

# 1<sup>st</sup> Team and / or Preferred Academy Drills



Drill 1	Drill 2	Drill 3
	<p>Ball circulation through the right or through the left.</p>	
<p><b>Rules / Objectives:</b></p> <p>3v3 in the playing area, 2 players for each team on the outside. The purpose of the game is to score by playing a wall pass with a player on the outside. Once a player has scored he must change direction and aim to play to the outside player at the opposite end. Outside players can not play direct to each other.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Forward Passing</li> <li>- Getting players to receive on the half turn</li> <li>- Creating angles</li> <li>- Player rotation</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>To integrate passing in relation to the positional play of the 4-3-3 system.</p> <p>1) x1 passes to x2 who turns and pass to x3, x3 then dribbles back to start position. (Alternate sides)</p> <p>2) x1 passes to x2 who sets for x1 to play long into x3. X3 then plays a 1-2 with x2 and then dribbles back to start.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Speed of pass</li> <li>- Direction of pass</li> <li>- Angle of pass</li> <li>- Face to face</li> <li>- Timing of run</li> <li>- 1<sup>st</sup> touch/control</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>To integrate passing in relation to the positional play of the 4-3-3 system.</p> <p>1) x1 passes to x2 who then passes to x3. x3 then dribbles back to the start.</p> <p>2) x1 passes to x2 who passes to x4. x4 then passes to x3 who passes to x5. x5 passes to x6 and then x6 dribbles.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Speed of pass</li> <li>- Direction of pass</li> <li>- Angle of pass</li> <li>- Face to face</li> <li>- Timing of run</li> <li>- 1<sup>st</sup> touch/control</li> </ul>

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Drill 4	Drill 5	Drill 6
<p><b>Rules / Objectives:</b> Directional game. 4v4 with 2 neutral players which makes it 6v4 when is possession. X's aim to score in the goals marked 'x', O's aim to score in the goals marked 'O'.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Making use of extra players</li> <li>- Creating passing options</li> <li>- Creating scoring opportunities</li> <li>- Keeping good possession</li> <li>- Forward Passing / Receive on half-turn</li> </ul>	<p><b>Rules / Objectives:</b> Possession game. 5v2 in the area to start with, then after every 30 seconds a new defender will come in from the outside. Get players to make the most of possession when its overloaded and be prepared to protect the ball as more defenders are introduced.</p> <p>0.00 - 5v2 (2 touch)    1.00 - 5v4 0.30 - 5v3 (3 touch)    1.30 - 5v5</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Keeping good possession</li> <li>- Creating angles</li> <li>- Protecting the ball / Strength on the ball</li> </ul>	<p><b>Rules / Objectives:</b> 10v10 in 30x50 playing area, each player is given a number. Coach calls 4 numbers from one team (e.g blue 1,2,3,4), those players have to leave the pitch and sprint around a pole on the outside leaving a 10v6 in the area until the 4 players return. Keep possession in 10v10 situation but change the tempo and make the most of the 10v6 situation.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Keeping Possession / Patience</li> <li>- Change of tempo</li> <li>- Attacking options (think counter attack)</li> <li>- Decision Making</li> </ul>

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Drill 7	Drill 8	Drill 9
<p><b>Rules / Objectives:</b> 8v8 in playing area with 1 neutral player (full back) on each side. Any of the 3 goals can be scored in. Encourage players to switch the play by using the neutral players (full backs) to create goal scoring opportunities.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Switching the play (When &amp; when not to)</li> <li>- Use of full backs</li> <li>- Creating attacking options</li> <li>- Decision Making</li> </ul>	<p><b>Rules / Objectives:</b> 4v4 in playing area with 2 unopposed wide men. Encourage creative attacking play in central areas and involve wide men to create an overload and to get crosses in. Work on positional play in relation to 4-3-3 system.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Forward passing</li> <li>- Rotation of midfield 3 (Related to 4-3-3)</li> <li>- creating passing options/angles</li> <li>- Creativity</li> <li>- Crossing &amp; Finishing</li> </ul>	<p><b>Rules / Objectives:</b> The playing area is split into 4 grids, with a 1v1 in each of them. 2 neutral players can join the 1v1 to make a 3v1 and at least 5 passes has to be made, after the 8 passes the ball gets transferred to a different grid where the player must protect the ball until the 2 neutrals join him.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Protecting/shielding the ball</li> <li>- Strength on the ball</li> <li>- Creating angles/options</li> <li>- Quality passing &amp; possession</li> </ul>

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Drill 10	Drill 11	Drill 12
		<p>* Give each attacker a number (1-4)</p>
<p><b>Rules / Objectives:</b>            4v4 in main playing area keeping possession. A point is scored by playing a wall pass with one of the outside men in the same colour. The Yellow players on the outside can be pressed from behind and the blue players can be pressed from the front, then eventually swap zones so that the yellows are being pressed from the front etc.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Creating angles / Passing options</li> <li>- Angle of pass</li> <li>- Decision making</li> <li>- Patience in possession</li> </ul>	<p><b>Rules / Objectives:</b>            Multi purpose function/drill. 1<sup>st</sup> FB plays to CF who sets him for a long run &amp; cross to near post. 2<sup>nd</sup> FB does a ladder,header,wall pass, volley and then hurdles before crossing to the far post. The CF sets the full back then spins - has a long shot, then meets cross at near post, then receives cross coming to back post.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- <i>Intense</i> but <u>quality</u> work (Physical &amp; technical)</li> <li>- Timing of runs &amp; deliveries</li> <li>- Crossing &amp; finishing</li> </ul>	<p><b>Rules / Objectives:</b>            Four crossers positioned out wide,each given a number(1-4). Players make the box 1 at a time, and are also given a number therefore they know what angle they are receiving the cross from.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Timing of run</li> <li>- Quality of cross</li> <li>- Finishing / Eye on the ball</li> </ul>

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Drill 13	Drill 14	Drill 15
<p style="text-align: center;"><b>Diamond Passing Drill</b></p>		<p>Start ① </p> <p>Start ② GK catches and plays to full back. After 5 passes CH plays long &amp; switches play.</p>
<p><b>Rules / Objectives:</b></p> <p>2 balls go around the diamond. Players on the side make a run/movement to determine the type of pass played by the top &amp; bottom players (i.e come short to go long etc). Progress with overlaps, sets etc.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Weight of Pass</li> <li>- Direction/angle of pass</li> <li>- First touch</li> <li>- Getting head up / awareness of runs</li> <li>- Tempo</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>Crossing &amp; finishing drill. GK plays out to wide man who gets the ball down the line delivers a cross for 2 front men. Working down both sides of the pitch. Progress by giving wide men variations of movement (i.e overlaps, out of feet and cross, get to touch line).</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- First touch of wide men</li> <li>- Quality &amp; type of delivery</li> <li>- Movement of front men</li> <li>- Finishing</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>1) 'Playing out from the back' function. Coach clips ball into GK whilst players are compact.          2) Players then spread out into shape and after the GK plays to full back they make 5 passes before hitting long diag to coach. Work in relation to 4-3-3 or 4-4(diamond)-2  <i>(Add any of your progressions/variations)</i></p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Shape - Ready to play and get out</li> <li>- CH's split, FB high &amp; wide</li> <li>- Passing options (in relation to shape)</li> <li>- Quality of pass (speed,weight)</li> <li>- High tempo, full width of pitch</li> </ul>

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Drill 16	Drill 17	Drill 18
<p><b>Rules / Objectives:</b></p> <p>Figure of 8 practice playing to our numbers in the system. 2 balls at once, down same side of the pitch. Play from 4 to 5, through 6 and finish with the wide man delivering for front man. Progressions:</p> <ol style="list-style-type: none"> <li>As above but when 8 receives the ball he now passes to 9, who then sets to 11.</li> <li>When 6 receives ball, 11 comes in field and as 6 plays to 8 11 calls 'over'. 11 then plays to 9 who in turn sets 8. 11 spins outfield to receive from 8.</li> </ol> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Correct distances relevant to shape and pitch size</li> <li>- Weight of pass</li> <li>- Quality of first touch</li> <li>- Early movement / sideways on to receive</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>In pairs(2 lines). Order of drill; ladder, barge, bounding through hoops, header, barge, wall pass with coach, turn &amp; spin.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- High Intensity but <b>Quality</b> work</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>In pairs(2 lines). Order of drill; lateral hurdles (left to right), 360 around pole, wall pass, forward/backward jockeying through poles, lateral hurdles (right to left), volley/head (coach serving), turn and sprint.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- High Intensity but <b>Quality</b> work</li> </ul>

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Drill 19	Drill 20	Drill 21
<p><b>Rules / Objectives:</b>                      Creating space to receive the ball. 10/9 makes movement amongst mannequins to get free and receive the ball from 8. He then gets on the half turn and plays it into the path of 2 who dribbles and joins the back of the queue. Repeat down both sides. All players follow their pass.</p> <p>Variation: 9/10 sets the midfielder to play a long diagonal ball into path of full back.  <i>(Numbers depend on system played)</i></p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Movement to create space</li> <li>- Getting on half turn</li> <li>- Weight of pass</li> <li>- 1<sup>st</sup> touch / Control</li> </ul>	<p><b>Rules / Objectives:</b>                      8v8. The hole playing area is gridded. Players must not pass to a player in the same channel as them (horizontally or vertically, see diagram:  = good pass,  bad pass).</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Correct lines of pass</li> <li>- No straight / square passes</li> <li>- Movement to create good angles to receive the ball</li> <li>- Choice of pass (to feet or space)</li> </ul>	<p><b>Rules / Objectives:</b>                      5v5 in main playing area with 2 unopposed neutral full backs in outside channels. Teams can only score by playing someone in to get the ball <b>under control</b> in the end zone. Players can not dribble in themselves, or arrive before the ball (offside rule applies).</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Forward runs</li> <li>- Timing of runs</li> <li>- Creating space for others to exploit</li> <li>- Forward passes</li> <li>- Quality passing &amp; control</li> </ul>



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Drill 25	Drill 26	Drill 27
<p><b>Rules / Objectives:</b>                      Link up play to include space-making &amp; switching of play                      Server (S) plays longer pass to x1 (who moves away to show), x1 performs space making skill and plays a short give &amp; go with x3. x1 now looks up and plays a deep give &amp; go with x2. x1 plays back into server, x1 &amp; x2 rotate. Repeat other side x3 &amp; x4.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Weight, accuracy &amp; control of passes</li> <li>- Variation of space making skills</li> <li>- Ability to play 1-2's with inside &amp; outside of both feet.</li> <li>- Rotation of players</li> </ul>	<p><b>Rules / Objectives:</b>                      Link up play to include space-making &amp; switching of play                      Server plays into x1 (makes space). X1 then plays into x3 who plays a deep pass into x2. x1 supports x2 and receives a pass into space. Play ball back to server. X1 &amp; x2 rotate. Repeat other side with x3 &amp; x4.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Weight, accuracy &amp; control of passes</li> <li>- Variation of space making skills</li> <li>- Ability to play 1-2's with inside &amp; outside of both feet.</li> <li>- Rotation of players</li> </ul>	<p><b>Rules / Objectives:</b>                      Shadow play to include link up play, switching of play &amp; space making in a 4-3-3.                      Start with 9 playing out to seven, give and go with 8 then play into 2. Play through 3 and 4 to get to 5 and then plays into 6. 6 plays into 10 who sets 8 to play out to 11.                      Back into 9 or attack on goal.                      Lots of variations.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Weight, accuracy &amp; control of passes</li> <li>- Variation of space making skills</li> <li>- Ability to play 1-2's with inside &amp; outside of both feet.</li> <li>- Rotation of players</li> </ul>

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Drill 28	Drill 29	Drill 30
<p><b>Rules / Objectives:</b> Coach to improve decision making. 3v3 in a 20x20 area with one player playing for the team in possession. Players must focus on using the points shown in the key factors to successfully keep possession. If a player loses possession despite having the chance to demonstrate one of these factors, he will be substituted.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Shielding the ball</li> <li>- Don't force the play</li> <li>- First touch</li> <li>- Creating space</li> </ul>	<p><b>Rules / Objectives:</b> 30x10 area divided in 3 zones. 2v1 in each zone, attacking plays can go into any zone as long as there is no more than 2 players in one zone at any time. Defenders must stay in there zones. The target is to play through all the zones and work from end to end keeping the ball.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Rotation of players</li> <li>- Quality passing &amp; possession</li> <li>- Concentration</li> </ul>	<p><b>Rules / Objectives:</b> 3 teams of 4 all playing at once. 2 teams keep possession making and 8v4. The team defending is determined by who gives the ball away.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Quality passing &amp; possession</li> <li>- Making use of extra players</li> </ul>

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Drill 31	Drill 32	Drill 33
<p style="text-align: center;">Box A</p> <p style="text-align: center;">Box B</p>	<p style="text-align: right;">Offside Line</p> <p style="text-align: center;">← 25 →</p> <p style="text-align: right;">↑ 15 ↓</p>	<p style="text-align: left;">5m →</p> <p style="text-align: right;">↓ 25m</p>
<p><b>Rules / Objectives:</b></p> <p>The pitch is split into 2 playing areas with 4 attacking players in each box. Start with 4v2 in box A, where the players have to make 5 passes before transferring the ball to box B. As the ball is transferred the 2 new defenders who were waiting in the rest zone enter box B. After 5 passes switch again.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Creating angles / Passing options</li> <li>- Quality Passing and control</li> <li>- Keeping the ball</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>Quick play in and around the box. 5 attackers play against the back 4 in the area shown. The tight area encourages quick play in and around the penalty area.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- 1 touch / High tempo</li> <li>- Movement / Creating space</li> <li>- Link up play (Overlaps, Jacks, takes etc)</li> <li>- Creating chances to score</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>Coach to Improve Defensive &amp; Offensive Transition play. The playing area is split into 2 halves with 3v2 in each half. The 3 attackers aim to score against the 2 defenders, when they score all 3 players must quickly retreat to the centre circle as shown. Now the 2 players that were originally defending have to get the ball into their 3 attacking plays in the opposite half who must score against the 2 defenders.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Quick retreat &amp; re-organisation</li> <li>- Understanding of roles in transition period</li> </ul>

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Drill 34	Drill 35	Drill 36
<p><b>Rules / Objectives:</b></p> <p>6v6 in the middle zone of the pitch. After a team has made 2 passes they look to play a ball into the final third for an attacking player to get onto. The player has a maximum of 2 touches to score.</p> <p>Progression: Same rules apply but this time 2 attackers and one defender make the final third but the attackers can only score with a 1 touch finish.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Forward Passing</li> <li>- Timing of runs</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>Recovery Session. 1 Player stands on each cone placed in a 10x10 square. One ball is passed in a figure of 8 with each player jogging to the next cone after they have passed the ball. When a player completes gets all the way around the square they go through the ladder or hoops (one foot in each) to get across to the next square.</p> <ul style="list-style-type: none"> <li>- 4 Repetitions</li> </ul> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Recovery</li> <li>- Intensity 70%</li> <li>- 3/4 Pace</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>Strength Session. Two players face each other in 'mirror' boxes. Player nearest to goal (a) leads to touch any of the 4 cones. Opposite player (b) attempts to mirror his movement and touch respective cones. This is repeated 4 times at a 1:1 ratio. On the whistle both players sprint around the poles to a ball which creates a 1v1 with player A trying to score. (Can perform mirror section with a ball)</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- High Intensity 90%-100%</li> <li>- High level acceleration &amp; deceleration</li> <li>- Eccentric loading improves football specific strength</li> </ul>

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Drill 37	Drill 38	Drill 39
<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>
<p><b>Rules / Objectives:</b>  <b>Resistance / Technical Practice</b>                      The practice starts by x1 and y1 having a touch out of feet and playing diagonally at the same time. When y1 receives the pass he plays straight down the line to x4. x4 then dribbles the length of the area and has a shot at goal. Both sides work at the same time, all players follow their pass.</p> <p><b>Key Factors:</b>                      - High Intensity but Quality work</p>	<p><b>Rules / Objectives:</b>  <b>Resistance / Technical Practice</b>                      The practice starts by x1 and y1 having a touch out of feet and playing diagonally at the same time. When x1 receives the pass he plays straight up the line to y4. y4 sets for x1 to run onto and shoot, while y4 makes a long run to join the opposite line. Both sides work at the same time, all players follow their pass.</p> <p><b>Key Factors:</b>                      - High Intensity but Quality work</p>	<p><b>Rules / Objectives:</b>  <b>Resistance / Technical Practice</b>                      The practice starts by x1 and y1 having a touch out of feet and playing diagonally at the same time. When y1 receives the pass he plays straight down the line to x4 who sets the ball wide for y1 to run onto and cross. As soon as x4 sets, he makes a run get on the end of the cross at the opposite end. Y1's cross will be met by y4. Both sides work at the same time, all players follow their pass.</p> <p><b>Key Factors:</b>                      - High Intensity but Quality work</p>