



The attacker spins to the outside and crosses for the wide player who has continued his run into the box.

KEY

..... Player Movement

—————> Ball Movement

Unopposed build up and combination play

27 - Overlap Movement to Score

“The combination of movement in this overlap drill would be enough to pull any opposition defence apart. Timing the overlap is vital to the success of the drill.”

SETUP

Area: Half Pitch
 Equipment: 5 Cones, 1 Goal
 No. of Players: 6 Outfield, 1 Goalkeeper

THE STEPS

1. To start, the first player dribbles and passes to the central player.
 The central player then passes out to the wide player and makes an overlapping run.
2. The wide player now dribbles inside and makes a reverse pass to the overlapping player.
3. The overlapping player crosses the ball in for the wide player to score.

ROTATION

- The first player becomes the new central player.
- The central player takes the place of the wide player.
- The wide player rests and waits for their next turn as the starting player.



The starting player dribbles onto the pitch and the ball is moved wide.



The central player makes an overlapping run as the wide player dribbles inside.



The central player crosses for the wide player who has continued his run into the box.

KEY

.....
Player Movement

—————>
Ball Movement

Unopposed build up and combination play

28 - Overlap and Crossover to Score

"This drill is a progression from drill 27 adding an extra pass between the starting player and the wide player."

SETUP

Area: Half Pitch
 Equipment: 4 Cones, 1 Goal
 No. of Players: 6 Outfield, 1 Goalkeeper

THE STEPS

1. After passing to the central player, the first player gets ready to play a wall pass.
2. When the wide player receives the ball he now plays into the first player and then gets into the box.
3. The first player passes first time into space for the overlapping player to run and cross for the wide player to score.

ROTATION

- The first player becomes the new central player.
- The central player takes the place of the wide player.
- The wide player rest and waits for their next turn.



The starting player dribbles onto the pitch and the ball is moved wide.



The starting player gets the ball back and releases the overlapping midfielder.



The wide player gets into the box to score.

KEY

..... Player Movement

—————> Ball Movement

29 - Passing Wave to Score

“This drill includes lots of fluent passing and movement off the ball as it is worked from one side of the pitch to the other for the wide player to cross.”

SETUP

Area: Half Pitch
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

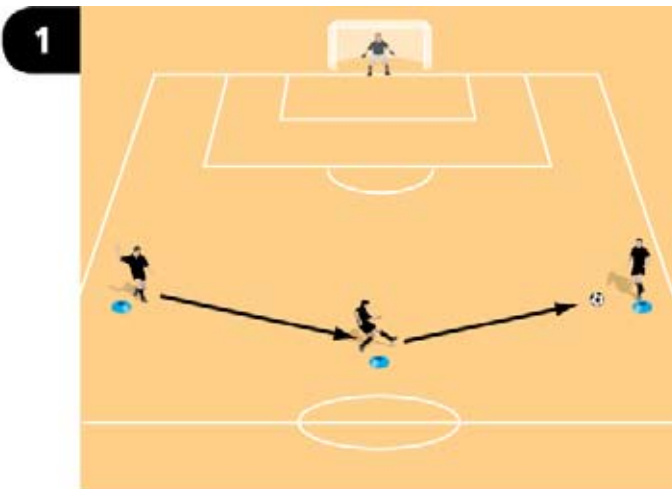
1. To start, the ball is transferred from the left midfielder into the centre midfielder.
2. The left midfielder now makes a diagonal run into the centre of the pitch. The centre midfielder receives the pass and then opens out to pass to the right midfielder.
3. The right midfielder now plays into the left midfielder and runs down the line to receive a return pass. The centre midfielder makes a run into the box and attempts to score first time. If he is unable to score first time then he must set the left midfielder who has made a supporting run.

ROTATION

- Left midfielder becomes the centre midfielder.
- Centre midfielder becomes the right midfielder.
- Right midfielder rests and waits to become the new left midfielder.

KEY →

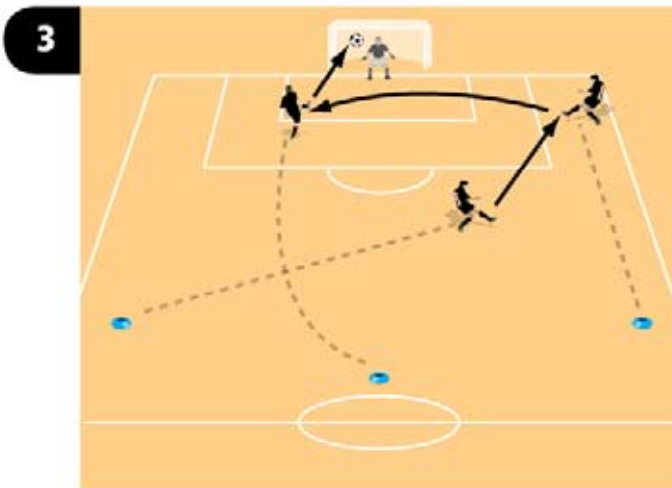
Player Movement Ball Movement



The ball is switched from left to right.



The left midfielder follows the ball and plays a one-two to release the right midfielder.



The right midfielder crosses for the centre midfielder to score.

30 - Two Way Finishing Circuit

"A good striker is always on the alert for easy goals. Can yours capitalize on any rebounds from the keeper and get on the end of a cross at the opposite end for a devastating 1-2?"

SETUP

Area: 40 x 30 yards
 Equipment: 1 Cone, 2 Goals
 No. of Players: 5 Outfield, 2 Goalkeepers

THE STEPS

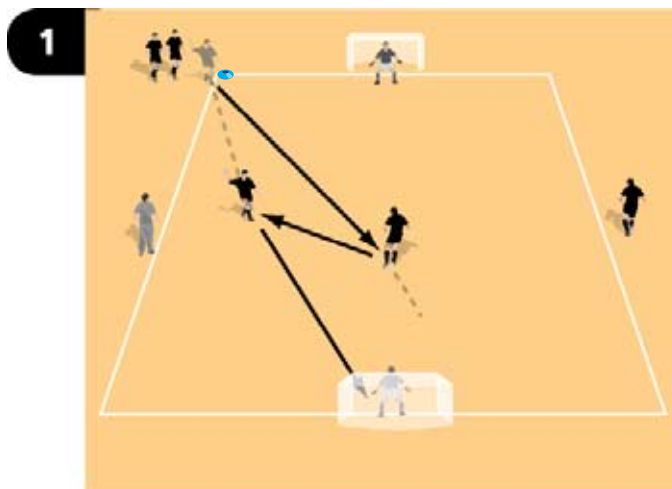
1. The starting player passes into the forward and makes a supporting run.
 The forward sets the starting player up for a shot at goal.
 The forward must react and look for any rebounds.
2. Immediately after this ball has been played. The forward receives a 2nd pass from the coach and switches the play out to the crosser.
3. The forward makes a run towards the opposite goal and attempts to score from the cross.

ROTATION

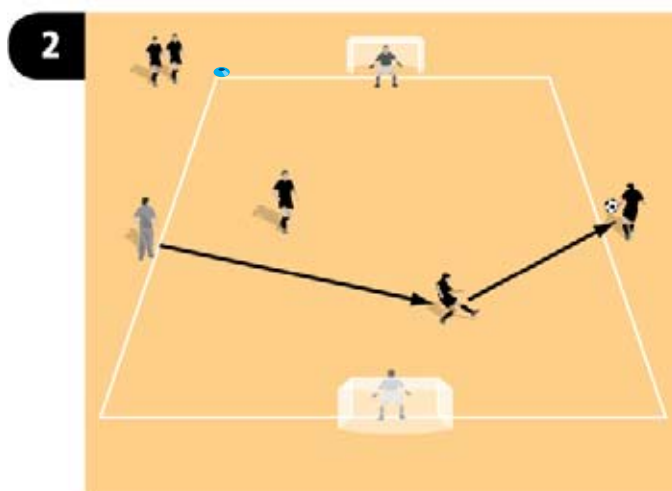
- The starting player becomes the forward.
- The forward becomes the crosser.
- The crosser joins the back of the line and waits to become a starting player.

KEY →

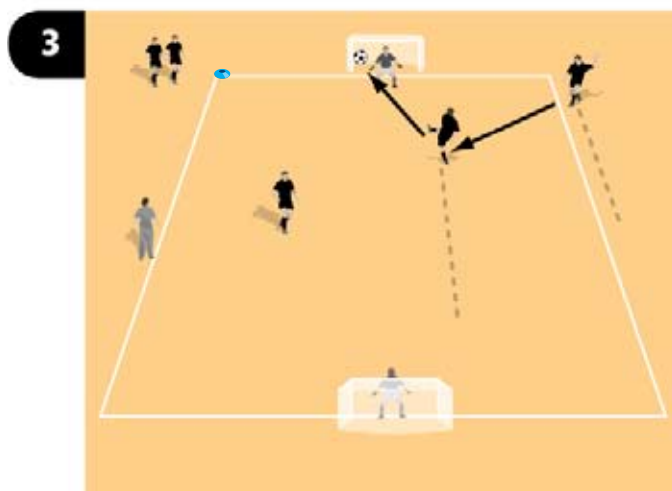
Player Movement Ball Movement



A one two sets up the starting player for a shot.



Immediately the wide player is released...



...and crosses for the forward to score.

SECTION 2

Opposed Drills

“So far we have developed the players’ levels of understanding, movement and combination play when building up to attack. Now we progress to opposed drills where we can add defenders in ‘mini’ match scenarios. As coaches we can now correct and adjust the players’ movements and decision making”

31 - 1 v 1 Disguise

"This 1v1 drill tests your attackers' decision making as they attempt to create the space to score in one of two goals."

SETUP

- Area: 25 x 20 yards
- Equipment: 2 Cones, 2 Goals
- No. of Players: 2 Outfield, 2 Goalkeepers

THE STEPS

1. The defender passes into the attacker to start the practice.
2. The attacker tries to create space in order to shoot at goal while the defender must close him down.
3. The attacker is allowed to score in either goal and should be encouraged to show disguise and skill in order to lose the defender and score.

ROTATION

- The players switch positions for the next turn

1



To start, the defender plays the ball to the attacker.

2



The attacker can score in either goal.

3



He creates a shooting chance by losing the defender with disguise.

KEY

..... Player Movement

—————> Ball Movement

32 - 1 v 1 Front and Back

"This practice requires your players to beat the first defender for pace initially and then turn sharply to get a second shot away before being closed down by a second defender."

SETUP

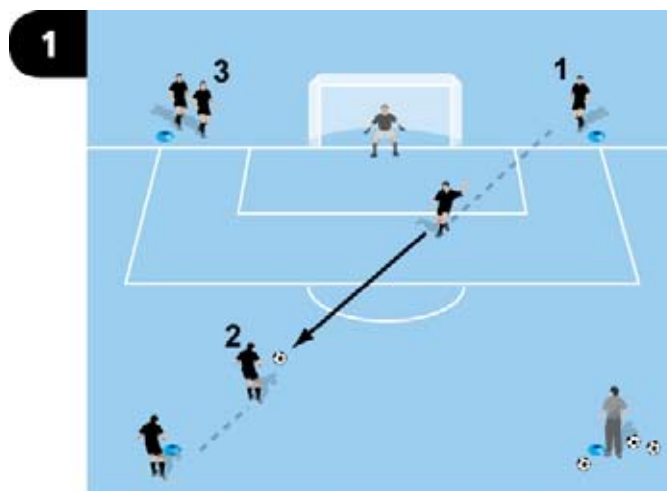
Area: 30 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

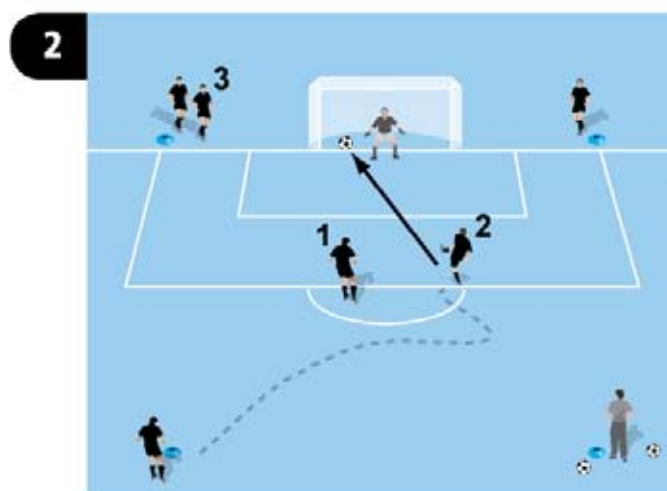
1. Player 1 passes to Player 2.
2. Player 2 now attempts to take on Player 1 and score against the keeper.
 Once this ball is played, the coach passes a 2nd ball into Player 1.
3. Immediately, Player 3 runs out and attempts to stop Player 1 from turning and shooting at goal.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.



Player 1 passes to Player 2...



...who must now try and beat Player 1 to score.



Player 1 now receives a ball from the coach and Player 3 must try to stop him turning and scoring.

KEY

----- Player Movement

→ Ball Movement

33 - 1 v 1 Shoot and Defend

"The key to this practice is to react to the next ball as possession changes from the defender to the attacker."

SETUP

Area: 30 x 30 yards
 Equipment: 2 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. The starting player passes into the forward and runs to receive a lay off.
2. The starting player now shoots at goal. Immediately after laying the pass off, the forward must react and receive a ball from the coach.
3. The forward now attempts to dribble and score and the starting player must react and try to stop him.

ROTATION

- The starting player becomes the forward.
- The forward joins the back of the queue.



The starting player plays the ball into the forward...



...and receives a return pass to shoot at goal



He immediately turns to defend against the forward.

KEY

Player Movement

—————>
Ball Movement

34 - 1 v 1 Choice

"The defender "calls out" an attacker for a straightforward 1v1 situation. Four different starting positions give the attackers the opportunity to run at goal from different angles."

SETUP

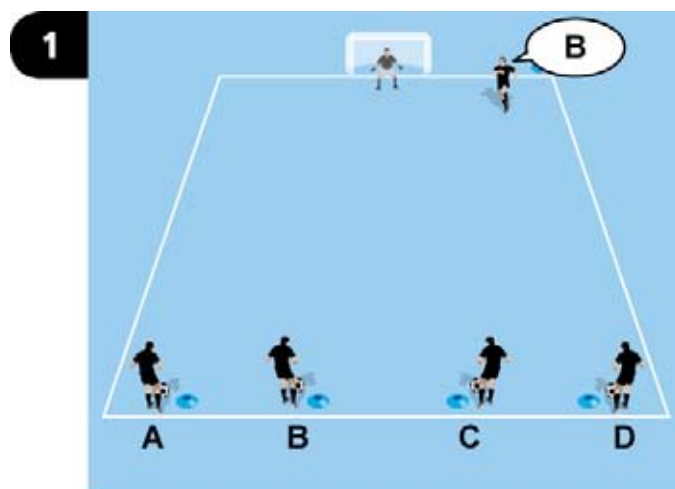
Area: 30 x 30 yards
 Equipment: 5 Cones, 1 Goal
 No. of Players: 5 Outfield, 1 Goalkeeper

THE STEPS

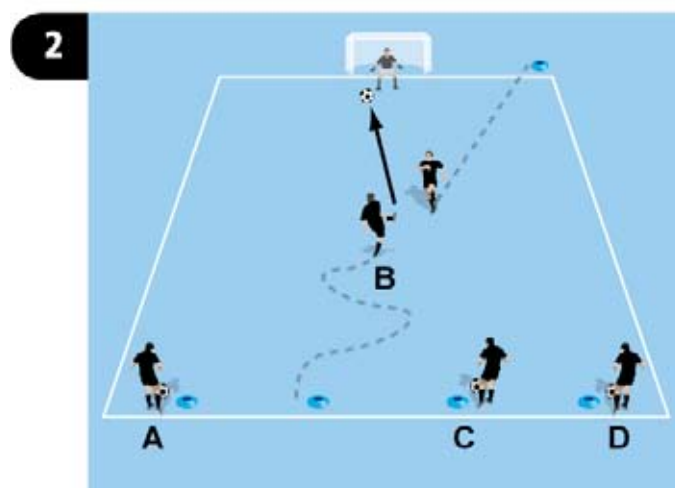
1. The defending player starts the practice by running out and calling the name of his opponent.
2. The player called quickly dribbles onto the pitch and plays a 1v1 against the defender.
3. Once this attack is completed, the attacker becomes the new defender and now calls out the name of a new opponent.

ROTATION

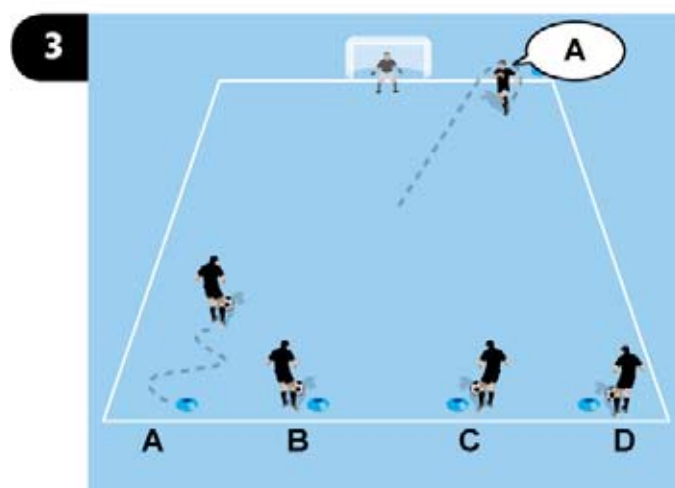
- The original defender takes the place of the player he called out to start the practice.
- The game continues for a set time period.



The defending player calls the name of his opponent.



The attacker tries to score 1v1.



The attacker takes on the role of defender and calls for a new attacker.

KEY

..... Player Movement

→ Ball Movement

35 - Progressive Choices

"This drill extends the previous drill (1v1 Choice) to create a series of incrementally larger attacking match-ups."

SETUP

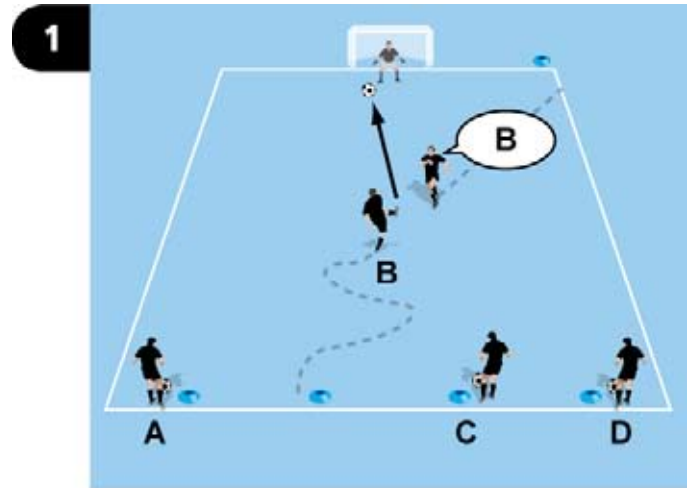
Area: 30 x 30 yards
 Equipment: 5 Cones, 1 Goal
 No. of Players: 5 Outfield, 1 Goalkeeper

THE STEPS

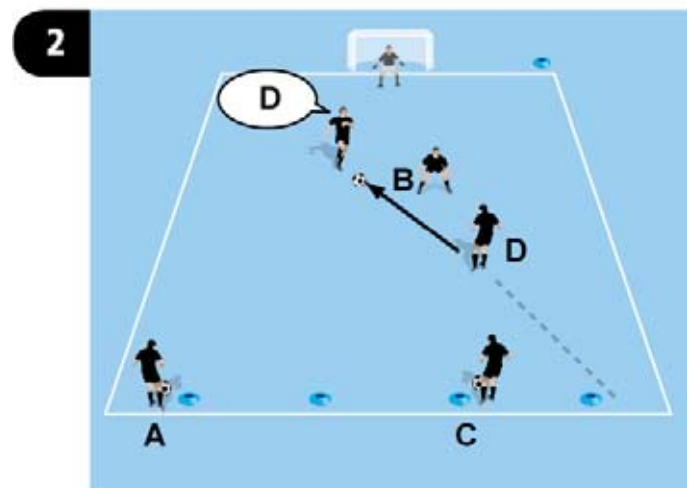
1. The defender races out and calls the name of an attacker for a 1v1 situation.
2. After the 1v1 game is completed, the defender calls out the name of a team mate. The defender and new team mate now attack 2v1 against the original attacker.
3. Once this 2v1 game is completed the original attacker calls out the name of a team mate and a 2v2 game commences.
4. The remaining player is given the freedom to call the names of the two teammates he would like to attack with and a 3v2 game commences.

ROTATION

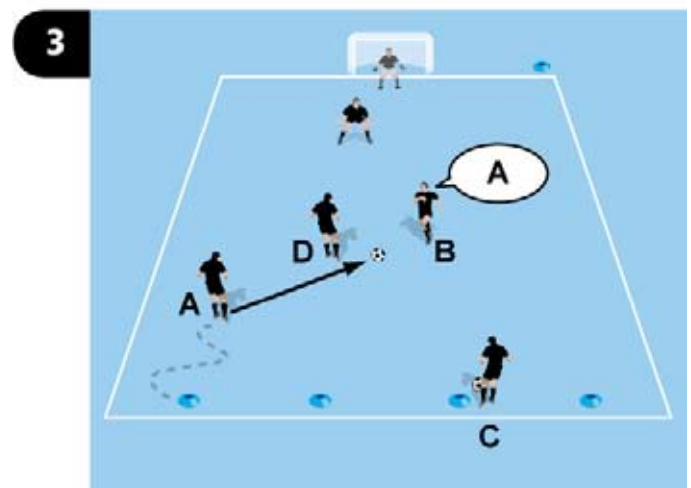
- The game continues for a set time period.



The defender calls out an attacker and defends 1v1.



The defender then calls for a teammate and they attack 2v1.



The numbers increase until all players are on the pitch.

KEY

----- Player Movement

—————> Ball Movement

36 - 1v1 Finishing Circuit

"This high-tempo finishing circuit will really test your strikers as they face a different challenge at each station."

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 2 Goals
 No. of Players: 9 Outfield, 2 Goalkeepers

THE STEPS

1. Station 1 – The attacker has three touches to dribble and score against the keeper.
2. Station 2 – The defender passes to the attacker and then attempts to recover. The attacker quickly dribbles towards goal and attempts to score.
3. Station 3 – The defender passes to the attacker and then attempts to stop him scoring. The attacker must show disguise and attempt to dribble and score in either of the goals.

ROTATION

- After each turn, the players move to the next station.
- On stations 2 and 3, the players must be the defender 1st and then the attacker.

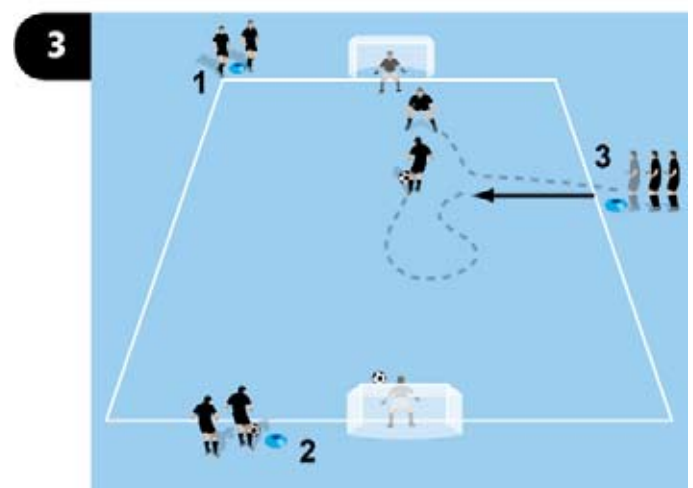
KEY  Player Movement  Ball Movement



The attacker has three touches to score.



The defender passes to the attacker and attempts to recover.



The defender passes to the attacker and gets goalside.

37 - 1v1 Crossways

“Keep the pressure on as your players are forced to re-orient themselves and switch from attack to defence in this right angled 1v1 practice.”

SETUP

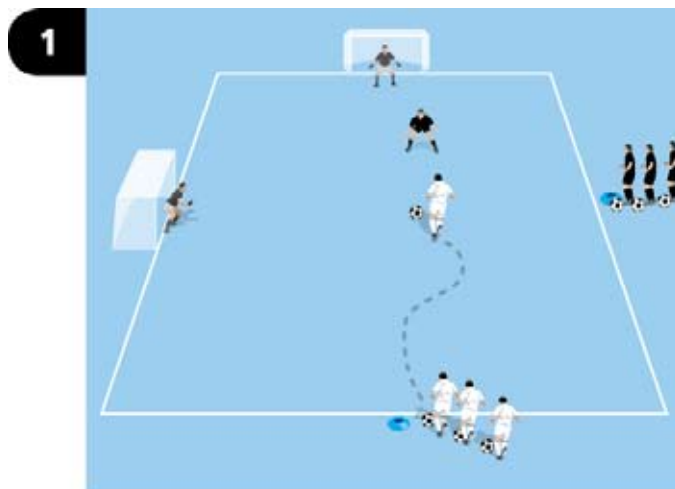
Area: 25 x 25 yards
 Equipment: 2 Cones, 2 Goals
 No. of Players: 8 Outfield, 2 Goalkeepers

THE STEPS

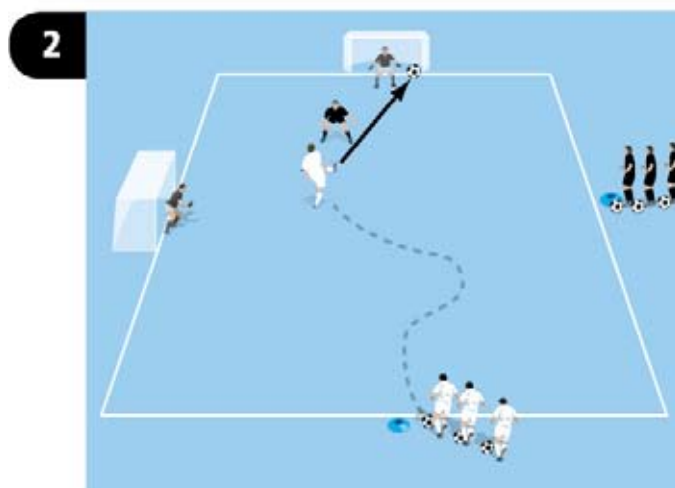
1. The drill begins with one player attacking the goal they are facing.
2. Once a player has taken a shot or been tackled, the other team attacks and the previous attacker becomes a defender.
3. The game works continuously with teams alternating attacks.

ROTATION

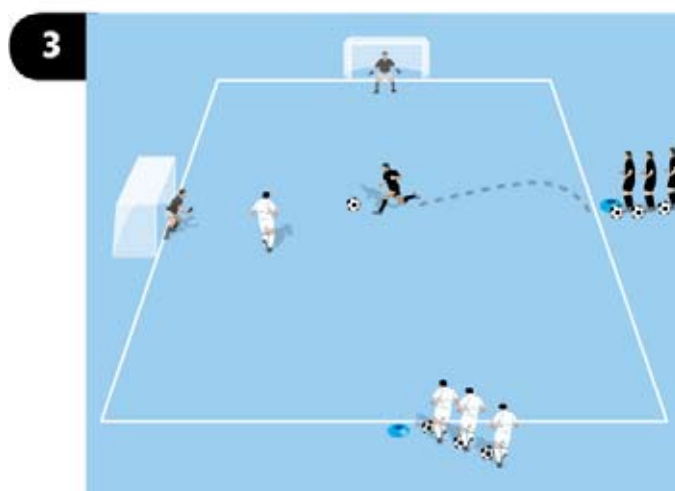
- The game continues for a set period of time.
- Switch the starting positions to get the players changing the direction of their turn.



The teams attack the goal they are facing...



...and attempt to score.



Then defend the other goal.

KEY

Player Movement

—————>
Ball Movement

38 - 2v1 Crossways

"This progression on the previous drill will really challenge your attackers. Combining 2v1 to score is one thing, but can they score 1v2?"

SETUP

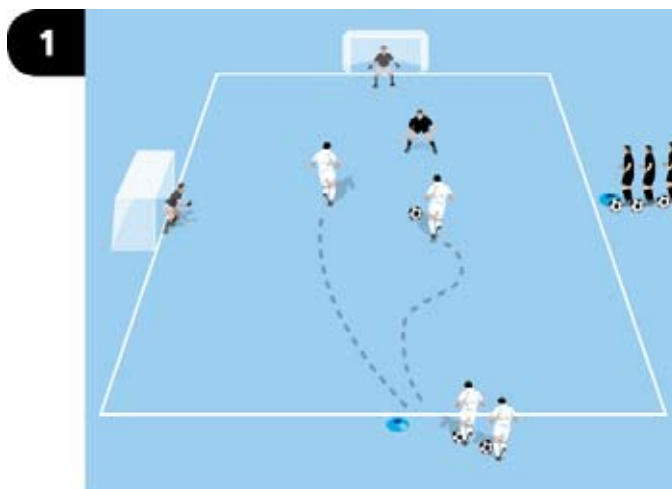
Area: 25 x 25 yards
 Equipment: 2 Cones, 2 Goals
 No. of Players: 8 Outfield, 2 Goalkeepers

THE STEPS

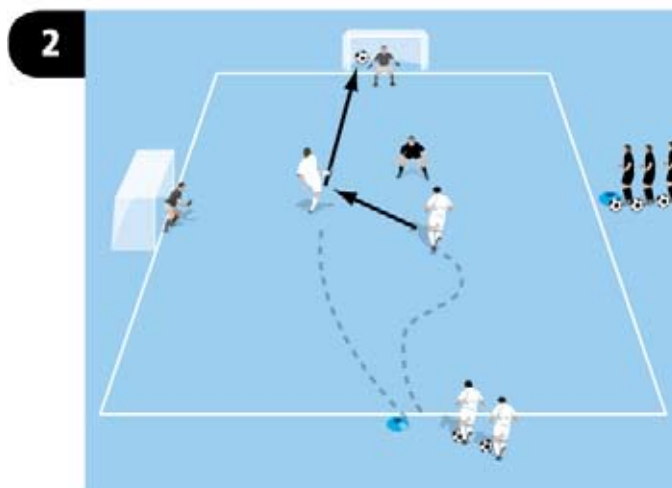
1. One team attacks the goal they are facing 2v1.
2. Once they have taken a shot or been tackled the two attackers then react to defend the other goal 2v1.
3. The other team defend 1v2 and attack 1v2.

ROTATION

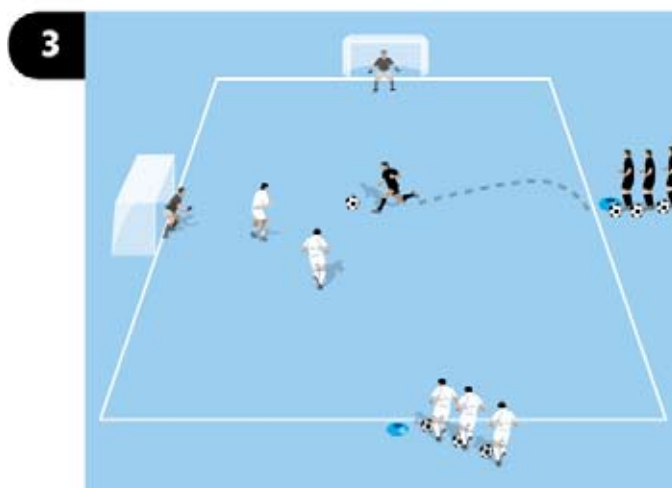
- After a set time period rotate the advantage.



The drill starts with one team attacking the goal they are facing 2v1.



After shooting, the attackers then defend the other goal.



Can the attacker beat two defenders and score?

KEY

..... Player Movement

→ Ball Movement

39 - 2v1 / 1v2 Transition Game

“The pressure is on the central group in this overload transition game. Can they prove themselves by scoring 1v2 and then prevent the two attackers from scoring?”

SETUP

Area: 30 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

THE STEPS

1. Three groups of players line up as shown.
2. The two outside groups work together and attack 2v1.
3. The attackers then turn and defend 2v1 against an attacker from the middle group.

ROTATION

- The practice runs continuously for a set period of time.
- Each group takes a turn as the central group.



Set your players up in three groups.



The outside players combine to score 2v1.



Before defending 2v1 against an attacker from the middle group.

KEY

----- Player Movement

→ Ball Movement

40 - 2v1 Target Choice

“Can the starting player support quickly once he has chosen his attacking partner in this 2v1 practice?”

SETUP

Area: 30 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 6 Outfield, 1 Goalkeeper

THE STEPS

1. The starting player passes to the team mate he would like to attack with.
2. The remaining player enters as a defender.
3. The starting player and his team mate combine to score 2v1.

ROTATION

- For the next attack the defender rotates positions with the starting player.



The starting player passes to the team mate he wants to attack with.



The other player enters as a defender.



The two attackers must combine to score 2v1.

KEY

..... Player Movement

—————> Ball Movement

41 - 3rd Man Shoot and Defend 2v1

“Two attackers combine to create a shooting opportunity for the third man. Can the third man react quickly and switch from attack to defence to stop the two attackers scoring 2v1?”

SETUP

Area: 30 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 9 Outfield, 1 Goalkeeper

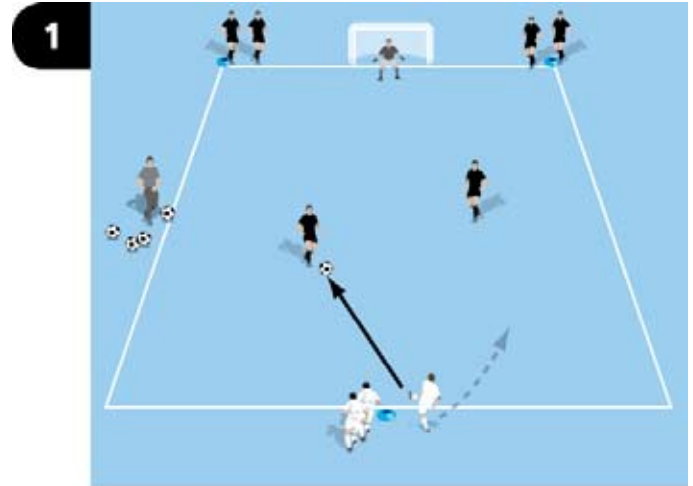
THE STEPS

1. The starting player passes into the two attackers and makes a 3rd man run.
2. The two attackers combine and then play a through pass to the starting player to shoot at goal.
3. Immediately, the coach passes a ball to the two attackers who try to score in a 2v1 against the starting player. The starting player must react and try to stop the attackers scoring.

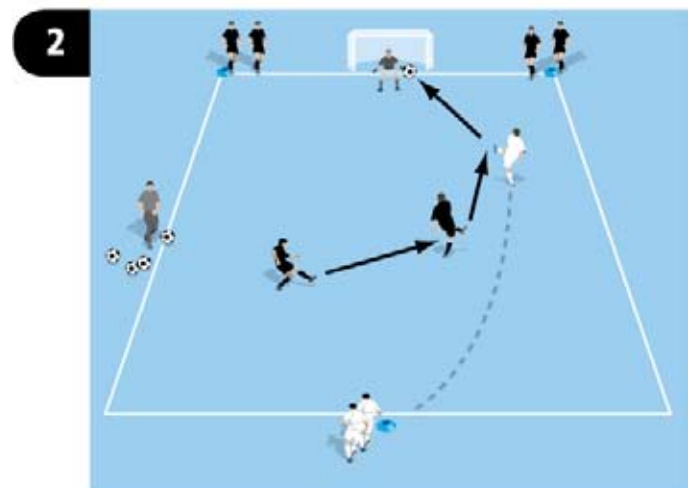
ROTATION

- The players join the back of the position queues and wait for their next turn.
- The teams swap positions after a set period of time.

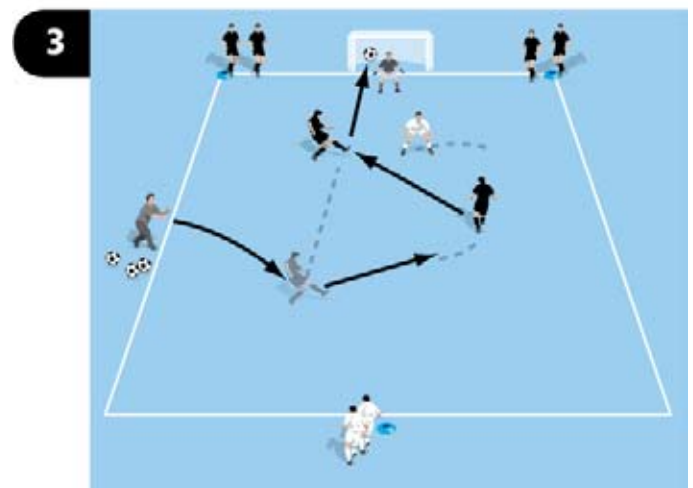
KEY  Player Movement  Ball Movement



The starting player passes in and makes an overlapping run to score.



After shooting the starting player immediately becomes a defender.



And the two attackers try to score 2 v 1.

42 - 3rd Man Shoot and 2v1 Cross

"In this third man practice the starting player must finish his chance to score before defending a cross against two attackers."

SETUP

Area: 30 x 30 yards
 Equipment: 5 Cones, 1 Goal
 No. of Players: 10 Outfield, 1 Goalkeeper

THE STEPS

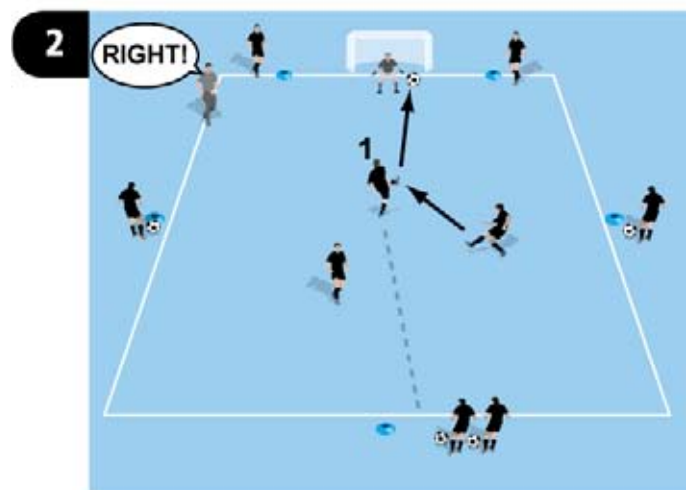
1. Player 1 makes a pass into the two forwards.
2. The two forwards combine and then make a through ball to Player 1 to shoot at goal. Immediately after the shot is taken the coach calls "left" or "right".
3. The wide player called now dribbles down the line and makes a cross. The two forwards attempt to lose Player 1 and score.

ROTATION

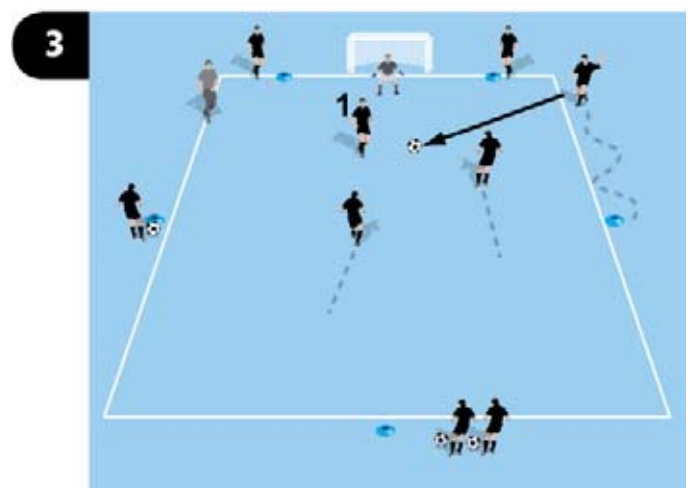
- Two new forwards enter the pitch.
- Player 1 takes the place of the wide player.
- The wide player joins the queue to become player 1.



Player 1 makes a pass into the two forwards.



And scores from a through ball.



Immediately, Player 1 defends a cross 2v1.

KEY

..... Player Movement

→ Ball Movement

43 - Continuous Overload

"This continuous run of attacking overloads alternates the team with the advantage for a series of 5 attacks."

SETUP

Area: 40 x 30 yards
 Equipment: 1 Goal
 No. of Players: 8 Outfield, 1 Goalkeeper

THE STEPS

1. The starting player has three touches to dribble and shoot at goal.
2. Then two opponents come into the pitch to make a 2v1 with the starting player defending.
3. Two further team mates come onto the pitch to make a 3v2.
 This continues until all players are in the game playing 4v4 and the last ball has left the pitch.

The following games occur

1 v Goalkeeper
 1v2
 3v2
 4v3
 4v4

ROTATION

- For the next game, rotate the team that starts.

KEY

 Player Movement

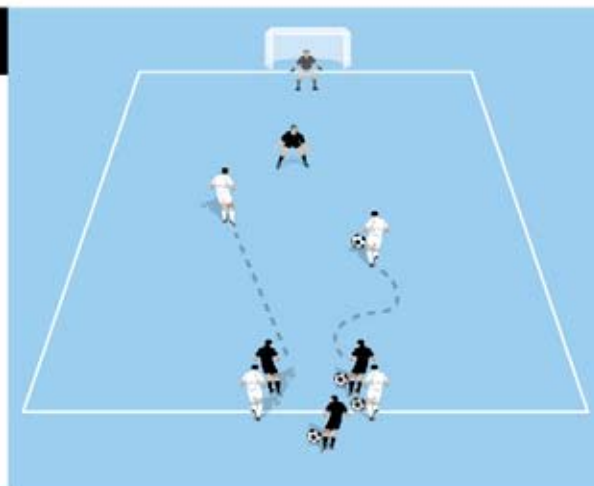
→
 Ball Movement

1



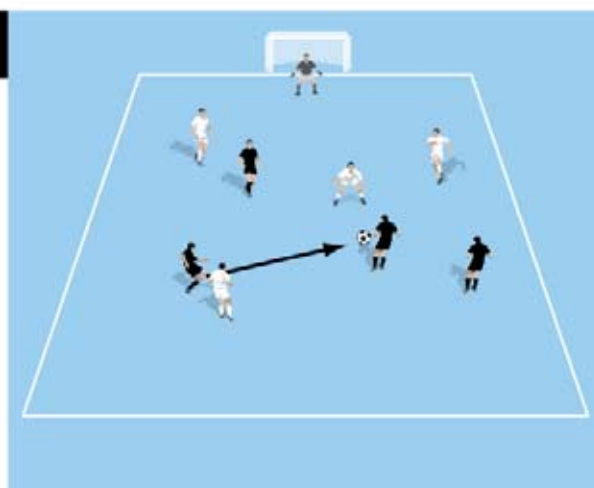
The first player has three touches to score then becomes a defender.

2



Two opponents enter to attack 2v1.

3



The rest of the players join in waves to reach a 4v4 situation.

44 - 3 Player Attacking Game

"Ramp-up the pressure on your forwards as they face an extra defender with each progression of this attacking combination practice."

SETUP

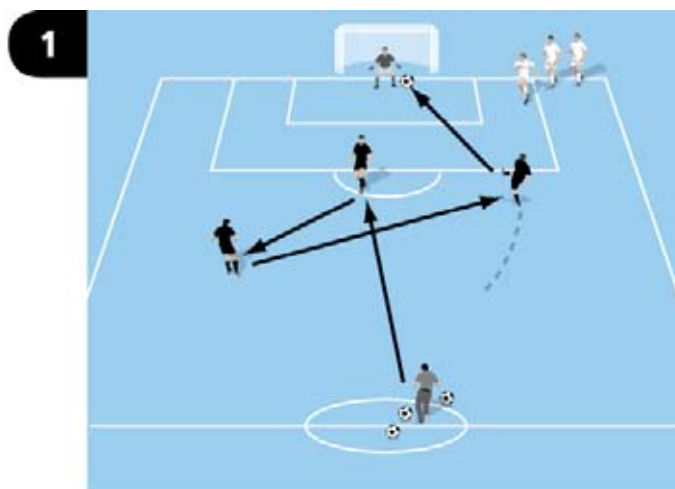
Area: 40 x 30 yards
 Equipment: 1 Goal
 No. of Players: 6 Outfield, 1 Goalkeeper

THE STEPS

1. The coach passes a ball into the three forwards who combine to shoot at goal unopposed.
2. Once the shot is taken, a defender races onto the pitch and the coach passes a new ball into the forwards who now combine 3v1 to shoot at goal.
3. This sequence continues with additional defenders added until a 3v3 is played.

ROTATION

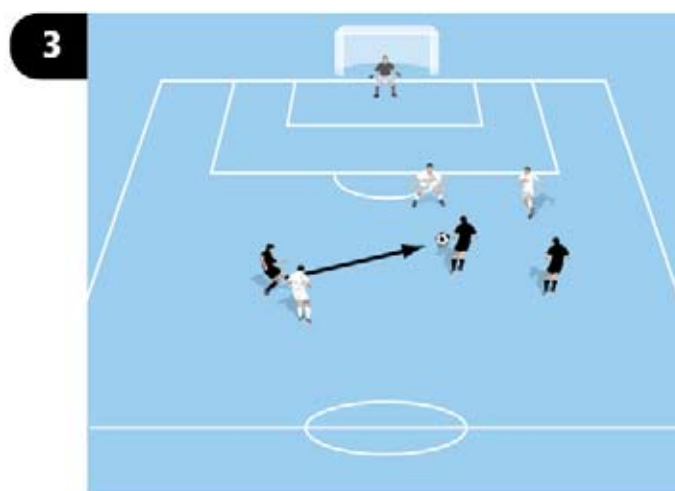
- The forwards count the number of goals scored and then rotate with the defenders for the next game.



The three forwards combine to score unopposed.



A defender joins to make 3v1.



Further defenders join until 3v3 is played.

KEY

..... Player Movement

→ Ball Movement

45 - Build Up Confidence

"The attackers start from deep in this build-up skill. Can they advance to a shooting opportunity as extra defenders join the game?"

SETUP

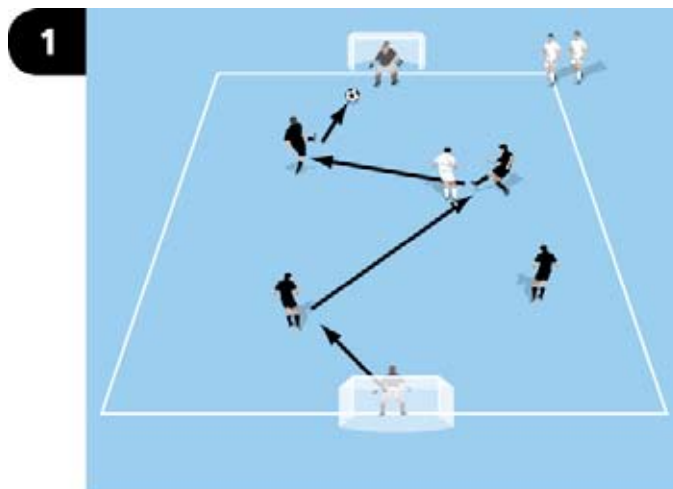
Area: 40 x 30 yards
 Equipment: 2 Goals
 No. of Players: 8 Outfield, 2 Goalkeepers

THE STEPS

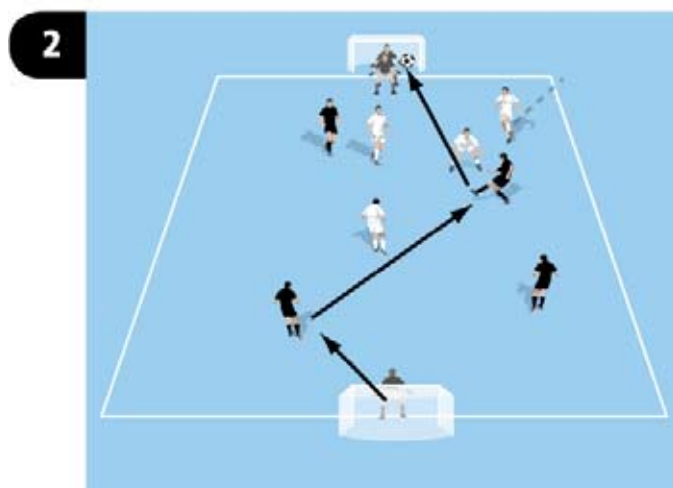
1. The keeper throws out to the four attackers who quickly combine and score in a 4v1 situation.
2. Now a 2nd defender enters the pitch and the keeper throws out to the four attackers for a 4v2 situation. Extra defenders are added until a 4v4 game is being played.
3. If the defenders win the ball they can launch an attack on the opposite end.

ROTATION

- The game continues for a set time period.
- For the next game, the roles are reversed.



The keeper throws the ball out for the attackers to score 4v1.



Extra defenders are added until 4v4 is played.



If the defenders win the ball they can attack the opposite end.

KEY

Player Movement

→
Ball Movement

46 - 2v1 / 3v2 Transition Game

"Switch the advantage as the attack changes direction after every goal with the defender receiving support from two teammates as they break out for the second attack."

SETUP

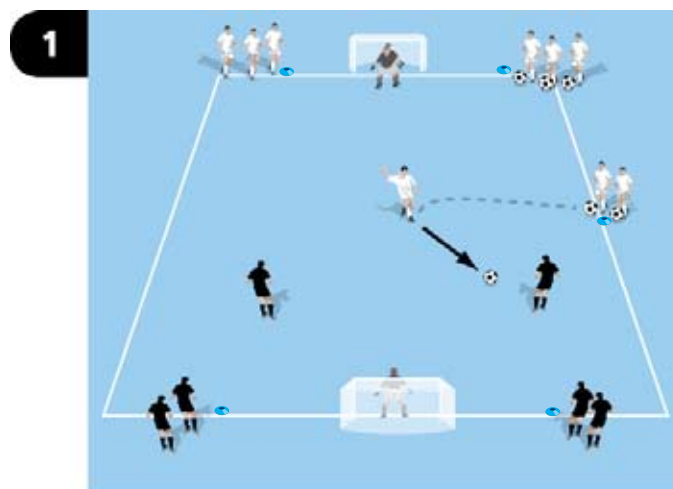
Area: 40 x 30 yards
 Equipment: 5 Cones, 2 Goals
 No. of Players: 10 Outfield, 2 Goalkeepers

THE STEPS

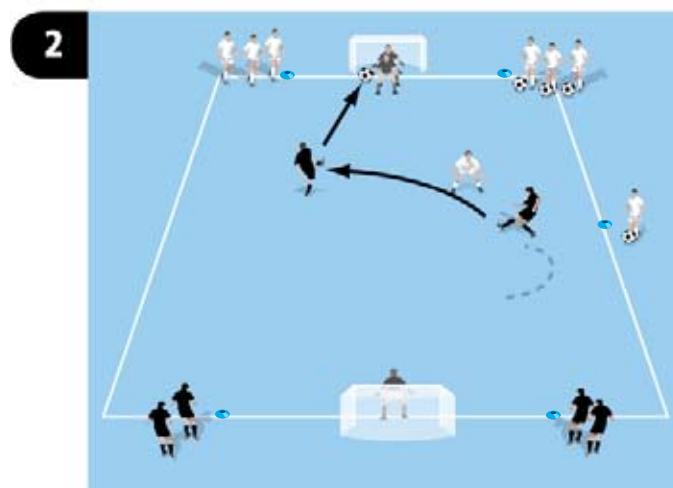
1. The central player dribbles onto the pitch and then makes a pass to the two opponents.
2. Immediately a 2v1 situation commences to the opposite goal.
3. Once this ball is played, two team mates for the central player enter the pitch and a 3v2 game commences going in the opposite direction.

ROTATION

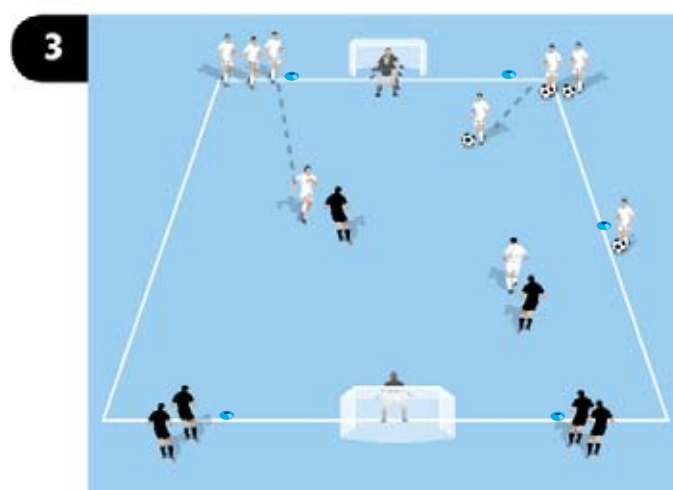
- Rotate the players positions so that both team have a chance to attack 2v1 and 3v2.



The starting player dribbles and passes to the two opponents.



The two opponents attack the top goal 2v1.



Two team mates join the starting player and they attack the bottom goal 3v2.

KEY

----- Player Movement

—————> Ball Movement

47 - 3v2 Targets

"Make sure your players are lined up alternately at the three stations as the central player looks to find a target teammate to set up a 3v2 attacking opportunity."

SETUP

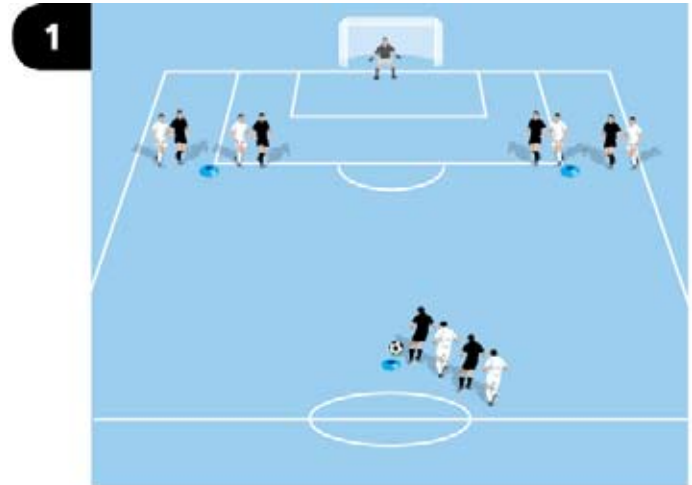
Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 12 Outfield, 1 Goalkeeper

THE STEPS

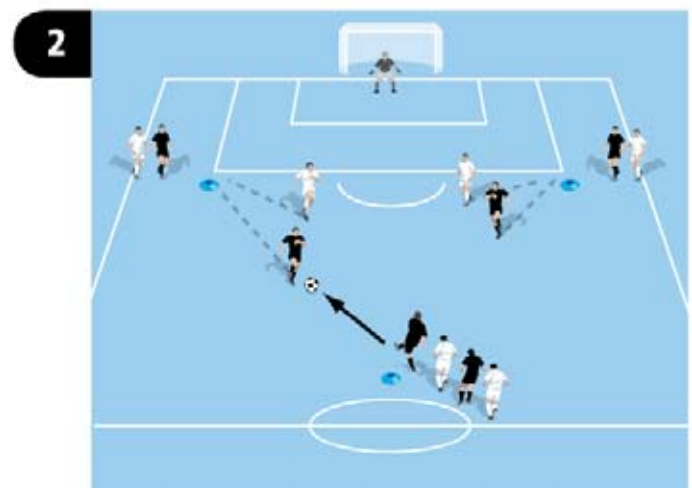
1. Set up three stations which have alternate team line ups (this is very important).
2. To start, the forwards make clever runs to get some space to receive the ball. The central player passes into one of his forwards and makes a supporting run.
3. The attackers combine 3v2 to create a shooting opportunity.

ROTATION

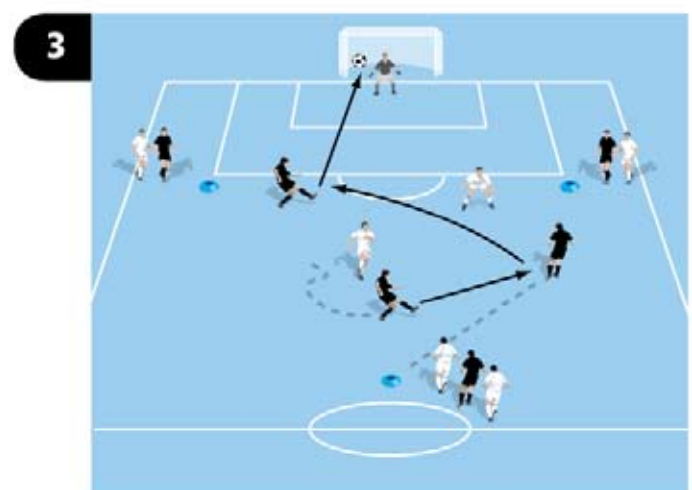
- Central players – after having a turn, join the back of your group and rest.
- Forwards – have a turn as the forward and then stay on the pitch for the next turn to defend, then rest.
- After a set time period the coach rotates the players so that they have a turn at all stations.



It is important that the stations are lined up in alternating teams.



The forwards pull off of their markers to receive the ball.



The forwards then combine 3v2 to score.

KEY

Player Movement

→
Ball Movement

48 - Shoot and Defend Close

"The clock starts as soon as the defender touches the ball. Can the attackers move the ball wide and score from a cross before the defender can get organized?"

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. To start, the defender runs out and receives a pass from the middle player. The defender quickly turns and shoots at goal. As soon as the defender has taken a touch, the left player passes into the middle player.
2. The middle player now switches the ball out to the right player.
3. The right player dribbles down the line and crosses into the box. The left and middle players must try to lose the defender and score.

ROTATION

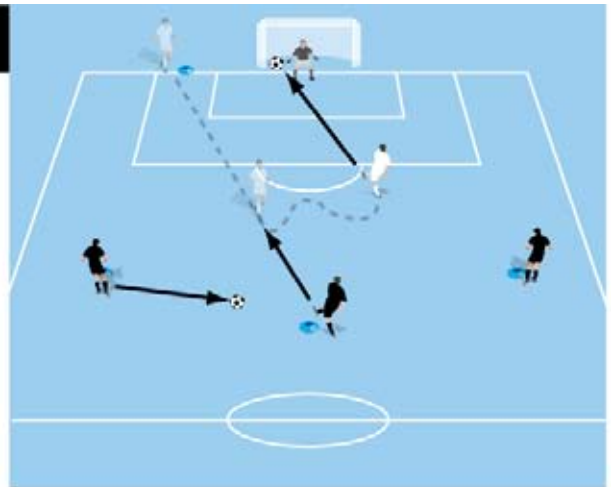
- The left player becomes the middle player.
- The middle player becomes the right player.
- The right player becomes the defender.
- The defender becomes the left player.

KEY

..... Player Movement

→ Ball Movement

1



The defender receives a pass and turns to shoot.

2



As soon as he takes his first touch the remaining three players begin an attack.

3



The starting player tries to defend the cross 1v2.

49 - ABC Finishing 1

"ABC finishing promotes independent thought and improves your players' decision making skills. Drills 49 to 65 can be mixed and matched to create a varied and testing drills session."

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

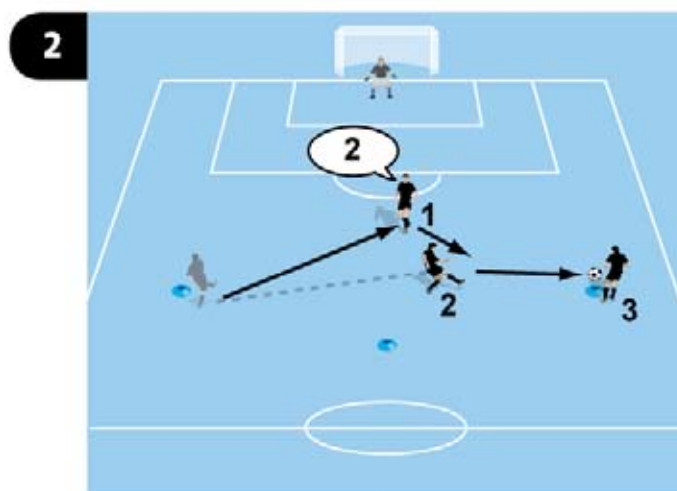
1. Player 1 dribbles and shoots at goal.
2. Player 1 now turns and makes a choice of which player to combine with.
 The player chosen passes to Player 1 then runs inside to receive a return pass and passes out to the opposite wide player.
3. Player 1 and his chosen team mate now run into the penalty box and attempt to score from the wide player's cross.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots at goal.



He then chooses which player to combine with.



The remaining player receives the ball wide and runs and crosses for the two players to score.

KEY

..... Player Movement

—————> Ball Movement

50 - ABC Finishing 2

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots at goal.
2. Player 1 now turns and makes a choice of which player to combine with.
 The player chosen passes to Player 1 then runs inside to receive a return pass and passes out to the opposite wide player.
3. Player 1 now reacts and defends 2 v 1 against the two wide players.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots at goal.



He then chooses which player to combine with and plays a one two.



Before defending 1v2 against the other players.

KEY

..... Player Movement

—————> Ball Movement

51 - ABC Finishing 3

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots at goal.
2. Player 1 now turns and makes a choice of which player to combine with.
 The player chosen passes to Player 1 then runs inside to receive a return pass before playing a through-ball for the opposite wide player.
3. The wide player runs onto the through-ball and shoots at goal.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots at goal.



He then chooses which player to combine with and plays a one-two.



The player chosen plays a through-ball for the opposite player to score.

KEY

 Player Movement

—————>
 Ball Movement

52 - ABC Finishing 4

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots at goal.
2. Player 1 now turns and makes a choice of which player to combine with.
 The player chosen passes to Player 1 then runs inside to receive a return pass and makes a through pass for the opposite player to run and shoot at goal.
3. Player 1 now becomes a defender and attempts to stop the wide player scoring.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots at goal.



He then chooses which player to combine with and plays a one-two.



The player chosen plays a through-ball for the opposite player while Player 1 acts as a defender.

KEY

..... Player Movement

—————> Ball Movement

53 - ABC Finishing 5

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots at goal.
2. Player 1 now turns and makes a choice of which player to combine with.
 The player chosen passes to Player 1 and runs out wide to receive a return pass.
3. The wide player crosses for the opposite player to run into the box and score

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots at goal.



He then chooses which player to combine with and plays a one-two.



The player chosen crosses for the opposite wide player to score.

KEY

 Player Movement

—————>
 Ball Movement

54 - ABC Finishing with Defender 1

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 passes to Player 2 and defends 1v1.
2. Player 2 and Player 3 play a 2v1 against Player 1.
3. Player 4 dribbles and crosses for Players 2 and 3 who attempt to lose Player 1 and score.

ROTATION

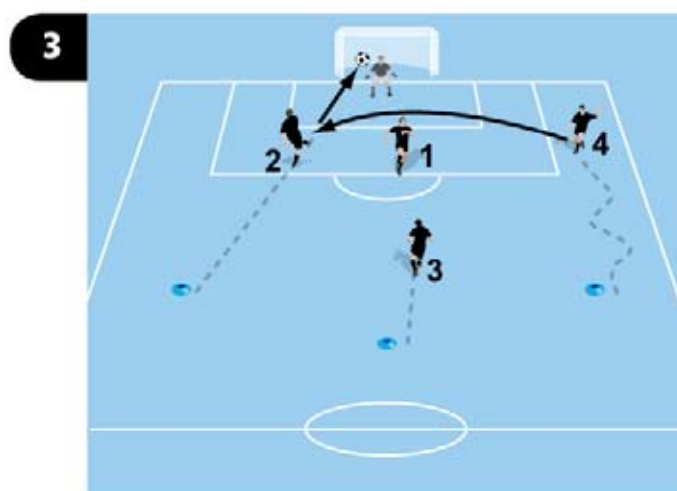
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 passes to Player 2 and defends 1v1.



Players 2 and 3 attack 2v1.



And again from a cross by Player 4.

KEY

..... Player Movement

—————> Ball Movement

55 - ABC Finishing with Defender 2

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

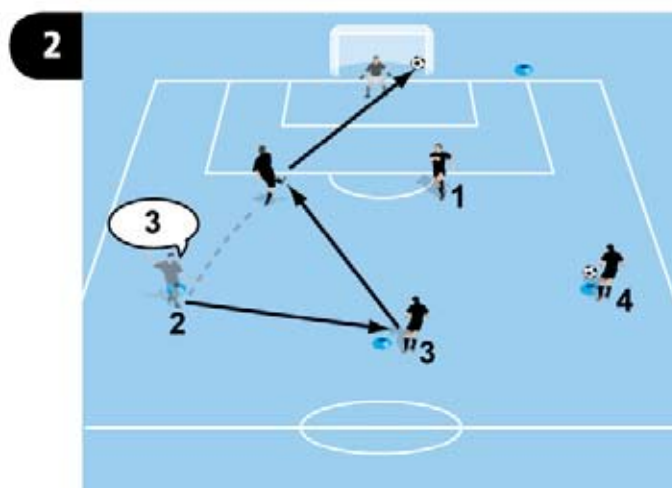
1. Player 1 passes to a player of their choice and then runs to defend.
2. The player chosen now selects a team mate for a 2v1 against Player 1.
3. The remaining player dribbles into the area and combines with Player 1 in a 2v2 game.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 passes to a player of their choice and runs out to defend.



The player chosen selects a teammate for a 2v1.



The remaining player teams up with Player 1 for a 2v2.

KEY

Player Movement

—————>
Ball Movement

56 - ABC Finishing with Defender 3

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

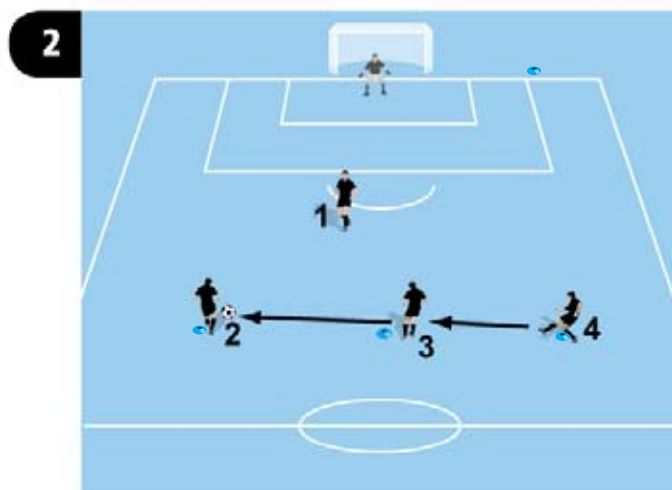
1. Player 1 runs out to the edge of the box, receives a pass from Player 3 and turns to shoot.
2. Immediately Player 4 passes to Player 3, Player 3 then switches out wide to Player 2.
3. Player 2 now dribbles and crosses for Players 3 and 4 who must lose the defender (Player 1) and attempt to score.

ROTATION

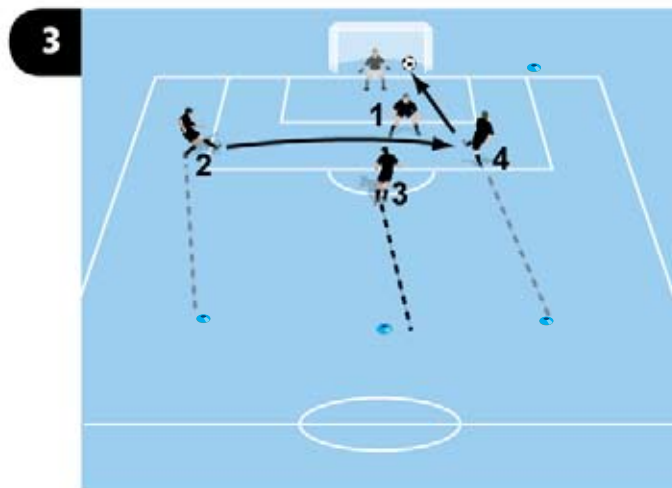
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 receives the ball and turns for a shot.



The ball is played across the line.



Before Player 2 crosses for Players 3 and 4 to attack.

KEY

..... Player Movement

→ Ball Movement

57 - ABC Finishing Combinations 1

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots at goal.
2. Player 2 plays a one-two with Player 1 and shoots.
3. Player 3 dribbles past a "passive" Player 2 and shoots.

ROTATION

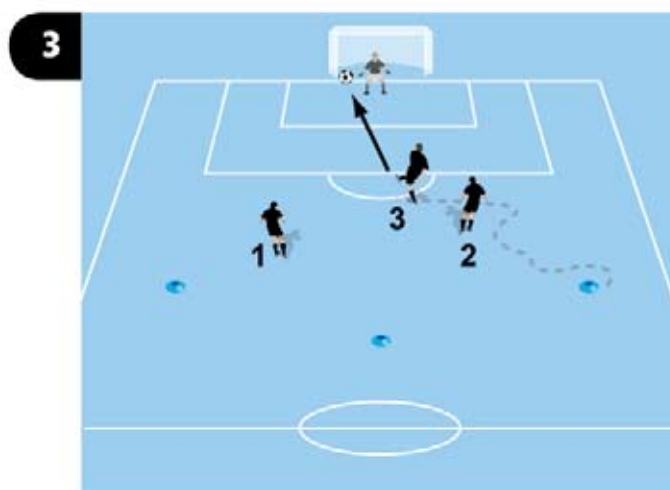
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots.



Player 2 plays a one-two with Player 1 and shoots.



Player 3 dribbles past Player 2 and shoots.

KEY

----- Player Movement

—————> Ball Movement

58 - ABC Finishing Combinations 2

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots.
2. Player 2 plays a one-two with Player 1 and shoots.
3. Player 3 dribbles and attacks in a 1v1 against Player 2 who attempts to defend.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots.



Player 2 plays a one-two with Player 1 and shoots.



Player 3 attacks 1v1 against Player 2.

KEY

..... Player Movement

—————> Ball Movement

59 - ABC Finishing Combinations 3

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots.
2. Player 2 dribbles and attacks in a 1v1 against Player 1.
3. Player 3 combines with Player 1 in a 2v1 situation against Player 2.

ROTATION

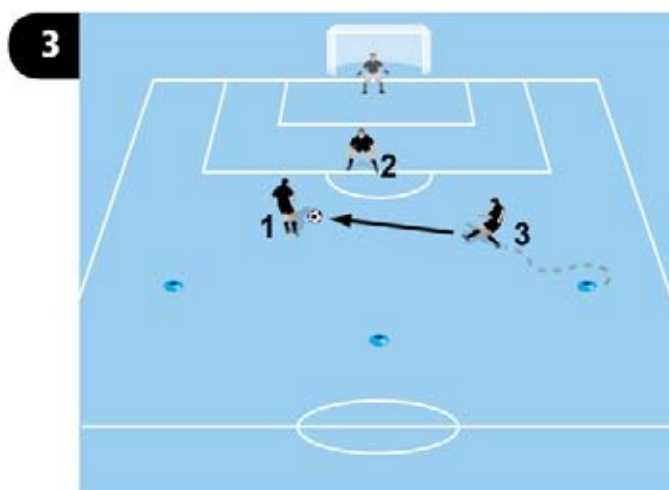
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots.



Player 2 dribbles and attacks in a 1v1 against Player 1.



Player 3 combines with Player 1 in a 2v1 situation against Player 2.

KEY

 Player Movement

—————>
 Ball Movement

60 - ABC Finishing Combinations 4

SETUP

Area: 40 x 30 yards
 Equipment: 3 Cones, 1 Goal
 No. of Players: 3 Outfield, 1 Goalkeeper

THE STEPS

1. Player 1 dribbles and shoots.
2. Player 2 dribbles and attacks in a 1v1 against Player 1.
3. Player 3 makes a choice of which team mate he would like to combine with and passes into that player to make a 2v1 situation.

ROTATION

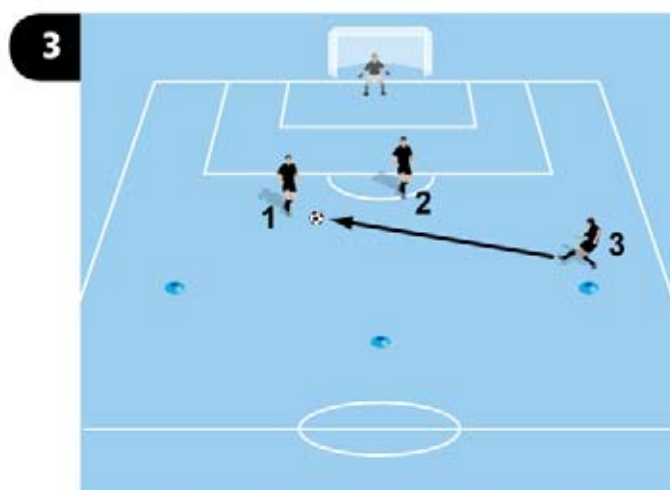
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 1.



Player 1 dribbles and shoots.



Player 2 dribbles and attacks in a 1v1 against Player 1.



Player 3 makes a choice of which team mate he would like and passes into that player to make a 2v1 situation.

KEY

.....
Player Movement

—————>
Ball Movement

61 - ABCD Finishing 1

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

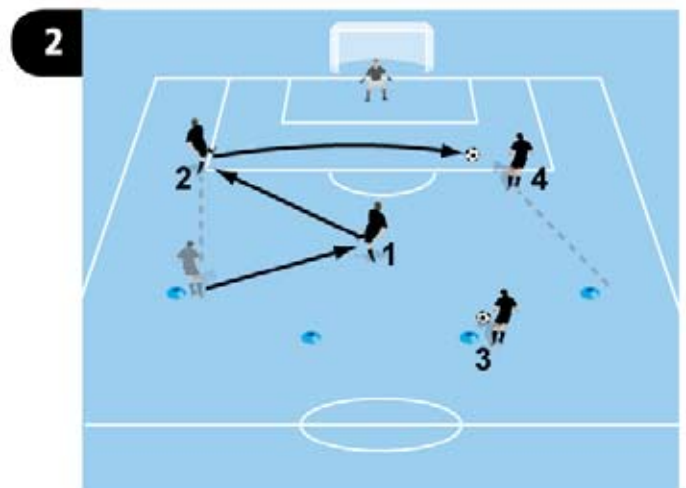
1. Player 1 dribbles and shoots at goal.
2. Player 2 passes to Player 1 and runs out wide to receive a return pass before crossing for Player 4 to run into the box and attempt to score.
3. Player 3 dribbles into the area to attack 1v1 against Player 4.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and shoots.



Player 2 combines with Player 1 and crosses for Player 4.



Player 3 takes on Player 4 1v1.

KEY

----- Player Movement

—————> Ball Movement

62 - ABCD Finishing 2

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

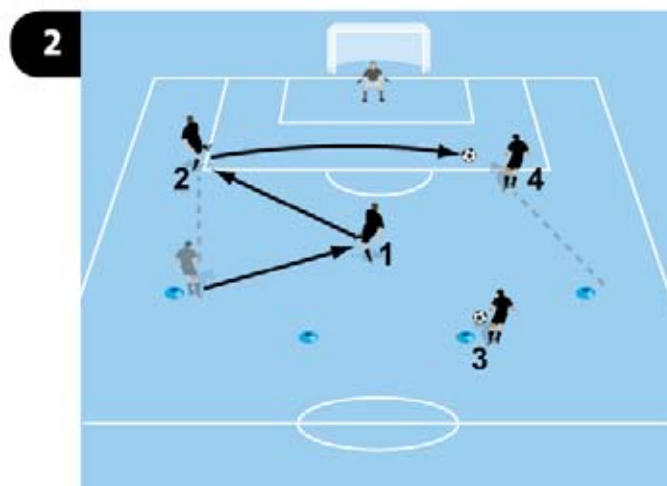
1. Player 1 dribbles and shoots at goal.
2. Player 2 passes to Player 1 and runs out wide to receive a return pass before crossing for Player 4 to run into the box and attempt to score.
3. Players 2 and 4 defend 2v1 against Player 3.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and shoots.



Player 1 and 2 combine to provide a cross for Player 4.



Player 3 attacks Players 2 and 4 1v1.

KEY

..... Player Movement

—————> Ball Movement

63 - ABCD Finishing 3

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

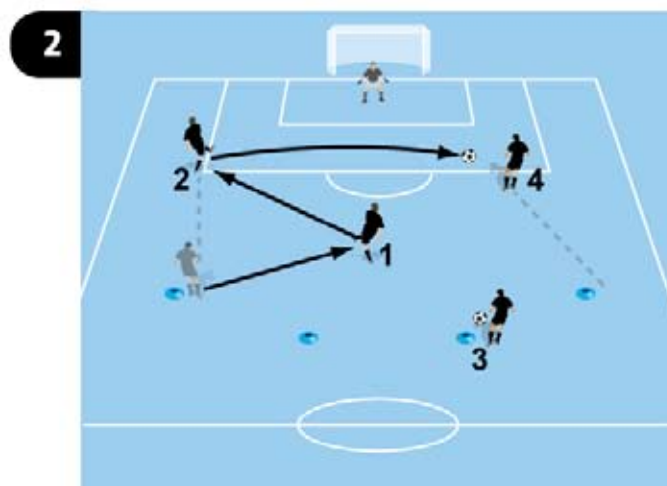
1. Player 1 dribbles and shoots at goal.
2. Player 2 passes to Player 1 and runs out wide to receive a return pass before crossing for Player 4 to run into the box and attempt to score.
3. Player 3 combines with Player 1 to make a 2v2 against Players 2 and 4.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and shoots.



Players 1 and 2 combine to provide a cross for Player 4.



Players 1 and 3 take on Players 2 and 4 2v2.

KEY

----- Player Movement

—————> Ball Movement

64 - ABCD Finishing 4

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 4 Outfield, 1 Goalkeeper

THE STEPS

1. Player 2 dribbles and crosses for Player 3.
2. Player 4 dribbles and crosses for Player 1.
3. The coach now passes to Player 2 or Player 4 and a 2v2 game commences with Players 2 and 4 against Players 1 and 3.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and crosses for Player 3.



Player 4 dribbles and crosses for Player 1.



Players 2 and 4 attack Players 1 and 3 2v2.

KEY

..... Player Movement

—————> Ball Movement

65 - ABCDE Finishing

SETUP

Area: 40 x 30 yards
 Equipment: 4 Cones, 1 Goal
 No. of Players: 5 Outfield, 1 Goalkeeper

THE STEPS

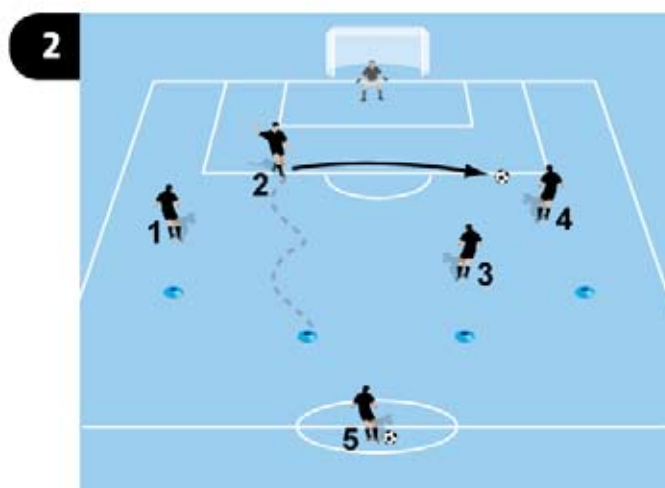
1. Player 1 dribbles and crosses for Player 3.
2. Player 2 dribbles and crosses for Player 4.
3. Now Player 5 dribbles into the pitch and makes a 3v2 game with Players 1 and 2 against Players 3 and 4.

ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 5.
- Player 5 becomes Player 1.



Player 1 crosses for Player 3.



Player 2 crosses for Player 4.



Player 5 teams up with Players 1 and 2 to go 3v2 against Players 3 and 4.

KEY

----- Player Movement

—————> Ball Movement

66 - 1v1 / 2v1 Game

"This drill tests your forwards' ability to score in 1v1 and 2v1 situations with a quick switch from defence to attack in different sized areas."

SETUP

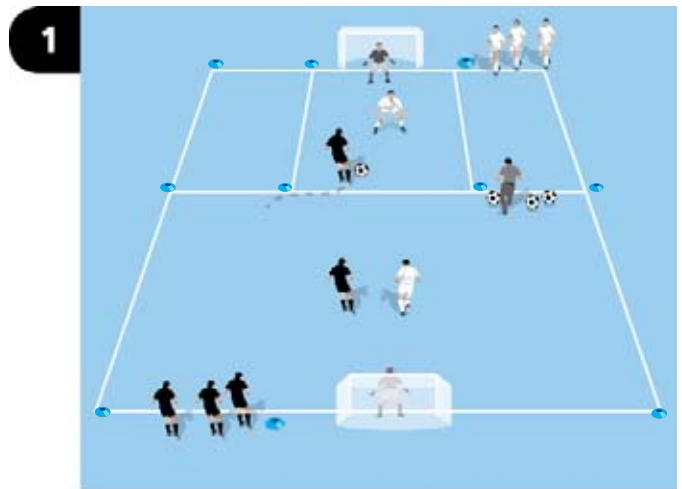
Area: 40 x 30 yards
 Equipment: 10 Cones, 2 Goals
 No. of Players: 10 Outfield, 2 Goalkeepers

THE STEPS

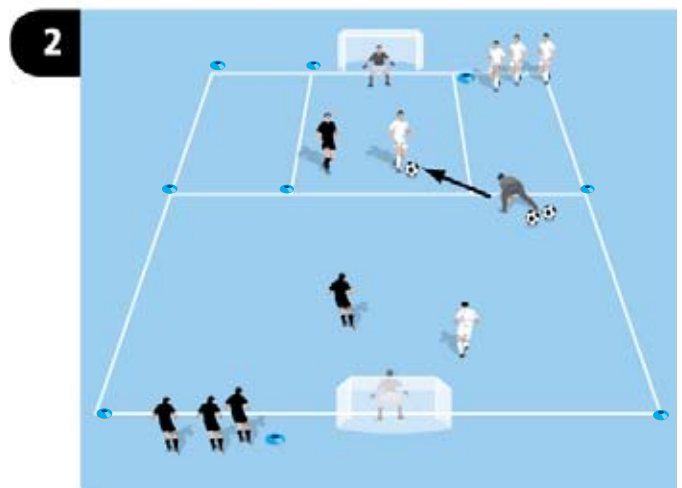
1. The black player attacks the top goal 1v1.
2. The white player then receives a ball from the coach and attacks the bottom goal with their teammate 2v1.
3. After each attack the coach passes a new ball to the defender to begin a new attack.

ROTATION

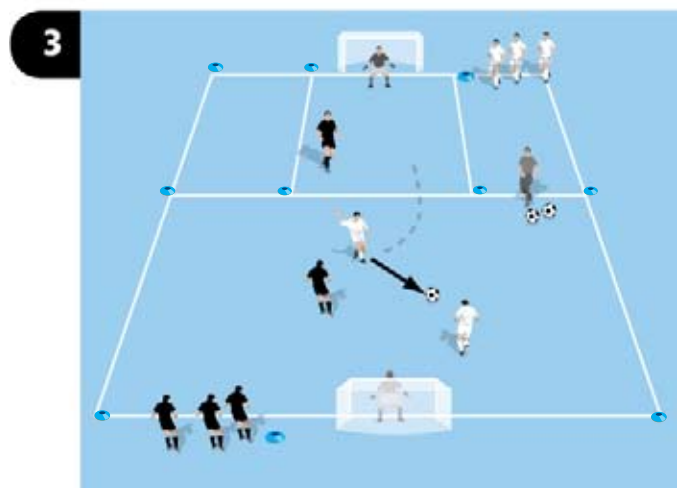
- The black defender becomes the black attacker.
- The black attacker joins the back of the queue.
- A new black attacker goes into the lower box.
- The white defender becomes the white teammate in the lower box.
- The white teammate joins the back of the queue.
- A new white defender goes into the upper box.
- The game is played for a set time period with the coach keeping scores.
- The teams switch roles for the next game.



The starting player attacks 1v1 in the top box.



The white player receives a ball from the coach...



...and attacks the bottom box 2v1 with his team mate.

KEY

..... Player Movement

→ Ball Movement

67 - 2v1 / 3v2 Game

"Intricate combination play is required to create an opening in confined playing area".

SETUP

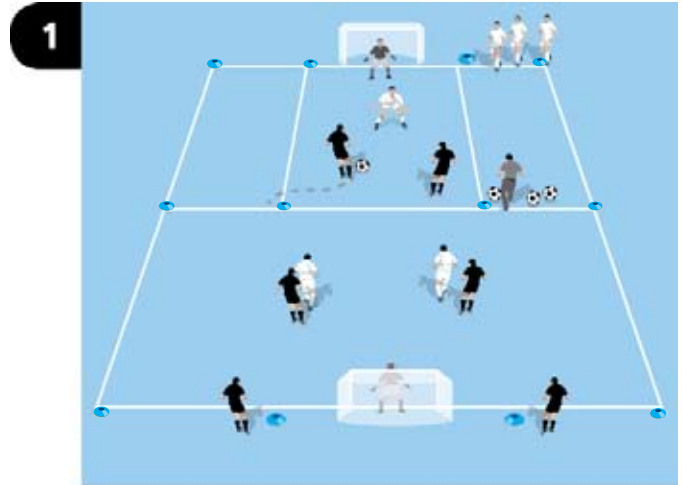
Area: 40 x 30 yards
 Equipment: 10 Cones, 2 Goals
 No. of Players: 12 Outfield, 2 Goalkeepers

THE STEPS

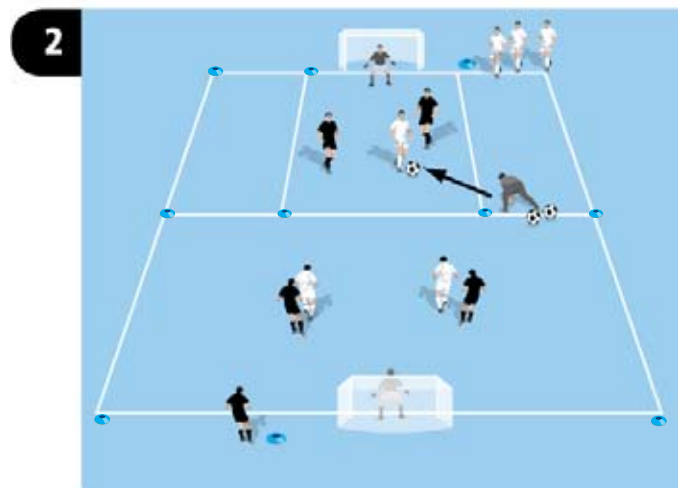
1. The black players attack the top goal 2v1.
2. The white player then receives a ball from the coach and attacks the bottom goal with their teammates 3v2.
3. After each attack the coach passes a new ball to the two black defenders to launch an attack on the top goal.

ROTATION

- The black defenders become the black attackers.
- The black attackers join the back of the queue.
- Two new black defenders go into the lower box.
- The white defenders become the white teammates in the lower box.
- The white teammates join the back of the queue.
- Two new white defenders go into the upper box.
- The game is played for a set time period with the coach keeping scores.
- The teams switch roles for the next game.



The starting players attack 2v1 in the top box.



The white player receives a ball from the coach...



...and attacks the bottom box 3v2 with his teammates.

KEY

Player Movement

→
Ball Movement

SECTION 3

Small-Sided Games

“Having guided your players through the unopposed and opposed drills they should now have a greater level of ability, technique and understanding when in Attacking situations. The final piece of our coaching jigsaw is to progress to Small-Sided Games. In the Small-Sided Games we are looking to create a real game environment where opposing sets of players are both trying to score. Now as the coach you can lead your team through ways of attacking from deep, wide, and central positions. It’s also important to teach the players that without possession of the ball it’s impossible for them to attack, therefore each player has a role to play on defence and then on the transition of winning the ball”

68 - Use the Neutral

“Neutral players are always on the attack in this game. Can the attackers utilize their numerical advantage to create a shooting opportunity?”

SETUP

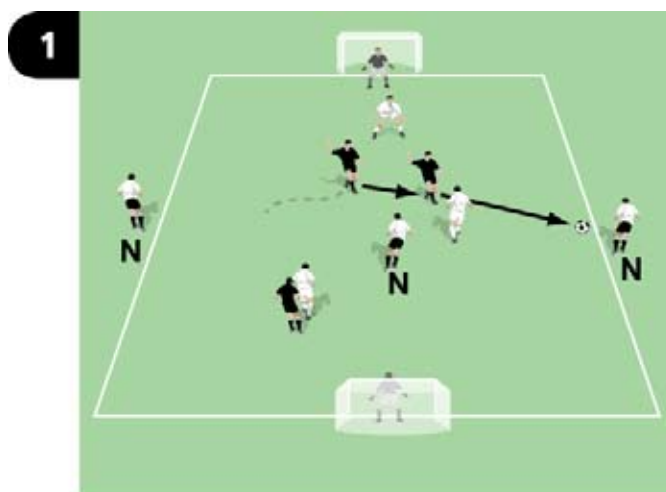
Area: 40 x 30 yard
 Equipment: 2 Goals
 No. of Players: 9 Outfield (3 teams of 3),
 2 Goalkeepers

THE RULES

1. Two teams play 3 v 3 in a small pitch.
2. The other team acts as neutrals that play for the team in possession with one player on each wing and one on the pitch.
3. The coach can put rules on the neutral players if needed such as limiting touches on the ball and allowing or not allowing them to score.

ROTATION

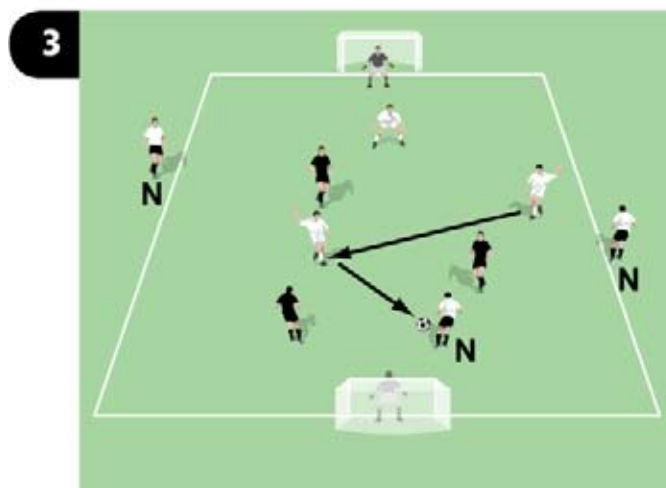
- The game is played for a set time period with the coach keeping scores.
- The teams take turns to act as the neutral players.



The black team plays the ball wide to a neutral.



The neutral runs down the wing and crosses to the black attacker.



The white team attack down the middle with the extra-man advantage of the central neutral.

KEY

----- Player Movement

—————> Ball Movement

69 - 2 Goal v 1 Goal Game

“Test your player’s decision making as they are presented with two goals in which to score. Can they switch play quickly to create a chance?”

SETUP

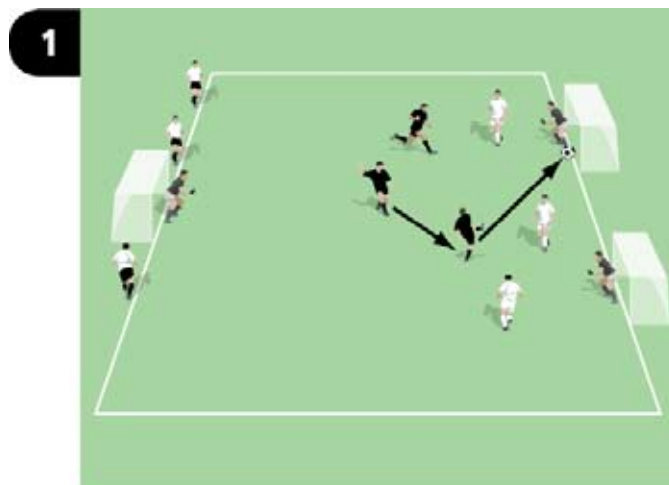
Area: 40 x 30 yard
 Equipment: 3 Goals
 No. of Players: 6 Outfield, 3 Goalkeepers

THE RULES

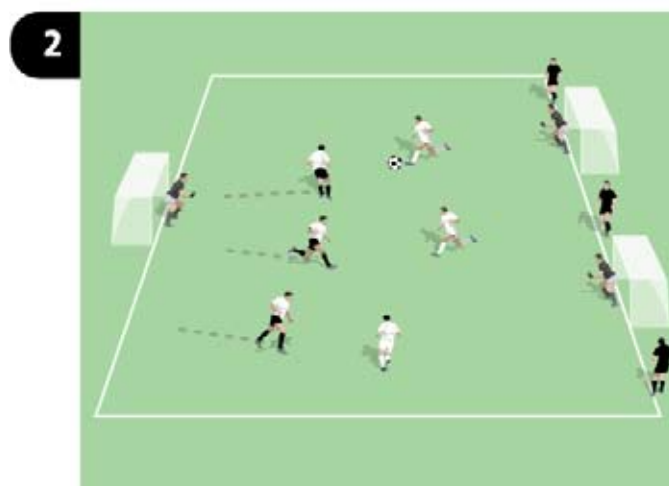
1. The black team attacking 2 goals starts with the ball and can attempt to score in either goal.
2. When a shot is taken or a tackle made the white team takes control of the ball and attacks the single goal against 3 new defenders.
3. Now, when a shot is taken the new team attack the two goals which are now defended by the black team. The white team rests before returning to defend the single goal on the next attack.

ROTATION

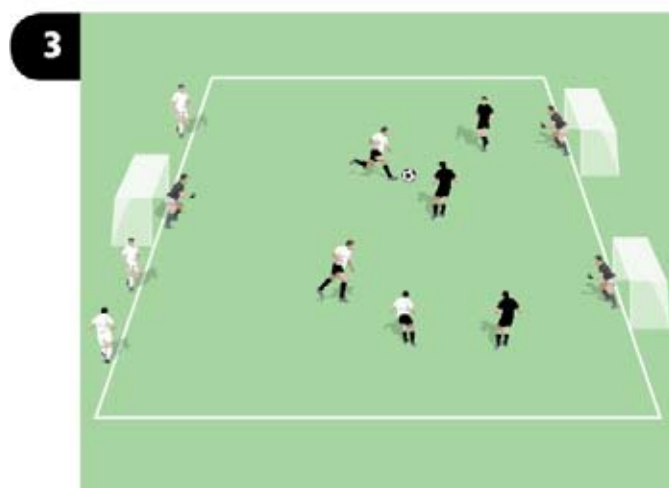
- The team that started the attack defends the 2 goals and then rests for a turn.



The black team starts attacking the two-goal end.



The white team then attack the single goal defended by the black shorts.



The black shorts attack the two-goals and the black team defends.

KEY

..... Player Movement

→ Ball Movement

70 - Role Reversal

"This 4v4 rotation works like a half-court basketball game as the defending team must work the ball out to the coach before launching their own attack."

SETUP

Area: 40 x 30 yard
 Equipment: 1 Goal
 No. of Players: 8 Outfield, 1 Goalkeeper

THE RULES

1. The defending team chooses one player to act as the keeper.
 The attacking team receives a ball from the coach and attempt to score.
 If successful, the attackers receive a 2nd ball from the coach and attack again.
2. However, if the attacking team misses, or the defenders win the ball, the roles are quickly reversed.
3. Upon winning the ball the defenders pass to the coach (unopposed) and run out to take up attacking positions. Whilst this happens, the attacking team fall back and choose a 'keeper'.

ROTATION

- The game is played for a set time period with the coach keeping scores.

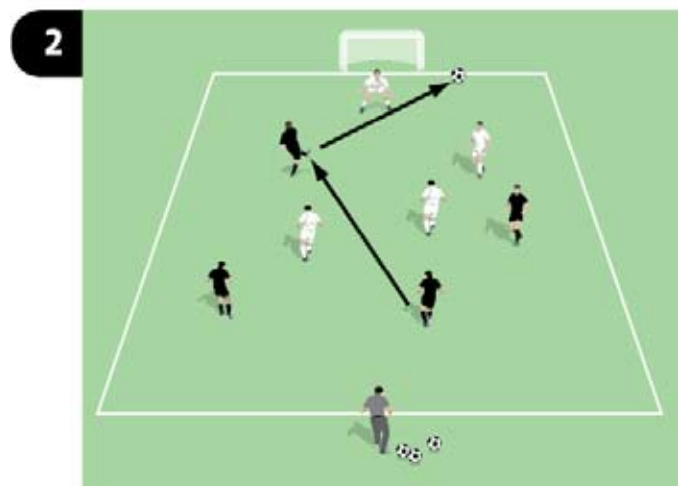
KEY

..... Player Movement

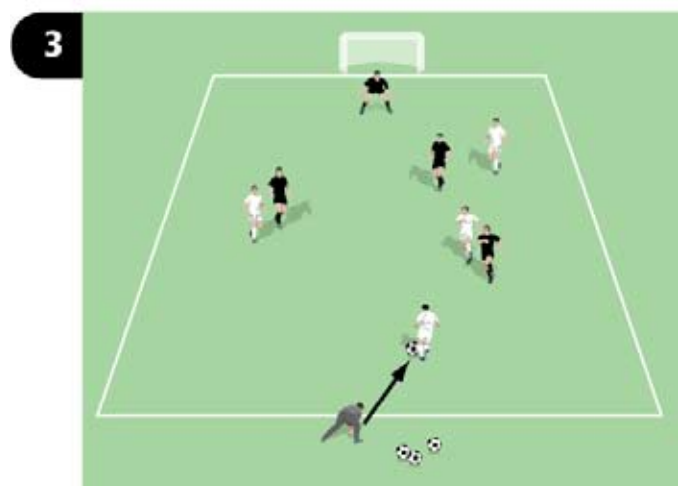
→ Ball Movement



One player drops back in goal as the coach serves a ball in.



The black team attack but shoot wide.



The black team choose a goalkeeper as the white team launch an attack.

71 - Overload Continuous Game

“Which team can build an advantage as the game moves towards 5v5 in this rapidly expanding series of overload situations?”

SETUP

Area: 40 x 30 yard
 Equipment: 2 Goals, 10 Balls
 No. of Players: 8 Outfield, 2 Goalkeepers

THE RULES

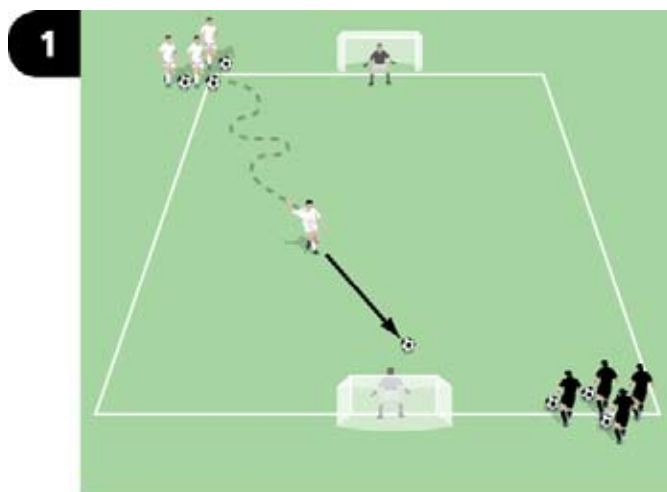
1. The first player from the white team dribbles and uses three touches to shoot against the keeper.
2. Immediately 2 players from the black team make a 2v1 going in the opposite direction.
3. Players are then added in sequence until all balls and players have entered the pitch to make 4 v 4.
4. The coach then passes the extra four balls into the game (one at a time).

Team 1 V Team 2
 1 V Goalkeeper, 1V2, 3V2, 3V4, 4v4

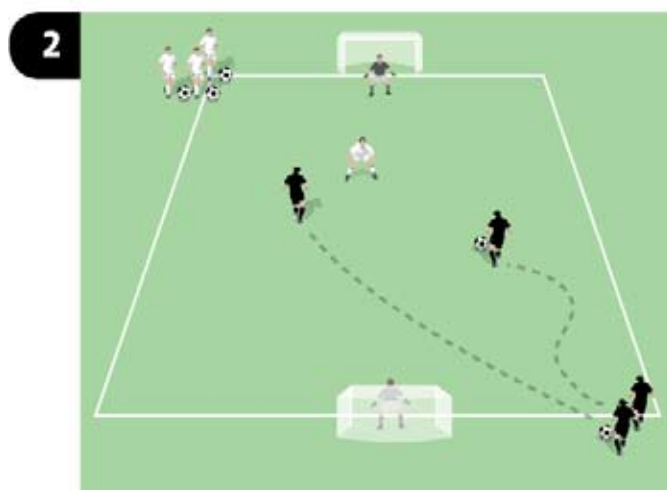
ROTATION

- For the next game, the starting team rotates.

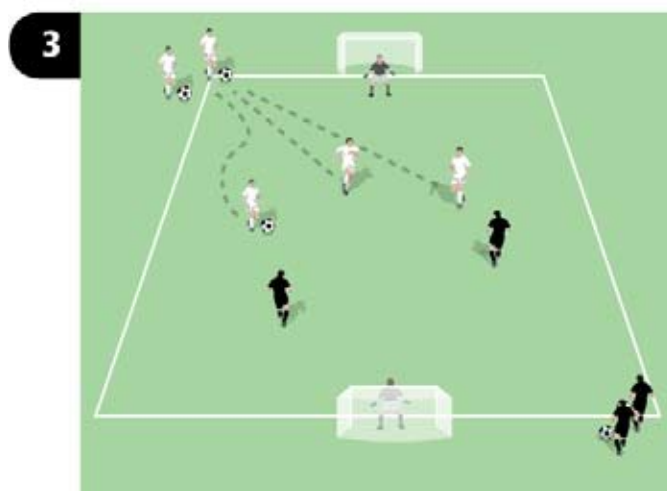
KEY  Player Movement  Ball Movement



The first player attacks unopposed.



Then must defend 1v2.



Then the white team attacks 3v2 as the game progresses to 4v4.

72 - 3 Player Counter

“Three teams compete to put together a run of attacks starting from the central zone. The defending teams must win the ball to take their turn in the central zone.”

SETUP

Area: 50 x 30 yard
 Equipment: 6 Cones (for central zone), 2 Goals
 No. of Players: 9 Outfield, 1 Goalkeeper

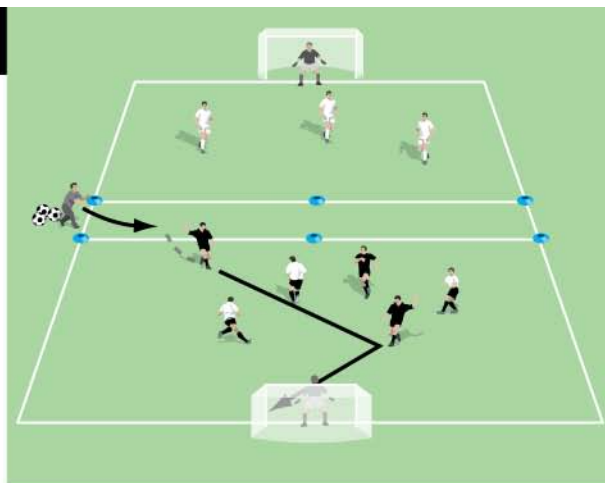
THE RULES

1. The team in the central zone starts the game by attacking either of the opponent’s goals.
2. If successful, they return to the central zone, receive a new ball from the coach, and attack the opposite goal.
3. However if the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

ROTATION

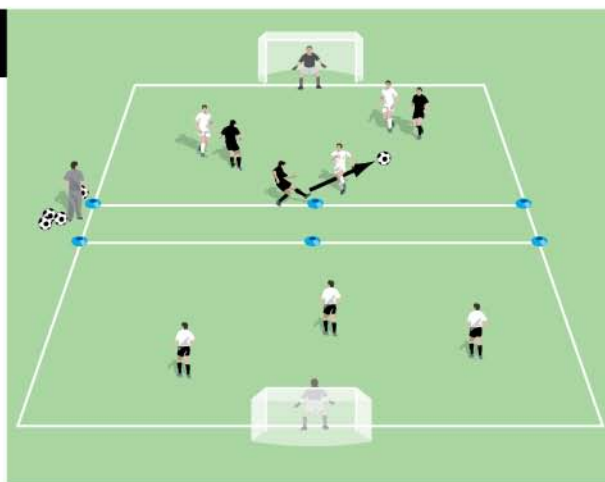
- The game runs continuously for a set time period.

1



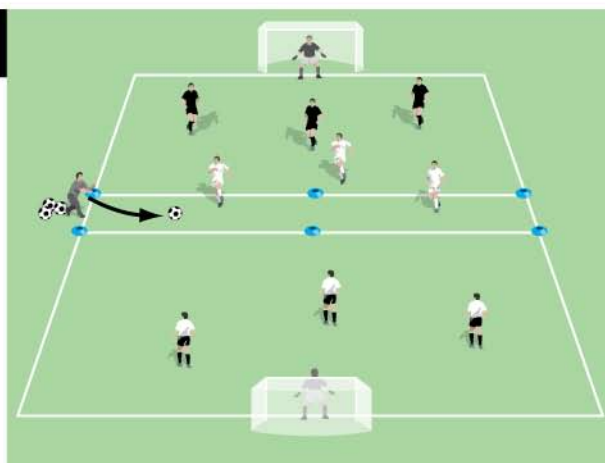
The black team launch an attack from the central zone.

2



If they score they return and get another ball to attack the opposite goal.

3



If they fail to score the defending team breaks out to the central zone to attack.

KEY

..... Player Movement

—————> Ball Movement

73 - 3 Player Counter with Neutrals

"This game is a progression of the previous one with neutrals creating an overload situation for the attacking team."

SETUP

Area: 50 x 30 yard
 Equipment: 6 Cones (for central zone), 2 Goals
 No. of Players: 12 Outfield, 2 Goalkeepers

THE RULES

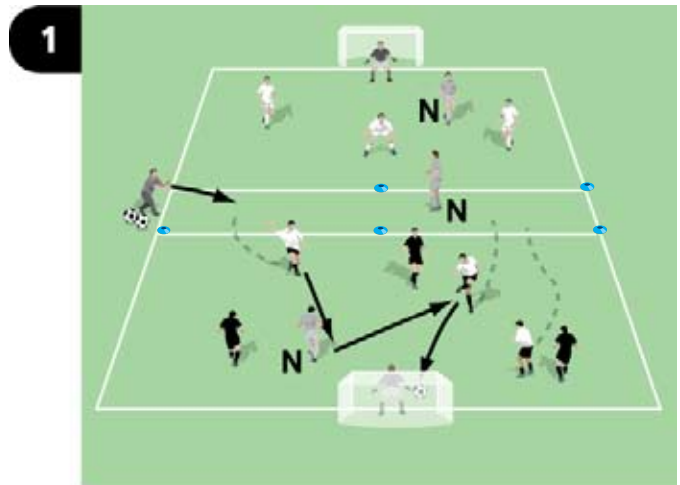
1. The team in the central zone starts the game by attacking either of the opponent's goals. The fourth team acts as neutrals with one working as a midfielder in the central zone (limited to two touches) and one in each endzone working as attackers.
2. If successful, they return to the central zone, receive a new ball from the coach, and attack the opposite goal.
3. However, if the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

ROTATION

- The game runs continuously for a set time period.

KEY →

Player Movement Ball Movement



The black shorts use the neutral to score against the black team.



They launch an attack on the opposite end.



But the white team stop them from scoring and attack the opposite goal.

74 - Wide and central Advantage

"In this progression from game 73, two of the neutral players add width to encourage the attackers to spread the ball and get into attacking positions to score from a cross."

SETUP

Area: 50 x 30 yard
 Equipment: 6 Cones (for central zone), 2 Goals
 No. of Players: 12 Outfield, 2 Goalkeepers

THE RULES

1. The team in the central zone starts the game by attacking either of the opponent's goals. Going in one direction, they can use the two wide neutral players to get crosses into the box (when a cross comes from one side, the opposite wide "neutral" can get into the box to score).
2. If they score, they return to the central zone, receive a new ball from the coach, and attack the opposite goal. Going in the opposite direction, the neutral is on the pitch and works as an extra forward making a 4v3.
3. If the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

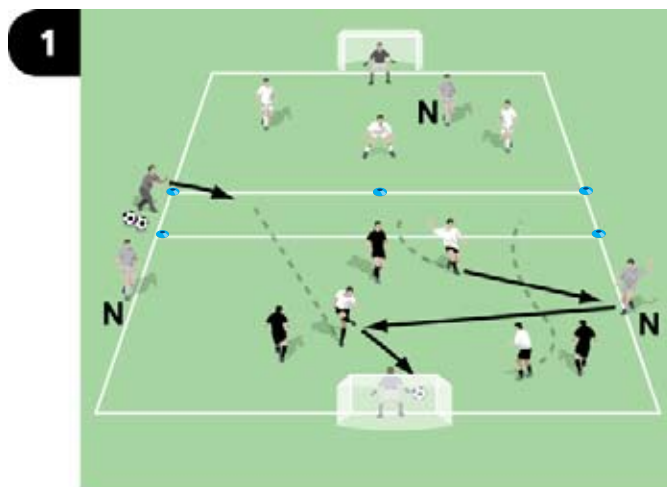
ROTATION

- The game runs continuously for a set time.

KEY

..... Player Movement

—————> Ball Movement



The black shorts use the wide player to score.



Then they attack the white team using the central neutral player.



But fail to score and the white team break out to attack the opposite goal.

75 - Pressure on the Defence

“The attacking team must put the defenders under pressure in this continuous attack v defence game. Which team can score the most from 5 attempts?”

SETUP

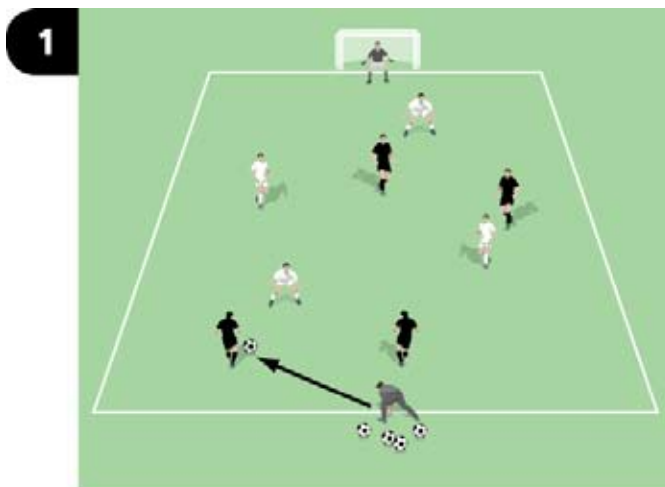
Area: 40 x 30 yard
 Equipment: 1 Goal
 No. of Players: 8 Outfield, 1 Goalkeeper

THE RULES

1. The coach feeds a ball in to the black team.
2. The black team has 5 balls to score as many goals as they can.
3. As soon as a goal is scored, the black team is tackled, or the ball leaves the pitch, the coach immediately feeds in a new ball.

ROTATION

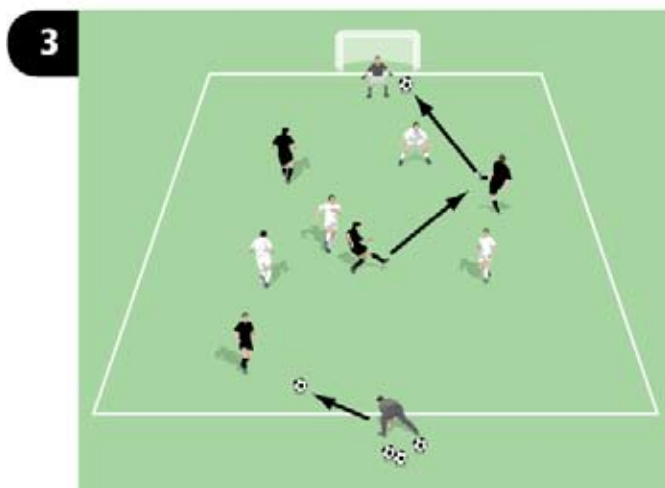
- After the five balls are played the roles are reversed and the previous defending team tries to beat the other team’s score.



The black team receives a ball from the coach to start the game.



They have 5 attacks to score as many goals as possible.



The coach serves the balls quickly to keep the pressure on the defence.

KEY

..... Player Movement

—————> Ball Movement

76 - 4v4 Score to Continue

"In this timed 4v2 overload game the attacking teams compete to score the most goals against the defending pair."

SETUP

Area: 40 x 30 yard
 Equipment: 6 Cones, 1 Goal
 No. of Players: 12 Outfield (3 teams of 4),
 1 Goalkeeper

THE RULES

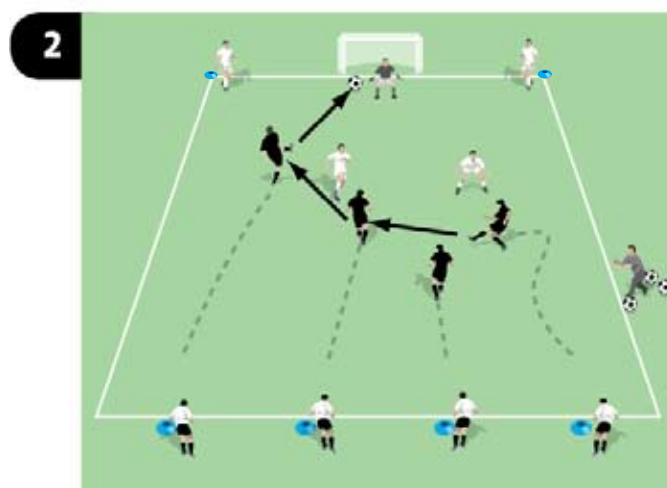
1. One team work in pairs and act as defenders while the other two teams are in competition to score the most goals.
2. The starting team attack 4v2, if they score then they receive a 2nd ball and attack again
3. This continues until they fail to score, then their opponents have a turn to attack 4v2.
4. Therefore by attacking well and taking your chances you can build up a lead and run down the playing time. Each game lasts four 4 minutes.

ROTATION

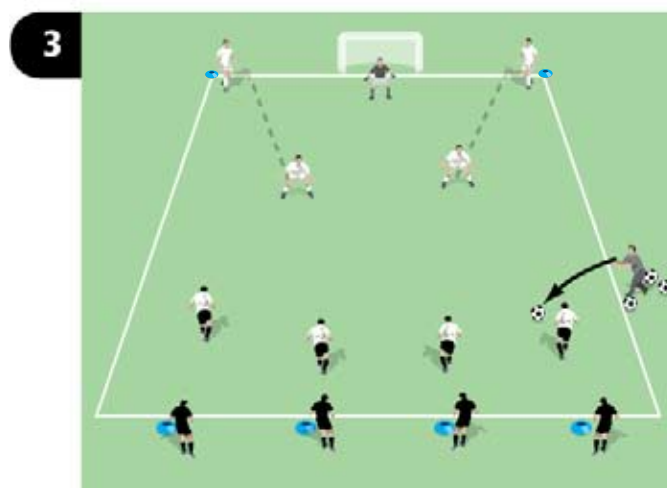
- After four minutes the team that has scored the fewest goals must become the new defenders.



The black team attack the first pair of defenders 4v2.



The coach gives them a new ball every time they score.



If they fail the black shorts get a chance to attack against the other pair of defenders.

KEY

..... Player Movement

→ Ball Movement

77 - 2v2v2 Crossing Game

"In this continuous 2v2 game the defenders must stop the attackers scoring from a cross to win their chance to break out and score at the opposite end."

SETUP

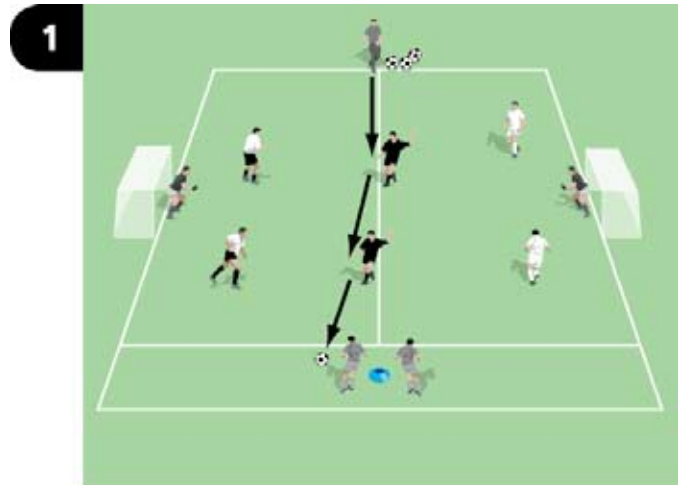
Area: 40 x 30 yard
 Equipment: Cones (for central line), 2 Goals
 No. of Players: 8 Outfield (4 teams of 2),
 2 Goalkeepers

THE RULES

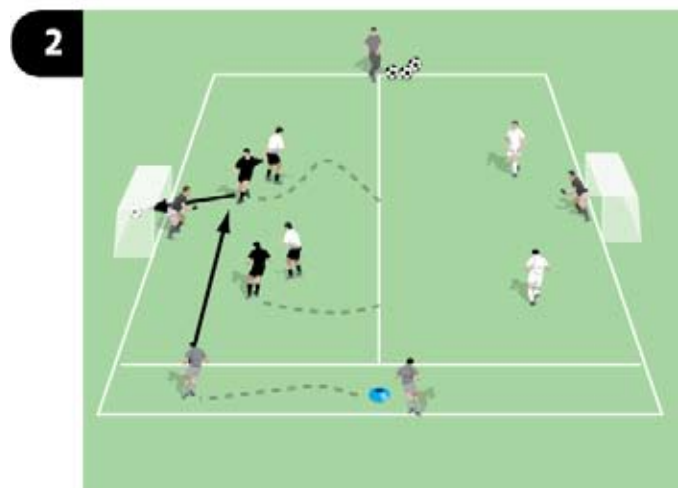
1. The middle team receives a ball from the coach and combines to pass wide to the crosser.
2. Now the middle team makes runs to lose the defenders and attempt to score from the cross.
3. If successful, they receive a 2nd ball from the coach and attack the opposite goal.
4. However, if they do not score then the defenders break out to receive a ball and attack.

ROTATION

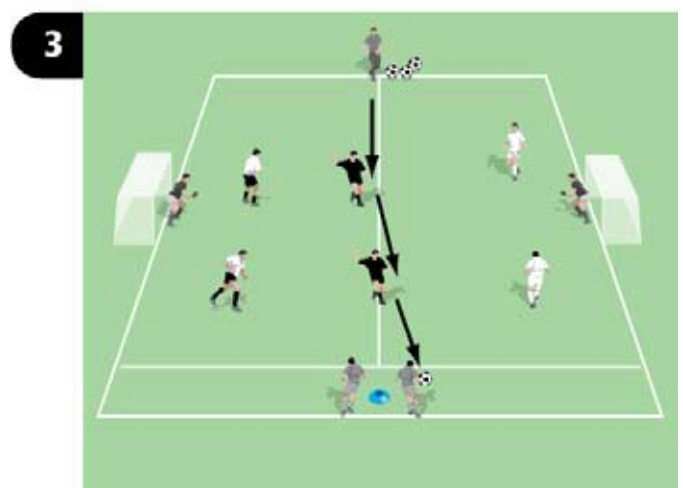
- The game runs continuously for a set time period.
- If the attackers fail to score they become the defending team in that half.
- Each team takes a turn as the crossers.



Three teams square up in this game.



The black team score from their first cross.



The defenders must force a mistake if they are to launch an attack of their own.

KEY

Player Movement

—————>
Ball Movement

78 - 4v2 Continuous

"Get your players used to counter-attacking overloads in this 10-ball continuous overload game."

SETUP

Area: 40 x 30 yard
 Equipment: 2 Goals
 No. of Players: 8 Outfield, 2 Goalkeepers

THE RULES

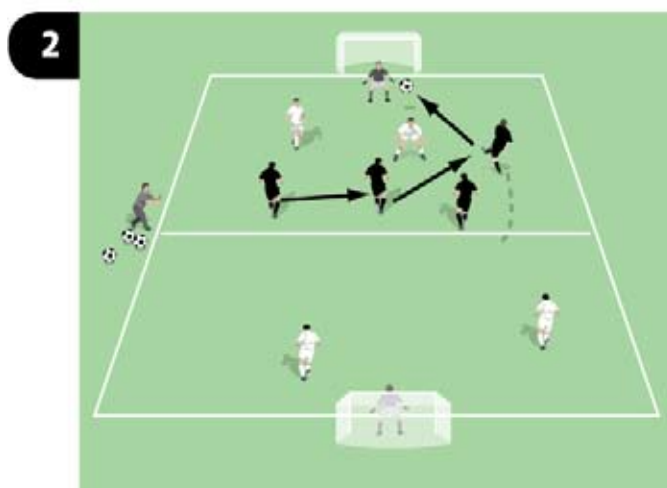
1. The attacking team starts on the centre line and the defending team split into pairs and go into separate halves of the pitch. To start, the coach passes to the attacking team.
2. The attacking team has 10 continuous attacks (5 at each goal).
3. After each ball has been played, the coach passes the team a new ball and they attack the opposite goal.

ROTATION

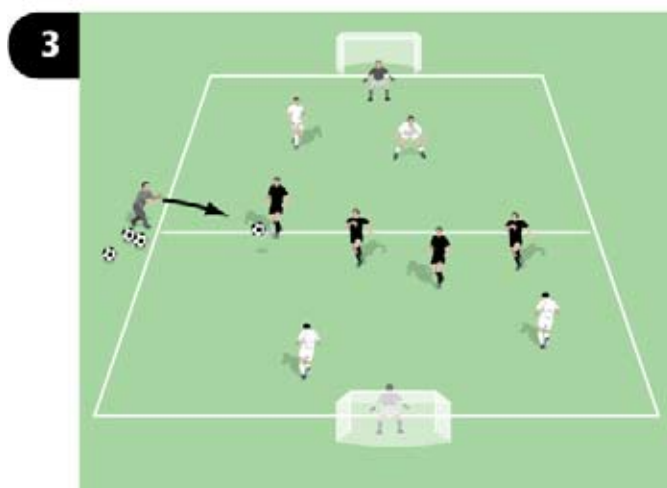
- The attacking and defending teams swap roles.



Each team has 10 attacks to score as many goals as possible.



The defenders should be stretched to make the most of the extra attackers.



Which team will make the most of their 10 opportunities?

KEY

..... Player Movement

→ Ball Movement

79 - 3v2 Continuous Defend and Attack

"The target man stays in place to help the defenders launch a counter attack and benefit from a 3v2 overload situation."

SETUP

Area: 40 x 30 yard
 Equipment: 4 Cones, 2 Goals
 No. of Players: 14 Outfield, 2 Goalkeepers

THE RULES

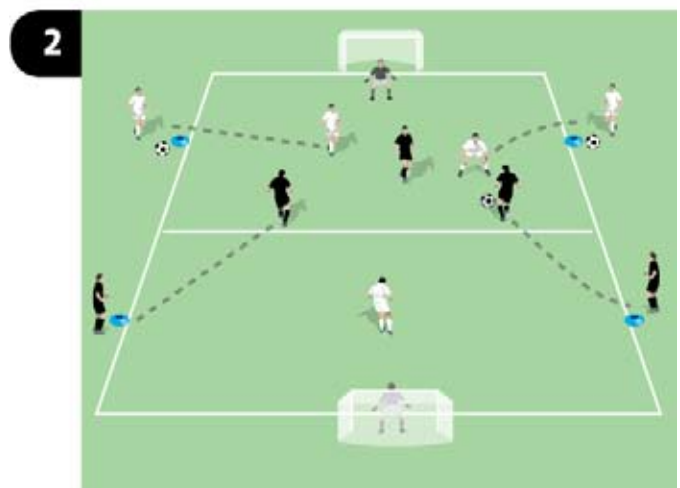
1. The players are divided into two teams and each team selects a forward that is always on the pitch and the remaining players are divided into pairs.
2. The black team attack in a 3v2 situation.
3. Once the attack is completed, the two white defenders make a counter attack to the opposite goal. Now this team can combine with their forward for a 3v2 situation against two new black defenders.

ROTATION

- Each time the defenders break out to counter attack two new players must take up their positions.



The teams select their full-time forwards.



The black team attacks 3v2.



The white team can counter attack, joining their forward to make a 3v2 at the other end.

KEY

----- Player Movement

—————> Ball Movement

80 - Wide or Central Advantage

"The coach can switch the advantage in this game to test the attackers' ability to exploit the available width or work their way through the potentially crowded central area."

SETUP

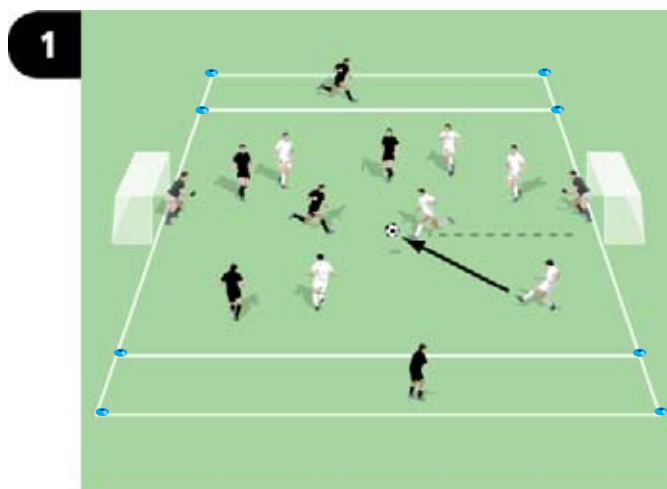
Area: 50 x 30 yard
 Equipment: 8 Cones, 2 Goals
 No. of Players: 12 Outfield (2 teams of 6, numbered), 2 Goalkeepers

THE RULES

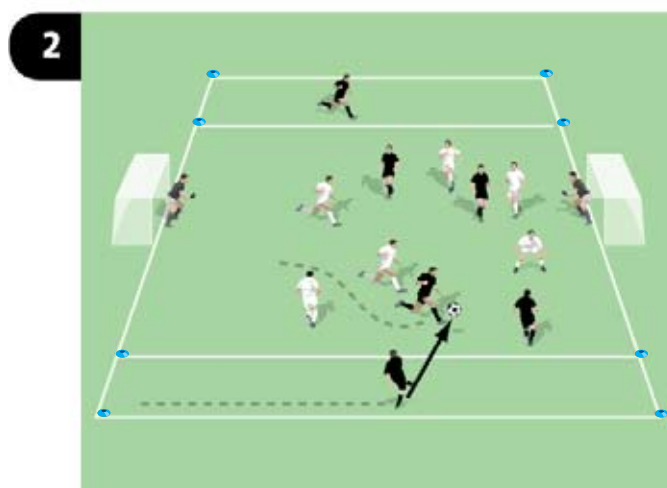
1. One team has all their players on the pitch and therefore attack through the middle. The team with four on the pitch drop back and defend deeply to squash the space.
2. The other team has two of their players out wide and therefore attacks down the wings.
3. When defending, the team with 6 on the pitch can use high pressure against the four players.

ROTATION

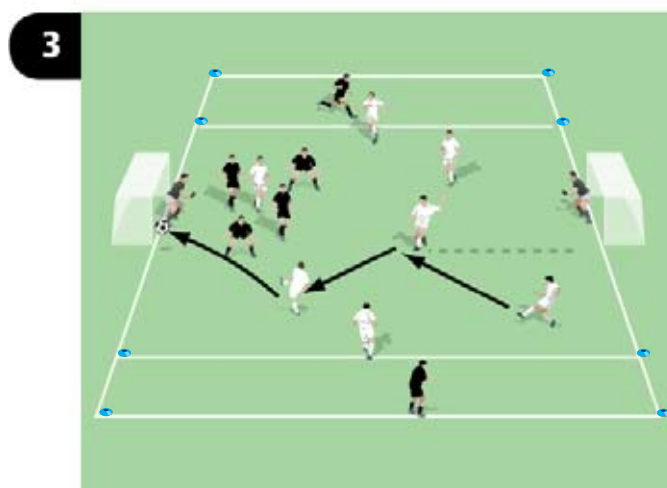
- The conditions continually change as the coach calls out different instructions such as "1 and 2 blue" to switch the wide players.



The white team need intricate passing in the crowded central zone.



The black team can move the ball wide where there is space.



The coach can change the restrictions on each team to switch the challenge

KEY

..... Player Movement

—————> Ball Movement

Conclusion

I hope the drills in this book have helped you to take your players and team to a higher level. As coaches of the next generation of players, fans, coaches and officials we have big responsibility and effect on the future of the game.

Let me share a key insight with you:

“The game of football is unpredictable and although two things can often be similar they are never the same. Therefore, as coaches, our training sessions must not always be predictable. If they are, then our players will not function effectively in matches as they will be programmed to both play and react to predictable movements.

Therefore, repetitive training of techniques and skills is good to a point, but players must be given choice and variation on actions, movements and starting positions. We must recreate the game in our training.”

I would like to thank you personally for purchasing this book and I welcome your feedback and questions personally to me at mike.beale@coach-soccer.com

Best wishes



Michael Beale