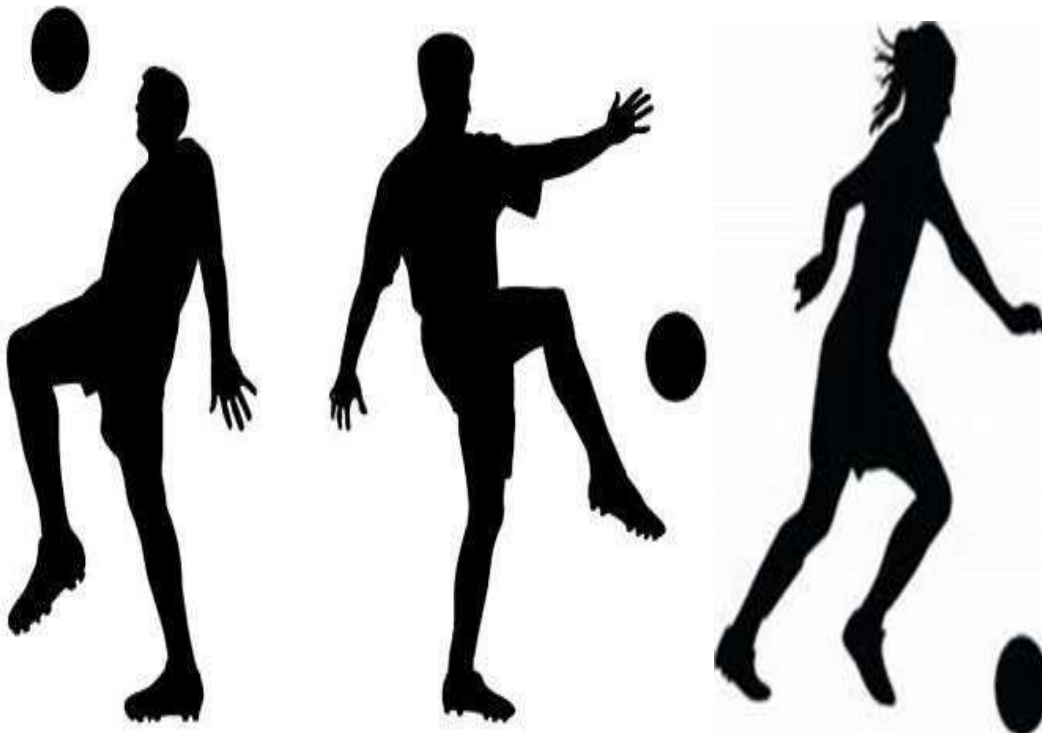


Louisa Area Soccer Association



Recreational Coaches Handbook

Training Drills and Fun Games u6-u18

2019

This coaching handbook contains a selection of drills and games designed to keep practice sessions fun, fresh and exciting for both coach and players. Please feel free to adapt these sessions to fit your teams' developmental needs. Coaching Education is incredibly important to our recreational soccer program and LASA wants to ensure that every volunteer has the knowledge and tools to provide a fun and purposeful coaching experience.

Diagrams were provided by Academy Soccer Coach, training software.



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For: Louisa Area Soccer Association – Recreational and Volunteer Coaches
Sources: US Soccer Player Model, United Soccer Coaches, Coerver Coaching
and Academy Soccer Coach**



**UNITED
SOCCER COACHES**



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1v1 & 2v2 Games



1. Wait For The Call Game



Set up 30x20 yrd playing area with more gates than pairs of players. Pair players up with a ball per pair (If more than 5 pairs set up two playing areas). Pairs begin by passing to one another, when coach calls 'Go' one player tries to beat the other and dribble through one of the gates. Only 1 point can be scored at each gate. Play first player to a set score or play for a set time limit.

2. 1v1 Clear And Defend Game



Set up an appropriate size playing area with 10 yrd finishing zones and goals at each end(In this case we're using age appropriate goals + Gks but we could use 2 mini goals at each end etc).

Split players into two teams with each team starting by a goal.

One team starts with a ball each and these start as defenders.

The first player for each team steps into their 10 yrd zone.

The defender plays a long ball towards the attacker who collects the ball and attempts to dribble past the defender to score.

If the defender wins the ball they can score in the attackers goal.

When the play is over they rejoin the back of their teams line with the attacker taking the ball.

Repeat until all defenders have played their balls then team swap roles.

Team with most goals at end wins.

Progs.

Add a support player in the middle zone to help the player with the ball.

2v2, 3v3, 4v4.

3. 1v1 Coloured Gate Game



Set up an appropriate size playing with a series of different coloured gates marked out with cones approx 2 yds apart.

Split players into 2 teams.

One team starts as attackers with a ball each and the other team are defenders.

When coach calls a colour those gates becomes live, the attacker can score by dribbling through those gates.

The defender can score if they win the ball and dribble through any other coloured gates.

Game is live for a set time limit eg 15 seconds.

Progs.

1. Attacker must dribble through both coloured gates.

2. 2v2.

4. 1v1 Decision Game



Set up as many playing areas as required as shown above.
Split players into small groups (Defenders and attackers).
Defenders have a ball each and start the game by passing across the playing area to the attacker.
The attacker receives the ball and attempts to stop it next to a choice of three cones.
The two blue side cones are worth 1 point and the red cone directly opposite is worth 3 points.
If the defender wins the ball they can do the same.
Play first group to a set score wins.

5. 1v1 Pass And Defend



Set up a playing area with a small goal at one end and two gates at the other. Split players into two groups.

One group start as defenders and wait by the side of the small goal with a ball each.

The other group are attackers and wait inbetween the the pair of gates.

Plays starts with the first defender passing the ball to the first attacker.

The attacker receives the ball and attempts to beat the defender and score in the small goal.

If the defender wins the ball they can score by dribbling through one of the two gates.

After a goal is scored or the ball goes dead the players join the back of the opposite line.

Progs.

2v2

6. 1v1 Beat The Defender



Set up a playing area as shown above with a 10x10yrd square.
One player starts as a defender and plays in the sqr.
The remaining players start as attackers and have a ball each.
The first attacker attempts to dribble through the sqr, beating the defender and shooting at goal.
If they acheive this they go back to the start.
If the defender manages to stop them either with a tackle or by forcing the attacker out of the sqr the players swap roles.
Prog.
Make sqr smaller/bigger to make game harder/easier.

7. 1v1 To Opposite Goals



Set up a 25x20yrd playing area with 2 small goals facing in opposite directions.
Split players into 2 teams. One team starts with a ball each.
Teams start on cones facing each other approx 15yrds apart.
Play starts when the red defender passes to the blue attacker, they now play 1v1 into either of the 2 mini goals.
If they defender wins the ball they can also score.
1 point for scoring in the goal facing, 3 points for scoring in the goal facing opposite way.
After each attack players join back of opposite lines.
Play first team to a set score wins or play for a set time limit.
Progs.
2v2
Add a 4yrd scoring zone.
Coaching points.
Can attackers look for a good 1st touch towards goal to commit the defender.
Can attackers use changes of direction to score in the goal facing opposite.
Can defenders force the attackers away from the higher scoring goal and win the ball.

8. 1v1 Get Through The Gate



Set up a playing area as shown above.

Split players into 2 groups who start directly opposite each other.

One group starts with a ball each.

On coaches call the first player from each group runs/dribbles towards the middle gate.

The dribbling player must get through the gate before attacking one of the two goals.

If the defender wins the ball they can attack one of the two goals.

Coach randomly calls for the next pair of players to go, creating a bit of chaos.

Play for a set time limit then swap player roles.

Progs.

1. Add Gks to goals.

2. Split players into three groups and play 1v1 + 1 chasing defender. Add a group on the same side as the dribblers approx 5 yards further down the side.

9. Free Play 1v1



Free play 1v1.

Split players into 2 teams.

The players in team 1 have a ball each and begin dribbling around the playing area.

Team 2 wait for coaches call then run into the playing area and attempt to win the balls off team 1.

If a ball leaves the playing area it is dead and the players now go to support their team mates.

Play in short bursts, the team with the most balls at the end wins.

10. Combine To Shoot



Set up a playing area as shown above.

6 players + Gk or 6 players + targets to hit in goal.

5 attackers + 1 defender.

1v1 in the middle of the sqr with a support player on each corner cone.

The lone attacker attempts to combine with the support players to create a clear shooting opportunity.

If the defender wins the ball they can shoot.

As soon as the attack is over any support player should get a new ball and play in as quick as possible.

Play for a set time limit then switch player roles.

11. 1v1 Dribble And Defend



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.
Split players into 2 groups.
1 group starts as defenders and line up at the side gate with a ball each.
The other group start as attackers and line up at the gate opposite the goals.
Play starts with the 1st defender in the line dribbling their ball towards the gates opposite them.
They stop the ball just in front of the attackers and continue to run through the gate and then towards the 2 goals to defend.
As soon as the defender leaves the ball the waiting attacker runs onto it and attempts to score in one of the goals.
The attackers must be in the finishing zone for a goal to count.
Once the attack is over the attacker joins the back of the defending line with a ball and the defender joins the back of the attacking line.
Play continuous for a set time limit, team with the most goals at the end wins.
Progs.
Play 2v2, 3v3.
Play random numbers 2v2, 3v3.
Play overloads(2v1, 3v2)

12. Pass And Get The Return



Set up as above.

Players pass ball to coach(Can be a player).

Coach makes a second pass to the left or right.

The player must react to the second ball then turn to dribble through the gate as quickly as possible.

Prog.

1v1 back to goal game.

Players in pairs.

Player 1 passes to coach but is now shadowed by player 2.

Player 1 makes a movement to show for second ball and attempt to lose player 2.

Player 1 receives ball then turns to attempt to dribble through one of the gates. After each ball is played, players swap roles.

13. 1v1 Reverse Goal Game



2 small goals 18-20yds apart facing outwards.

2 groups.

Defender(Stripes) passes the ball across to the attacker(Whites).

The attacker attempts to score in either goal.

Defender is full pressure.

If the defender wins the ball they can score.

Prog.

2v2/3v3

14. 2v2 Champs League



Set up playing area as shown above.

Pair players up.

Each pair chooses their fave National, European or domestic team to be.

Left hand side of the playing area to the top of the ladder and the right hand side is the bottom of the ladder.

Teams play a hockey style 2v2 on each mini pitch.

The ball can be either passes back into play or dribbled in.

Games last 2 mins with winners moving up the ladder and losers moving down the ladder.

Either play 1 point for a goal and 3 points for a panna or award varying points for different styles of goals scored eg 1 touch finish = 2 points, Back heal finish = 2 points etc.

15. 2v2 Directional Game



Directional game.

2 teams.

2v2 in middle with target players for each team on opposite end lines.

Teams earn a point for every time they switch the ball from one target player to the other.

Target players can move side to side along end line and play on a 2 touch limit.

Play in short bursts switching player roles each time.

16. 2v2 Quick Change Game



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Set up a 20x15 yrd playing area with two mini goals/targets on each end line. Divide eight players into four teams of two.

Play 2v2 in the playing area with teams attacking and defending two goals. The other two teams wait on either endline.

As soon as a goal is scored or the ball goes over the endline the team at that end immediately start attacking and the team that scored or kicked the ball over the endline must defend.

The team that was defending leaves and waits behind their goal.

Prog.

Increase the size of the playing area and play 4v4 with 4 goals.