ACES Ball Mastery

Keys to teaching ball mastery components

• Start slow, let players learn it at their own pace (many repetitions)
• If they have success ask them to perform at a faster pace
• After each move a change or BURST of speed is necessary to separate themselves from the defender

1st FIVE to be mastered by the U5-U6 age group

1) “In between the feet!” (Basic Foundation) Explanation – Touching the ball back and forth between the feet (surface is inside of the foot (from mid-foot to big toe))

2) “Inside-Inside-Outside-Outside” (Zig-Zag) Explanation - Two dribbles/touches with the inside of the foot-two dribbles/touches with the outside of the foot)

3) “Sole roll” Explanation – Using sole of foot rolling the ball in different directions (across the body, forwards, backwards)

4) “Psych!” Explanation – Dribbling forward stop ball with sole of the foot, jump over the ball and continue dribbling in the opposite direction

5) “Spin Away” (Name = Spin away from pressure/defender) aka Outside Cut. Explanation – Dribbling forward, slow and turn the ball with the outside of the foot and continue dribbling in the opposite direction.
ACES Ball Mastery (Continued)
2nd FIVE to be mastered by the U7-U8 age group

6) “Pull Back” Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back in opposite direction, hips turn with the ball (allows players to see the ball) and continue in the opposite direction.

7) “Spin Turn” Explanation - Dribbling forward, slow and touch ball 3-4 times with the inside of the foot (a 3/4 turn with the ball) and continue dribbling.

8) “Pull back and Push” Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back and out, push ball behind standing leg with inside of foot and continue dribbling

9) “Scissors” (Shoulder Feint) Explanation – Dribbling forward, step and dip shoulder one way then with outside of other foot dribble forward.

10) “Chop” (Fake kick and across Body) aka Inside Cut Explanation – Dribbling forward, slow and with a kicking motion cut the ball back across your body and continue to dribble.
ACES Ball Mastery (Continued)
3rd FIVE to be mastered by the U9-U10 age group

11) “Fake Pull Back” Explanation – Dribbling forward, raise foot over top of the ball as if a pull back is taking place, bring foot back behind ball and continue dribbling forward.

12) “Double Touch” (Touch-Hesitate-Go) Explanation – Dribbling forward, stop ball with front foot (toe), swivel hips (gives impression dribbler is stopping), touch forward with back foot and continue dribbling.

13) “Fake kick and spin away” Explanation – Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), fake kick, then with outside of kicking foot spin away in opposite direction and continue dribbling.

14) “Step Over” Explanation – Dribbling forward, take furthest foot from the ball and go all the way around the ball and plant (both feet facing forward), lift the back foot and with a hop turn back to the direction from which started.

15) “Fake kick and behind” (Cruyff – Named after Dutch legend Johan Cruyff) Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), non-kicking foot needs to planted in front of the ball (protects the ball and creates the space for the move), fake kick with kicking foot ending the movement on the outside of the ball, with inside of foot (toe) slide ball behind the non-kicking foot and continue dribbling.
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Legend

The following symbols will be used in the diagrams for the various activities that can be used at practice:

- ● = small cone
- ▲ = large cone
- ⚽ = player
- ⚽ = ball
- □ = regular goal
- ⌐ = small goal
- → = path of ball (pass)
- ⌃ = path of movement (run)
- ~ ~ ~ = path of dribble
Week One – Warm Up

Dribbling Marbles:

OBJECTIVE: Learning to dribble in tight spaces

TIME: 12-15 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, one ball for each player

ORGANIZATION: Every player with a ball

RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (they are the enemy)

ACTIONS: Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.

U9-U10 Ball Coordination
Review 1-5 and introduce #11 Fake Pullback

U11 Ball Coordination
Review 1-5 and 11

COACHING POINTS: Teach ACES BALL MASTERY

VARIATIONS Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week One – Tech Game

Tunnel Tag

OBJECTIVE:  Dribbling under pressure, Shielding

TIME:  10-15 minutes

GRID SIZE:  20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT:  4 cones, ball for each attacking player, three pinnies

ORGANIZATION:  Three taggers (defenders), all other players (dribblers with a ball)

RULES:  Maintain control of ball inside grid. Tagger is attempting to touch dribblers ball. If touched, dribbler picks up ball and raises over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 90-120 seconds.

COACHING POINTS:  Dribbling with head up (vision) Maintaining possession of the ball (shielding) Changing direction and changing speed Defenders working as a team

VARIATIONS:  How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?
Week One – Fitness

Four Corners Tag

OBJECTIVE: Improving coordination, speed and agility
TIME: 12-15 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: 16 cones, three pinnies
ORGANIZATION: Three taggers, all others are runners
RULES: Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.

COACHING POINTS: Changing direction
Changing speed
Reaction Speed
Vision

VARIATIONS Have runners become dribblers by adding balls.
Week One – Technical/Tactical Game

1 v 1 zones to goal

OBJECTIVE: Improving ability to go past a defender, Shooting

TIME: 12-15 minutes

GRID SIZE: 30yds x 15yds vary size by age and ability

EQUIPMENT: 8 small cones, 2 large cones, 2 pinnies, supply of balls

ORGANIZATION: 2 defending players, 1 gk, the rest are attackers

RULES: Attacking player starts play by dribbling into zone. Defending player(s) cannot enter zone until the ball has entered the zone. Attacking player attempts to beat both defenders and shoot on goal. Defender wins ball and passes back to the attacking line. Next attacker dribbles when ball is out of bounds, attacker is out of the 2nd zone, or when defender passes ball back to line.

COACHING POINTS: Get past the defender as quickly as possible, via dribble. Shoot on goal (low shot to corners is ideal)

VARIATIONS When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack. Defenders rotate with attacker after they win the ball.
**ARLINGTON ACES**  
U9-U12 House Coaching Curriculum

**Week One – Final Game**

2 v 1 + 1

**OBJECTIVE:** Improving Combination Play, movement with and without the ball

**TIME:** 15 minutes

**GRID SIZE:** 2 grids side-by-side 20 yards (length) x 15 yards (width)  
goals 5 yards (wide)

**EQUIPMENT:** 6 small cones, 8 large cones, 6 pinnies

**ORGANIZATION** Donate into pairs (six teams). Four teams will play, while two teams rest. Teams rotate in after 3 minutes.

**RULES:** Team in possession has two players, team not in possession defends with one, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, both players become attackers.

**COACHING POINTS:** Combination play (2 v 1 - wall pass, takeover)  
Transition from Attack to Defense and Defense to Attack

**VARIATIONS:** Play 2 v 2 with resting teams as GK  
Play 2 v 2 without GK
Week Two – Warm Up

Passing Marbles

OBJECTIVE: Improving Instep Passing

TIME: 15 Minutes

GRID SIZE: Start distance between passers 5 yards

EQUIPMENT: 14 cones, one ball per two players

ORGANIZATION: Two players with one ball

RULES: Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

COACHING POINTS:
- Approach ball at slight angle
- Non-kicking foot pointed at target
- Kicking foot, toe down, laces facing target, ankle locked
- Strike middle of ball with kicking foot
- Follow through (show the target the bottom of the shoe)

VARIATIONS:
- Must use certain foot to pass and/or receive the ball
- Pass a moving ball (self-pass) to partner
- Increase distance between passers
- Have players move around field and pass
Week Two – Tech Game

Wall Pass Circle

OBJECTIVE: Improving passing technique, introduce wall pass

TIME: 15 Minutes

GRID SIZE: Circle 20 yds (Diameter)

EQUIPMENT: 6 cones, balls for 1/2 of team

ORGANIZATION: Players partnered up (two's). 1 partner on outside of circle, the other 1/2 in the middle of the circle

RULES: Players on outside start with ball. Players inside move around and receive and pass ball back to outside player. Then move to another outside player. Rotate inside to outside 45-60 seconds. Players in middle start with the ball and players on the outside serve as wall passers. PICTURED

COACHING POINTS: Proper instep passing technique

 Proper inside of foot passing technique

 Teach wall pass

VARIATIONS Focus on receiving balls (on ground, in air: to foot, thigh, chest head)

 Inside player passes ball to outside player and sprints around outside player then receives return pass.
**Week Two - Fitness**

**Relay Races**

**OBJECTIVE:** Improving coordination, speed and agility

**TIME:** 12-15 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** Three cones and three balls for three teams (pinnies can be used to differentiate between the teams).

**ORGANIZATION:** Divide into three teams

**RULES:** 1st runner must sprint around ball and back and touch next player to start.

**COACHING POINTS:**

**VARIATIONS**
- Run backwards
- Skip
- Jump over ball twice
- Somersault
- Start on stomach
- Start sitting
Week Two – Technical/Tactical Game

1 v 1 Steal the Bacon - to goal

OBJECTIVE: Improving ability to go past a defender; Combination Play (wall pass, takeovers, overlaps)

TIME: 15 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls

ORGANIZATION: Team divided in half; one team attacking, the other defending

RULES: Two players (attackers) play against one player (defender) to goal
Attacking team starts play by dribbling in to neutral zone. Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession

COACHING POINTS: Get past the defender as quickly as possible, via dribble or pass.
Look for wall pass opportunities
Shoot on goal (low)

VARIATIONS: Add a goalkeeper to the defensive team
Add a 2nd defender to defensive team
When defending player wins ball, he dribbles off the field
Week Two – Final Game

4 v 4 + 4

OBJECTIVE: Creating game situations, utilizing numerical advantage
TIME: 15 minutes
GRID SIZE: 30 yards (length) x 20 yards (width), goals 7 yards (wide)
EQUIPMENT: 6 small cones, 4 large cones, 4 pinnies
ORGANIZATION Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team.
RULES: Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.
COACHING POINTS: Pass to open players, use neutral players if necessary
TEAM shape - Diamond (organize when ball is out of play
Combination play (wall pass)
VARIATIONS Limit # of touches (two touch max., 3 touches max.)
Game to one goal, winning team stays on.
Week Three – Warm Up

Dribbling Marbles

**OBJECTIVE:** Learning to dribble in tight spaces

**TIME:** 15 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** 4 cones, one ball for each player

**ORGANIZATION:** Every player with a ball

**RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

**ACTIONS**
- Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
- U9-U10 Ball Coordination
- Review 1-6, 11 and introduce #12 Double Touch
- U11 Ball Coordination
- Review 1-6, 11 and 12

**COACHING POINTS:** Teach ACES BALL MASTERY

**VARIATIONS**
- Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Three – Tech Game
FOUR CORNERS X 2 WITH BALL

OBJECTIVE: Improving Speed Dribbling
TIME: 15 minutes
GRID SIZE: 20 yards (length) x 15 yards (width)
EQUIPMENT: Four large cones, four small cones, ball for each player
ORGANIZATION: Team split between four corners, each player with a ball. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES: Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle.
COACHING POINTS: Dribbling with speed (instep/laces)
VARIATIONS
• Dribble with right/left foot
• Dribble through rectangle (avoid opposing player)
• Dribble around one cone (two cones)
• Dribble around a cone and go to an open corner
• Dribble around cone and pass back to teammate (repeat)
Week Three – Fitness

Four Corners X 2

OBJECTIVE: Improving coordination, speed and agility
TIME: 15 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: Four large cones, four small cones
ORGANIZATION: Team divided into four corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES: 1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle
COACHING POINTS: Strong Effort
VARIATIONS
- Start on stomach
- Start sitting up, cannot use hands to get up
- Run through rectangle (avoid opposing player)
- Run around one cone (two cones)
- Run around a cone and go to a different corner
- Run to rectangle, somersault continue to opposite
- Add ball for game like situations
Week Three – Technical/Tactical Game
1 v 1 to four goals

OBJECTIVE: Improving ability to go past a defender, changing the point of attack with the dribble

TIME: 15 minutes

GRID SIZE: 15 yards (length) x 20 yards (width); vary size by age and ability

EQUIPMENT: 6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls

ORGANIZATION: 2 teams (one on each end of field). Players defend two goals and attack two goals

RULES: Players can enter the field when coach passes ball. Attacking player attempts to score on either goal, if defending player wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.

COACHING POINTS: Make defender move (dribble at angles, not straight)
Change direction with a burst of speed
Use dribbling moves, which ones are most effective?
Transition from attack to defense; and defense to attack.

VARIATIONS: Two attackers vs. one defender
Two attackers vs. two defenders
Week Three – Final Game

2 V 2 Tournament

OBJECTIVE: Improving play in 1 v 1 and 2 v 2 situations

TIME: 15 minutes

GRID SIZE: 3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width

EQUIPMENT: 12 cones (for goals only) No sidelines

ORGANIZATION: Divide team into pairs (six pairs)

RULES: Teams play 2 v 2 and rotate opposition every 3 minutes. Team with most wins tournament.

COACHING POINTS: Decision making dribbling vs. passing
Players dribbling with head up (vision)
Combination Play (wall pass)
Transition from attack to defense and defense to attack

VARIATIONS Players rotate partners (individual score)
**OBJECTIVE:** Improve instep passing, introduce inside of foot passing

**TIME:** 15 minutes

**GRID SIZE:** Two lines of cones 15 yards apart, adjust based upon ability

**EQUIPMENT:** 8 cones, supply of balls

**ORGANIZATION:** Divide team into groups of 3-4 players

**RULES:**
- **DRIBBLE:** 1st player dribbles ball across field and exchanges ball (takeover) with teammate on opposite side of field (repeat)
- **DRIBBLE-PASS:** 1st player dribbles half way and passes to teammate opposite and follows pass then replaces teammate (repeat)
- **PASS-RECEIVE:** 1st player passes ball to teammate opposite and follows pass then replaces teammate. (repeat)

**COACHING POINTS:**
- Dribble with speed
- Pace of pass & pass on ground
- Instep passing technique
- Inside of foot passing technique

**VARIATIONS**
- Restrict # of touches
- Must pass/receive with right/left foot
Week Four - Tech Game

**3 v 1**

**OBJECTIVE:**
Passing, movement without the ball

**TIME:**
15 minutes

**GRID SIZE:**
3 grids of 15 yards (length) x 10 yards (width)

**EQUIPMENT:**
12 cones, 3 pinnies, supply of balls

**ORGANIZATION:**
Divide team into groups of four. Three attacking players vs. one defending player.

**RULES:**
3 v 1 possession. Attacking team moves without the ball to create triangle (Player with the ball should have support on the left side and right side - 2 options). Defender starts at walking pace, then to jogging pace, then full pace. Rotate defenders after 3 minutes

**COACHING POINTS:**
Attackers adjust position while the ball is moving
Accurate passing

**VARIATIONS**
If defender wins ball or if the attacker passes the ball out of bounds, the defender switches with the attacker that lost the ball.
OBJECTIVE: Improving coordination, speed and agility
TIME: 12-15 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: 16 cones, three pinnies
ORGANIZATION: Three taggers, all others are runners
RULES: Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.

COACHING POINTS: Changing direction
Changing speed
Reaction Speed
Vision

VARIATIONS: Have runners become dribblers by adding balls.
Week Four – Technical/Tactical

**2 v 2 to Four Goals**

**OBJECTIVE:** Improving combination play, changing point of attack

**TIME:** 15 minutes

**GRID SIZE:** 15 yards (length) x 20 yards (width); vary size by age and ability

**EQUIPMENT:** 6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls

**ORGANIZATION** 2 teams (one on each end of field). Players defend two goals and attack two goals

**RULES:** Players can enter the field when coach passes ball. Attacking team attempts to score on either goal, if defending team wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.

**COACHING POINTS:** Movement of attacker without the ball to create space (diagonal run)
Combination play (wall pass, takeover)
Pass, if dribble is not on
Attack the goal that has the fewest defenders
Transition from attack to defense; and defense to attack.

**VARIATIONS**
- One attacker vs. one defender
- Two attackers vs. one defender
- One attacker vs. two defenders
**Objective:** Penetration by passing, combination play

**Time:** 15 minutes

**Grid Size:** 2 grids - 20 yards (length) x 30 yards (width)

**Equipment:** 16 cones, 6 pinnies, supply of balls

**Organization:** Divide players into groups of three (four teams)

**Rules:** Teams play 3 v 3 in grid. In order to score, attacking team must complete a pass to teammate beyond (no more than 10 yards) end line. Defending players cannot run beyond end line.

**Coaching Points:**
- Create space by movement with and without the ball
- Combination play (wall pass, takeover)
- Possession of ball, when penetration is not on
- Accurate passing

**Variations:**
- Dribbling over line
- Attacking team must have minimal number of passes prior to scoring.
- Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
**Week Five – Warm Up**

**Dribbling Gates**

**OBJECTIVE:** Learning to dribble in tight spaces

**TIME:** 15 minutes

**GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:** 10 cones, 2 cones per gate

**ORGANIZATION:** Every player with a ball

**RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy). How many gates can players dribble through in time limit?

**ACTIONS**
- U9-U10 Ball Coordination
  - Review 1 - 7, 11, 12 and introduce #13 (fake kick and spin away)
- U11 Ball Coordination
  - Review 1 - 7, 11-13

**COACHING POINTS:** Teach ACES BALL MASTERY

**VARIATIONS**
- Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Five - Tech Game

1 v 1 Dribbling Gates

OBJECTIVE: Improving beating a defender, improving winning the ball

TIME: 15 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate; 1/2 team with pinnies; 1 ball per 2 players

ORGANIZATION: Players paired up.

RULES: Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Players cannot dribble through same gate twice in a row, must go to another gate. Length of game 30-60 seconds. Rotate opponent.

COACHING POINTS: Take on defender with speed
Change direction and change speed
When defender wins ball, make quick transition from attack/defense.

VARIATIONS Player must use a move on defender before scoring goal.
OBJECTIVE: Learning to beat a defender, learning to win the ball
TIME: 15 minutes, 1 minute game 1 minute rest
GRID SIZE: Open field
EQUIPMENT: One large cone per pair of players, one ball per pair
ORGANIZATION: Pair up players. Each pair has a ball and a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Place cone on ground
RULES: 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone.
COACHING POINTS: Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack/defense.
VARIATIONS: Pairs can score on any cone.
### Week Five – Technical/Tactical Game

#### GK in the Middle

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<tr>
<td><strong>GRID SIZE:</strong></td>
<td>Distance between shooters and goals (5-10 yds.) Goals 5 - 7 yards (width) side by side</td>
</tr>
<tr>
<td><strong>EQUIPMENT:</strong></td>
<td>5 large cones, supply of balls</td>
</tr>
<tr>
<td><strong>ORGANIZATION</strong></td>
<td>2 players with two balls (outside), 1 in the middle (GK)</td>
</tr>
<tr>
<td><strong>RULES:</strong></td>
<td>Player on outside shoots (instep), other outside retrieves and shoots from opposite side. If GK makes a save, then roll ball out to other shooter. Rotate GK every 90-120 seconds.</td>
</tr>
<tr>
<td><strong>COACHING POINTS:</strong></td>
<td>Instep passing technique</td>
</tr>
<tr>
<td><strong>VARIATIONS:</strong></td>
<td>Shoot with right or left foot only</td>
</tr>
<tr>
<td></td>
<td>Self-pass then shoot</td>
</tr>
<tr>
<td></td>
<td>Who can score the most goals in time limit?</td>
</tr>
</tbody>
</table>
Week Five – Final Game

3 v 2 + 1 (GK)

OBJECTIVE: Improving Combination Play, movement with and without the ball

TIME: 15 minutes

GRID SIZE: 2 grids side-by-side 30 yards (length) x 20 yards (width)
goals 5 yards (wide)

EQUIPMENT: 6 small cones, 8 large cones, 6 pinnies

ORGANIZATION: Divide into three players each (four teams). Teams will rotate after 5 minutes

RULES: Team in possession has three players, team not in possession defends with two, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, all players become attackers

COACHING POINTS: Combination play (2 v 1 - wall pass, takeover)
Transition from Attack to Defense and Defense to Attack
Team shape - Two back-One Forward TRIANGLE (organize when ball is out of play)

VARIATIONS Play 3 v 3 without GK
Objective: Passing/Receiving Technique, Movement without the ball

Time: 15 minutes

Grid Size: 2 lines of cones 20 yards (length) and 10 yards (width) increase/decrease based on ability and technique being taught

Equipment: 10 cones, 4 balls

Organization: Groups of three players (four groups) One player each on the ends and one player in the middle

Rules: A plays SHORT pass to B; B plays SHORT pass back to A; A plays LONG pass to C and follows pass. B takes A’s spot Creating another SHORT-SHORT-LONG opportunity.

Coaching Points: Inside of foot passing technique Instep passing technique

Variations: Player in middle stays for 45-60 seconds, then rotates to the outside.
**OBJECTIVE:**
Improving ability to go past a defender (Dribble or Wall Pass)
Improving shooting on goal

**TIME:**
15 minutes

**GRID SIZE:**
25 yards (length) x 15 yards (width); vary size by age and ability; goal 7 yards (width)

**EQUIPMENT:**
6 small cones, 2 large cones, 2 pinnies, supply of balls

**ORGANIZATION:**
One GK, Two neutral (wide) players, the rest divided into two teams (1 Attacking, 1 Defending)

**RULES:**
Attacking player starts play by dribbling into field. Defending player defends when ball is put into play. Attacking player attempts to beat defender (dribble or wall pass with neutral player(s) and shoot on goal. Defender wins ball and dribbles across the attacking start line (for a score). Rotate teams including GK and Neutral players.

**COACHING POINTS:**
Get past the defender as quickly as possible, via dribble. Shoot on goal (low shot to corners is ideal)

**VARIATIONS**
When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack. Defenders rotate with attacker after they win the ball
Week Six – Fitness

Running Gates

OBJECTIVE: Improving coordination, speed and agility

TIME: 15 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate

ORGANIZATION: Gates (3-4 steps apart) placed randomly around field.

RULES: Players try to run through as many gates in allotted time
Length of each run should be 30-60 seconds

COACHING POINTS: Vision - Avoid crowded gates
Spacial awareness

VARIATIONS: Running Backwards
Skipping
Push-Up at gate
Figure 8 around the cones (gate)
Somersault through gate
Jump over cones at gate
Week Six – Technical/Tactical Game
Dribble Shoot & Dribble Pass Shoot

OBJECTIVE: Improve Shots on Goal
TIME: 15 minutes
GRID SIZE: Start point is 20 yards away from goal (goal 6 yards wide)
EQUIPMENT: 7 cones and supply of balls
ORGANIZATION: One goalkeeper in each goal (2), one receiver 12 yards from B Goal, all others with a ball at start cones (Groups A and B)
RULES: Group A shooter dribbles within 10 yards of goal and shoots; Group B passer dribbles 3-4 yards and passes to receiver, who receives ball, turns and shoots on goal. Passer replaces the receiver/shooter. Rotate Goalkeepers every 5 shots.

COACHING POINTS:
- Dribble at game speed
- Instep passing technique
- Inside of foot passing technique
- Shoot low and to corners

VARIATIONS: Shooter must use right/left foot or pre-determined technique.
Week Six – Final Game

4 v 4 + 4

OBJECTIVE: Creating game situations in small sided games, utilizing numerical advantage.

TIME: 15 minutes

GRID SIZE: 30 yards (length) x 20 yards (width), goals 7 yards (wide)

EQUIPMENT: 6 small cones, 4 large cones, 4 pinnies

ORGANIZATION: Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team

RULES: Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.

COACHING POINTS: Pass to open players, use neutral players if necessary Team shape - Diamond (organize when ball is out of play Combination play (wall pass)

VARIATIONS Limit # of touches (two touch max., 3 touches max.). Game to one goal, winning team stays on.
Dribbling Marbles

**OBJECTIVE:** Learning to dribble in tight spaces

**TIME:** 15 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** 4 cones, one ball for each player

**ORGANIZATION:** Every player with a ball

**RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

**ACTIONS**
- Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
- U9-U10 Ball Coordination
- Review 1-8, 11-13 and introduce #14 Scissors
- U11 Ball Coordination
- Review 1-8, 11-14

**COACHING POINTS:** Teach ACES BALL MASTERY

**VARIATIONS**
- Players must use right foot only, left foot only, must perform specific moves or combination of moves.
Week Seven - Tech Game

Street Dribble (Defending)

OBJECTIVE: Learning proper defending technique

TIME: 15 minutes

GRID SIZE: 30 yards (length) x 30 yards (width); vary size by age and ability

EQUIPMENT: 8 Cones, 2 pinnies, supply of balls

ORGANIZATION: 1/2 the team with balls, the other half without

RULES: Attackers start dribbling (changing direction) while heading towards the other sidewalk. Defender tries to keep attacker in front of himself. Attacker starts at a jogging pace, and increases speed after each round. Players switch roles after crossing the street twice = 1 round.

COACHING POINTS:
- Defensive body position (1 foot in front of the other) Sideways On
- Force attacker one way (shepherd)
- Keep Attacker in front of themselves
- Be patient (don't dive in at the ball)
- Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)

VARIATIONS 1 v 1 line soccer (dribbling)
Week Seven – Fitness

Street Tag

OBJECTIVE: Improving coordination, speed and agility

TIME: 15 minutes

GRID SIZE: 30 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 8 Cones, 3 pinnies

ORGANIZATION: Three players in the street (Street Sweepers) all other players in the sidewalk.

RULES: Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?

COACHING POINTS: Change direction and speed
Vision, avoid sweepers and other players

VARIATIONS
All must skip
All must start on stomach (get up and run)
All must crab walk
Week Seven – Technical/Tactical Game  
Chip and Defend

OBJECTIVE: Attacking and Defending 1 v 1

TIME: 15 minutes

GRID SIZE: 25 yards (length) x 20 yards (width) goal 7 yards (wide)

EQUIPMENT: 6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls

ORGANIZATION One team defends (Group A), One team attacks (Group B). Defending team provides a GK.

RULES: A dribbles 3-4 touches and plays long pass to B. A follows pass with a sprint. A and B play 1 v 1. If the defending team wins the ball, passing back to the GK = a goal. The attacking team earns a goal by scoring. Rotate teams every 3-4 minutes.

COACHING POINTS: Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Be patient (don’t dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)

VARIATIONS A must play chipped pass (in air) B sends two players (2 v 1) Both A and B send two players (2 v 2)
Week Seven – Final Game
3 v 3 Line Soccer

OBJECTIVE: Penetration by dribbling, creating 1 v 1 opportunities.

TIME: 15 minutes

GRID SIZE: 2 grids - 25 yards (length) x 40 yards (width)

EQUIPMENT: 16 cones, 6 pinnies, supply of balls

ORGANIZATION: Divide players in to groups of three (four teams)

RULES: Teams play 3 v 3 in grid. In order to score attacking team must dribble beyond end line.

COACHING POINTS: Create space by movement with and without the ball
Take opponent on quickly when 1 v 1 is present
Possession of ball, when penetration is not on

VARIATIONS Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
If team scores, they maintain possession and attack in the other direction.
Passing over the line
Attacking team must have minimal number of passes prior to scoring.
Week Eight – Warm Up

Dribbling Marbles

OBJECTIVE: Learning to dribble in tight spaces
TIME: 15 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: 4 cones, one ball for each player
ORGANIZATION: Every player with a ball
RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
ACTIONS Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-6, 11 and introduce #12 Double Touch
U11 Ball Coordination
Review 1-6, 11 and 12
COACHING POINTS: Teach ACES BALL MASTERY
VARIATIONS Players must use right foot only, left foot only, must perform specific moves or combination of moves
Objective: Improving ability to go past a defender; Combination Play (wall pass, takeovers, overlaps)

Time: 15 minutes

Grid Size: 20 yards (length) x 15 yards (width); vary size by age and ability

Equipment: 6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls

Organization: Team divided in half; one team attacking, the other defending

Rules: Two players (attackers) play against one player (defender) to goal. Attacking team starts play by dribbling in to neutral zone. Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession.

Coaching Points: Get past the defender as quickly as possible, via dribble or pass. Look for wall pass opportunities. Shoot on goal (low)

Variations: Add a goalkeeper to the defensive team. Add a 2nd defender to defensive team. When defending player wins ball, he dribbles off the field.
Week Eight – Fitness

Relay Races

**OBJECTIVE:** Improving coordination, speed and agility

**TIME:** 12-15 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** Three cones and three balls for three teams (pinnies can be used to differentiate between the teams).

**ORGANIZATION:** Divide into three teams

**RULES:** 1st runner must sprint around ball and back and touch next player to start.

**COACHING POINTS:** Strong Effort

**VARIATIONS**
- Run backwards
- Skip
- Jump over ball twice
- Somersault
- Start on stomach
- Start sitting
Week Eight – Technical/Tactical

Finishing Touches

OBJECTIVE: Finishing on goal from a cross, movement off the ball

TIME: 15 minutes

GRID SIZE: 30 yards (length x 60 yards (width)

EQUIPMENT: 8 small cones, 2 large cones, supply of balls

ORGANIZATION 3-4 players in wide channel to cross, 1 GK, groups of three to finish crosses.

RULES: A (Trailer) passes ball wide to D (Crosser), B (near) and C (far) make runs into the box for the cross. A after pass, takes up position at the top of the penalty box. D receives pass, dribbles down wide channel and crosses ball into (A, B, or C). Rotate crossers to left side after 7 minutes

COACHING POINTS: Pace of cross (on ground, in air if needed)
Bending runs in front of goal (facing ball and goal)
Timing of runs (arrive at near post at same time as cross)
Finishing on goal

VARIATIONS Add a defender that marks one of the runners, crosser must find and pass to open runner.
Competition between Attackers and GK. Who can get to score of 10 first (Attackers must score, no more than 1 touch to finish)
GK scores by making a clean save on cross or shot)
Week Eight – Final Game

3 v 3 tournament

OBJECTIVE: Improving play with small sided games
TIME: 15 minutes
GRID SIZE: 3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width
EQUIPMENT: 8 cones (for goals only) No sidelines, (sidelines can be added) 6 pinnies
ORGANIZATION: Divide team into three's (four teams)
RULES: Teams play 3 v 3 and rotate opposition every 4 minutes. Team with most wins tournament.
COACHING POINTS: Decision making dribbling vs. passing
Players dribbling with head up (vision)
Combination Play (wall pass)
Transition from attack to defense and defense to attack
VARIATIONS Players rotate partners (individual score)
Week Nine – Warm Up

Dribbling Gates

OBJECTIVE: Learning to dribble in tight spaces

TIME: 15 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate

ORGANIZATION: Every player with a ball

RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy). How many gates can players dribble through in time limit?

ACTIONS: U9-U10 Ball Coordination
Review 1 - 7, 11, 12 and introduce #13 (fake kick and spin away)
U11 Ball Coordination
Review 1 - 7, 11-13

COACHING POINTS: Teach ACES BALL MASTERY

VARIATIONS: Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Nine - Tech Game

Street Dribble (Defending)

OBJECTIVE: Learning proper defending technique

TIME: 15 minutes

GRID SIZE: 30 yards (length) x 30 yards (width); vary size by age and ability

EQUIPMENT: 8 Cones, 2 pinnies, supply of balls

ORGANIZATION: 1/2 the team with balls, the other half without

RULES: Attackers start dribbling (changing direction) while heading towards the other sidewalk. Defender tries to keep attacker in front of himself. Attacker starts at a jogging pace, and increases speed after each round. Players switch roles after crossing the street twice = 1 round.

COACHING POINTS: Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Keep Attacker in front of themselves Be patient (don't dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)

VARIATIONS 1 v 1 line soccer (dribbling)
**Week Nine – Fitness**

**Street Tag**

**OBJECTIVE:** Improving coordination, speed and agility

**TIME:** 15 minutes

**GRID SIZE:** 30 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** 8 Cones, 3 pinnies

**ORGANIZATION:** Three players in the street (Street Sweepers) all other players in the sidewalk.

**RULES:** Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?

**COACHING POINTS:** Change direction and speed
Vision, avoid sweepers and other players

**VARIATIONS**
All must skip
All must start on stomach (get up and run)
All must crab walk
Week Nine – Technical/ Tactical Game

1 v 1 to 4 goals

OBJECTIVE: Improving ability to go past a defender, changing the point of attack with the dribble

TIME: 15 minutes

GRID SIZE: 15 yards (length) x 20 yards (width); vary size by age and ability

EQUIPMENT: 6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls

RULES: 2 teams (one on each end of field). Players defend two goals and attack two goals

COACHING POINTS: Players can enter the field when coach passes ball. Attacking player attempts to score on either goal, if defending player wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.

VARIATIONS Make defender move (dribble at angles, not straight)
Change direction with a burst of speed
Use dribbling moves, which ones are most effective?
Transition from attack to defense; and defense to attack.
Week Nine – Final Game

3 v3 Line Soccer

OBJECTIVE: Penetration by dribbling, creating 1 v 1 opportunities

TIME: 15 minutes

GRID SIZE: 2 grids - 25 yards (length) x 40 yards (width)

EQUIPMENT: 16 cones, 6 pinnies, supply of balls

ORGANIZATION Divide players into groups of three (four teams)

RULES: Teams play 3 v 3 in grid. In order to score, attacking team must dribble beyond end line.

COACHING POINTS: Create space by movement with and without the ball
Take opponent on quickly when 1 v 1 is present
Possession of ball, when penetration is not on

VARIATIONS Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
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Attacking team must have minimal number of passes prior to scoring.