

## **GU16 Practice Regimen**

6:45 - 8:30	
6:45	Players: Arrive; cleats and shinguards on; socialize Coach set up
7:00-7:20	Warm up and stretch
7:00-7:40	Mini-games (very short break at 7:20)
7:40-7:45	Break; drinks
7:45-8:15	Contact and shooting drills; speed drills
8:15-8:30	Cool down; stretch

Note: Can switch timing of mini-games and drills

All of these cards can be downloaded as a PDF file or as a Microsoft Word file at <http://www.ayso76.org/coach.html> or <http://www.ayso76.org/resource.html>.

## **Symbols**

▲	Flat cone
▲A	Where cones have to be identified, they are designated as A, B, etc.
▲	Tall cone or flag
P	Player
A	Attacking player
D	Defending player
X & O	Opposing players
●	Ball

## **REMINDER**

DO THE DRILLS SLOWLY, ESPECIALLY EARLY IN THE SEASON AND ESPECIALLY WHERE THE DRILL REQUIRES A LOT OF COORDINATION

## **VARIATIONS**

Many variations are given but there are hundreds more. These instructions are not meant to be interpreted rigidly. Also, if a drill doesn't work - stop using it!!

**Warm-Up Routines**  
**Ball Mastery - Solo**

In Place

Side to side - no jumping

Side to side - little jumps

Touching stationary ball (alternate feet); then jumping and touching ball

Coerver BM#2 Pull back then push with foot 1, switch to foot 2

Variant: Push then pull back with foot 1, switch to foot 2

Coerver BM#8 Side to side 3 or 4 times, then push ball slightly forward with left and drag back with right and quarter turn to right (difficult)

Fakes and feints, e.g., step over,

**Dribbling**

Coerver BM#1 Walk ball 20 yards using sole of foot

Coerver BM#3 Dribbling with same foot cutting inside and outside

Coerver BM# 4 Dribbling inside touch, outside touch to the right, inside touch, outside touch to the left

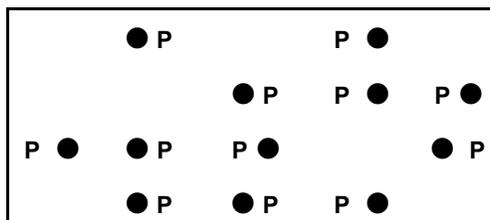
Coerver BM#11 Roll foot over ball and back 4 times; then switch (very difficult)

**Control**

Juggling - contest for who can do the most touches

High ball trap

**Warm-Up Routines**  
**Grid Games - NO CONTACT**



Players inside dribble ball around, making moves, turns and stops. They must avoid each other. Variations:

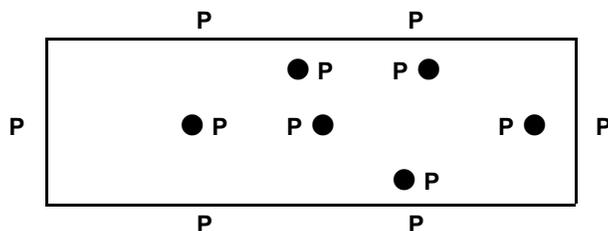
1. Coach dictates the move/turn/stop to be used this is done at the coach's signal
2. Coach signals stop; players stop and take a different ball

Turns: Hook turn (to the inside); cut turn (to the outside); right heel with ball behind left foot or vice versa (advanced)

Moves: Feint to left then go right or vice versa; step overs and scissors- there are many of these. *Teach one or two only per season.*

Stops: Sole of the foot and drag back with turn towards or away from the ball; lightly touch with sole of the foot while stepping over the ball

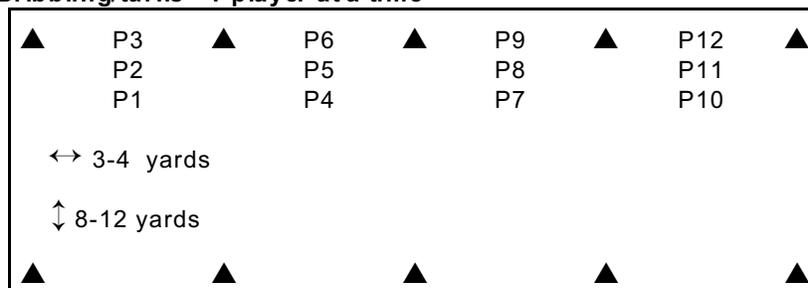
**Warm-Up Routines**  
**Grid Games - NO CONTACT**



Inside lines are marked with cones; size of grid varies according to age and number of players. Outside players must keep moving in place when not involved in play.

1. Players inside dribble ball around, making moves and turns, pass the ball to and switch with outside player on coach's signal (use take over)
  - a. Simple: Coach dictates 1 or 2 moves, turns and stops (use whistle for stops)
  - b. Progression: Players choose own moves, turns and stops
2. Same, but player inside brings ball to outside player and (i) stops it dead or (ii) passes outside player and back heels
3. Players dribble ball, do give and goes with outside player; switch on coach's signal.

**Warm-Up Routines**  
**Set-Up #1 Dribbling/turns - 1 player at a time**

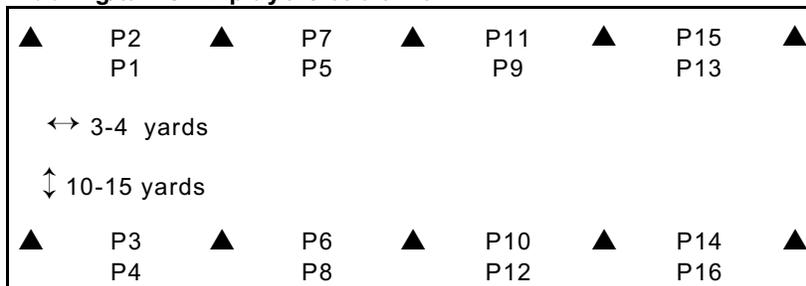


There are a thousand variations:

1. **Stops and turns:** P1 dribbles to opposite cones and (i) cuts to inside (hook turn); (ii) cuts to outside (outside turn); (iii) stops ball with sole, drags back and turns towards or away from the ball. Teach making turn *when ball has slowed down*.
2. **Dribbling technique:** P1 dribbles to opposite cones and turn back with (i) inside of right foot, (ii) inside of left foot; (iii) alternating inside feet; (iv) outside of right foot (toe pointed down); (v) outside of left foot. **Keep ball close.**
3. **Variations:** (i) lengthen distance between cones; (ii) one way only, turn and pass back and jog back or stay at opposite end

## Warm-Up Routines

### Set-Up #1 Dribbling/turns - 2 players at a time

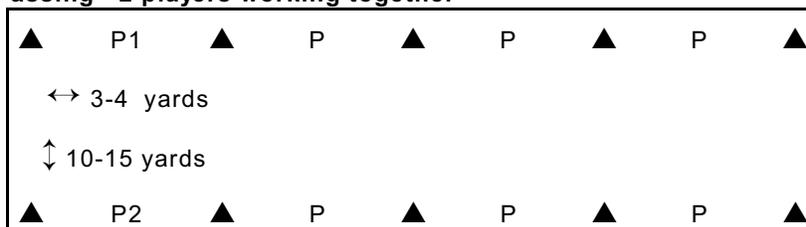


Same drills as previous page but P1 and P3 go at same time and must avoid each other

1. **Stops and turns:** P1 dribbles to opposite cones and (i) cuts to inside (hook turn); (ii) cuts to outside (outside turn); (iii) stops ball with sole, drags back and turns towards *or* away from the ball. Teach making turn *when ball has slowed down*.
2. **Dribbling technique:** P1 dribbles to opposite cones and turn back with (i) inside of right foot, (ii) inside of left foot; (iii) alternating inside feet; (iv) outside of right foot (toe pointed down); (v) outside of left foot. **Keep ball close.**
3. **Variations:** (i) lengthen distance between cones; (ii) one way only, turn and pass back and jog back or stay at opposite end

## Warm-up Routines

### Set-Up #1 Passing - 2 players working together

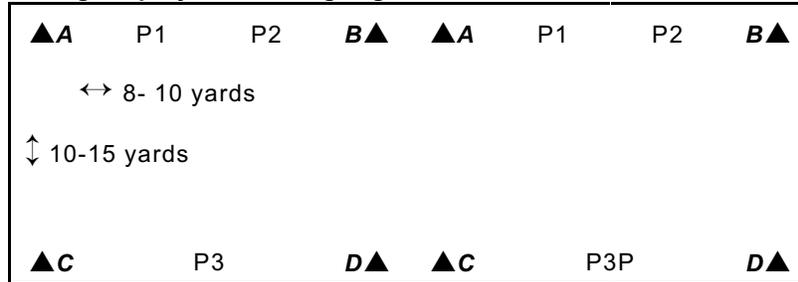


4. Pass backward and forward; variant: Use alternate foot
5. Players dribble ball goes from side of foot to side of foot 5 times then pass with (i) strong foot; (ii) weak foot; (iii) alternating foot
6. Touch ball with sole (alternating feet 5 times) then pass with (i) strong foot; (ii) weak foot; (iii) alternating foot
7. P1 dribbles ball to P2, either (i) touches ball off to P2 or (ii) stops ball with sole, retreats backwards, when back to cone P2 passes ball to P1, then:
  - a. P1 repeats - 5 times, then switches roles with P2
  - b. P1 passes back to P2, P2 passes to P1

Note: Can have two players between each set of cones instead of one; players alternate - do this in confined space or if many players and only one coach

### Warm-Up Routines

#### Set-Up #2 Passing - 3 players working together

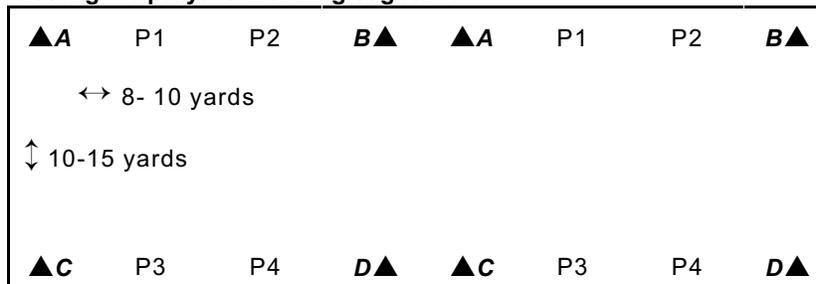


1. P3 passes to P1; P1 passes back and switches with P2; P3 passes to P2
2. (Coerver receiving 1) P3 passes to P1 and moves towards cone D. P1 controls with right foot moving across towards P2 and passes back to P3 with left foot; P2 meanwhile switches with P1. Alternate: Start P3 at cone D and pass to P2's left.
3. (Coerver receiving 3) P3 is the target. P1 passes to P3. P3 stops ball. P1 runs around P3 and (i) passes; (ii) dribbles to P2. P2 then does what P1 did. Everyone goes 5 times, then P1 and then P2 become targets

Note: Can quickly create this set-up from Set-Up #1

### Warm-Up Routines

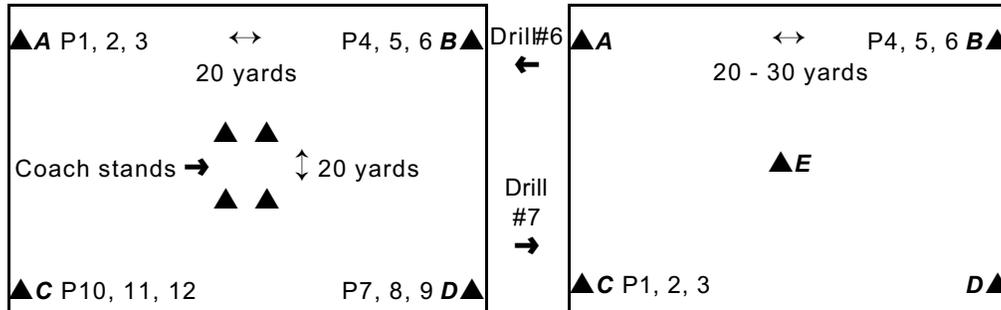
#### Set-Up #2 Passing - 4 players working together



1. (2 balls) P1 passes to P3 then switches with P2; at the same time P2 passes to P4 and switches with P1
  - a. Simple: P3 and P4 stay where they are, pass back to whomever passed to them
  - b. Complicated: P3 and P4 pass to whomever passed to them and then switch with each other
2. P1 passes to P4 at opposite corner left (cone D), switches with player at cone C. P4 passes back to cone A, switches with player at cone B

**Warm-Up Drills**

**Set-Up #3 Passing/Dribbling - Whole or half team**

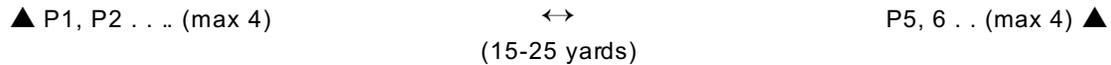


Coerver #6 P1 does dribbling routine specified by coach to center cones, then pass to next line to left and sprint to end of line

Coerver #7 P1 dribbles towards cone D or slightly to the left with ball always in front, maximum of number of touches with foot pointed down. When past level of cone E, pass to P4 and sprint to the end of the line where P4 was. Now P4 goes. Tip: Before passing, make sure ball is to left of body and hips are pointing towards P4. Progression (do this right away with older players): P1 and P4 go simultaneously.

**Warm-Up Routines**

**Line Dribbling/Passing Drills** (use when very little space; max 8 players)



There a thousand variations. Here are as many as can fit on a card.

**Dribble**

1. P1 dribbles ball to P5 and P5 takes over. Coaching points: P5 calls T/O; P1 should let the ball run as (s)he approaches P5, P1 should touch off with right foot and run to the left (i.e., to P5's right)
2. P1 dribbles to just in front of P5, stops ball dead with sole; P5 takes over
3. P1 dribbles round back of line and touches off to P5
4. P1 dribbles to middle, makes prescribed move or feint, then passes or touches off to P5. Variant: Coach/player plays *passive* defense in middle

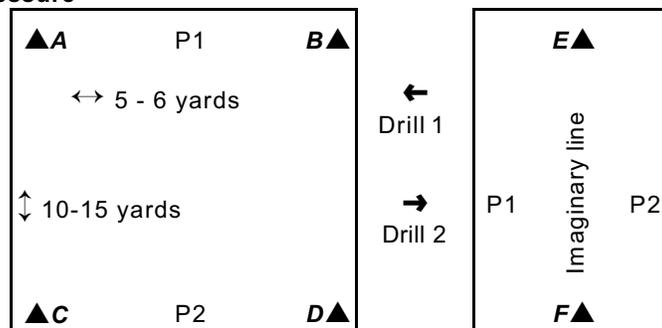
**Passing**

5. P1 dribbles to cone in middle and passes to P5
6. P1 plays give and go to coach/player in middle and passes/touches off to P5

Coerver Passing #1 Try doing passing line with just 3 players

### Drills - Offence/Defence

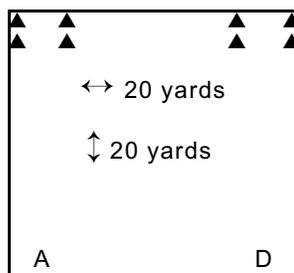
#### Set-Up #1 No Pressure



1. P1 passes the ball to P2; P2 dribbles ball towards P1, P1 shadows P2 all the way back to cones A and B (passive defense). At cones P1 takes off back to opposite cones C and D. When P1 gets there P2 passes to P1 and exercise repeats.
2. P1 dribbles the ball along the imaginary line, which P2 may not cross. P1 may change direction at any time. Keep going for 30 seconds, then rest for 30 seconds.

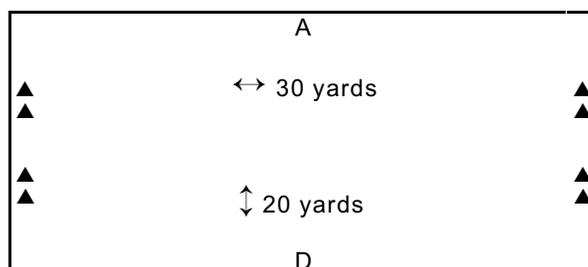
### Drills - Offence/Defense

#### Set-Up #4 - Full pressure



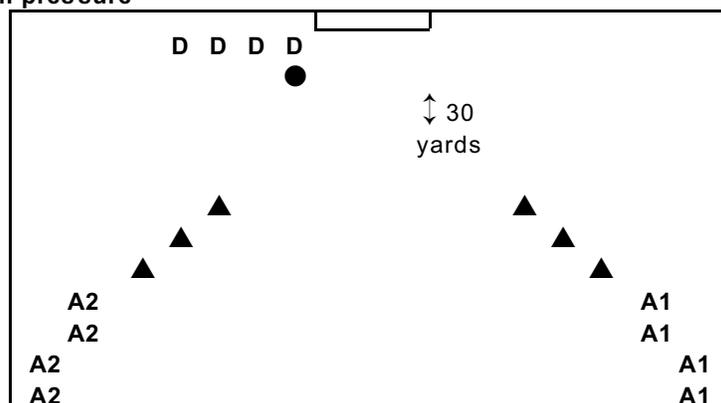
1. Coach feeds ball to A and A can score in either goal
2. Coach requires A to do give and go with coach and then score in either goal
3. Variations:
  - a. Coach can vary point of entry of ball
  - b. Two attackers and one defender

**Drills - Offence/Defense**  
**Set-Up #5 - Full pressure**



1. Coach feeds ball and A can score on either goal by dribbling through it or shooting from not more than 2-3 yards (not more than 30 seconds)
2. Variation: (i) 2As and 1 Ds or (ii) 3 As and 2 Ds (not more than 45 seconds to 1 minute)

**Drills - Offence/Defense**  
**Set-Up #6 - Full pressure**



1. (No A2s). D passes the ball to A1. A1 advances on goal, D moves forward when A passes the forward cone and (i) (low pressure) shadows; (ii) full pressure challenges. A1 tries to score.
2. Same as 1, but A1 passes the ball to A2 at last possible moment. A2 tries to score.
3. D passes to A1, moves forward passes the forward cone. A1 attacks toward far post; A2 overlaps (runs round A1 to the right) and A1 passes to A2 for the shot.

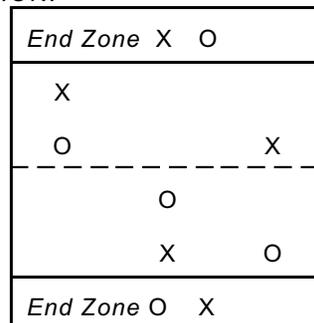
### Small-Sided Games - I

There are 100s of short-sided games. Use them for a purpose. Vary size of field depending on age and what you are trying to teach.

1. **The ultimate game to teach tactical positioning:** "Soskic hands-only" game: No goalkeepers, not more than 4 v 4. Players may only use hands and pass by throwing. Many variations: Limit number of steps; passes alternate between throwing and rolling ball; everyone must touch ball before team can score.
2. **Tactical positioning; quick reflexes:** "Change" game: 12 players, 3 v 3 with 3 "goalkeepers" per team who link arms and can't use hands; on coach's signal, keepers become players and players become keepers. With only 10 players, two keepers per team; one player stays on when players change.
3. **Game to teach quick shooting:** Play 4 v 4 game with goals very close together (15-18 yards). Make goals big; if no goals, use flags rather than cones as goals.
4. **Quick shooting, dribbling, reflexes:** 3 v 3 v 3 (or 4 v 4 v 4). When a team scores, they keep the ball, turn around and attack the other way. Team who is scored on must come off and off team comes on. Off team should stay in "holding area". Maximum 3 minutes. If team does not score, last team to come on, stays on. Coach should put ball in play quickly. Variant: Size of field dictates what you want to teach. E.g., big field - long passes; wide field - use space; short field - quick shooting.

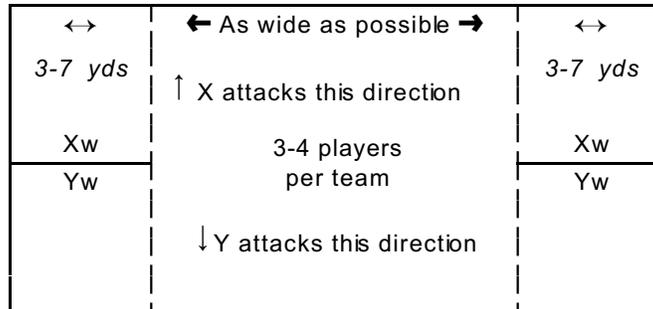
### Small-Sided Games - II

5. **Moves and short passes:** 3 v 3 keep away, no goals; two all-time attackers.
6. **Moves and short passes:** 3 v 3 or 4 v 4 with a player from each team in the end zones. Objective - score by passing to player in the zone being attacked. Cannot score from own half. Pass to player in defending end zone OK, other end zone player may not interfere, end zone player replaces player who passed to him or her. After each score: (i) A and D switch directions and end zone player who receives the ball from team mate enters play and is replaced by team mate who passed to him or her. TEAM FORCING BALL OUT GET POSSESSION.



### Small-Sided Games III

#### Game to teach use of width of field

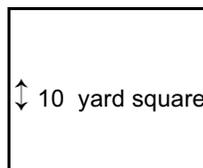


7. **Safe Zone Game:** X-winger (Xw) and Y-winger (Yw) may only use the “safe zone” in attacking half of field and may not enter the field. X players in field may pass to Xw and the Y players may pass to Yw, but they may not enter the safe zone.
8. **Progressions/variants:** (i) Xw and Yw may patrol entire safe zone; (ii) have an Xw and Yw in both attacking and defensive safe zones; (iii) have an Xw and a Yw only in right wing safe zone (forcing attacks to go to the right).

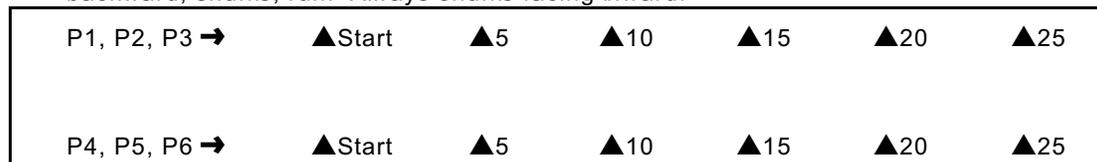
### Speed/Coordination Drills

#### Without the Ball

Very few drills should be done completely without the ball. But here are some.

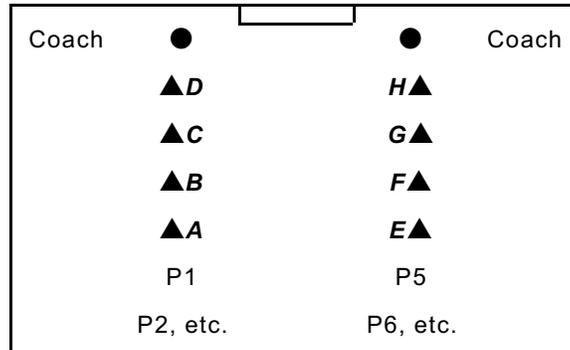


1. Once round square. Start running backwards, then shuffling side to side, then running forward, then shuffling side to side.
2. Twice round the square facing inwards. Start running backwards, then shuffling side to side, then running forward, then shuffling side to side. Then change direction, shuffle, backward, shuffle, run. Always shuffle facing inward.



3. Shuttle run. Place 6 cones at 5 yard intervals (total distance = 25 yards). Players must run to first cone and back, then second and back, and so on. Do relay races.

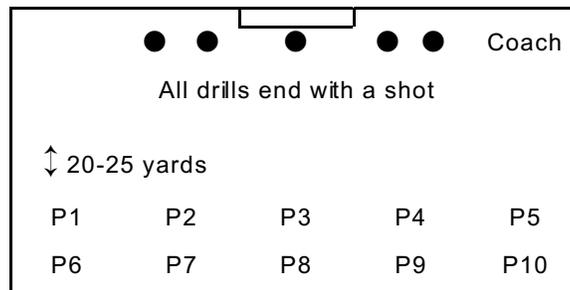
**Speed/Coordination Drills**  
**Cone Set-Up #1 Footwork**



1. Cones 3- 5 yards apart.P1 runs to 1<sup>st</sup> cone, circles it backwards, on to 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>. As player reaches last cone, coach either has placed or feeds ball and player shoots accurately (close to goal)
2. Same, but cones a little closer together, P1 must run backwards to preceding cone (i.e., when P1 gets to 2<sup>nd</sup> cone, P1 runs backwards round 1<sup>st</sup> cone, etc.)
3. Diagonal run (P1 and P5 have to coordinate). P1 runs to cone A, P5 to cone E; then P1 runs to F and P5 to B, etc.

**Speed/Coordination Drills**

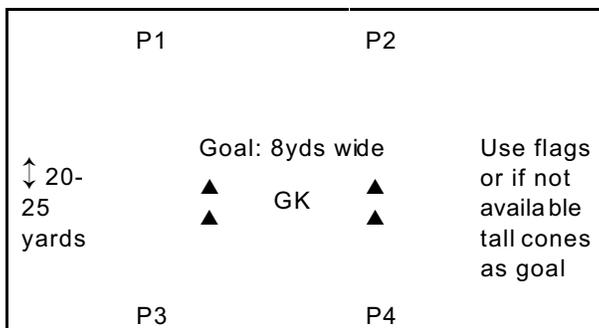
**Acceleration Drills**



All of these drills begin with some activity by P1-P5, then P6-P10 (groups of 4 if 12 players or fewer at practice). Not a shooting drill: no GK; shot should be within 6 yards of goal and accurate. There are literally hundreds of variations.

1. P1-P5 (i) run, (ii) hop backwards 3-5 yards then accelerate and finish with shot
2. Facing away from goal, P1-P5 (i) run, (ii) hop 3-5 yards then tum, accelerate, shoot
3. P1-P5 (i) run, (ii) hop; (iii) jump forwards 5 yards then accelerate, finish with shot
4. P1-P5 jump (i) up and down; (ii) side to side over cone; on signal, take off and shoot
5. P1-P5 sitting or squatting facing backward or forward, on coaches signal, get up, run and shoot. If facing backward, coach can ask them to get up left or right
6. P1-P5 lying face down or face up, on coaches signal, get up, run and shoot

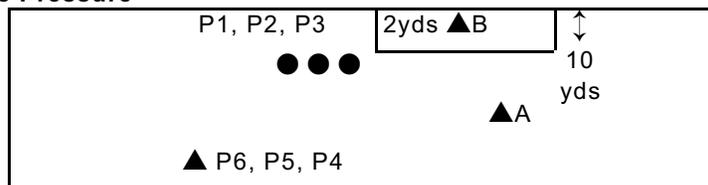
### Shooting Drills Without Goals



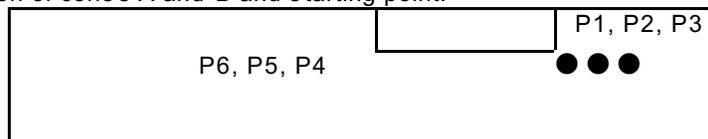
In all drills, if GK saves, GK feeds P3 or P4. If ball passes goal, P3 or P4 retrieves and takes turn. Shooters and shots alternate from each side of the goal.

1. Basic Drill: P1 shoots, then P3, then P2, then P4
2. P1 starts at goal, passes to P2, runs back round P2 (overlaps), takes ball, shoots
3. P1 takes ball to opposite flag, (i) turns, lays ball off gently or (ii) back heels for P2
4. P1 takes ball to opposite flag, picks ball up, throws to P2 to head
5. (Starting further back) P1 does give and go (wall pass) with P2, then shoots
6. P1 faces P2, throws ball for chest trap, P2 traps, controls and shoots

### Shooting Drills With Goals - No Pressure



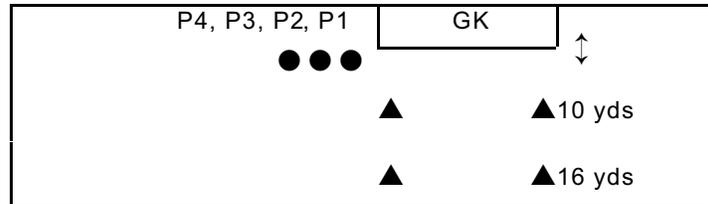
1. P1 passes to P4. P4 takes ball round cone A, shoots between far post and cone B.
2. Vary position of cones A and B and starting point.



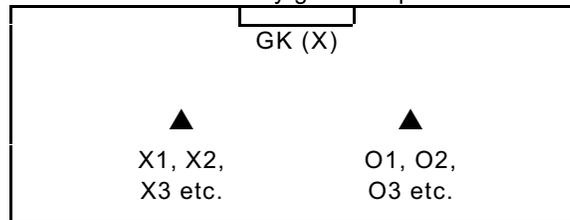
3. P1 tosses ball to P4 who volleys into net from short range (2 yds). P4 runs round left side of goal to P1's line; P1 runs to back of P4 line.
4. Same but P4 traps ball on ground and shoots home.
5. Same but P4 traps ball on chest and volleys or shoots home.
6. Same but P4 heads ball.

## Shooting Drills

### With Goals - Limited Pressure



1. Teams of 4+: P1 runs from side of goal beyond the 16 yd cones. P2 passes to P1, who shoots. P1 exits round right hand side of goal. After passing to P1, P2 runs and P3 passes to P2 for P2 to shoot. If possible, have 2 goalkeepers who trade after each shot. Object is for each team to score as many goals as possible in 2 minutes.



2. Another fun game: O shoots and becomes the GK. Then X shoots and becomes the GK. Teaches reflexes. Quick shots.

## Shooting Drills

### With Goals - Full Pressure



1. Coach rolls, throws, lobs ball towards center. A runs, collects, shoots.
2. Same as 1, but coach also sends D to challenge A when A touches ball
3. Same as 2, but coach sends D to challenge A as soon as coach feeds ball

Variants: 2 As and 1 or 2 Ds

**A different set-up:** 3 v 3 in limited area (30 x 20 yds) with goalkeeper. Coach feeds balls in. Either team can score. Team that scores stays in and another team of 3 enters.

Variation: If ball is intercepted, it must be passed once before it can be shot.

**Another set-up:** create a 10 x 10 yd square 25 yards from goal. Two players contest for the ball within square until coach signals, then players try to score

GU16 Practice Regimen

Symbols

Warm-Up Routines

Ball Mastery - Solo

Grid Games - NO CONTACT

Set-Up #1 Dribbling/turns - 1 player at a time

Set-Up #1 Dribbling/turns - 2 players at a time

Set-Up #1 Passing - 2 players working together

Set-Up #2 Passing - 3 players working together

Set-Up #2 Passing - 4 players working together

Set-Up #3 Passing - Whole or half team

Line Dribbling/Passing Drills

Drills - Offence/Defence

Set-Up #1 No Pressure

Set-Up #4 - Full pressure

Set-Up #5 - Full pressure

Set-Up #6 - Full pressure

Small-Sided Games

Speed/Coordination Drills

Without the Ball

Cone Set-Up #1 Footwork

Acceleration Drills

Shooting Drills

Without Goals

With Goals - No Pressure

With Goals - Limited Pressure

With Goals - Full Pressure