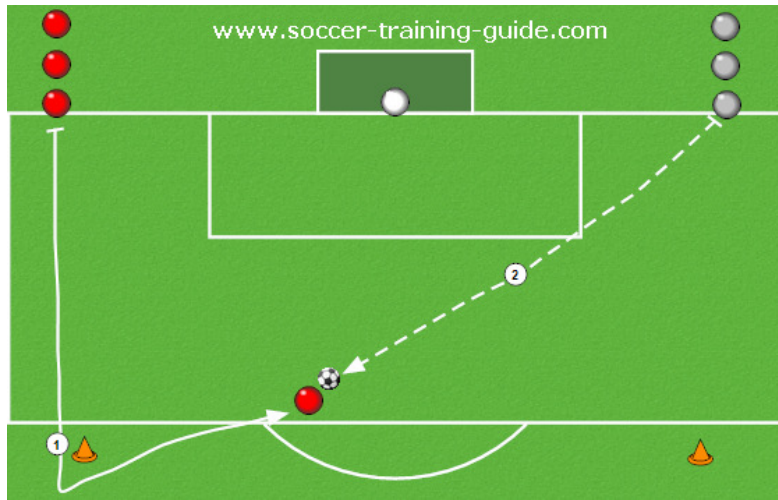


## Shoot at First Touch



### Purpose

Improving your players' accuracy when finishing at the first touch.

### Drill Set Up

Set up two equal lines of players on each side of the goal posts. Place two cones a half yard from the 18 yard line (like on the image above). Each of your players should have one ball at their feet.

### Execution of the Drill

The first player in the red line starts the drill by performing a quick run to the cone in front of his line (see image).

Once he has rounded the cone, one player from the grey line should pass the ball slightly to him.

The red player should finish the attack immediately without putting the ball under control.

Now, the grey player should do the same thing, but in this case a red player would pass the ball.

### Equipment Required

One ball per player, 2 cones

### Variants

You may vary this drill by allowing your players to first receive the ball and then finish at the goal. You may also restrict your players to only use the inside part of their foot.

### Summary

One thing that I want to underscore with this drill is that you should instruct your players to hit the goal (even if the shoot is loose), rather than firing a projectile that will end 30 yards behind the goal. With other words, in this case, accuracy is much more important than power.

## 3 vs. 3 with Wingers



### Purpose

Increase your players' finishing abilities by using the various parts of their feet (volley, inside, instep) and head as well.

### Drill Set Up

Create small teams, 3 players per team. Separate these players with different colored vests. Place 4 cones on the same way like on the image above.

Place 4-5 balls near the two cones (see image). Place two players that will be used as wingers at each side of the 18 yard box.

### Execution of the Drill

One of the wing players starts to drive the ball toward the cone that is located in the line with the goal.

Once your player is about half yard from the cone he should slightly cross the ball inside the 18 yard box.

The players inside the box should try to finish the attack with one touch on the ball. The team with most scored points is the winner.

Once the game is over (set the timer to 3 minutes) the drill should start over with two new teams.

### Equipment Required

Balls, 4 cones, colored vests

### Variants

Restrict the players inside the box to only use their head for finishing.

### Summary

The great thing with this drill is that you can use it for practicing on your teams [defensive and offensive soccer skills](#) as well.

### Turn and Finish Quickly



### Purpose

Increasing your players' turning and finishing abilities by allowing them to use a maximum of three touches on the ball.

### Drill Set Up

Separate your team into two equal lines (see image). Add one cone in front of each line.

### Execution of the Drill

The first standing player in the red line performs a quick backward run to the cone. Once he reaches it the second standing player in the red line should pass the ball to him.

The first player should perform a quick turn, run with the ball 2-3 yards and then finish at the goal. He should try to shoot at the 4 rectangle areas (marked in the image above).

Immediately after the red player has finished the attack, the drill should start over with a player from the grey line.

### **Equipment Required**

Balls, 2 cones, colored vest's

### **Variants**

You can vary this drill by allowing your players more touches on the ball or have yourself acting as a passive defender inside the 18 yard box.

### **Summary**

I recommend you to use this [soccer drill](#) in the middle (or at the end) of your practice. The reason is that your players could injure themselves if they are not warmed up enough.

## **Three Useful Drills for Improving Your Defense**

The most important part of a good soccer team is a strong defense. Without a strong defense your team will not make any good results.

It doesn't matter how many goals your team scores if your players doesn't know how to prevent your opponents from scoring.

By making use of these defensive drills you will definitely improve your [soccer teams' skills](#) in defense.

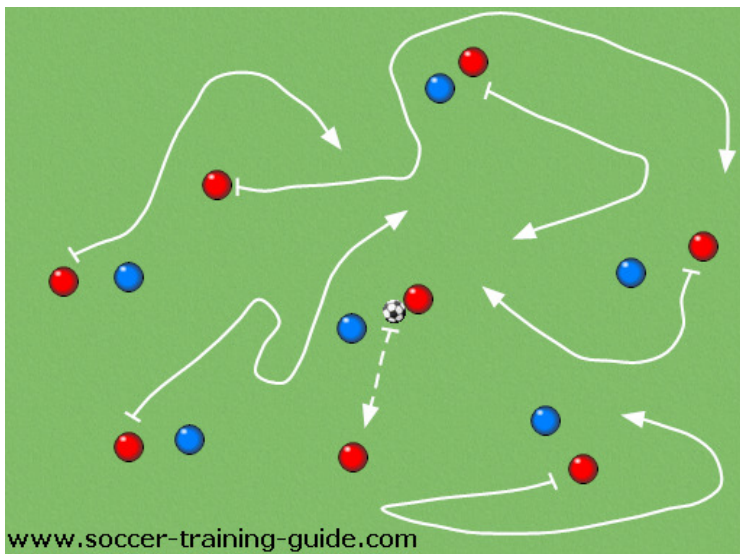
There are several defensive drills you should consider while teaching your players how to play in defense.

However, knowing what type of drills you should focus on can be little tricky, especially if you are new to the "soccer coaching world".

To help you out I have created this article where we are going to focus mainly on the defensive aspects of soccer. Now, let's mainly concentrate on the drills.

There are three common defensive [soccer drills](#) you should use while teaching your players how to defend:

### **Group Defending**



### Purpose

The drill comprises several features of the actual or live soccer situations and makes the players work together. Firmness is the most important role of group defending.

### Drill Set Up

Separate your players into defenders and attackers. Each attacking player should have one ball. You may use cones or similar to create the rectangle.

### Performing the Drill

Team without the ball (blue team) is playing as defenders while the other team (red team) are the attackers. Notice that the red team should have 2 more players than the blue team.

The red team should try to keep the possession of the ball by actively searching for free space inside the rectangle.

The blue team should try to mark as many players as possible. However, there will always be 2 unmarked players.

### Variations

Restrict the amount of touches.

### Equipment Needed

Cones, balls, colored bibs.

### Summary

During the defensive drill the team which is currently defending should all pack in tightly around the box which will make it harder for the attackers to find passing alternatives.

### Turnovers



### Purpose

The main purpose of this drill is to practice on your team's defense and counter attacks. The drill focuses mainly on the defenders and in the way they construct a counter attack.

The main objective is to gain possession of the ball from the attackers and this should be well practiced by the defenders so that they get to know their roles, positions and responsibilities.

### **Drill Set Up**

Separate your players into attackers and defenders. Decide whether you should play with a 3- or 4-line defense.

Attackers should play in groups of three. Their mission is to get past your defenders and finish with a shoot at goal.

### **Performing the Drill**

Attackers are given ball position and they have to dribble through the defense and score.

The defense should have four defenders and a goalkeeper and the attackers have to find their way through the defense and score without losing ball position.

The defenders should be able to gain ball position at all costs so as to prevent the attackers from scoring.

### **Variations**

You could vary this drill by restricting the amount of passes between the attackers.

### **Equipment Needed**

Cones, balls, goals, colored bibs.

### **Summary**

Even if your focus is mainly on improving your team's defense, I can ensure you that your attacking players will benefit from this drill as well.

### **Central Defense**



### **Purpose**

Wondering what the real point of all of this really is? That's easy: you're improving your defenders cooperation.

Remember that soccer is really all about cooperation and teamwork. If you're not a team player, you will not get very far in the world of soccer.

### **Drill Set Up**

Divide your players into defenders and attackers. The attackers should have one ball each. To create the ring you could use cones or some other similar object.

### **Performing the Drill**

Attackers are arranged in circle and their main task is to keep the ball away from the defenders.

Defenders will be placed in the circle and if the attacker loses the ball he should become a defender in and the defender who caused him to lose the ball takes over his possession.

### **Variations**

You may vary this drill by adding 1 or 2 more defenders.

### **Equipment Needed**

Cones, Balls.

### **Summary**

Emphasize the importance of cooperation to your players!

### **Final Words**

A team that doesn't have a good defense will rarely win any matches. Strong defense is the key to winning soccer matches.

A team that doesn't focus on that will have big problems in the long run, because they just can't build a winning effort.

The opposing side will crush them without a good defense. If you want to spare you and your teammates that type of date, you will want to work on your defensive skills.

Don't wait until team practice times either - you should always be training alone on top of your group training sessions.

It might seem like a lot, but if you want to be a standout soccer player, you really want to make sure that you are focusing as much as possible on the real prize: growth and progress!

Now that's winning!