



Setup

This is a 4 v 4 game inside the 18 yard box with a keeper in the big goal and 4 small goals (or Pugg Goals) set up on the sides of the 18 (each corner).

Instructions

The X's are trying to score in goal 1 or goal 3 and the O's are trying to score in goal 2 or goal 4. A goal scored in the small goals counts as 1 point.

Both the X's and the O's can score in the big goal (protected by the keeper) with a header or volley. Scoring in that goal counts as 2 points. This game does an excellent job of working on spacing and runs (an X might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1) as well as finishing, communication and vision. When the keeper makes a save she plays the ball toward the top of the 18 in the middle to create a 50/50 ball.

Variations

- You can limit their touches to 1 or 2 touch.
- You may add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first time for an opportunity on the big goal.

Coaching Points

- Creating finishing opportunities
- Switching the point of attack
- Vision of surrounding players (both offensively and defensively)



Setup

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Instructions

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Variations

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Coaching Points

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.



Setup

Set up a 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal

Instructions

Instruct the players to exploit their numerical advantage and finish with a shot on goal.

Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

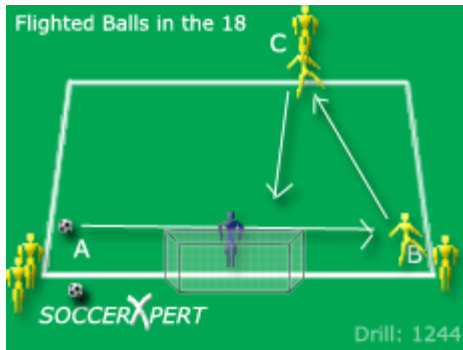
Coaching Points

Offensive:

- Quickly switch the point of attack to off-balance the defense.
- Play quick both physically (1 and 2 touch) and mentally (think ahead).
- Make sure the players are attacking at the appropriate times

Defensive:

- Contain the play and keep the ball in front of the defense.
- Early pressure and do not allow space behind the defenders.



Setup

Divide the team into 3 equal lines. Group A is on one corner of the penalty box near the end line. These players should have a large supply of soccer balls. Group B is on the other corner of the penalty box near the end line and Group C is at the top of the penalty box semi-circle. Also have your goalkeeper in the goal.

Instructions

The first player from Group A serves a flighted ball across the face of the goal to Group B who takes the ball out of the air with a good control touch and passes the ball to Group C. Group C then takes a shot on goal. The players should rotate A, B then C.

Variations

- Restrict the number of touches (one-touch)

Coaching Points

- Focus on quality of flighted balls, control touches and shots. Players should learn to be more comfortable in front of the goal and focus on finishing the ball.



Setup

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

Instructions

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.

Coaching Points

- Players should be taught to go after the ball aggressively with speed, determination and vigor.



Setup

Build a large grid approximately 40X40 yards and divide your team into 2 even teams, you can adjust the size of the field based on the number of players and their age. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (see diagram)

Instructions

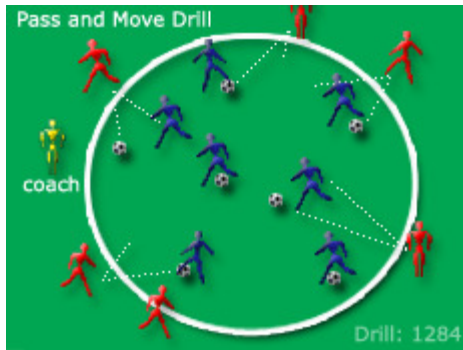
Inform the two teams to play against each other and points are scored when a team is able to keep possession and play a flighted ball into their team's Target Player who is inside the 10X10 grid. If they player successfully controls the ball inside the box that team is awarded a point.

Variations

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)

Coaching Points

- Make sure players are getting their heads up quickly to find the target player
- Make sure players play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early. Make sure it is a purposely placed pass rather than accidental.



Setup

Start with 6 players in blue and 6 players in red. Red players outside the circle and blue players are inside the circle with a ball each.

Instructions

The blue players inside the grid pass to an outside player and receive the ball back from the outside player and move across the circle to pass to another outer player. Players must go through the center of the circle but avoid other players. Players should pass and move. Change the groups every 5 minutes.

Variations

Split into 3 groups of 4 players each with different color bibs. The new group will become passive defenders who are responsible for marking the 4 attacking players inside the circle. The remaining 4 players spread out on the outer side of the circle. The attacking team will only play with 2 balls. The ball must be played in by one attacker and received by a different attacker on the same team.

Coaching Points

- Make sure the players put the proper weight, accuracy, and timing of each pass.
- Players should control the ball into space with their first touch.
- Players should use all foot surfaces.
- Players should be reminded to keep the ball moving at all times.
- Remind players to accelerate with power after receiving the pass.
- Players should be aware of their surroundings and continue to communicate with their teammates.
- Pass and move