



4-PLAYER ACTIVITIES

“Coaching isn’t about x’s and o’s, but y’s.”

—Joe Ehrmann



TECHNIQUES

- » Dribbling: Running with the ball
- » Passing: Disguise/outside of the foot
- » Receiving: Vision to go forward

TACTICS

- » Attacking: Decision to dribble or pass
- » Attacking: Creating a 2v1
- » Defending: Making a 2v1 into a 1v1

MENTAL

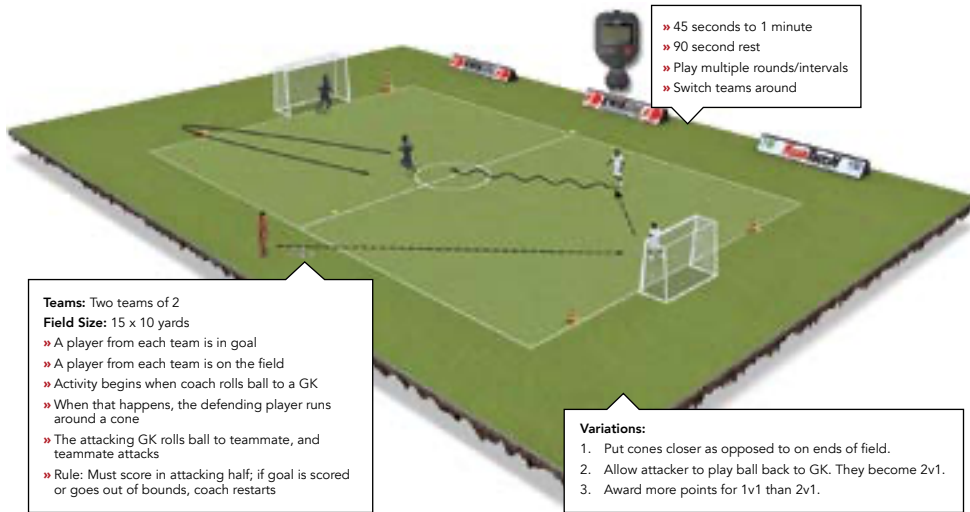
- » Competition
- » Bravery
- » Focus and Refocus

PHYSICAL

- » Action speed
- » Acyclic speed
- » Agility, Balance, Coordination



FAST BREAK ATTACK



- » 45 seconds to 1 minute
- » 90-second rest
- » Play multiple rounds/intervals
- » Switch teams around

Teams: Two teams of 2
Field Size: 15 x 10 yards

- » A player from each team is in goal
- » A player from each team is on the field
- » Activity begins when coach rolls ball to a GK
- » When that happens, the defending player runs around a cone
- » The attacking GK rolls ball to teammate, and teammate attacks
- » Rule: Must score in attacking half; if goal is scored or goes out of bounds, coach restarts

Variations:

1. Put cones closer as opposed to on ends of field.
2. Allow attacker to play ball back to GK. They become 2v1.
3. Award more points for 1v1 than 2v1.

TECHNIQUES

- » Dribbling: Running with the ball
- » Dribbling: To beat an opponent
- » Individual defending: Closing down from the front

TACTICS

- » Attacking: When to shoot vs. keep dribbling
- » Defending: Taking the shot away from the opponent

MENTAL

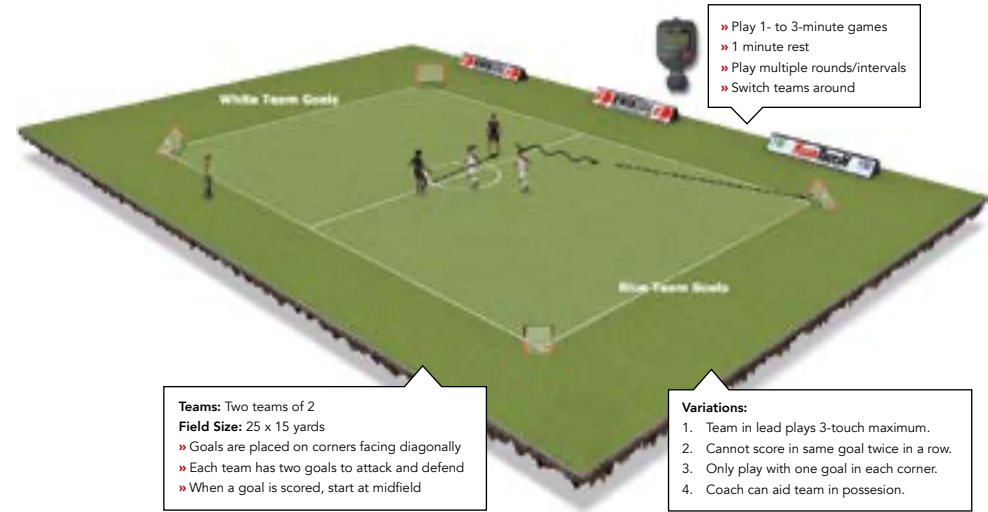
- » Competition
- » Bravery
- » Focus and Refocus

PHYSICAL

- » Technical speed
- » Acyclic speed
- » Agility, Balance, Coordination



2v2 4-GOAL DIAGONAL GAME



- » Play 1- to 3-minute games
- » 1 minute rest
- » Play multiple rounds/intervals
- » Switch teams around

Teams: Two teams of 2
Field Size: 25 x 15 yards

- » Goals are placed on corners facing diagonally
- » Each team has two goals to attack and defend
- » When a goal is scored, start at midfield

Variations:

1. Team in lead plays 3-touch maximum.
2. Cannot score in same goal twice in a row.
3. Only play with one goal in each corner.
4. Coach can aid team in possession.

TECHNIQUES

- » Dribbling: Running with the ball
- » Passing: Surface selection (inside/outside)
- » Individual defending: Closing down from the front and/or side

TACTICS

- » Attacking: Penetrate via dribble or pass
- » Defending: Pressure and cover
- » Defending: Make a 2v1 into a 1v1

MENTAL

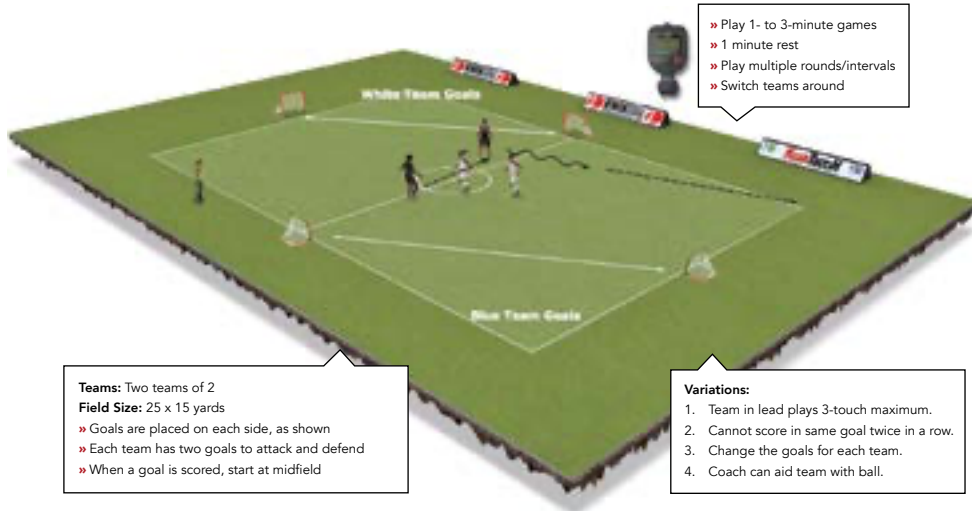
- » Competition
- » Bravery
- » Determination to succeed with a teammate

PHYSICAL

- » Technical speed
- » Acyclic speed
- » Agility, Balance, Coordination



2v2 DIAGONAL VARIATION



Teams: Two teams of 2
Field Size: 25 x 15 yards

- » Goals are placed on each side, as shown
- » Each team has two goals to attack and defend
- » When a goal is scored, start at midfield

Variations:

1. Team in lead plays 3-touch maximum.
2. Cannot score in same goal twice in a row.
3. Change the goals for each team.
4. Coach can aid team with ball.

TECHNIQUES

- » Dribbling: Running with the ball
- » Passing: Surface selection (inside/outside)
- » Individual defending: Closing down from the front and/or side

TACTICS

- » Attacking: Penetrate via dribble or pass
- » Defending: Pressure, cover
- » Defending: Make a 2v1 into a 1v1

MENTAL

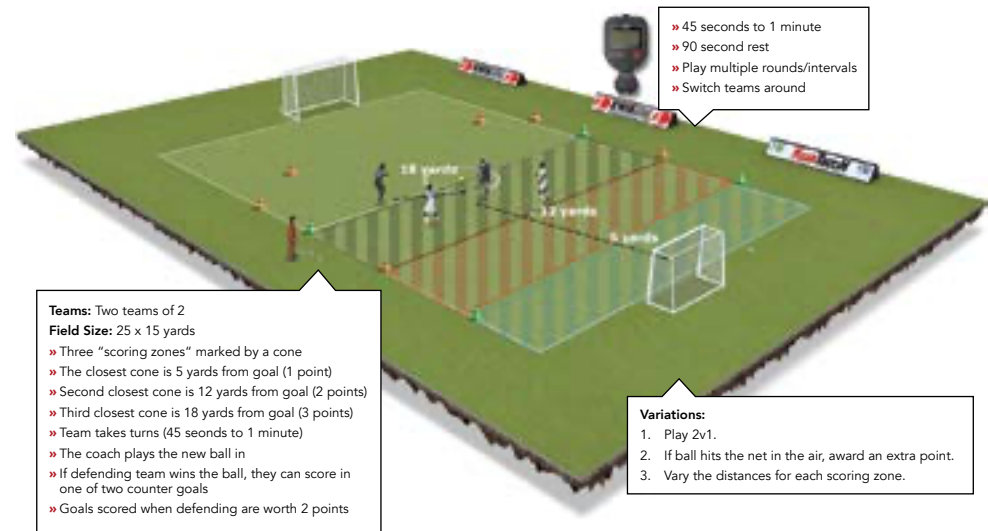
- » Competition
- » Perseverance
- » Determination to succeed with a teammate

PHYSICAL

- » Change of direction
- » Acyclic speed
- » Agility, Balance, Coordination



2v2 SCORING ZONES



Teams: Two teams of 2
Field Size: 25 x 15 yards

- » Three "scoring zones" marked by a cone
- » The closest cone is 5 yards from goal (1 point)
- » Second closest cone is 12 yards from goal (2 points)
- » Third closest cone is 18 yards from goal (3 points)
- » Team takes turns (45 seconds to 1 minute)
- » The coach plays the new ball in
- » If defending team wins the ball, they can score in one of two counter goals
- » Goals scored when defending are worth 2 points

Variations:

1. Play 2v1.
2. If ball hits the net in the air, award an extra point.
3. Vary the distances for each scoring zone.

TECHNIQUES

- » Dribbling: Running with the ball
- » Passing: Surface selection (inside/outside)
- » Individual defending: Closing down from the front and/or side

TACTICS

- » Attacking: Penetrate via dribble or pass
- » Defending: Pressure and cover
- » Defending: Make a 2v1 into a 1v1

MENTAL

- » Positive mentality to shoot
- » Determination to succeed with a teammate
- » Competition

PHYSICAL

- » Change of direction
- » Acyclic speed
- » Agility, Balance, Coordination



5-PLAYER ACTIVITIES

“A child should never walk around with a hole in their heart.”

—*Krish Dhanam*



TECHNIQUES

- » Passing: Surface selection (inside/outside)
- » Receiving: Vision to go forward to score
- » Finishing: Surface selection
- » Individual defending: Deny the shot

TACTICS

- » Attacking: Penetrate to score
- » Attacking: Create a 2v1
- » Defending: Pressure and cover

MENTAL

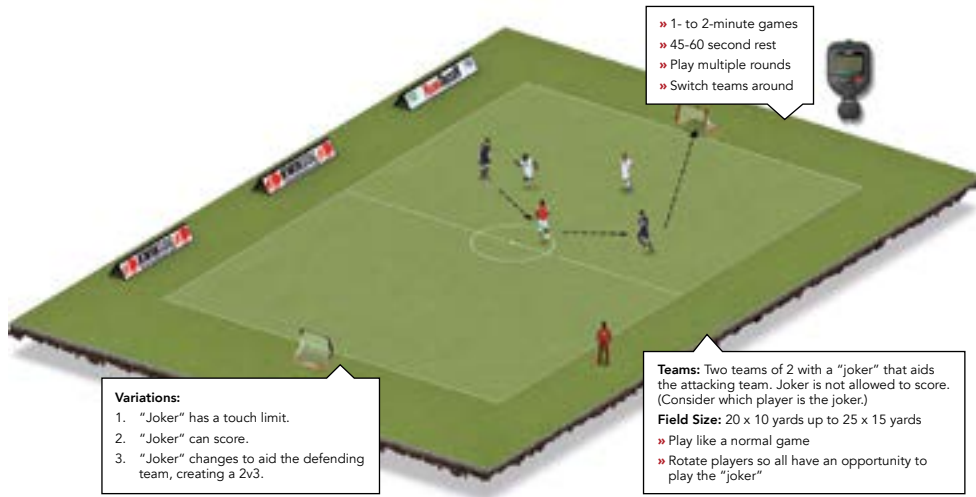
- » Positive mentality to shoot
- » Determination to succeed with a teammate
- » Competition

PHYSICAL

- » Technical speed
- » Acyclic speed
- » Agility, Balance, Coordination



2v2 + 1 (JOKER'S WILD)



Variations:

1. "Joker" has a touch limit.
2. "Joker" can score.
3. "Joker" changes to aid the defending team, creating a 2v3.

- » 1- to 2-minute games
- » 45-60 second rest
- » Play multiple rounds
- » Switch teams around

Teams: Two teams of 2 with a "joker" that aids the attacking team. Joker is not allowed to score. (Consider which player is the joker.)

Field Size: 20 x 10 yards up to 25 x 15 yards

- » Play like a normal game
- » Rotate players so all have an opportunity to play the "joker"

TECHNIQUES

- » Passing: Surface selection (inside/outside)
- » Receiving: Vision to go forward to score
- » Individual defending: Denying penetration

MENTAL

- » Competition
- » Determination to succeed with a teammate

TACTICS

- » Attacking: Penetrate to score
- » Attacking: Create a 2v1
- » Defending: Pressure and cover
- » Defending: Make a 3v2 into a 2v2

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



2v2 DIAMOND SHAPE ACTIVITY



- » 1:30- to 2-minute intervals
- » 60 second rest
- » Change "joker"
- » Switch teams around

Variations:

1. Limit touches on two players but none for "joker."
2. Limit touches on "joker" only.
3. Change the size of the diamond.

Teams: Two teams of 2 with a "joker"

Field Size: 25 x 15 yards up to 30 x 20 yards

- » Use cones to shape field like a diamond
- » Play a normal game of 2v2 + 1
- » "Joker" cannot score initially

TECHNIQUES

- » Passing: Surface selection (inside/outside)
- » Receiving: Vision to go forward to score
- » Finishing: Surface selection
- » Individual defending: Deny the shot

MENTAL

- » Determination to succeed with a teammate
- » Competition
- » Mentality to shoot/score

TACTICS

- » Attacking: Penetrate to score
- » Attacking: Create a 2v1
- » Defending: Pressure and cover
- » Defending: Make a 3v2 into a 2v2

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



2v2 ZONE CHALLENGE



- » 1:30- to 2-minute intervals
- » 60 second rest
- » Play multiple rounds
- » Switch teams and goalkeeper

- Teams:** Two teams of 2 with a GK
Field Size: 30 x 20 yards
- » Create two 10-yard zones: attacking team starts in the zone farthest from goal, and the defending team places one player in each zone; teams take turns
 - » Attacking team attempts to penetrate through each zone by dribbling or passing
 - » Defenders must stay in zone and cannot track back
 - » If the attacking team is successful at penetrating both zones, then they have to score within two touches
 - » Defending team can score through one or two counter goals

- Variations:**
1. Only have one defender in either zone, then add the second defender.
 2. Defender can track back into zone.

TECHNIQUES

- » Dribbling: Running with the ball
- » Passing: Surface selection (inside/outside)
- » Receiving: Vision to go forward to score
- » Individual defending: Closing down from the front

MENTAL

- » Competition
- » Determination
- » Mentality to go forward
- » Mentality to shoot/score

TACTICS

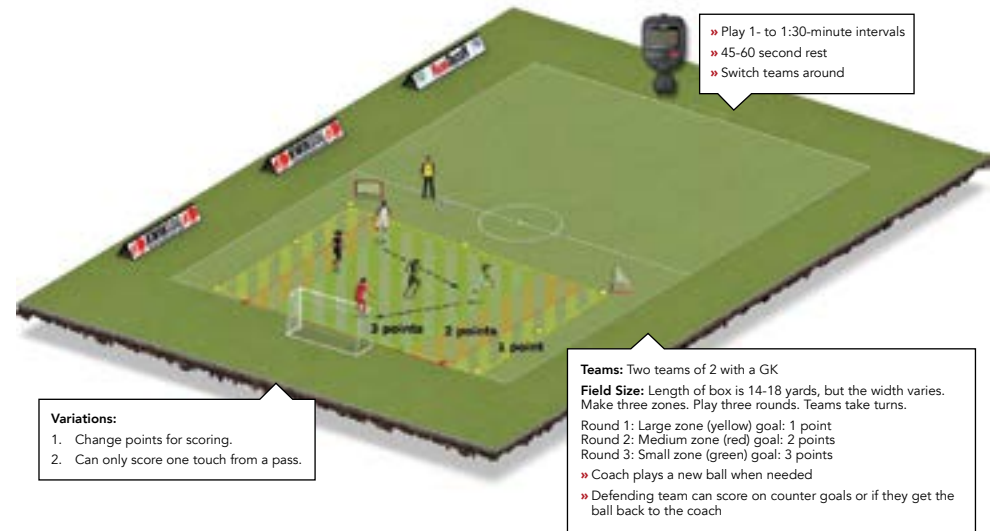
- » Attacking: Penetrate to go forward
- » Attacking: Create a 2v1
- » Defending: Stepping vs. delaying
- » Defending: Make a 2v1 into a 1v1

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



2v2 SQUEEZE ACTIVITY



- » Play 1- to 1:30-minute intervals
- » 45-60 second rest
- » Switch teams around

- Teams:** Two teams of 2 with a GK
Field Size: Length of box is 14-18 yards, but the width varies. Make three zones. Play three rounds. Teams take turns.
- Round 1: Large zone (yellow) goal: 1 point
 Round 2: Medium zone (red) goal: 2 points
 Round 3: Small zone (green) goal: 3 points
- » Coach plays a new ball when needed
 - » Defending team can score on counter goals or if they get the ball back to the coach

- Variations:**
1. Change points for scoring.
 2. Can only score one touch from a pass.

TECHNIQUES

- » Passing: Surface selection (inside/outside)
- » Finishing: Surface selection
- » Receiving: Vision to go forward to score
- » Individual defending: Deny the shot

MENTAL

- » Competition
- » Determination
- » Mentality to go forward
- » Mentality to shoot/score

TACTICS

- » Attacking: Penetrate to go forward
- » Attacking: Providing support
- » Defending: Pressure and cover
- » Defending: Working with the goalkeeper

PHYSICAL

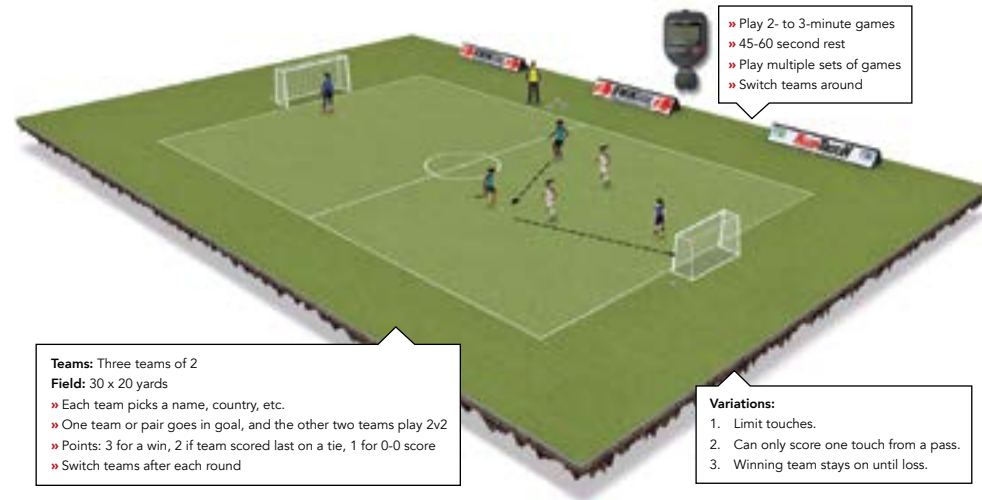
- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



6-PLAYER ACTIVITIES

“Remember that people don’t care what you know until they know that you care.”

—Anonymous



TECHNIQUES

- » Dribbling: To pass or shoot
- » Passing: Surface selection (inside/outside)
- » Finishing: Surface selection
- » Individual defending: Deny the shot

TACTICS

- » Attacking: Penetrate to score
- » Attacking: Providing support to a teammate
- » Defending: Pressure and cover

MENTAL

- » Competition
- » Determination
- » Mentality to go forward
- » Mentality to shoot/score

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



3v3 POSITIONAL GAME



- » Play 2- to 3-minute games
- » 60 second rest
- » Play multiple rounds
- » Switch teams around

Credit: Dr. Tom Turner
Teams: Two teams of 3
Field Size: 30 x 20 yards
 » Make three zones across the field, cones mark the final zone for each team
 » Play like a normal game
 » Rule: Goal does not count if all 3 players are in last/final zone (ex. the goal in the diagram would count)

- Variations:**
1. Goal is worth 2 points if the team scores and the defending team has only 1 player back in the final zone.
 2. Limit touches.
 3. Make zones bigger (makes middle zone smaller)

TECHNIQUES

- » Passing: Surface selection (inside/outside)
- » Receiving: To go forward to score
- » Finishing: Surface selection
- » Individual defending: Deny the shot

TACTICS

- » Attacking: Penetrate to score
- » Attacking: When to provide support vs. run away into space
- » Defending: Pressure and cover

MENTAL

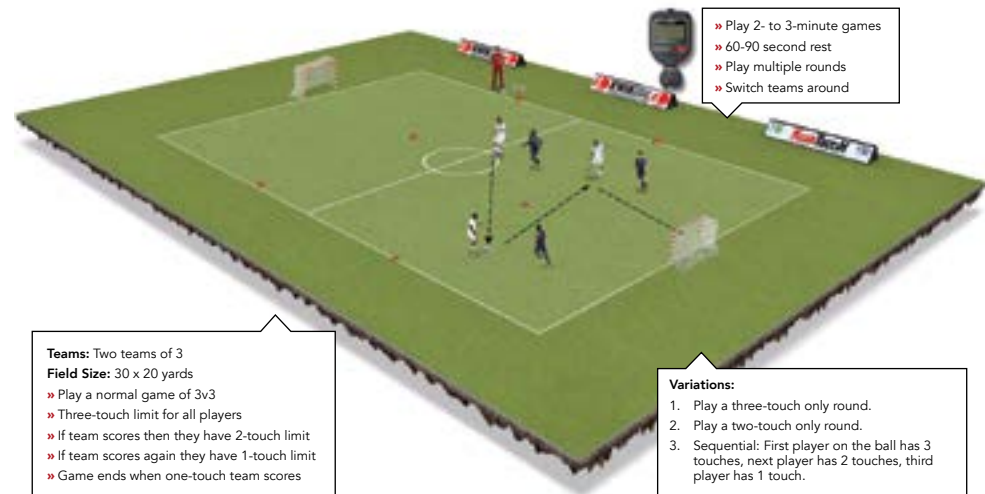
- » Competition
- » Determination
- » Mentality to go forward
- » Mentality to shoot/score

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



3-2-1 CHALLENGE



- » Play 2- to 3-minute games
- » 60-90 second rest
- » Play multiple rounds
- » Switch teams around

Teams: Two teams of 3
Field Size: 30 x 20 yards
 » Play a normal game of 3v3
 » Three-touch limit for all players
 » If team scores then they have 2-touch limit
 » If team scores again they have 1-touch limit
 » Game ends when one-touch team scores

- Variations:**
1. Play a three-touch only round.
 2. Play a two-touch only round.
 3. Sequential: First player on the ball has 3 touches, next player has 2 touches, third player has 1 touch.

TECHNIQUES

- » Passing: Accuracy and weight
- » Receiving: Go forward and score
- » Finishing: Surface selection
- » Individual defending: Deny the shot

TACTICS

- » Attacking: Penetrate, support, and mobility
- » Attacking: When to support
- » Defending: Pressure and cover

MENTAL

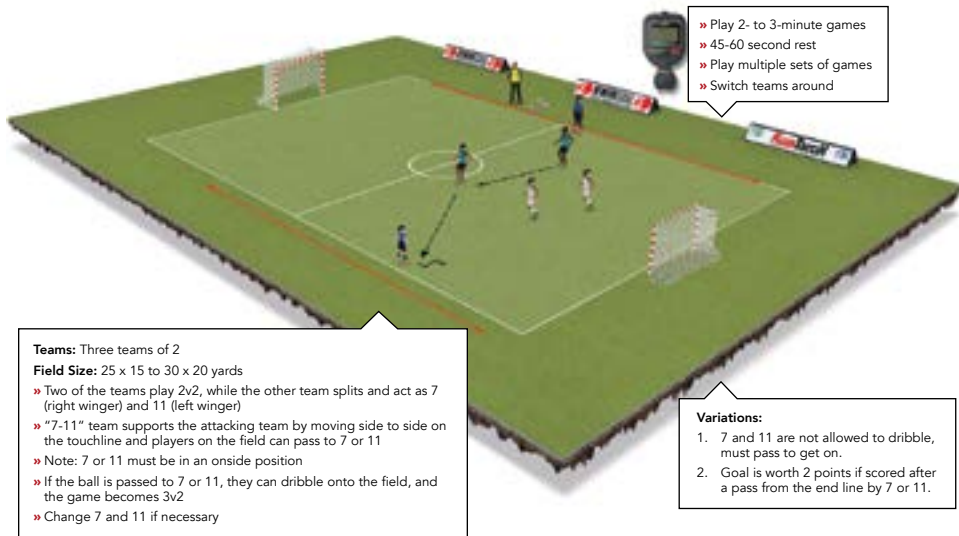
- » Perseverance
- » Competition
- » Growth mindset

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



7-11 GAME



Teams: Three teams of 2
Field Size: 25 x 15 to 30 x 20 yards
 » Two of the teams play 2v2, while the other team splits and act as 7 (right winger) and 11 (left winger)
 » "7-11" team supports the attacking team by moving side to side on the touchline and players on the field can pass to 7 or 11
 » Note: 7 or 11 must be in an outside position
 » If the ball is passed to 7 or 11, they can dribble onto the field, and the game becomes 3v2
 » Change 7 and 11 if necessary

Variations:
 1. 7 and 11 are not allowed to dribble, must pass to get on.
 2. Goal is worth 2 points if scored after a pass from the end line by 7 or 11.

TECHNIQUES

- » Dribbling: To beat an opponent
- » Passing: Accuracy and weight
- » Finishing: Surface selection
- » Individual defending: Closing down from the front and side

TACTICS

- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When to support
- » Defending: Pressure and cover
- » Defending: Make a 3v2 into a 2v2

MENTAL

- » Determination
- » Competition
- » Attitude to score

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



VERTICAL ZONES ACTIVITY



Teams: Two teams of 3
Field Size: 30 x 20 yards
 » Make three vertical zones with cones
 » Each player is in a zone
 » Play like a normal game
 » Rule: Players are restricted to their vertical zone

Variations:
 1. Allow a player to go into another zone after a pass.
 2. Allow a player to go into another zone by dribbling.
 3. Defending team can have more than one player in a zone.

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward and score
- » Individual defending: Closing down from the front and side

TACTICS

- » Attacking: Penetrate, support, and mobility
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v2 into a 2v2

MENTAL

- » Determination
- » Competition
- » Growth mindset

PHYSICAL

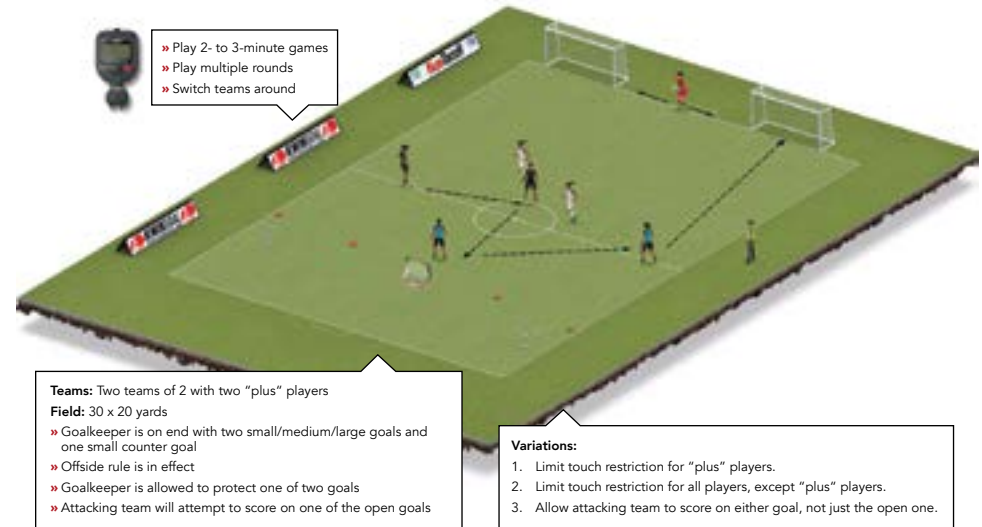
- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



7-PLAYER ACTIVITIES

“If I had more time, I’d write a shorter letter.”

—Mark Twain



TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward and score
- » Individual defending: Closing down from the front and side

MENTAL

- » Determination
- » Competition
- » Attitude to score

TACTICS

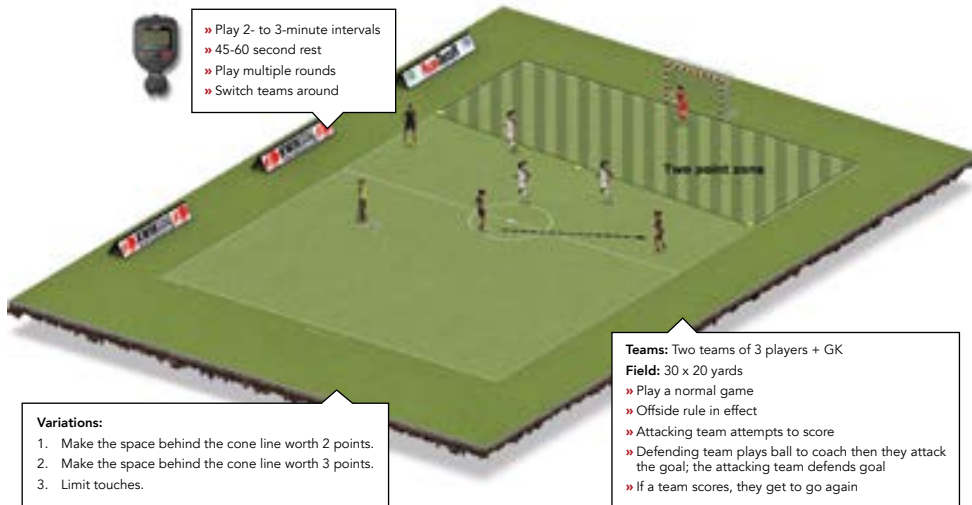
- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v3 into a 3v2

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



3v3 TO GOAL - HALF FIELD



TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: Go forward and score
- » Individual defending: Deny the shot

MENTAL

- » Determination
- » Desire to score
- » Competition
- » Attitude to score

TACTICS

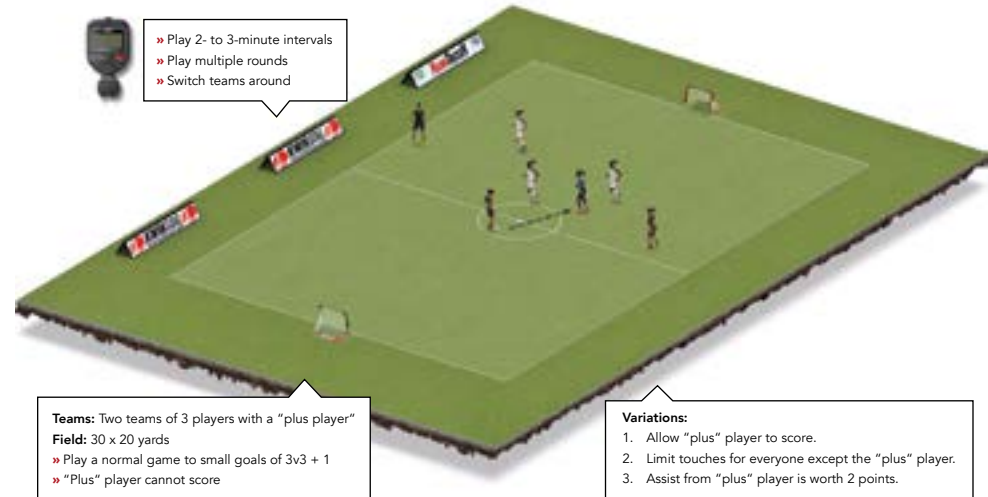
- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v3 into a 3v2

PHYSICAL

- » Action speed
- » Technical speed
- » Speed strength



3v3 + 1 GAME



TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: Go forward and score
- » Individual defending: Closing down from the front

MENTAL

- » Determination
- » Competition
- » Attitude to score

TACTICS

- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v3 into a 3v2

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



GOALS GALORE GAME



- » Play 2- to 3-minute intervals
- » 45-60 second rest
- » Play multiple rounds
- » Switch teams around

- Variations:**
- Goals must be scored one touch.
 - Goals scored by defenders in counter goals are worth 2 points.
 - Limit touches.

- Teams:** Two teams of 3 players with a GK
Field: 30 x 20 yards
- » Three counter goals for the defending team
 - » Extra balls are placed between counter goals
 - » If a goal is scored, the attacking team retrieves a new ball
 - » Defending team goals count in counter goals
 - » After all the balls are used or when three minutes are up, start a new game and reverse roles

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: Go forward and score
- » Individual defending: Deny the shot

MENTAL

- » Determination
- » Desire to score
- » Competition
- » Attitude to score

TACTICS

- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v3 into a 3v2

PHYSICAL

- » Action speed
- » Technical speed
- » Strength speed



WIDE GOALS GAME



- » Play 2- to 3-minute intervals
- » 45-60 second rest
- » Play multiple rounds
- » Switch teams around

- Variations:**
- Goals must be scored one touch.
 - Goals scored by defenders in counter goals are worth 2 points.
 - Goals scored off a cross (example shown) are worth 3 points.

- Teams:** Two teams of 3 players with a GK
Field: 30 x 20 yards
- » Two small-to-medium-sized goals are placed on the attacking end and three small counter goals for the defending team
 - » When the defending team wins the ball they score on counter goals
 - » Goalkeeper has to protect both goals
 - » Goals can only be scored on the ground or in the air off of a cross

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Serving an aerial ball
- » Receiving: Aerial balls
- » Individual defending: Deny the cross

MENTAL

- » Determination
- » Desire to score
- » Competition

TACTICS

- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When to get wide
- » Defending: Pressure, cover, balance
- » Defending: Nothing through or around

PHYSICAL

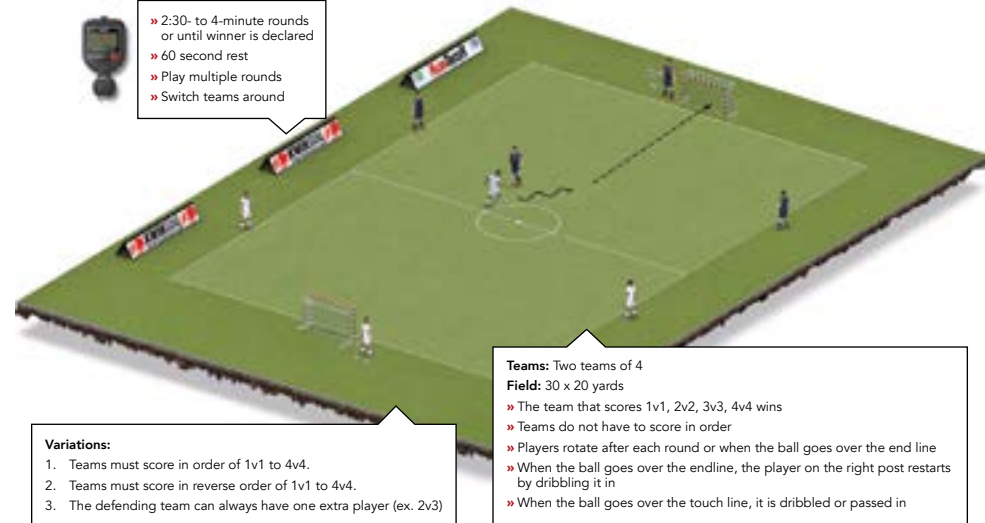
- » Action speed
- » Technical speed
- » Strength speed



8-PLAYER ACTIVITIES

“Football is simple, but the hardest thing to do is to play simple football.”

—Johan Cryuff



- » 2:30- to 4-minute rounds or until winner is declared
- » 60 second rest
- » Play multiple rounds
- » Switch teams around

Variations:

1. Teams must score in order of 1v1 to 4v4.
2. Teams must score in reverse order of 1v1 to 4v4.
3. The defending team can always have one extra player (ex. 2v3)

Teams: Two teams of 4
Field: 30 x 20 yards

- » The team that scores 1v1, 2v2, 3v3, 4v4 wins
- » Teams do not have to score in order
- » Players rotate after each round or when the ball goes over the end line
- » When the ball goes over the endline, the player on the right post restarts by dribbling it in
- » When the ball goes over the touch line, it is dribbled or passed in

TECHNIQUES

- » Dribbling: To penetrate or beat an opponent
- » Passing: Accuracy and weight
- » Receiving: Purposeful first touch
- » Individual defending: Closing down from the front

TACTICS

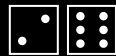
- » Attacking: Penetrate, support, mobility, and width
- » Attacking: When and where to support
- » Defending: Pressure, cover, balance
- » Defending: Make a 3v3 into a 3v2

MENTAL

- » Determination
- » Dedication
- » Desire to score
- » Competition

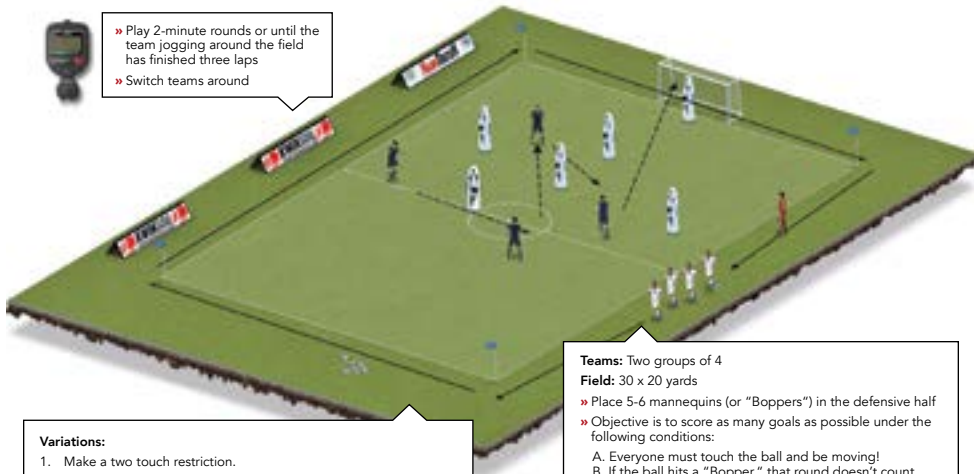
PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



BOPPER CHALLENGE

- » Play 2-minute rounds or until the team jogging around the field has finished three laps
- » Switch teams around



- Variations:**
1. Make a two touch restriction.
 2. Goal can only be scored off a cross.
 3. Allow one or two players from the waiting team to defend on field.
 4. Rearrange "boppers" to a back four plus a "6."

- Teams:** Two groups of 4
Field: 30 x 20 yards
- » Place 5-6 mannequins (or "Boppers") in the defensive half
 - » Objective is to score as many goals as possible under the following conditions:
 - A. Everyone must touch the ball and be moving!
 - B. If the ball hits a "Bopper," that round doesn't count.
 - C. Offside rule is in effect.
 - D. Player scoring must be running and facing toward goal.
 - » Retrieve ball on end after each attempt
 - » Waiting team jogs around the field with or without the ball three times and then it's their turn

TECHNIQUES

- » Passing: Accuracy and weight
- » Receiving: Purposeful first touch
- » Finishing: A rolling ball coming from the side

TACTICS

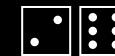
- » Attacking: Penetrate via passing
- » Attacking: Mobility leading to support

MENTAL

- » Self-motivation
- » Dedication
- » Desire to score
- » Competition

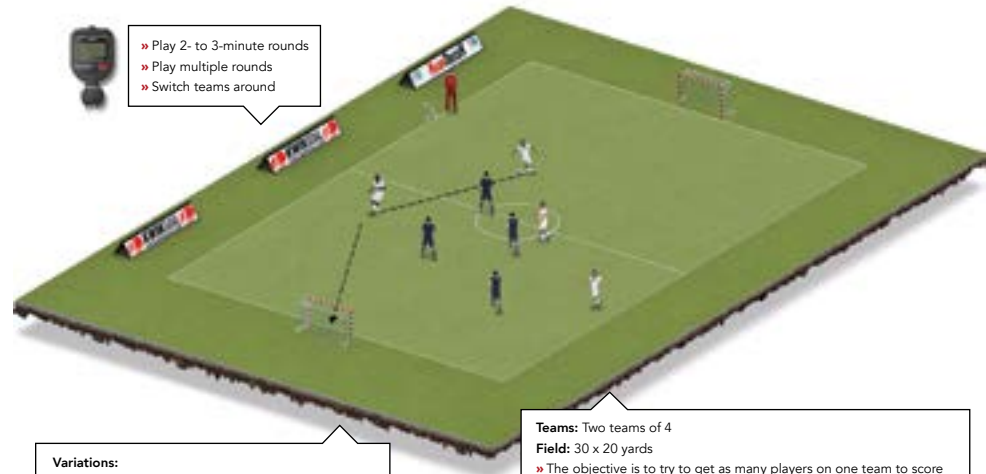
PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



MORE TO SCORE GAME

- » Play 2- to 3-minute rounds
- » Play multiple rounds
- » Switch teams around



- Variations:**
1. Limit touch restriction for players that have scored.
 2. Only goals scored off of a one touch count.
 3. Switch teams around.

- Teams:** Two teams of 4
Field: 30 x 20 yards
- » The objective is to try to get as many players on one team to score
 - » The team that has the most players score wins the game
 - » Example: If the game is tied 3-3, the win goes to the team that had more players score

TECHNIQUES

- » Dribbling: To set up a pass
- » Passing: Accuracy and weight
- » Receiving: To go forward
- » Finishing: A rolling ball coming from the side

TACTICS

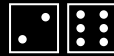
- » Attacking: Penetrate via passing
- » Attacking: Mobility leading to support
- » Defending: Pressure, cover, balance
- » Defending: Nothing getting through centrally

MENTAL

- » Teamwork/other-centered
- » Dedication
- » Determination
- » Competition

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



OUTSIDE GOALS GAME



- » Play 2- to 3-minute rounds
- » Play multiple rounds
- » Switch teams around



Variations:

- Two touch restriction for all players.
- Allow one player from each team to be in the no entry zone if a pass is made.
- Ball must hit the net in the air from the field for a goal.

Teams: Two teams of 4

Field: 30 x 20 yards

- » Place two goals on each end of the field
- » Make a "no entry" zone on each end of the field
- » Goals have to be scored prior to the ball reaching the "no entry" zone

TECHNIQUES

- » Dribbling: To set up a pass
- » Passing: Medium- to long-range passing
- » Receiving: To go forward
- » Individual Defending: Closing down from the front

TACTICS

- » Attacking: Penetrate via passing
- » Attacking: Mobility leading to support
- » Defending: Pressure, cover, balance
- » Defending: Nothing "around"

MENTAL

- » Desire
- » Dedication
- » Determination
- » Competition

PHYSICAL

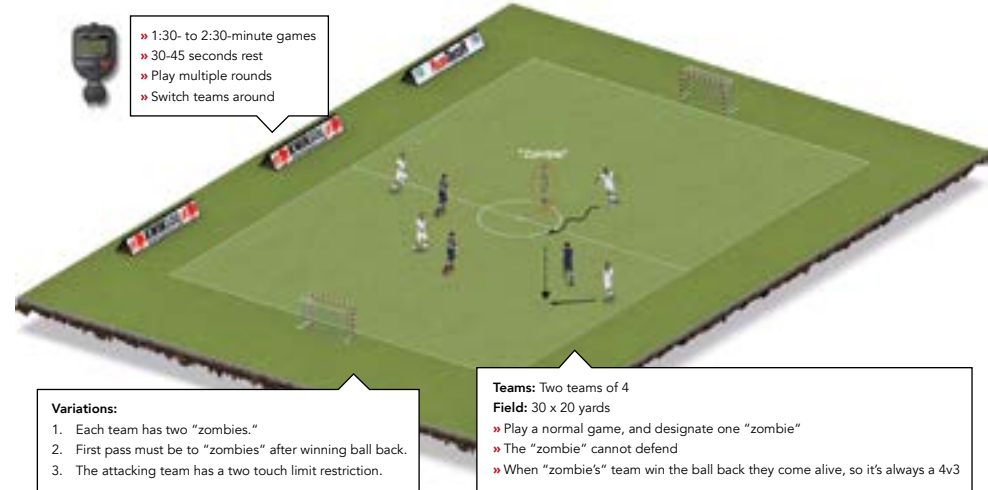
- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



THE ZOMBIE GAME



- » 1:30- to 2:30-minute games
- » 30-45 seconds rest
- » Play multiple rounds
- » Switch teams around



Variations:

- Each team has two "zombies."
- First pass must be to "zombies" after winning ball back.
- The attacking team has a two touch limit restriction.

Teams: Two teams of 4

Field: 30 x 20 yards

- » Play a normal game, and designate one "zombie"
- » The "zombie" cannot defend
- » When "zombie's" team win the ball back they come alive, so it's always a 4v3

TECHNIQUES

- » Dribbling: To beat an opponent
- » Passing: Accuracy, weight, deception
- » Receiving: Purposeful first touch

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to be more mobile
- » Defending: When to step to pressure vs. drop
- » Defending: How to make the field "smaller"

MENTAL

- » Determination
- » Intelligent movement
- » Desire to score
- » Competition

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



9-PLAYER ACTIVITIES

“In all things the supreme excellence is simplicity.”

—Henry Wadsworth Longfellow



Teams: Three teams of 3 players
Field: 30 x 20 yards

- » One team splits up and each player protects a goal
- » Objective for two teams playing is to score on all three goals
- » Play until a goal is scored in each goal or by a designated time

- » Play 2- to 3-minute games
- » 45-60 second rest
- » Switch teams around

Variations:

1. Limit touches.
2. Goals scored can only be one touch.
3. If everyone on the team scores, they stay on the field.

TECHNIQUES

- » Dribbling: Changing direction
- » Passing: Accuracy, weight, deception
- » Receiving: Vision to go forward
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication (as goalkeepers)
- » Desire to score
- » Competition

TACTICS

- » Attacking: Vision to see teammates
- » Attacking: When to support vs. move away
- » Defending: Deny the shot
- » Defending: How to make the field “smaller”

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



3v3 + 2 TO GOALS GAME



- » Play 3-minute games
- » 45-60 second rest
- » Play multiple rounds
- » Change "jokers"
- » Switch teams around

Variations:

1. Allow "jokers" to be in both halves.
2. Allow "jokers" to score.
3. Limit "jokers" touches.
4. "Jokers" have unlimited touches, outside players only have two touches.

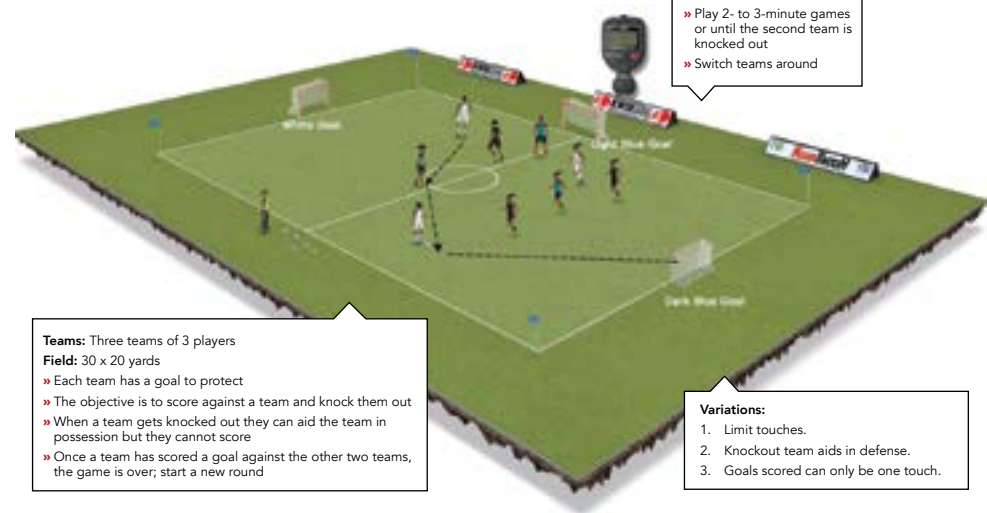
Teams: Two teams of 3, two "jokers," and two GKs

Field: 35 x 25 to 40 x 30

- » "Jokers" aid team in possession but they can't score
- » Only one joker allowed in each half



3-TEAM KNOCKOUT



- » Play 2- to 3-minute games or until the second team is knocked out
- » Switch teams around

Teams: Three teams of 3 players

Field: 30 x 20 yards

- » Each team has a goal to protect
- » The objective is to score against a team and knock them out
- » When a team gets knocked out they can aid the team in possession but they cannot score
- » Once a team has scored a goal against the other two teams, the game is over; start a new round

Variations:

1. Limit touches.
2. Knockout team aids in defense.
3. Goals scored can only be one touch.

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward or keep possession
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward or keep possession
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: Using numerical advantage
- » Attacking: When to support and/or go wide
- » Defending: Close down from the side
- » Defending: How to make the field "smaller"

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination

TACTICS

- » Attacking: When to go forward vs. change
- » Attacking: Support vs. move away to space
- » Defending: Closing down from the front or side
- » Defending: Deny the shot (tackling)

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



4v4 + 1 GAME



- » Play 3-minute games
- » Rest 45-60 seconds
- » Play multiple rounds
- » Switch teams around

Variations:

1. "Joker" has a two touch limit.
2. "Joker" has unlimited touches, but everyone else has a two touch limit.
3. "Joker" is allowed to score, and counts for double the points.

Teams: Two teams of 4 players, plus a "joker"

Field: 30 x 20 yards

- » Play a normal game with small goals
- » "Joker" aids team in possession and cannot score

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward or keep possession
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: Penetrate via passing
- » Attacking: When to support
- » Defending: Closing down from the front or side
- » Defending: Transition to attack

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



3v3v3 TOURNAMENT



- » Play 2- to 3-minute games or until the resting team is finished running laps around the field
- » Each team plays three times to complete tournament
- » Switch teams around

Teams: Three teams of 3 players

Field: 30 x 20 yards

- » Only two teams get to play each other at once
- » 3 points for a win, 1 point for a tie, 0 points for a loss; whichever team scores last in a tie, wins
- » (Ex. The score is 2-2, but the team in white scores last, so they win)
- » The team not playing dribbles their soccer ball around the field. Lap 1: walk with the ball. Laps 2-3: jog with the ball
- » When team returns, they replace one of the playing teams

Variations:

1. Limit touches.
2. Winning team stays on the field until they are defeated.
3. Goals count for double points if everyone is in the attacking half.

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support
- » Defending: Closing down from the front or side
- » Defending: Transition to attack

PHYSICAL

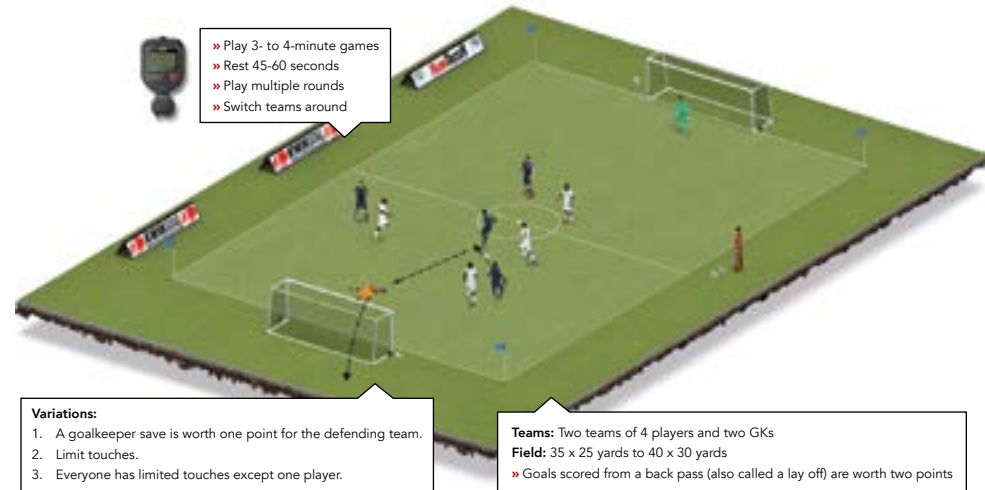
- » Aerobic
- » Technical speed
- » Agility, Balance, Coordination



10-PLAYER ACTIVITIES

“Everything is practice.”

—Pele



TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward and score
- » Finishing: Surface selection

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support
- » Defending: Closing down from the front or side
- » Defending: Transition to attack

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



4v4 + 2 GAME



- » Play 3- to 4-minute games
- » Rest 45-60 seconds
- » Switch the "jokers"
- » Play multiple rounds
- » Switch teams around

- Variations:**
1. Allow "jokers" to move anywhere.
 2. Limit "jokers" to two touches.
 3. Field players have two touches but the "joker" has unlimited.

- Teams:** Two teams of 4 players and two "jokers" that aid the attacking team
- Field:** 30 x 20 yards
- » Each "joker" is restricted to stay in their half
 - » Play normal game to goals
 - » Offside rule is in effect

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward and score

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support
- » Defending: Closing down from the front or side
- » Defending: Transition to attack

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



5v5 SMALL GOALS GAME



- » Play 3- to 4-minute games
- » Rest 30-45 seconds
- » Play multiple rounds
- » Switch teams around

- Variations:**
1. Limit touches.
 2. Limit touches in each half. Example: Two touch in defensive half and unlimited in the attacking half.

- Teams:** Two teams of 5 players
- Field:** 47 x 30 yards
- » Place small goals on each end of the field and play a normal game
 - » First goal to be scored is worth two points
 - » Offside rule is in effect

TECHNIQUES

- » Dribbling: To set up a pass or shot
- » Passing: Accuracy and weight
- » Receiving: To go forward and score

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support vs. move wide
- » Defending: Closing down from the front or side
- » Defending: Nothing through centrally

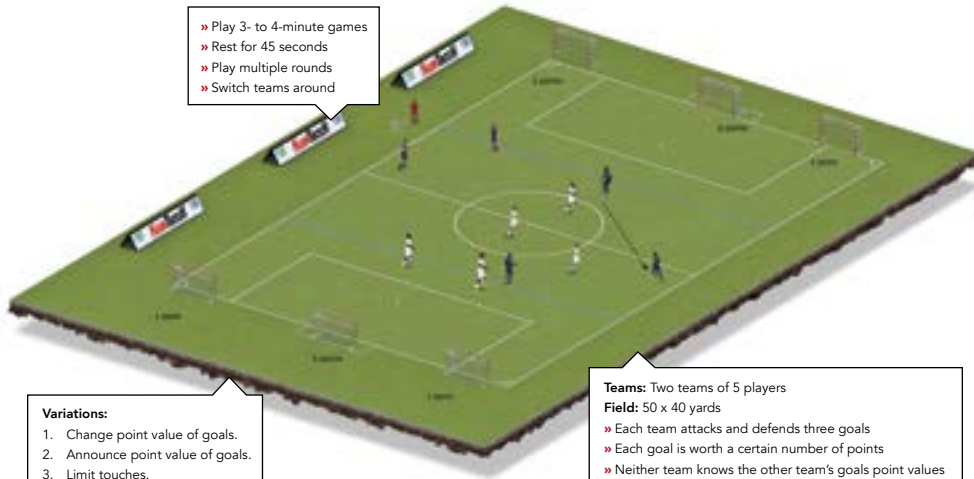
PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



5v5 6-GOAL GAME

- » Play 3- to 4-minute games
- » Rest for 45 seconds
- » Play multiple rounds
- » Switch teams around



Variations:

1. Change point value of goals.
2. Announce point value of goals.
3. Limit touches.

Teams: Two teams of 5 players
Field: 50 x 40 yards

- » Each team attacks and defends three goals
- » Each goal is worth a certain number of points
- » Neither team knows the other team's goals point values

TECHNIQUES

- » Dribbling: To penetrate or change direction
- » Passing: Accuracy and weight
- » Receiving: To go forward or possess

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support vs. move wide
- » Defending: Pressure, cover, balance
- » Defending: Staying compact

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

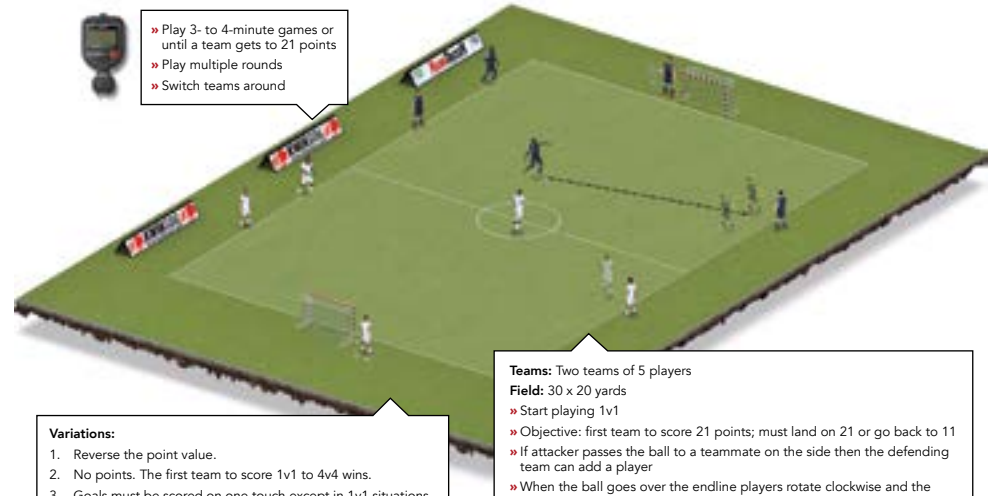
PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



21 GAME

- » Play 3- to 4-minute games or until a team gets to 21 points
- » Play multiple rounds
- » Switch teams around



Variations:

1. Reverse the point value.
2. No points. The first team to score 1v1 to 4v4 wins.
3. Goals must be scored on one touch except in 1v1 situations.

Teams: Two teams of 5 players

Field: 30 x 20 yards

- » Start playing 1v1
- » Objective: first team to score 21 points; must land on 21 or go back to 11
- » If attacker passes the ball to a teammate on the side then the defending team can add a player
- » When the ball goes over the endline players rotate clockwise and the player on the right post brings on a new ball
- » Points: 1v1 goal is four points; 2v2 goal is three points; 3v3 goal is two points and 4v4 goal is one point

TECHNIQUES

- » Dribbling: To beat an opponent
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward and score
- » Finishing: Surface selection

TACTICS

- » Attacking: When to dribble vs. pass
- » Attacking: When to support vs. move wide
- » Defending: Closing down from the front or side
- » Defending: Transition to attack

MENTAL

- » Determination
- » Game intelligence
- » Desire
- » Competition

PHYSICAL

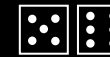
- » Acyclic speed
- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



11-PLAYER ACTIVITIES

“Goals are only important if they win games.”

—Lionel Messi



- » Play 4- to 5-minute games
- » Play multiple rounds
- » Switch “jokers”
- » Switch teams around

Teams: Two teams of 4 players plus GK, two “jokers” inside the flank channel

Field: 55 x 50 yards

- » When ball is in the central channel “jokers” are inside
- » When ball is passed into flank channel the “joker” is the only person allowed
- » When the “joker” is in the channel they can either serve the ball or dribble back into the field
- » Defending team has three counter goals and the counter goals are outside the playing area
- » Offside rule is in effect

Variations:

1. Goals scored off cross are worth more points.
2. Allow one defender in the flank channel.
3. Limit touches on defending team when they counter.

TECHNIQUES

- » Dribbling: To beat an opponent
- » Passing: Crossing (ground and aerial)
- » Finishing: Aerial balls
- » Individual defending: Marking and tracking

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

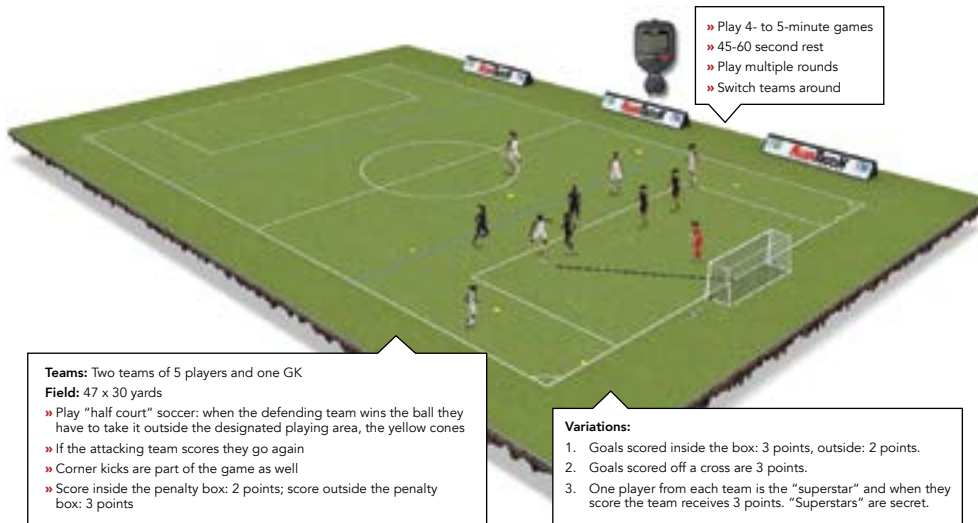
- » Attacking: When to cross (early or late)
- » Attacking: When to go through or around
- » Defending: Nothing down centrally
- » Defending: Where to place clearance

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



5v5 HALF COURT ACTIVITY



TECHNIQUES

- » Dribbling: To pass or shot
- » Passing: Accuracy and weight
- » Finishing: Surface selection
- » Individual defending: Deny the shot (tackle)

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

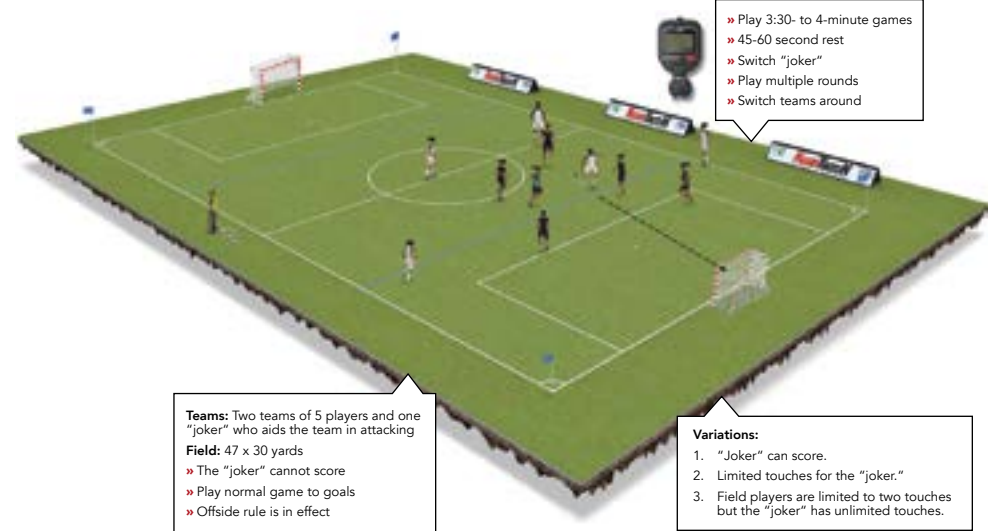
- » Attacking: When to shoot vs. pass
- » Attacking: When and where to support
- » Defending: Nothing down centrally
- » Defending: Transition to attack

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



5v5 + 1 GAME



TECHNIQUES

- » Dribbling: To change direction
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward or possess
- » Individual defending: Closing down from the front

MENTAL

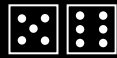
- » Determination
- » Game intelligence
- » Desire
- » Competition

TACTICS

- » Attacking: When to support
- » Attacking: When to go through or around
- » Defending: Pressure, cover, balance
- » Defending: To defend a "small" space

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



6v4 TO GOAL GAME



- » Play until all seven balls are attempted
- » 45-60 second rest
- » Switch "joker"
- » Play multiple rounds
- » Switch teams around

Teams: Two teams of 4 players plus GK in the large goal, two "jokers" who aid the team in the attack
Field: 60 x 50 yards

- » "Jokers" cannot score
- » Two small counter goals for the defending team
- » Defending team gets a point added on if they score on the counter goals
- » Each time gets seven attempts to score; and best-of-seven wins. If they are tied, then it goes to a PK shootout
- » Offside rule is in effect

Variations:

1. Allow "joker" to score.
2. Goals scored off a cross are worth two points.
3. One touch goals are worth two points.

TECHNIQUES

- » Dribbling: With the head up
- » Passing: Crossing (ground and aerial)
- » Finishing: Aerial balls
- » Individual defending: Marking and tracking

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

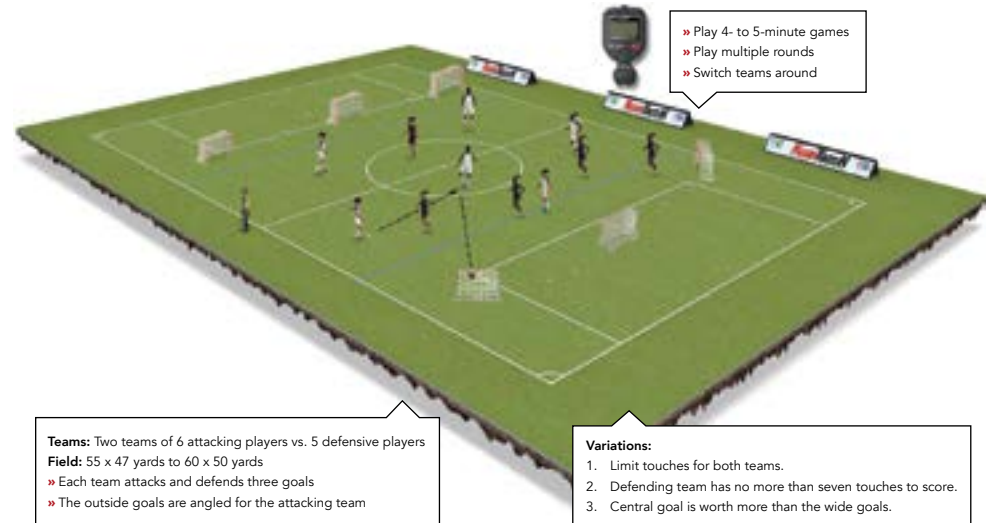
- » Attacking: When to cross (early or late)
- » Attacking: When to go through or around
- » Defending: Nothing down centrally
- » Defending: Where to place clearance

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



6v5 6-GOAL GAME



- » Play 4- to 5-minute games
- » Play multiple rounds
- » Switch teams around

Teams: Two teams of 6 attacking players vs. 5 defensive players
Field: 55 x 47 yards to 60 x 50 yards

- » Each team attacks and defends three goals
- » The outside goals are angled for the attacking team

Variations:

1. Limit touches for both teams.
2. Defending team has no more than seven touches to score.
3. Central goal is worth more than the wide goals.

TECHNIQUES

- » Dribbling: To penetrate or change direction
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward
- » Individual defending: Making play predictable

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to penetrate vs. possess
- » Attacking: Width and depth
- » Defending: Nothing down centrally
- » Defending: Nothing gets around side

PHYSICAL

- » Action speed
- » Technical speed
- » Agility, Balance, Coordination



12-PLAYER ACTIVITIES

“If we were meant to talk more than listen, we would have two mouths and one ear.”

—Mark Twain



TECHNIQUES

- » Dribbling: To penetrate or change direction
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward
- » Individual defending: From the front or side

TACTICS

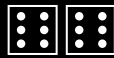
- » Attacking: When to penetrate vs. possess
- » Attacking: When to support
- » Defending: Nothing down centrally
- » Defending: Transition to attack

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

PHYSICAL

- » Action speed
- » Technical speed
- » Speed endurance



ALL UP AND BACK GAME

- » Play 3- to 4-minute games
- » 30-45 second rest
- » Play multiple rounds
- » Switch teams around



Teams: Two teams of 5 plus a GK for each team

Field: 55 x 47 yards

- » Play a normal game except goal only counts if the attacking team has everyone in the attacking half.
- » Offside rule is in effect

Variations:

1. Limit touches in defending half for both teams.
2. If the attacking team scores and the defending team has players in both halves a bonus point is awarded.
3. Players can talk in defending half but not in the attacking half.

TECHNIQUES

- » Dribbling: To penetrate or keep possession (shield)
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward or possess
- » Individual defending: From the front or side

MENTAL

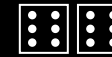
- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to penetrate vs. possess
- » Attacking: Transition to defend
- » Defending: Transition to attack
- » Defending: Immediate pressure

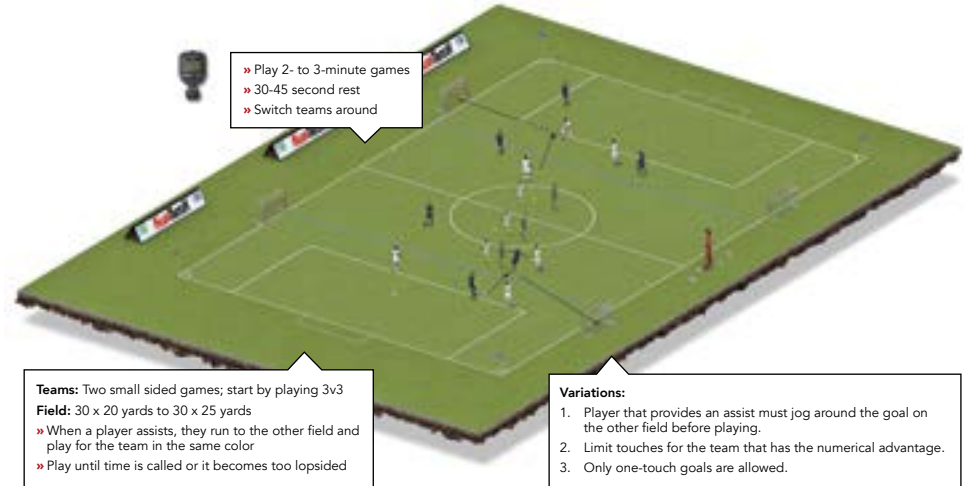
PHYSICAL

- » Action speed
- » Technical speed
- » Speed endurance



DROPPING DIMES GAME

- » Play 2- to 3-minute games
- » 30-45 second rest
- » Switch teams around



Teams: Two small sided games; start by playing 3v3

Field: 30 x 20 yards to 30 x 25 yards

- » When a player assists, they run to the other field and play for the team in the same color
- » Play until time is called or it becomes too lopsided

Variations:

1. Player that provides an assist must jog around the goal on the other field before playing.
2. Limit touches for the team that has the numerical advantage.
3. Only one-touch goals are allowed.

TECHNIQUES

- » Dribbling: To set up a pass
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward
- » Individual defending: From the front or side

MENTAL

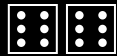
- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to penetrate vs. possess
- » Attacking: When to support
- » Defending: Pressure, cover, balance
- » Defending: Transition to attack

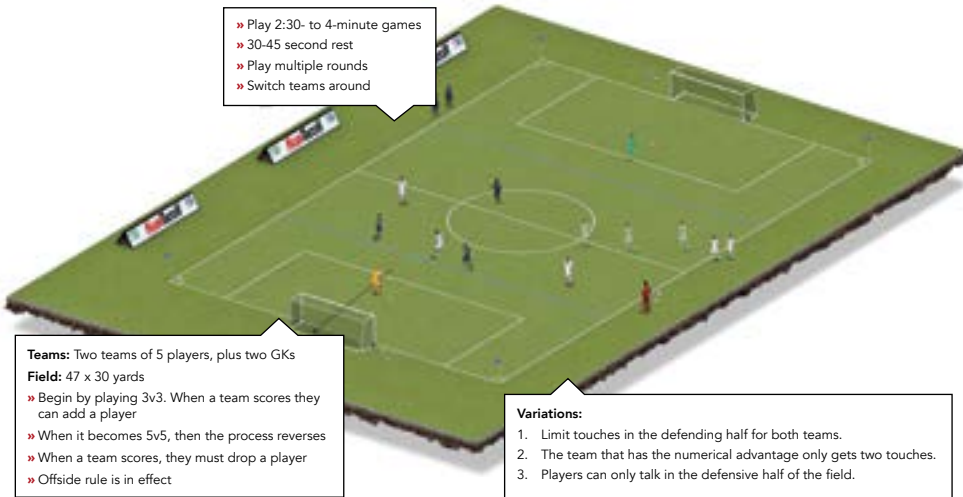
PHYSICAL

- » Action speed
- » Technical speed
- » Speed endurance



NUMBERS UP AND DOWN ACTIVITY

- » Play 2:30- to 4-minute games
- » 30-45 second rest
- » Play multiple rounds
- » Switch teams around



Teams: Two teams of 5 players, plus two GKs
Field: 47 x 30 yards
 » Begin by playing 3v3. When a team scores they can add a player
 » When it becomes 5v5, then the process reverses
 » When a team scores, they must drop a player
 » Offside rule is in effect

Variations:
 1. Limit touches in the defending half for both teams.
 2. The team that has the numerical advantage only gets two touches.
 3. Players can only talk in the defensive half of the field.

TECHNIQUES

- » Dribbling: To penetrate or change direction
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward or possess
- » Individual defending: Deny the shot (tackle)

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to penetrate vs. possess
- » Attacking: Transition to defend
- » Defending: Transition to attack
- » Defending: Immediate pressure

PHYSICAL

- » Action speed
- » Technical speed
- » Speed endurance



SIDE-BY-SIDE GAME

- » Play 2- to 3-minute games
- » 30-45 second rest
- » Switch teams around



Variations:
 1. Player that scored must run around a goal on the opposite field before playing.
 2. Limit touches for players that have scored.
 3. Only one-touch goals are allowed.

Teams: Two small-sided games, start by playing 3v3
Fields: 25 x 20 yards to 30 x 25 yards
 » Play normal games to goal
 » When a player scores, they run onto the other field and play for the other team in the same color
 » Continue playing until time is up or the games become too lopsided

TECHNIQUES

- » Dribbling: To penetrate or change direction
- » Passing: Accuracy, weight, deception
- » Receiving: To go forward
- » Individual defending: From the front or side

MENTAL

- » Determination
- » Dedication
- » Desire
- » Competition

TACTICS

- » Attacking: When to penetrate vs. possess
- » Attacking: When to support
- » Defending: Pressure, cover, balance
- » Defending: Transition to attack

PHYSICAL

- » Pure speed
- » Speed endurance
- » Agility, Balance, Coordination