

CONTENTS

Foreword.....	10
Preface	11
Acknowledgments.....	13
Introduction	14
Section 1 Warm-Up Activities	19
Dribble In, Pass Out.....	20
Dribble Freeze Tag	22
3 Station Warm-Up.....	24
Hit or Miss.....	26
Group Pass or Dribble	28
Minnows and Sharks	30
Hunt the Rabbit.....	32
Fill the Bucket	34
Chain Tag	36
Hunt a New Ball	38
Toss, Catch, and Score.....	40
Predator or Prey.....	42
Capture the Flag	44
Reds to Blues, Blues to Reds.....	46
Take It or Leave It	48
Fox Hunt.....	50
Call a Medic.....	52
Nutmeg Races.....	54
Section 2 Dribbling, Tackling, and Shielding Skills	56
Follow the Leader	58
Slalom Dribble	60
Acceleration Dribble.....	62
Race Through the Gates.....	64
Creative Dribbling	66
First to the Flag and Back.....	68
Dribble for Possession, Dribble for Speed	70

6 SOCCER TRAINING

Bumper Cars..... 72

Catch Me If You Can..... 74

Evade the Tackle 76

1-vs-1 Possession..... 78

Dribble or Defend..... 80

Hunted vs Hunters..... 82

One vs One to the End Line 84

One vs Two to the End Line..... 86

Dribble Through the Central Goal 88

Knockout..... 90

Jail Breakout..... 92

First to the Penalty Area..... 94

Dribble the Open Goal..... 96

Dribble in, Dribble Out, Pass It On 98

Lateral Speed Drill..... 100

Dribble for Control, Dribble for Speed..... 102

Section 3 Passing and Receiving 104

Two Touch Through the Channel..... 106

Pass to the Open Teammate..... 108

Prepare, Pass, and Follow the Pass..... 110

Pass, Spin, Do It Again..... 112

Connect the Dots..... 114

Pass and Move to Open Space..... 116

Diamond Passing and Receiving Circuit..... 118

Pass Off the Dribble..... 120

Pass It On, or Pass It Back 122

Pass, Receive, and Dribble Home..... 124

Turn and Play Forward..... 126

Turn and Pass On..... 128

Receiving and Controlling Air Balls..... 130

Short – Short – Long 132

Pinball..... 134

Three vs One With Rotating Defenders..... 136

The Killer Pass..... 138

Perimeter Passing 140

Five vs Two Rondo With Rotating Defenders..... 142

Six vs Two Transition to Two vs Six	144
Find the Team Target.....	146
Three Teams, Four Goals, Five Neutrals.....	148
Section 4 Shooting/Finishing	150
Two-Touch Shoot to Score	152
Playing the Angle	154
Four Passes and a Shot.....	156
Quick on the Turn	158
Rapid Fire	160
Score Off the Speed Dribble.....	162
Shoot Then Shoot Again	164
Dribble, Pass, Shoot to Score	166
Turn and Shoot to Score	168
Box to Box Pressure Shooting.....	170
Two-Touch Shoot to Score	172
Receive, Prepare, Score	174
Goal to Goal Shooting Circuit	176
Give and Go With Target.....	178
Dummy It.....	180
Volley to Score	182
Attacker vs Defender	184
Turn, Dribble, Shoot to Score	186
Play Off the Wall	188
Two vs One Zone to Zone.....	190
Throw, Catch, and Volley to Score.....	192
Shoot to Score, Then Set to Save.....	194
One-Touch Finishing of Crossed Balls	196
Score From Multiple Servers.....	198
1 vs 1 to 2 vs 1 Through the Channel	200
Attack Transition to Defense	202
1 vs 1 to Goal	204
2 vs 1 to Goals.....	206
1 vs 2 to Goal	208
2 vs 2 in the Penalty Area	210
Transition 3 vs 2 to 2 vs 1	212
Nations Cup Tournament.....	214

8 SOCCER TRAINING

3 vs 2 to Full Goals	216
Transition 4 vs 2 to 2 vs 4	218
Finishing Crosses.....	220
Game With Neutral Wingers.....	222
Team That Scores Stays	224
1 vs 1 Through 3 vs 3 Finishing	226
Attacker vs Defender.....	228
Fast and Furious.....	230
Section 5 Heading	232
Fundamental Heading.....	234
Partner Head Juggle.....	236
Toss, Jump, Head, Score.....	238
Jump, Head, Do It Again.....	240
Team Heading Race.....	242
Clear It Away.....	244
Head It Home	246
Headers Only.....	248
Scoring From Dive Headers.....	250
Section 6 Individual and Group Tactics.....	253
1 vs 1 Attack and Defend	254
2 vs 1 + 1	256
2 vs 2 + 4 Possession	258
2 vs 1 to Target	260
3 vs 2 + Rotating Goalkeeper	262
3-vs-1 Transition to 1 vs 3.....	264
5-vs-3 Transition to 3 vs 5.....	266
Three Team Rondo.....	268
4 vs 4 + 2 Targets.....	270
Risk vs Reward	272
3 vs 3 to Four Goals.....	274
Find the Target.....	276
In and Out.....	278
Possess to Penetrate	280
Attack the Space Behind.....	282
4 vs 4 + Two Neutrals	284
5 vs 3 + Two Goalkeepers Four-Goal Game.....	286

4 vs 2 to 6 vs 4 Rondo	288
Six Attackers vs Four Defenders	290
Dribble Across the End Line to Score	292
Change the Point of Attack.....	294
Small Group Attack and Defend	296
Attack Numbers Up—Defend Numbers Down.....	298
Target Practice	300
Directional Rondo.....	302
4 vs 4 + Four Perimeter Players	304
Promotion vs Relegation	306
Section 7 Goalkeeping	308
Shuffle, Toss, and Catch.....	310
Scoop Save the Low Shot	312
Side Shuffle and Save.....	314
Catch and Hold	316
Goalie Wars.....	318
Save the Breakaway.....	320
Set and Save.....	322
Pin the Rolling (Ground) Ball	324
Dive or Smother to Save.....	326
Rapid Fire Set and Save.....	328
Low-Ball Training.....	330
High-Ball Training.....	332
Dominate the Box	334
One Goalkeeper, Two Goals.....	336
Fundamental Diving	338
Save, Set, and Save Again.....	340
Penalty Kick Competition.....	342
Score by Breakaways Only	344
Rapid-Fire Low Balls.....	346
Reaction Saves.....	348
Distribution Circuit.....	350
About the Author.....	352