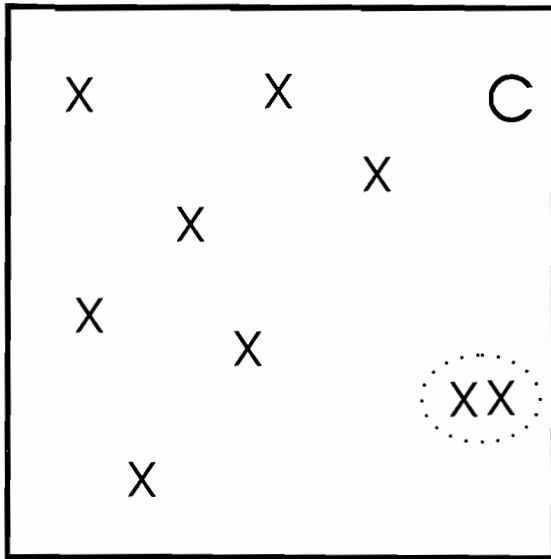


U14- U18 Drills

Expectations of a U14 - U18 Player	Achievable Targets	Unachievable Targets
Begins to understand outside factors can affect game situation	Prepare players for different scenarios, weather conditions, early nights, arriving early for games. Taking care of the little things, in turn takes care of the bigger situations that happen in a game.	Kids will be kids and will time and time again do things they are not suppose to. Secondly, you have no control over your star player becoming sick the night before a big game. Have a back up plan. Do not rely on a single player
Creates and takes goal scoring opportunities	Understand when to use the power shot and when to place the ball in the net	Children can breakdown mentally, physically and psychologically in front of the goal. Be patient and build confidence.
Players that have been trained from an early age have very good technique of the basic skills	Begin to understand when to use the different techniques on the field of play. For example, when to use the speed dribble or shield dribble.	Technique and skill can often breakdown under pressure; therefore practice should now contain lots of game related activity
Is able to solve situations that occur in a soccer match	Children now have the experience to recall different situations that have happened in past games. From these experiences children can adapt to how the game is progressing	The coach still has to have control as he/she will need to decide the tactics and help make the players realize their responsibilities
Begins to understand the team concept in a more advanced manner	Defending as a unit, i.e. Defending as a back four and not individuals.	Again tactics need to be worked on and working under pressure will improve play. However, mistakes are common and when defending as unit players sometimes follow the ball instead of their mark.

Warm Up



20 x 20 yards

C Coach X Players

XX An example of a team of two

Purpose: To warm up and stretch

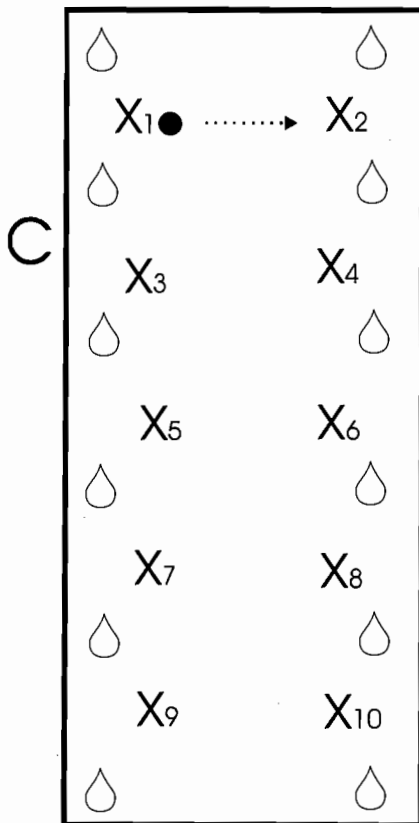
Organization

1. Ten players placed in an area 20x20
2. Players spread out and listen to coach's command
3. Coach calls out - jog, sideways, backwards, karaoke, forward, etc
4. In between these activities take time to stretch out
5. Example: after running for 1 minute stop and stretch hamstrings, after about 45 seconds, start running again
6. Work on change of pace - 10 yards sprint, simulate left foot volley, right foot volley, up and head the ball etc.
7. Call out teams of four, three, two etc, each player must then get in teams of that number
8. Call out wheel barrows, piggy backs to incorporate fun and have races

Coaching Points

- Soccer related movements

Pass Along



25 x 5 yards

C Coach X Players ☹ Cones ● Ball

Purpose: Technical warm up - passing, volleys and headers

Organization

1. Ten players split into five pairs
2. 25x5 yards grid
3. Pairs start passing the ball back and forth to each other. Move on asking players to play 2 touch, 1 touch left foot only etc.

Progression

1. Pass the ball and move onto the next player until player reaches the end of the line, then run back and start again
2. When the coach calls change players, move in opposite direction
3. These activities can then be used for control, volleys and headers

Coaching Points

- Happy feet (on your toes)
- Communication - talk to each other
- Body in line with the ball, eyes watching the ball all the time
- Be positive and play with lots of confidence

Touch and Go

Purpose: Incorporate speed dribble, attacking dribble and shield dribble

Organization

1. Ten players split into two teams of five
2. One team wears scrimmage vets
3. Place a limit on the number of touches on the ball before a player passes the ball to another teammate
4. When a team has made three passes, one attacking player and one defender breaks towards the goal
5. The attacker tries to score a goal and the defender tries to stop the attacker from scoring

Coaching Points

- Anticipation and move quickly to the ball
- Communication

Attacking Dribble

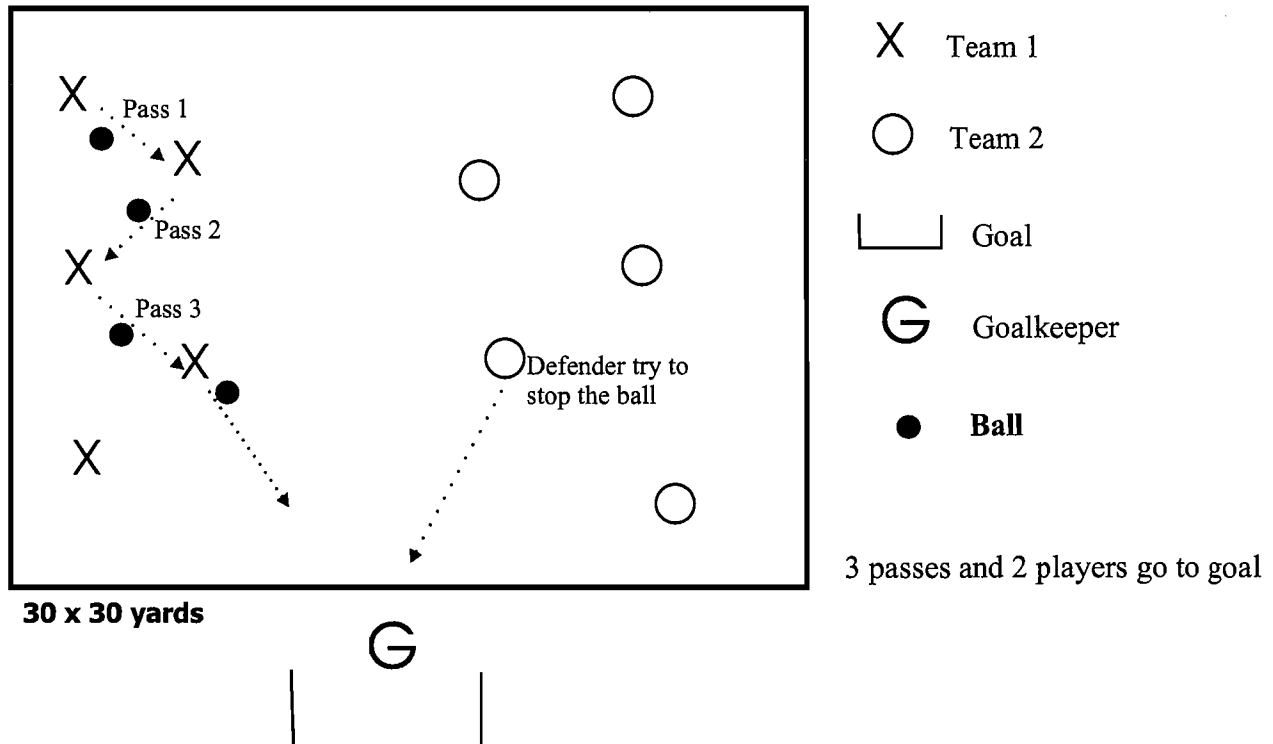
- Play ball past defender into space and attack
- Once behind defender, cut off recovery run
- Change speed and direction

Speed Dribble

- Use inside or outside of foot
- Toe is down
- First play of the ball is long then little touches as you get closer

Shielding Dribble

- Keep ball close with a low center of gravity
- Play with far foot, come away from goal move laterally



Soccer Cricket

Purpose: A fun way to learn how to strike the ball over a distance (refer to Glossary of Terms for definitions)

Organization

1. Split players into two teams of five
2. Use a 40x40 yard field
3. One team is the batting team
4. The other team is the fielding team
5. The batting team sits and waits for their turn, while one batsman enters the field of play
6. The fielding team spreads out around the grid with one bowler 8yards away and a wicket keeper behind the wickets. The wicket keeper should be the goalie as they are the only ones allowed to use their hands
7. The bowler throws the ball under arm to the batsman who must strike the ball as far as he can
8. Each time the bowler throws the ball, the batsman must run to the other wicket and back
9. Every time the batsman gets to the other wicket and back he gets a run. Winning team is the team who scores the most runs
10. To get a batsman out, the fielders (players in the field) must control the ball and get it back to the bowler as quick as they can
11. This way the bowler has a better chance of hitting the batsman wicket. Once the bowler hits the wicket, the batsman is out and a new batter enters the field of play
12. Wickets can be a number of bags stacked on top of each other

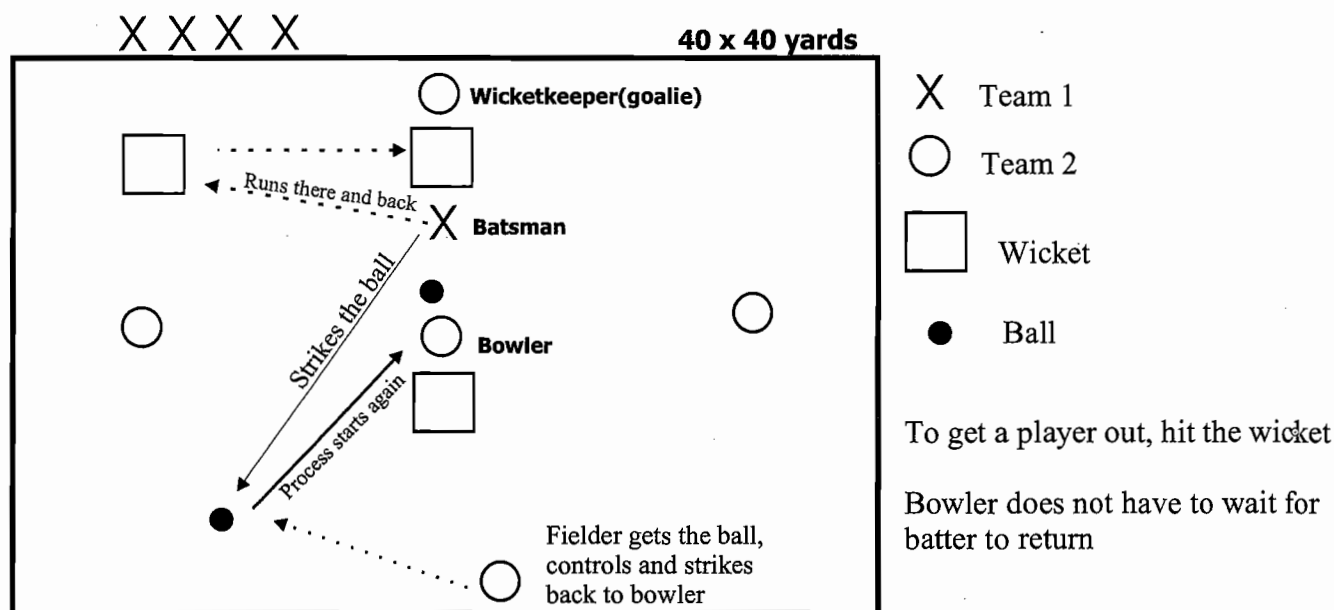
Coaching Points

Batsman

- Body in position early
- Pick a spot on the field and strike through the ball to the open space
- Quick run to wickets and back. Turn quickly

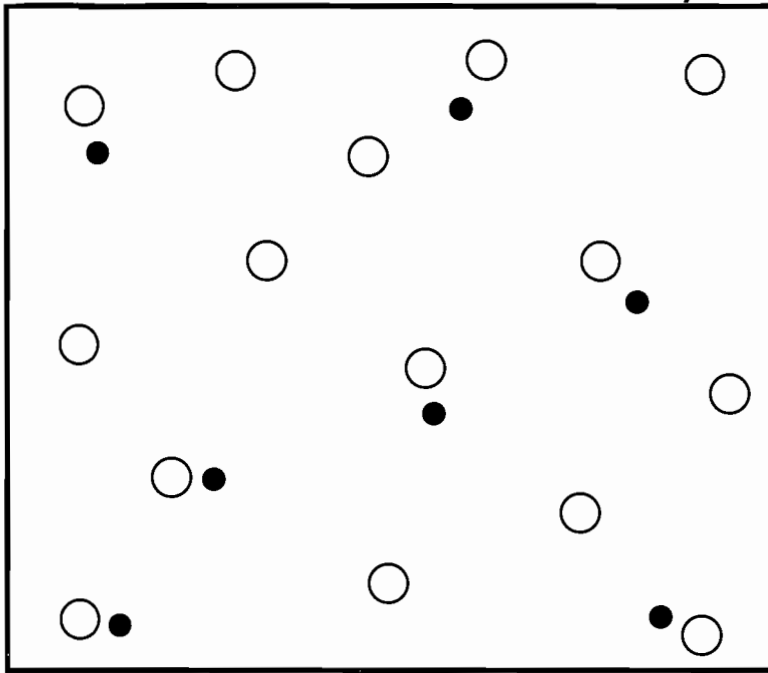
Fielders

- Anticipation of ball, on your toes
- Move early to control the ball
- Body in position, positive first touch
- Pass the ball back to bowler as quick as you can



Penetrating Passes

40 x 40 yards



○ Players

● Ball

Purpose: Unbalancing the defense

Organization

1. Have fifteen players and seven balls
2. Players pass and move with the ball
3. Ensure the player takes the ball with the outside foot, open body and move into space

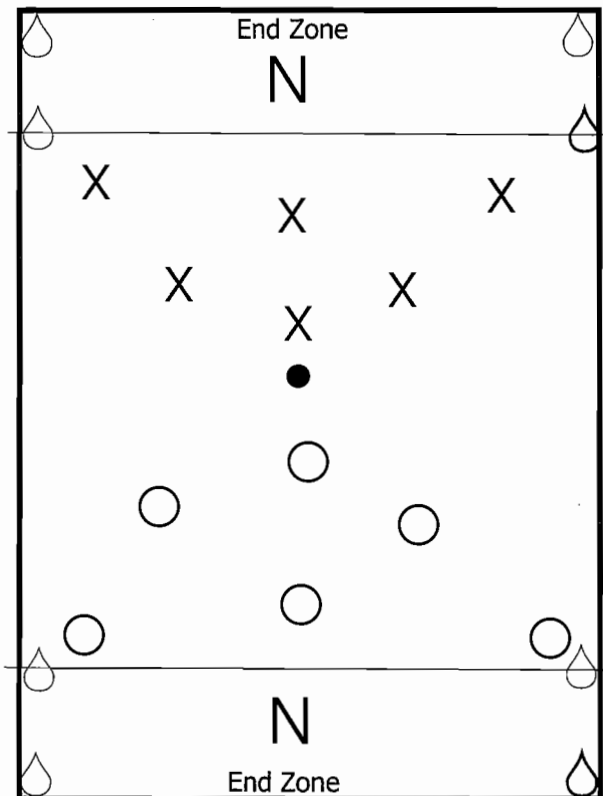
Progression

1. Ask players to pass the ball, get the return from a player and dribble fast for 5 yards
2. Then pass the ball off to another player
3. Look to play a give and go before passing the ball off

Coaching Points

- Work on weight of pass
- Communication - both talking and visual
- Accurate passing - can we play fast?
- Look at using all parts of the foot to play the pass, i.e inside, outside, laces

Early Penetrating Pass



○ Team 2 X Team 1 ● Ball

☹ Cone

N Neutral Target Player

Purpose: An opposed activity to unbalance the defense

Organization

1. Have players play 6v6 with one player in either end zone
2. A neutral player is placed in each goal
3. Players have a normal scrimmage, scoring 2 points every time they hit the target player or 1 point for six consecutive passes
4. Scrimmage runs for 20 minutes, change the goal players every 5 minutes
5. When you hit your neutral target player, your team receives the ball back and you attack the other goal
6. Players are encouraged to hit the end player early and play quickly

Coaching Points

- Can we hit the end zone early, i.e use one pass instead of three
 - Keep the ball moving, playing quickly, unbalancing the defense
 - Ensure good angles of support - Do not stand behind players
- = The player off the ball is the most important player as he/she makes the decision for the player on the ball

Early Pass

Purpose: Penetrate the defense early , game related activity

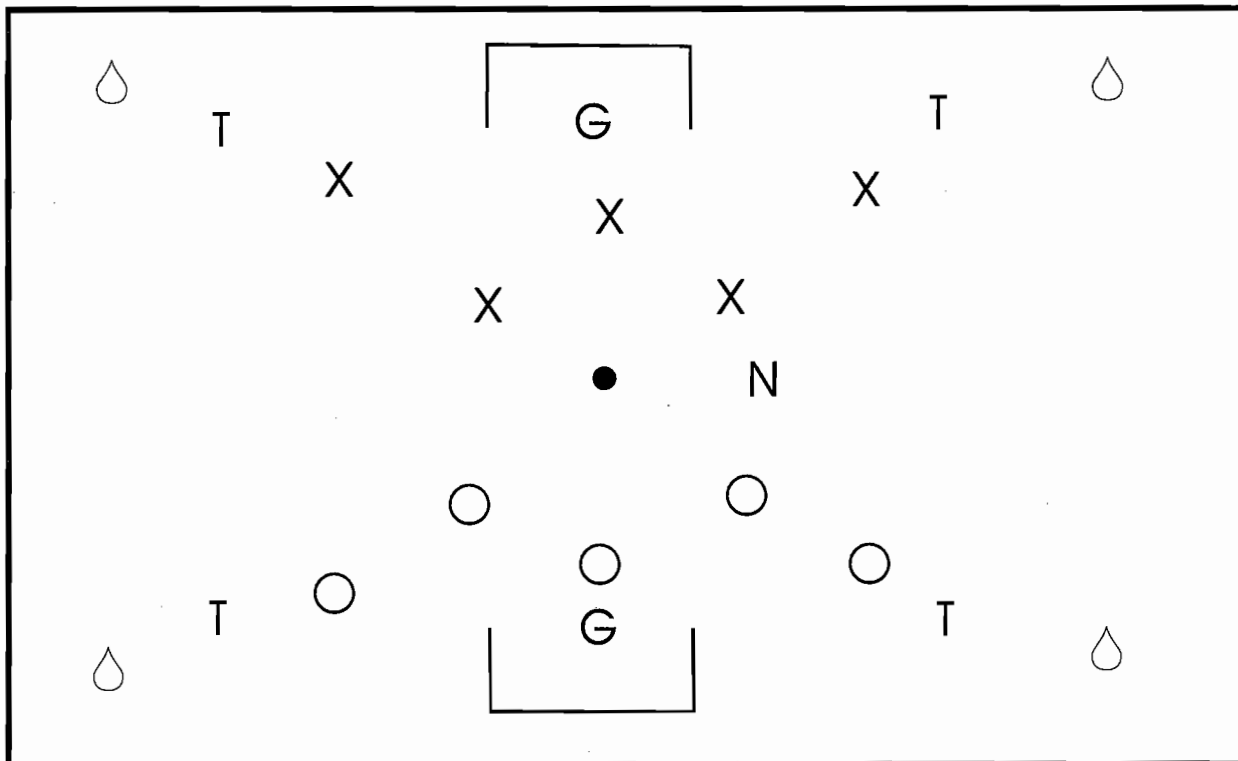
Organization

1. Players play a 5v5 scrimmage with goalkeepers. Have four target players and one neutral player
2. End players and neutral players play for the team who has possession
3. Teams aim to keep possession and gain a numbers up situation
4. Team in possession aim to hit target players early then attacking team enters the box looking for the return pass
5. Team in possession are then able to score .
6. Play for a designated time period.

Coaching Points

- Angles of support, movement into passing lanes
- Helps in decision making - when to keep possession and when to penetrate
- Quick support of target, helping penetrate the area by getting numbers in the box
- Quality of finishing, when to use the power shot and when to place the ball and timing of run to get in front of defenders

50 x 30 yards



G Goalkeeper N Neutral Player T Target player ● Ball
 O Team 2 X Team 1 ☹ Cone