

SOCCER DRILLS – VOLUME 1 INDIVIDUAL SKILL DRILLS

PASSING & RECEIVING

5m grid

Drill 1: One touch passing.

Stay on toes in order to get in line with ball quickly.

Drill 2: Across the body.

Use numerous combinations: inside-inside, inside-outside, outside-inside.

Drill 3: Ball familiarity.

Lots of touches between reception and pass (back and forth between insides).

Drill 4: Different surfaces.

Use different surfaces to drag ball back and forth before making pass.

Drill 5: Weighting the pass.

Widen grid, one player moves in then out with one-touch passing.
Variation: try lofting passes.

5x10m grid

Drill 6: Get into line.

Players pass then move into next grid.
Encourage getting in line with pass quickly.

Drill 7: Short pass, long pass, move.

Drill 8: Adding pressure.

As #7, but with defender in middle.
Defender closes down play, but should not actively win ball.
Use body fakes to hide intentions.

10x10 grid

Drill 9: Miss a man.

X

X

X

X

Following an initial 1-2, the next pass 'misses the man' and goes to the further middle player, who combines with the other middle player before playing to opposite side.

Drill 10: Miss a man rotating.

X

X

X

X

Same as #9, but end players rotate in after 'missing man'.

Drill 11: Coming off at an angle.

X

X>

<X

X

Central players with backs toward each other are forced to come off at an angle to receive from end player initially behind them.

Ball is played back to serving player.

Move should replicate coming off a marker.

Drill 12: On the half turn.

Set up as #11.

Receive ball on half-turn, and pass to opposite player.

15x20m grid

Drill 13: Timing the pass.

X X X

X X X

Two teams of three players pass among themselves.
The third pass must always go to the opposite team.
Two balls are used.
Encourage players to look up before passing.

Drill 14: Apply pressure.

X X X

--- X --- X ---

X X X

Two defenders introduced, only 1 ball used.
Players now encouraged to play ball forward at first safe opportunity.
Each defender must stay in one half only.
Encourage disguise in passing.

DRIBBLING & TURNING

20x10m grid

Drill 1: Ball Control.

4 players in grid, each with ball.
Move with ball, maintain control, use different surfaces.
Make turns away when approaching another player or a sideline.

Drill 2: Turning away.

X X

X X

Players (each with ball) pair off, dribble towards each other, then turn away with prescribed turns.

Drill 3: Turning away from middle.

X X

X

X X

Players (each with ball) start in corner, then dribble at coach or each other before turning away in prescribed manner.

Drill 4: Turning away at an angle.

Set up as #3.

Players now move off to next corner rather than the corner from which they started.

Drill 5: Turning with a trick.

Set up as #3.

Encourage players to use favorite tricks.

Drill 6: Turning away from pressure.

X

X

X

X

Players receive a ball, play toward passer before turning away from him, then delivering ball to opposite corner. Minimize touches in this small area.

Drill 7: Off at an angle.

Set up as #6.

Ball is now received from opposite end as players move off at an angle.

Receive on a half-turn, play ball to opposite corner.

Drill 8: Off a marker with a trick.

Set up as #6.

Player comes off marker toward passer.
Receive and turn, do a trick 'at' the other player.
Play ball to opposite corner.
Both players agree to make move toward same direction.

20x20m grid

Drill 9: Two versus two.

```
      X                               X
      X       X       X
      X       X       X
      X                               X
```

Two teams play 2v2 in middle with support at either end.
Players are encouraged to turn, dribble and pass to other end.
Partners should move to receive the 'set back'.
Defenders passive, clean up mistakes.

DRIBBLING

20x20m grid

Drill 1: Warm up.
Players dribble around grid with a ball each.

Drill 2: With a trick.

```
      X                               X
      X                               X
      X                               X
      X                               X
```

Players in opposite corners receive a pass from partner.
Do trick 'against' partner in middle.
Two balls at a time, two corners at a time.
Agree on a direction ahead of time.

Drill 3: Three versus three.
Line soccer to encourage dribbling.
Shield ball with body when running with it.
Players off ball should take defenders away from good coverage positions.

VOLLEYING

5x10m grid

Drill 1: Instep, outstep.

< X >

< X >

Players move to either side of two marker cones.
Volley to partner using instep first.
Progress to using an outstep volley.

Drill 2: Along the line.

X> X> X> X

X X X X

Players move along line of servers.
Play volley pass back.
Players should stay on their toes as they wait for the end player to move back to the start.

Drill 3: Line chest and volley.
Set up as #2.
Variations: thigh volley, head volley.

10x5m grid

Drill 4: Off at an angle

X

X>

<X

X

Come off at angle, volley back to server.
Use different foot surfaces.

Drill 5: Two versus two.

X

X X
X X

X

Players must volley from one end of grid to another.
Defenders can only intercept.
If player cannot volley, he may catch or head it.

RECEIVING THE BALL ON THE HALF TURN

15x20m grid

Drill 1: In the hand.

X X
X X X
X X X
X X X

Receive on the half turn with the hands.
Play ball off to an outside player, then come off to receive another.

Drill 2: On the floor.
Set up as #1.

Drill 3: On the back foot.

X
X X
X X

One player comes out to receive on half-turn.

Play ball to opposite end, rotate positions.
Encourage players to receive on back foot.
Players can come out to either side of grid.

Drill 4: Interpassing.

X X
X
X X
X

Two players come out to receive.
Receiver plays off to teammate.
Then pass to remaining teammate, then to other team.
Time runs to back pass.

20x20m grid

Drill 5: Interpassing in threes.

X
X XX X
X

Players play in threes across grid.
Transfer ball from one side to other.
Two balls, two teams play at same time.