

Soccer Drills and Practice Plans:

Volume 2

Making you a better coach, one practice at a time!

How to Use this Book!

If you had the advantage of seeing the first book, you will probably know the drill. This book is designed with drills for soccer players in mind. We go through the drills and show you how to do them (with diagrams if necessary), and what the end result might be for your players.

Once again, we have put together a few extra drills for your team to use, to improve the level of play. These drills help to combine a variety of skills, or they work on specific skills sets that allow the players to improve.

Many of the drills will try to combine the skills of each of the areas with elements of the game that they need to try and improve. Some of the drills will be for each individual skilled position. For volume 2, the drills that have been included can be used and adapted for any skill level. We will provide you with ideas on how you can make these drills more complex for some groups and easier for others – depending on age and skill level.

In the following pages are 10 more drills that you can add to your practice plan collection – helping a variety of positions on the football field. You can incorporate them into the practice plans you had before, or you can use the new practice plans at the end of this volume.

Practice plans

Soccer practice is a time to build skills and get the team going on the same page. Each player has the opportunity to hone their skills and sharpen their play during practice times. Our practice plans help you, the coach, to have a fluid and continuous learning and development time with players.

The practice plans are for you, the coach, to try and structure a practice using many of the drills that we have included in this guide, along with the time you put in working as a team.

Best of Luck!

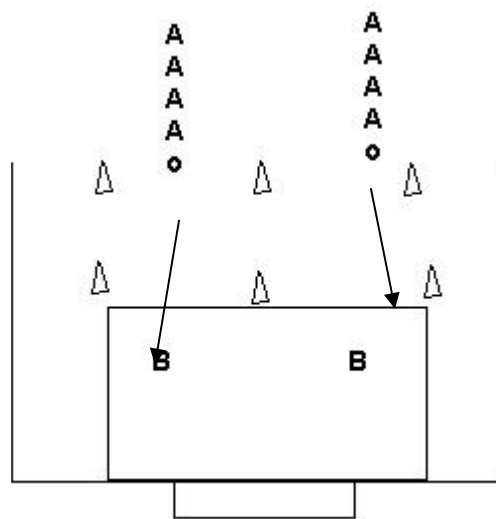


Soccer Drills – Vol. 2

Quick Transition

This drill is about the transition from offense to defense

What you need – You need to set up the players in such a way that there are two defenders inside the penalty area, and two lines of attackers. Each attacking line has an area marked off by pylons (as shown below) and they must stay in that area during the drill.



How this drill works – As the 'A' player comes down towards the defender (B), he or she must make one quick move to get by the defender and then take a shot. The defender tries to make a tackle and clear the ball away.

Once the 'A' player has made a move and the ball has been shot or tackled away, they must immediately turn around and play defense for the next player in line. That is when the drill becomes more difficult for the players.

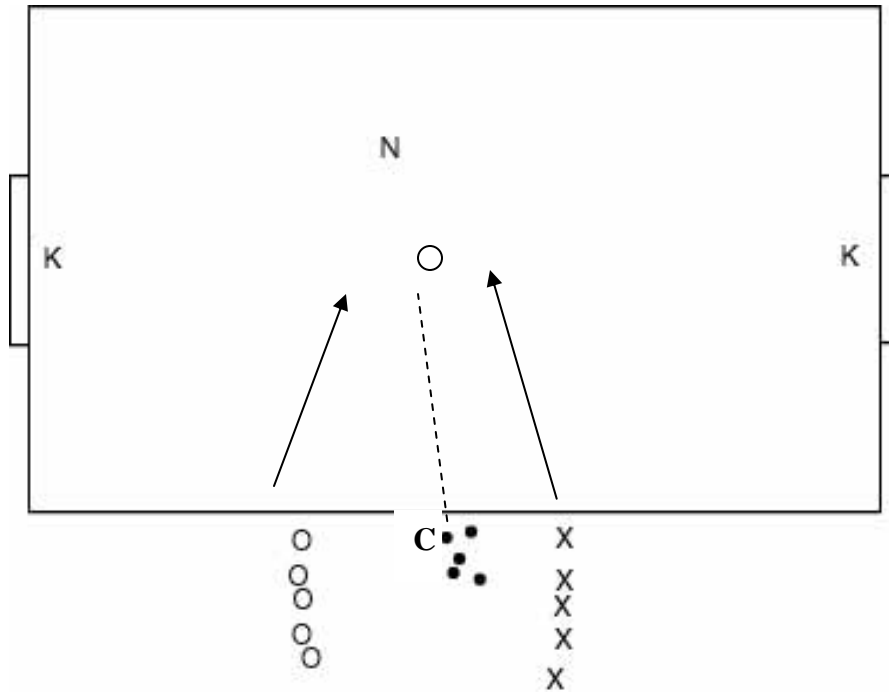
As a coach, you need to keep this drill going quickly, and avoid having the players slow it down trying to make moves around the defender. This is a quick offensive and then transition to defense drill for your team. The next attacker should come immediately.

Result – Attackers will learn to make a quick move on offense, and then turn back to defend – a common play in soccer.

Chase the ball – offensive / defensive transition

Chasing after a loose ball and then transitioning to offense and defense is key in soccer.

What you need – Use half of the field when doing this drill, and have a goalkeeper set up in goal at each end of the half. There will be three lines of people (as shown in the diagram) with the line in the center of the field being the 'neutral line'.



How this drill works – The coach (c) will toss the ball into the middle of the field and the players (x and o) will sprint after the ball once it is thrown. The first one to reach the ball is on offense, with the Neutral Player (N), and the other is on defense.

The x player will go to the goal on the left and defend the goal on the right, and the o player will defend the left goal and attack the right.

Once one player secures the ball and goes on offense, he or she must take no more than 15 second to execute a play with the N player. If a goal is scored, that player then turns around and plays defense, with the other player moving with the N player to attack the opposite goal.

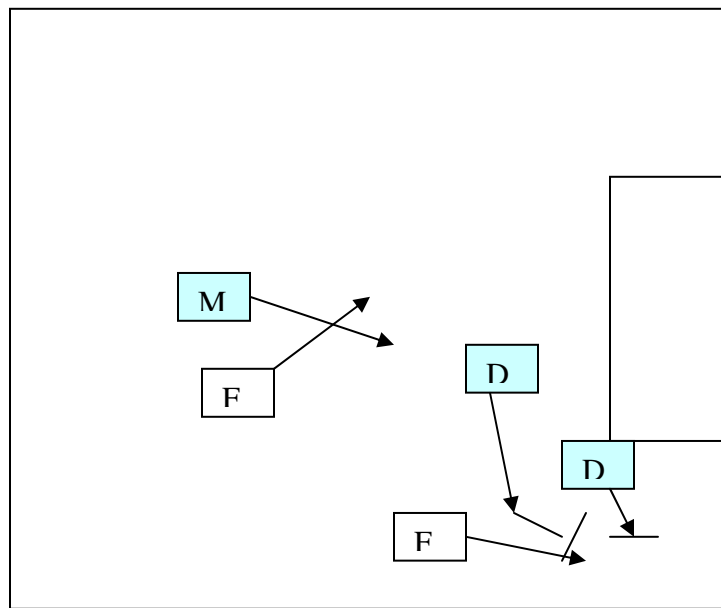
Each time the entire drill is executed, all players rotate, except for goalkeepers.

Result – Your players will learn to sprint quickly to gain control of loose balls and make a quick transition to offense and defense.

Corner Trap – Defensive Drill

Trapping is an effective defensive tactic that can force errors by attacking players.

What you need – 2 defenders and one midfielder will take part in this drill on defense, along with 2 attacking players. You will be working on half of the field with a goalkeeper. See the diagram below for more details on positioning.



How this drill works – This is very similar to a trap play in basketball or hockey, when you force a player into an area where the defenders cut off movement and passing lanes. Once executed the forward (F) likely has to make a pass backward, allowing defending players to recover into their positions.

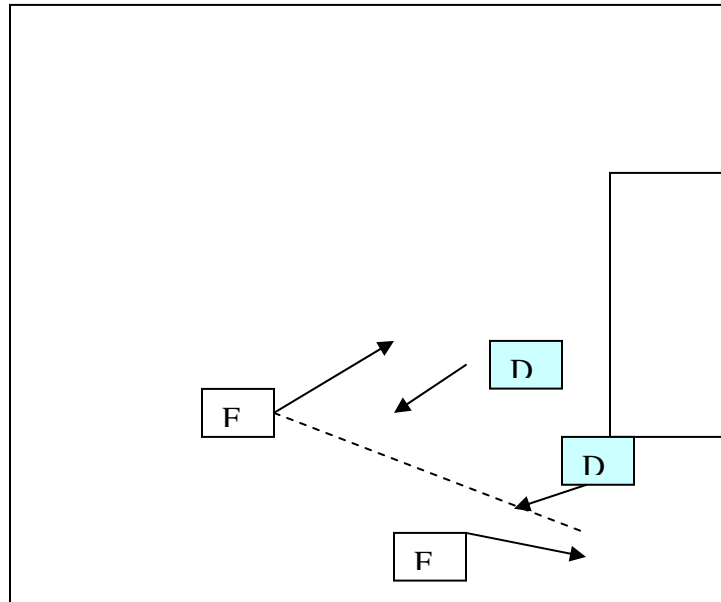
The midfielder (or in some cases a third defender) will protect the crossing pass to the trailing forward. The offense objective in this case is to break down the sidelines with the trailing forward and then loop a crossing pass to them for a shot. The defenders are going to try to trap the forward to prevent the crossing pass, and the midfielder will try to intercept an errant pass.

Result – This is a defensive tactic that will work especially well against forward units that only have 3 forward (strikers). When the forward is forced into the corner with a trap, often times the only pass they have is back to a midfielder.

Deny the pass

Important skill for defenders in order to increase their chance of success against oncoming attackers.

What you need – Two forwards will go up against one defender in order to teach the defender to adapt to and look for the pass. The set up is shown in the diagram below.



How this drill works – The trailing forward will control the ball and be slowly dribbling it up the field. On the coaches' whistle, the leading forward will break to an area for a pass. The defender must recognize where the pass is going to go and try to shield the forward from the pass.

Defenders should be careful not to commit to fakes, but to be patient and wait to **deny** the player the pass. They need to keep an eye on their opponent's body and the ball in order to shield them from receiving the pass.

To make the drill more complex, you can add another defender in, and the forwards can try to execute a give and go – with the second defender trying to deny the return pass to the trailing forward when they shoot back up the middle.

Result – Learning to deny the pass is one skill that will help a team contain offensive-minded soccer opponents.

Use the goalkeeper (3 in 1 drill)

Your goalkeeper can be an excellent 'extra' defender that can be utilized in much the same way as another playing defender.

What you need – Obviously we are going to need a goalkeeper in the net. Each aspect of this drill will require different players and a slightly different set up.

How this drill works – Drill 1: Opposite toss – Getting your goalkeeper involved in setting up a transition, or to help clear the ball from the defensive zone is important. Here's one way to get your goalkeeper to be the extra defender:

- The left defender will bring the ball from the corner up the field level with the penalty box line extended. An opposing forward will provide slight pressure to simulate a game situation, at which point the defender will kick the ball into the penalty area to the goalkeeper.

The goalkeeper will control the ball, and on the other side of the field, defenders and midfielders are mobilizing a breakout play, and the keeper will sling the ball to the defender and then they move the ball upfield.

Often what will happen is the forwards and midfielders will 'cheat' to one side when a ball is being brought up by a defender. The above drill changes the direction quickly and might catch your opponent's midfield off-guard.

Drill 2 – Pressure the keeper – Your goalkeeper will experience pressure from one or more forwards during the course of the game when he or she is handling the ball. Training your keeper to handle the pressure is important.

In this drill, you can pass the ball from defender to keeper and then have a forward pressure the keeper while he or she is trying to make a play. Have something set up for the goalkeeper, like the above drill, so they can unload the ball quickly.

Drill 3 – Keeper pass support – This drill will help your defensive players (and midfielders) recognize the need for pass support. The goalkeeper will start with the ball and the defenders will make their way back to provide the pass support. Once put into play by the goaltender, the team will play the ball forward.

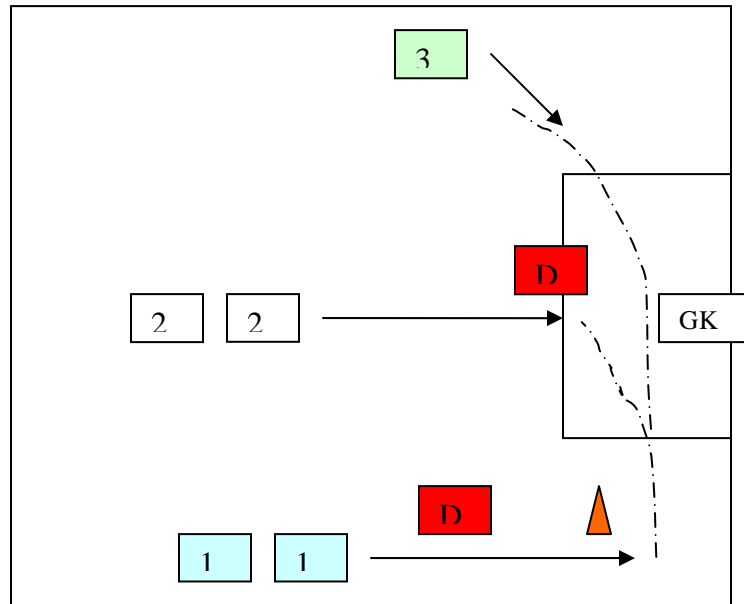
Then, the coach will toss a ball to the goalkeeper, at which time the defenders must recognize this and come back for pass support once again – then to move the ball up field. Add forwards to make this more difficult for defenders.

Result – Using the keeper adds another element of transition success to a soccer team.

Speed rush and cross

The sideline scamper coupled with a looping cross pass make for great offensive plays if executed correctly.

What you need – You only need one half of one half of the field to start this drill. Two lines of player can be used for each of these drills. Later on, when a defender or two are added, you will need more lines. See the diagram for position.



How this drill works – As you can see, this starts off as a simple speed rush with crossing pass. But, as simple as it sounds, it needs practice to execute well. And we are also going to add several different components and changes to it –

- Add a defender to line 1 to try and make the tackle and prevent the crossing pass
- Add a middle defender to defend against the crossing pass
- Add both
- Add a third, far-side attacker, so the passer has more options
- Have the player in line 2 come from a variety of areas on the field
- Try the rush from the other side, to improve the left leg passing of your players

The overall objective is to execute the crossing pass for a goal in the different situations.

Result – Improvement in technique and execution of a crossing pass.

Tight ball handling

The ability to handle and control the ball in tight quarters is important in one on one situations

What you need – Have three stations at one time and the mark off an area that is 5 yards by 5 yards with pylons. Inside each station are a ball handler and a defender.

How this drill works – While inside the square, the ball handler must try to keep their head up while dribbling and maneuvering the ball away from the defender.

At first, the defender should only put on slight pressure, and make the odd attempt to knock the ball away. The ball handler is to use all tools at their disposal to keep the ball from the defender's reach.

You can make this drill even more difficult in two ways – First, you can shrink the tight area down to a 3 yard by three yard area – to simulate really close play. Or, you can keep the 5 by 5 and just have a defender on the outside of the square area – attempting to steal the ball away from the handler when they are close to the perimeter of the station – along with the interior defender.

Result – Players will develop exceptional one on one skills – one of the more important parts of fielding a winning soccer team.

3 Type passing

Passing on a flat straight trajectory is only one way to pass the ball

What you need – Two groups, each with two lines – one for passing, and one for receiving.

How this drill works – The passing player will try to execute three different types of passes: A lob pass, a curved pass and a long, leading pass.

On the first pass, the player must lob it over a defender's head and in front of the player running from line two. On the second pass, the passer must curve the ball into the player from both the right and left sides. On the third pass, the player must judge distance and strength to lead the pass receiver on a long pass – 25 or more yards.

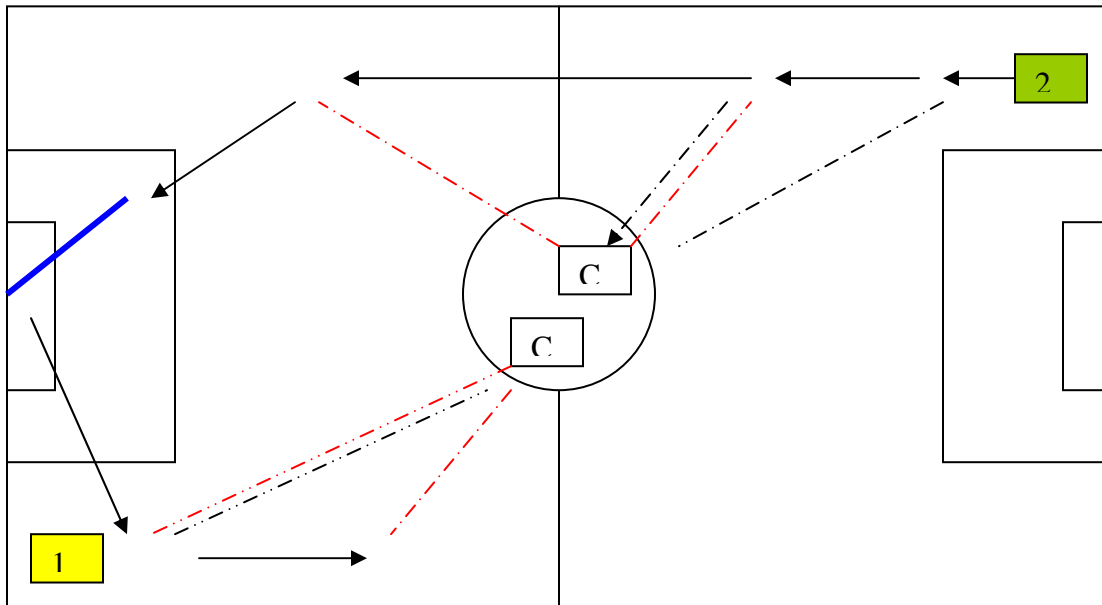
Each of these passing techniques are valuable in a game situation, as often time a straight passing lane is blocked.

Result – A wider array of passing options open to the player.

Around the field – Passing/Conditioning

This is a great drill that addresses several different skills, but also has a great conditioning element to it.

What you need – You can start with two coaches, or a coach and a player in the middle of the field in the center circle. They should have several balls at their disposal. There will be two lines at diagonally opposite ends of the field. (See the diagram below:



How this drill works – It looks a little complex with just the diagram alone, but it is really quite simple.

The drills starts with Player 2(and Player 1 on the other side) passing the ball from the corner to the first coach; then he or she runs at $\frac{3}{4}$ speed to the first coach pass (red dashed line), receives it, then passes back. The player then sprints hard to the next area, where the coach will send the pass (red dashed line), where he or she will gain control of the ball and approach the net for a shot (blue).

Then, they receive a pass from coach two, and it continues up the other side of the field. Both sides can start at the same time, but only two players can go at once. The drill is complete when a player circles the entire field.

Result – This is a great drill to work on basic skills and game situations, but also to build excellent fitness and conditioning.

Practice Plans (Blue Background Vol. 1 drills)

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Deny the pass	6	Cover the passing lanes
:45 to 1:00	3-type passing	10	Watch for proper kicking technique
1:00 to 1:10	Corner kick challenge	31	Who can score more points?
1:10 to 1:20	Defensive coverage	32	Watch for proper defensive positioning
1:20 to 1:30	Passing w/ defender	30	Good passes, good reception and good defensive coverage
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Speed rush and cross pass	9	Use all of the options to increase skill
1:45 to 1:55	Soccer combo Drill	8	Quick transition through the areas
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Equalizer	23	No scoring without the other side scoring to match
:35 to :38	Water break	-	-
:38 to :45	Use the Goalkeeper	7	Try all three drills
:45 to 1:00	Tight Ball Handling	10	Player must keep the ball away from defenders
1:00 to 1:10	Shielding ball	9	Good position to keep the ball from defender
1:10 to 1:20	Speed rush and cross pass	9	Use all of the options to increase skill
1:20 to 1:30	Quick Transition	3	Important to keep the drill going quickly
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Team skills learned in drills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Deny the pass	6	Cover the passing lanes
:35 to :38	Water break	-	-
:38 to :45	Tight Ball Handling	10	Player must keep the ball away from defenders
:45 to 1:00	Chase the ball	4	Players should go all out for the ball
1:00 to 1:10	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:10 to 1:20	Quick Control	11	Players need to keep their head up
1:20 to 1:30	Speed rush and cross pass	9	Use all of the options to increase skill
1:30 to 1:35	Water break	-	-
1:35 to 1:45	One on ones	14	Ball control
1:45 to 1:55	Corner kicks tactics	33	Keep the players focused on their responsibility
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Quick Transition	3	Important to keep the drill going quickly
:35 to :38	Water break	-	-
:38 to :45	Deny the pass	6	Cover the passing lanes
:45 to 1:00	Pass recognition (2 nd or 3 rd)	31-34	Players need to make the right passes
1:00 to 1:10	Passing Circle (2 nd or 3 rd)	20-23	Good passes and keep your head up
1:10 to 1:20	Soccer combo Drill	8	Quick transition through the areas
1:20 to 1:30	Use the Goalkeeper	7	Try all three drills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Speed rush and cross pass	9	Use all of the options to increase skill
1:45 to 1:55	3-type passing	10	Watch for proper kicking technique
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Quick Transition	3	Important to keep the drill going quickly
:35 to :38	Water break	-	-
:38 to :45	Tight Ball Handling	10	Player must keep the ball away from defenders
:45 to 1:00	Chase the ball	4	Players should go all out for the ball
1:00 to 1:10	Around the field	11	Mid-practice conditioning
1:10 to 1:20	Soccer combo Drill	8	Quick transition through the areas
1:20 to 1:30	Use the Goalkeeper	7	Try all three drills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Z-turns	10	Place an emphasis on maintaining control of the ball
1:45 to 1:55	3 on 2 keep away	22	Ball control is key
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	3-type passing	10	Watch for proper kicking technique
:45 to 1:00	Quick Transition	3	Important to keep the drill going quickly
1:00 to 1:10	Tight Ball Handling	10	Player must keep the ball away from defenders
1:10 to 1:20	Quick Control	11	Players need to keep their head up
1:20 to 1:30	Fighting Roosters	12	Both players must maintain control of their own ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Soccer combo Drill	8	Quick transition through the areas
1:45 to 1:55	Around the field	11	Good end of practice conditioning
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Finger Game	8	Keep the head up to see the number
:45 to 1:00	Deny the pass	6	Cover the passing lanes
1:00 to 1:10	Soccer combo Drill	8	Quick transition through the areas
1:10 to 1:20	Tight Ball Handling	10	Player must keep the ball away from defenders
1:20 to 1:30	One on ones	14	Ball control
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Around the field	11	Conditioning drill that works on skills
1:45 to 1:55	3-type passing	10	Watch for proper kicking technique
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Equalizer	23	No scoring without the other side scoring to match
:35 to :38	Water break	-	-
:38 to :45	Speed rush and cross pass	9	Use all of the options to increase skill
:45 to 1:00	Around the field	11	A mid-practice conditioning
1:00 to 1:10	3-Type passing	10	Good technique on passes
1:10 to 1:20	Chase the ball	4	Players should go all out for the ball
1:20 to 1:30	Corner Trap	5	Trap the attacker in the corner
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on corner kick tactics for the scrimmage
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3-type passing	10	Watch for proper kicking technique
:35 to :38	Water break	-	-
:38 to :45	Break concentration	15	Players need to focus on the ball
:45 to 1:00	Soccer combo Drill	8	Quick transition through the areas
1:00 to 1:10	Quick Transition	3	Important to keep the drill going quickly
1:10 to 1:20	Target Shooting (2 nd or 3 rd)	19-24	Vary the distances and angles
1:20 to 1:30	Use the Goalkeeper	7	Try all three drills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Use team skills learned in drills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Deny the pass	6	Cover the passing lanes
:35 to :38	Water break	-	-
:38 to :45	Don't go offside	30	Get the defenders moving around
:45 to 1:00	Speed rush and cross pass	9	Use all of the options to increase skill
1:00 to 1:10	Quick Transition	3	Important to keep the drill going quickly
1:10 to 1:20	Defensive coverage	32	Watch for proper defensive positioning
1:20 to 1:30	Passing w/ defender	30	Good passes, good reception and good defensive coverage
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Shooting box	25	Keep the outside players in the game
1:45 to 1:55	Use the Goalkeeper	7	Try all three drills
1:55 to 2:00	Cool down	-	Shooting, dribbling and other stretching