

## DRIBBLING



### HOW TO PLAY

1. Red attempts to dribble around the square to tag Blue opponent
2. Can dribble clockwise and anti-clockwise
3. If Blue is tagged, reset and begin again.
4. Both players must stay outside of the square but remain close to it
5. Play for 30 seconds, rest and swap roles

### PROGRESSION

- Tagger can cross directly over the middle of the square once during the 30 seconds
- Remove the ball from the Tagger
- Make the square smaller



### HOW TO PLAY

1. Players in pairs
2. One player starts as the leader front, the other starts as the follower
3. Game starts with the leader moving around the area, leading the other who must follow the movements of the leader
4. When you call 'stop' the players freeze and check how close they are together compared to the other players

### PROGRESSION – Leader has more than one follower



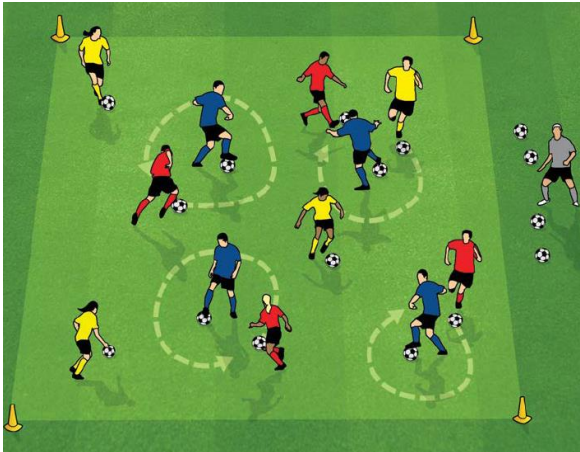
### HOW TO PLAY

1. Players dribble the ball around their area, using different parts of their feet as you call them out
2. Encourage players to use their imagination to perform different fakes, hooks and turns
3. When you call 'charge' all players reach the other area as quickly as possible using only the part of the foot they were last using

### PROGRESSION - Players start in different areas and Therefore, have to avoid each other as the coach calls 'charge'

### ADVANCED: Players have to juggle the ball when moving from one area to another

## DRIBBLING cont'd



### HOW TO PLAY

1. Separate into 3 x team colours
2. Players dribble the ball around the area
3. Coach calls a colour, that team must stop and place their foot on the ball
4. Reds & Yellows dribble around a Blue player
5. After 5 seconds, blues restart dribbling.

### PROGRESSIONS

- Coach call what part of the foot to use
  - If coach calls "Blue", the other two teams stop
- Dribbling and Blue players have 30 seconds to dribble around as many players as possible

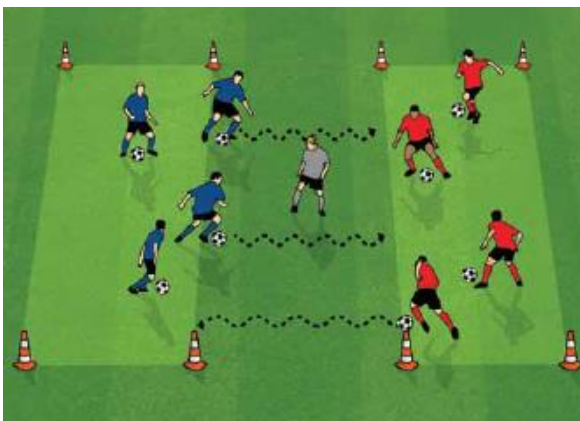


### HOW TO PLAY

1. Players move around the area while the 1 x 'tagger' tries to catch them. Players have a ball – not tagger
2. Players use the 'walls' to shield themselves
3. The 'tagger' cannot reach or jump across a 'wall'
4. The 'tagger' tries to tag players. When tagged, that player takes the bib and become 'tagger'

### PROGRESSION

- Increase the number of 'taggers'
- Make the area smaller or remove/add 'walls'
- Give taggers a players a ball to dribble



### HOW TO PLAY

1. Players dribble the ball around their area, and attempt to cross to the other box
2. While between the two areas, they need to perform a fake to beat you before reaching the other area
3. You need to challenge the players and if they lose control of the ball, knock it away from them
4. If they don't make it across, the player returns to the area they started from

**PROGRESSION** – Player joins coach to help stop other players



## DRIBBLING cont'd



### HOW TO PLAY

1. Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
2. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
3. Players also try to dribble through as many goals as possible
4. After 45 seconds the players swap roles
5. Count goals dribbled thru

**PROGRESSION** - Introduce contact and tackling

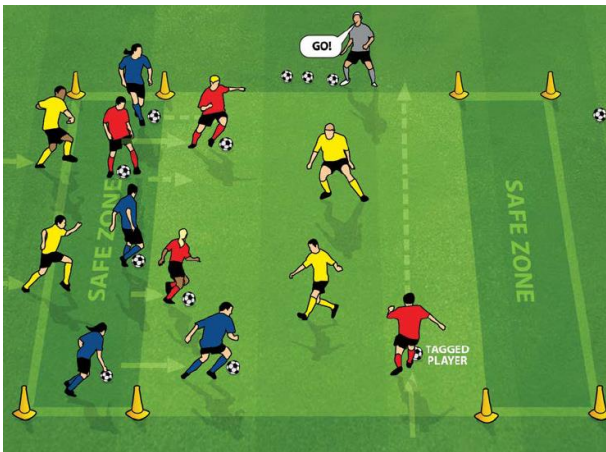


### HOW TO PLAY

1. When coach says "Go", the first player dribbles through the cones, around the furthest cone and back to their corner
2. Once they get back they tag their next player
3. Next player repeats – first team all back wins
4. If player hits a cone – they fully dribble round it
5. Teams rotate around to the next starting position

### PROGRESSION

- Dribble with Right / Left foot only
- Introduce more cones
- Add a ring for player to stop in before team mate goes
- Players have to cross the minefield twice to complete



### HOW TO PLAY

1. Reds and Blues dribble around the safe zones
2. Coach shouts "Go", Reds and Blues to dribble across the area to the other safe zone
3. Yellow defenders (2 facing and 2 retreating) attempt to kick players footballs out of the area
4. If a Red / Blue player is dispossessed, they practice running with the ball across the area.
5. How many runs does it take the Yellow defenders to kick all of the attackers out of the area?
6. Rotate the teams so that a new team is defending

**PROGRESSIONS** - Defenders have a ball and must tag attackers



## DRIBBLING cont'd



### HOW TO PLAY

1. Give each blue a number
2. Blues dribbling around in the circle
3. Defenders without ball moving around outside
4. Coach shouts out a number and Blue has dribble through one of the gates – 1 point
5. Rotate defenders

### PROGRESSION

- Shout out two or more numbers
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging
- Add a box or a ring the attacker have to stop the Ball into rather than going thru a gate



### HOW TO PLAY

1. Blue try and dribble thru or across the square
2. Defenders to remain in the square and cannot tackle
3. 1 point for cutting the corner of the square
4. 2 points for travelling thru one side to the other
5. Rotate defenders

### PROGRESSION

- Add or take away number of defenders
- Add another square
- Defenders can win the ball – add some pop up goals
- Around the edge for defenders to pass into



### HOW TO PLAY

1. Reds dribble through the Gates and get a point each time they do.
2. Blues stop the reds from dribbling through the gates
3. Blue are only there to block the gate and are not allowed to tackle.
4. Play for a 60 to 90 seconds and rotate roles

### PROGRESSION

- Increase / decrease the number of gates
- Increase / decrease the number of defenders
- Defenders are allowed to win the ball. If they do, they Can score in one of the goals – Attacker loses 2 points





# EASTSIDE

## Football Academy

(Junior Training exercises)

### DRIBBLING cont'd



#### HOW TO PLAY

1. Set up as **DIFFERENT** to diagram
2. Rather than squares, set up triangles – approx. 1.5M
3. To be 1 less defender than amount of triangles
4. Remaining players aim is to dribble thru a triangle
5. Defender only able to block and not tackle
6. Run for 90 seconds and switch defenders
7. Rotate defenders

#### PROGRESSION

- 1 Point per success
- Make triangles smaller for difficulty or larger to make Easier
- Add more (easier)/less (harder) triangles



#### HOW TO PLAY

1. On your call of "Football Rush" the attackers attempt to dribble their ball past the defender in the middle of the pitch and stop on the opposite end line
2. The defender tries to win the ball and ONLY dribble the ball out of the area – Attacker then joins defence
3. The last attacker remaining wins the game

#### PROGRESSION

- Make the pitch smaller to make more difficult
- Add 2 goals either side, after winning the ball the defender Must pass the ball into a goal for the attacker to become a Defender



#### HOW TO PLAY

1. When Coach calls out a team they travel thru the middle third to get to the other side.
2. Defenders in the middle third try to win the Ball within their zone – give back to attacker to Start again
3. Attackers receive a point for travelling through successfully.
4. Team with most point wins

#### PROGRESSION

- Introduce a ball for the defenders – need to touch balls
- Coach calls both teams go at the same time
- When attacker caught must stand in line facing other Team – can win ball but cannot move off/on line. Last Team standing wins



# EASTSIDE

## Football Academy

(Junior Training exercises)

### 1v1 and 2v1



#### HOW TO PLAY

1. The first attacker starts at the end line between the two 'flat' goals.
2. They aim to beat the defender and dribble through one of the 'angled' goals at the other end
3. If the defender wins the ball they aim to dribble through one of the 'flat' goals
4. If the ball leaves the area the attacker returns to the end of the line and another attacker starts
5. Each team has 2 mins to score as many goals as possible

#### PROGRESSION

- The defender passes the ball to the attacker to start, and then closes down quickly

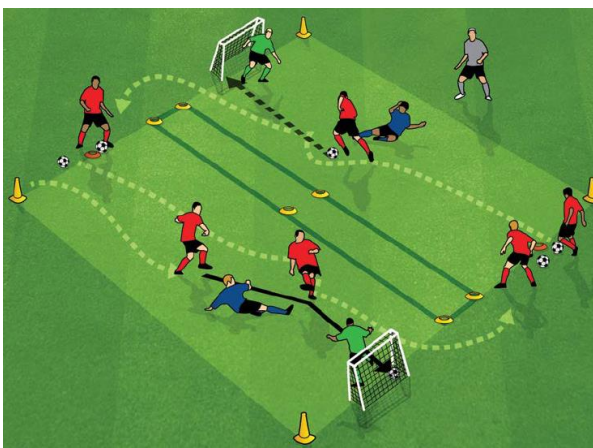


#### HOW TO PLAY

1. Coach says "GO" – Blue players run from A and B
2. Coach passes to attackers
3. When attacker run around cone next to coach the Red defender can come out to win the ball
4. If defender wins ball – try and pass back to coach
5. Rotate attackers/defenders

#### PROGRESSION

- 10 second time limit or less to score
- 2v2 or 3v2



#### HOW TO PLAY

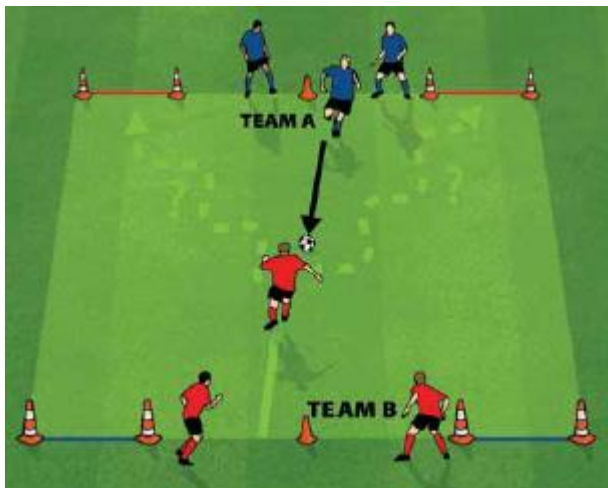
1. Reds to dribble past the defender and score
2. When the ball goes out of play or goal is scored attacker retrieves their ball and moves to the other pitch
3. Attackers are allowed to work in groups of one or two.
4. Rotate the defenders on a regular basis.

#### PROGRESSION

- Introduce a time limit for players to score
- Add "Floating" defender who begins in the channel and can enter either half to create a team of two defenders
- Attackers are only allowed to attack on their own



## 1v1 and 2v1 (continued)

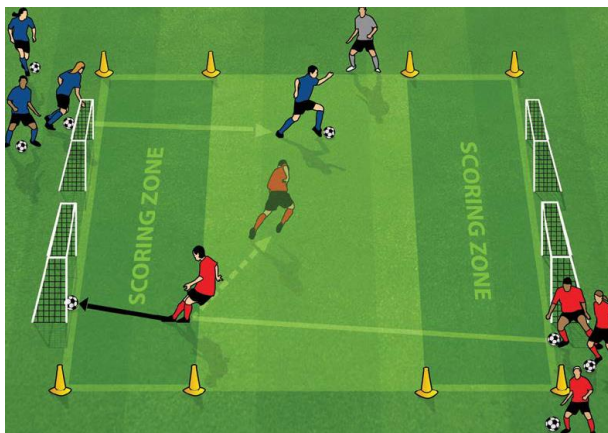


### HOW TO PLAY

1. Team B pass the ball to team A
2. Team B follows their pass and then work as a defender.
3. Teams A moves to receive the ball and tries to beat their opponent by performing a fake and dribbling thru their target goals
4. If the defending gladiator wins the ball they must try to dribble the ball through their target goals
5. Players change roles after each turn

### PROGRESSION

- Specify one goal (left or right) that players must dribble Through
- Two attacker vs. two defenders

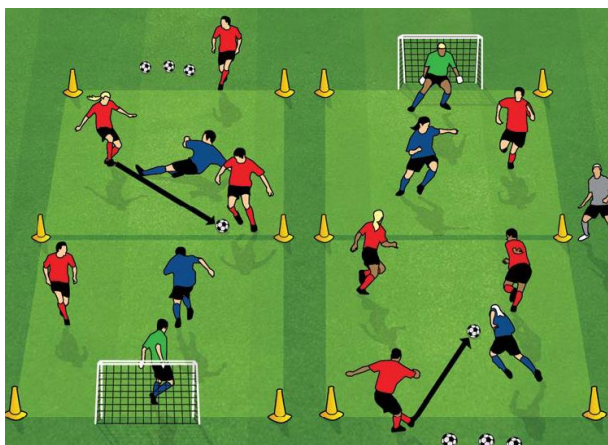


### HOW TO PLAY

1. Red player dribbles and shoots at the opposite goal
2. Players can only shoot from inside the scoring zone
3. As soon as the Red player shoots, the 1st Blue player starts running with the ball to the opposite side.
4. The 1st Red player, after taking their shot, turns and Attempts to prevent the 1st Blue player from scoring.
5. First team to 5 or 10 wins

### PROGRESSIONS

- Move the shooting lines further away from the goal.
- Introduce GK's in the goals



### HOW TO PLAY

1. Support player passes to 2 midfielders. Ball can be passed back to support player if necessary
2. Midfielders look to combine and play into striker. 1 x midfielder is allowed to make run into attacking half
3. Once attack has finished the attacker moves to the other pitch to become the support player
4. Support players move into midfield and a midfielder becomes the striker, creating a rotation
5. Change defender every 3-4 minutes

### PROGRESSIONS

- Encourage players to score with a first time finish

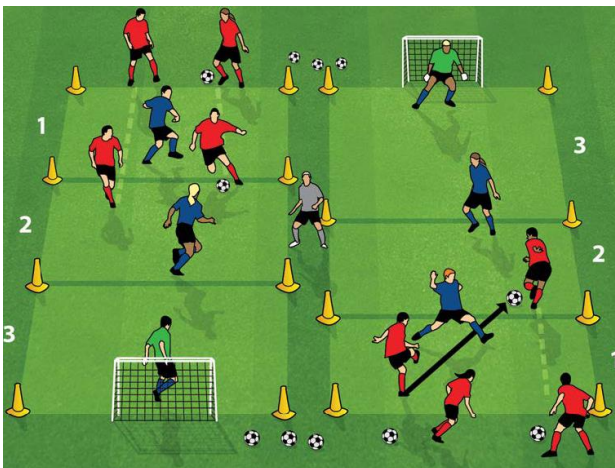


# EASTSIDE

## Football Academy

(Junior Training exercises)

### 1v1 and 2v1 (continued)

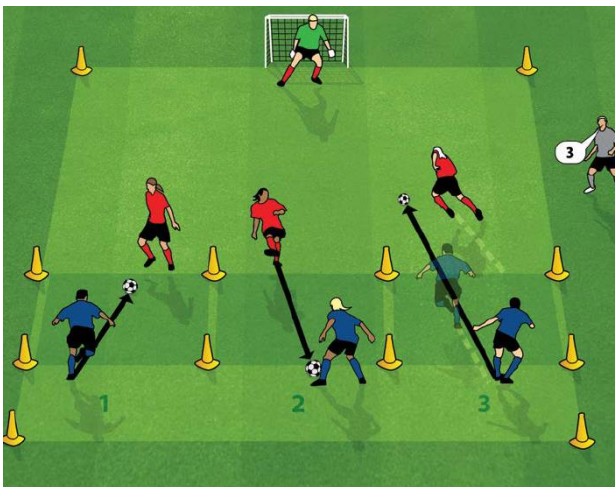


#### HOW TO PLAY

1. Pair of Red attackers enter Area 1, creating 2v1
2. They move up the pitch to shoot at goal
3. Goals can be scored from any area
4. Once attack has finished the pair of attackers move to starting position on the other pitch
5. Rotate defender every 3 to 5 minutes

#### PROGRESSIONS

- Defender in Area 2 is able to move back into Area 3 once the ball has moved into there
- Attacking players can only score in Area 3



#### HOW TO PLAY

1. Players pass the ball to each other in pairs
2. Coach call a square, the Blue player passes ball behind the Red player in direction of the goal
3. Red player turns and travels with ball towards the goal. Blue player gives chase as a defender
4. Players return to their square and swap positions
5. Rotate players to compete against a different player

#### PROGRESSIONS

- Coach calls out squares in a random order
- Defenders may play a pass in the air to attackers
- Reduce starting distance between defender and Attacker



#### HOW TO PLAY

1. 1st attacker (Green) dribbles towards goal and has 1v1 against GK. After shooting, Green turns and becomes defender.
2. 2nd group of attackers (Yellow) then attacker the Green defender in 2v1. Once attack finishes, Yellows turn to defend.
3. 3rd group of attackers (Blue) then attacker the Yellow defenders in 3v2. Once attack finishes, Blues turn to defend.
4. 4th group of attackers (Red) then attacker the Blue Defenders in 4v3. Once attack finishes, practice restarts.
5. Coach rotates roles and practice restarts.





# EASTSIDE

## Football Academy

(Junior Training exercises)

### Control



#### HOW TO PLAY

1. Each player dribbles around the area avoiding other Players and cones
2. Call out which part of the foot the players use to control the ball as they dribble
3. The aim is to stop beside every cone and perform 5 toe taps before continuing
4. Only one player at a time can stop at a cone
5. Aim is to complete all cones quicker than anyone else

**PROGRESSION** - Use different parts of the foot, different turning techniques. Change speeds by calling, Slow, Medium, Fast



#### HOW TO PLAY

1. Blue players dribble around the inside of the area
2. Players must attempt to dribble into defender's area and back out again – 1 Point
3. If defender wins possession, they pass ball to middle
4. Rotate defenders – 3 minutes

#### PROGRESSION

- Defenders only have to tag the attacker
- Add defender into the middle who can tackle.
- Add portable goal for them to pass into
- Attackers to stop ball in triangle before leaving



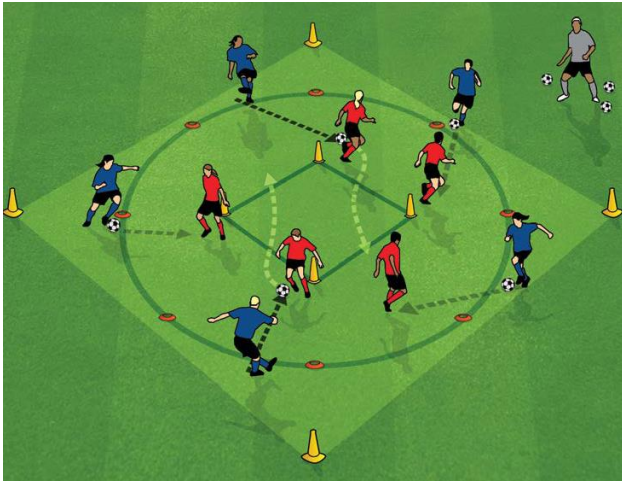
#### HOW TO PLAY

1. The first player from the blue team jogs toward the centre cones
2. The opposite player from the red team jogs toward the centre at the same speed, carefully watching the opponent
3. The blue player decides when to switch direction and sprint to the gate, using a fake to try and trick the red player
4. The red player tries to stay with the blue player and then beat them to the gate

#### PROGRESSION

- Both players have a ball
- Only the lead player has a ball, Chase player Tries to win ball

## Receiving the ball to attack



### HOW TO PLAY

1. Red receive ball from a Blue, must change direction with their 1st touch, travel through the square and pass to another Blue player.
2. Reds repeat, receiving the ball from a different Blue player.
3. Blue players must keep the ball moving at all times.
4. Change roles after 1 minute.

### PROGRESSIONS

- Receive ball in front of a cone to simulate turning a defender
- Make the square in the middle smaller
- Introduce a defender into the square

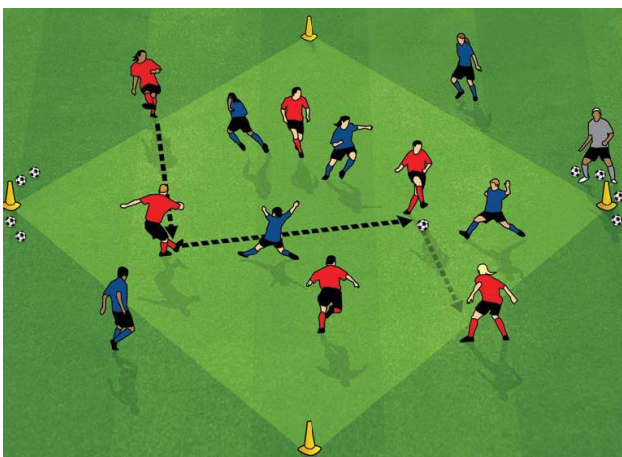


### HOW TO PLAY

1. Split players into 3 x teams
2. Red receive ball from Blue, must change Direction with their 1st touch before playing to a yellow.
3. If Reds receive a ball from Yellow they must pass to Blue.
4. Change roles after 1 minute.
5. Challenge no maximise/count passes in the minute

### PROGRESSIONS

- Players in the middle to take 2 touches only
- Players to perform a no touch turn
- Service from the outside players is from hands, provided at different heights



### HOW TO PLAY

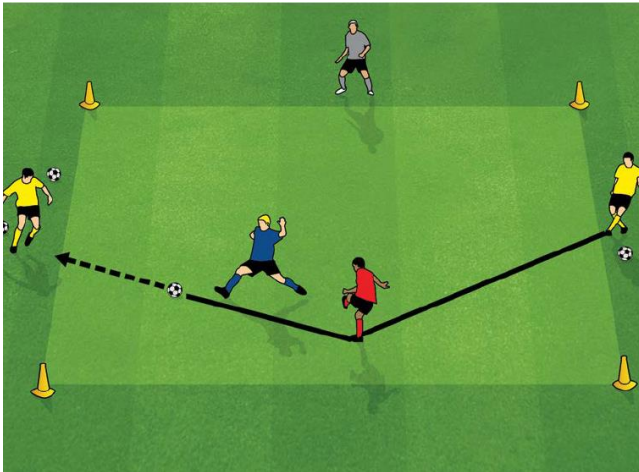
1. 1 x ball for each team
2. Target Player begins by passing into a Red attacker.
3. Objective is to transfer the ball accurately to the opposite target player.
4. Then repeat in the opposite direction.
5. Rotate target players

### PROGRESSION

- Now use just one ball – one team attack/defence
- Challenge for attackers - to see how many times they can consecutively transfer the ball to an opposite target player (1pt for each time).
- If defence wins ball they are now attackers



### Receiving the ball to attack (continued)

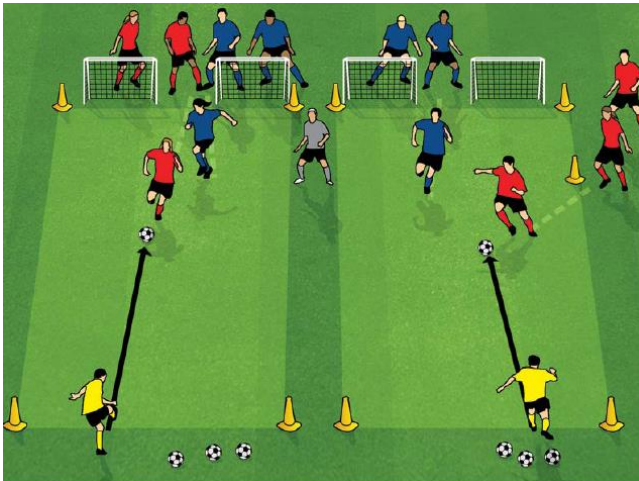


#### HOW TO PLAY

1. Target plays into Red attacker, who attempts to transfer the ball to the opposite target player
2. 1 point if successful and continue in other direction
3. Red player can pass back to the target player twice only before attempt to transfer the ball
4. If blue defender wins ball – pass to Target player
5. Rotate the players every minute.

#### PROGRESSIONS

- Players can pass back to target player once only
- If defender wins ball they become attacker

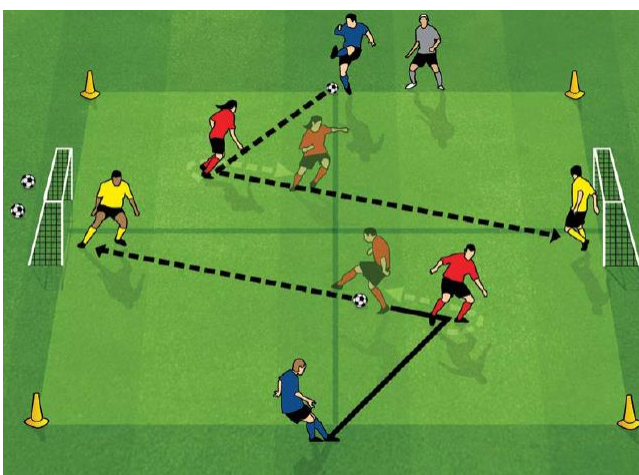


#### HOW TO PLAY

1. Server passes ball for Reds to run and receive.
2. Blue defender allows Red to receive the ball but follows into area
3. Reds attempt to score in one of the smaller goals
4. If Blue wins the ball they play back to the server
5. Players return to back of the line until their next go
6. Rotate defenders/attackers

#### PROGRESSIONS

- Players start from different starting points
- Server plays ball in air / bouncing ball etc



#### HOW TO PLAY

1. Red players receive ball from a Blue, must change direction with their 1<sup>st</sup> touch before playing out to a yellow
2. If Reds receive a ball from a Yellow they must pass to a Blue
3. Change roles after 1 minute.

#### PROGRESSIONS

- Encourage Red players to take their first touch into a different quarter before playing out
- After Reds receive the ball, they attempt to score before receiving next ball from the opposite Blue
- Service to be at different height or bounce



## Using Bodies & Ball Protection



### HOW TO PLAY

1. Players with the ball dribble around the area shielding their ball from the defender
2. The defender attempts to tackle/WIN the ball
3. If tackled the player must HOLD their ball and stand still with it, with their legs apart
4. The other players can 'free' a tackled player by passing their own ball through their legs, allowing them to re-join the game.
5. Change the defender after 90 seconds

### PROGRESSIONS

- Defender to dribble the ball from the square
- Add small goal for the defender to pass into
- Add another defender



### HOW TO PLAY

1. Players dribble the ball inside the area, protecting their own ball, while trying to kick out other players balls
2. Each player starts with 10 points, and any time their ball leaves the area, kicked out or otherwise, they lose one point
3. The winner is the player left with the most points after playing for 2 min.

### PROGRESSION

- Make area large or smaller to amend difficulty
- Players who lose their ball remain outside the area juggling their ball. The last person wins
- Specify which foot the player control the ball



### HOW TO PLAY

1. Blues dribble their ball around the area
2. Defenders (less than attackers) try to steal the ball and kick it in the goal
3. Player that loses the ball swaps and becomes defender
4. 1-minute games – players with ball are the winners

### PROGRESSION

- No swapping – The defensive team an allotted time to And score as many goals as possible
- Once ball score the ball remains in the goal and free Attacker can help team mates (passing)





## Using Bodies & Ball Protection (continued)

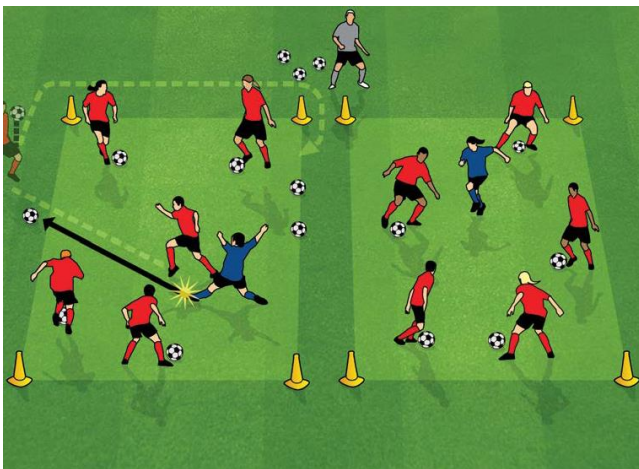


### HOW TO PLAY

1. Red players receive ball from a Blue and protect the ball from yellow. Reds then pass the ball back to the same Blue support player
2. Reds move to another server and repeat the process
3. If Yellows successfully wins ball - pass the ball back Blue
4. Rotate roles after 1 minute

### PROGRESSIONS

- Players to keep possession of the ball 3-5 for 3 seconds
- Players receiving the ball, protect and look to play to a different support player
- Service from the outside players is from hands, provided at different heights



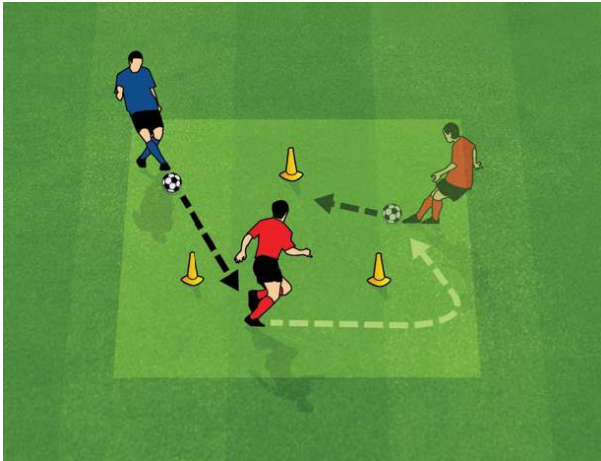
### HOW TO PLAY

1. Players dribble around the area using different parts of the foot
2. When coach shouts "Go", Defenders attempt to kick the players football out of the area.
3. Defender attempt to kick as many footballs out as possible during a 30 second time period
4. Rotate Defenders after each game.

### PROGRESSIONS

- Add floating defender who go across both areas
- **ADD portable goals for defenders to pass into**

## Passing

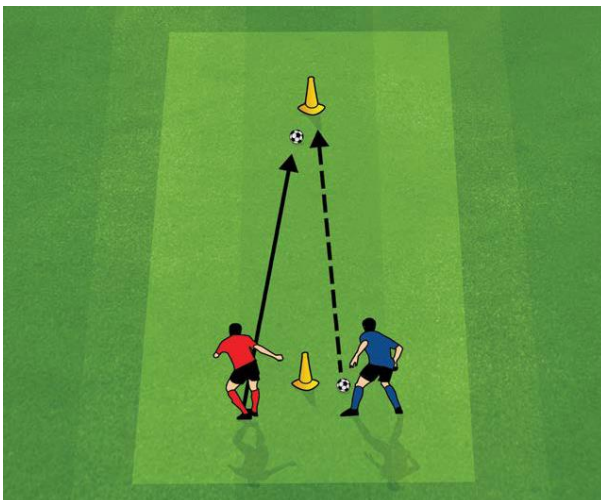


### HOW TO PLAY

1. Blue player passes the ball through the middle of the triangle to the Red player
2. Within three touches, Red player must pass ball back to Blue player.
3. Red player cannot pass through the same side of the triangle that they received it
4. **Blue player receives and repeated the process**

### PROGRESSION

- Players have to pass ball back within two touches
- Players use alternate foot to control and pass



### HOW TO PLAY

1. Red player attempts to pass the ball so that it stops as close as possible to the target cone
2. Blue player passes ball and attempts to stop it closer than the Red ball
3. Player who has the closest pass receives 1pt
4. Players then restart the game from the other cone.

### PROGRESSION

- 2nd player to pass can knock the opponents ball out of the way.
- Players have 2 balls



### HOW TO PLAY

1. Attackers attempt to keep possession inside the area
2. If defender touches the ball, then they swap roles with the attacker who last played a pass
3. Attackers count how many passes they can make before defender touches ball
4. Player defends for a max. of 30 seconds before changing

### PROGRESSION

- Defender must win possession and break out of square
- Attackers may not take more than 2 to 4 touches



## Passing

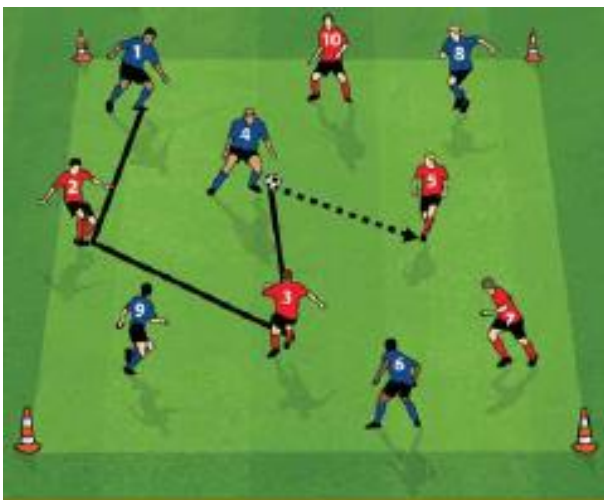


### HOW TO PLAY

1. The pairs dribble around the area avoiding other players and moving into space
2. Players pass the ball to their partner in different ways:
  - 1 touch passing
  - Control and pass with the same foot
  - Control with one foot and pass with the other
  - Take the first touch off line and pass
  - Pass the ball into space in front of your partner
  - Vary between short and long passing

### PROGRESSION

- Use different parts of the foot to receive, control and pass
- Move into groups of three
- One player serves, their partner controls a bouncing ball



### HOW TO PLAY

1. All players move around inside the square and player 1 starts with the ball
2. Player 2 needs to get into a position to receive a pass from player 1
3. Player 2 then passes to player 3, and so on, until the last player receives the ball. This player then passes to player 1
4. Players should be constantly moving in different directions and different ways

### PROGRESSION

- Introduce another ball or two. The passing should still continue in sequence
- Divide the area up further and players must pass from one grid to another
- Split player up into 2 groups with a ball each (interference)



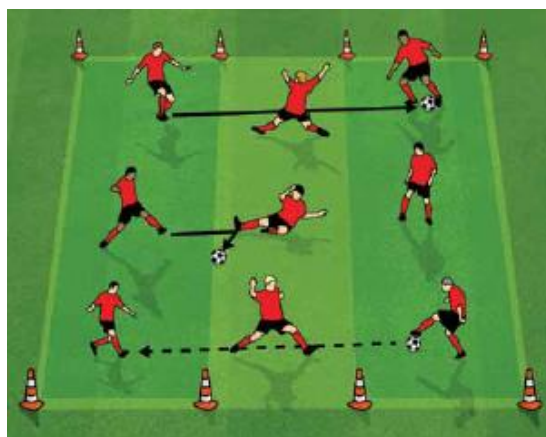
### HOW TO PLAY

1. Football game with hands
2. Pass by throwing
3. Not allowed to move when in possession of the ball
4. Defenders can only intercept – cannot steal ball
5. Goal scored -retreat to half way
6. 3-minute games – then rotate teams

### PROGRESSION

- Limit player time holding the ball
- Can only score with head

## Passing (continued)



### HOW TO PLAY

1. Players in the outside zone try to shoot the ball along the ground through the 'goalkeeper' zone to the other end zone
2. If a player in the 'GK' zone manages to intercept the shot, they swap places with player who passed ball
3. GK's can only use feet
4. Swap GK's every for 2 mins if necessary

### PROGRESSION

- GK's can use hands to stop the ball



### HOW TO PLAY

1. Using 1 ball
2. Teams try to score in any of the goals by passing the ball through the goal to a team mate on the other side
3. Play does not stop when a goal is scored, instead the team keeps possession and looks to score in a different goal
4. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play
5. Count goals a team scores before losing possession

### PROGRESSION

- Specify which foot can be used to pass or score
- Assign specific goals that can be worth double points
- Limit the number of touches players can have
- Specify the number of players that have to touch the ball before a 'goal' is scored



### HOW TO PLAY

1. Set up pitch same as picture – Played a little differently
2. Set players into pairs – each with ball. 2 x defenders!
3. Pairs to score as many goals as possible in 2 mins
4. Defenders cannot tackle but can block goals
5. ADD small goal they can pass into if defender wins ball
6. Rotate defenders

### PROGRESSION

- Specify which foot can be used to pass or score
- Assign specific goals that can be worth double points
- Limit the number of touches players can have



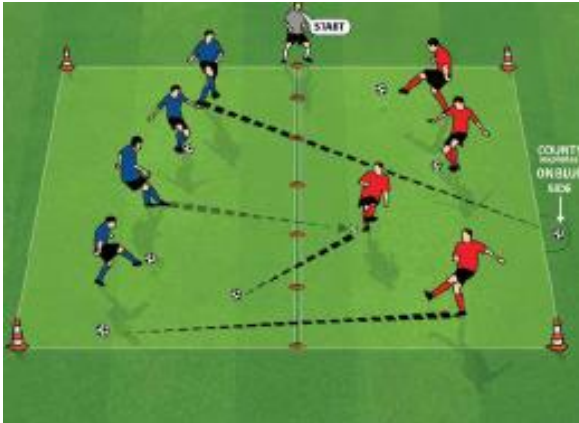


# EASTSIDE

## Football Academy

(Junior Training exercises)

### Passing (continued)

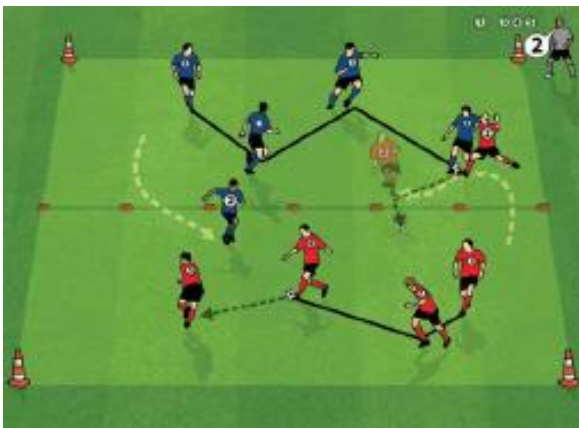


#### HOW TO PLAY

1. Players pass the ball from one area to the other
2. The ball must stop in the opponent's area. If it goes out it counts against the passing team
3. Ball must STOP before a team can pass it back
4. Teams need to clear balls from area ASAP
5. After 1 minute – count the number out of each area

#### PROGRESSION

- Only allowed to use right / left foot
- Players are allowed to pass moving bomb back with a maximum of one touch

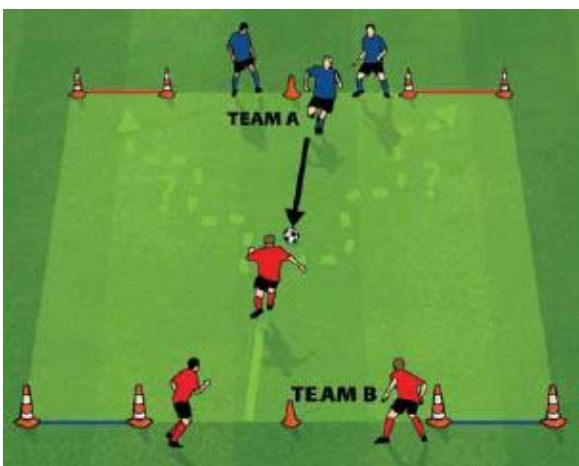


#### HOW TO PLAY

1. Both passing the ball to each other
2. Give each player a different number
3. Coach calls a number, that player becomes the enters the opposition half and has 15 seconds to win the ball
4. Awarded 1 point they touch the ball, 2 pts if they pass it back to their own area, 3 pts if they dribble it back.

#### PROGRESSION

- Limit number of touches for the passers
- Send two defender
- Defender must pass 3 time before going to their area



#### HOW TO PLAY

1. Team B pass the ball to team A
2. Team B follows their pass and then work as a defender.
3. Teams A moves to receive the ball and needs to pass the Into one of their target goals
4. If the defender wins the ball they must try to pass the ball through their target goals
5. Players change roles after each turn

#### PROGRESSION

- Specify if they need to beat defender first before passing
- Pass into goal ASAP
- Two attacker vs. two defenders

## Passing (continued)

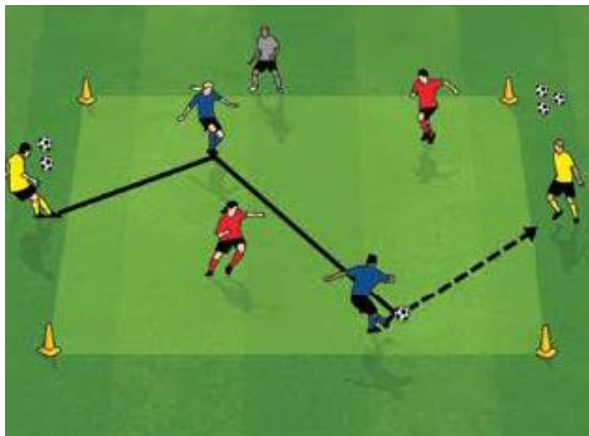


### HOW TO PLAY

1. Teams try to score by passing the ball through any side of the triangle securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score through another side
3. The ball is passed in as soon as a ball goes out of play

### PROGRESSION

- Add more or less triangles for difficulty range
- Specify which foot can be used to pass or score
- Assign 2 specific sides of the triangle that can be scored through by each team
- Limit the number of touches



### HOW TO PLAY

1. Yellow target player passes to blue attacker
2. Blue team need to transfer the ball to opposite Yellow target player
3. Repeat in the opposite direction – 1 point
4. Reds to win the ball and do the same
5. Rotate target players

### PROGRESSION

- Player must make a set number of passes before passing to the target player
- First touch pass to target player = 2 points



### HOW TO PLAY

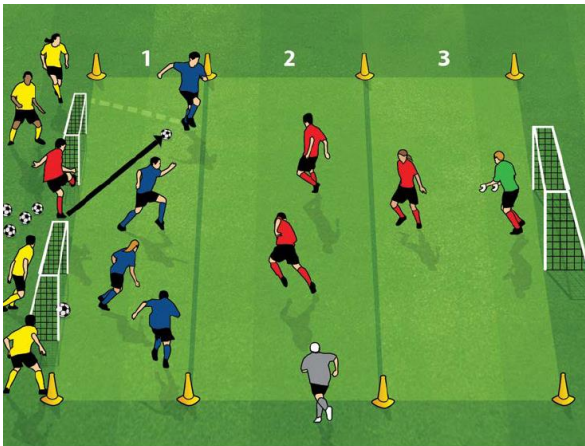
1. 3 x Teams pass with different parts of their foot
2. Players allowed to move freely around the whole area

### PROGRESSIONS

- Encourage players to play first time passes
- Players receiving a ball must move into a different square to receive
- Players attempt to receive a ball inside a square, in which no other players are standing
- Player to pass with non-dominant foot



## Passing (continued)



### HOW TO PLAY

1. Begin with coach passing the ball into the blue attackers.
2. They attempt to move up the pitch to shoot at goal.
3. Goals can be scored from Area 3 only.
4. All attackers can play in areas 1 & 2 but only 2 attackers can progress to Area 3.
5. 2 defenders must remain in Area 2 and 1 defender and GK must remain in Area 3.
6. If defenders win possession they score in 1 of 2 of the goals
7. Rotate roles

### PROGRESSIONS

- Attackers must make a predetermined number of passes before travelling to Area 3
- All defenders and attackers are allowed in Areas 2 & 3



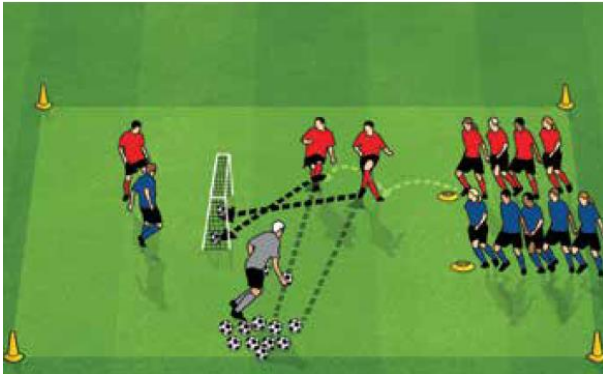
### HOW TO PLAY

1. Play is with one ball
2. Teams pass to knock over a cone
3. Player who knocked over the cone, picks it up and Takes it back to their own team's line
4. Coach play in another ball
5. At the end of the game, the team with the most cones wins.

### PROGRESSION

- Teams must complete a number of passes before they are able to shoot at the cones
- Play game with two footballs at one time

## Shooting



### HOW TO PLAY

1. 2 coaches – 1 either side of goals with balls
2. Alternately pass to opposite line to shoot
3. Attacker can have 3 touches
4. Not allowed to move when in possession of the ball
5. Defenders can only intercept – cannot steal ball
6. Goal scored -retreat to half way
7. 3-minute games – then rotate teams

### PROGRESSION

- Add GK
- Limit touches – shoot first time
- Move position of coach to goal line, behind shooters



### HOW TO PLAY

1. Cones set up as goals x 4 or 5 (pairs)
2. On the Game Leader's call, the first player from each team dribbles into the area and through 2 of their goals only. As soon as they have dribbled through the second goal they choose they must shoot
3. The team which scores the most goals in 2 minutes wins

### PROGRESSION

- Add a goalkeeper, from the opposing team, to each goal. Rotate the goalkeepers after each round.
- Players must dribble the ball through all four goals
- Coach states number of goals before shot



### HOW TO PLAY

1. Players will be facing each other, with one player performing movements. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number, then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

### PROGRESSION

- Players score in opponent's goal
- Reduce to one ball. Players compete for the ball and score in opponent's goal



## Shooting (continued)

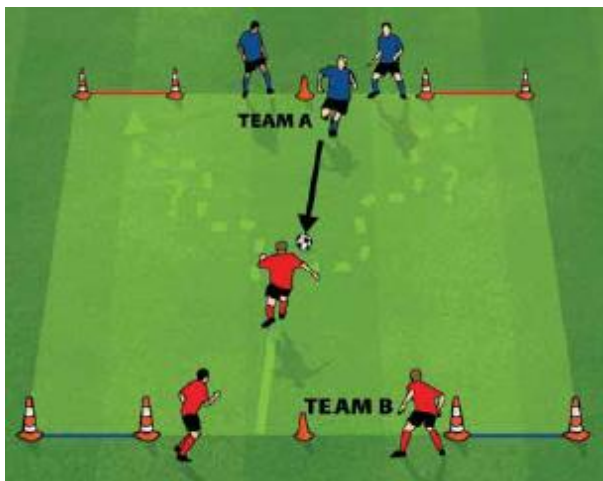


### HOW TO PLAY

1. Allocate a number to each player 1 to 10
2. 2 balls set up
3. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
4. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.

### PROGRESSION

- Place cones in the goal – if players shoot in corners They receive more points.
- Stipulate if goal to be along ground or in the air
- Introduce a Goalkeeper to increase shooting difficulty
- Decrease to 1 ball – both players to compete for ball  
Player who doesn't win ball becomes defender



### HOW TO PLAY

1. Team B pass the ball to team A
2. Team B follows their pass and then work as a defender.
3. Teams A moves to receive the ball and needs to shoot the Into one of their target goals
4. If the defender wins the ball they must try to shoot the ball through their target goals
5. Players change roles after each turn

### PROGRESSION

- Specify if they need to beat defender first before shooting  
Or shoot into goal ASAP
- Two attackers vs. two defenders



### HOW TO PLAY

1. Half of the players start behind the slalom course in front of goal and the other half start on the second slalom course
2. The first player in front of goal dribbles through the course, fakes in front of the shooting zone and shoots
3. At the same time the first player beside the goal dribbles through the slalom course
4. The next player on each course starts as soon as the player in front of them has completed the course or shot

### PROGRESSION

- Specify different parts of the foot to be used for dribbling
- Specify that players shoot with their non-dominant foot
- Coach - Dribble around final left or right cone before shooting



# EASTSIDE

## Football Academy

(Junior Training exercises)

### Shooting (continued)

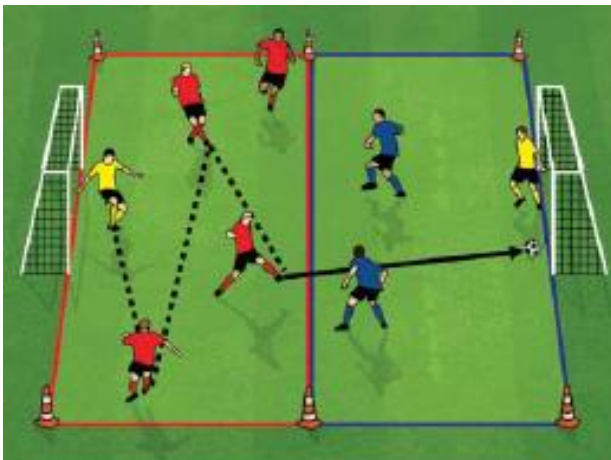


#### HOW TO PLAY

1. The first player in each team steps into their 'faking zone'. The attacking team (red) starts with a ball
2. The attacking player aims to score by 'faking' past the defender and shooting past the goalkeeper
3. The defender must stay in the 'faking zone' if the attacker gets past them
4. After each turn, the next 2 players from each team step into the 'faking zone' and play.
5. Each goal scored is worth 1 point, and after 1 round the teams swap roles

#### PROGRESSION

- If the defender wins the ball they can attack the opposite goal
- Specify that players shoot with their non-dominant foot
- Specify the faking techniques

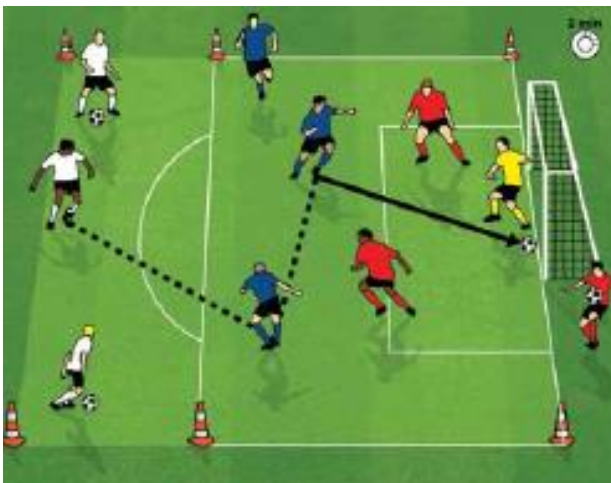


#### HOW TO PLAY

1. The attacking team receive the ball from their GK, and then pass the ball between themselves waiting for the right moment to shoot
2. If the defenders block the shot and the ball stays in the area they can shoot first time at the other goal
3. As soon as the ball leaves the area the attackers start again, with another ball
4. Each game lasts 2 min. Rotate defenders & GK's

#### PROGRESSION

- Attackers have time limits to shoot
- Attackers have limited touches before shooting
- Make the game 4 vs. 4 with continuous play



#### HOW TO PLAY

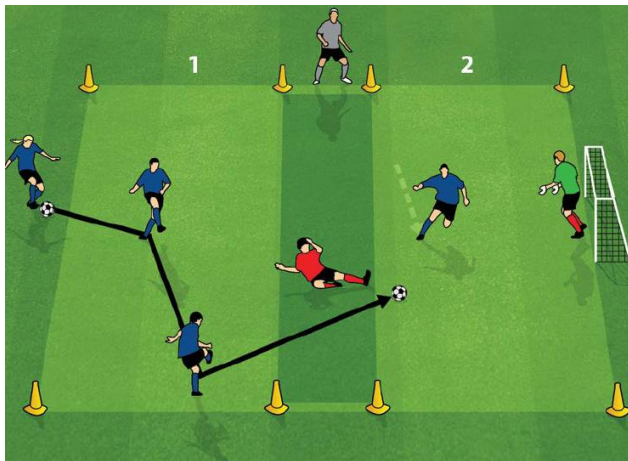
1. The game starts with one of the servers passing to the attackers inside the '18 yard box'
2. The attacking team look to score as quickly as possible
3. The defenders defend with one less player than the attackers. The 'spare' rotates in
4. When the ball leaves the '18 yard box' another is served in immediately
5. The attackers have 2 min. to score as many goals as possible. Then rotate roles

#### PROGRESSION

- Servers deliver the ball into the area in the air to challenge the attackers control
- Add the final defender for even numbered teams in the '18 yard box'



## Shooting (continued)



### HOW TO PLAY

1. Coach passes to a blue attacker in Area 1
2. Attackers in Area 1 combine to create passing opportunity to attacker in Area 2
3. Attacker in Area 2 must shoot within 2 touches.
4. Attackers must remain in their area, defender must remain in the defending channel
5. If defender wins ball – plays back to coach
6. 3 x attempts each then change to next attackers
7. Rotate players

### PROGRESSIONS

- Attacker in Area 2 can only score with a first-time finish
- Defender may track ball into Area 2 when ball played in

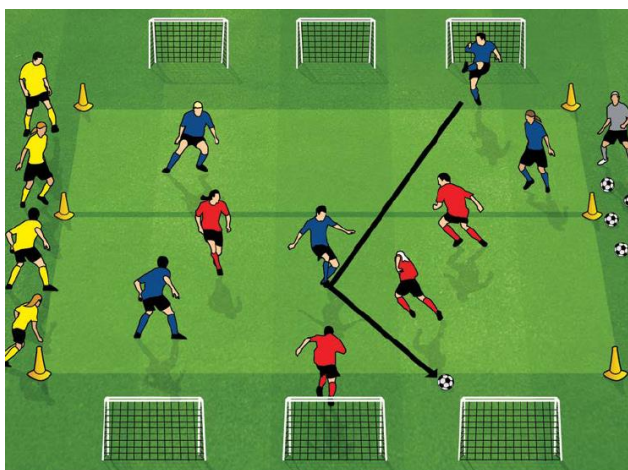


### HOW TO PLAY

1. Coach call Yellow player number to play in the ball
2. Attackers combine to create shooting opportunity
3. 1 point for shot on target – 3 points for a goal
4. Attackers can use the serves as support players
5. If defender wins ball and manages to play back to a server, 1 point is removed from attackers score
6. Attackers to have 5 to 10 attempts – then rotate

### PROGRESSIONS

- 5 points for a first touch finish
- Defender to pass back to the same server



### HOW TO PLAY

- Score in 1 of the opposition goals
- Team in possession are allowed outside of the area on their defensive side (Safe Zone)
- Kick Ins from the side
- 2-minute games before teams are rotated

### PROGRESSIONS

- Teams gets 3 points if shooting from their own half
- No players observing and play 6v6 (may need to make the area larger)
- Only left foot goal scoring allowed



## Shooting (continued)



### HOW TO PLAY

1. On coach's command, one red attacker runs with the ball towards the scoring zone
2. When attacker travels over flat cones / spots, defender can begin running.
3. Red attacker to shoot inside the scoring zone
4. If defender wins possession, they pass back to the next attacker.
5. Rotate attackers/defenders

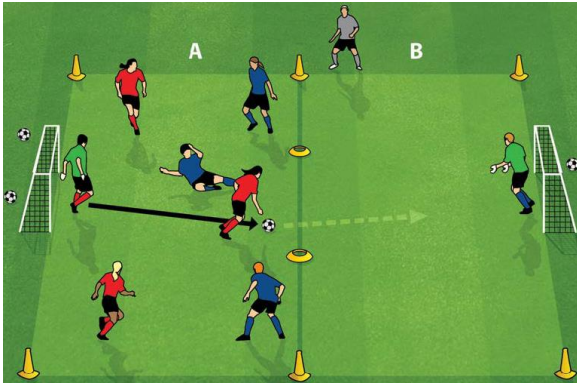
### PROGRESSIONS

- Change the starting point for the defenders
- Change practice so that it is a 2v2



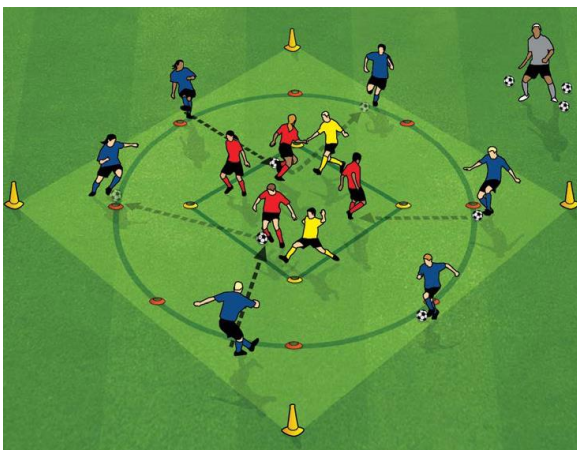


## Defensive pressure



### HOW TO PLAY

1. GK starts the game in Area A. Red team must combine until a player dribbles over the halfway line entering Area B. Attackers then attempt to score.
2. If Blue win the ball in Area A they can immediately score. 2 Points for winning the ball and scoring in opposition half
3. Play always starts with red GK
4. Kick Ins from the side.
5. Rotate teams every 2-3 minutes
6. **AIM to win possession in opposition half**



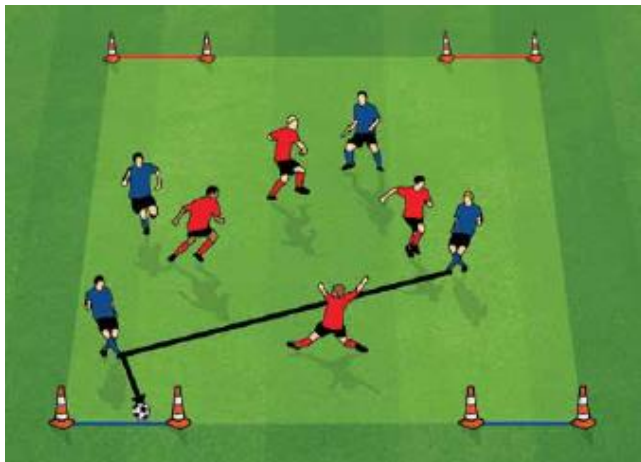
### HOW TO PLAY

1. Red players receive ball from a Blue and try to change direction, before playing to another blue
2. Yellows apply defensive pressure to a player Receiving the ball
3. Blue players must keep the ball moving
4. Rotate players after 1 minute.

### PROGRESSIONS

- Defenders are allowed to win the ball. Then Pass back to a blue player
- Make the square in the middle smaller

## Games



### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat to half way, Allowing the opposition to start play from the goal line
3. No throw ins, the ball is passed in

### PROGRESSIONS

- Players can only use their non-dominant foot to score
- Specify the number of players that have to touch the ball before a 'goal' is scored

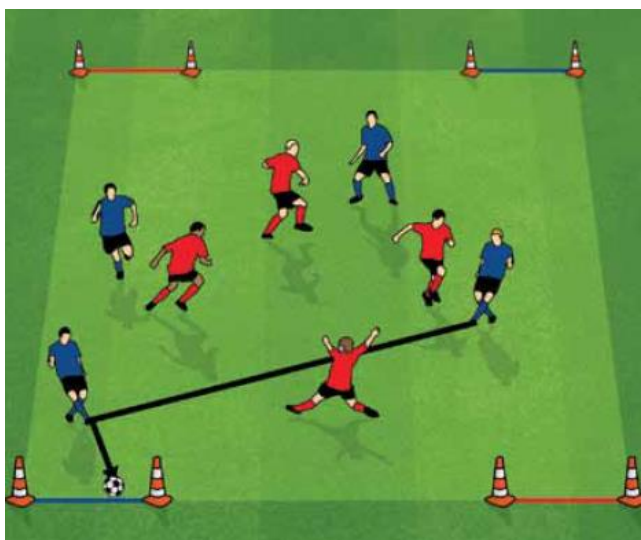


### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the goal they are attacking
2. When a team scores, they retreat all the way to their goal line. Play to start from goal line
3. There are no throw ins, the ball is passed in

### PROGRESSION

- Players can only use their non-dominant foot To score
- Dribble thru goal to score
- Specify the number of players that have to touch the ball before a 'goal' is scored



### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the two goals they are attacking
2. Goals are placed in opposite corners of the area
3. When goal is scored, ball is to be played in from that goal line
4. There are no throw ins, the ball is passed in

### PROGRESSION

- Players can only use their non-dominant foot
- Specify the number of players that have to touch the ball before a 'goal' is scored



## Games (continued)



### HOW TO PLAY

1. Teams score by passing the ball through the two goals they are attacking
2. They can only score a long-range goal by being in the central 'shooting zone'
3. When a team scores, they retreat to half way
4. Ball played in from where the goal was scored
5. There are no throw ins, the ball is passed in

### PROGRESSION

- Players can only use their non-dominant foot to score
- Specify the number of players that have to touch the ball before a goal is scored

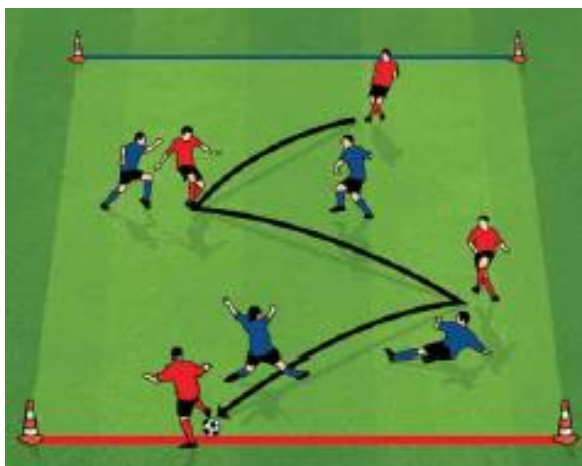


### HOW TO PLAY

1. Teams score by passing the ball through the two goals they are attacking
2. They can only score close-range goals by being in the 'shooting zone'
3. When a team scores, they retreat to half way
4. Ball played in from where the goal was scored
5. There are no throw ins, the ball is passed in

### PROGRESSION

- Players can only use their non-dominant foot to score
- Specify the number of players that have to touch the ball before a goal is scored



### HOW TO PLAY

1. Teams 'score' when a player can stop the ball on the oppositions' end line
2. When a team 'scores' retreat to half way, allowing play to re-start from the line
3. There are no throw ins, rather the ball is passed in

### PROGRESSION

- Players can only use their non-dominant foot
- Limit the number of touches players can have
- Specify the number of players that have to touch the ball before a 'goal' is scored
- Add rings for balls to be stopped in
- Shorten – lengthen pitch?



# EASTSIDE

## Football Academy

(Junior Training exercises)

### Games (continued)



#### HOW TO PLAY

1. Teams score by knocking opposition balls or cones
2. No throw ins – ball is passed in
3. Retreat to half way when ball knocked off
4. Game is won when all balls knocked off

#### PROGRESSION

- Can only score with non-dominant foot
- Set the balls back past the goal line
- Can only score in attacking third
- Can only score outside attacking quarter



#### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the three goals they are attacking
2. They can only score a close-range goal by being in the 'shooting zone'. The 2 outside goals are worth 1 point, but the goal in the centre is worth 2 points
3. When a team scores, they retreat to half way
4. Opposition to start play from the goal line
5. There are no throw ins, rather the ball is passed in

#### PROGRESSION

- Players can only use their non-dominant foot
- Limit the number of touches players can have
- Specify the number of players that have to touch the ball before a 'goal' is scored
- Allocate 1 goal to dribble thru, Long range goal and short range goal



#### HOW TO PLAY

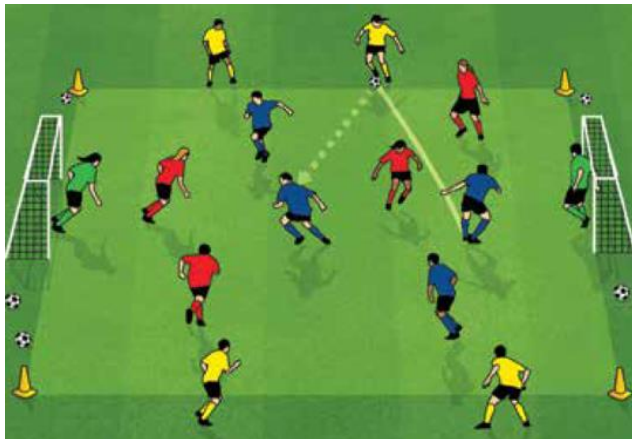
1. Set up number of 2v2 fields
2. Ball can be either dribbled or passed in
3. Retreat to half way when goal is scored
4. 2 to 3-minute games – then rotate teams

#### PROGRESSION

- Can only score with non-dominant foot
- Can only score in attacking third
- Can only score outside attacking quarter
- Coach yells to switch teams mid game



## Games (continued)

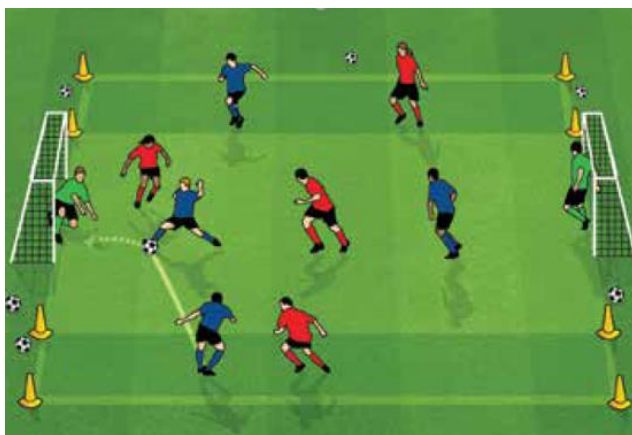


### HOW TO PLAY

1. Reds vs Blue
2. Yellows player for team in possession of the ball (If receive ball from red need to pass back to red)
3. Yellows cannot be tackled
4. Yellows cannot move more than 1 metre
5. 3-minute games – then rotate teams

### PROGRESSION

- Yellows can now move
- Yellows can now pass to each other
- Yellow can move behind goal lines



### HOW TO PLAY

1. Wingers must remain in their channels
2. Wingers cannot be tackled
3. Goal using winger 2 points, No winger 1 point
4. Rotate wingers
5. Defenders can only intercept – cannot steal ball
6. Goal scored -retreat to half way
7. 3-minute games – then rotate teams

### PROGRESSION

- Goal from a cross 3 points
- Defending winger can now act as obstacle but not move
- Defending wingers can now jockey
- Defending winger can now tackle



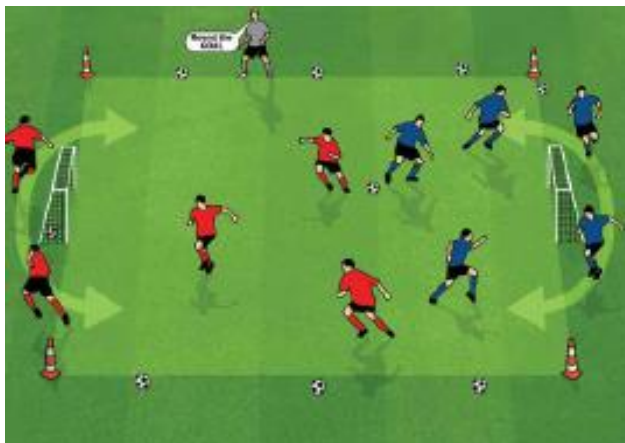
### HOW TO PLAY

1. Each team has a target player in the end zone
2. Defenders not allowed in the attacking end zone
3. Only target player can score
4. No GK's – rotate target player

### PROGRESSION

- Add GK – rotate GK
- Only 1 defender allowed in to end zone at any 1 time
- Target player must lay off to team mate to shoot
- All players to go anywhere but only ever 1 attacker and defender allowed in end zones

## Games (continued)



### HOW TO PLAY

1. Normal game rules
2. There are no throw ins, instead the ball is kicked in.
3. When coach calls "Round the Goal", whoever is in Possession stops ball. Both teams run around the back of the goal they are attacking and back onto field of play. First player to get to the ball continues the game, with the teams now attacking in the opposite direction.

### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch.
- Introduce Goalkeepers.

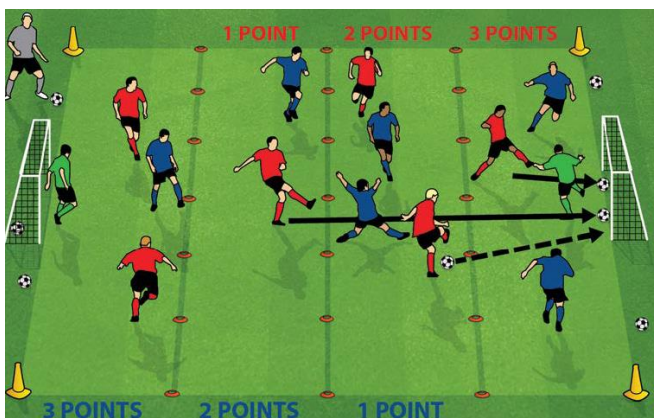


### HOW TO PLAY

1. Two teams take part in a regular Small Sided Game
2. 3 Points for scoring with first touch
3. Retreat to half way
4. There are no throw ins, rather the ball is passed in.

### PROGRESSION

- Introduce GK (defenders) who are able to try and guard the Goals
- Add quarter lines – 2 points for scoring outside the quarter line
- 5 points first time finish outside quarter line
- Award more goals for a first time finish



### HOW TO PLAY

1. Regular game
2. Points are awarded for scoring in different areas:  
3 points for scoring in the quarter closest to goal  
2 points for scoring in the next attacking quarter  
1 point for scoring in the next attacking quarter

### PROGRESSION

- Double points for first time finish
- Change the number of points awarded for each area. Eg award 3 points for the furthest area from goal to reward longer shooting



## Games (continued)

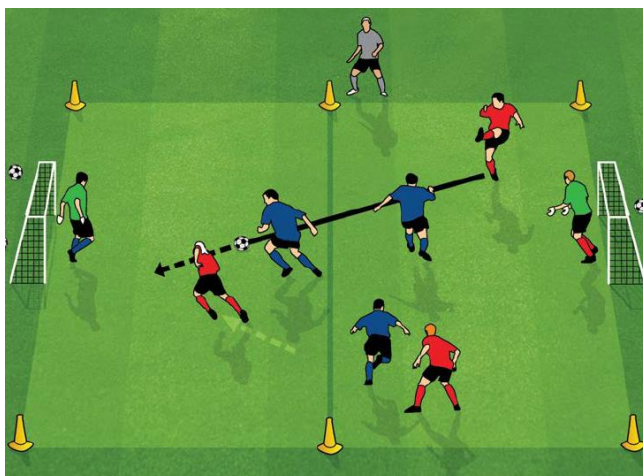


### HOW TO PLAY

1. Red & Blue teams play 3v3 or 4v4
2. Teams are awarded 1pt for scoring a goal.
3. Award 3pts if the goal scored included dribbling through the gate as part of the build-up play
4. Players are allowed to dribble to the safety zone
5. Players cannot be tackled in the safety zone and must pass or dribble back within 5 seconds
6. 2 to 3 minute games and rotate players

### PROGRESSIONS

- Award 1pt for each gate dribbled through regardless of whether it ends in a goal
- Minimise time allowed in safety zone

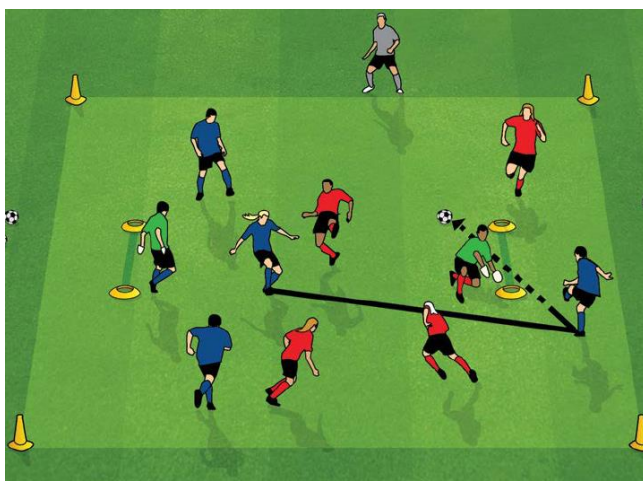


### HOW TO PLAY

1. Play 3v3 or 4v4 or 5v5
2. Teams are awarded 3pts for a goal scored from their attacking half and 1pt for a goal from the defending half.
3. Coach can be a floating player?

### PROGRESSIONS

- Teams are awarded 5 points for a goal scored in the Attacking half with a 1st time finish
- Teams must play through their defensive half before scoring in attacking half



### HOW TO PLAY

1. 1 point for shooting thru goals
2. 2 points for dribbling thru goals
3. 3 points for dribbling thru goals from behind
4. 4 points for shooting thru goals from behind
5. 5 point for passing to a team mate thru either side of the goals
6. NO GK's or can add GK's



## Games (continued)

### HOW TO PLAY

1. Red players receive ball from a Blue, must change direction with their 1<sup>st</sup> touch before playing out to a yellow
2. If Reds receive a ball from a Yellow they must pass to a Blue
3. Change roles after 1 minute.

### PROGRESSIONS

- Encourage Red players to take their first touch into a different quarter before playing out
- After Reds receive the ball, they attempt to score before receiving next ball from the opposite Blue
- Service to be at different height or bounce