

East York Soccer Club

Soccer Drills

Topic	Level	# Players	Progression	Description
				Level: 1 - Beginner 2 - Intermediate 3 - Advanced # Players: Minimum or optimum # of players for simplest drill in the set Progression: Topic contains a series of drills progressing in complexity
Theory				
Principles Of Attacking Play	1			Principles used to create goal-scoring opportunities
Principles Of Counter Attacking	1			Coaching principles for developing a counter attacking style of play
Principles Of Defensive Play	1			Coaching principles for defending
Principles Of Pressing	1			Coaching principles for developing a pressing style of play
Techniques For A Defender	1			Techniques vital for success as a defender
Techniques For A Forward	1			Techniques vital for success as a forward
Techniques For A Midfielder	1			Techniques vital for success as a midfielder
The 3-5-2 Formation	2			Theory of 3-5-2 formation
The 4-4-2 Formation	2			Theory of 4-4-2 formation
The 4-5-1 Formation	2			Theory of 4-5-1 formation
Books				
10 Tips For Successful Season	1			Coaching tips for all levels
27 Ways To Run A Soccer Session	1			Coaching considerations for running a team
Fun Soccer Games For 5 To 8 Year Olds	1			Fun games for training
Successful Corners	2			Attacking and defendings corners
Attacking				
1 v 1 Stand Off	1	4		Players compete in a 1 v 1 battle for possession of the ball with support from keeper
3 v 3 +2 To Goal	3	12		Shooting, crossing, heading
3 v 3 Shooting In The Box	2	12		Players play 3V3. First team to score stays on
Attacking - Fast Break	1	14	Y	Warm Up progressing to 3 v 3
Attacking from the Transitional Moment	1	16	Y	To encourage players to attack quickly upon winning possession of the ball
Attacking Incorporating the Goalkeepers	1	20	Y	Attacking Progression Incorporating the Goalkeepers
Attacking With Numbers	2	10		Crossing and Finishing

Breakaway Finishing	1	2		Finishing in breakaway situations 1 v 1 with the goalkeeper
Breakaways With Recovering Defender	1	2		Finishing in breakaway situations 1 v 1 with the goalkeeper with ball recovery
Combination Play #1	1	7		Finishing, passing, combination play
Combination Play #2	2	8		Finishing, passing, combination play with a defender
Counter Attacking Progression	2	6	Y	Warm up progressing to possession play with transitioning from defense to offense
Crash The Box	1	6		One touch finishing from early crosses into the box
Crossing And Finishing	3	11		Finishing with the head, volley, and half volley
Exchange Turn, And Shoot	2	6		Technical finishing, turning, dribbling at speed
Half Field 1 V 1	1	6		Finishing, ball winning, dribbling at speed
Half Field Shooting Game	1	3		Technical shooting, change of pace and direction
High Ball Plyometrics	1	6		Finishing, technical turning, dribbling at speed
Left Behind	1	6		Shooting accuracy, striking a dead ball
Overlap And Three Runs In	3	6		Crossing and Finishing
Overlapping Fullbacks	2	6	Y	Fullback overlap run to create opportunities to attack
Rapid 2 v 1 To Goal	2	7		Quick, direct attacking play. Will develop an attitude to "go for goal"
Shooting Race	1	6		Finishing, technical turning, dribbling at speed
Speed Dribbling	1	5		Beating an opponent - dribbling for penetration
Team Crossing Exercise	3	6		Basic pattern play resulting in crossing and finishing
Turn And Shoot	1	6		Finishing, technical turning, quick release
Ball Control				
1 v 1 Stay With Me	1	2		Quick changes of direction, use of feints
Beat the Clock	1	1		Dribbling
Constant Changes	1	10		Warm-up, Dribbling, Passing and Moving
Constant Dribble	3	8		Develop dribbling skills, and ability to cut the ball
Create and Exploit Space	1	3	Y	Movement Off the Ball to Create and Exploit Space
Cut The Ball	1	6		Dribbling, quick changes of direction and running with the ball at speed
Random Speed Dribbling	1	3		Develop dribbling skills, vision, and ability to accelerate into space
Team Relay	1	4		Running with the ball at speed
Defending				
Defending In Fours	3	9	Y	Defend and press to regain possession
Defending In Small Numbers	2	7	Y	Defending transition to attack
Defending Off The Front Foot	2	3	Y	Progression defending to beat forward to the pass
Flat Back Four	2	14	Y	Back 4 defending as a team
Low Pressure Defending	3	14		Retreat to an area of the field to hold the line and meet the opposition
Midfield Defending	2	16	Y	Progression defending one on one to defending through pass
Zonal Defending Principles	2	6	Y	Progression from defending in pairs to defending in a zonal organization
Zonal Defending	3	8	Y	Progression teaching zonal defending as a unit

Dribbling				
3 v 3 For Penetration	2	6		Dribbling for possession and penetration
6 v 6 Team Penetration	2	12		Dribbling for possession and penetration
Attack The Front Foot	2	2		Attacking the front foot to keep the defender off balance
Be Direct, Go For Goal	3	14		Dribbling for penetration, developing an attacking mentality
In And Out #1	1	6		Dribbling at speed, change of direction, passing
In And Out #2	2	6		Dribbling at speed, passing
In And Out #3	2	6		Dribbling at speed, change of direction, timing of runs, passing
Take A Chance	2	6		3 v 3 battle for possession and penetration with support from the keeper
Two In, Two Out	1	4		Dribbling, feinting and running with the ball at speed
Use Your Moves	1	3		Dribbling 1 v 1 to gain chance at shot on goal
Wheel In And Out	1	8		Dribbling, turning and running with the ball at speed
Goalkeeper				
Crossing & Finishing	3	18	Y	Progression of team attacks with crosses to develop saving and distribution
Dealing With Breakaways	1	2	Y	Progression of Goalkeeper drills to improve mobility, footwork, defending, 1 on 1
Distribution 1	3	4		Dealing with crosses, distributing with hands and feet, receiving back-passes
Distribution 2	3	12		Develop good distribution and improve the ability to deal with back passes
Preparation For Tournament	1	4	Y	Progression to prepare the goalkeepers to deal with shots from all angles
Training World Class Goalkeepers	1	3	Y	Progression to develop lateral movement and one-touch passing
USSF C License Session	3	14	Y	Progression of team attacks to develop saving and distribution
Passing				
3 Man Technical Passing	2	3		Sharp one-touches, laying balls off
4 Man Technical Passing	3	4		Sharp one-touches, laying balls off
8 v 4 Keep Away	2	12		8 v 4 possession game to develop passing, angles of support, defending
8 v 4 With Defensive Scoring	3	12		8 v 4 possession game to develop passing, angles of support, defending as a unit
Check And Move	1	4		1 v 1 drill creating space to receive ball, dribbling to beat an opponent
Fast Lane	1	5		4 man team relay race to develop dribbling and passing
Hit The Target Man 1	2	3		Encourage players to come forward to receive return pass, turn
Hit the Target Man 2	2	3		Laying balls off, supporting at an angle, passing, turning
Increase Team Speed Of Play 1	2	8	Y	Progression to increase speed of play and possession under pressure
Increase Team Speed Of Play 2	3	10	Y	Progression of games to increase speed of play and possession under pressure
Increase Team Speed Of Play 3	2	8	Y	Progression of games to increase speed of play and possession under pressure
Numbers Possession	1	6		Team possession game
Pass And Move 1	1	4		Laying balls off, passing
Pass And Move 2	1	4		Laying balls off, passing
Passing Progression - High Tempo	2	5	Y	Passing progression to develop team speed

Possession Play Progression	2	10	Y	Passing progression to develop team possession
Preseason Passing Progression	2	8	Y	Series of drills for fitness
Shoot The Box	1	6		Passing to set up a shooting opportunity on a keeper
Team Technical Passing 1	2	8		Give and go to encourage laying balls off, accurate passing
Team Technical Passing 2	3	8		Give and go to encourage laying balls off, one-touch passing
Technical Pass And Move	3	6		Give and go to encourage laying balls off, one-touch passing, angles of support
Triangular Passing And Receiving	1	4		Develop a players touch, instep drive and inside the foot passing
Team Play				
3 v 3 Pass It Finish It	1	6		3 v 3 game to develop passing & receiving, finishing
4 v 4 v 4	2	12		8 v 4 game to develop passing, transition and defending as a unit
Building Out Of The Back	3	8	Y	Progression to develop building play out of the back
Develop Quick Attacking Play	2	14	Y	Progression of games to develop team play
Near And Far Side Overlapping	3	16	Y	Progression of games to develop fullback overlapping
Pressure In The Attacking Third	3	10	Y	Progression of games to develop team pressure in the attacking zone
Quick Transition Into Attack 2	3	10	Y	Progression to win possession in midfield and transitioning quickly to support the attack
Quick Transition Into Attack	2	16	Y	Progression to encourage players to attack quickly upon winning possession of the ball
Quick Transitional Directional Play	2	12	Y	Progression of games to improve speed of decision making
Six Goal Game 1	3	12		Develop timing of runs, possession in the attacking and middle third
Six Goal Game 2	3	14		Develop timing of runs, possession in the attacking and middle third
Small Sided Games Progression	2	12	Y	Progression of games to develop team possession, passing and quick ball movement
Specific Peripheral Vision Training	3	12	Y	Progression to improve game awareness of individuals within a team concept
Team Duel	1	12		Small-sided game to develop all around soccer skills and team play
Transition Directional Target Game	3	12	Y	Progression of possession games to develop movement off the ball
Transition Play	2	7	Y	Progression of possession games to develop transition play
Vision, Awareness, Quick Thinking	3	12	Y	Progression of possession games to develop awareness and team speed
Wing Play	3	14		Small sided game to develop wing play
Techniques				
Awareness Coaching Method	2	12	Y	Coaching method includes a progression of drills from warm-up to game situation
Dramatically Improve Your Passing	2	4	Y	Progression of drills to develop one-touch passing