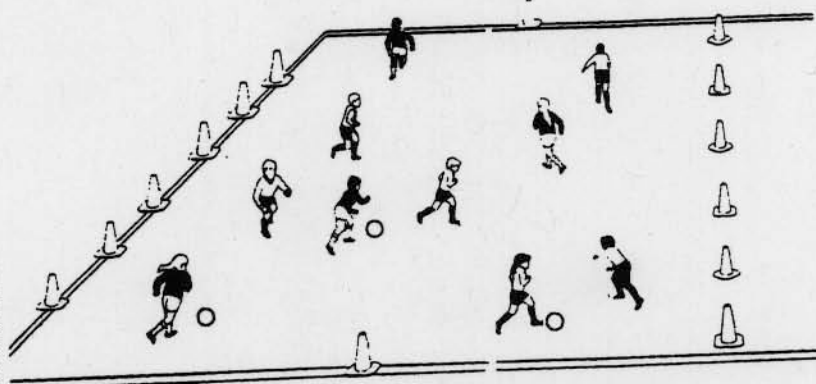


W

Crazy Warm-Up

A fun-filled warm-up to get players ready for the more technically-oriented practices



Organization

- Square field 15 x 15 yards
- *Game One*: 3 or 4 players have ball at feet for "soccer tag" — must kick the ball to tag player to lose the ball
- *Game Two*: Same as "one" except ball in hand; tag by hitting leg below knee; hands can protect the tag
- *Game Three*: same as "two" except regular game of tag and player who is "It!" cannot tag anyone with the ball; keep balls moving to protect players about to be tagged

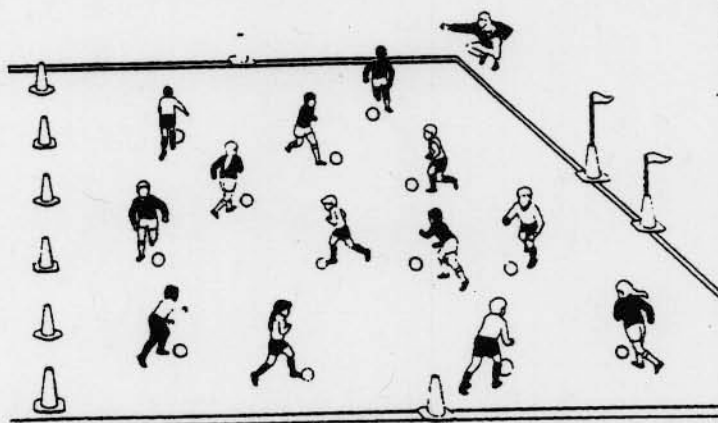
Coaching Points

- Coach must make sure no one goes outside the area or they become "It!"
- Encourage players with ball — in all games — to "hunt" as a team
- If player(s) with ball in *Game Three* use the ball as an easy excuse not to get involved they surrender the ball and are "It!"

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Square Dance

A fun warm-up to start practice in a lively way;
and to introduce the fundamentals of dribbling



Organization

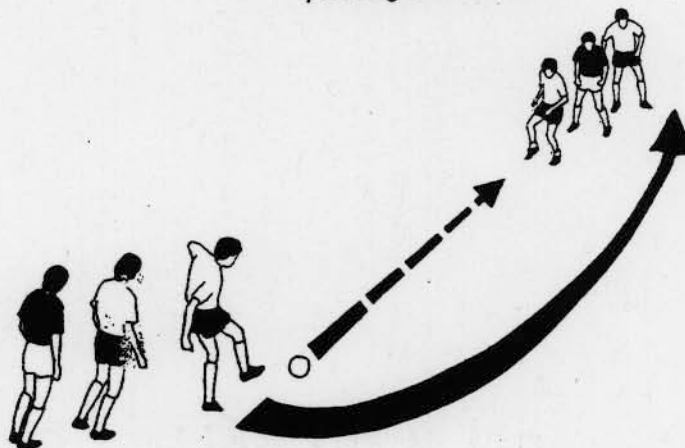
- Square field 15x15 yards
- All players jog with a ball each and move until they hear:
"STOP" — put foot on top of ball quickly and stay still
"GO" — move right or left with ball "fast" for 3-4 yards
"TURN" — turn 180 degrees with ball and go quickly for 3-4 yards
- Introduce other fun activities later, e.g., keep ball up with feet, drag ball through legs with foot, etc.

Coaching Points

- Players to keep ball close
- Occasionally insist on left foot only or right foot only
- Encourage players to look around as well as at the ball so they don't collide
- See how many different ways they can turn with the ball
- Use stretching exercises every 2-3 minutes

Line-up & Link-up

A warm-up drill to produce quality passing and control



Organization

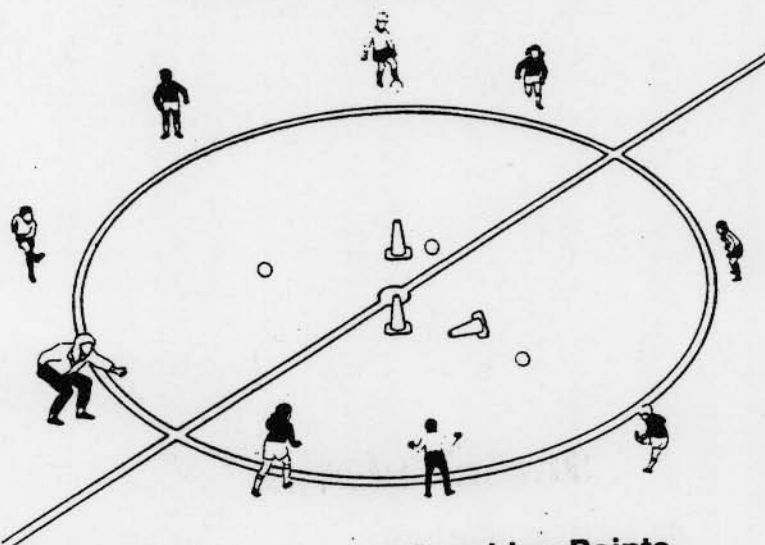
- Two lines of players (3 to 4 per line) face each other 8 to 10 yards apart
- Ball is played from one line to the other, and players criss-cross to go to the end of the other line
- Use "two-touch" first and then change to "one-touch"
- Goalkeepers can use hands instead of feet; or everyone uses the hands for 2 minutes

Coaching Points

- Start leisurely, just above walking pace to allow warming up — speed up later
- Periodically stop the exercise and "stretch"
- Condition the passing to be "right-footed" or "left-footed"
- Introduce your own variations once players become used to the activity

Circle Game

To work on two-footed passing and control



Organization

- Use center circle or smaller circle for younger players
- Each player has partner directly on other side of circle; one ball between them
- Players pass ball to partner but try to knock over cone
- Initially, put three cones in middle to create success
- Ball must be passed from outside the circle
- Winners are the first partners to score five hits

Coaching Points

- Encourage kickers to follow through by pointing leg and foot towards cone
- Suggest use of foot like a hockey stick (push pass) for controlled accuracy
- Insist on the use of "other foot" for one round of competition

5 vs 2

To develop good supporting play, as well as timing, pace and accuracy of passing



Organization

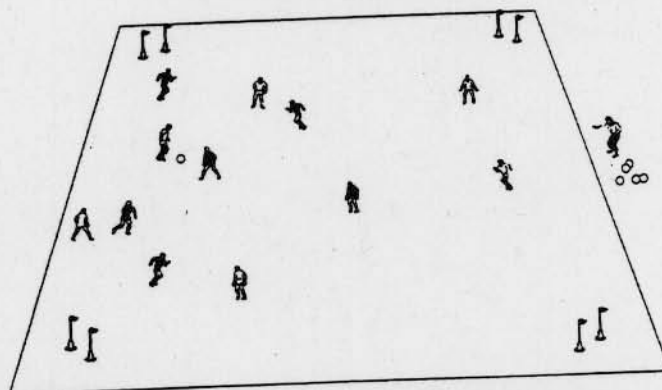
- Set up 3 groups of 5 players
- Mark two rectangular areas 10x15 yards (only one shown above)
- One team acts as the defenders: two per area and one spare
- 5 vs 2 in each rectangle — a competition between each "five" for most number of consecutive passes
- Losing "five" become the defenders

Coaching Points

- Players "off-the-ball" must work to make passing angles for player with ball
- Use full space available by "spreading"
- Good passing and good "first touch" required
- Players may have to screen while waiting for support

4-Goal Game

All-action game encouraging collective attacking and 100% defending commitment



Organization

- Divide players evenly (e.g. 6 vs 6 or 7 vs 7)
- Mark square 40 x 40 yards
- 5-yards in from each corner, place goal cones 1 yard apart
- Score in any of 4 goals from the front only
- Ball can be dribbled through & possession retained
- Count 4 (5 or 6) consecutive, uninterrupted passes as goal
- Goals through cones can be scored in passing sequence
- When ball goes out, re-start with kick-in (5-yard rule)

Coaching Points

- Keeping possession gives best chance of success, with or without cone "goals"
- Hold onto and screen ball if passing options not good
- Switch play as one goal becomes blocked/marked
- Defensive positional play important to prevent easy scoring
- Everyone must work hard in defense
- Play in "sets" like tennis

Zone Dribble

To encourage decisive dribbling, with faking, screening, change of pace; to practice 1 vs 1 defending



Organization

- Set up grid that contains 3x10-yard squares
- Defenders in each square vs 3 attackers at the starting line
- 3 attackers can either go individually — or with a ball each at the same time
- Attackers score a point for each “zone” successfully navigated
- Bonus point for finishing with the ball “touched down” on the outside end line
- To start, first defender must be at the back line of the front box

Coaching Points

- Attackers must be decisive in their action; otherwise it will make it easier for the defenders
- Change of pace, screening and taking will be essential for success
- Good footwork and balance required of defenders

2-by-4 Shooting

Shooting and combined play by twin strikers who can use supporting attacking midfield players



Organization

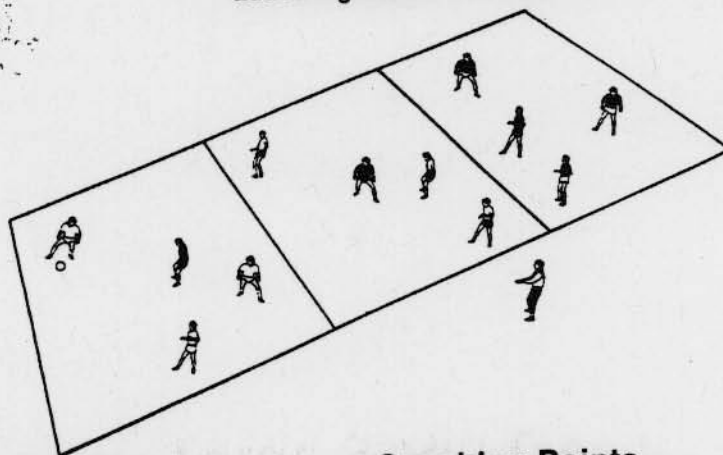
- 2 attackers vs 2 defenders and keeper in penalty area
- 2 more attackers on edge of area must stay outside box
- Coach/server plays ball into a 2-vs-2 match-up
- 2 attackers have choice of playing ball back to "outsiders"
- "Outsiders" have two touches only and must shoot or pass ball back to the attackers inside the area
- With large groups rotate players in and out

Coaching Points

- Two attackers must work "off one-another"
- Quick decisions and appropriate shooting techniques are essential
- Balls "laid back" should give midfield attackers good chance for one-time shot

Three-Zone Game

To practice passing and support with the added ingredient of "direction"



Organization

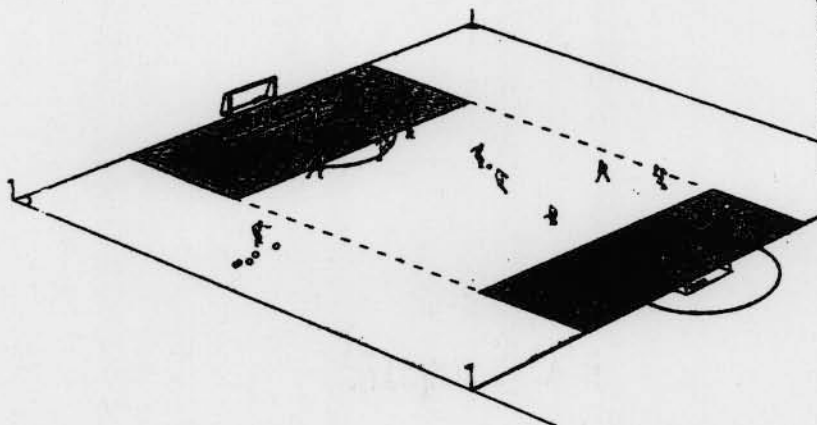
- Mark three boxes 10x15 yds.
- Split group into 4 teams of 3, identified by bibs
- 3 vs 1 in each zone
- Start at one end — possession must be retained in starting zone for at least two passes before playing to player in adjacent zone
- Team responsible for the breakdown in play (coach is judge!) changes with the 3 defenders
- Coach adjusts numbers if smaller or greater than 12

Coaching Points

- Encourage good controlled possession in own zone
- Players must "keep heads up" and always remain "aware"
- Recognize the need, sooner or later, to play ball out of own zone
- Players in supporting zones must work into positions to be able to receive the ball

Super 5's

Fast-changing game to create scoring chances
requiring individual and collective attacking;
alert goalkeeping and defending



Organization

- Mark line 18 yards in from center line
- Extend the outside penalty area lines as sides of field
- Reduce width of penalty areas by three yards to give side outlet
- Put in regulation sized goal — or use corner flags
- Normal rules of soccer, except offside in attacking 18-yard box

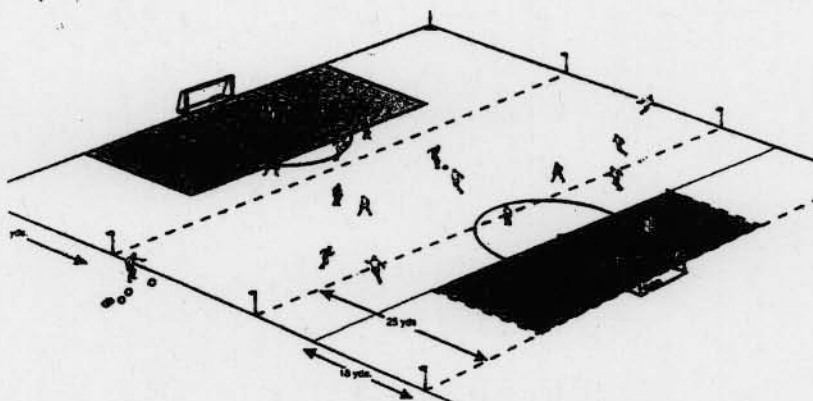
Coaching Points

- Encourage individual flair and collective attacking play.
- Encourage players to quickly make the transition from defense to attack — and vice-versa
- Needs alert defending and goalkeeping with good communication

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Super 7's

Fast-changing game to create most critical decision-making ingredients of 11-a-side play, including offside



Organization

- Two teams of 7 or 8 players, including goalkeepers
- Mark line 18 yards beyond center line in other half of field
- Put in regulation-sized portable goal or use corner flags
- Mark in two 25-yard lines
- Use assistant coaches, parents as linesmen
- Normal rules of soccer, except offside only beyond attacking 25-yard lines
- Narrow field by 5 to 10 yds. if regulation width (i.e., 75 yds.)

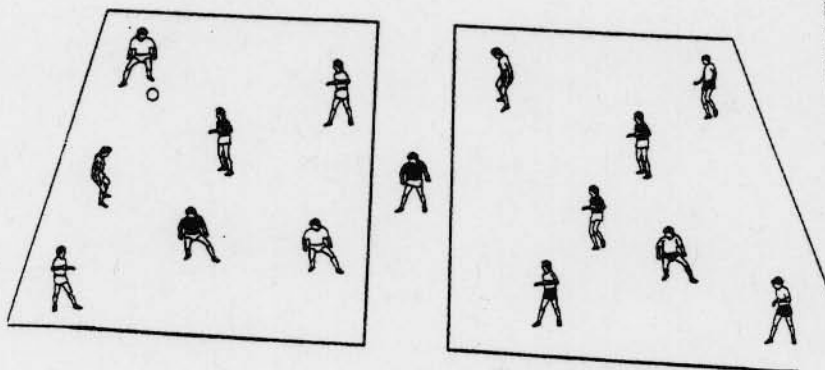
Coaching Points

- Defensive organization to "utilize" offside
- Encourage "total soccer" with players moving, with no set positions, and playing "both ways"
- Encourage awareness, attacking support and width
- Good communication
- Encourage good goalkeeper decisions

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Double Trouble

Passing and support practice with the added ingredient of "direction" by playing out of square



Organization

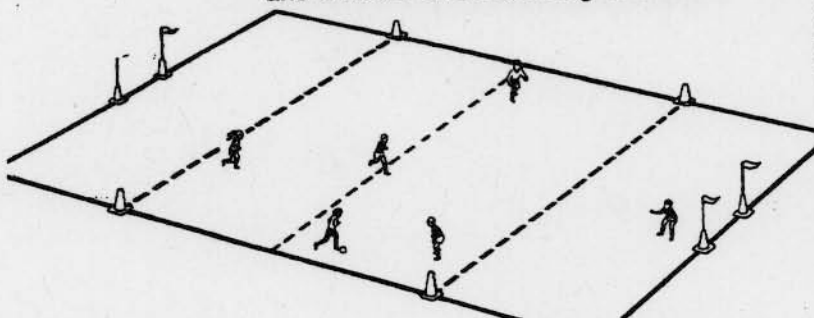
- Mark 2x15-yard square boxes separated by 5-yd. channel
- Split group into 3 teams of 5 identified by bibs
- 5 vs 2 defenders in each square; 1 defender in channel
- Possession must be retained while looking for chance to play into one of the 5 players in other square
- Adjust numbers if smaller or greater than 15

Coaching Points

- Encourage good controlled possession in square
- Must remember need to play ball out of own zone
- Players must "keep heads up" and always remain "aware"
- Players in supporting zones must take up positions to receive the ball
- Team making mistake (judged by the coach!) changes with defenders

Micro Soccer™

A 3 vs 3 game to guarantee each player plenty of kicks and a better understanding of soccer



Organization

- Mark out field 20x30 yards, with 6-yard "goal boxes" for keeper; goals 9x4.5 feet
- Center line for kick-offs
- Players rotate every 2-3 mins.
- When ball goes out, re-start by throw-in (or pass-in), goal kick or corner kick
- Re-start after goal with center kick (opponents retreat to own 6-yard line), or goal kick
- If large numbers, have two Micro Soccer™ games
- No offside and, for younger players, no penalties and only indirect free kicks
- 5-yard rule at corners, kick-ins, free kicks

Coaching Points

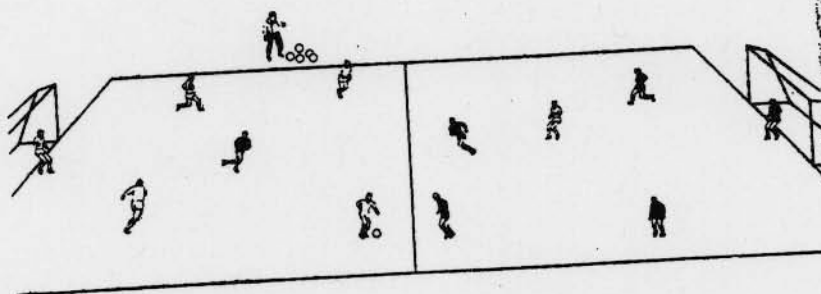
- Encourage one player to go wide and the other to go deep at goal kicks
- The two "field players" must work together in attack and defense
- Encourage goalkeeper to "help" by moving off goal line to narrow the angle or to come out of goal box to play the ball

Call
1-800-SOCCER-8
for complete
Micro Soccer™
rules &
regulations

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Big Shot

To develop shooting and opportunism;
realistic goalkeeper's practice, including shot stopping



Organization

- 30x25-yard area, halfway line and 2 full-sized goals
- Goalkeeper and 4-vs-1 stay in each half of field
- Keeper starts by rolling ball to 1 of 4 players
- Players keep possession in 4-vs-1, looking to shoot
- Players can only shoot from own half of halfway line
- 1 "advanced" team player (the sniffer!) tries for rebounds, or even a pass from back players
- Rotate everyone into "sniffer" role

Coaching Points

- Encourage players to strike for goal
- "Sniffer" must always be ready and gambling for rebound
- Defenders must take up good positions to block shots
- Keepers on toes all times — with good decisions in use of ball and catching or deflecting shots