

# WYSA Session Plan Activities



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# VIDEO RESOURCES

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[5 Ideas To Fully Activate Your Players For A Training](#)

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# Topics:

1. Warm-ups
2. Dribbling
3. Passing + Receiving
4. Possession + Rondos
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6. Combats
7. Technical Skill Development

# WARM-UPS

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# Basic Dynamic Warm-Up

Performing these movements helps to prepare the body and focus the mind for what is to come. Although these movements can be performed in a variety of different formats, we discuss a very simple format with two lines in this post.

**Tap for Video!**

## Basic Dynamic Warm-up



## Dynamic Movements:

Forward Jogging  
Backward Jogging  
Side Shuffles  
Carioca  
Gates  
Skips  
High Knees  
Butt Kickers  
Knee Hug  
Quad Stretch  
Leg Cradle  
Straight Leg March  
Kick-backs  
Hand-walks  
Bear Crawls  
50% Jog  
75% Run  
100% Sprint

### **SET-UP:**

This variation of the general dynamic warm-up is extremely simple and requires almost no set up at all. Basically just set up cones as shown in the diagram above and then split players into two even lines to perform the movements.

### **HOW IT WORKS:**

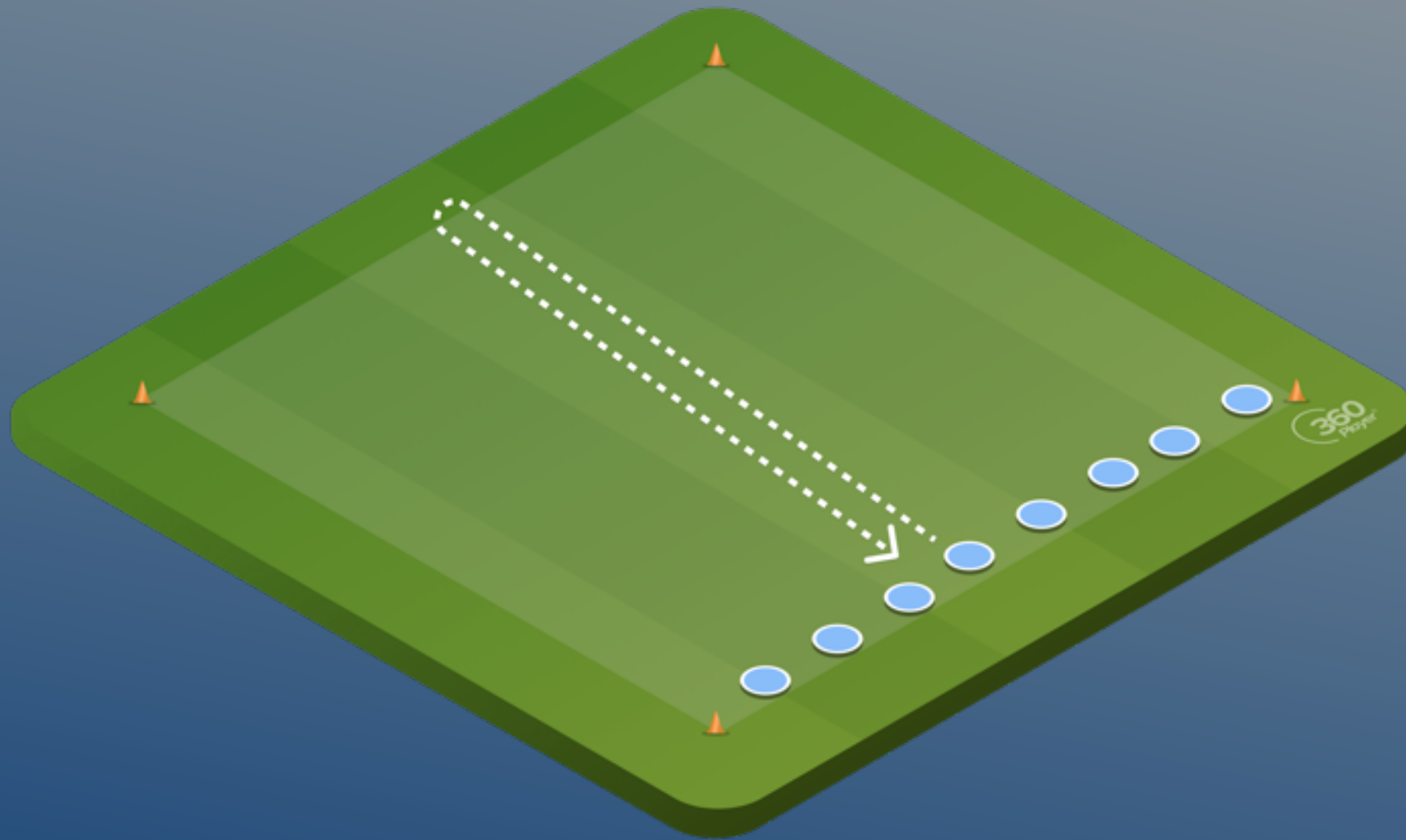
Players perform dynamic movements to the cone on the opposite side, then perform a recovery run by jogging back to the start.

### **KEY COACHING POINTS**

Once players learn the basic locomotions they can perform these exercises on their own without the help of a coach. This can potentially afford a coach some extra time while setting up other drills. By the end of the warm-up the players should have broken a sweat. This ensures that the body is prepared for the activities to come and reduces the risk of injury.

# Down & Back Warm-Up

This is a simple dynamic warm-up arrangement where everyone on the team goes down and back at once.



## Dynamic Movements:

Forward Jogging  
Backward Jogging  
Side Shuffles  
Skipping  
Backward Skipping  
Sideways Skipping  
Carioca  
High Knees  
Butt Kickers  
Forward Lunges  
Backwards Lunges  
Sideways Lunges  
Lunges With A Rotation  
Knee To Chest Stretch  
Quad Stretch  
Bear Crawls  
50% Jog  
75% Run  
100% Sprint

### **SET-UP:**

This variation of the general dynamic warm-up is extremely simple and requires almost no set up at all. Basically have the players line up on one side of the grid and they all move down and back together.

### **HOW IT WORKS:**

Players perform dynamic movements to the cone on the opposite side, then perform a recovery run by jogging back to the start. (They can also perform dynamic movements back instead).

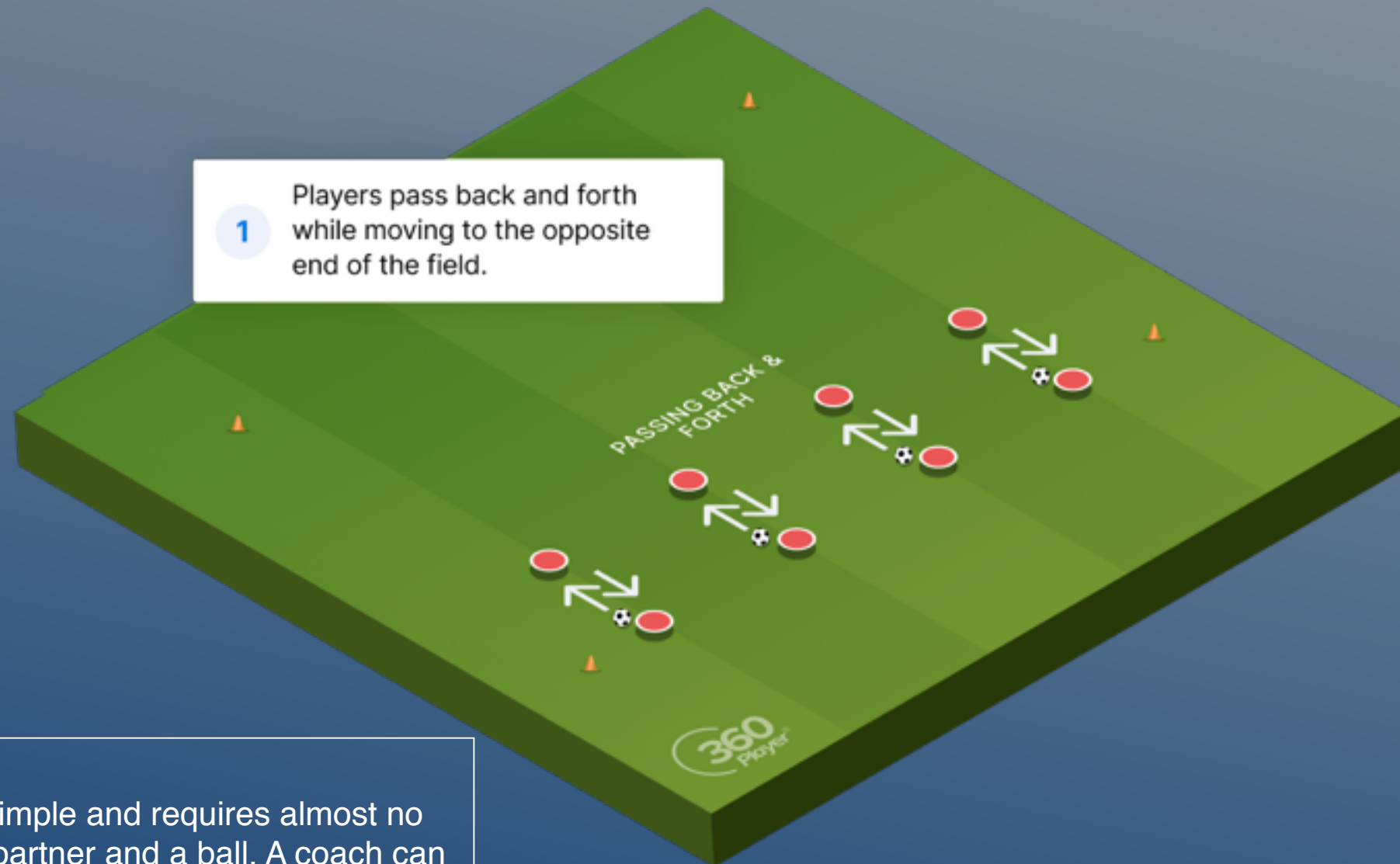
### **KEY COACHING POINTS**

Once players learn the basic locomotions they can perform these exercises on their own without the help of a coach. This can potentially afford a coach some extra time while setting up other drills.

By the end of the warm-up the players should have broken a sweat. This ensures that the body is prepared for the activities to come and reduces the risk of injury.

# Passing Down The Field

Passing down the field is a simple warm-up drill where players pass back and forth to get their touch sharp on the ball before a training session or game.



## **SET-UP:**

This exercise is extremely simple and requires almost no set up. Players just need a partner and a ball. A coach can also set up a field or defined area so that there is a clear start line and end line.

## **HOW IT WORKS:**

Once the players have a partner and a ball they begin passing back and forth, working their way down to the other side of the field. Other variations of this exercise can include using different parts of the feet, or having one partner act as a tosser while the other works on headers or volleys.

## **KEY COACHING POINTS**

A simple exercise like this provides players a chance to work on proper fundamentals. When working with younger players it's nice to emphasize passing and trapping with the inside of the foot so that they develop good habits. In addition, players should practice using both feet. This exercise functions well as a warm-up drill to get players moving and focused at the beginning of a training session.



# Rock, Paper, Scissors Tag

Rock, paper, scissors tag is a fun tag game where players play rock, paper, scissors. The winning player becomes the tagger while the losing player becomes the runner. This drill is a good way to help players think on their feet and develop quick reactions.



## SET-UP:

The set up for this exercise is relatively simple, create lanes for the drill as pictured above and then have players partner up.

## HOW IT WORKS:

To begin, the players play rock, paper, scissors in the middle. The player who wins becomes the tagger and the player who loses becomes the runner. The runner's objective is to run across their own side safely before being tagged. The tagger can earn a point by successfully tagging the runner before they cross their end line.

## KEY COACHING POINTS

Quick reactions and speed are the keys to success in this drill. Try to match players up with similar levels of quickness for maximum competitiveness. If you're doing this exercise with an entire team you could create a ladder where the winning player moves up to the next lane while the moving player moves down. After a few rounds, all of the fastest players will end up at the top of the ladder competing against each other.

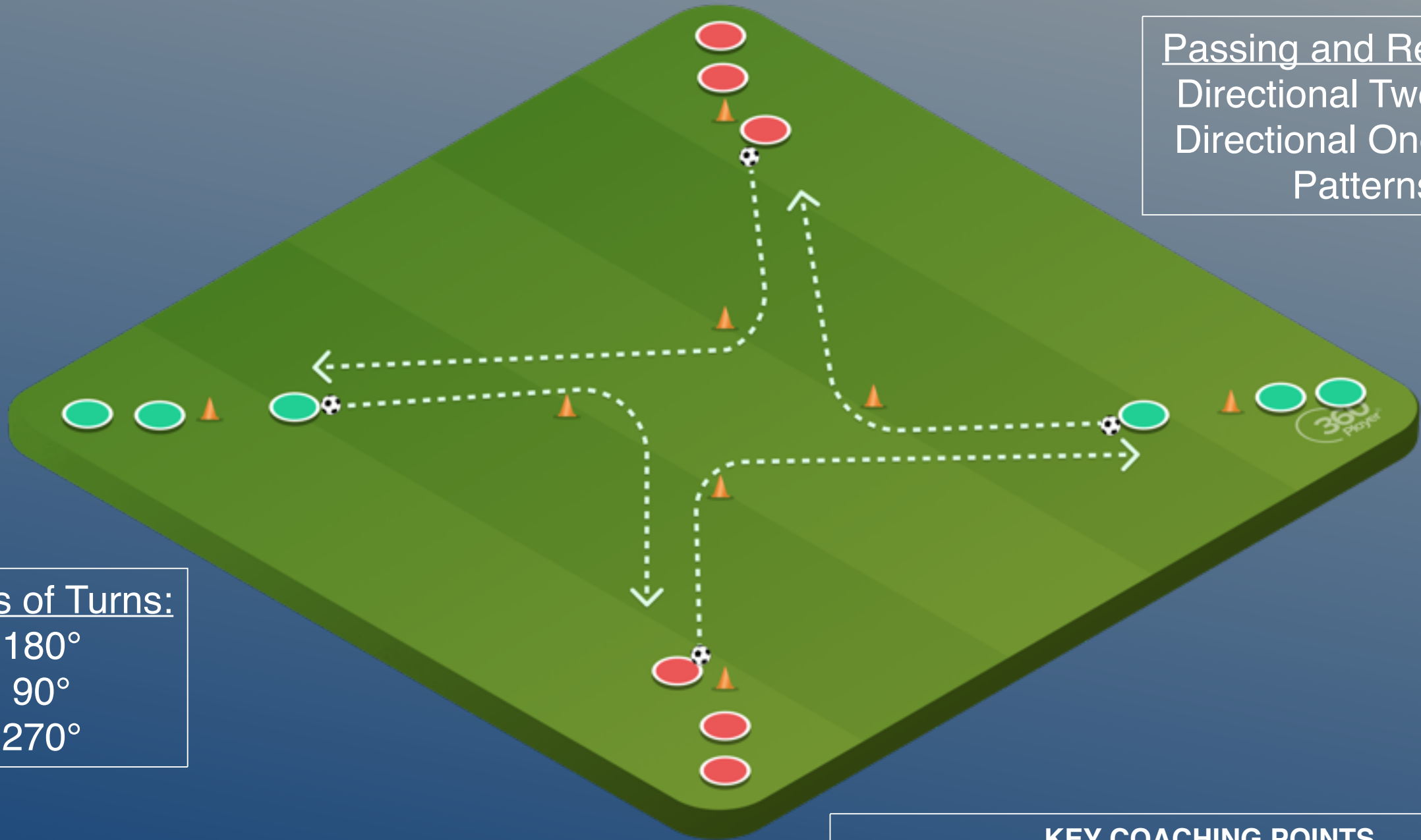


# DRIBBLING

# Dribbling Around The Square

Dribbling around the square is a simple and effective warm-up to get players moving and working on dribbling.

Passing and Receiving:  
Directional Two Touch  
Directional One Touch  
Patterns



## Types of Turns:

180°

90°

270°

## **KEY COACHING POINTS**

This exercise can work great in conjunction with a dynamic warm-up because the players will already be in lines.

Coaches can have players perform different dynamic movements before adding balls. Once balls are in play, coaches can have players work on different turns, dribbling, or passing techniques. As a rule of thumb, if there's more than three players in a line, it's best to build another grid so that there's not too many players standing around at once.

## **SET-UP:**

Create a large square with a smaller square inside. Position four lines of players around the corners of the outer square. The first player in each line needs a ball.

## **HOW IT WORKS:**

Players dribble around the corresponding cone in the center, then dribble or pass to the next line in a rotation.

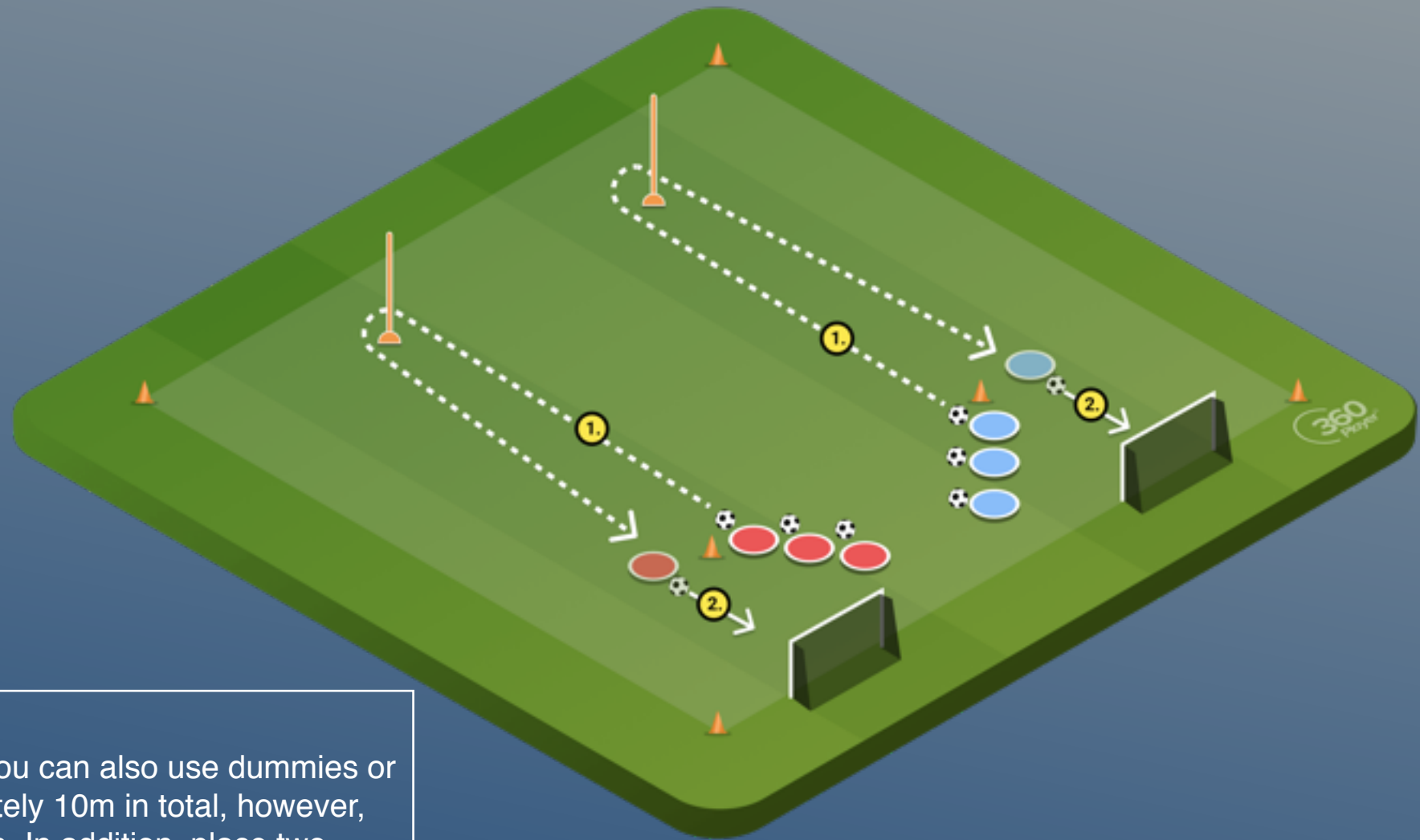
# Technical Relay Race

Relay exercises in training for players to keep technical skills sharp.

Tap for Video!



## Technical Relay Race



### SET-UP:

First set up cones for players to dribble around (you can also use dummies or plyometric sticks). An ideal distance is approximately 10m in total, however, this may vary depending on the age of the players. In addition, place two goals facing the dribbling area 5-10m behind the start cone. Once the grid is set up, separate players into even teams. If some teams have an extra player the teams with fewer players will have to assign someone to perform two legs of the relay, this way all teams perform the same number of relay legs. Each player needs a ball.

### HOW IT WORKS:

On the coaches signal players dribble as fast as they can around the final cone, turn around, and dribble back towards their line. Once they've made it all the way, they play a pass into the goal and then sit down to signify that they have completed their relay leg. The first team to complete all of their relay legs and have all their players sitting down wins.

### KEY COACHING POINTS

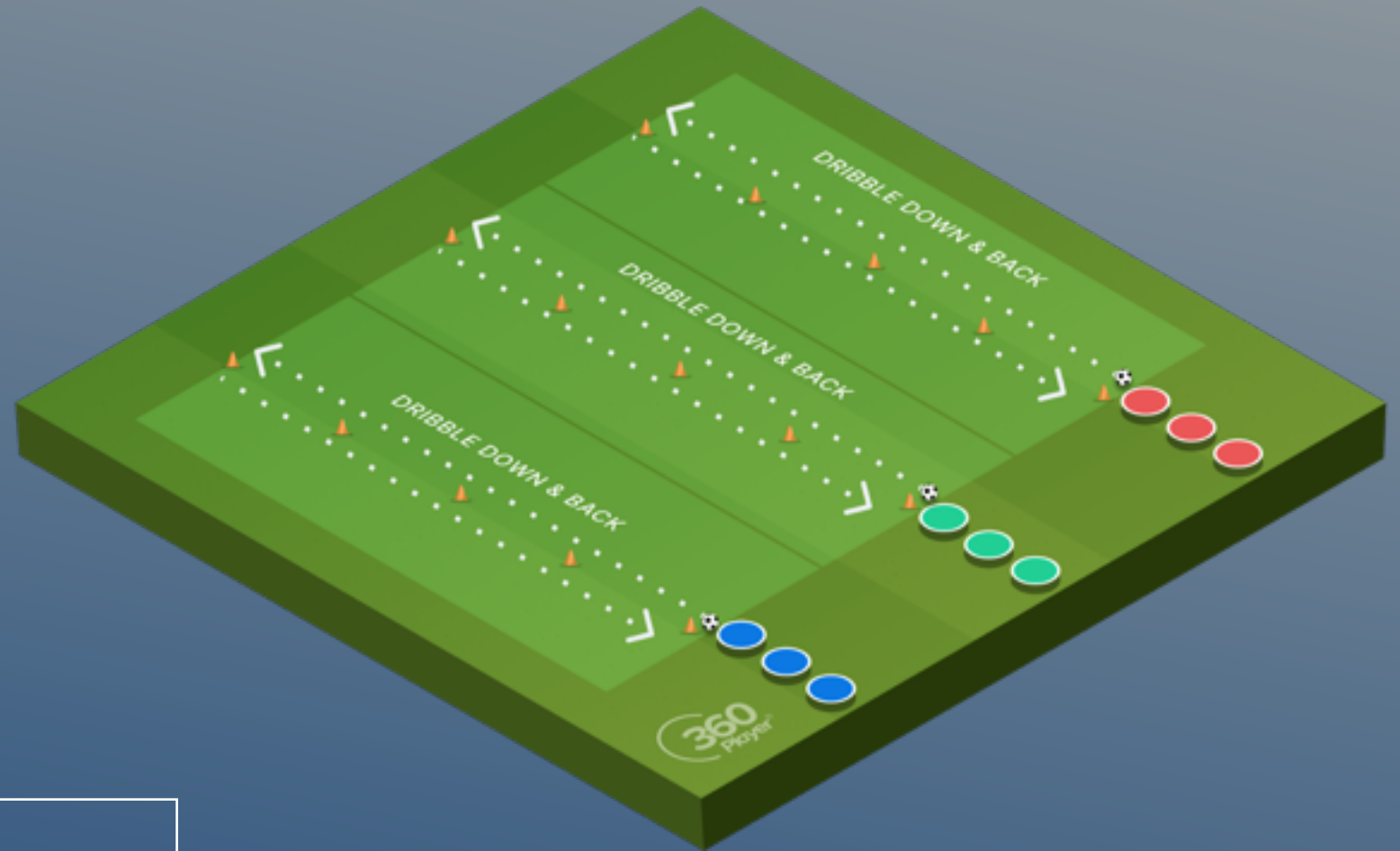
This exercise can work great in conjunction with a dynamic warm-up because the players will already be in lines. It's also good to have the players warm-up up a bit before going full speed. With this in mind, it may be best to have players perform a few rounds of dribbling at their own pace before breaking into competition mode.

# Dribbling Relay Race

The dribbling relay race is a great way to train dribbling in a fun and competitive environment as players compete in teams to see which team can have all their players dribble to the other side and back first.

Tap for Video!

## Dribbling Relay Race



### SET-UP:

First set up cones for players to dribble around. An ideal distance is approximately 10m in total, however, this may vary depending on the age of the players. Once the grid is set up, separate players into even teams. If some teams have an extra player the teams with fewer players will have to assign someone to perform two legs of the relay, this way all teams perform the same number of relay legs. Each relay team needs one ball.

### HOW IT WORKS:

On the coaches signal players dribble as fast as they can around the final cone, turn around, and dribble back towards their line. Once they've made it all the way, they give the ball to the next player in line and then sit down to signify that they have completed their relay leg. The first team to complete all of their relay legs and have all their players sitting down wins.

### KEY COACHING POINTS

This exercise can work great in conjunction with a dynamic warm-up because the players will already be in lines. It's also good to have the players warm-up up a bit before going full speed. With this in mind, it may be best to have players perform a few rounds of dribbling at their own pace before breaking into competition mode.

When competing, be sure that players dribble all the way back.

Passing to the next player before they get to the end offers them an unfair advantage. However, another variation could be played where players dribble down one side and then pass to the next player in line once they've turned the final cone.



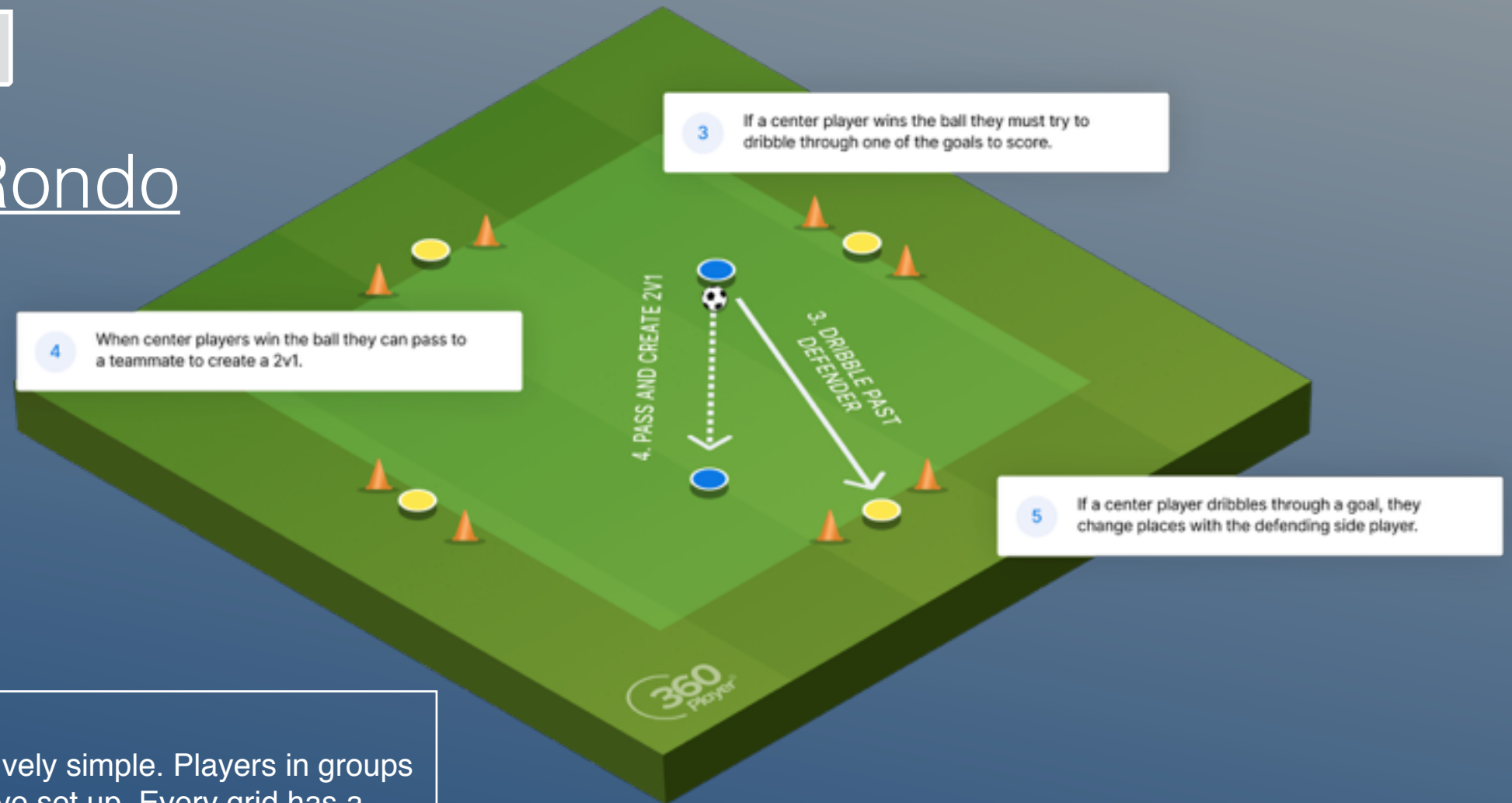
# 4v2 Rondo With Dribble Retake

This simple drill helps you teach your players how to take up positions to maintain possession and to react and transition fast to dribble forward when winning the ball.

Tap for Video!



## Escape The Rondo



### SET-UP:

Preparations for this drill are relatively simple. Players in groups of 6 play 4v2 in a grid that you have set up. Every grid has a goal on each side, with a corresponding player. In total, 8 cones and one ball is needed.

### HOW IT WORKS:

Players on the sides start with the ball, and start maintaining possession between themselves. If a center player wins the ball they must try to dribble through one of the goals on the side to score. When center players win the ball they can pass to their teammate to create a 2v1. If a center player dribbles through a goal they switch places with the player who was responsible for defending that goal.

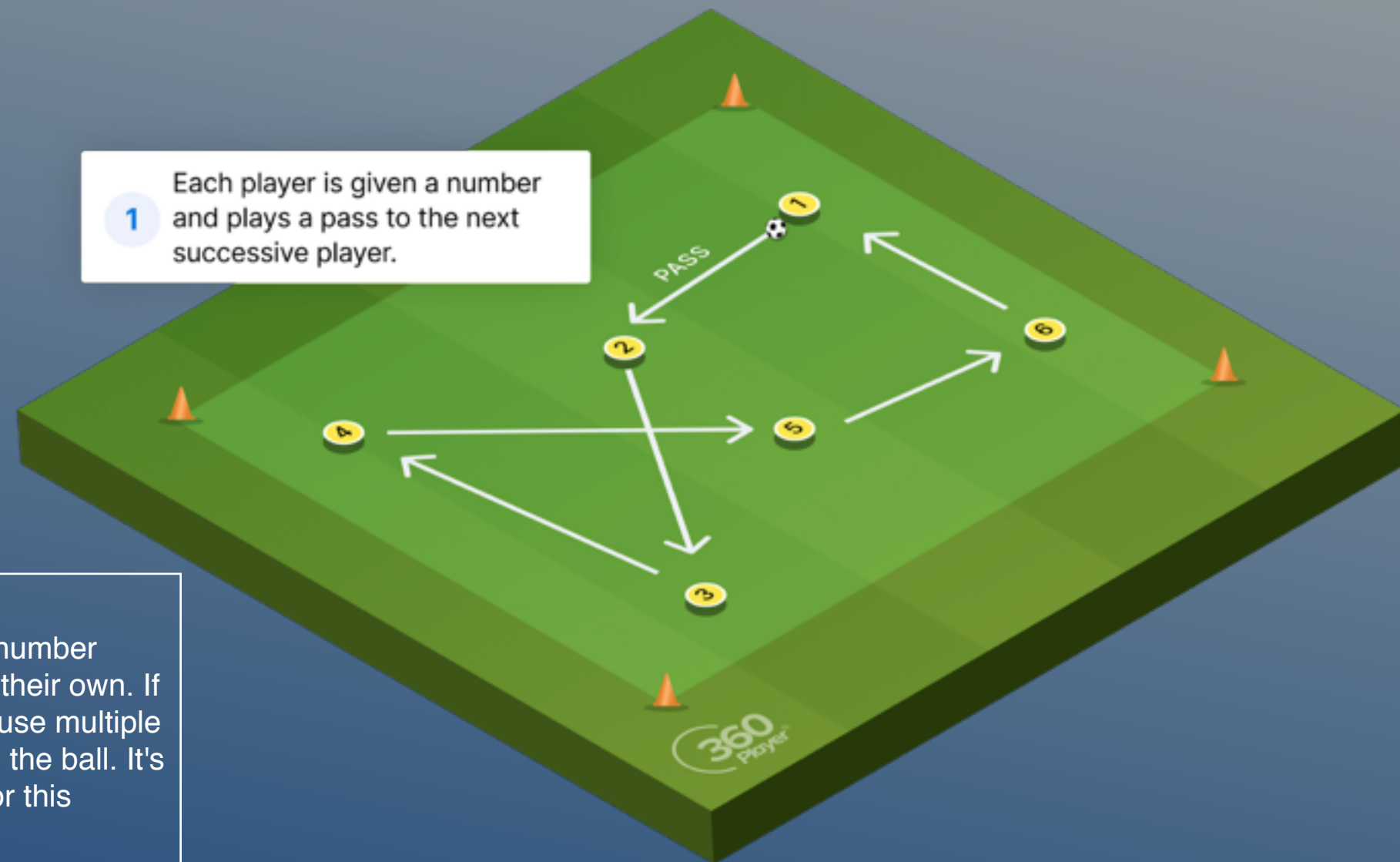
### KEY COACHING POINTS

This drill teaches players to quickly react to changes in possession, and also transitioning from a defensive to an offensive mindset. Ways to change the difficulty or intensity of the exercise is to limit touches on the side or change sizes of the grid.

PASSING +  
RECEIVING

# Numbered Passing

The numbered passing drill is a simple passing exercise that can be used as a warm-up or to help players work on passing and moving. In essence each player is given a number and passes to the next successive player in the sequence.



## **SET-UP:**

Create a large rectangular or square grid, then number players off so that each player has a number of their own. If there are more than six players total it's best to use multiple groups so that players can get more touches on the ball. It's okay to have multiple groups in the same grid for this exercise.

## **HOW IT WORKS:**

Once all players have been given a number, player 1 passes to player 2, who then passes to player 3, and so on. The last player in the sequence passes to player 1 and the cycle continues. Throughout this exercise players are to be moving freely throughout the grid, being sure to move to a new location once they play their pass.

When using this as a warm-up drill it can be easy to incorporate dynamic movements by having players perform different locomotions around the outer cones after passing.

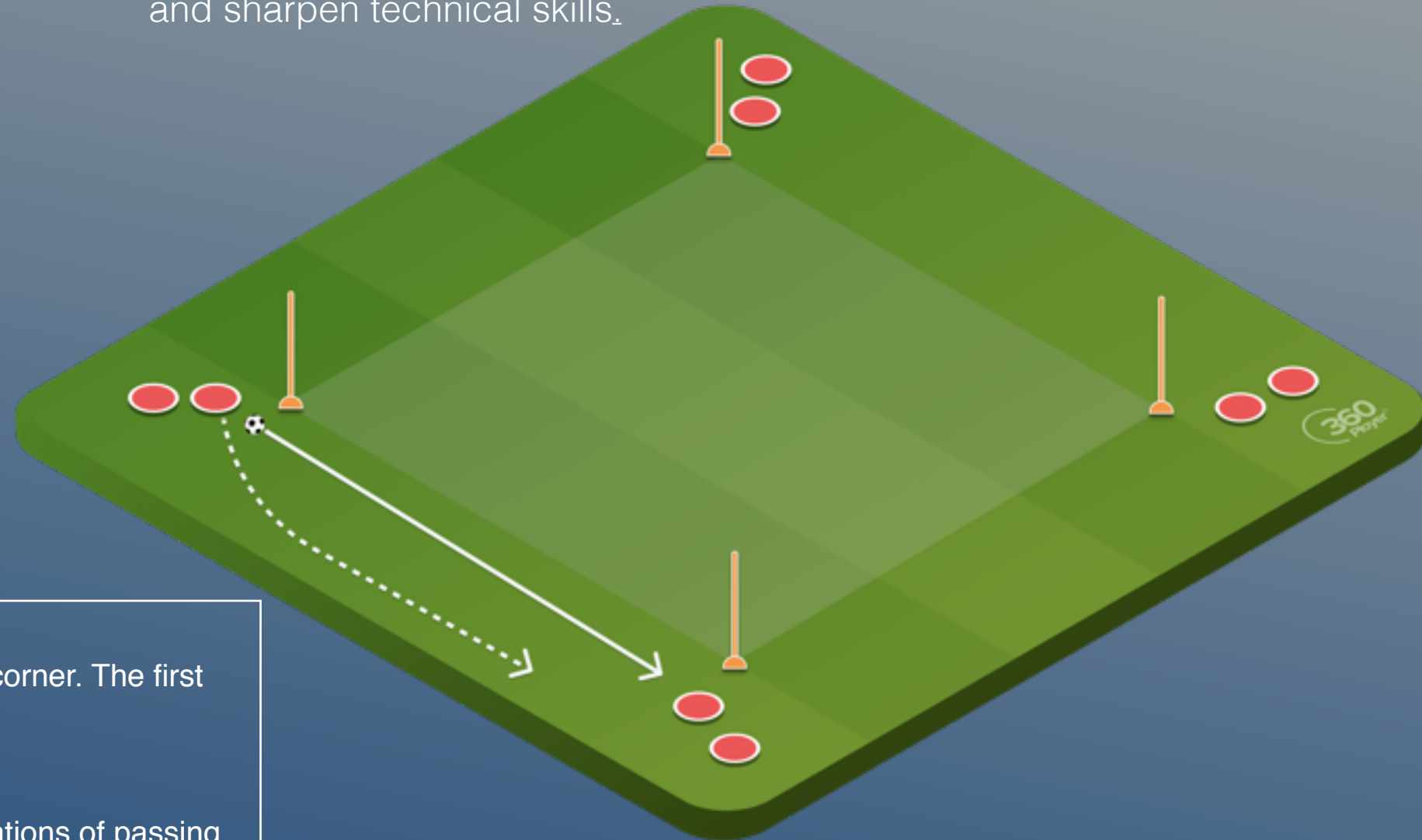
## **KEY COACHING POINTS**

Communication and awareness are vital attributes in a football match and this exercise trains both because players need to be aware of where the next player is that they are passing to.

It's also a good way for players to form the habit of passing and moving. In a match movement off the ball is vital for players to create good passing angles and support their teammates.

# Passing Square

The passing square is a simple and effective passing warm-up to work on different passing combinations and sharpen technical skills.



## SET-UP:

Create a square with a couple players in each corner. The first player in one of the lines needs a ball.

## HOW IT WORKS:

This set up can be used for many different variations of passing and moving. For the first and most basic variation players pass the ball around the square and follow their pass to the next line.

After several minutes like this, switch to a wall pass variation where players pass the ball to the next corner, receive a pass back, and then play a pass through to the same player who has started their run to the next line. This continues at each corner all the way around the square.

One more great variation is with third man runners. Just like the wall pass variation players pass the ball to the next corner and receive a pass back. Then instead of completing the wall pass they play ahead to the corner diagonally opposite them who then play it back to the player who has started their run towards them.

## KEY COACHING POINTS

When players are passing around the square be sure to emphasize good technique. For the first variation players should do take two touches, the first to open up and receive around the cone, and the second to play the ball in. With the wall pass and third man runner variations players should be able to work the ball around with only one touch.

As a rule of thumb, if there's more than three players in a line, it's best to build another grid so that there's not too many players standing around at once.



# Rondo To Attack

Rondo to attack is a fun rondo 'keep away' variation where once players have completed a certain number of passes they can go forward and try to score.

**Tap for Video!**

## Rondo To Attack

### SET-UP:

Create a large grid with a large goal and goal keeper at one end. At the opposite side of the grid create a smaller area for the rondo to take place as pictured in the diagram.

Divide players into two groups. One larger numbered group to play keep away with a smaller group to serve as defenders. For the rondo portion 4v2 is a good number to work with, however, this could also work with 3v1, 5v2, 6v2, 6v3, 7v3, etc. The defending group also has one player waiting outside of the rondo area to defend against an oncoming attack.

### HOW IT WORKS:

This drill begins just like a normal rondo where the team in possession plays keep away from the defenders in the rondo area of the grid. Once the attackers complete a minimum number of passes or hold on to the ball for a certain amount of time, they can attack towards the large goal and try to score.

When attacking, three attacking players can enter the attacking area where as the rondo defenders can only bring one more. Since one defender is already in the attacking area this creates a 3v2 situation. Other variations can be played by tweaking the number of attackers or defenders allowed into this area. Adjustments can be made accordingly depending on the skill level of the players.



### KEY COACHING POINTS

In essence this drill combines aspects of both a rondo and a finishing drill. It can be used to help players work on possession play but also going forward and trying to score.

When it comes to keeping possession, movement off the ball and offering good passing angles is key. The size of the rondo area can be adjusted to provide varying levels of difficulty. A small tight area is tougher on the team in possession where as more space typically gives players more time on the ball.

# Through Pass Competition

The through pass competition is a great way for players to find openings for through passes on offense and for players to work on closing off passing lanes on defense.

## SET-UP:

Create a playing area divided into four zones. At either end of the playing area place two mini goals. Separate players into two teams, one of the teams occupies the first and third zones while the other takes the second and fourth zones as shown in the diagram. This drill works best with two or three players in each zone.

## HOW IT WORKS:

One of the team starts with the ball in their defensive area. This is shown in the diagram with the blue team starting with the ball. Their objective is to play a through pass through the opponent's zone to their teammates on the other side. If they successfully complete this pass, their teammates then try to play through the final zone and pass into one of the goals. If the ball goes out of play, the opposite team can start with a new ball on the other side.

In the first variation of this drill, the players can play without pressure. To make it more challenging, a coach can allow a player from the opposite team to enter the zone with the ball to apply pressure.



## KEY COACHING POINTS

This exercise is a great way for players to develop the ability to pass the ball through and look for openings in the defense. At the same time, a coach can place more of a defensive emphasis on this drill by having the defenders practice their movement and closing off the passing lanes for the attackers.

POSSESSION

+ RONDOS

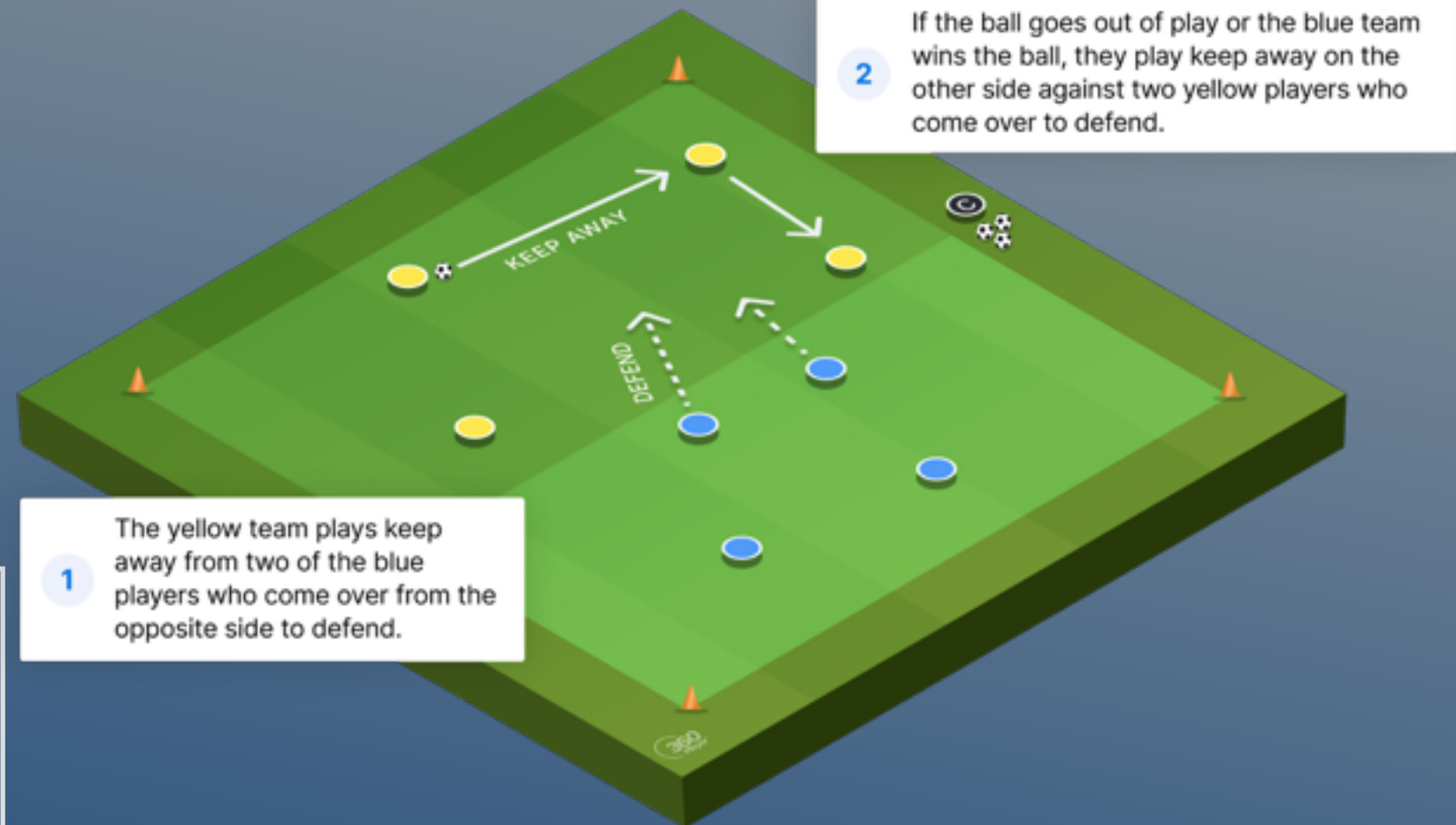


# Rondo Pressure Drill

The rondo pressure drill is a fun keep away variation with two teams competing against each other. When the ball is on one side, the team on the opposite side sends players over to defend and apply pressure.

Tap for Video!

## Rondo Pressure Drill



1

The yellow team plays keep away from two of the blue players who come over from the opposite side to defend.

2

If the ball goes out of play or the blue team wins the ball, they play keep away on the other side against two yellow players who come over to defend.

### SET-UP:

Create a grid split down the middle into two halves as pictured in the diagram. Divide players into two even teams and start with a supply of balls nearby to restart the game quickly in the event that a ball goes out of play.

### HOW IT WORKS:

The coach plays a ball out to one side who try to keep possession. The team from the opposite side sends two players over to try to take the ball away.

If the team in possession completes a consecutive number of passes or holds on to the ball for a specific length of time, they earn a point. If the defenders take the ball away or the ball goes out of play, the coach plays a new ball out to the opposite side and the game continues.

### KEY COACHING POINTS

Just like the three team possession drill, this is a great drill for players to work on passing and defending fundamentals. Both with and without the ball, communication is important. When in possession players should work on providing good passing angles by moving off the ball. On defense players should work together to make play predictable and take the ball away.



# 3 Team Possession Game

The three team possession drill is a fun and competitive rondo variation played with three teams. Essentially the team in the middle sends two players to apply pressure on the ball while the teams on the outside look to complete a minimum number of passes and send the ball over to the other side.

Tap for Video!



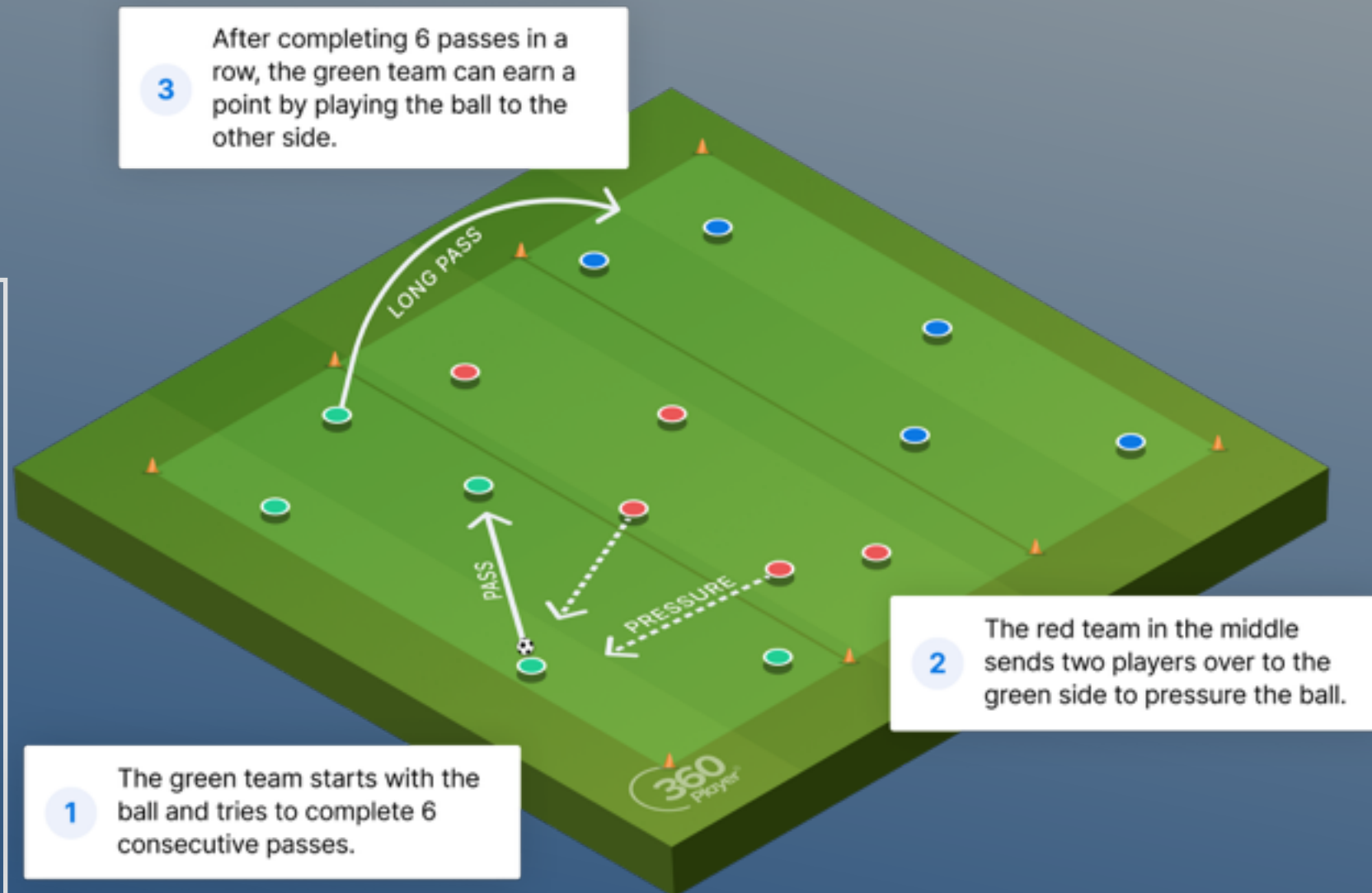
## Three Team Possession

### SET-UP:

Split area into three equally wide zones as pictured. Divide players into three even teams. Each team starts in their own zone on the field. The team that starts in the middle zone is the defending team at first. To transition quickly if the ball goes out of play, it's nice to have a supply of balls nearby. When creating the grid, keep in mind that the size can be varied depending on the number and skill level of the players. In general a smaller grid will be more difficult as players are forced to play in a tighter space.

### HOW IT WORKS:

The exercise starts with the coach playing a ball out to one side. Once an outer team receives the ball, their objective is to complete # of consecutive passes and then send the ball over to the opposite side for a point. As the offensive team are trying to connect their passes, the middle team sends two players over to put pressure on the attackers and try to take the ball away. The remaining members of the defensive team stay in the middle and try to close off the passing lanes to the opposite side. If the defenders steal the ball or force it out of play, the team that lost it become the new defending team in the middle and the old defensive team takes their place on the outside. As soon as the ball is lost, the coach plays a new ball out to the other side and the new defensive team sends two players in to defend, thus continuing the cycle. The first team to successfully complete # of successful passes to the opposite side wins!

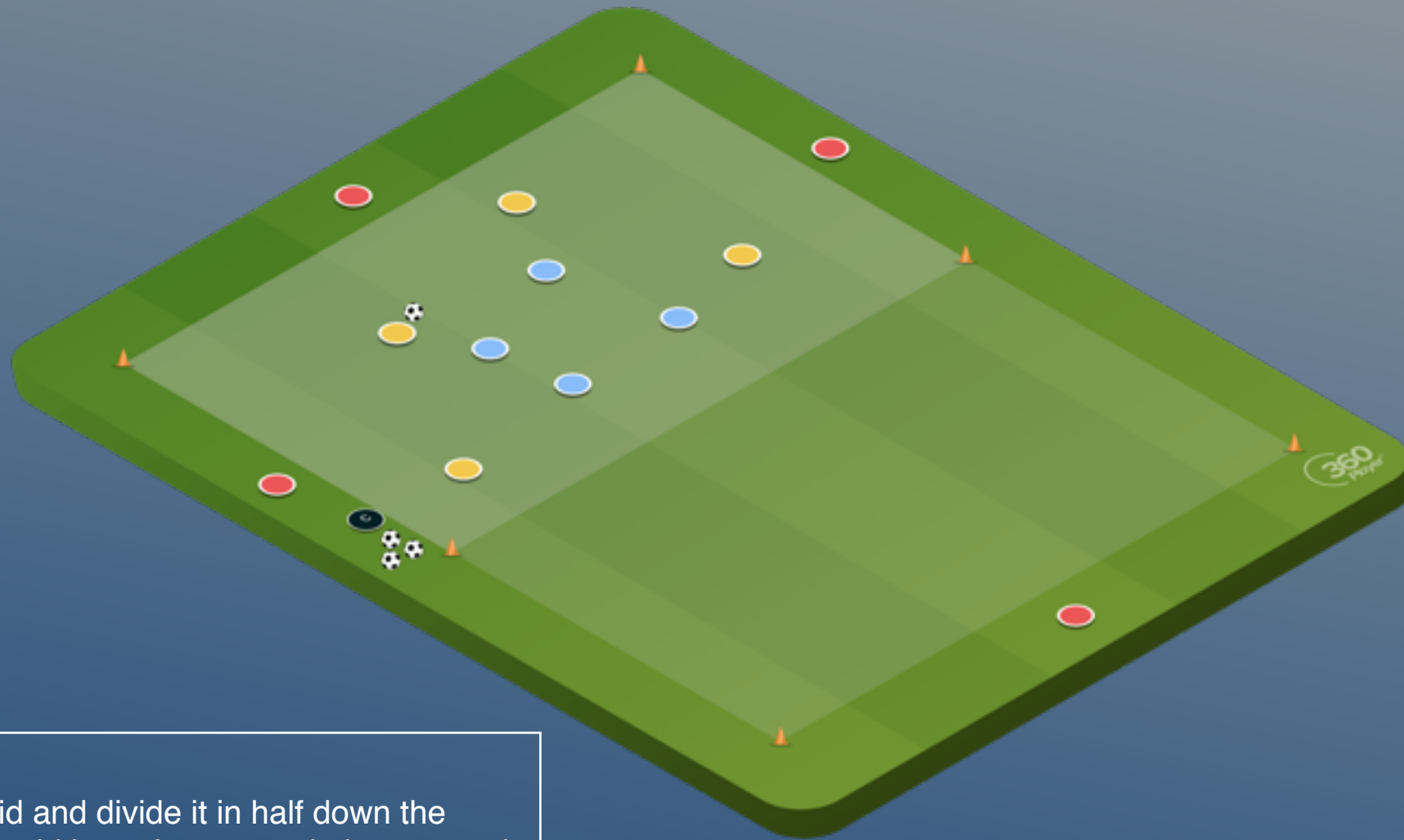


### KEY COACHING POINTS

For each team in possession speed of play can be used to their advantage during this game. As soon a team receives a ball, they can work on achieving # passes in a row quickly while the defensive team is transitioning and sending in defenders. At its core this game is essentially a complex rondo variation. With that being said it's a great way for players to work on passing and receiving fundamentals, moving off the ball to find space, and communication.!

# Press The Possession

Press the possession is a possession based drill where emphasis is placed on defensive pressing when the offensive team switches the ball to the other side.



## **SET-UP:**

Create a large rectangular grid and divide it in half down the middle. On the outside of the grid have four neutral players, each of which taking one side. On one side of the grid separate players into two teams as shown in the diagram. This drill works best with 3v3, 4v4, or 5v5.

## **HOW IT WORKS:**

The two teams play keep away from one another with the help of the neutral players. Once a team has completed a given number of passes, they can pass the ball to the target player on the opposite side of the grid for a point. When this happens, everyone shifts over to the other side of the grid to continue playing. The offensive team tries to maintain possession of the ball while the defensive team can initiate a press to try to win the ball back.

## **KEY COACHING POINTS**

One of the great things about this game is that it is competitive allowing for both teams to have the chance to win the ball, complete passes, and earn points.

When a pass is completed to the other side that's the ideal time to make coaching points regarding how you would like your team to press. The defense can try to make play predictable by leaving one player or one space open and dictating where the ball is going to go. The team pressing needs to work together to press effectively by communicating, closing off passing lanes, and applying pressure at the right moment.

# 4v4 Corner Targets

4v4 corner targets is a three team competition where teams earn points by keeping possession and playing in to one of the corners.

Tap for Video!



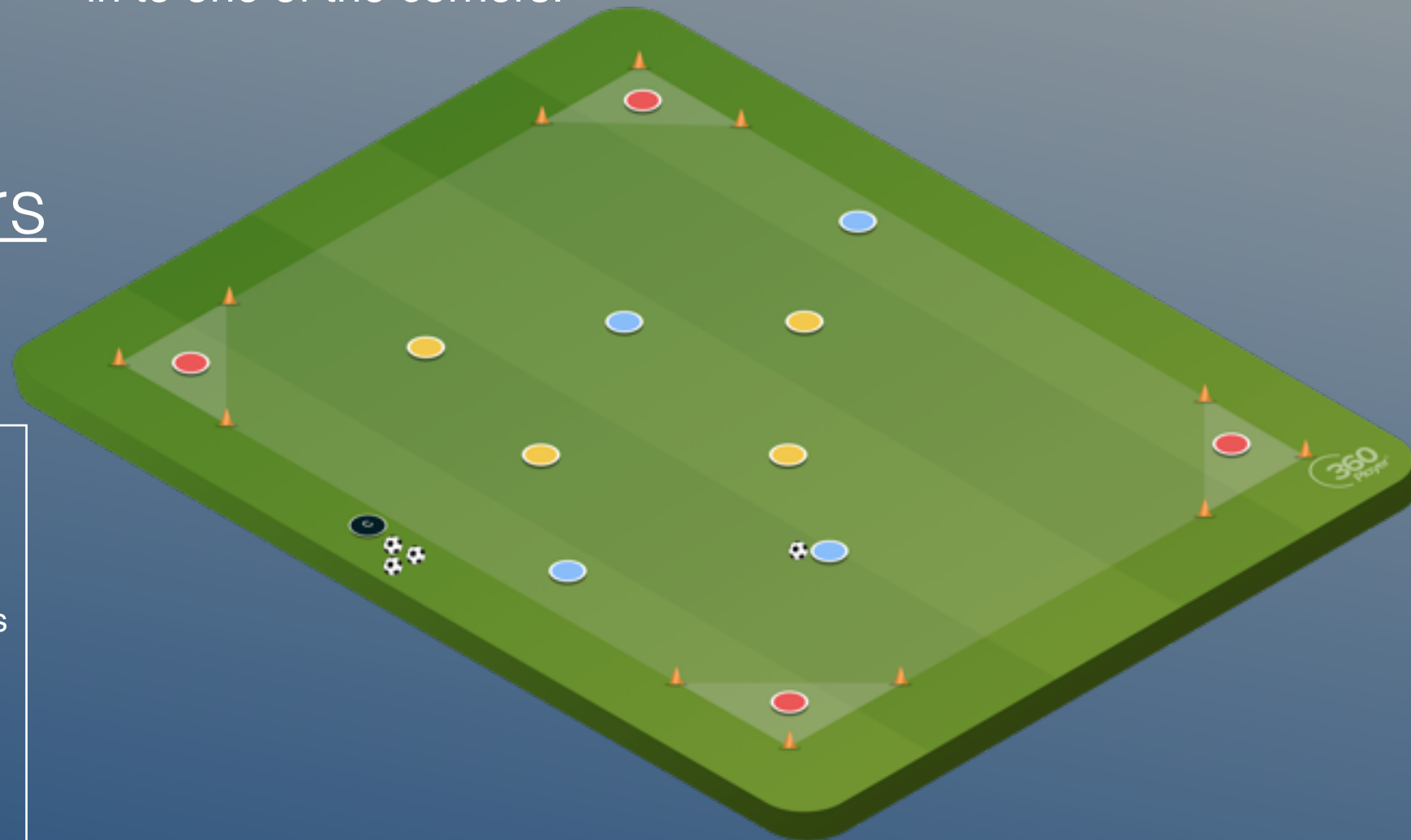
## Keep Away to Corners

### SET-UP:

Divide players into three teams of four. One team starts with one player in each corner, the other two teams start in the middle of the grid to compete against each other. In addition, have a supply of balls ready.

### HOW IT WORKS:

The two teams in the middle compete to keep possession of the ball. Once a team connects a minimum number of passes in a row they can play it to a target player in one of the corners for a point. The players can also play to the neutrals in the corners to help keep possession, however, it doesn't count as a point unless they have completed the minimum number of passes first. Several variations of this game could be played. In one variation the two teams compete in the middle for a given amount of time and then when the time is up, one of the teams rotates out and becomes the new team in the corners. The other variation is that once a team scores a point, the team in the corners comes on while the team that didn't score becomes the new team in the corners.



### KEY COACHING POINTS

This is a great drill for players to work on decision making, creating space, and moving the ball around. In addition, it can get very competitive!

Movement off the ball is extremely important so that players on the ball have good passing options. In addition, players can use the neutrals in the corners to help them. For example if there are no good passing options a player could play to a corner and move quickly to find a new pocket of space and receive the ball back.



# SHOOTING

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# Wall Pass Shooting Drill

The wall pass shooting drill is a simple way for players to work on combination play and finishing.



## SET-UP:

For this drill you need a large goal, goal keeper, and a small group of players with soccer balls. Create a line with the players outside the top of the box and have one player come out to be a 'passer' as shown in the diagram.

## HOW IT WORKS:

The players in line play a pass to the passing player at the side, run forward, receive a pass back, and shoot on goal. Once a player shoots, the next player in line can start. Be sure to rotate the passing player so that they get a chance to shoot as well.

Keep in mind this drill works best with smaller groups because it's best to avoid long lines. Or, make two lines and alternate sides.

## KEY COACHING POINTS

Being able to combine with teammates is an important aspect of attacking play and this drill gets players into the habit of combination play by making a wall pass before shooting. Coaches can emphasize communication and change of pace movement after the pass is made.

# Simple Crossing & Finishing

Simple crossing and finishing is an easy way to help players work on making runs into the box and scoring from balls coming in from the wide areas.



## **SET-UP:**

To prepare for this exercise, set up 3 cones between 20-30 meters away from a large goal. These cones function as a place for attacking players to form 3 lines.

In addition, have a crosser on each side start out wide around 30 meters away from the end line. In order to quickly transition between groups, it's nice if each crosser has a supply of balls at the start of the drill. In order to go against defenders, defenders can start at the posts and you can place a goal keeper in goal. Often times it's nice to start without pressure and then gradually add defenders as the offense gets comfortable and needs a challenge.

## **HOW IT WORKS:**

The exercise begins with one of the wingers dribbling down the flank and sending a cross into the penalty area. The offensive players attack the cross and try to finish on goal while the defenders try to clear the ball away.

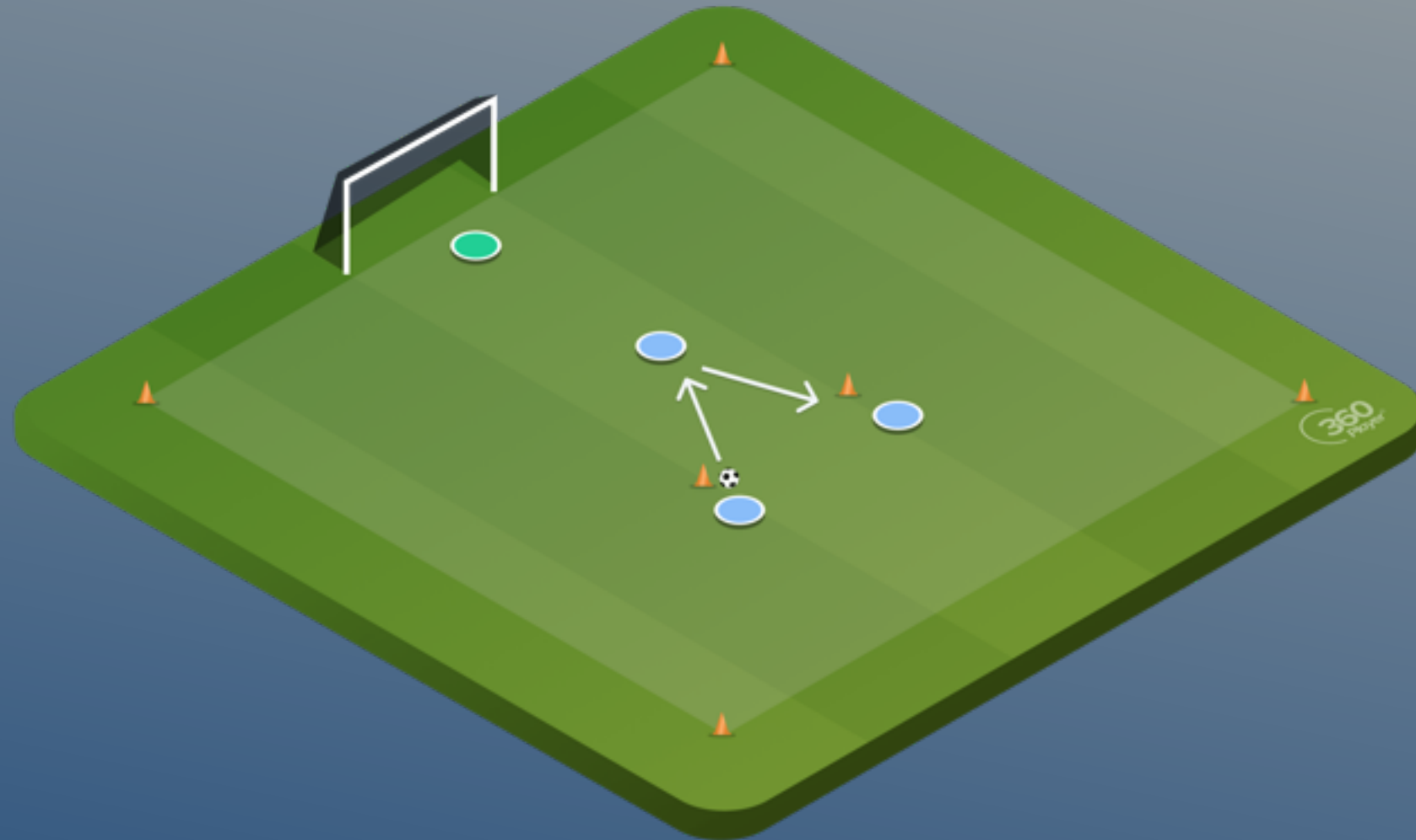
Once a goal is scored or the ball goes out of play, the winger from the other side begins the cycle again with the next players in line.

## **KEY COACHING POINTS**

Attacking players should look to mix up their runs in order to find space to finish. Timing is also very important to keep in mind when making runs into the box. In addition, the crossers should work on delivering the ball in an area where the goal keeper can't take the ball and their teammates can finish.

# Croatian Finishing Progression

This Croatian finishing progression is a great way to work on attacking play in front of goal with forwards and midfielders.



## SET-UP:

For this drill, first you need a large goal and goal keeper. About 25 m away from the goal place a couple of cones for lines of attackers. Have one player start towards the top of the penalty area as an attacker.

## HOW IT WORKS:

First have the attackers work on checking away and coming back to receive a ball, then quickly playing it back to another player. After playing it back the attacker can open up and receive a pass back again before trying to finish on goal.

With this set up the drill can progress in several ways. The next natural progression is to turn the drill into a 2v1. In this variation the first player checks away once again, then comes back to receive a pass. This time as soon as they play it back the two lines of players attack against them in a 2v1 to goal. From here, it's easy to add players and do the same thing with 2v2, 3v2, etc.

For a final progression, send a few players out wide for the team to work on crossing. This time when the player at the top of the box returns the pass the ball is played out wide to a winger who dribbles down and crosses in.

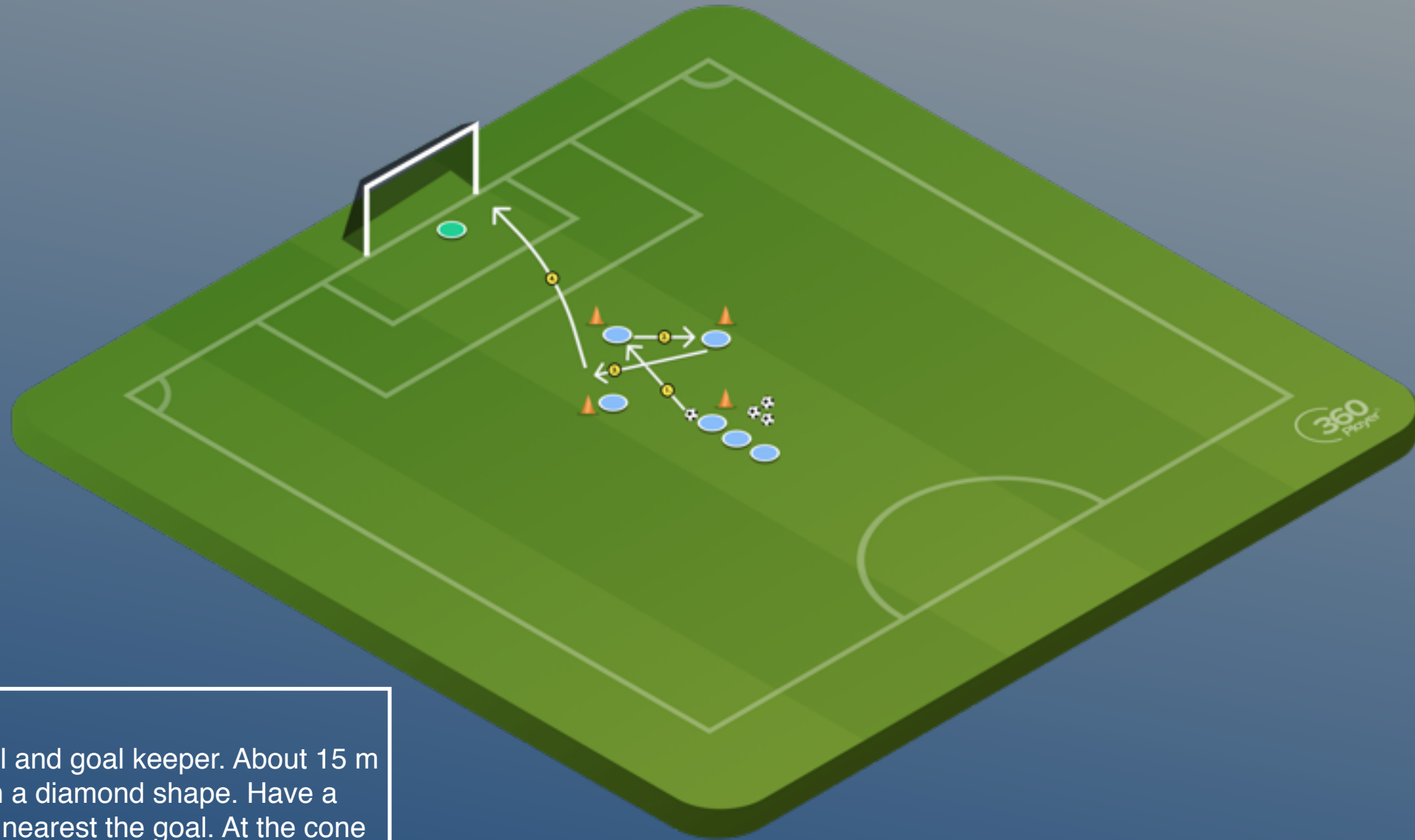
## KEY COACHING POINTS

Coaches should emphasize to the player checking to mimic a game-like situation where they are checking in and out with pace. This will help them to lose their marker in a match and create more space for scoring chances. With this simple set up there are tons of ways to progress the drill so be sure to use variations that are best suited for your team.



# Passing Diamond To Finish

Passing diamond to finish is a shooting drill where players perform a quick series of passes before having a go on goal.



## **SET-UP:**

For this drill, first you need a large goal and goal keeper. About 15 m away from the goal place four cones in a diamond shape. Have a player start at each of the three cones nearest the goal. At the cone furthest away have a line with the rest of the players and balls.

## **HOW IT WORKS:**

The line with the balls starts by playing a pass straight ahead to a player who then passes to their left. The player who receives this second pass plays the ball across and through to the other side to a player who takes a touch and shoots on goal.

All players follow their passes and take up the position where they passed to for the next ball. The player who shoots goes to the back of the start line with the balls.

## **KEY COACHING POINTS**

Coaches should emphasize proper shooting technique. Also keep in mind when close to the goal, placement is usually more important than power. In addition players should work on finishing with both feet. For example, right foot dominate players should also train shooting with their left foot so that they become capable with both.



# COMBATS

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# 3v3 In Waves

3v3 in waves is a fast paced shooting game where players can earn an advantage and get a shot off by attacking quickly or work on breaking down the defense in the final third.

Tap for Video!

## 3v3 in Waves



### **SET-UP:**

Create a playing area with a large goal and a goal keeper at one end and three lines of players at the other. Balls start with players in the middle line.

### **HOW IT WORKS:**

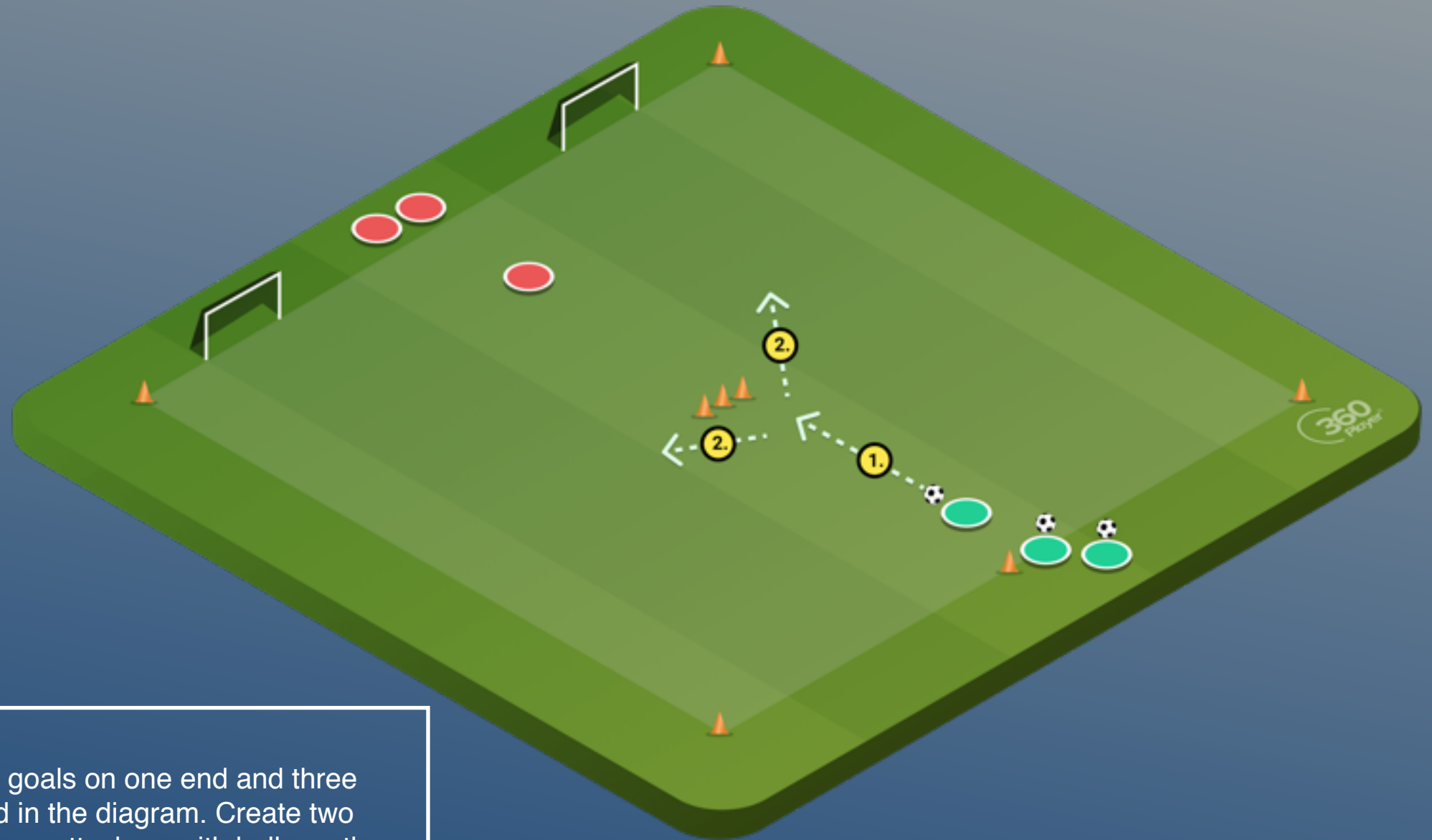
The first three players come out and attack the large goal, trying to score. As soon as they have shot, the players in the line behind them begin their attack. The team of three that shoots stays on the pitch to defend against the next wave of attackers before rotating off.

### **KEY COACHING POINTS**

This is an excellent drill for players to work on attacking with speed because players can earn an advantage by going forward quickly while the group in front of them is trying to transition and defend against them. For this reason coaches can emphasize speed of play. If players can't capitalize on the initial opportunity they can still work the ball around to try to break down the defense and score. In this scenario combination play can be useful to create a goal scoring chance.

# 1v1 Pick A Side

1v1 pick a side is a drill where the attacking player dribbles straight ahead and then chooses one side to attack against the defender..



## **SET-UP:**

Create a playing area with two goals on one end and three cones in the middle as pictured in the diagram. Create two lines of players. One line starts as attackers with balls on the side opposite the goals. The other line starts as defenders on the side with the goals.

## **HOW IT WORKS:**

The first player in the attacking line dribbles towards the three cones in the center. The defender comes out to defend against them. At the last second, the attacker must choose which side they would like to attack by dribbling to one side of the cones. Once they've made their choice, they must attack the goal on that side. If the defender wins the ball the play is dead. Players switch lines when they are done and the next group can start.

## **KEY COACHING POINTS**

Coaches can place either an offensive or defensive emphasis on this drill. The attacker should attack with speed and use their skills to get past the defender. Defenders should try to force attackers to their weaker foot and close the angle to make it difficult for the attacker to score.

# 1v1 Battle For The Ball

Battle for the ball is a 1v1 variation where two players have to fight to win a 50-50 ball in order to try to score.

Tap for Video!



## 1v1 Battle For The Ball



### **SET-UP:**

For this drill you need a large goal, a goal keeper, and two lines of players on the opposite side. In front of the players place cones 6-8 meters away for the players to race around as pictured above.

### **HOW IT WORKS:**

When the first players in line are ready, the coach gives the signal for them to run around the cone in front of them. Once the players have run around the cones the coach plays the ball out. This means that the player who makes it around their cone first will be the first one to the ball.

Once the ball is in play the players try to score on the large goal. The player who gets to the ball first is the attacker, the player who was slower around the cone is the defender.

### **KEY COACHING POINTS**

This is a great drill to work on both speed and quickness and competing in 1v1 situations. The defensive player should try to close the space quickly and not let the attacker turn towards goal. The attacking player can be creative to try to get past the defender and score.



# 3v2 To Goal Shooting Drill

3v2 to goal is an excellent game for players to work on finishing as they outnumber the opposition inside the 18 yard box. Since there should always be a free player, the offensive team has the chance to get lots of practice shooting on goal.

Tap for Video!

## 3v2 Finishing

### SET-UP:

For this drill you need a large goal, a goal keeper, and two lines of players on the opposite side. In front of the players place cones 6-8 meters away for the players to race around as pictured above.

### HOW IT WORKS:

When the first players in line are ready, the coach gives the signal for them to run around the cone in front of them. Once the players have run around the cones the coach plays the ball out. This means that the player who makes it around their cone first will be the first one to the ball.

Once the ball is in play the players try to score on the large goal. The player who gets to the ball first is the attacker, the player who was slower around the cone is the defender.



### KEY COACHING POINTS

This is a great drill to work on both speed and quickness and competing in 1v1 situations. The defensive player should try to close the space quickly and not let the attacker turn towards goal. The attacking player can be creative to try to get past the defender and score.

Technical

Skill

Development

# VIDEO RESOURCES

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yougotmojo Youtube Channel

[Dynamic Stretching Warmup | Soccer Skills by MOJO](#)

[How to Juggle a Soccer Ball | Soccer Skills by MOJO](#)

[6 Soccer Skills Kids Love | Soccer Skills from the MOJO](#)

[All About Soccer Skills: Attacking | Soccer 101s from the MOJO](#)

[All About Soccer Skills: Defending | Soccer Skills from the MOJO](#)

[9 Essential Goalkeeping Skills | Soccer Skills by MOJO](#)

# DRIBBLING TECHNIQUE

Tap Links for Videos!

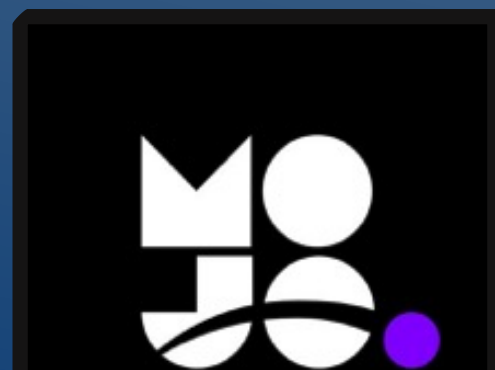


[What is Dribbling in Soccer? | Soccer Skills by MOJO](#)

[Dribbling in Tight Spaces | Soccer Skills by MOJO](#)

[Dribbling With Different Parts of the Foot | Soccer Skills by MOJO](#)

[Small Touches vs. Big Touches | Soccer Skills by MOJO](#)



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# PASSING + RECEIVING TECHNIQUE



Tap Links for Videos!



[What is Passing in Soccer? | Soccer Skills by MOJO](#)



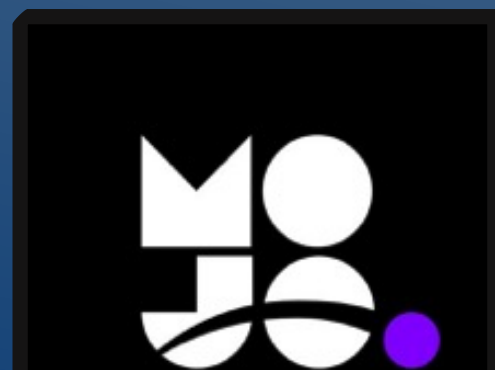
[Passing On The Run | Soccer Skills by MOJO](#)

[Crossing the Ball | Soccer Skills by MOJO](#)

[Receiving on the Ground | Soccer Skills by MOJO](#)

[How To Receive The Ball In The Air With Your Feet | Soccer Skills by MOJO](#)

[Receiving with Different Parts of the Foot | Soccer Skills by MOJO](#)



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# SHOOTING TECHNIQUE

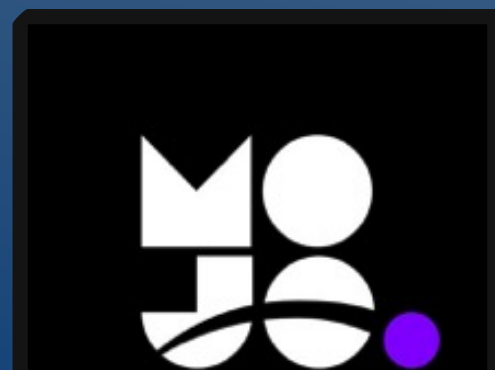
Tap Links for Videos!



[How To Strike A Soccer Ball](#)

[How To Shoot With The Laces And Inside Of The Foot | Soccer Skills by MOJO](#)

[Common Shooting Mistakes | Soccer Skills by MOJO](#)



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# HEADING TECHNIQUE



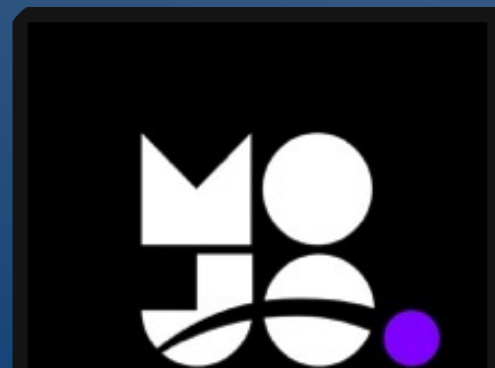
Tap Links for Videos!



[How to Head the Ball | Soccer Skills by MOJO](#)

[Heading Progression | Fun Soccer Drills by MOJO](#)

[Heading to Goals | Fun Soccer Drills by MOJO](#)



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# Youtube Links to Soccer Activities and Drills



Click any link for access to tons of Soccer Coaching Resources!

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[360player](#)

[Keepitonthedeck](#)

[Coach Rory  
Soccer](#)

[KSPerformance](#)

[Onside-Training](#)

[Pro-soccer Drills](#)

[Four Four Two](#)

[Soccer Coach TV](#)

[Next Play Soccer Training](#)

[Joner Football](#)

[World Class Coaching](#)

[Simply Soccer](#)