

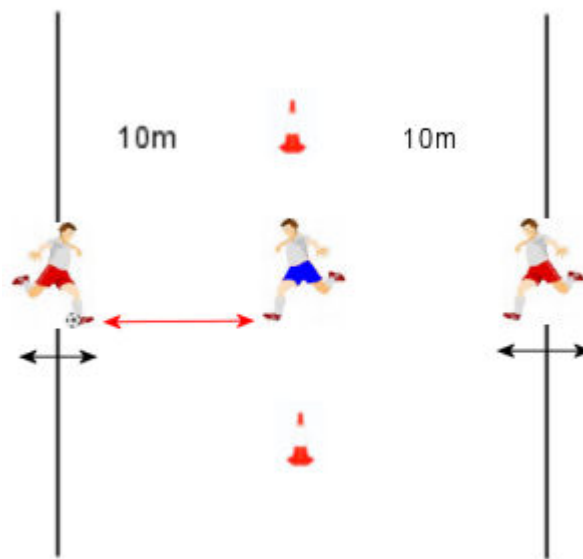
## Drill 1 – Control – Move to the Ball

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 2 cones, 2 ball for 3 players

**How:** Outside players pass ball to central player who always comes to meet the ball. Outside players to make a movement away from ball and then comes in to meet it. Central player must take 2 or more touches.



### Progression:

- This drill can be made more difficult by gradually increasing tempo or speed.
- Limit players to only two touches.
- Outside players can serve the ball in the air for the central player to control with knee, head or chest.

### Coaching Points

- Concentrate on quality of 1st touch
- Ensure body shape is correct.
- First touch out of feet ready to return pass

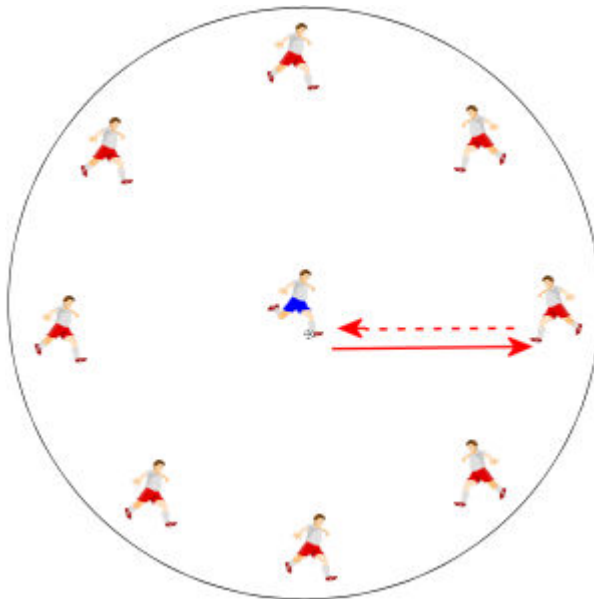
## Drill 2 – Round the Clock

**Aim:** To improve 1<sup>st</sup> touch / control & passing technique

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball for each player

**Organization:** Players make a circle; one player stands in the middle, the player in the middle calls for the ball from the starting player, controls it and passes to the next player in the circle. Then calls for the ball again, moving round from player to player until the whole of the circle is completed. Then swap middle player.



### Progressions:

- Serving player to throw ball to head, knee or chest
- 2 touch (control & pass)
- Encourage players to increase tempo

### Coaching Points

- 1<sup>st</sup> touch should keep ball out of feet
- Communication to command the ball
- Passing with inside of boot or laces

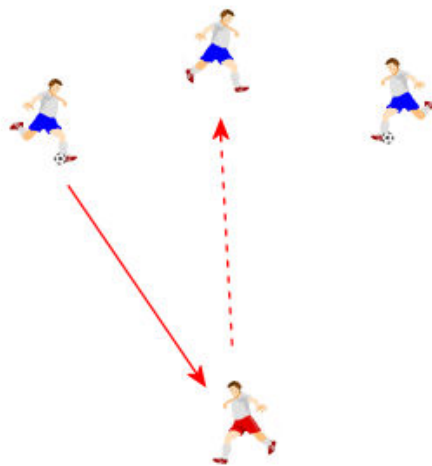
## Drill 3 – Control – 3 into 1

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U8's and upwards

**Equipment:** Marked area, 2 balls for 4 players

**Organization:** 3 players with 2 balls serve one working player. One server starts by passing the ball to working player who must control and pass to the server without a ball. Working player then commands ball from the other server with a ball. Continuous practice for 1 minute.



### Progressions:

- Increase tempo
- Limit touches to 1 or 2, more emphasis on the quality on the 1<sup>st</sup> touch to get ball under control
- Serving players can serve the ball in the air for control with knee, head or chest.
- Vary distance between players

### Coaching Points

- Quality of 1<sup>st</sup> touch
- Body shape / movement
- Player alert and on their toes
- Player to react to the flight of the ball

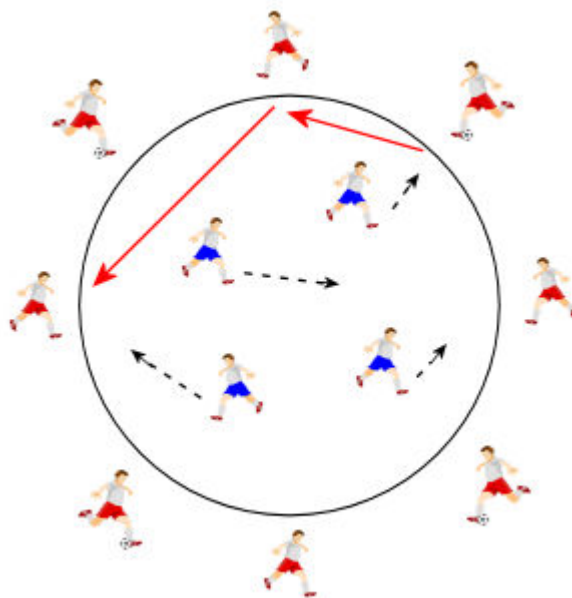
## Drill 4 – Control / 1<sup>st</sup> Touch – Piggies in the Middle

**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball

**Organization:** Start with 8 players making a circle. The 8 players must keep possession away from 2 players that are positioned in the centre of the circle. Swap middle players.



### Progressions

- Players on the outside can't pass to the player next to them
- Encourage players to increase tempo
- Change team ratio's (7 v 3)

### Coaching Points

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of the following pass
- Communication to command the ball
- 1<sup>st</sup> touch with inside or outside of foot

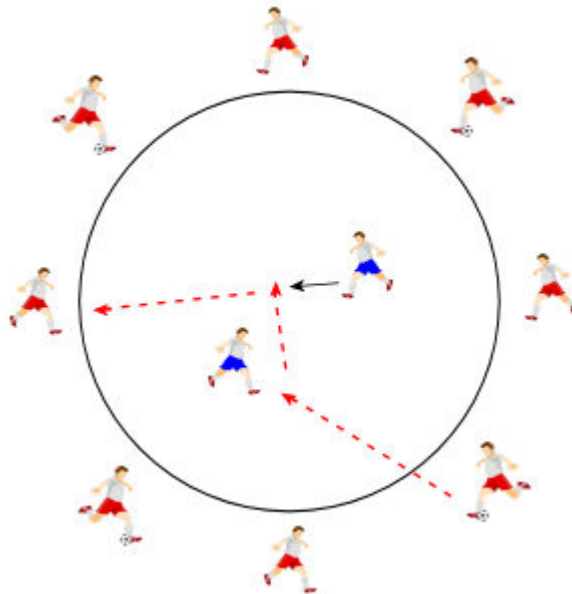
## Drill 5 – Control / 1<sup>st</sup> Touch – 1-2 & Out

**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 1 ball

**Organization:** Players set up as shown in diagram. Player 1 commands ball from outside and takes a quick look to see where his partner is, player 1 controls the ball and lays the ball off. Player 2 passes the ball out to a player on the edge of circle without a ball. Player 1 then commands ball from another player. Player 2 passes the ball to outside then adjusts his position to support Player 1. Repetitive practice of 1 minute, second time round Players 1 & 2 change positions.



### Progressions:

- Encourage players to increase tempo

### Coaching Points

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of supporting player
- Communication is essential
- 1<sup>st</sup> touch with inside or outside of foot

## Drill 6 – Control / 1<sup>st</sup> Touch – Lay Off

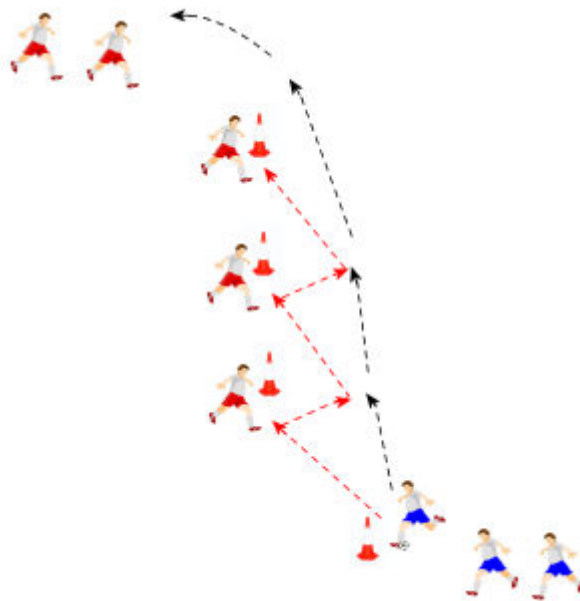
**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U9's and upwards

**Equipment:** 4 cones, balls

**Organization:** Players set up as shown in diagram. The player starting with the ball must pass it to the closest player, move forward, receive it back, play it to the next player and so on.

Swap roles and repeat the drill.



### Progressions:

- Encourage players to increase tempo
- Players to use weaker foot
- Middle players can lay the ball off to the left or right

### Coaching Points

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of next player
- Communication
- 1<sup>st</sup> touch with inside or outside of foot
- Vision, awareness
- Anticipation of direction of pass

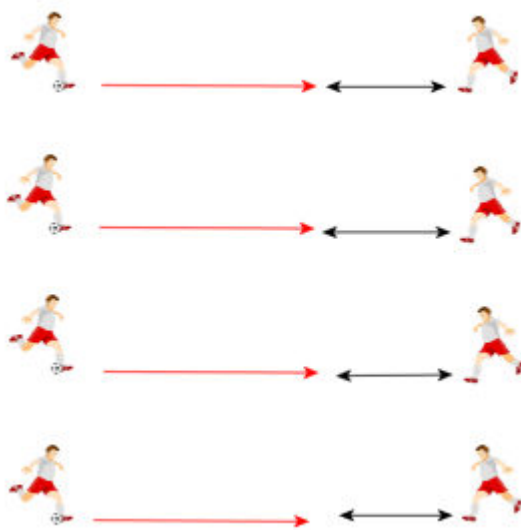
## Drill 7 – Control – Control & Back

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball between 2 players

**Organization:** Players set up as shown in diagram. Emphasis on controlling the ball, players on their toes calling for the ball. The player on the left can deliver the ball at any speed and any height. The player on the right backs off and comes to meet the ball returning it to the other player.



### Progressions:

- Increase tempo
- Limit touches to 2
- Increase distance between players

### Coaching Points

- Quality of 1<sup>st</sup> touch
- Body shape
- First touch out of feet ready to return pass
- Decision making regarding how to control, inside / outside of foot, knee, chest, thigh.

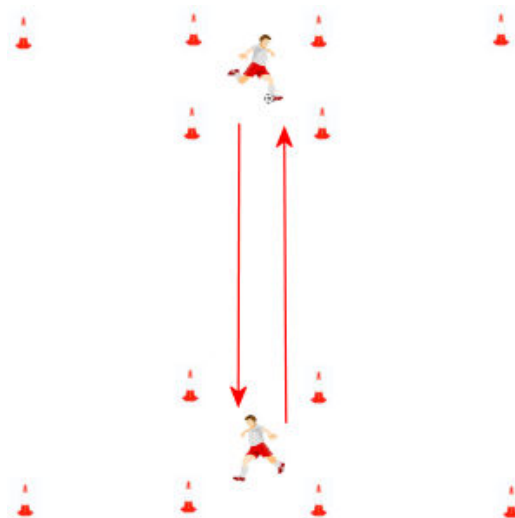
## Drill 8 – Control – Keep in the Cones

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 10 cones, 1 balls for 2 players

**Organization:** Players set up as in diagram. The distance between the boxes and the size of the box should be adjusted depending on the age and the ability of the players. Players pass the ball between each other, trying to keep the ball in the box with 1<sup>st</sup> touch, to start with players are allowed 3 touches before passing to other box. Continuous practice for 5 minute.



### Progressions:

- Increase tempo
- Limit touches to 2, more emphasis on the quality on the 1<sup>st</sup> touch to get ball under control and out of feet
- Players can pass the ball in the air for control with knee, head or chest.
- Vary distance between players and size of box

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to react to the flight of the ball



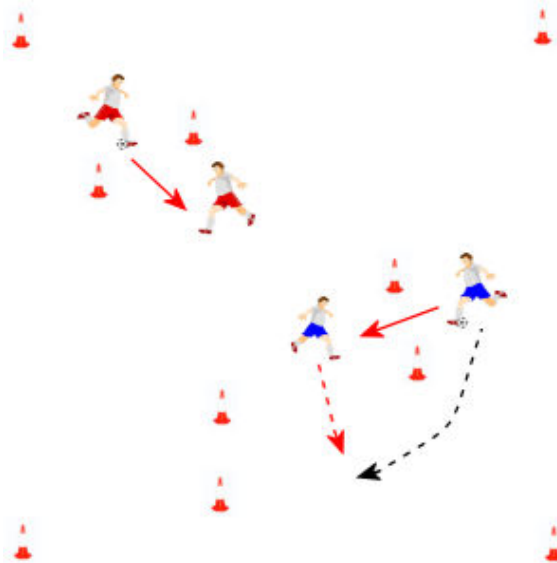
## Drill 9 – Control / 1<sup>st</sup> touch – Passing through the Gates

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 10 cones, 2 balls for 4 players

**Organization:** In a square players work in pairs, 2 pairs to a box. 3 cone gates are placed in the area. To score a point a player must pass through a gate to partner, the players then pass the ball towards and through another gate. Continuous practice.



### Progressions:

- Increase tempo
- Limit touches with the emphasis on the quality on the 1<sup>st</sup> touch towards the next gate
- Vary distance between players and size of gates

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to communicate at all times

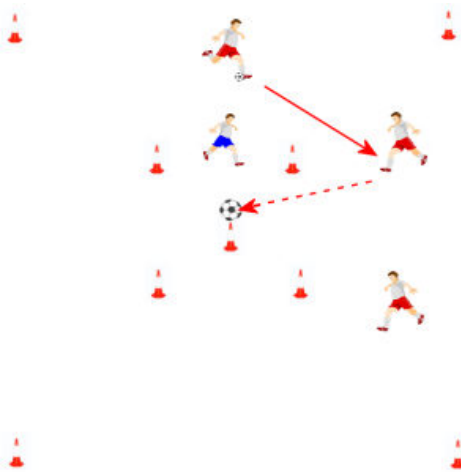
## Drill 10 – Control / 1<sup>st</sup> touch – Knock Ball Off Cone

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 8 cones, 1 balls for 4 players

**Organization:** In a square, 4 players work 3 v 1. A smaller square with a ball on a cone is placed in the middle of the area. To score a point the team of 3 must pass the ball around until an opportunity to knock the ball off the cone arises. The single defender cannot go in the centre box. Continuous practice for 1 minute then swap defender.



### Progressions:

- Limit touches to 2, but encourage 1, with the emphasis on the quality on the 1<sup>st</sup> touch or pass to create a scoring opportunity
- Make centre square bigger to allow team of 3 less room

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to communicate at all times
- Speed of play
- Lofted passes / header finish

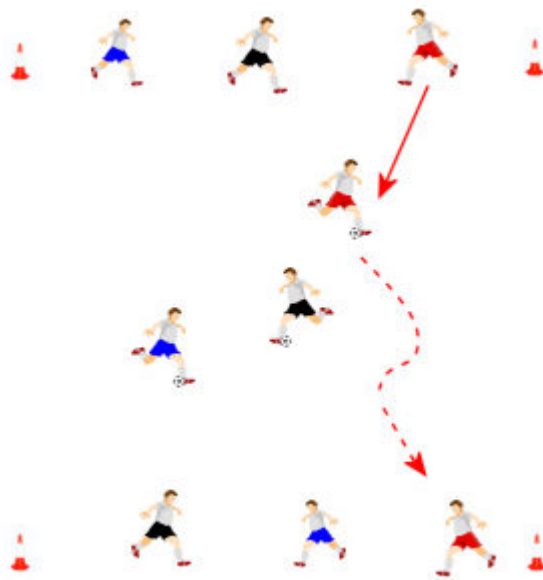
## Drill 11 – Control / 1<sup>st</sup> touch – Up & Back

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 4 cones, 3 balls for 9 players

**Organization:** In a square, 3 teams of 3 work, 2 end players and 1 working player. The aim of the drill is for the working player to exchange passes with his end players, dribble across the area avoiding other players and balls to pass to opposite end player. Continuous practice. Centre player works for 2 minutes then swaps with an end player.



### Progressions:

- End players must take 2 touches, one to control and one to pass
- Working players to concentrate on the quality of 1<sup>st</sup> touch in the direction they want to go (in to space towards opposite end)
- Increase / decrease the size of the area
- Have a competition between the working players to see how many passes they can make to end players

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement / Speed of play
- Player alert and on their toes
- Player to communicate at all times

## Drill 12 – Control / 1<sup>st</sup> touch – Passing through Hoops

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U11's and upwards

**Equipment:** Marked area, 6 cones, 3 passing hurdles, 5 balls for 2 players

**Organization:** In a square, have 1 working player and 1 player serving the balls. The aim of the drill is for the working player to come towards server and command a ball, the player must then dribble and pass the ball through 2 hurdles and then stop the ball in the opposite marked corner area. Continuous practice.

Working player works with 5 balls then swaps with serving player.



### Progressions:

- Working players to concentrate on the quality of 1<sup>st</sup> touch in the direction of the first hurdle
- Increase / decrease the size of the area
- Have a competition between the 2 players to see how long it takes them to transfer the balls across the area to the other corner

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement / Speed of play
- Player alert and on their toes
- The ball must be under control at all times