



Developmental Skills

Michael M. Hensley • Technical Skills Trainer • 505-770-6038



*Some are born with talent... but talent isn't enough.
Practice makes perfect, long painful runs, endless hours with a ball, these are what ultimately set you apart,
you may be good but it takes training to be great!*

The more technical skills a player has, the more the individual will be able to contribute to the whole of the team. A highly skilled player should have the confidence to handle any difficult situation that may arise. As with all elite players, every young athlete should always strive in various situations to use techniques that will achieve the best possible results, so that tactical insight develops to the fullest possible extent.

Beginning with the first training session, positive habits, such as a sporting attitude, self-discipline, independence, and initiative should be encouraged. The promotion of these ideals can have a profound influence on young players. Even those who are not especially gifted will practice with a ball on their own or with a friend for long periods as long as they are encouraged and stimulated. The more successful they are with the ball, the more involved they become with soccer. You will soon see their general self-confidence improve as well.

Individual athletes will progress at different rates, some, will master techniques faster than others. However, those who are not so gifted, and who have to practice more, will develop the discipline to practice on a regular basis. Anyone who fosters this ideal of individual self improvement can go along way in soccer and gain a great deal of enjoyment and satisfaction in playing the most popular sport in the world.

The future of soccer depends on imaginative and effective play. In order to produce exciting, skillful players, who are attack-minded, skills and attitudes must be learned at a young age through constant repetition. There are essentially four stages to developing outstanding soccer performance, (1) learning all aspects of ball control, (2) becoming as effective and as skillful as possible in the many different one-on-one situations, (3) beating opponents either individually or with the help of other players in order to create and score more goals, and last but not least, (4) finishing on goal.

Ball Feeling: Most of the world's greatest players developed their skills as children, by constantly playing soccer and by being in contact with the ball for hours at a time. They have acquired the same feeling in their feet as successful basketball players have, in their hands, for a basketball. The foundation of these skills, "ball feeling," can only be acquired through repeatedly touching the ball. A few touches each practice session or in games is not enough to produce ball feeling and confidence with a ball.

Good coordination in soccer, as in other sports, is very important. Here, the many different practices with a ball are divided into two categories. The first is developing a "feeling" for the ball at the earliest possible age. The second consists of those "movements" with the ball used by top professional athletes in real match situations against opposition. Exercises can be developed for very young players and should be introduced as early as possible.

Tactics-based methods and a primary focus on "getting off the ball" for ages ten and under will greatly stunt the individual development in these young athletes at an age where experimentation & creativity should be the standard. Young athletes should be encouraged to be "on the ball" in the interest of development. When these skills are fully developed and combination play is introduced the ability to hang on to the ball in pressure situations, will greatly contribute to the overall development of the team unit. Most of the "ball feeling" exercises are suitable for young players to practice on their own, a fun kind of homework. The first steps will, of course be difficult but, with encouragement and practice, young players will improve and acquire a natural feel for the ball. Then, the more skillful they become, the more fun they will derive from the game.



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Again, constant repetition is the key to ball control. Using both feet is essential. Young players have tremendous energy and a thirst for knowledge. As long as the coach is imaginative and encouraging, these repetitive exercises will be the key to improvement. The designated skills are to be done slowly at the start and then each exercise or movement is gradually brought up to speed.

One-On-One Development: The “moves” of the great players of soccer form the basis of all the initial exercises. All the moves have one thing in common; they are used to beat players one-on-one. In one-on-one situations, good dribbling skills, and ball control are essential if effective attacking players are to be produced. These moves are not only useful in game situations, they also improve general body coordination and flexibility; this can also help prevent injuries. All the moves should be learned with limited opposition, so repetition is uninterrupted. Then opposition is gradually introduced until there is full pressure on the player with the ball.

There are many moves; young players will soon select their favorites. It is essential, however, that young players practice all of the skills that they have learned and that they are encouraged to do it in small match situations. Ultimately, skills must be used under one hundred percent pressure to be successful.

Technical skills are easier to teach to player’s age ten and under. After this age, it becomes progressively more difficult to teach what should be done spontaneously in games. Young players throw caution to the wind, while older players are largely influenced by what is safe or not.

One-on-one play is possibly the least practiced skill in soccer, strange, when it is the skill most possessed by all of the world’s best players. Not only is it wonderful to watch a player outwit an opponent with skillful play, but it is also a way of creating more space and time for the player and the team.

Team Possession: Getting possession of the ball and keeping it is an important part of soccer. Players with good ball-control and dribbling skills have the ability to keep possession of the ball and to play attractive, exciting, attacking soccer. The emphasis on technique is for all players; defenders also will improve by practicing the very skills that they will find themselves defending against. They will appreciate what needs to be done to defend against skillful players. They will also learn that if they become more skillful with the ball, they too, will contribute to keeping possession and playing attacking soccer.

- **Combination Play:** Once individual players have learned the individual moves, they are encouraged to combine with teammates to beat opponents. One two’s and overlaps are taught. Above all, young players appreciate that individual moves give them an option, either beating opponents individually or in combination with teammates. With these options they will become more valuable to the team. It is recommended that exercises for practicing combination & or possession oriented games be played with a distinct numerical advantage, so young players have a clear picture of the value of combining with each other. Once ball feeling is acquired, by practicing the moves and ball exercises, you will see that players kicking, passing, and receiving abilities will improve dramatically. Receiving the ball well is crucial to creating more time and space.



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- **Creating Chances and Finishing:** Once players become more skillful, especially in one-on-one situations, more goal scoring chances will be created. Certainly, the higher the level a player reaches, the less time and space will be available. The better the control, the more goal scoring chances there will be.
- **Heading:** Heading of the ball is not recommended age 10 and younger. Once players are over ten years of age, heading exercises can be introduced. Again, repetition is important. In most of the heading exercises, jumping and bounding are key. Not only do they improve the power and accuracy of heading, but also they have the added benefit of improving the acceleration & strength in young players.
- **Shooting:** Repetition training is essential to improve shooting. At first, accuracy is all-important. Being able to shoot with both the right and left foot will be made easier by the earlier ball feeling exercises. Volleys, half volleys, ground shots...one thing is certain young players love nothing more than shooting on goal. Can you imagine playing basketball without a goal to shoot in? Just as in basketball shooting needs to be worked on in every session during your soccer training.
- **Games:** To maximize the number of touches, small sided games are crucial, three on three or four on four are essential for player development. The games can be conditional, for example; before a shot on goal there must be a move or an overlap, or a certain number of passes. Restrictions should have age and skill considerations.
- **Young players should be encouraged to be creative; playing with flair and initiative is essential for the developmental growth in these young athletes. These qualities are not only important in soccer but in society as a whole.**



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Juggling

Juggling will not make you a great player, but all great soccer players can juggle extremely well.

Juggling in soccer is the art of using your body to keep the ball in the air without the use of your hands. A player uses his/her feet, thighs, shoulders, and head to control the ball. Juggling is an essential skill. It will make you more comfortable with the ball as well as develop your touch and control. The development of this skill will give any player the confidence and ability to see the field and control the ball at the same time. Good jugglers develop a natural instinct for controlling the ball with any part of their body and setting it up for the next touch. This skill is invaluable during a game when a player is under pressure from an opponent. Whether a ball is passed on the ground or in the air, a good player should be able to bring it under control and direct it away from the defender.

Juggling should be introduced at the earliest possible age. Juggling initially can be very discouraging, but with persistence youngsters will soon see both their improvement and their confidence grow. Being able to practice this skill nearly anywhere, juggling will then become both fun and challenging. Begin by having the youngsters drop the ball on the laces of their shoe and kick it back to their hands. Have them drop the ball on their thigh and direct it back to their hands. Have the player's kick the ball up so that when it falls it drops on their shoelaces. To practice stalling the ball, bounce the ball on the ground and catch it with the laces of the shoe. Do these drills with both feet so they can learn to use their left and right foot equally well, this is an invaluable skill that also builds coordination.

Be realistic, 5-7 year olds may only be able to reach highs of 5-10 juggles all year. As a child improves, set achievable goals and measure their progress. Maybe start with five, then ten, then fifteen, and so forth. Keep a chart to show progress. Give rewards as the youngsters reach new levels. By the time a player is ten he/she should be able to get to a hundred and perhaps much higher if they are dedicated and practice on a regular basis.

If you are a parent/coach, juggling should be included as part of your warm up. Juggling can be practiced just about anywhere so encourage your child to juggle daily, just 15 minutes or more a day can improve development. Another fun way to improve juggling is by counting how many juggles a player can do in a specific amount of time (you can use, one, two or three minute time frames). The pressure of time, forces a player to move quickly when they lose the ball (record their progress).

As players progress, have them juggle with a partner. A player can juggle once or twice, and then pass the ball to their partner, who in turn juggles the ball and then passes it back. They can use any part of their body to juggle and to pass the ball back and forth. Juggling will help players learn how to control the ball on the ground and in the air. It will give them the confidence to maintain possession of the ball even when they are under tight pressure.

Most importantly have fun juggling, and remember the ball is your best friend!



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Ball Feeling

Emphasis: *Developing a Feeling for the Ball, Balance & Coordination*

(All exercises to be done with the right and left foot: Repetitions of 40 each.)

- Roll the Ball Forward and Backward Using the Sole of the Foot:
 - (Advanced: Do while hopping on the standing leg.)
- Inside, Outside Foot Roll: With the inside of the foot touching the ball and the sole of the foot on the ground, roll the inside of the foot over the ball, to the outside of the foot until the sole of the foot re-touches the ground.
- Roll the Ball Side to Side:
 - (Advanced: Do while hopping on the standing leg.)
- Pullback: Side to side across the body using the sole of the foot.
 - (Advanced: Two happy feet between movements.)
- Four Happy Feet Double Pullback:
- Two Lace Dribbles Pullback: (Left laces, left pullback: Right laces, right pullback.)
- Pullback: Feint a pass across body using the instep.
 - (Advanced: Two happy feet between movements.)
- Inside Cut: While standing over the ball, step on and cut with inside of the foot.
 - (Advanced: With a hop.)
 - (Advanced: Two happy feet, hop, double inside cut)
- Roll Back, Tap Forward: Alternate feet each time.
 - (Advanced: Do with a hop.)
- Circle Roll or Swivel: Roll in a circle using the forefoot, clockwise/counter clockwise.
- Two Inside Touches, Matthews:
- Two Inside Touches, Fake Matthews, Scissors:
- Two Inside Touches, Step Over:
- Two Inside Touches, Lunge:
- Push Out as if to Make an Instep Pass, Cut Behind the Standing Leg:
- Push Out as if to Make an Instep Pass, Conti:
- Pullback with a Cut Behind the Leg:
- Pullback with a Step Over:
- Step On, Drag Through:
- Helicopter, with Two Happy Feet:
- Roll it, Stop it, Tap it:
- Cruyff: Fake cross, cut with the inside of the foot behind the standing leg.
- Cruyff: Fake shot, cut with the outside of the foot. (Outside twist off)
- Cruyff: Fake shot; chop the ball in front of your body.

** U-8 (age 8 & under): Step On: With many balls. XXX ●-o-o-o-o-●

- ◆ Step on balls with the right foot, run past the cone, perform a somersault, return stepping on the balls with the left foot.



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Star Drill: Across The Box

Emphasis: *Accurate Technical Execution, Foot Speed*

Note: *All "Across the Box" exercises can be done in this formation*

➤ **Across The Box In A Star Examples:**

Curl Walk, Skipping:

Roll It, One Happy Feet, Roll It:

➤ **Sprint to Center Return to the Cone:**

➤ **Sprint to Center Move To Adjacent Cone:**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

➤ **Sprint to Center (pass, pass, pass) Return to the Cone**

➤ **Sprint to Center (pass, pass, pass) w/Adjacent Partner, Move To Adjacent Cone**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

➤ **Moves To Beat An Opponent In A Star** (see attached sheet for moves to beat an opponent)



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Moves To Beat An Opponent

Emphasis: *Accurate Technical Execution, Selling Your Feint, Exploding With Pace, Knowing When, Where, and Why*

- Lunge (Head and Shoulders):
- Double Lunge (Head and Shoulders):
- Scissors:
- Double Scissors:
- Step Over:
- Matthews:
- Fake Matthews' w/Scissors:
- Fake Matthews' w/Lunge:
- Scissors (right), Matthews (Left):
- Scissors (Left), Matthews (Right):
- Scissors, Helicopter:
- Roll It, Step Over:
- Roll It, Step Over Scissors:
- Roll It, Step Over Scissors, Double Scissors:
- Roll It, Step Over, Step Over:
- Step Over, Scissors:
- Step Over, Lunge:
- Step On, Drag Through:
- Step On, Drag Through, Scissors:
- Step Over, Helicopter:
- Helicopter:
- Step On, Drag Through, Matthews:
- Step On, Drag Through, Fake Matthews w/Scissors:
- Step On, Fake the Drop, Cruyff:
- Pass Around:
- Cut Behind The Leg: (Zig Zag pattern)



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Fast Footwork Through The Cones

Emphasis: *Accurate Technical Execution, Change Of Direction, Shielding the Ball from an Opponent, Balance & Coordination with a Ball*

- Front Step On:
- Reverse Step On:
- Inside Twist Off:
- Outside Twist Off:
- Helicopter:
- Pullback:
- Cut Behind The Leg:
- Pullback, With A Cut Behind The Leg: (right leg first, then left)
- Step Over, With A Pullback:
- Step Over, With A Turn:
- Chop:
- Conti:
- Side Roll: (Roll It, Stop It, Tap It)

** Clap Drill In a Star: (coach is to stand central)

- Matthews:
- Fake Matthews, With a Scissors:
- Scissors (right), Matthews (right):
- Scissors (left), Matthews (left):
- Scissors (right), Matthews (left):
- Scissors (left), Matthews (right):



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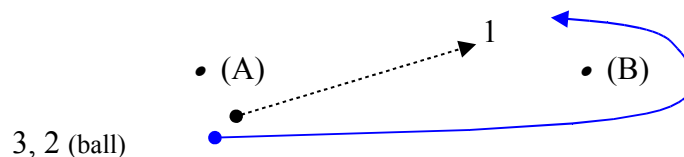
Warm Up

“As a coach, if you always make someone run through the forest, chances are all they will know how to do is run through the forest”.
This is great if your goal is to be a runner but not if you aspire to play soccer”.

Point of Emphasis

- **Develop Technique – Disguise Fitness!!** In an effort to maximize the quality of often limited practice time, it is essential that one place emphasis on technical development (especially with young athletes). In the event fitness is of concern, one should strive to creatively incorporate fitness into their technical exercises. It is advisable that fitness should **not** be included into a session at the expense of technical development.
- It goes without saying the greater number of touches one can include in an exercise the greater chance a young athlete will have of achieving success. Given a choice, young athletes will undoubtedly prefer to train with a ball.
- If one has mastered all elements of technical development then more of an emphasis on fitness and strength training can be incorporated.
- **Passers in a Line, One Touch Jogging with a ball**
 - Three players per group, one ball, two cones, place cones (10) meters apart
 - Clockwise using the right foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - Counter clockwise using the left foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - (1) lap per player = (20) meters, (20) laps per player = (400) meters, (40) laps per player = (800) meters
 - (2) touches per lap per player x (20) laps = (40) touches & (400) meters
 - (2) touches per lap per player x (40) laps = (80) touches & (800) meters
 - therefore (3) players x (40) laps per player = (240) touches & (800) meters
 - if you use (4) players x (40) laps = (320) touches & (800) meters

Note: You can have one group compete against another to see who can get to the set number of touches first. Example: if Team A consisting of three players can get to (240) touches in three minutes flat using their right foot & 3:05 with their left it would be the equivalent of each player on Team A running 1600 meters in 6:05. This is far more effective & certainly more fun for the players than just sending them off on a run. In addition to the conditioning your players will be developing a number of skills. While concentrating on the task at hand the young athletes will not realize how much they have just run. It is also important to note that the nature of this exercise allows the players to socialize to some extent. This aspect in many ways is far more beneficial to the development of the players than the actual conditioning or skill development.



- Player 2 at (A) starts with a ball.
- Player 1 at (A) jogs around (B) counter-clockwise.
- As player 1 approaches (B) player 2 passes the ball diagonally into the space where player 1 will run into when he or she rounds cone (B). (Note: it is important that the ball is played on the ground to the right foot).
- After player 2 passes into space for player 1, player 2 will then follow the same course as player 1.
- Player 1 after receiving the ball plays it back to player 3 at (A).
- Player 3 at (A) receives the ball from player 1 and plays it one time to player 2 who is now rounding (B).
- Repeat the sequence.



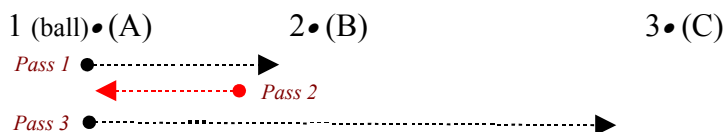
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- **Short, Short, Long**
- **Short, Short, Dummy-Long**
- **Short, Short, Short-Chip to Self (play long)**
- **Short, Short, Long-Chip w/chest control**

(Three players, one ball, three cones, place cones (10) meters apart - older players (15) meters apart)



- Player 1 at (A) starts with the ball and passes short to player 2 at (B).
- Player 2 at (B) returns the ball short to player 1 at (A) and then moves to (A).
- Player 1 at (A) now passes long to player 3 at (C), player then moves to (B).
- Player 3 at (C) passes short to 1 at (B).
- Player 1 at (B) returns the ball to player 3 at (C) then player 1 moves to (C).
- Player 3 at (C) passes long to player 2 at (A) then player 3 moves to (B).
- Repeat the sequence.



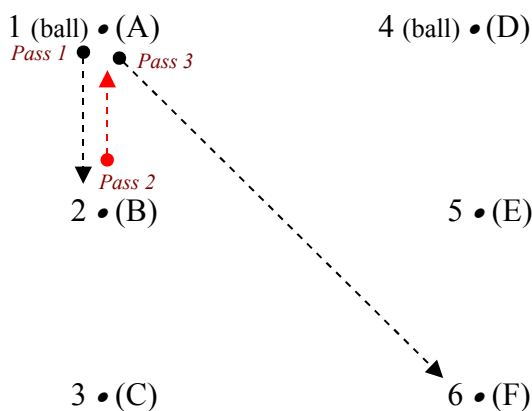
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- **Short, Short, Diagonal Long**
 - *Note: One complete revolution (12) touches*
- **Short, Short, Diagonal Short, Diagonal Long**
 - *Note: One complete revolution (14) touches*

(Six players, two balls, six cones)



- Player 1 at (A) and 4 at (D) start with a ball.
- Player 1 at (A) passes short to player 2 at (B).
- Simultaneously player 4 at (D) passes short to player 5 at (E).
- Player 2 at (B) returns the ball to player 1 at (A) then player 2 moves to (A).
- Simultaneously player 5 at (E) returns the ball to player 4 at (D) then player 5 moves to (D).
- Player 1 at (A) now makes a long diagonal pass to player 6 at (F) then player 1 at (A) moves to (B).
- Simultaneously player 4 at (D) makes a long diagonal pass to player 3 at (C) then player 4 at (D) moves to (E).
- Player 3 at (C) now passes short to player 1 at (B).
- Simultaneously player 6 at (F) passes short to player 4 at (E).
- Player 1 at (B) returns the ball to player 3 at (C) then player 1 moves to (C).
- Simultaneously player 4 at (E) returns the ball to player 6 at (F) then player 4 moves to (E).
- Player 3 at (C) now makes a long diagonal pass to player 5 at (D) then player 3 moves to (B).
- Simultaneously, player 6 at (F) makes a long diagonal pass to player 2 at (A) then player 6 moves to (E).
- Repeat the sequence.



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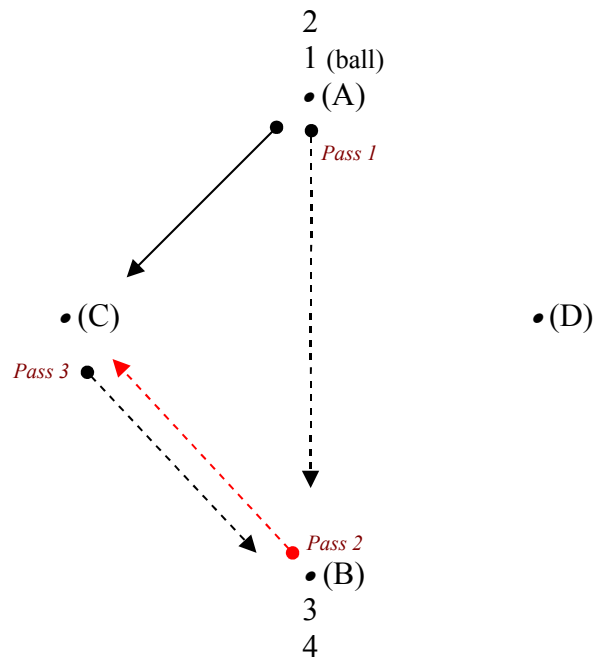
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➤ Diamond Drill: Long, Short, Short

○

(Four players, one ball, four cones)



- Player 1 at (A) passes long to player 3 at (B) and then moves off the ball to (C).
- Player 3 at (B) returns the ball to player 1 at (C).
- Player 1 at (C) now returns the ball to player 3 at (B) and moves to (B).
- Player 3 at (B) now passes long to player 2 at (A) and then moves off the ball to (D).
- Player 2 at (A) returns the ball to player 3 at (D).
- Player 3 at (D) now returns the ball to player 2 at (A) and then moves to (A).
- Repeat the sequence.



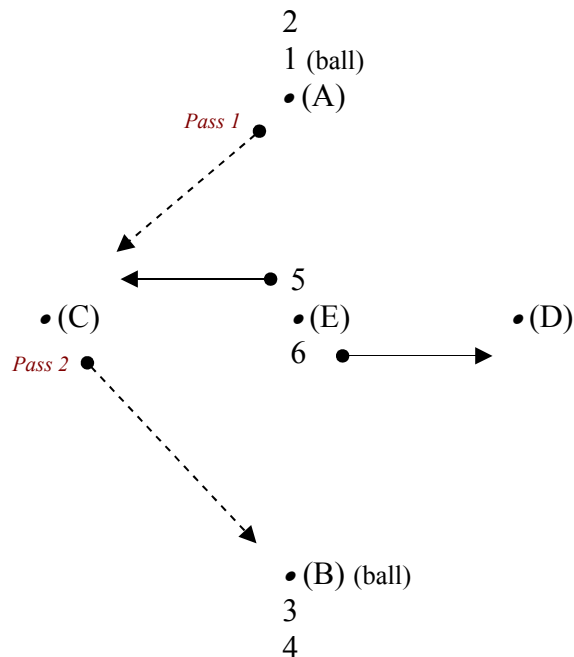
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- **Diamond Drill: Two Touch Shuffle**
- **Diamond Drill: One Touch**
- **Diamond Drill: Shoulder Jumps**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 5 at (C) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 4 at (B) with the left foot. After the pass player 1 moves to (B).
- Player 6 at (D) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 2 at (A) with the left foot. After the pass player 3 moves to (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



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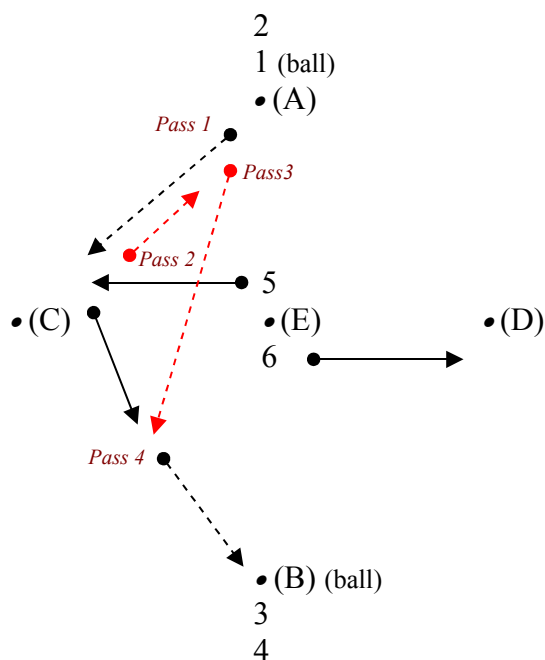
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➤ **Diamond Drill: Diagonal Short, Drop, Through**

- **Note: One complete revolution (8) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a through ball to player 5 who rolled off his defender and is moving toward (B).
- Player 5 receives the ball and sends it on to player 4 at (B).
- Simultaneously, Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a through ball to player 6 who rolled off his defender and is moving toward (A).
- Player 6 receives the ball and sends it on to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



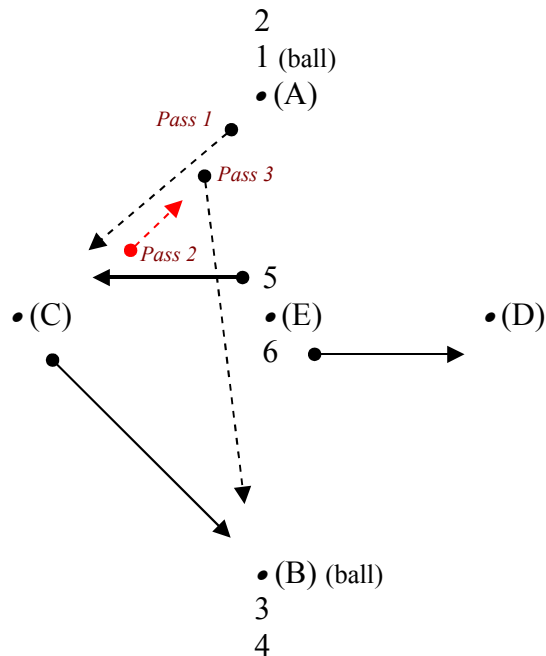
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- **Diamond Drill: Diagonal Short, Drop, Long**
 - **Note: One complete revolution (6) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A) rolls off an imaginary defender and moves to (B)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B) rolls off an imaginary defender and moves to (A)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



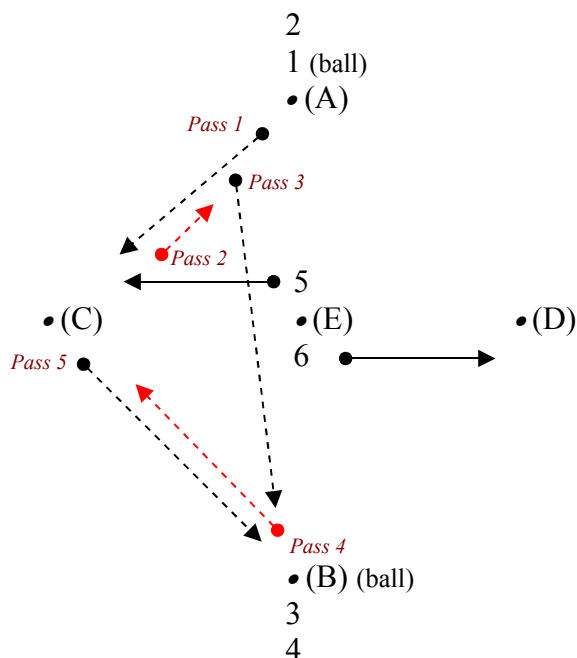
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- **Diamond Drill: Diagonal Short, Drop, Long, Drop, Back To**
- **Diamond Drill: Diagonal Short, Drop, Chip, Drop, Back To**
 - **Note: One complete revolution (10) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 4 at (B) drops the ball to player 5 at (C) who in turn plays it back to 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Player 2 at (A) drops the ball to player 6 at (D) who in turn plays it back to 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



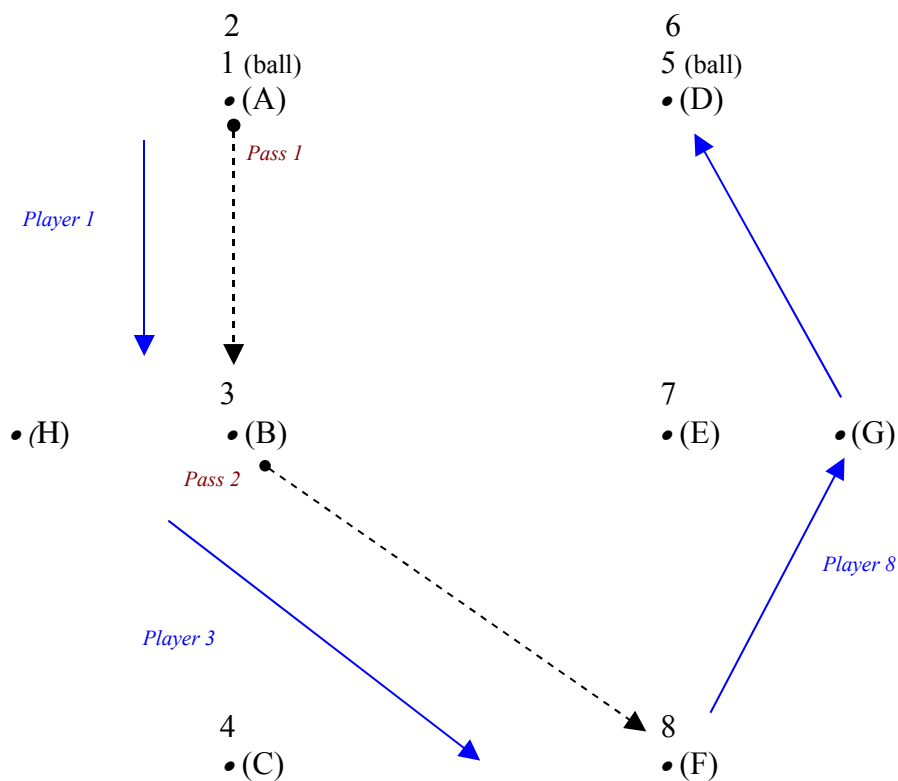
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➤ H Drill: Turning With A Ball, Passing & Dribbling

- Turn w/outside of the front foot / Returning Dribbler - Outside Twist Off
- Turn w/inside of the front foot / Returning Dribbler - Helicopter Turn
- Turn w/inside of the back foot / Returning Dribbler - Cut Behind The Leg
- Flick On w/outside of the front foot
- Flick On w/inside of the front foot
- Pullback Turn



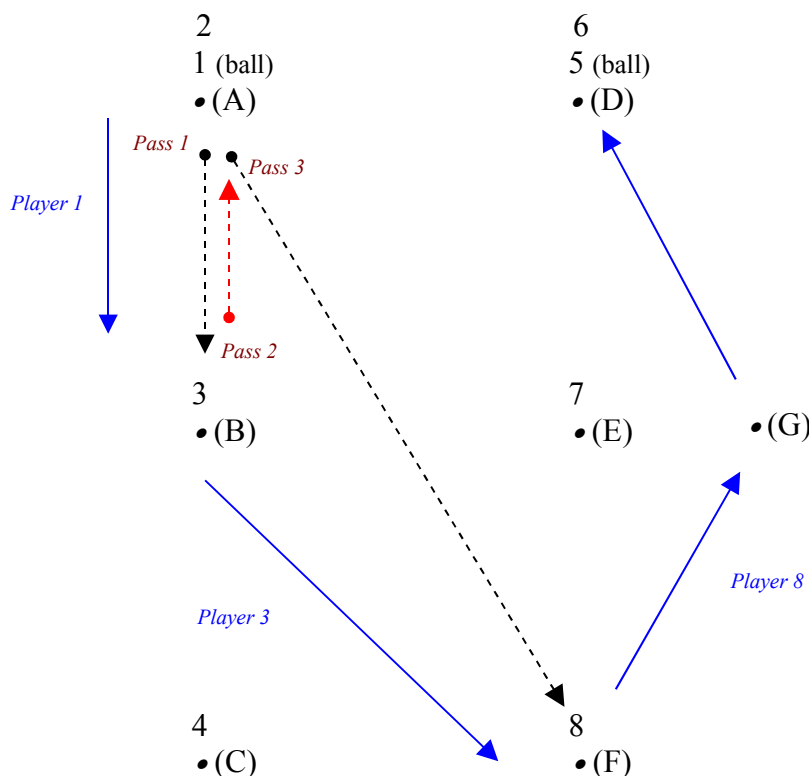
- Place cones (15) meters apart, (8) Players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B) who turns with the ball and plays it to player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone does outside twist-off with the right foot then sprints to (D)
- Simultaneously, player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) does outside twist-off with the left foot then sprints to (A)
- Repeat the sequence



➤ **H Drill: Short, Short, Diagonal Long**

- *Returning Dribbler - Outside Twist Off, Helicopter Turn, Cut Behind The Leg, etc.*

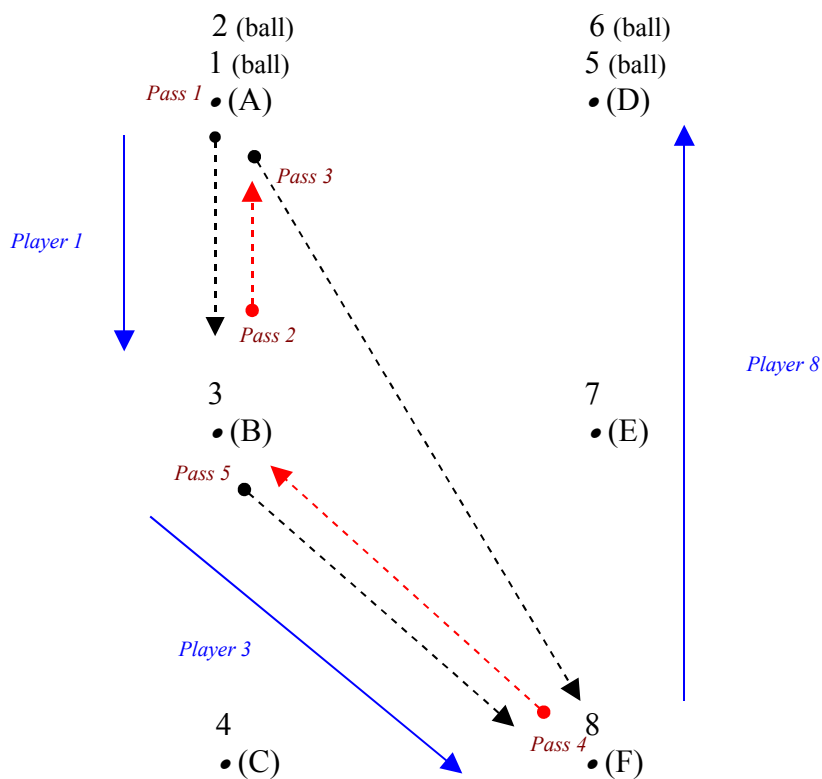


- Place cones (15) meters apart, (8) players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone (G) helicopter turns with the left foot then sprints to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) is to helicopter turn with the right foot at (H) then sprint to (A)
- Repeat the sequence.



➤ **H Drill: Short, Short, Diagonal Long, Drop, Short**



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) drops the ball back to Player 3 at (B)
- Player 3 at (B) returns the ball to player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.

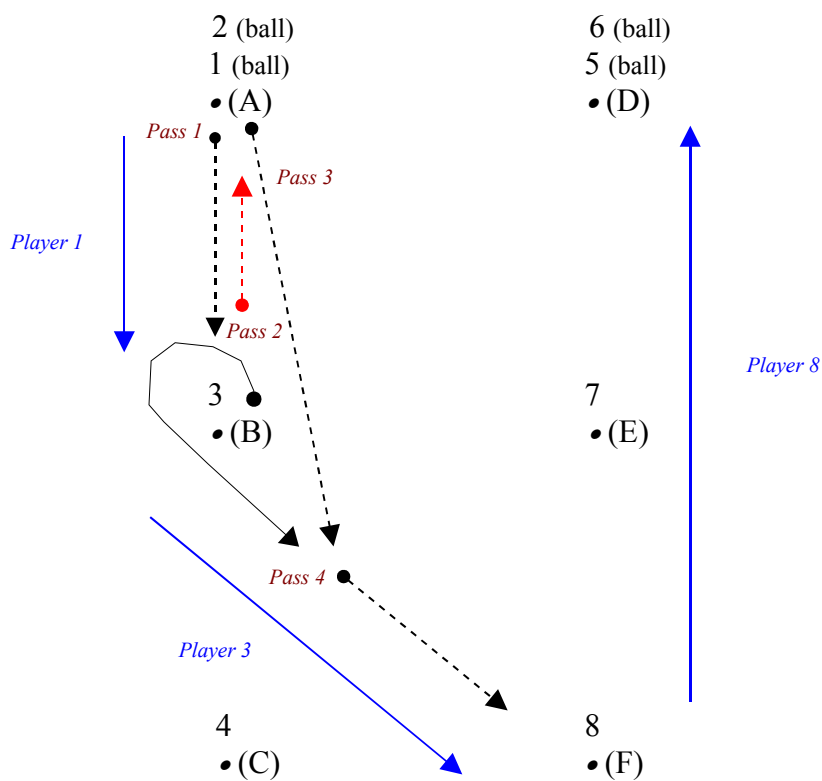


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➤ H Drill: Short, Short, Through, Short

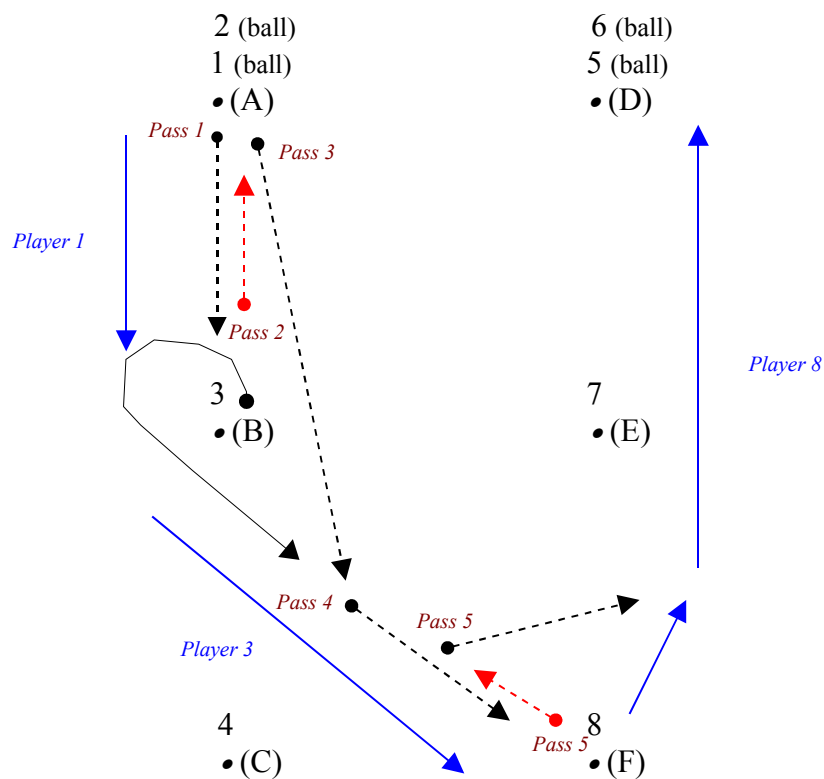


- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Simultaneously, Player 5 at (D) follows the same sequence.



➤ **H Drill: Short, Short, Through, One-Two**



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Player 8 at (F) plays a one-two with Player 3.
- Simultaneously, Player 5 at (D) follows the same sequence.

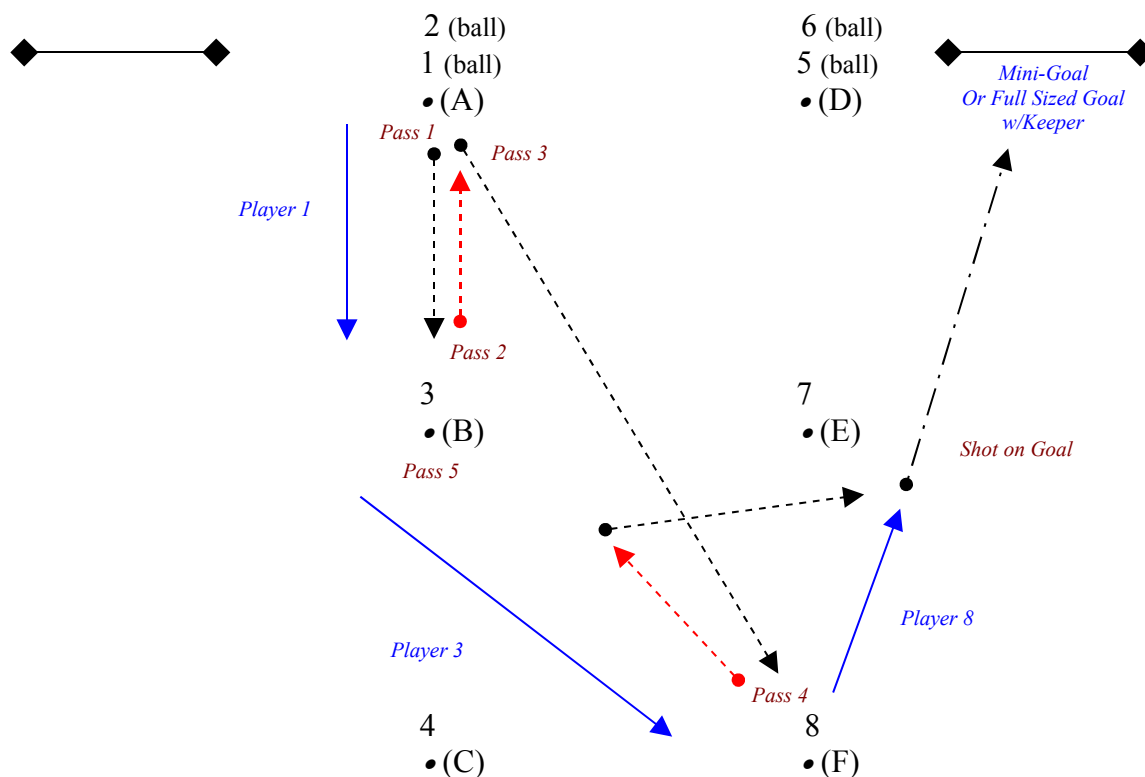


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➤ H Drill, Shooting: Short, Short, Diagonal Long, Wall Pass, Shot



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls, (2) Goals
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) Wall Passes with Player 3
- Player 3 returns the ball to player 8 who then shoots on goal.
- Simultaneously, Player 5 at (D) follows the same sequence.

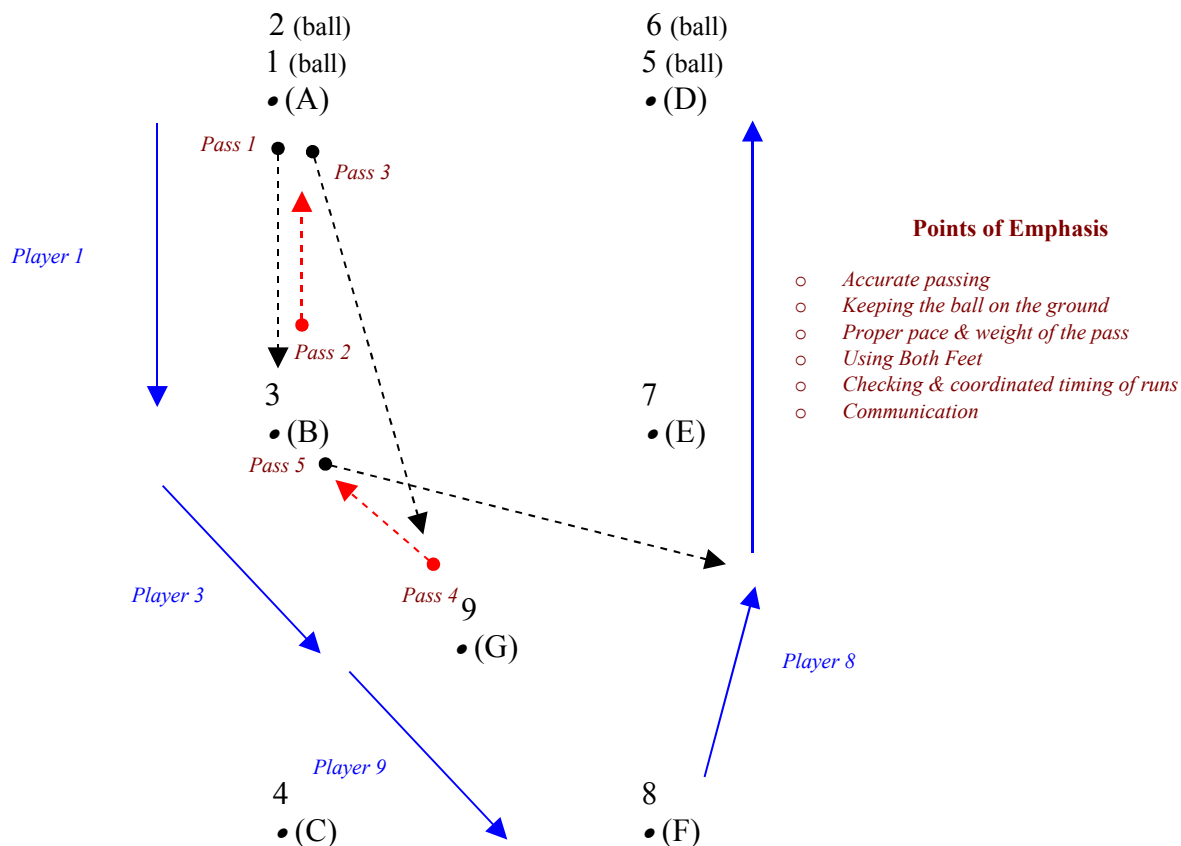


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➤ H Drill w/Extra Player: Short, Short, Diagonal, Drop, Split

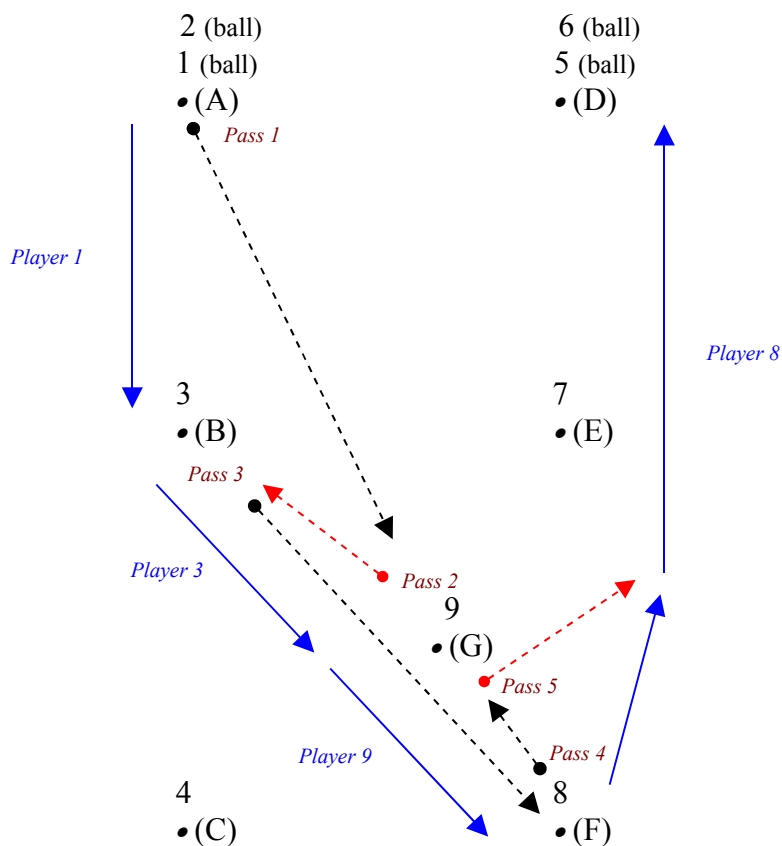


- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to split for player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.



➤ **H Drill w/Extra Player: Misdirection**



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) feints a pass to Player 3 at (B) and instead plays diagonal to player 9 at (G)
- Player 9 at (G) drops the ball to Player 3 at (B)
- Player 3 at (B) sends the ball to player 8 at (F)
- Player 8 at (F) then wall passes with player 9 at (G) and dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

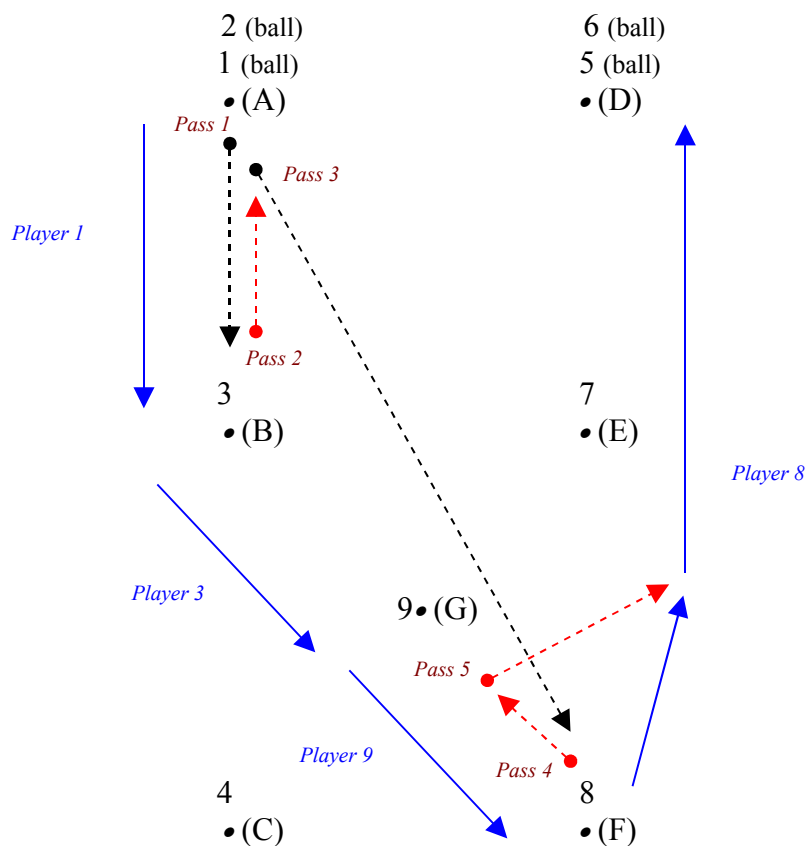


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➤ H Drill w/Extra Player: Dummy



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F) Player 9 at (G) dummies the long pass
- Player 8 at (F) drops the ball back to Player 9 at (G)
- Player 9 at (G) returns the wall pass to player 8 who is moving toward (D).
- Player 8 dribbles to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

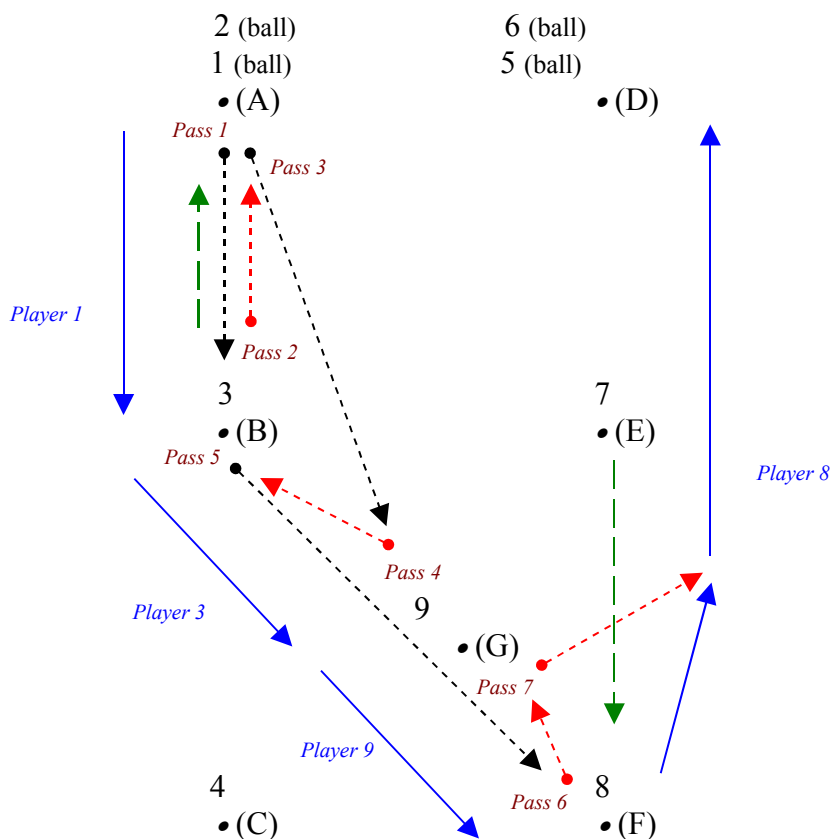


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➤ H Drill w/Extra Player: Double Wall Pass



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A) then approaches 1 at (A) simulating a defender
- Player 1 at (A) plays a wall pass to Player 9 at (G)
- Player 9 at (G) returns the ball to Player 1
- Player 1 now plays the ball to player 8 at (F)
- Player 7 at (E) approaches 8 at (F) simulating a defender
- Player 8 at (F) wall passes with player 9 at (G) then dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

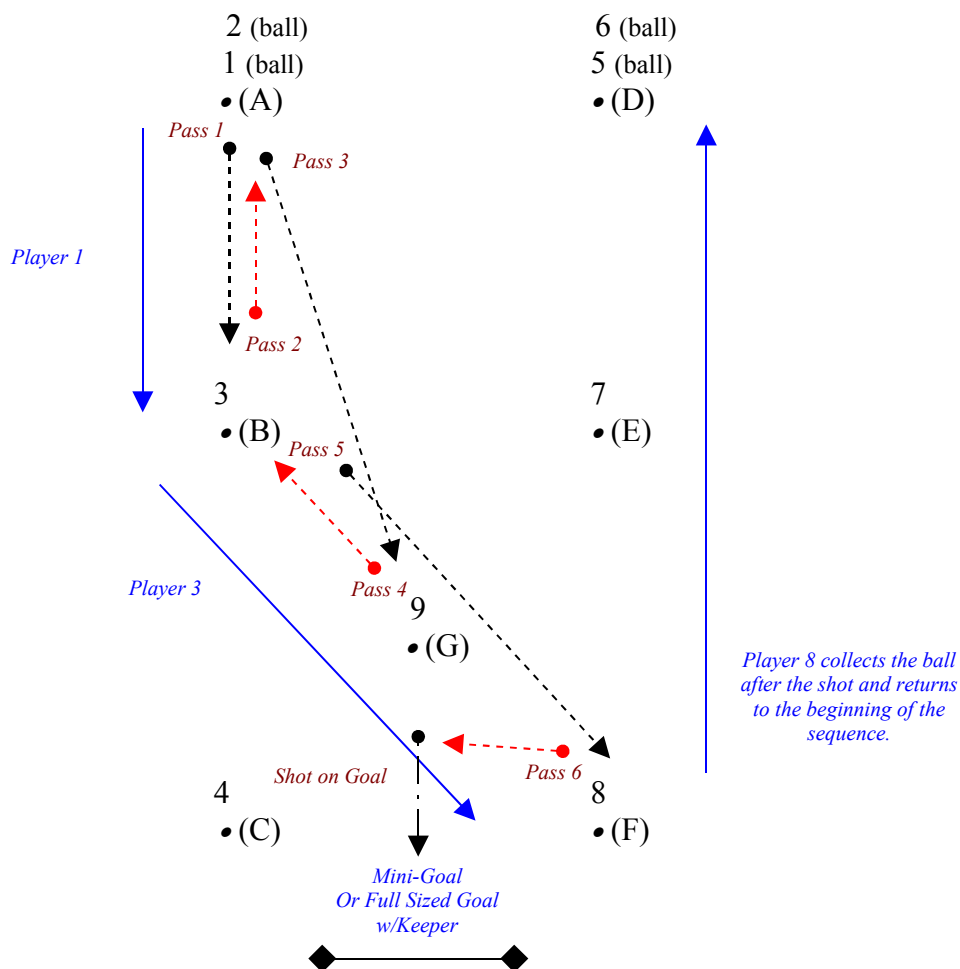


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➤ H Drill w/Extra Player, Shooting: Short, Short, Diagonal, Drop, Split



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to player 8 at (F)
- Player 8 at (F) lays the ball off for Player 9 to shoot on goal.
- Player 5 at (D) repeats the sequence in the opposite direction.

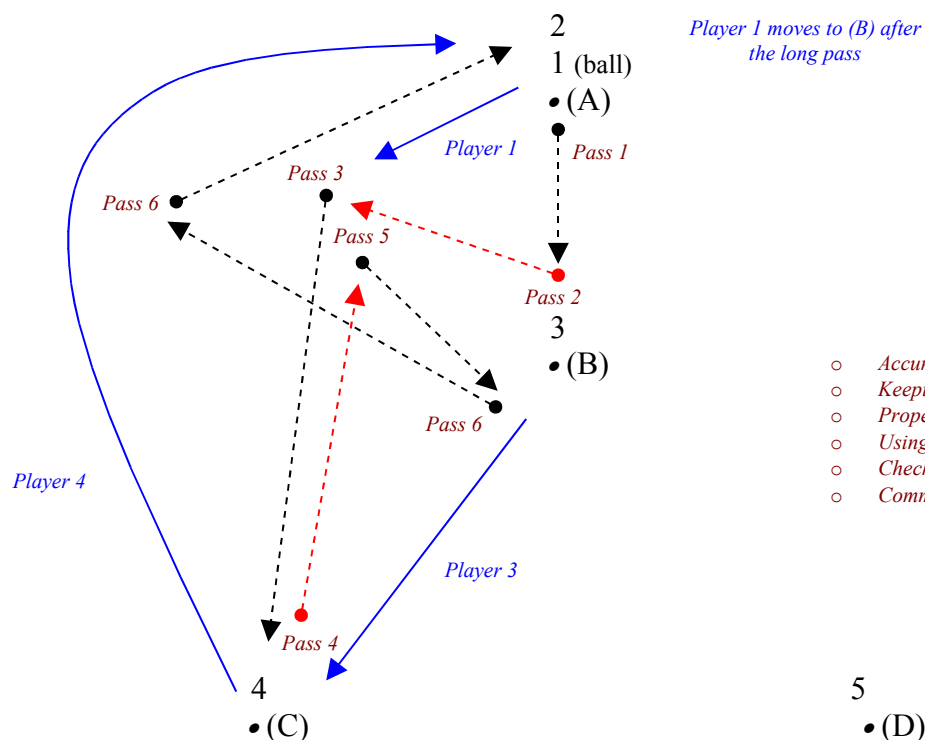


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➤ Y Drill, Continuous Flow II:



Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication

- Place cones (15) meters apart, (5) Players, (4) Cones, (1) Ball
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) wall passes to Player 3 at (B).
- Player 3 at (B) returns the wall pass to Player 4
- Player 4 sends the ball to Player 2 at (A)
- Repeat the sequence on the opposite side.

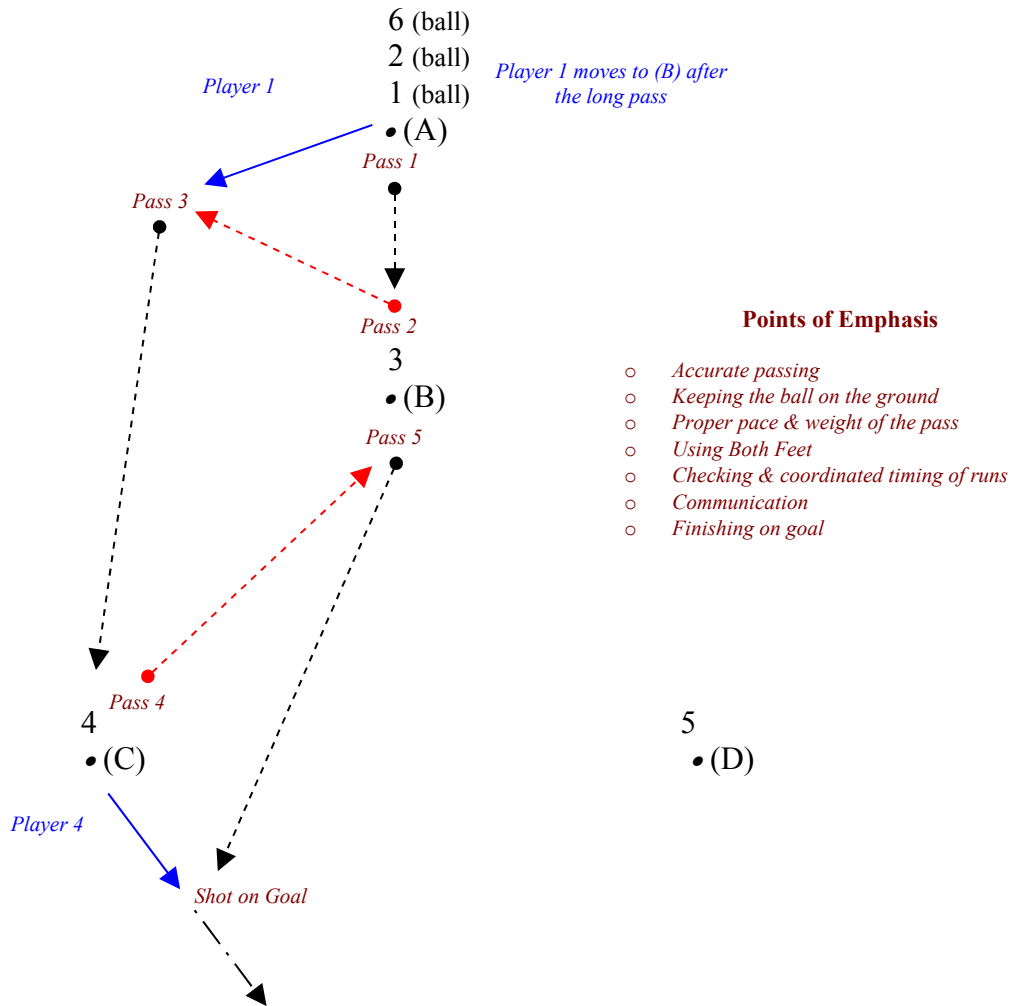


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➤ Y Drill, Shooting/Through Balls:



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) rolls off an imaginary defender, (staying outside) makes a run to goal.
- Player 3 at (B) plays a through ball for Player 4 who runs on to it and shoots on goal
- Repeat the sequence on the opposite side.

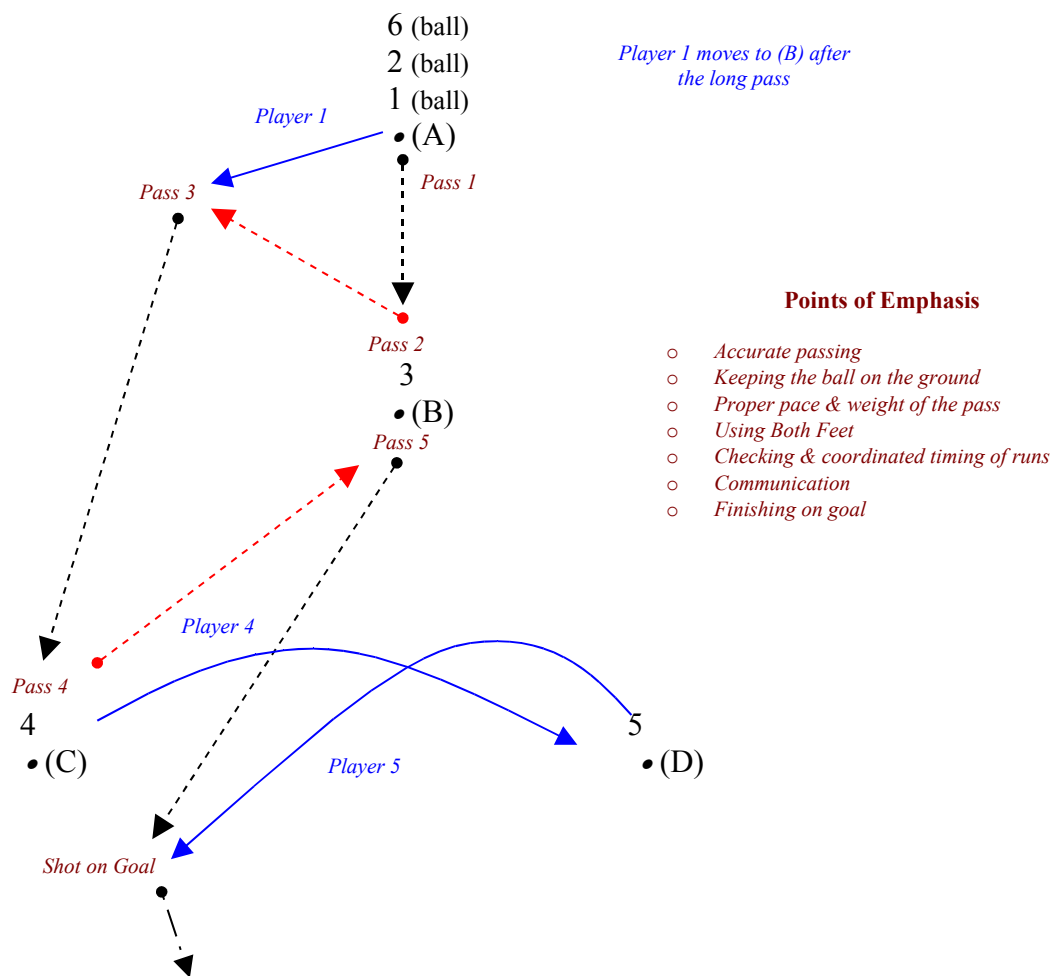


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- **Y Drill, Shooting/Crossing Forward Runs:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long pass to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) & then crosses with Player 5 at (D).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

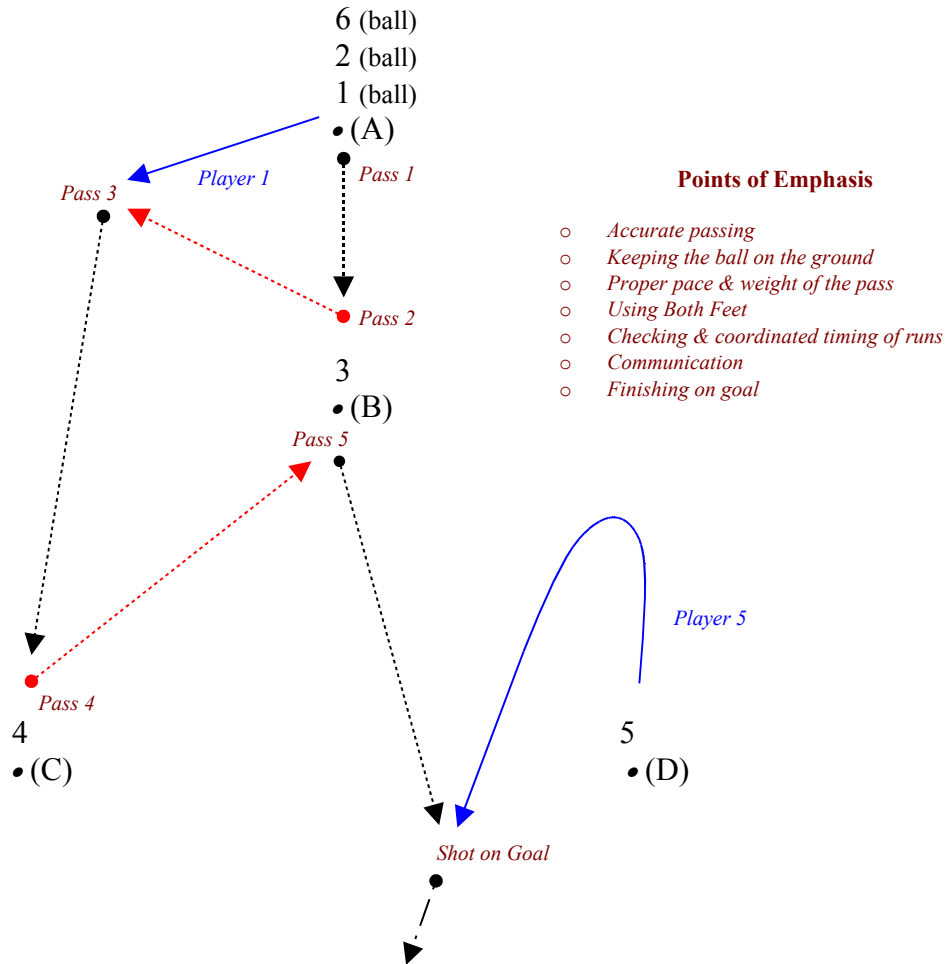


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- **Y Drill, Shooting/Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

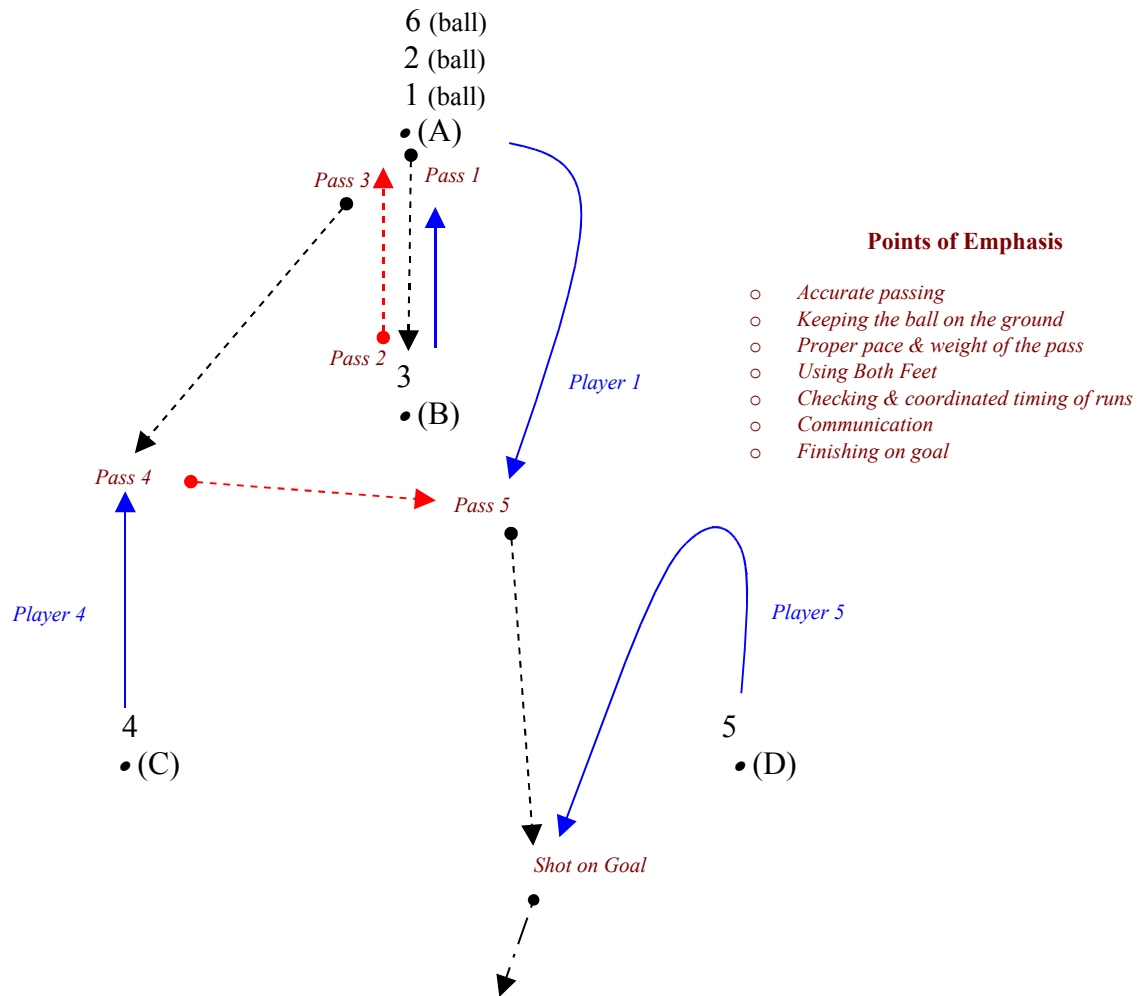


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- **Y Drill, Shooting/Wall Pass, Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication
- Finishing on goal

- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 drops to Player 1 at (A) then approaches (A) simulating a defender.
- Player 1 at (A) plays a wall pass to Player 4.
- Player 4 returns the wall pass to Player 1.
- Player 1 now plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

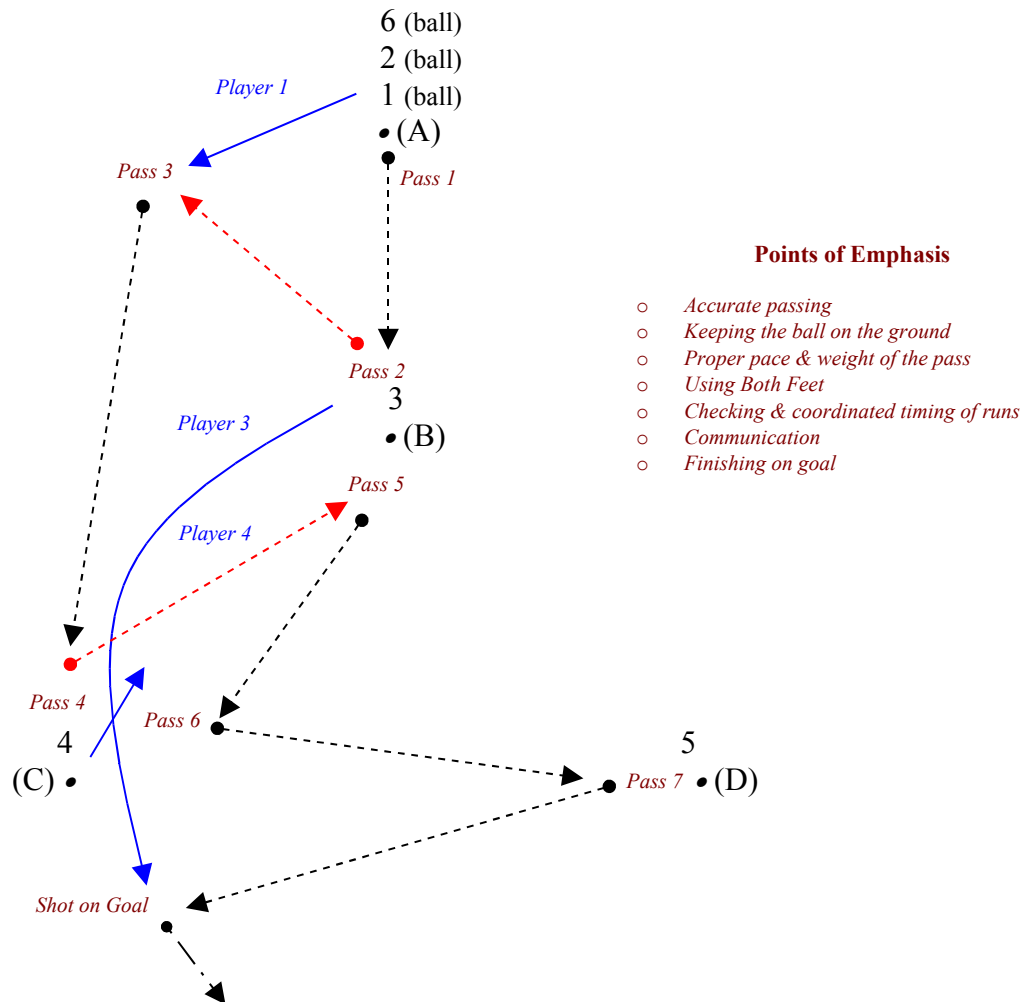


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- **Y Drill, Shooting/Overlapping Mid:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) returns the ball to Player 4 who plays a diagonal ball to Player 5 at (D).
- Player 5 at (D) plays a through ball for Player 4 who shoots on goal.
- Repeat the sequence.

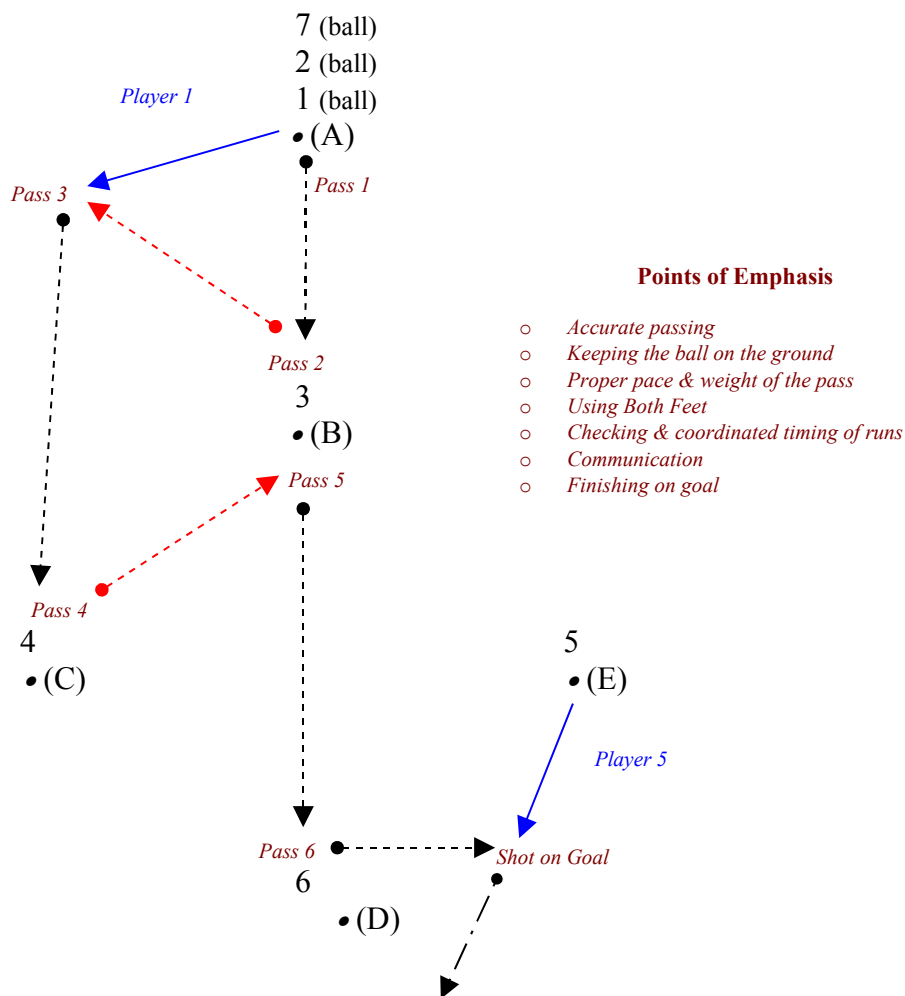


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- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) player 1 moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays Player 6 at (D) who lays the ball off for Player 5 at (E) to shoot.
- Repeat the sequence.

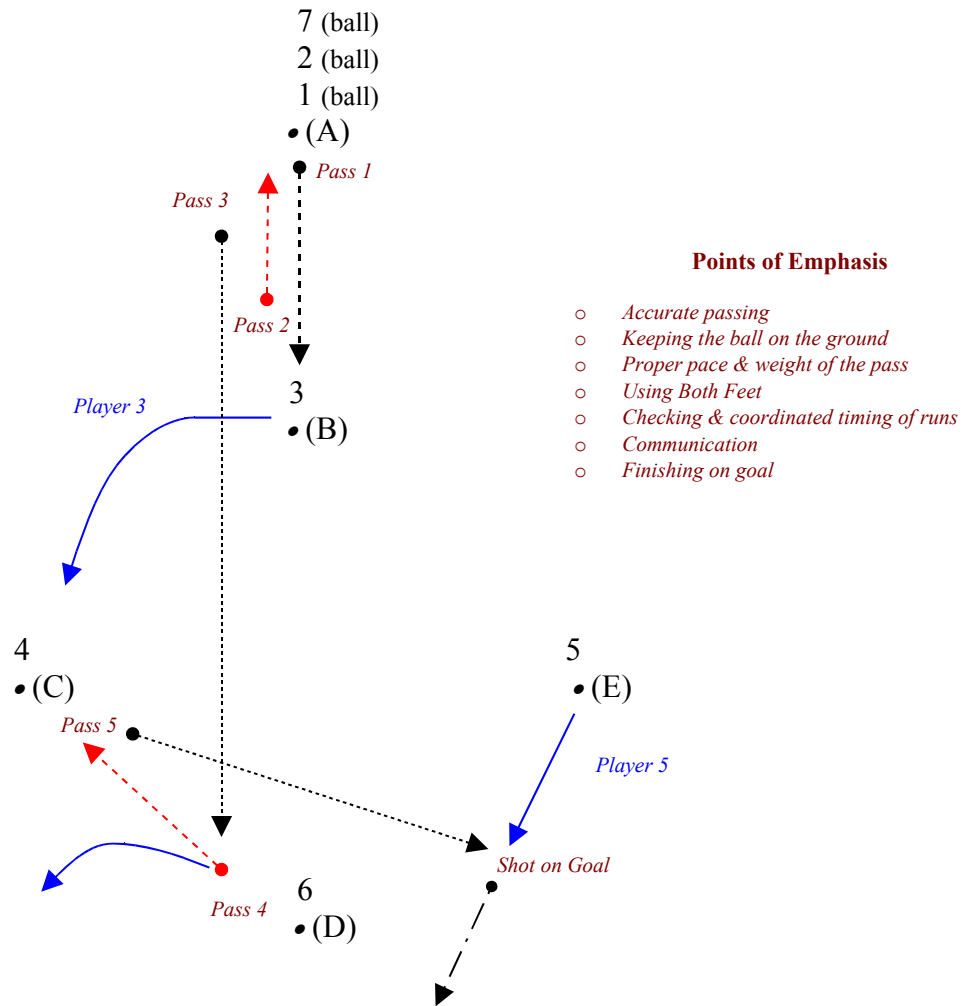


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- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a long ball to Player 6 at (D).
- Player 6 at (D) now drops the ball to Player 4 at (C).
- Player 6 at (D) vacates the space and Player 4 at (C) sends a ball through for Player 5 to shoot.
- Repeat the sequence.

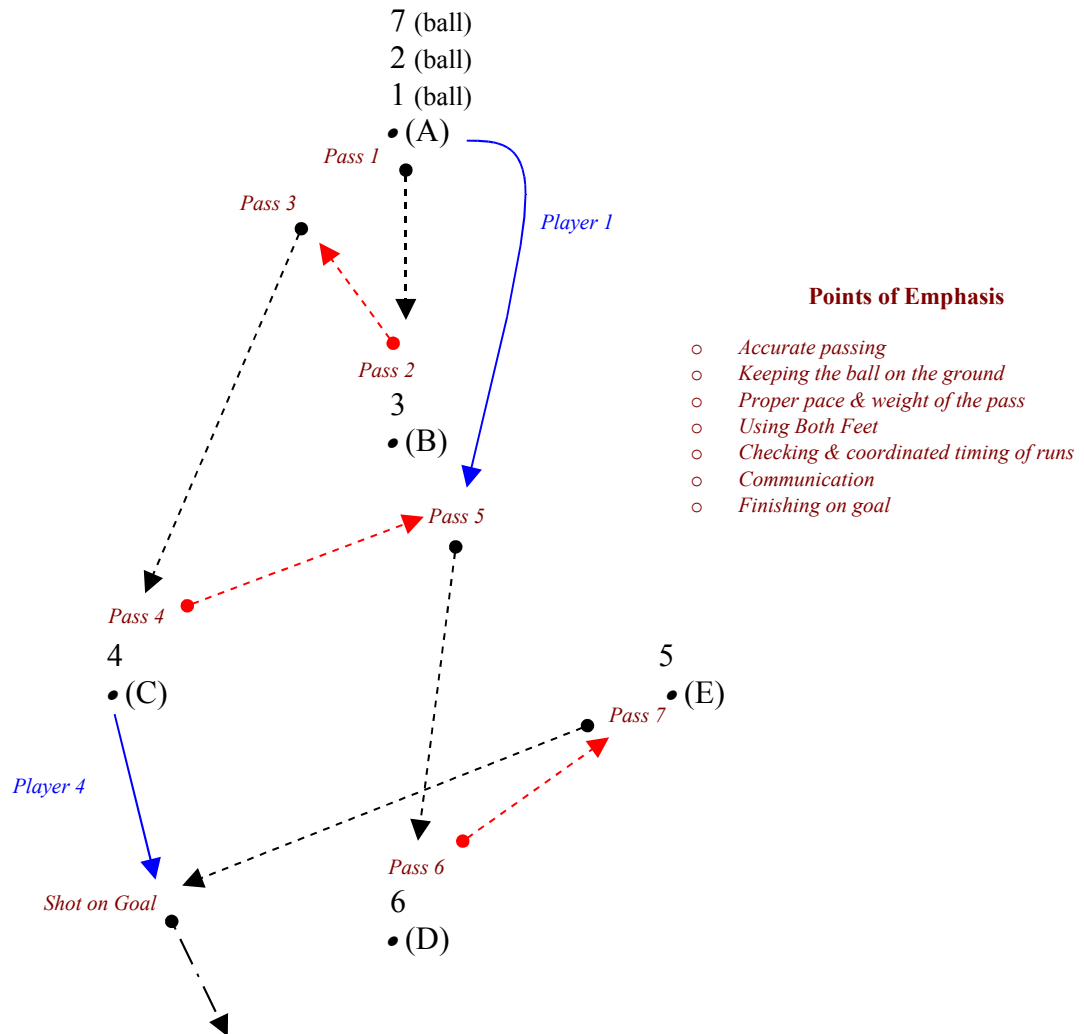


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- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a diagonal ball to Player 4 at (C).
- Player 1 now overlaps player 3 at (B) and receives the ball back from Player 4 at (C)
- Player 1 now sends the ball to Player 6 at (D) who drops the ball to 5 at (E).
- Player 5 at (E) plays a diagonally ball through for Player 4 to shoot.
- Repeat the sequence.



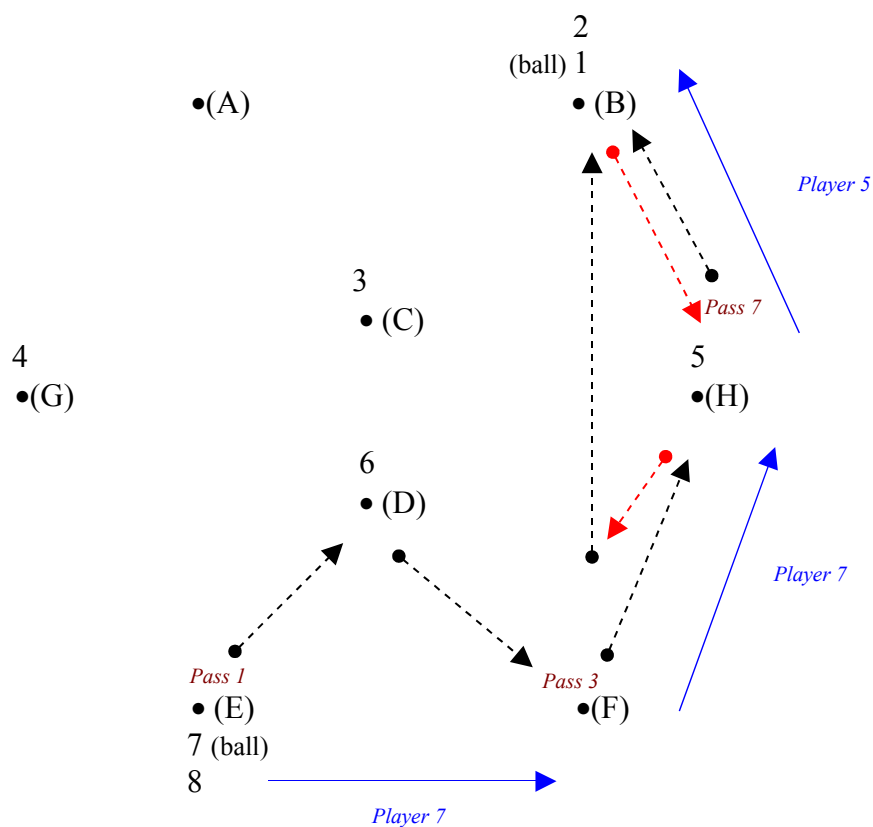
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➤ Eight Person Passing Drill

- Focus: showing for the ball, weighting your pass, timing a run
- Note: One complete revolution (14) touches



Player 1 at (B) and player 7 at (E) start with a ball.

- Player 7 at (E) makes a wall pass to player 6 at (D), Player 6 at (D) returns the ball to player 7 at (F) Player 7 at (F) now sends a diagonal pass to player 5 at (H), player 5 at (H) drops the ball to player 7 at (F) player 7 at (F) now sends the ball long to player 2 at (B), player 2 at (B) then drops the ball to 5 at (H), player 5 then returns the ball to 2 at (B), after sending the long ball player 7 at (F) moves to (H) and player 5 at (H) moves to (B).
- Simultaneously, Player 1 at (B) makes a wall pass to player 3 at (C), Player 3 at (C) returns the ball to player 1 at (A) Player 1 at (A) now sends a diagonal pass to player 4 at (G), player 4 at (G) drops the ball to player 1 at (A) player 1 at (A) now sends the ball long to player 8 at (E), player 8 at (E) then drops the ball to 4 at (G), player 4 then returns the ball to 8 at (E), after sending the long ball player 1 at (A) moves to (G) and player 4 at (G) moves to (E).
- Repeat the sequence.



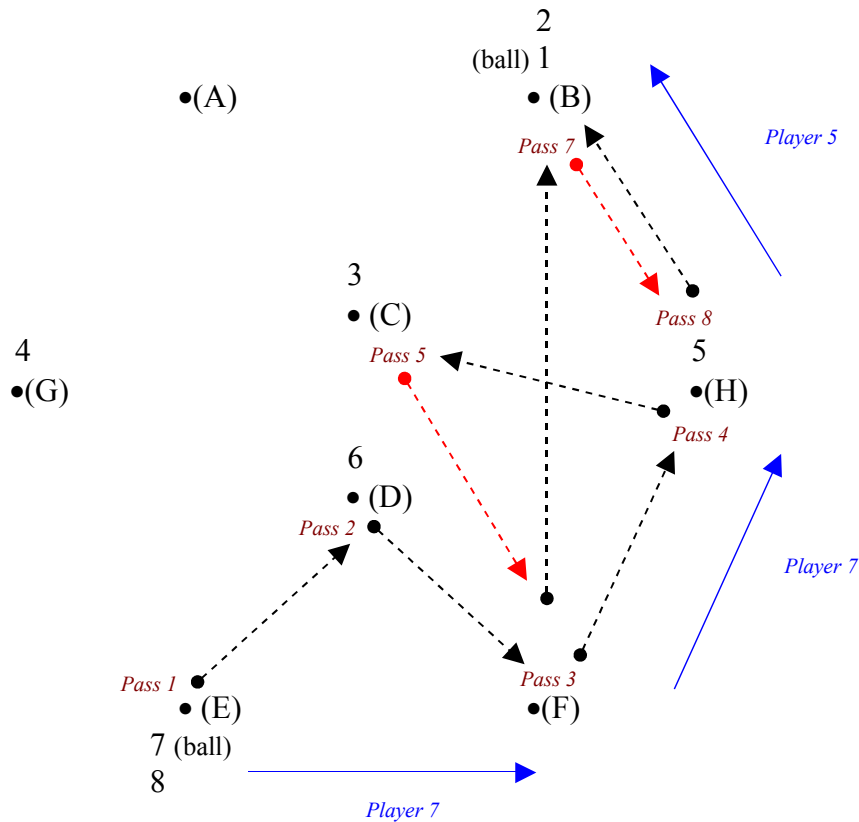
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➤ Eight Person Passing Drill

- Focus: showing for a ball, weighting a pass, timing a run, opening up to the playing field
- Note: One complete revolution (16) touches



- Player 1 at (B) and player 7 at (E) start with a ball.
- Player 7 at (E) makes a wall pass to player 6 at (D), Player 6 at (D) returns the ball to player 7 at (F) Player 7 at (F) now sends a diagonal pass to player 5 at (H), player 5 at (H) then opens up to the field and plays the ball to player 3 at (C), player 3 at (C) then drops to player 7 at (F) player 7 at (F) now sends the ball long to player 2 at (B), player 2 at (B) then drops the ball to 5 at (H), player 5 then returns the ball to 2 at (B), after sending the long ball player 7 at (F) moves to (H) and player 5 at (H) moves to (B).
- Simultaneously, Player 1 at (B) makes a wall pass to player 3 at (C), Player 3 at (C) returns the ball to player 1 at (A) Player 1 at (A) now sends a diagonal pass to player 4 at (G), player 4 at (G) then opens up to the field and plays the ball to player 6 at (D), player 6 at (D) then drops to player 1 at (A) player 1 at (A) now sends the ball long to player 8 at (E), player 8 at (E) then drops the ball to 4 at (G), player 4 then returns the ball to 8 at (E), after sending the long ball player 1 at (A) moves to (G) and player 4 at (G) moves to (E).
- Repeat the sequence.



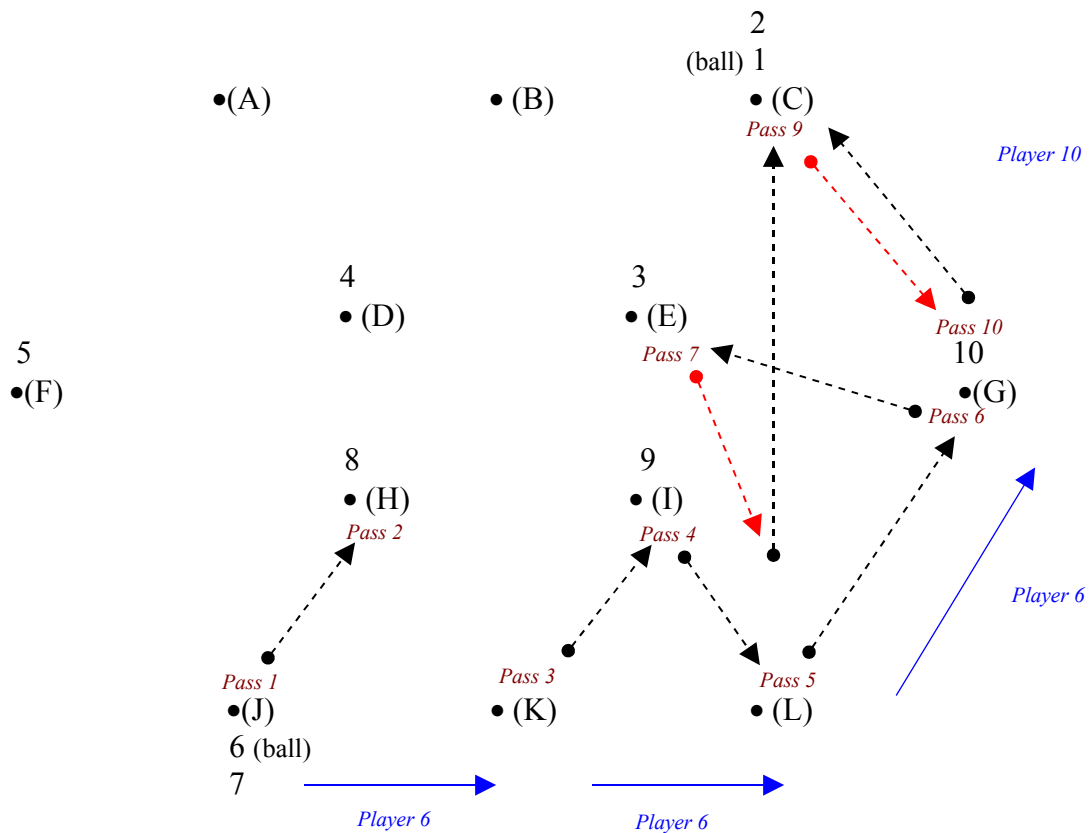
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➤ Ten Person Passing Drill, Diagonal, In, Drop, Through

- Focus: showing for a ball, weighting a pass, timing a run, opening up to the playing field
- Note: One complete revolution (20) touches



- Player 1 at (C) and player 6 at (J) start with a ball.
- Player 6 at (J) makes a wall pass to player 8 at (H), Player 8 at (H) wall passes back to player 6 at (K), player 6 at (K) now sends a wall pass to player 9 at (I), player 9 at (I) sends a wall pass back to player 6 at (L), player 6 at (L) plays the ball to player 10 at (G), player 10 at (G) opening up to the field plays a one time ball to player 3 at (E), player 3 at (E) drops the ball to 6 at (L), player 6 at (L) plays a long ball to player 2 at (C) then moves to (G), Player 2 at (C) drops the ball to player 10 at (G), player 10 at (G) returns the ball to player 2 at (C) then moves to (C).
- Simultaneously, Player 1 at (C) makes a wall pass to player 3 at (E), Player 3 at (E) wall passes back to player 1 at (B), player 1 at (B) now sends a wall pass to player 4 at (D), player 4 at (D) sends a wall pass back to player 1 at (A), player 1 at (A) plays the ball to player 5 at (F), player 5 at (F) opening up to the field plays a one time ball to player 8 at (H), player 8 at (H) drops the ball to 1 at (A), player 1 at (A) plays a long ball to player 7 at (J) then moves to (F), Player 7 at (J) drops the ball to player 5 at (F), player 5 at (F) returns the ball to player 7 at (J) then moves to (J).
- Repeat the sequence.