PASSING
Drills and games for all ages

PRODUCED BY
THE INTERNATIONAL COACHES ASSOCIATION

ICA
WE TEACH SOCCER
Advanced Passing Drills and Games

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**Intermediate Passing Drills and Games**

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Fundamental Passing Drills and Games

• Speed Ball
• Mechanics of the Push Pass
• Lock the Ankle
• Land on the Moon
• Soccer Marbles
• The Incredible Shrinking Box
• Balls in the Box
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• Follow the Pass
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• Pass and Run
Manchester United Passing Drill

Objective of the Practice:
This exercise is designed to work on each players’ quick decision making and passing skills.

Field Preparation:
- 4 Players
- Area 10 x 10 Yards
- Supply of Balls and Cones

Coaching Points:
There are four players inside the square with 2 balls. Three players work on the sides of the square and one player woks on the inside. The practice starts when player “1” passes to player “2” (center player). After passing the ball player “1” must quickly run to the open cone. Upon receiving the ball, player “2” has to quickly identify the free player and pass the ball to him. After releasing the ball, player “2” receives a pass from player “4”. The practice then is continued in this manner. The center player is always looking to receive the ball and pass to the open player. The outside player is always looking to pass and move to the open cone.

Focus On:
- Quality “first touch”.
- Accuracy and Pace of the pass.
- Disguising the pass.
- Explosive movement with the ball.
Italian Passing Awareness Drill

Objective of the Practice:
This exercise is designed to work on each players’ quick decision making and passing skills.

Field Preparation
☐ 7 Players
☐ Area 10 x 10 Yards
☐ Supply of Balls and Cones

Coaching Points
Place 2 players at each gate (cones) and one player at one gate. (As in the diagram above). The object of the drill is to pass the ball to the gate with 2 players and then run to the gate with one player. There should never be a gate with three players.

Focus On:
☐ Quality “first touch”.
☐ Accuracy and Pace of the pass.
☐ Disguising the pass.
☐ Explosive movement with the ball.
Liverpool Passing Game

Objective of the Practice:
This practice is designed to develop quick exchange of the ball when in possession, with an emphasis on penetration.

Field Preparation
- 16 Players (two groups of eight)
- Area 30 yards x 40 Yards (4 zones)
- Supply of Balls and Cones
- Colored Bibs

Coaching Points
Divide group into two teams of eight. Identify each team with colored bibs. Place four players on each team in different zones as in the diagram above. Use one ball. The object of this game is for the four players with the ball to try and penetrate the opposing four players and find one of their team in the opposite zone. If the opposing team intercepts the ball, they now try to penetrate by passing the ball. Play unrestricted then develop to “two touch”. Change zones.

Focus On:
- Quick movement off the ball.
- Vision and communication.
- Quality First Touch, especially from target striker in box.
**Juventus Reverse Passing Drill**

**Objective of the Practice:**
This exercise is designed to work on each players’ passing skills, with an emphasis on the "reverse pass".

**Field Preparation**
- 3 Players
- Area 10 x 10 Yards
- Supply of Balls and Cones

**Coaching Points**
There are three players inside the square. The practice starts with player “1” making a run with the ball to the vacant cone. Upon reaching the cone player “1” plays a “reverse” pass to player “2”. Player “2” makes a run with the ball to the vacant cone. Upon reaching the cone player “2” and plays a “reverse” pass to player “3”. Player “3” makes a run with the ball to the vacant cone. Upon reaching the cone player “3” and plays a “reverse” pass to player “1”. The drill is continued in this sequence. Perform drill in opposite direction to work on both feet.

**Focus On:**
- Quality “first touch”.
- Accuracy and Pace of the pass.
- Disguising the pass.
- Explosive movement with the ball.
**Objective of the Practice:**
This is a great possession exercise that emphasizes quick passing, movement and communication between players.

**Field Preparation**
- 16 Players (two groups of eight)
- Area 20 yards x 20 Yards
- Supply of Balls and Cones
- Colored Bibs

**Coaching Points**
Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded.

- Progress this exercise by playing "two touch" then "one touch"
- Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

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Man City Passing Game (Part 1)

Objective of the Practice:
This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo.

Field Preparation
- 10 to 12 players.
- Area 10 by 20 yards (divided into 2 squares).
- Supply of Balls and Cones
- Colored Bibs

Coaching Points
A team of 5 players are placed in each square with one ball. The team is restricted to their own square. Players must pass the ball quickly around their own square, following these instructions;

- Restricted to "Two Touch" only.
- Restricted to "One Touch" only.
- Passing player must shout out a number "One or Two". Receiving player has that amount of touches.
- Passing player must shout out a number "One or Two". Receiving player do the opposite.
- Players must pass the ball without talking "Total Silence".

Focus On:
- Quick exchange of the ball, quality passing. High tempo and Quality technique.
Man City Passing Game (Part 2)

Objective of the Practice:
This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo defensive pressure.

Field Preparation
- 10 to 12 players.
- Area 10 by 20 yards (divided into 2 squares).
- Supply of Balls and Cones
- Colored Bibs

Coaching Points
A team of 5 players are placed in each square. One team starts with the ball. The team is restricted to their own square. They team in possession must obtain 10 consecutive passes to get a goal. Two players from the opposite team move into the square to make it a 5 v 2 situation. If the ball is won by the two defenders, the drill is swapped to the opposite square. Now 2 blue players must defend. Alternate which players are defenders. As a pre-cursor to this activity you can have the teams player handball 5 v 2, then move to possession drill.

Focus On:
- Quick exchange of the ball, quality passing.
- High tempo.
- Quality technique.
- Good support angles, must be deep and wide.
Burnley FC Possession Game with Striker

Objective of the Practice:
This is a great possession exercise that emphasizes quick passing, movement and communication between players.

Field Preparation
- 16 Players (two groups of eight) Plus one striker (target man)
- Area 30 yards x 30 Yards
- Supply of Balls and Cones
- Colored Bibs

Coaching Points
Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Place a striker or target man inside a 5 yard square in the middle of the grid. Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded. Every time a team can play a pass to the striker in the box a goal is awarded. Defenders cannot enter the strikers box.

- Progress this exercise by playing "two touch" then "one touch"
- Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.
Dutch High Tempo Passing Drill (Part 1)

Objective of the Practice:
This practice is designed to improve passing techniques with an emphasis on the players "Speed of Play".

Field Preparation:
4 players are set up in a square 20 yards by 20 yards, use cones on the corner, 1 player on each corner.
2 balls.

Coaching Points:
Player "A" and player "C" start with a ball.
Player "A" passes to player "B", player "B" passes to player "C".
Player "C" passes back to player "B", player "B" passes to player "A"
This sequence is repeated continually.
At the same time;
Player "C" passes to player "A", player "A" passes to player "B".
Player "B" passes back to player "A", player "A" passes to player "C"
Note: an "L" shape is formed with the passes.

Emphasize fast paced passes, limit to "2 touch", "side on" body position to receive the ball. Work for 10 minutes. **Progression** – Play "1 touch"
Dutch High Tempo Passing Drill (Part 2)

Objective of the Practice:
This practice is the next progression to the Dutch High Tempo Passing Drill (Part 1). It is designed to improve passing techniques with an emphasis on "Passing Angles" and the players "Speed of Play".

Field Preparation:
4 players are set up in a square 20 yards by 20 yards, use cones on the corner, 1 player on each corner. Add 2 cones one each end to form a triangle. Position a player at each cone. 2 balls. (see diagram above)

Coaching Points:
Player "A" and player "C" start with a ball.
Player "A" passes to player "B", player "B" passes to player "C".
Player "C" passes to player "D", player "D" passes to player "B".
Player "B" passes back to player "D", player "D" passes to player "C".
Player "C" passes to player "B", player "B" passes to player "F".
Player "F" passes back to player "B", player "B" passes to player "A".
This sequence is repeated continually.

At the same time;
Player "C" passes to player "E", player "E" passes to player "A".
Player "A" passes to player "F", player "E" passes to player "E".
Player "E" passes back to player "F", player "F" passes to player "A".
Player "A" passes to player "E", player "E" passes to player "D".
Player "D" passes back to player "E", player "E" passes to player "C"
This sequence is repeated continually.

Emphasize fast paced passes, limit to "2 touch", "side on" body position to receive the ball.

Work for 10 minutes.

**Progression** – Play "1 touch"
Everton Circle Passing Game  7 v 3

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
☐ 10 Players (7 v 3)
☐ Circle approximately 20 yards in diameter.
☐ Supply of Balls and Cones
☐ Colored Bibs
☐ Four Full Size Goals plus 4 Goalkeepers

Coaching Points
Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between theirs cones. Position one receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. If the defenders win the ball the must try and keep the ball away from the center player. If they get 8 passes they score a point.

Focus On:
☐ Quick exchange of the ball, quality passing.
☐ High pressure defending. ☐ Communication.
Everton Circle Passing Game  3 v 3

**Objective of the Practice:**
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

**Field Preparation**
- 12 Players (6 outside, 6 inside)
- Circle approximately 20 yards in diameter.
- Supply of Balls and Cones
- Colored Bibs
- Four Full Size Goals plus 4 Goalkeepers

**Coaching Points**
Place six cones equally distance around the circle perimeter. Place one player between each cone, three from each team. These players must stay at the cone. Play 3 v 3 inside the circle. The object is for the three players to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. Change center players every 5 minutes. Progress to perimeter player moving in between their cones.

**Focus On:**
- Quick exchange of the ball, quality passing.
- High pressure defending.
- Communication.
Newcastle United Box Passing Drill

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
- 12 Players (8 outside, 4 inside)
- Area 10 yards x 10 Yards
- Supply of Balls and Cones
- Colored Bibs

Coaching Points
Place four players in the center of the square and two players in each corner, as in the diagram above. The player in the corner with the ball plays a ground pass to the player in the center of the square. He then moves and receives a "one touch" pass and then passes it to the player in line at the next cone. This sequence is repeated around the square. Change direction to work on opposite foot. Change center players regularly.

Focus On:
- Quick exchange of the ball, quality passing.
- Explosive running off the ball.
- Communication.

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Mexico 2 v 2 Passing Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
- 6 Players (2 outside, 2 v 2 inside)
- Area 10 yards x 20 Yards
- Supply of Balls and Cones

Coaching Points
Place four players (2 v 2) in the center of the square and two players at opposite ends of the square. The object of the game is for the two players in possession to find the target man with a pass. If they find the target man's feet they score a goal. The player who passes the ball switches with the target man and the pair now attacks the opposite side of the square. In this manner the target man is frequently changing with the flow of the game.

Focus On:
- Quick exchange of the ball, quality passing.
- Penetration.
- Explosive running off the ball.
Juventus 6 v 6 Chip to Score Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
☐ 12 Players (6 v 6)
☐ Area 30 yards x 30 Yards
☐ Supply of Balls and Cones

Coaching Points
Play two teams of 6 v6 inside the square. Identify teams using colored bibs. The object of the game is for a team to get 8 consecutive passes but the 8th pass must be chip pass and caught by the receiving player.

Variations:
☐ 8th pass must be chip pass and headed by the receiving player to a team mate.
☐ 8th pass must be chip pass and controlled by the receiving player and juggled twice.
6 v 6 Three Zone Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
☐ 12 Players plus 2 Goalkeepers
☐ Area 20 yards x 30 Yards
☐ Supply of Balls and Cones
☐ Colored Bibs
☐ Full Size Goals

Coaching Points
Divide group into two teams of six. Identify teams using colored bibs. Place 2 players on each team in zone. Players are restricted to their zones. Players are allowed “three touches” in the end zones and only “one touch” in the middle zone. If there are no goalkeepers in goal it must be a “one touch finish” or an “all net” goal.

Rotate to allow players to play in different zones.

Focus On:
☐ Quick movement of the ball.
☐ Vision and communication, especially in middle zone.
Ireland Six Goal Game

Objective of the Practice:
This practice is designed to develop quick exchange of the ball when in possession, with an emphasis on penetration and attacking to goal.

Field Preparation
- 6 Players (3 teams of 2)
- Area 30 yards x 20 Yards
- Supply of Balls and Cones
- Colored Bibs
- Six Small Size Goals

Coaching Points
There are three teams of 2 players. Each team is identified by using different colored bibs. Each team assigned 2 goals to defend. Object of the game is to attack the other four goals.

Focus On:
- Quality passing techniques. Good disguise, pace and accuracy.
- Vision and communication.
- Quality First Touch.
Man City 6 v 6 Thinking Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
☑ 12 Players (6 v 6)
☑ Area 30 yards x 30 Yards
☑ Supply of Balls and Cones

Coaching Points
This practice is designed to encourage player to think and react quickly. Quick decision making is vital in this exercise. Play 6 v 6 in the square. Identify each team by using different colored bibs. Perform the following exercises in this sequence during the game.

☐ Both teams have a ball each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.

☐ Both teams have 2 balls each; pass the ball free play.

☐ Both teams have 2 balls each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.

☐ 1 ball between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.
☐ 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.

☐ 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. This time using only “two touches”. The passer must remind the receiver what color they must pass to next.

☐ Free play 6 v 6 no restrictions. Score a goal for 8 consecutive passes.
Sit on the Ball Game

Objective of the Practice:
This practice is designed to encourage quality short range passing and good support off the ball.

Field Preparation:

Coaching Points:
An area is marked out approximately 40 yards by 40 yards. A large group and two defenders are positioned within the grid. Gates 1 yard apart are set up throughout the grid.

The object of this practice is for the group of players to keep possession of the ball and try to pass the ball through any of the gates. A goal is awarded for each pass through the gate. Players must be in a position to receive the ball through the gate. Passes made into space through the gate do not count. Players cannot score consecutively through the same gate. Players in possession are awarded one goal for 10 consecutive passes.

Defenders must try to prevent the players from passing the ball through the gates. Rotate players so each player performs the role of the defender.
3 v 1 Swap Over

**Objective of the Practice:**
This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

**Field Preparation:**

**Coaching Points:**
An area is marked out approximately 20 yards by 20 yards. The grid is divided into two grids of 10 yards by 10 yards. Four players are positioned in each grid. Teams wear different colored vests. Players are numbered one through four on each team.

The practice starts with both groups of four players keeping possession playing one and two touch passes. The coach calls out a number one through four. When the players number is called, that player immediately runs to the opposite grid creating a 3 v1 situation and tries to win the ball. The first team to win the ball is awarded a goal. The defenders then return to their own grid and the practice is repeated with a different player defending.

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:
• How wide can I get to give the best possible passing lane?
• How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.
Find the Open Player Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
☐ 12 Players
☐ Area 30 yards x 30 Yards
☐ Supply of Balls and Cones

Coaching Points
Four defenders mark four attackers. Both must stand still. Four players move the ball swiftly inside the square exchanging passes. Defenders change the player they are marking frequently. The landscape quickly changes so the players with ball must be constantly scanning the field around them for the open player. Change the defenders every 3 minutes. Progress to having attackers and defenders move around the square.
2 v 2 Under Pressure

Objective of the Practice:
This practice is designed to improve the tactical understanding of the 2 v 2 situation with an emphasis on "disguise, pace, accuracy and timing".

Field Preparation:

Coaching Points:
Eight players are positioned in a grid 20 yards x 20 yards. A player is positioned at each corner of the grid. Four players are positioned inside the grid, in teams of two. The practice starts with a ball played from one of the end players to either of the pairs in the grid. Whichever pair wins the ball must try to turn and play a pass to the players at the opposite end of the grid. If the same pair are successful they then receive the ball back from the end player and try to repeat the practice to the opposite end of the grid.

The two players not in possession must try to win the ball and find one of the corner players with a pass. A goal is scored for each successful pass. A goal cannot be scored in succession from the same side. Back passes can be made.

Players in the center should work for approximately 5 minutes then rotate with players in the corners. The four players in the corners of the grid should constantly be looking for passes from the central players. When passing a ball to a central player he should tell the player to "hold the ball, turn, man-on or play the ball back".
4 v 2 Both Sides

Objective of the Practice:
This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

Field Preparation:

Coaching Points:
An area is marked out approximately 20 yards by 30 yards. Three inner grids are marked 10 yards long and 20 yards wide. Four players are positioned in each of the end grids. Two defenders are placed in the center grid. Defenders must wear different colored vests.

The practice starts with one group of four players keeping possession from the two defenders. The four players must obtain a minimum of four consecutive passes then pass the ball to the opposite team. The two defenders must try to win the ball. Rotate players so each player performs the role of the defender.

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:
How wide can I get to give the best possible passing lane?

- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.
4 v 4 Passing under Pressure

Objective of the Practice:
This practice is designed to improve “forward” passing for players.

Field Preparation:
Center grid is 20 x 20 yards, end grids 10 x 20 yards. 12 players. Balls. Cones. Colored bibs.

Coaching Points:
Use two teams of six players. Four players in each team are positioned and restricted to the center grid. Two players on each team act as “target players” and are placed in the end grid on the same side as their team. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

The coach begins the practice by serving a lofted ball into the center grid. Both teams fight for possession. Once a team has possession the object is to play the ball forward to one of the two “target players” as quickly as possible using the minimum amount of passes. A goal is scored by successfully passing the ball to the target player’s feet.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. The coach should keep the service rapid as soon as a goal is scored.

Rotate target players with two central players every five minutes.
4 v 1 Play to Target

Objective of the Practice:
This practice is designed to develop good ball possession in tight areas. An emphasis is placed on "disguise, pace, accuracy, timing and penetration".

Field Preparation:
Area 10 x 20 yards. 4 players. 1 ball. Cones. Colored bibs.

Coaching Points:
Use two connecting grids, each approximately 10 yards by 20 yards. There are five attacking players and one defender. Place four attackers on the perimeter of one of the grids. Position the defender inside the same grid. Position one attacker (target man) on the end-line of the opposite grid (see diagram above). Identify defender by using colored bib.

Rules of the Practice:
The four attacking players attempt to keep possession from the defender and obtain 6 consecutive passes. After making 6 passes the players must pass the ball forward to the "target man" at the end-line of the opposite grid.
Once the ball has been played to the target man, players 1, 3 and 4 move to the opposite grid to support the target man. The defender follows the play and attempts to win the ball in the opposite grid. Player 2 now becomes the new target man. After obtaining 6 passes the ball is switched back to the original grid. The practice is repeated in this fashion.

Players in possession are awarded one goal for each time they find the target man. Rotate working defender frequently to ensure high pressure. Rotate players so each player performs the role of the target man.

**The coach should emphasize the following coaching points:**

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the defender can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.
Chip to Target Drill

**Objective of the Practice:**
This practice is designed to improve the quality of individual chip passing.

**Field Preparation:**

**Coaching Points:**

An area is marked out approximately 40 yards by 30 yards. Zones approximately 5 yards deep are marked out at each end of the grid. Two teams of 4 or more players are placed within the grid and wear different color vests. Two receivers are positioned in each end zone. These players are restricted to the end zone.

The practice starts when the coach serves a ball into the grid. The team that secures possession of the ball attempts to quickly chip the ball to any receiver in the end zones to control.

The team scores a point if the receiver can control the pass. After scoring a point, the same team receives the ball from the player in the end zone and they must now attack the opposite side of the grid. The defending team must work hard to win the ball and score points as explained.

Keep score. First team to obtain 5 successful chip passes wins. Rotate groups regularly.
Crossing Drill 1

Objective of the Practice:
This practice is designed to improve the quality of aerial crossing.

Field Preparation:

Coaching Points:
A grid is marked out extending approximately 20 yards from the penalty area. Three players are placed within this grid. One is a defender, two players as receivers. The defender wears a different colored vest. The second pair of receivers are positioned at the cones placed on the penalty area. The goalkeeper is placed goal. Two or more wide players positioned wide on the flanks near the half way line.

The coach starts the practice by serving a ball to one of the receivers within the grid. The two receivers must make a minimum of 3 passes before they can play the ball wide to either of the wide players. The two receivers can use the resting receivers to pass too, but the resting receivers are limited to one touch. Once the ball is played out wide, the wide player runs with the ball down the channel and crosses the ball to either of the two receivers who try to score a goal. The resting receivers change place with the working receivers. A resting defender should swap with the working defender after several attacks to goal to keep the defensive pressure intense and realistic. Alternate all groups regularly to provide everyone an opportunity to perform different roles. Keep record of goals scored.

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Crossing Drill 2

Objective of the Practice:
This practice is designed to improve the quality of aerial crossing.

Field Preparation:

Coaching Points:
An area is marked out approximately 30 yards by 30 yards. A smaller grid of 10 yards by 10 yards is positioned in the center of the marked area. Three teams (or more) of players are divided into pairs and placed within this grid. Each team is allocated a number 1, 2 and 3 etc and wear different color vests. The goalkeepers are placed in goal. An equal supply of balls is positioned at each corner of the marked area.

The practice starts with all the players jogging slowly around the inner grid. The coach calls out a number 1, 2 or 3. One of the pair who’s number is called immediately runs to any group of balls positioned in the corners. With a minimum amount of touches he must cross the ball for his partner to score a goal. Immediately after crossing and shooting the ball, both players run back to the inner grid and start jogging again. The coach then calls out the next number.

Keep record of goals scored. First team to score five goals wins.
The coach should emphasize the following coaching points:

- Be alert at all time to listen for your number when called.
- The crossing player should vary crosses e.g. bent cross, near post, far post.
- The attacking player should time his runs correctly making sure he arrives the same time as the cross and not before.
- Both players should make aggressive runs to simulate match conditions.
- Be determined to score if you are the attacker.
- Goalkeeper should intercept crosses when possible.
- Coach can place a condition on the type of finish e.g. must be struck first time, a volley or a header.
**Crossing Drill 3**

**Objective of the Practice:**
This practice is designed to improve the quality of aerial crossing.

**Field Preparation:**

**Coaching Points:**
A grid is marked out extending approximately 30 yards from the edge of the penalty area. Two cones are positioned at the end of the grid for starting positions for the forwards. Two lines of forwards are stationed at the cones. Two receivers are placed at the cones on the edge of the penalty area. Three or more wide players positioned wide on the flanks near the half way line. Goalkeeper in goal.

The practice starts when one of the two forwards plays a pass to either of the receivers. The receiver passes the ball “first time” out to the wide channel. Once the ball is played out wide, the wide player runs with the ball down the channel and crosses the ball to either of the two forwards who try to score a goal.

Alternate all groups regularly to provide everyone an opportunity to perform different roles. Keep record of goals scored and players get a point for each assist if the player scores.
3 v 3 in Grid

Objective of the Practice:
This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and "two" touch passing, angles of support, disguise and communication.

Field Preparation:
Area 20 x 40 yards. 12 players. 1 ball. Cones. Colored bibs.

Coaching Points:
Play 3 v 3 in the grid with the other 2 groups around the outside of the grid. Players on the outside are restricted to "one touch" passing.

The three players in possession must try and keep the ball from the defenders. The players move anywhere within the grid and use the outside players to pass to. The defender's goal is to disposes the players in possession and also attempt to achieve 10 consecutive passes.

First team to reach 10 consecutive passes wins. Winners stay inside. Next 3 come into the middle to compete against winners. Players inside should start with unlimited touches then practice conditioned to "two" and "one" touch.
Key Points:

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?
- The player in possession must look to disguise their passing intentions by using stepovers, body feints and head fakes.
- Work rate from all players must be intense.

Keep score. First team to 5 victories wins the competition.
4 v 3 One On, One Off

Objective of the Practice:
This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and "two' touch passing, angles of support, disguise and communication.

Field Preparation:
Area 20 x 20 yards. 8 players. 1 ball. Cones. Colored bibs.

Coaching Points:
Play 4 v 3 in a grid 10 yards by 10 yards. The four player start with possession of the ball. Three defenders are placed inside the grid with a resting player on the outside.

The four player with the ball must attempt to achieve 10 consecutive passes to get a goal. The 3 pressuring defenders must try to win the ball. As soon as the 3 defenders win the ball the 4th resting defender enters the grid. They now become the attacking team. At the same time one of the attacking players must leave and they become the defending team.

Start the practice with free play then develop drill by conditioning play to "two" then "one" touch passing.
Build the Numbers Game

**Objective of the Practice:**
This is a great practice to help improve team possession. The pressure is incrementally increased as more pressurizing players are added.

**Field Preparation:**
Area 30 x 30 yards. Large group of players. 1 ball. Cones. Colored bibs.

**Coaching Points:**
Start the practice with one entire group within a grid 30 yards by 30 yards. The second group stand at the side of the grid and has one of their players in the grid as a defender. Assign number to each player on the defending group. Play the entire group versus one defender within the grid. Players inside attempt to keep possession.

When coach calls a number, that player sprints into grid and defends. For example, with groups of 8 players, the drill can create 8 v 1, 8 v 2, 8 v 4 etc. Change roles of teams. Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.
Move the Ball

Objective of the Practice:
This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and "two" touch passing, angles of support, disguise and communication.

Field Preparation:
Area 10 x 20 yards. Large group of players. 2 balls. Cones. Colored bibs.

Coaching Points:
The players move around their grid passing and receiving, playing 2 touch. The following conditions are placed:

- Must shout the name of the receiver before passing.
- Must shout the name of the passer before receiving.

Develop the practice to make a competition between the 2 groups.

- Play 2 touch. Keep ball moving at all times. If a ball leaves the grid, stops dead or collides, then it is a point to the other team. First to 5 wins.
- Same drill but 1 touch.
- Introduce a 3rd ball.
- Add one defender from each group. First defender to win the ball wins a point for this group. First to 5 wins. Change defender each point.
2 v 1 under Pressure

Objective of the Practice:
This practice is designed to improve the tactical understanding of the 2 v 1 situation with an emphasis on “disguise, pace, accuracy and timing”.

Field Preparation:
Area 10 x 30 yards. Small group of players. 2 balls. Cones. Colored bibs.

Coaching Points:
Attacking players are positioned in pairs at the end of a grid 10 x 30 yards. A defender is placed on the end of each grid. Defenders are restricted to their own grids.

The practice starts when two attackers enter the grid with the ball. The first defender must start from the middle line and cannot defender until the attackers enter the grid. The second defender must start from the end line and cannot defender until the attackers enter his grid. Attacking players must try to beat the first defender, then the second defender and stop the ball on at the end of the grid.

- If the attackers reach the end line with the ball they score a point and return to the beginning.
- If the defenders win the ball, the attackers then switch with the defenders. This gives the attackers an incentive to score a point.
The coach should emphasize the following points:

- Attack the defenders with speed.
- Commit the defender by attacking him with the ball.
- Look for a "give and go" pass.
- Look for blind-sided runs and pass behind the defender.
- Disguise the pass and dribble past the defender.
Numbers Possession Game

**Objective of the Practice:**
This practice is designed to improve team possession. Emphasis of the game can be on; fitness, possession, defending, pressing, team shape or speed of play. Can also be used as a warm up activity when doing a tactical session with 8 v 8 or higher. Sets the tone for a good practice.

**Field Preparation:**
Area 30 x 30 yards. Large group of players. 1 ball. Cones. Colored bibs.

**Coaching Points:**
Two even teams (6 v 6, 7 v 7 etc) are placed within a grid approx 30 yards by 30 yards. (size of grid will vary on amount of numbers used and skill level). A server is placed on the side of the grid with a supply of balls. Identify teams using colored bibs.

The practice starts with the server playing a ball into the grid. Teams work to keep possession of the ball and are awarded a point for each successful pass to a teammate. The server keeps score. First team to 10, 15, 20, 25 points etc, wins the game. The more skillful the players, the higher the score required. Games last 2 to 7 minutes. Kick in's, throw in's, pass from server do not count in scoring. Team must maintain possession on final pass to win the game.

This game is very fast and puts players under immense pressure to keep possession or regain possession. Defending team must press to win the ball back and stop their opponents from getting the final pass.
The coach should emphasize the following coaching points:

**Team with the ball:**

- Team in possession should play "simple".
- Play the way they are facing.
- Play "two" and "one" touch whenever possible.
- Play to feet.
- Create width.
- Switch the play.

**Team without the ball:**

- Focus on "closing down" the ball.
- Double team whenever needed.
- Close down space.
**Penetration Box**

**Objective of the Practice:**
This practice is designed to improve the penetration in passing.

**Field Preparation:**
Area 10 x 10 yards. 5 players. 1 ball. Cones.

**Coaching Points:**
Four players are positioned around the outside of a grid 10 yards by 10 yards. Use 4 cones to make a small square approximately 2 yards x 2 yards in the center of the grid. A defender is placed inside the grid.

The four outside players must try and keep possession until they can pass the ball through the center square. The defender has to win the ball and prevent the players from passing through the center square. The defender cannot enter the center square. The outside players cannot enter the grid. Players in possession are awarded one goal for each time they penetrate the center square. The defenders should work with high intensity to ensure quick decision making by the players with the ball.

The player that gives away possession of the ball becomes the defender.

Supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:
• How wide can I get to give the best possible passing lane?
• How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Players in possession are awarded one goal for each time they penetrate the center square. The defenders should work with high intensity to ensure quick decision making from the players with the ball.
Third Man Running

Objective of the Practice:
This practice is designed to improve support movement off the ball by the third player running.

Field Preparation:
3 grids of 10 yards (9 metres) in size. Grids in a triangle with 30 yards (metres) between them. 3 players in each grid. 9 players. 1 ball. Cones.

Coaching Points:
Player from grid 1 runs with the ball and plays it into grid 2 and follows into grid 2. The player who receives the ball in grid 2, sets it for supporting player, who plays it for player 3 to make a third man run.

Objectives – Passing, support, timing of pass and run.

Progressions – 1. Change Direction. 2. Condition to one touch. 3. Make distance between grids bigger and smaller.
Passing to Targets

Objective of the Practice:
This practice is designed to improve Passing, movement, support and switch play.

Field Preparation:
Grid size 40 x 40 yards. Play 4 v 4 in the middle, plus 4 target players, restricted to minimal movement placed in the grid area, 10 yards in from the corners of the grid.

Coaching Points:
Both teams can pass to target players (yellow). When target players receive ball they must pass back to team they received the ball from. Score for completion of agreed number of successful passes. Rotate teams regularly.

Progressions – Condition game – Target players – 1. One touch, teams two touch. 2. Target players can play to each other without playing to a team member. 3. Make area bigger, lengthen passing. 4. Put Target players to outside of grid. 5. Split target players to two to each team and put them on the diagonal. Players can play to all target players but must rotate with team target players.
Passing for Defenders 1

Objective of the Practice:
This practice is designed to improve the diagonal forward passing of the fullbacks.

Field Preparation:

Coaching Points:
Two fullbacks are stationed between two cones placed wide on the halfway line. Two attackers are stationed between two cones placed just outside the penalty area. A receiving player to lay-off the ball is placed at a cone 10 yards from the fullbacks. Goalkeeper is placed in goal.

The practice starts when the fullback passes the ball to the near receiver for a return pass. He then executes a diagonal pass for the attacking forward to attempt to score a goal. After crossing the ball, the fullback jogs back to the starting position. Keep record of all successful crosses.

The coach should emphasize the following coaching points:

- Encourage quality passes to the feet of the receiver.
- The receiver should be alert and lay-off passes good enough for the fullback to cross first time.
- The fullback should use straight and bent diagonal passes.
- Ensure that the attackers time their runs to meet the ball in their stride.
- This practice should be rotated on both flanks.
Passing for Defenders 2

Objective of the Practice:
This practice is designed to improve the forward passing of the fullbacks.

Field Preparation:
Channel 10 x 50 yards. Small group of players. Cones. Supply of balls.

Coaching Points:
Two fullbacks are stationed between four cones placed wide on the penalty area. The fullbacks are restricted to this grid. Two servers are placed at cone 10 yards from the fullbacks. A receiving player is placed between two cones positioned wide on the halfway line.

The practice starts when the server passes the ball to either of the two fullbacks in the grid. After passing the ball, the server runs forward and pressurizes the fullbacks in an attempt to win the ball back. The fullbacks have to obtain a minimum of three passes before playing the ball forward to the receiver on the halfway line.

After pressurizing the ball, the server jogs back to the starting position. There are two servers who alternate on each serve. Keep record of all successful passes made down the wide channel by the fullbacks.
The coach should emphasize the following coaching points:

- Server should pressurize the two defenders with game intensity.
- Fullbacks should exchange passes quickly between each other.
- The long range pass down the wide channel should be a bent lofted pass. This enables the flight of the ball to curl into the field of play.
- Target player should be alert and look anxious to receive the ball when the fullback can pass forward.
Passing for Defenders 3

Objective of the Practice:
This practice is designed to improve the forward passing of the back four as a unit.

Field Preparation:
Use half field. Small group of players. Cones. Supply of balls.

Coaching Points:
Four defenders are placed across the top of the penalty area. Two attacking players are positioned in a grid 10 yards long by the width of the field. The attacking players wear different colored vests. A goalkeeper is placed in goal.

The practice starts when the goalkeeper distributes the ball to any of the defenders. The defenders must work as a unit to keep possession and go forward to get one defender into the attacking grid with the ball at his feet. Once the goalkeeper releases the ball, the two attacking players pressurize the four defenders and attempt to win the ball. A goal is awarded each time the four defenders can secure possession in the attacking grid.

The coach should emphasize the following coaching points:

- Both fullbacks should position themselves as wide as possible to receive the ball from the goalkeeper.

- Both central defenders should position themselves at of the arc at the top of the penalty area.
• All defenders must move across the field as a unit, keeping balance and offering good supporting angles at all times.
• Defenders should look to support in advance of the player in possession if he can pass the ball forward.
• Defenders should look to penetrate each and every opportunity possible.
Passing for Midfielders 1

Objective of the Practice:
This practice is designed to improve the long range passing skills of the two central midfielders.

Field Preparation:
Use half field. A grid is marked out 10 yards by 10 yards in the middle of the field. Two midfield players are placed within the grid. Two wide receiving players are placed on each sideline. Supply of balls. Cones.

Coaching Points:
The coach starts the practice by serving the ball to either of the two midfield players in the grid. The two midfield players exchange several quick passes before one of the players delivers a long range pass to the wide receiver. The wide receiver must control the ball as efficiently as possible and return the ball back to the starting position. The midfield player must alternate passing to the wide receivers. A point is awarded for each successful pass.

The coach should emphasize the following coaching points:

- The midfield players should constantly be moving and scanning the field.
- Encourage the midfield players to use the lofted and the low driven pass.
- Wide players should be animated and look anxious to receive the ball.

Rotate wide players with midfield players when appropriate.
Passing for Midfielders 2

Objective of the Practice:
This practice is designed to a midfielder players vision and decision making when passing in the attacking third of the field.

Field Preparation:
Use half field. A grid is marked out 10 yards by 10 yards in the middle of the field. Two midfield players are positioned within the grid, one serving, one receiving. Two cones are placed at the corners of the penalty area with three forwards positioned in between the cones. Supply of balls. Cones. Each forward must wear a different colored vest.

Coaching Points:
The practice starts when the server passes the ball to the receiving midfield player. As the server passes the ball he calls out a color, red, green or blue (indicating the color of the forward player’s vest). The midfield player must turn as efficiently as possible and pass the ball to the selected color. To make the practice unpredictable, the forwards must exchange position with each other whenever the receiving player is not facing them.

A point is awarded for each successful pass.
The coach should emphasize the following coaching points:

- The midfield players should receive the ball using a "side-on" position whenever possible. This will improve his vision and enable him to turn quicker.
- The midfield player should try to play his first touch in a forward direction and out of his feet whenever possible. This will allow him to keep his head up and create a good striking distance between him and the ball.
- The midfield player should deliver crisp round passes to the forwards feet.
- Forward players should be animated and look anxious to receive the ball.

Rotate players with midfield player when appropriate.
Objective of the Practice:
This practice is designed to improve a forwards passing ability when they have their back to goal and play the ball out wide.

Field Preparation:
Use half field. Supply of balls. Cones. Four cones are placed on the edge of the penalty area with two forwards positioned at the cones. A server is stationed in the center circle with a supply of balls. Two receiving players are positioned wide on the side-lines.

Coaching Points:
The practice starts when the server plays a ground pass to the forward. The forward player runs towards the ball and passes the ball “first time” to either of the wide receivers. After passing the ball, the forward must turn and sprint to the starting position.

The coach should emphasize the following coaching points:

- Server must deliver passes on the ground to enable the forward to pass using “one touch”.
- The forward should pass the ball with pace and accuracy.
- Both wide receivers should present themselves as good targets.
- Forwards should go full out on the return sprints.
Passing for Forwards 2 - *The Give and Go*

**Objective of the Practice:**
This practice is designed to improve a forwards passing ability with an emphasis on the "give and go" pass.

**Field Preparation:**
Use Penalty area. Supply of balls. Cones. A grid is marked out on the edge of the penalty area 10 yards by 10 yards. A defender is placed in the center of the grid. A receiving player is positioned on the sides of the grid. These players are to act as wall players. Two forwards are placed on the side of the grid with a ball.

**Coaching Points:**
The practice starts when the forward runs at the defender with the ball. The forward looks to commit the defender and play a "give and go' pass with either of the wide receivers. After passing the ball, the forward makes a run behind the defender for a return pass. The forward then attempts to score a goal.

The coach should emphasize the following coaching points:

- The forward should run straight at the defender to make him commit.
- The forward should play a good paced ball to the receiver to enable a "first time" return pass.
- The receiving player should be in a position to be able to return the pass "first time".
- The timing of the support run is crucial, don’t over-run the return pass.
- Forward must have a change of speed after receiving the return pass.
• Defender should be passive at first and gradually increase pressure on the forward as the practice progresses.
Objective of the Practice:
This practice is designed to improve a forwards passing ability when they have their back to goal.

Field Preparation:
Use Penalty area. Supply of balls. Cones. A grid is marked out on the edge of the penalty area 10 yards by 10 yards. A forward and marking defender are placed in the center of the grid. A receiving player is positioned on the sides of the grid. These players are to act as wall players. A server is placed on the side of the grid with a ball.

Coaching Points:
The practice starts when the server plays a ground pass to the forward. The forward checks towards the ball and passes it “first time” to either of the wide receivers. After passing the ball, the forward turns and makes a run behind the defender for a return pass. The forward then attempts to score a goal.

The coach should emphasize the following coaching points:

- Server must deliver passes on the ground to enable the forward to pass using “one touch”.
- The forward should be encouraged to use the “flick” pass with the outside of the foot.
- Both wide receivers should present themselves as good targets and return the pass “first time”.
One against One with Four Corner Players

Objective of the Practice:
This practice is designed to improve changes of direction, controlling and playing the ball in one movement, first time passing and Intercepting passes.

Field Preparation:
Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The aim of this exercise is to make sure of retaining possession of the ball as long as possible by dribbling and dummying, but especially by frequently inter-passing with the four players positioned in the four corners of the playing area. The player in the middle with the ball is put under strong pressure by the continual challenge of the other player and by the way in which the situation is repeatedly changing. In combining with the corner players, the player will try as often as possible to control their passes and play the ball away again all in one movement. If a player pretends to make a pass before actually doing so or pretends to sprint away in another direction, he will succeed in completely surprising and outplaying his challenger. The pace can be kept up by controlling and passing the ball around as quickly as possible.

The opponent in the middle can win the ball in a direct tackle or else try to anticipate passes as they come back from the players in the corners.
Method
The playing area is determined by four players each one standing in a corner of the square, with the other two players within this square. The man with the ball can use the four corner players to exchange passes. The roles are changed after a certain time.

Variations

- The players in the middle can play as they wish.
- The corner players have to play the ball back first time.
- The corner players can pass the ball to each other if the player in the middle is marked.
Two against One

**Objective of the Practice:**
This practice is designed to improve Finding space, Positional play, Intercepting passes and Alternating between passes into open space and passes straight to a partner.

**Field Preparation:**

**Coaching Points:**
Two-against-one represents the most important numerical superiority in football. By constantly slipping away from his marker and by dummying off the ball to make his opponent move off in the wrong direction, a player can support his partner who can then hit his pass either into an empty space or straight to the first player’s feet. The player without the ball tries to win it by intelligent positional play.

**Method**
Two players play against one. When this defender wins the ball, he gives it straight back to the attacking pair. Roles are changed after a certain time.
Two against Two

Objective of the Practice:
This practice is designed to improve "One-two" passing, Scissor movements and Covering.

Field Preparation:
Area 20 x 20 yards. 8 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The exercise is intended for practicing constructive movements, with two suitable players opposing two others. The four supporting players give them permanent support, similar to forwards or defenders during the build-up phase of real match. The game teaches players to keep the ball circulating or to hold onto it, as well as the use of double passes and all sorts of constructive combined movements. The defending pair should mark their men tightly and cover each other well to make it hard for the pair with the ball to use their supporting players.

Method
Two players are opposed to two others within an area with fixed corners and with one neutral player on each side of the square who may be used as a link. These four players may move up and down their lines. The player with the ball may pass it to his partner or make use of the four supporting players, who then give the ball straight back to the pair from whom they have received it.
Three versus One

**Objective of the Practice:**
This practice is designed to improve Finding space, Triangular movements, First-time passing and Anticipating passes.

**Field Preparation:**
Area 10 x 10 yards. 4 players. Supply of balls. Cones. Colored bibs.

**Coaching Points:**
A three-against-one situation rarely occurs in an actual match, as the lone player would have little hope of success. The team should therefore make sure that one of its players is not caught in such a situation. The aim of this exercise is to force the attacking team into constantly trying to find space, so that the player with the ball always has two possibilities of passing, either to his left or to his right. This means that once a pass has been made, the player is himself obliged to move in order to take up a position ready to receive another pass. The defending player has to try to intercept the passes by clever positioning and by dummying to the man with the ball.

**Method**
Three players face one defender and pass the ball among themselves as long as they can, while the opponent tries to intercept their passes. When he succeeds in doing so, he gives the ball back to one of the three players, and after a certain time the players change roles.
Three versus Two

Objective of the Practice:
This practice is designed to improve Marking and finding space, Triangular movements, First-time passing and Defensive co-ordination.

Field Preparation:
Area 20 x 20 yards. 5 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The object is for the three players to keep the ball as long as they can, while the defenders try to intercept their passes. The players with the ball continually have to adapt to the changing situation, with the ball sometimes best played first time and sometimes the player with the ball having to keep it until one of his partners is unmarked. Sensible dribbling of the ball can be an effective device to alternate with passing movements. The two defenders need a good mutual understanding and have to co-ordinate well. One challenges the player with the ball while the other covers space and tries to cut out the pass.

Method

Three attacking players play against two defenders. Once the defenders have won the ball, they have to give it back to the attackers. Roles are reversed after a certain time
3 v 3 (Attacking the Goal-lines)

**Objective of the Practice:**
This practice is designed to improve Making players play wider, Alternating between safe passes and forward passes, Reverting from attack to defense and vice versa, Mutual covering.

**Field Preparation:**
Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

**Coaching Points:**
The aim of this exercise is for forwards to get past the other side by means of individual actions or combined passing movements and then cross the opposing goal-line with the ball at their feet.

All players should always be involved in the action, as the goals are 25 metres wide. So the team with the ball should use the whole width of the pitch to open up its game as much as possible, with a series of safe passes. Playing wide in this way is intended to out-maneuver the opposing defense and open up gaps in their defensive cover. The man with the ball should take advantage of these gaps and play a decisive through pass to one of his partners who is positioned among the opposing defense.

**Method**
Two teams play against each other.
Three versus Three

Objective of the Practice:
This practice is designed to improve Marking and finding space, Cross-field passes, Changing the direction of the play.

Field Preparation:
Area 20 x 20 yards. 8 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The team with the ball has to try to keep possession with the help of an extra player who is stationed outside the playing area. The object is to create opportunities of switching the play by a single long pass directed to a second supporting player positioned outside the playing area on the far side. These changes of direction have to be carefully prepared by an exchange of short passes while the defenders do everything they can to prevent this. The exercise not only improves the alternation between a series of short passes and a single long pass, but it also entices players to bunch up in one section of the field as they often do in match play.

Method
Three play against three, with those in possession enjoying the support of an extra player. They try to work the ball free and hit long passes across to the second supporting player who is outside the outer zone on the far side of the playing area. Once the ball has been switched in this way, the two teams immediately continue the exercise in the other zone and aim their long passes to the other supporting player.
Four against Two

Objective of the Practice:
This practice is designed to improve Alternating between square passes and diagonal passes, First-time passing and Defensive co-ordination.

Field Preparation:
Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The point of the exercise is for the players to retain the ball by moving it around with square and diagonal passes while two opponents try to intercept. One of the defending pair puts pressure on the man with the ball in such a way that his partner can cover accordingly. The way in which these two cover space requires a keen sense of anticipation and very precise co-ordination.

Method
Four players are stationed at the corners of the playing area and two opponents move around inside the square. If the players in the middle succeed in intercepting the ball, they give it straight back to the players forming the square. Roles are swapped after a certain time.
Four against Four

**Objective of the Practice:**
This practice is designed to improve Marking and finding space. Alternating between long and short passes, harassing the player with the ball and Defensive co-ordination.

**Field Preparation:**
Area 50 x 50 yards. 8 players. Supply of balls. Cones. Colored bibs.

**Coaching Points:**
The aim is to keep possession of the ball as long as possible, but also to attempt effective passing movements as a basis for launching attacks. The defending team tries to prevent this by marking the attacking players closely and by coordinating their defensive interventions.

A feature of this exercise is the way in which the ball frequently changes hands, the high number of mistakes arising from the constant pressure which comes from the two sides being of equal number. It is therefore extremely important for players to slip their markers and for both sides always to play together well. After exchanging several short passes, the players should try to switch the game by means of a long pass.

**Method**
Two sides of four players each opposed to one another.
Five against Five Plus One Neutral Player

Objective of the Practice:
This practice is designed to improve Marking and finding space, Switching the direction of the play, Direct return passes and Integration of a key midfield player.

Field Preparation:
Area half field. 11 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
The idea here is to make use of a key player who directs the team on the pitch. He is usually a midfield player but may sometimes be a libero, and he dictates the exercise by serving his partners with passes which may be short or long, powerful or subtle, along the ground or through the air. Once he has made his pass, he then takes up a position where he can always be found by his colleagues, and when he receives the ball back again he tries to change the direction of the play by hitting a long pass across to the other side of the pitch.

Method
Five players against five opponents. One neutral player takes the key role, playing with the side which has the ball, who then use their numerical superiority to vary their game and use more different passing movements.
Seven against Five

Objective of the Practice:
This practice is designed to improve Marking and finding space, Switching the direction of the play and First-time passing.

Field Preparation:

Coaching Points:
Alternating between man-to-man marking and covering space. The aim is to retain possession of the ball while the defending players try to intercept it as quickly as possible and then become the attacking team themselves. The seven-man team should be more precise in building up its movements, using first-time passing to raise the pace while use of long cross field passes helps switch the direction of the game. The intensity of the exercise may be seen from the way in which the teams have to keep changing roles and take it in turns either to attack or defend. The five-man team resorts to man-to-man marking for nearby opponents, while defenders furthest from the ball cover space rather than players.

Method
The seven-man team is given certain restrictive instructions while the five-man team is free to play as it wants.
Seven against Seven

Objective of the Practice:
This practice is designed to improve Marking and finding space, Switching the point of the play and Sustaining pressure.

Field Preparation:

Coaching Points:
Each team tries to retain possession of the ball as long as possible by individual actions or combined movements. With seven players playing seven, the ball tends to change hands rapidly, and this takes the flow out of the game, as the player with the ball is constantly being put under pressure by a direct opponent in a limited space. These frequent one-against-one situations are a characteristic feature of the exercise, which also demands great teamwork because of the need to play effectively off the ball.

Method
Two equal teams on a pitch big enough to allow them to play open football.
Eight versus Eight (Attacking the Goal-lines)

Objective of the Practice:
This practice is designed to improve Widening the game to out-maneuver the defense, Changing the direction of the game, Changing the pace and Constant teamwork in defense.

Field Preparation:
Area half field. 16 players. Supply of balls. Cones. Colored bibs.

Coaching Points:
Because the two goals are very wide, the players have to be well distributed all over the playing area. The side in possession of the ball tries to open the game up as much as possible in an effort to get players bunched on one side of the pitch. The defending team reacts to the danger by always moving across to this side of the pitch to defend its goal-line. When this happens, the attacking team sends a long pass across the field to change the direction of its attack and to make use of the space vacated by the defenders. This exercise gets players to move the ball around well, and also calls upon the perception of the build-up players and the opportunism of players moving into empty spaces. It also stresses everybody’s capacity to adapt as they continually have to revert from defense to attack and vice versa, while always making sure that they are covering one another.

Method
Two teams playing against one another.
The goals are marked by corner flags and by posts placed on the centerline.

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Two versus One - plus Goalkeeper

Objective of the Practice:
This practice is designed to improve Marking and finding space, Direct passing, Dribbling, Dummying and Tackling.

Field Preparation:
4 players; a midfielder + a forward against a defender + a goalkeeper. Playing area: half the pitch, with a standard goal.

Coaching Points:
The aim of this exercise is to improve co-ordination and mutual understanding between midfield players and strikers. The midfielder man uses all sorts of passes to put his partner through to goal, while always staying behind him in support and ready to receive a pass back. Thus the midfielder player’s support gives the striker the choice of either trying to go for goal alone with the ball, or attempting a different combination with the playmaker, which may catch the opposing defender by surprise. The defender marks his man tightly and tries to cut out any sudden move towards goal or any shot. The goalkeeper does not simply stay back in his goal, but always takes part in the action by narrowing the shooting angle or by coming right out of his goal whenever necessary.

Method
The midfielder plays the ball forward to his partner, who then tries to get past the defender and go on to score. If the defender or the goalkeeper wins the ball, they give it straight back to the attacking midfield player. Variations The introduction of a second defender would allow the midfield player to try to score goals too.
Three versus Two - plus Goalkeeper

Objective of the Practice:
This practice is designed to improve Marking and finding space, Constant support, Direct passing and Covering.

Field Preparation:
6 players: a midfielder + 2 forwards against 2 defenders + a goalkeeper. Playing area: half the normal pitch, with a standard goal.

Coaching Points:
The midfield player sends a variety of passes to his two partners in attack, who try to outplay the opposing defenders either by unexpected passing combinations or by dribbling. The play-maker is always in a position to support his forwards. The defenders mark individual opponents tightly or else make sure they are always well positioned to cover.

Method
A midfielder and two forwards play against two defenders and a goalkeeper. The midfield player is not allowed to shoot. The defenders and the goalkeeper return the ball immediately to the midfield man whenever they win possession.
Five versus Four - plus Goalkeeper

Objective of the Practice:
This practice is designed to improve Opening up empty space, Integration of a midfield player in the attack, Support for the attack and Well organized cover in defense.

Field Preparation:
10 players; 2 midfielders + 3 forwards against 4 defenders + a goalkeeper. Playing area: half a normal pitch, with a standard goal.

Coaching Points:
One of the midfield players sends passes up to his three forwards while always positioning himself where he can receive a pass back from them. The other midfield player takes part in the attack, either in an extra supporting role or as an extra attacker. He can do this either by moving down the wing after the winger has made space there by dropping back slightly or by moving into the center; or else he can move through the center as a fourth forward when the center-forward himself has vacated the central attacking position and left a gap in the defense. Defenders have to cover their defensive zones intelligently by clever positional play.

Method
Two midfield players and three forwards play against four defenders and a goalkeeper. As soon as the defenders win the ball, the game stops and is restarted with the attacking side from the center of the pitch.
Six versus Six - plus Goalkeeper

**Objective of the Practice:**
This practice is designed to improve Marking and finding space, Creating goal chances, Integration of a midfield player into attack and Reciprocal covering by the defenders.

**Field Preparation:**
13 players; 3 midfielders + 3 forwards against 2 midfield + 4 defenders and a goalkeeper.
Playing area: half a normal pitch, with a standard goal.

**Coaching Points:**
The attacking team tries to score goals by various combined movements or by players taking the initiative individually. The play-maker builds up an attack towards the opposing goal by passing the ball to a teammate, and one of the three midfield men tries to join the forward line by moving into empty space. The second midfield player supports his three forwards so that he can restart the attack if one of them passes the ball back to him, while the third midfield player covers for both his partners. These three roles in midfield should be fulfilled by each of the three players in turn according to the situation, but preferably in accordance with each player’s own special abilities. The three defenders mark the forwards while a fourth defender covers for all his teammates.

**Method**
Three midfield players and three forwards play against two midfield players, four defenders and a goalkeeper. Once the defenders have won the ball, they give it straight back to one of the opposing midfield players and the attack starts again.
Two against Two (2 goals)

Objective of the Practice:
This practice is designed to improve Combinations (one-two), Scissor movements, Switching from attack to defense and vice versa and Mutual covering.

Field Preparation:
6 players; 2 v 2 with 2 goalkeepers. Playing area: 30 x 20 yards. Standard goals.

Coaching Points:
Playing two men against two on a small pitch gives players a chance to progress by means of simple inter-passing movements. They have to be accompanied by continual changes of pace if they are to prove effective. Having outplayed the opposing defenders, the player with the ball should take every opportunity to shoot at goal, in circumstances which realistically correspond to those in a competitive match. When a player loses the ball, he must be covered by his partner to prevent the opponent who now has the ball from having a clear run at goal.

Method
Two players play against two, each side also having a goalkeeper (or an extra player who can also act as goalkeeper). The pair with the ball try to outplay the other pair by inter-passing or by individual moves.

Variations
This exercise can also be played with small goals one metre wide.
Three against Three (2 goals)

**Objective of the Practice:**
This practice is designed to improve Various combinations, Direct passing and Mutual covering.

**Field Preparation:**
11 players; 3 teams of 3 players each, plus 2 neutral goalkeepers. Playing area: 30 x 30 yards, with two standard goals.

**Coaching Points:**
This game is played on a small pitch and encourages players to use direct passing movements to try to play their opponents out of position and score as many goals as possible. The fast pace of the game is maintained by allowing one of the three teams to take a rest after each attack has been completed. In defense, players have to cover for each other at all times in an effort to slow down the build-up of the other team's attacks. The defenders should wait for the best moment to make their intervention.

**Method**
Three teams each of three players take part in the exercise, with a neutral goalkeeper in each goal. One team attacks while the other defends and the third team takes a rest. Once an attacking movement is over, the defending team has its turn to attack against the team which has been resting, and the team which has just been attacking takes its turn to sit it out. Teams rotate in this way non-stop. **Variations** If the attacking team succeeds in winning back possession of the ball before the halfway line after having lost it, the same team may continue to attack.

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Three Zone Game

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
- 12 Players (6 v 6)
- Area 20 yards x 30 Yards
- Supply of Balls and Cones
- Colored Bibs
- Full Size Goals

Coaching Points
The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal using a “one touch” shot. If a team scores they now attack the opposite side. Rotate zones often.

Focus On:
- Small group attacking and defending tactics.
- Pressure, Cover, Communication
- Dribbling, Give and Go’s, Over Lapps.
Three Zone Game with Goalkeepers

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
- 12 Players (6 v 6)
- Area 20 yards x 30 Yards
- Supply of Balls and Cones
- Colored Bibs
- Full Size Goals plus 2 Goalkeepers

Coaching Points
The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal. If a team scores they now attack the opposite side. Rotate zones often.

Focus On:
- Small group attacking and defending tactics.
- Pressure, Cover, Communication
- Dribbling, Give and Go’s, Over Lapps.
Three Zone Game with Four Goals

Objective of the Practice:
This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation
- 12 Players (6 v 6)
- Area 20 yards x 30 Yards
- Supply of Balls and Cones
- Colored Bibs
- Four Full Size Goals plus 4 Goalkeepers

Coaching Points
The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal. If a team scores they now attack the opposite side. Rotate zones often.

Focus On:
- Small group attacking and defending tactics.
- Pressure, Cover, Communication
- Dribbling, Give and Go’s, Over Lapps.
Intermediate Passing
Hit the Flag

Objective of the Practice:
This practice is designed to improve long range passing techniques. It is a fun an challenging exercise that player thoroughly enjoy.

Field Preparation:
4 players, 6 flag poles. 2 balls. (see diagram above).
Flag poles are positioned 40 yards opposite and 1 yard apart.

Coaching Points:
Players challenge each other as teams, 2 players per team. Object is for the player to pass the ball in the air and try to hit the opposite flag pole. The center flag pole is worth 5 points, the 2 wider flag poles are worth 1 point each. Alternate players passing each time. First team to score 10 points wins. Change players in teams.

Use lofted passes, Chip passes, Bent passes and driven passes.
Follow Ball Drill

Objective of the Practice:
This practice is designed as a simple passing drill which can be used in any warm up session or a pre-cursor to a passing session.

Field Preparation:
Use entire team. Cones are set up 10 yards apart. (see diagram above). Use 1 ball, every other player.

Coaching Points:
Players pass the ball *clockwise* from cone to cone. After they pass the ball to the next player they must quickly run to the next cone. Effectively working their way around all the cones. Limit to "2 touches". On the coach's command, players reverse direction without interrupting the tempo of the drill.

- Emphasize fast paced passes!
- Use inside and outside of the foot.
- Work for 10 minutes.

Progression – Play "1 touch"
Other variation is have players dribble the ball to the cone.
Objective of the Practice:
This practice is designed to improve passing techniques with an emphasis on "Passing Angles" and the "Speed of the pass".

Field Preparation:
3 players are positioned at a cone. Cones are set up in a 10 yard triangle. (see diagram above). Use 2 balls.

Coaching Points:
Players pass the ball *clockwise* around the triangle playing "One Touch".
On the coach’s command, players reverse direction without interrupting the tempo of the drill.

Emphasize fast paced passes!
Use inside and outside of the foot.

Work for 10 minutes.

Progression – Play "1 touch"
Passing in Triangles

Objective of the Practice:
This practice is designed to improve passing techniques with an emphasis on the players "first touch".

Field Preparation:
Players are set up in a triangle, using cones on the corner, minimum 3 players on each corner. 20 yards between players

Coaching Points:
Ball is played from 1 to 2. Ball has to be played to the outside of the cone and player 2 must show angle to the correct side of cone. Player 2 controls it to the other side of the cone and plays to player three. Player 1 runs to back of group two. Repeat

Diagonal Passing Drill

Objective of the Practice:
This is a good passing exercise to use in your warm up. It develops short range passing techniques, good movement and first touch.

Field Preparation
Practice area approximately 10 yards x 10 yards, 2 players, 1 Ball.

Coaching Points
The 2 players start diagonally opposite each other. Moving anti-clockwise, Player "A" dribbles the ball to the first cone and plays a diagonal pass for player "B" to run onto. Player "B" dribbles the ball to the next cone and plays a diagonal pass for player "A" to run onto. This sequence is repeated moving around the square. First players are allowed unlimited touches, but quickly condition the practice to "two touch".

- Change direction of the drill and work on opposite foot.
- Develop a high tempo rhythm as quickly as possible.
- Players must constantly be moving and communicating with each other.
- Passes should be quality followed with explosive runs into space.
Passing Rotation Exercise

Objective of the Practice:
This is a great group practice to develop short range passing techniques and first touch.

Field Preparation
Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 4 Balls.

Coaching Points
Place 4 players at the center flag pole. Position 2-3 player at a cone on each corner of the square. The first player at each cone has a ball.

Running with the Ball
To get the players warmed up for the exercise we will first have the players run with the ball. The first player with the ball dribbles the ball to the player facing them in the center of the square. The receiving player redirects the ball towards the next cone on the right and dribbles the ball the next player in line.

Passing the Ball
The first player with the ball passes to the player facing them in the center of the square. After passing the ball they follow the ball and take the receiving players place. The receiving player redirects the ball towards the next cone on the right and dribbles the ball the next player in line.
Change direction of the drill and work on opposite foot.

☐ Coach should develop a high tempo rhythm as quickly as possible.
☐ Players must constantly be moving and communicating with each other.
☐ Passes should be quality followed with explosive runs into space.
Passing Square Two Touch

Objective of the Practice:
This is a great group practice to develop short range passing techniques.

Field Preparation
Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points
Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise. The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to “two touch”. A second ball should be added as soon as the players have established a good tempo. **Change direction of the drill and work on opposite foot.**

Progression:
Now after passing the ball the plays must follow their pass and make an explosive run to the flag pole.

- Coach should develop a high tempo rhythm as quickly as possible.
- Players must constantly be moving and communicating with each other.
- Passes should be quality followed with explosive runs into space.
Passing Square One Touch

Objective of the Practice:
This practice is a progression from the Passing Square - Short and Long Drill. It is a great group practice to develop short range passing techniques.

Field Preparation
Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points
Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner.

Players should time their runs. Don't get ahead of the ball!

Progression:
A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Coach should develop a high tempo rhythm as quickly as possible.
Players must constantly be moving and communicating with each other.
Passes should be quality followed with explosive runs into space.
Passing Square "Give and Go"

**Objective of the Practice:**
This practice is a progression from the Passing Square - Two Touch Drill. It is a great group practice to develop short range passing techniques.

**Field Preparation**
Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

**Coaching Points**
Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" the repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

**Progression:**
A second ball should be added as soon as the players have established a good tempo.

**Change direction of the drill and work on opposite foot.**
- Coach should develop a high tempo rhythm as quickly as possible.
- Players must constantly be moving and communicating with each other.
- Passes should be quality followed with explosive runs into space.