

1 vs. 1 and Shoot

Players: 7-8
Ages: 10 - 16

Objectives: Improve 1 vs. 1 offensive and defensive skills and shooting

Description:

One keeper, one defender in a marked 15x10 yard area about 20 yards from goal, and a line of attackers 10 yards beyond the area.

PROCEDURE

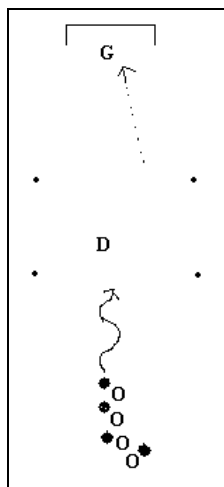
1. First player dribbles toward the defender and tries to beat him by getting the ball past the far line of the marked off area.
2. If the attacker beats the defender he can take one more dribble and shoot.
3. If defender plays or dribbles the ball out of the rectangle he wins and the attacker becomes the defender. The defender retrieves the ball and goes to back of line.

RULES

1. Defender cannot leave the rectangle area.

COACHING POINTS

1. Attackers should use short, quick steps when approaching defender and a burst of speed to beat the defender after a move.



O-Offensive player
D-Defensive player
X-Field player
G-Goalkeeper
C-Coach
Ball ●
Pass - - - - ->
Shot>
Run ———>
Dribble ~~~~~>
Cone •

Attacking 101

Players: 3
Ages: 7 - 16

Objectives: A simple but very effective drill for teaching 2v1 attacking concepts.

Description:

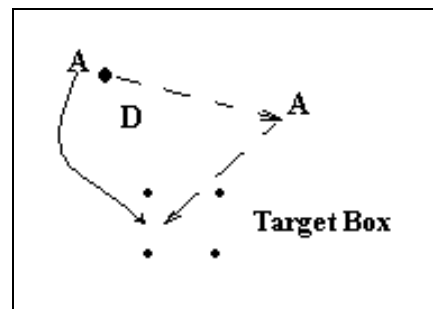
SETUP: Divide your team into groups of three; rotate in any remaining players as the drill moves along. For each group of three, define a target box with flat disks about 2 yards on each side. Keep target boxes about 10 yards or more apart from each other.

PROCEDURE: Have one player of each group of three be a defender and the other two players be attackers. The attackers' objective is to bring the ball to a full stop within their target box. The defender, of course, tries to prevent this. The attackers can pass, dribble, do moves, etc. This drill can be played with or without an offside rule depending on what you as coach want to work on (mid-field play versus attacking the Penalty Area). Rotate each player through defence.

To make it more competitive, award a point to each of the attackers for a successful "stop in the box". Keep a running tally through all three defender's turns.

COACHING POINTS: See if players can recognize how/ where to support (back, square or diagonal runs), if the passer can see the open space opportunities, if the passer can force the defender to commit to him first before passing. Once they begin to master the 2v1 attacking concepts, show them ways that they can isolate a defender in a 2v1 situation during a game.

The rationale for the use of the target box is to focus the attackers on obtaining defended space.



O-Offensive player
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Ball ●
Pass - - - - ->
Shot>
Run ———>
Dribble ~~~~~>
Cone •

Defend Wide

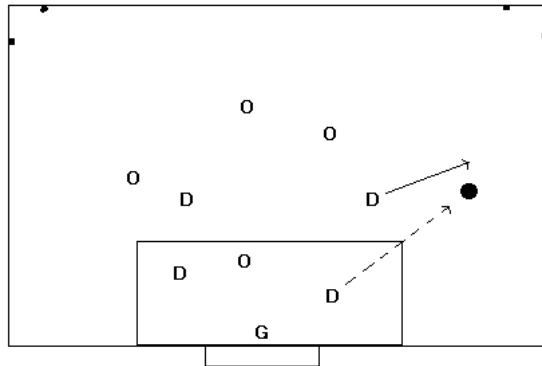
Players: 5-11
Ages: 7 – 16
Minutes: 10-20

Objectives: Encourage defenders to clear ball from goal area

Description:

Many of my U/8 players would defend by just kicking the ball back into the central corridor where attacking players would often kick it straight back for a goal. I designed this game to encourage the defenders when under attack in the penalty area to clear the ball towards the touch line. Either by a long kick or if possible dribbling or passing, before counter attacking.

The game uses a half field with a standard goal and a goalie at one end. Two smaller 4ft goals are positioned along both touch lines at about the halfway line.



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G-Goalkeeper
C-Coach
Ball ●
Pass - - - - ->
Shot->
Run ———->
Dribble ~~~~~->
Cone •

Find the Coach

Players: 1-12
Ages: 5-8
Minutes: 3-15

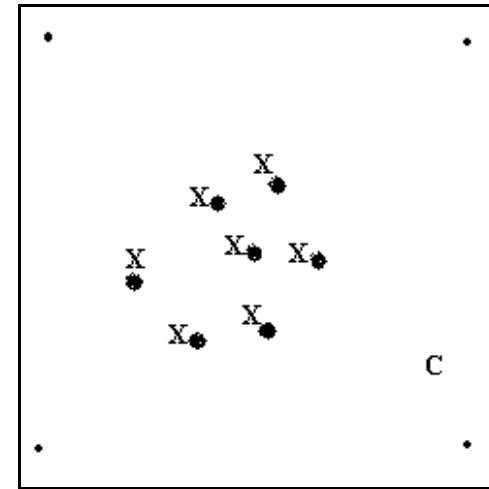
Search Objectives: Dribbling, Shooting, Silly and Fun

Objectives: Helps to keep players heads up while passing.

Description:

This drill is best for younger kids. Each player has their own ball and is spread out around the field (any size field larger than 20 X 20 yards will work). Each player gets on knees and places their forehead on the ball and closes their eyes. The coach moves to a far away area from the players and when in place blows the whistle to start play. The players must get up quickly from the ground (an important concept for 5-8 year olds) find the coach, and then dribble to the coach and shoot at him. The first one to have a ball strike the coach wins. In addition to keeping their head up while dribbling, this drill also teaches quickness shooting, and dribbling with a crowd. Most important the kids absolutely love this one. You can alter the drill by adding additional coaches, having the coach move rather than a stationary position.

Note: Doesn't work well if field is wet or muddy.



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Ball ●
Pass - - - - ->
Shot->
Run ———->
Dribble ~~~~~->
Cone •

Finishing while fatigued

Players: 6-18
Ages: 5-99
Minutes: 15-20

Search Objectives: Shooting, Conditioning,

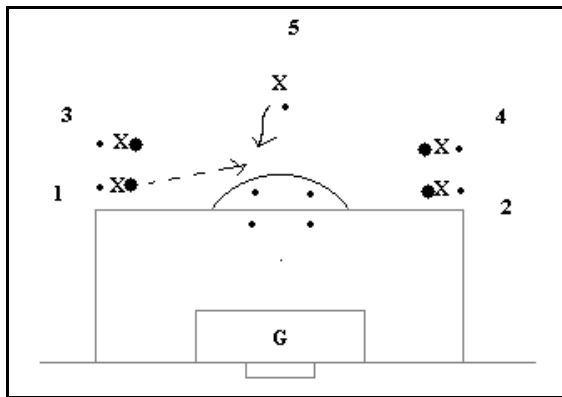
Objectives: Fitness, teach good shooting techniques while physically knackered.

Description:

Set-up 4 cones, two just 2 yards inside the 18 yard box two just 1 or 2 yards outside, directly in front of goal even with the goalposts (this is the shooting box). Set another 5 cones, numbered 1 thru 5 with #1 & 2 on the corners of the 18, #3 & 4 approx. 5 yards back and #5 in the center another 5 yards back.

Have players with a ball on each cone. On go, one player starts from a position behind #5 runs toward goal and receives a pass from #1, they can either shoot on first touch or use their first touch to put ball into shooting box and then shoot on goal, they then turn and run around #1 and around #5 and receive a pass from #2 they shoot, turn, run around #2 & #5 etc. and this continues with the player always running around the one who passes to them and #5 then receiving another pass for a chance at goal. With the last pass from #5 being an over the shoulder throw and the shooter must volley a shot on their first touch. When done, the shooter becomes #1; #1 becomes #2 etc. with #5 becoming the next shooter.

Encourage players to go for accuracy over power and to push themselves to try and complete the task as quickly as possible, set a time limit to complete 5 shots. Have the passers shouting them on with positive talk (go faster, dig, push yourself, go go etc.) The number of passers can be increased to 6, 7, 8, etc. This is a demanding drill however and the players should be encouraged to stretch the legs after running the course



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 Ball ●
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 Shot>
 Run ———>
 Dribble ~~~~~>
 Cone •

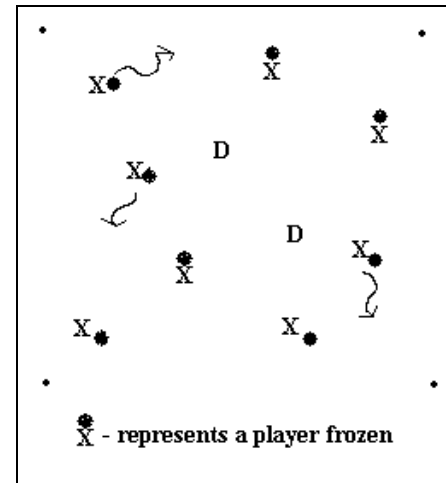
Freeze Tag

Players: 10-16
Ages: 5 - 10
Search Objectives: Dribbling, Silly & Fun, Warm-Up

Objectives: Fun drill for dribbling and team play

Description:

This is just like the kid game of freeze tag but with soccer balls. Use cones to mark off an area 40x40 yards or so. Designate one or two players as the taggers and the rest of the players have a ball. The two players try to tag the other players. If a player is tagged they must hold their ball over their head and spread their legs. An unfrozen team-mate can free the frozen player by dribbling or passing the ball between the frozen player's legs.



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 C- Coach
 Ball ●
 Pass - - - - ->
 Shot>
 Run ———>
 Dribble ~~~~~>
 Cone •

Half-Volley for Shooting Technique & Power

Players: 5-8
Ages: 10-99

Search Objectives: Shooting, Other

Objectives: Use half-volleys to work on proper shooting technique & shooting power.

Description:

SETUP

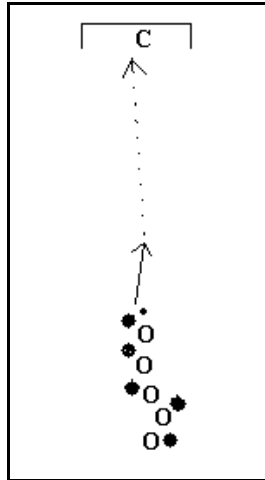
Place a cone near the top of the penalty box, have players form a line with a ball each at the cone, and have the coach in the goal to retrieve balls.

PROCEDURE

1. With the ball in his hands the first player in line takes 4-5 jogging steps, drops the ball to the ground, and hits a low, powerful half-volley shot into the goal. The half-volley, or drop-kick, is hit as the ball is rising from the bounce. Do not hit the ball on the way down!
2. If the player misses the goal he must retrieve the ball and get back in line.
3. If the ball goes in the goal the coach will retrieve the ball and toss to the player. The coach is not in goal to block shots.
4. Next player performs a half-volley.

COACHING POINTS

1. Emphasize the shots should be hit low and with power. If either description is lacking then the shooting technique was probably flawed.



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C-Coach
Ball ●
Pass - - - - →
Shot→
Run ———→
Dribble ~~~~~→
Cone •

Left / Right footed passes & headers

Players: 3
Ages: 8-16

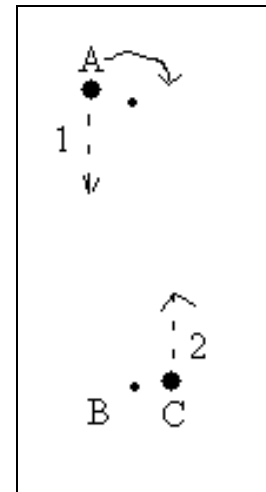
Objectives: Using left and right foot, chipping, head-in, stamina

Description: 3 players a, b, c, 2 cones, 2 balls

Player A stands 5/10 yards away from B and C. Cone is in front of A, players B and C are 5 to 10 yards from A's cone. Player A moves from left to right behind the cone and player B or C (whichever side A is on) passes to A who uses 1 or 2 touches to return ball.

Player A should be using left foot on one side, right foot on other side.

Do 10 left & 20 right. Can have player A head, chest, thigh, etc. to control and pass.



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C-Coach
Ball ●
Pass - - - - →
Shot→
Run ———→
Dribble ~~~~~→
Cone •

Lots of Shots Game

Players: 8 - 10

Ages: 9 - 16

Objectives: Creates many shots & demands good movement away from the ball.

Description:

SETUP

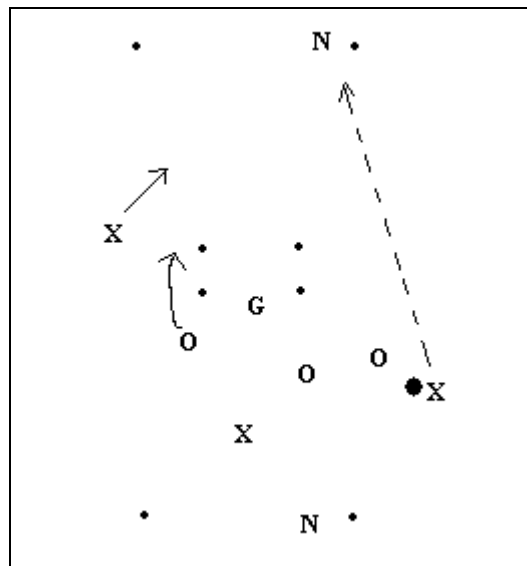
Use 4 cones for two 6-yard goals back to back and about 5 yards apart, and four other cones to mark neutral player areas. One goalkeeper, 6 field players and a neutral player about 20-25 yards from each goal.

PROCEDURE

Play 3v3 soccer with these exceptions:

- The goalkeeper protects both goals.
- Each team can shoot on either goal.
- Each team must make one pass before shooting.
- Each team may use both neutral players.
- Neutral players must stay between the cones and play 1 or 2 touch soccer.
- There need not be any sideline boundaries but balls going past neutral players are out.
- Restart with a neutral player or keeper passing to a team (does not count for the "one" pass).

Use extra players as subs because this is a demanding game.



North, South, East, West

Players: 8-10

Ages: 5 – 10

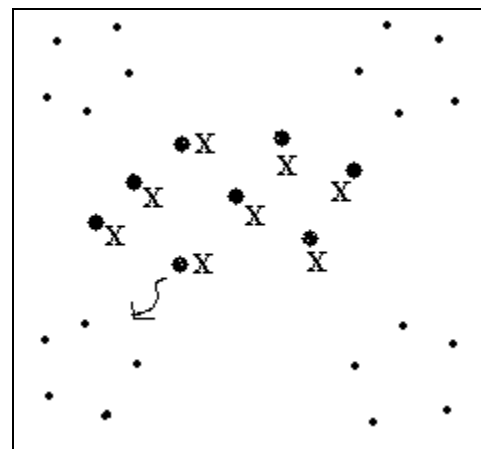
Search Objectives: Dribbling, Silly & Fun, Shielding

Objectives: Improve ball control while keeping head up

Description:

Mark off a 20x20 yard square with small circles at each corner. Designate a north, south, east and west circle. Players begin with a ball each in the square and dribble around avoiding other players. When coach whistles players stop ball with foot on the ball. At command of "north", "south", "east" or "west" all players dribble to that corner circle. Winner is first to control ball in circle. Play again and keep score of winners. For variation have players dribble with just their left or right foot.

Can use drill for warm-ups, you may want to make a few changes, 1; made up 4 teams renamed N,S,E,W to island 1,2,3,4 and turned the drill into an episode of Survivor, when eliminated you had to leave and juggle winning group got to select 'punishment for losers' i.e. push-ups. This will assist to keep up kid's interest and have them work harder to stay alive.



Overlap Attack with Keeper work

Players: 7 - 18

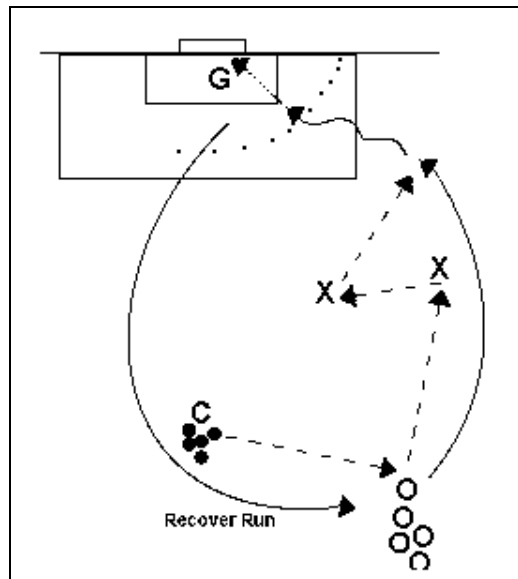
Ages: 13 - 16

Objectives: Trains keeper at shot rate of 6-8 per minute and works field players hard for fitness, overlapping, moving to ball, and shooting 1 v 1

Description: From half line, group offensive players in line with edge of penalty area. Put two players 20 yards toward goal and 10-15 yards apart. Set an arc of saucers near the goal. This distance depends on your problem. If players are shooting late, it's a shoot by here line. If they're shooting too soon, move it out a little and it's a don't shoot till you get here line.

Coach collects balls near circle and serves to the front offensive player. This player one touches to the outside field player and begins an overlap run. The outside player passes to partner, who leaves the ball for the overlap. Offensive player picks it up on the back side, dribbles to the arc and shoots. Once running, there can be 2-3 balls moving toward goal at once. On a full size field at pace, players should run a distance approaching 1.5 miles over 20 minutes.

Variation: Offensive player passes to the inside X, who passes out to partner and O splits between them or breaks inside of both. Add communication work by having an X direct O where to go.



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 Ball ●
 Pass - - - - ->
 Shot>
 Run ———>
 Dribble ~~~~~>
 Cone •

Possession & Penetration Game

Players: 7-15

Ages: 10 - 16

Objectives: Possession & penetration passing game to teach patience and when to do the killer pass.

Description:

Mark off a circle about 5 yards in diameter. Mark off a larger circle about 15 yards in diameter around the smaller. Vary the size depending on the number of players. The attackers play outside the large circle, the defenders play inside the large circle but outside the small circle, and one attacker plays inside the small circle. The number should be something like 4, 2, 1 or 6, 3, 1 or 7, 4, 1 or 9, 5, 1, respectively.

PROCEDURE

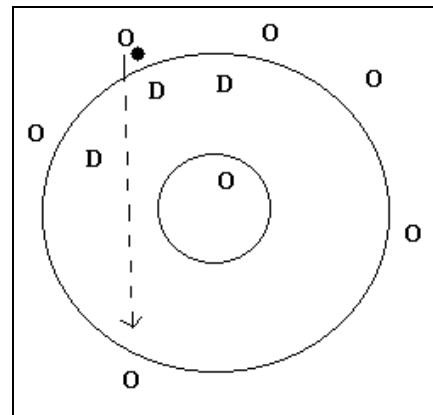
1. Outside attackers possess the ball and try to complete passes to and from the centre attacker.
2. If a defender wins possession of the ball switch roles with the attacker who lost possession.

RULES

1. Defenders must stay out of the small circle.
2. Outside attackers must stay outside the large circle and inner attacker must stay in the small circle.

COACHING POINTS

1. Encourage attacking team to pass around the circle looking for a penetrating pass.
2. Defending team should work as a team and play a moving zone with pressure, cover, and balance principles.
3. Note the killer pass can be a pass to the centre attacker or to a circle attacker splitting the defence and creating an easy pass to the centre.



O-Offensive player
 D-Defensive player
 X-Field player
 G-Goalkeeper
 C-Coach
 Ball ●
 Pass - - - - ->
 Shot>
 Run ———>
 Dribble ~~~~~>
 Cone •

Rob the Bank

Players: 10-16

Ages: 5 - 10

Search Objectives: Tactics, Silly & Fun, Dribbling

Objectives: Good for team work, dribbling, passing, and fun

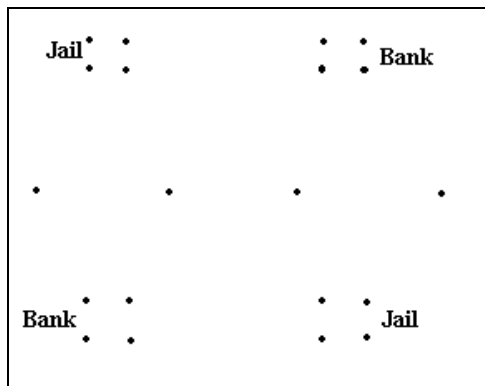
Description:

Setup: Divide your field in two with a center line of cones. Mark 2 5x5 yard squares on each half about 20 yards from the center line and about 25 yards apart (see figure). One square on each half is the jail and the other is the bank. Place X number of balls in each bank where X equals the number of players per team.

Procedure: The object of the game is for a team to gather all the balls in their bank while following these rules:

1. Players are safe in their half but if a player is tagged while in the opponent's half he or she must go directly to jail.
2. A player is released from jail if a team-mate tags them.
3. Players must use their feet to move the ball. A hand ball results in that ball being placed in the opponent's bank.
4. Players are not allowed to hang out in their bank or jail. Infraction results in loss of ball.
5. There are no out of bounds.
6. Have fun!

Tip: Might have to put a time limit on the game and say most balls in the bank at end of time win's. Have a coach or helper at each end to enforce rules.



O-Offensive player
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G-Goalkeeper
C-Coach
Ball ●
Pass - - - - ->
Shot ·········>
Run —————>
Dribble ~~~~~>
Cone •

Scrap-N-Shoot

Players: 8-12

Ages: 5 - 16

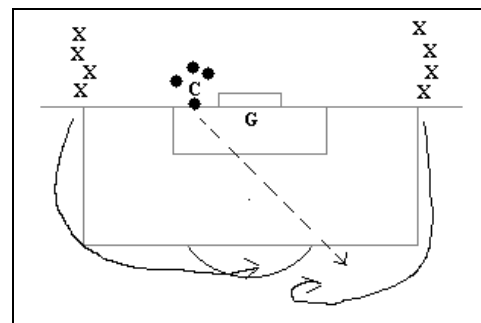
Objectives: Improve ability to win 50-50 balls, beat players 1v1, and shoot on goal.

Description:

SETUP: Divide players in two groups and station each group where the penalty area lines intersect the goal line. One goalkeeper (or just have coach be keeper also) and the coach with soccer balls just outside of the goal or in the goal.

PROCEDURE: One signal from coach the two players first in line sprint around the penalty box toward the penalty arc (D). As the player get close to the arc the coach will throw, roll, or kick (vary how ball is introduced) the ball to the players. The players try to control and dribble for a shot on goal. The coach can give favourable balls to weaker players to even things up a bit and give them a chance with the ball.

VARIATIONS: 1. Call names to match up players evenly. 2. Call 2 names from one line and 1 name from the other creating a 2v1 situation.



O-Offensive player
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Ball ●
Pass - - - - ->
Shot ·········>
Run —————>
Dribble ~~~~~>
Cone •

Shooting Plus

Players: 5-6

Ages: 10-50

Minutes: 10-15

Search Objectives: Shooting, Goalkeeper, Passing

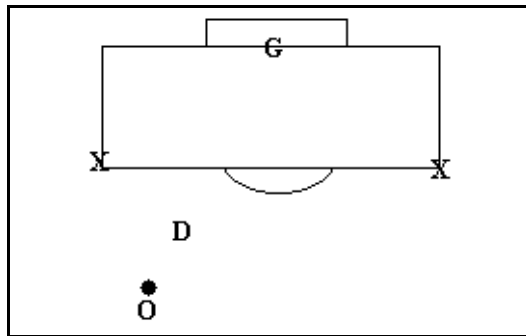
Objectives: Work on shooting and goalkeeping during game like conditions.

Description: Setup and Procedure: Goalkeeper, one defender, two supporters at corners of penalty box, and one offensive player. It's 1 vs. 1 with the offensive player using the supporters to create shooting opportunities. Supporters cannot: move from the corners, shoot, or dribble. The supporters can only trap, hold, and pass back to the offensive player. The defender cannot take the ball away from a supporter. The offensive player can use the supporters as many times as he wants until a good scoring opportunity comes.

Goalie plays as if game situation (come out...).

After 2-3 tries switch player positions

Tips: Extra person can shag missed shots.



O-Offensive player

D-Defensive player

X-Field player

G-Goalkeeper

C-Coach

Ball ●

Pass - - - - ->

Shot ·········>

Run —————>

Dribble ~~~~~>

Cone •

Stand-up & Chase

Players: 6-16

Ages: a05 a06 a07 a08 a09 a10 a11 a12 a13 a14 a15 a16

Search Objectives: Silly & Fun, Shooting, Dribbling

Objectives: Reaction time, strength, dribbling, shooting

Description:

Split the number of players in half - team A and team B. Stick a goalie in goal and line up team A and B around the half way line facing the goal. The first player in each team walks forward a few yards and sits down (cross legged) facing the goal sitting next to each other. The coach then stands behind the sitting players (so they cannot see him) and throws a ball over their head and as soon as the ball is visible to the sitting players they can stand up and chase the ball. The ball should drop about 5 yards in front of the sitting players.

The players then chase the ball and battle it out to get themselves in a scoring position and take a shot at goal.

Once the ball is dead the next 2 player's from A and B sit down and wait for the ball over their heads from the coach. Repeat for as long as necessary.

Stop-N-Go

Players: 8-20
Ages: 5 – 10

Objectives: Dribbling, Silly & Fun, Warm-up

Objectives: Encourages player to keep ball close to feet when dribbling.

Description:

SETUP

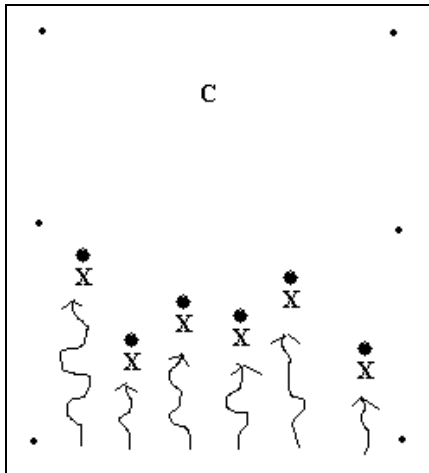
Mark a rectangle grid at least 50 yards long, players at one end with a ball each, and coach in middle of grid with a whistle.

PROCEDURE

1. Coach, with back turned to players, whistles and the players dribble forward as fast and under control as they can.
2. After a number of seconds the coach whistles again, waits a second or so, and jumps around to view all the players.
3. If any players do not have control of their ball (sole of foot on ball) then those players must go back to the start.
4. The goal is to be the first player to the far side of the rectangle.
5. Go back other way and play 3 or 4 rounds.

COACHING POINTS

1. Encourage players to dribble with the laces and keep ball close to feet.



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Run —————>
Dribble ~~~~~>
Cone •

Terminator

Players: 4-10
Ages: 5 - 16

Objectives: Ball Control, Dribbling, Defending, Shielding, Stealing

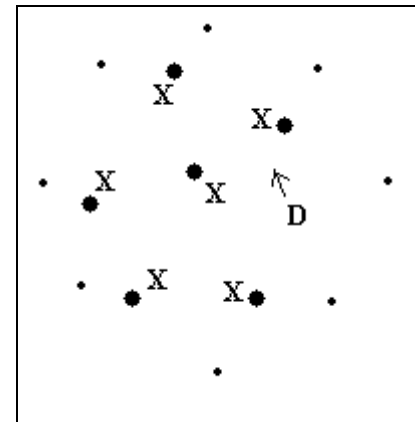
Description:

Setup: a circle or square marked with cones, the size will depend on the age group. For my 5 yr olds I use a circle of about 15 yards in diameter.

Players: all players are in the circle one w/out a ball this is the terminator.

Object: the terminator attacks the others in the circle and attempts to kick the balls out of the circle. If a player's ball is kicked out they retrieve it and sit out until one player remains in the middle with the terminator. The last player is the terminator for the next game.

Extra: my kids love this; we start the game when the terminator growls and we let the last player and terminator go at it until the terminator kicks that one out as well.



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Ball ●
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Dribble ~~~~~>
Cone •

Through the Cones

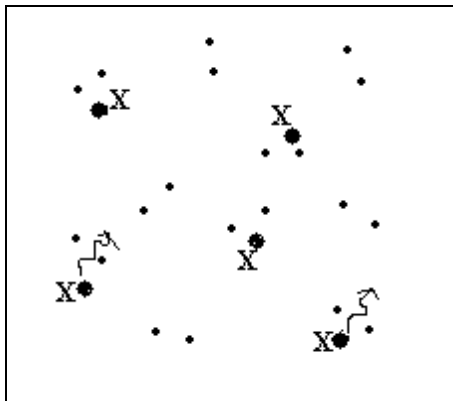
Players: 10-16
Ages: 6 - 14

Objectives: Fun drill to work on dribbling skills

Description: I do this for a warm-up before almost every practice.

In a 15-20 yard area set up 10-12 pairs of cones randomly with each pair about a yard apart. Divide the team in two groups and have one group at a time try to dribble through as many pairs of cones in 60 seconds. Keep score for individuals and/or teams. Vary the dribbling rules such as left foot only, outside foot only, use the sole of the foot through the cones, make a certain move after going through the cones, etc. One rule is you cannot dribble through the same pair of cones twice in a row.

If you think of other variations please include them in a review.



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Ball ●
Pass - - - - ->
Shot->
Run ———->
Dribble ~~~~~->
Cone •

Touch & Turn

Players: 3-3
Ages: 8 - 16

Objectives: Controlling, Passing, Warm-up

Objectives: Drill to work on specific traps, one touches, and passes

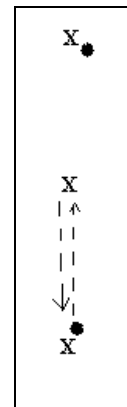
Description:

Three players and two balls. Players are in a straight line about 7-8 yards apart. The outside players start with the balls. One ball is served to the center player and that player performs a specific skill and returns the ball. He then turns to the other outside player to receive another ball. Continue for 2-4 minutes working 2-3 different skills and then change places.

Some skills to work:

- chest trap & pass
- thigh trap & pass
- head ball
- inside foot volley
- instep foot volley
- one touch on ground
- instep trap (from air) & pass
- inside foot trap (from air) & pass

Tips: When working on high balls outside players should toss or throw-in ball for proper height. Center player should always turn and approach for the ball - do not stand still!



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Ball ●
Pass - - - - ->
Shot->
Run ———->
Dribble ~~~~~->
Cone •

Turn and Shoot

Players: 9-15, Ages: 08-16,
Conditioning, Passing

Search Objectives: Shooting,

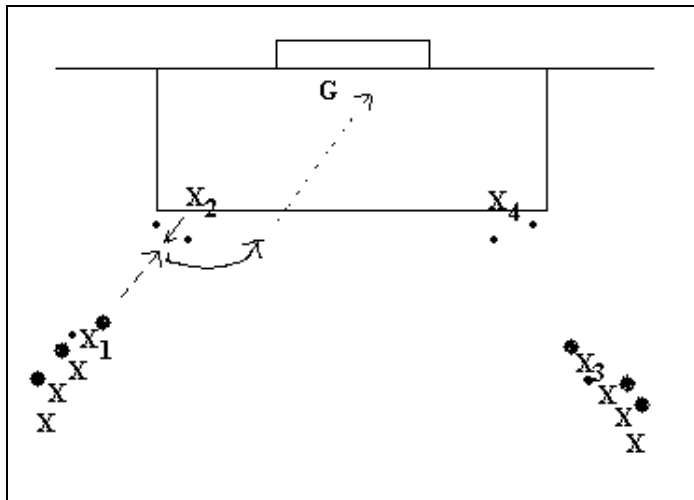
Objectives: Work on turning with the ball to create space for a shot

Description:

Setup as shown in the diagram below

Player 1 passes to player 2, player 2 comes to the ball (through the cones) and uses 1 or 2 touches to turn the ball to the middle and take a shot. Player 2 should turn the ball pretending a defender is on his back. He must shield and turn quickly! Player 2 retrieves the ball and goes to the opposite line (player 4's line). Player 1 takes player 2's spot. As soon as the shooter is out of the way player 3 passes to player 4 who turns to the middle for a left footed shot. Player 4 retrieves the ball and goes to the opposite line. Player 3 takes player 4's spot. Continue.

Tips: Emphasize the importance of coming through the cones to receive the ball and then turning with the ball quickly. The pass should be accurate and with a moderate to firm (for more skilled players) pace.



Lots of Shots Game

Players: 8 - 10
Ages: 9 - 16

Objectives: Creates many shots & demands good movement away from the ball.

Description:

SETUP

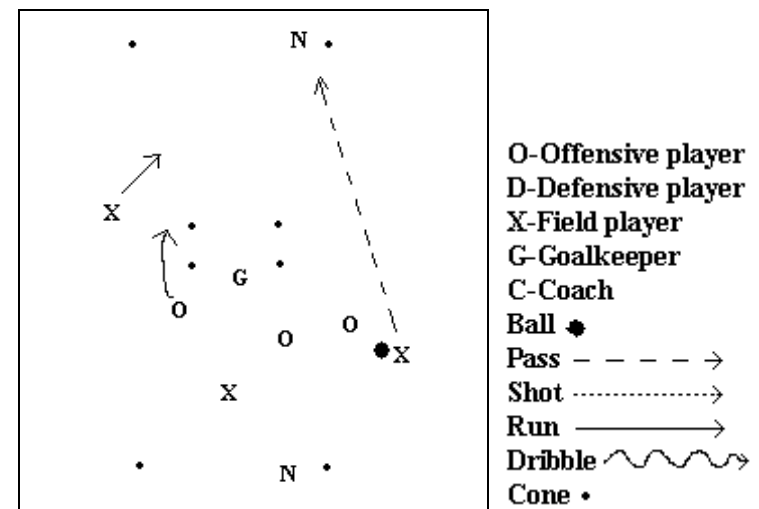
Use 4 cones for two 6-yard goals back to back and about 5 yards apart, and four other cones to mark neutral player areas. One goalkeeper, 6 field players and a neutral player about 20-25 yards from each goal.

PROCEDURE

Play 3v3 soccer with these exceptions:

- The goalkeeper protects both goals.
- Each team can shoot on either goal.
- Each team must make one pass before shooting.
- Each team may use both neutral players.
- Neutral players must stay between the cones and play 1 or 2 touch soccer.
- There need not be any sideline boundaries but balls going past neutral players are out.
- Restart with a neutral player or keeper passing to a team (does not count for the "one" pass).

Use extra players as subs because this is a demanding game.



Passing/Vision Exercise Drill

Players: 10-16 Ages: 8-16

Objectives: Vision / Passing

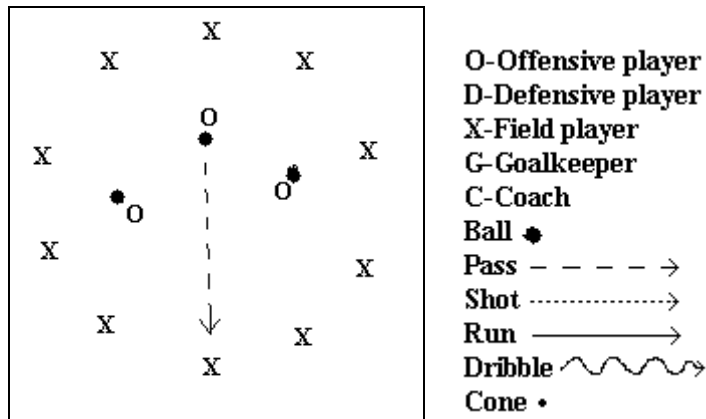
Description: Drill 1

All players form a large (20 –25 yd) circle. Three players go into the centre of the circle, each with a ball. All three inside players start to dribble around inside the circle and perform at least one “turn”, then pass to any player on outside. They then exchange places with that player.

When players are comfortable with this, we progress to insisting that all passes must be between the other two balls. We can also add a passive defender and insist on minimizing the amount of touches. (I think that insisting on 2-3 touches is too restrictive even though this is the result we are seeking.)

Key points to watch for are (1) head up, ball on floor, (2) first touch away from trouble (outside players), anticipation of outside players, but above all (3) IF THE PASS IS ON – MAKE IT, if not, hold the ball, dribble and watch for an opportunity.

When this drill works smoothly and depending on the skill level of your team, we will have the outside players (without the ball) identifying the open channel and calling for the pass



Touches and Warm-Up

Players: 4-5 Ages: 10 - 6

Objectives: Good warm-up while working on specific touches

Description:

I like to start practices with a drill which involves lots of touches and some light running. The best thing about this drill is that the variations are almost limitless. If you think of some please include it in a review. In ten minutes or so you can easily execute 3-4 variations.

Setup and Procedure: Four cones marking off a 12 x 12 yard (or larger) square. Two players at the bottom left corner with the ball, one player at the bottom right, and one player at the top right corner. Unless otherwise stated, every player should jog to the corner he passes the ball to. For example, using the diagram below, player 1 passes to player 2 and player 1 jogs to player 2's corner, player 2 passes to player 3 and jogs to player 3's corner, player 3 passes to player 4 and jogs to player's 4 corner, continue.

Variations:

1. Control and Pass. Have players control the ball then make the pass.
2. One Touch. One touch passing all around.
3. Pass, Pass, Dribble. Instead of making the diagonal pass have the player dribble and leave for the next player.
4. Pass, Toss, Head. Beginning with player 1 as in the diagram: player 1 passes to player 2, player 2 controls and gets ball to hands (preferably with his feet), player 2 tosses the ball to player 3 who heads the ball to player 4.
5. Pass, Toss, Pass. Like 4 above but instead of heading the ball player 3 should control using the chest or thighs, then pass.
6. Pass, Toss, Pass. Like 5 above but have player 3 makes a volley pass.
7. Pass, Pass, 5-6 toe taps and Pass. Player 3 performs 5-6 toe taps before passing.

Again the variations are almost endless! Change the direction. Restrict the diagonal pass (player 3 to 4) to a specific type - weak foot, outside foot, chip, instep.....

Touches and Warm-Up Two

More variations but with a slightly different setup and procedure:

1. One-Two (or And-Again). Same setup but player 2 does not move. Player 1 passes to player 2, player 1 runs toward player 3's corner, player 2 one touches to player 1 to complete the wall pass. Player 1 controls the ball and leaves ball for player 2 who then initiates a One-Two with player 2. Continue. Be sure to change places with player 2 every minute or so. Also, player 2's pass should not be a 90 degree pass (i.e. towards the corner), his pass should be somewhere between 45-60 degrees. For younger players have player 2 control and pass.

2. Trap and Turn, Pass. Player 2 sets up in the middle of player 1 and player 3. Player 1 passes firmly to player 2 and follows ball to the player 2's spot. Player 2 traps and turns, passes to player 3 and follows ball to player 3's spot. Player 3 traps, passes to player 1 (who is in the center spot) and follows ball to center. Player 1 traps and turns, passes to player 4, and follows ball to player 4's spot. You might need to lengthen the distance between the two cones.

Lastly, why the four corners? After ten minutes of warm-up now you can have the 4 player's player Four Corner Keep away, 3 vs. 1 for 5-10 minutes. Or, with larger adjacent squares, go right into Four Against Two, And Two (8 players).

