

Improving Attacking and Defensive Play

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(1) MOVEMENT DRILL

	X	D	
	X	D	
O	X	D	O
	X	D	
	X	D	
	X	D	
	X	D	

C

Two lines as above a little more than arms length apart; Movement game called ducks and drakes; attackers are ducks, defenders are drakes; if coach calls ducks attacker must sprint to cone while defender tries to catch him. If coach calls ducks attacker must catch defender. To progress drill, introduce footballs

(2) DENYING POSSESSION

XD XD XD XD XD

X X X X X

Defenders trying to prevent attacker gaining possession; Attacker and Defender together; Third player acts as feeder; Rotate positions.

To progress this drill if attacker gets possession he takes on the defender.

(3) REACTION DRILL

X	X	X	X	X
XD	XD	XD	XD	XD

Players work in threes; Attacker and defender stand shoulder to shoulder on end line; Third player stands behind with football; this player throws ball out in front of attacker and defender; when they see the ball they must react and try and beat opponent to possession.

(4) SHOULDER

- Players work in pairs in stationary position
- Players jog 14 metres in two's
- Players shoulder on Coaches whistle
- Match players up of similar size

(5) FLICK AWAY

X X X X X X X X X
D D D D D D D D D

Ball between two players; Attacker solos out with defender jogging backwards in front; when coach blows whistle defender must try and flick ball away

(6) BLOCK DOWN

X X X X X X X X X
D D D D D D D D D

Ball between two players; Line players up as above
For young players defender kneels in front of attacker and blocks the ball; progress to defender standing in front of attacker and blocking the ball

(7) ATTACKER TAKES ON DEFENDER

XD
XD
XD
XD H (goals)

O

Players work in twos; attacker and defender hand pass the ball over and back to each other from end line out to cone; When they reach cone attacker takes on the defender and tries to
Score

(8) TACKLE BOX

OX XO (player with ball)

X D

OX XO (player with ball)

Players work in groups of 6; Square as above with 1 player at each corner; attacker and defender work inside the square; Two of the for players on the corners have a football; attacker tries to get free from defender and make himself available for pass; he cant pass ball back to player that gave the pass; then looks for second ball;

defender tries to deny possession all the time; players work for 30 seconds then rotate with players on the corners.

Game Related Ball Drills and Conditioned Games

Drill 1

H

X 1

X 1

X 2

X 2

X 3

X 3

X

X

X

X

X 3 kick passes diagonal ball to X 1. X 2 receives pass from X 1 and shoots for score. Coaching emphasis; kicking a ball diagonally, timing the run and taking the ball at pace and kicking a score.

2. Possession Game

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X O

XO

X O

XO

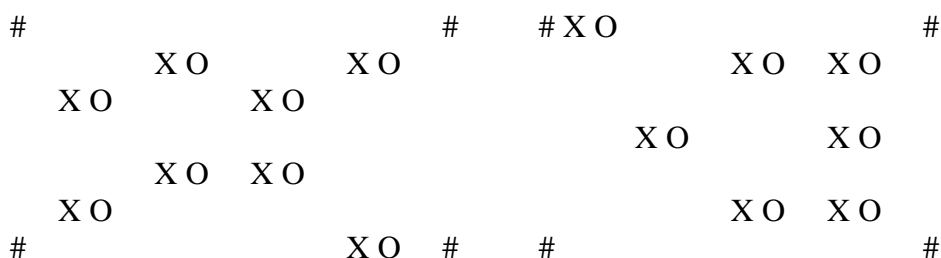
X O

#

#

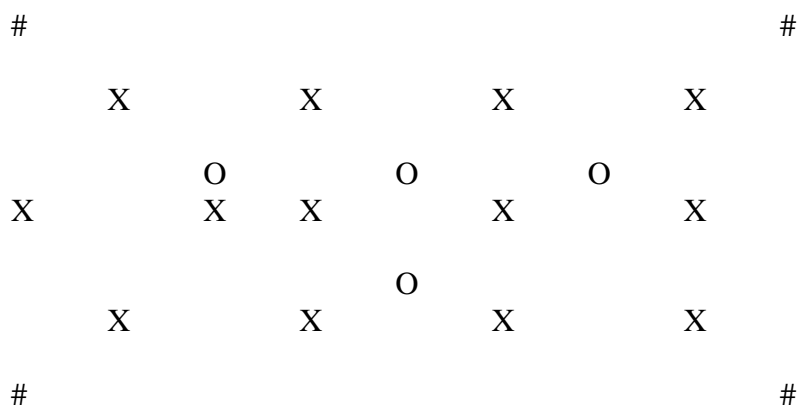
- Players work in two teams. The team in possession score by working the ball across the end line in the direction they are playing.
- When a player is in possession of the ball he/she can only pass the ball laterally or backwards. This game is working on developing good support play.

3. Over the River



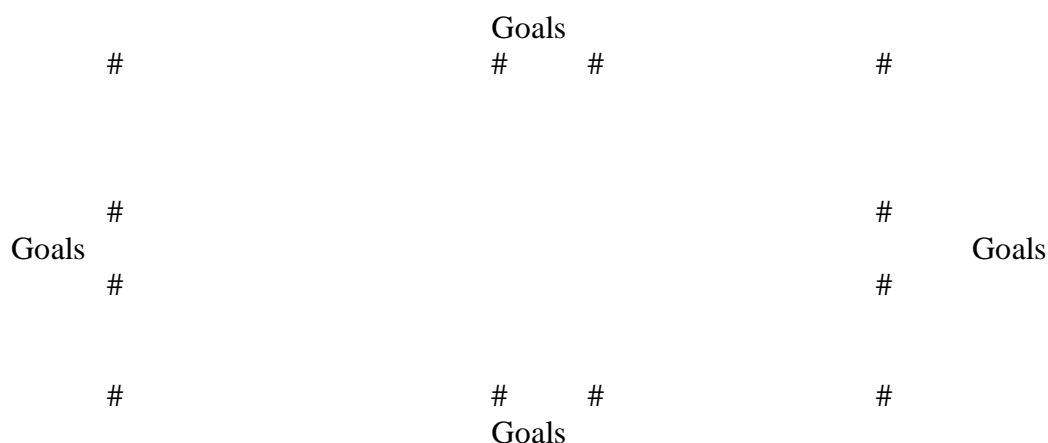
- Mark out two large squares 10 metres apart.
 - Two teams in both squares. The teams marked X are playing together and the teams marked O are playing together.
 - Balls starts in one square with team in possession. That team must make 3 passes before looking to kick the ball to the other square to find a team-mate. Game continues.
- Coaching emphasis on working the ball to the right area before kicking and also, making space and intelligent runs on the other end.

4. Chasing the Ball



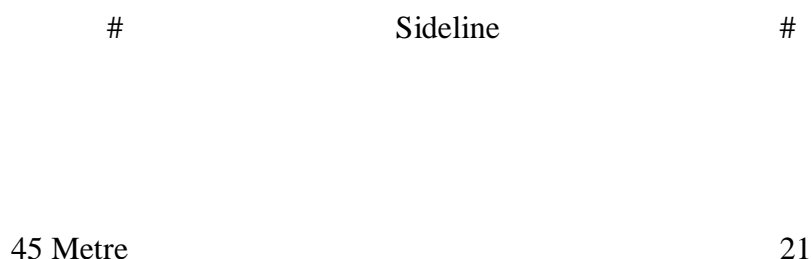
- Set out large square with all players working inside the square.
- Pick 4 defenders/chasers and all the other players are forwards
- The forwards must keep possession of 3 footballs without the ball hitting the ground
- The defenders must chase down the footballs and try and knock all 3 to the ground. Time how long it takes the 4 defenders to achieve this.
- Change the four defenders and begin drill again

5. Four Goal Scoring Game



- Mark out large square and divide players into 2 teams. Mark out four sets of goals along every side of the square. Game starts with coach throwing in the ball between 2 players.
- The objective of the game is to score in any one of the four goals.
- Game helps players to see what is going on in all areas of the field.

6. Support Drill



- Mark out grid as above from 45 metre line to 21 metre line the width of the field.
- Divide players into two teams. Players in possession must work the ball from one sideline to the other. Hand passing and support game. If they reach the sideline they then work the ball back in the other direction. There must be a kick pass within every 3 passes. Players can pass the ball in any direction.
- If team turns over possession the opposition can work the ball to what other side they wish.