

Training content

Part 1: Technical training

Part 2: Combined technical/tactical routines

KEY

- > Path of the player without the ball
- ~~~~~> Path of the player with the ball
- > Path of the ball (from a pass or shot)
- △ Coach
- A, B, C, D Designation of players
- A1, A2 Positions of A players

Technical training: 1. Passing and controlling (receiving the ball)

1. Passing along the ground and controlling

Organisation:

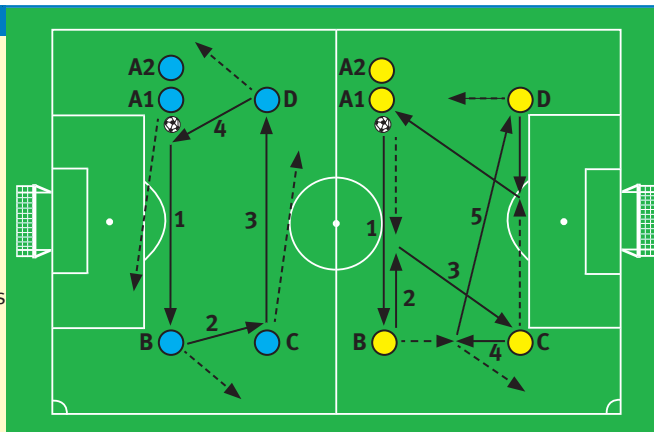
- 5 players per exercise. – Areas marked out (with cones, discs, etc.). – 1 ball to start, then 2.

Procedure:

- **A1** plays the ball to **B** and then takes **B's** place.
- **B** controls and plays the ball for **C** to run onto and then takes the place of **C**.
- **C** plays the ball for **D** to control, who then plays for **A2** to run onto.
- After passing, positions are switched, according to the coach's instructions. – The direction of passes is also changed.

Variations:

- Variety of passes and ball control. – Exercise with 2 balls.
- 1-touch direct play (pass - pass-back - pass), as shown in the example with the yellow players.



2. Short passing and long passes

Organisation:

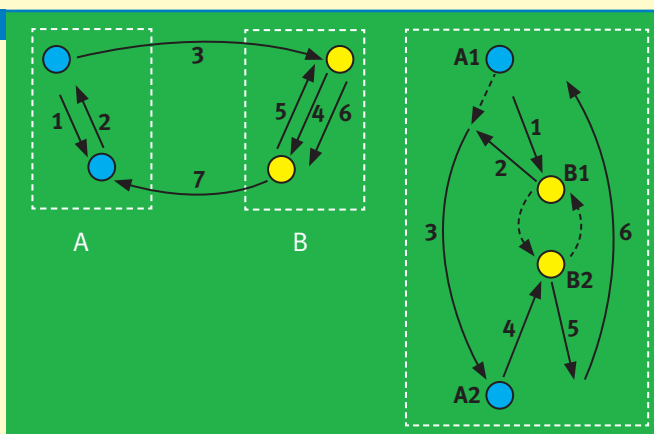
- 4 players per exercise.
- Areas marked out (with cones, discs, etc.). – 1 ball.

Procedure:

- The players in **group A** move around and play short, direct passes to each other.
- After 3-4 passes, they pass long to the players in **group B**.
- One of the players in **group B** controls the ball and plays it to his partner (direct pass).
- Passes are delivered with the left and right foot.

Variations:

- **A1** plays the ball to **B1** who passes back. **A1** gives a long pass along the ground or in the air to **A2**.
- The players in **group B** play one touch to each other and then change round.



3. Varied passing and control

Organisation:

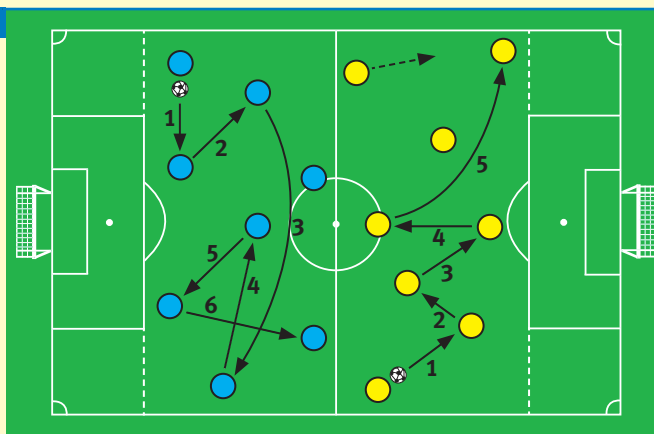
- 2 groups of 6-8 players.
- Area marked out (with cones, discs, etc.).
- 1 ball per group.

Procedure:

- The ball is circulated within the group, with 2 touches each, and then with 1 touch - depending on the situation.
- The players cover the area of the pitch and are always moving.
- They try to achieve a triangular passing formation.
- They then do 3 short passes followed by a long one.

Variations:

- The 2 groups play together.
- The player with the ball always passes to a player wearing different colours from his own.
- With 1, 2 or 3 balls.



4. 8 v 8 / 6 v 6 game with goalkeepers

Organisation:

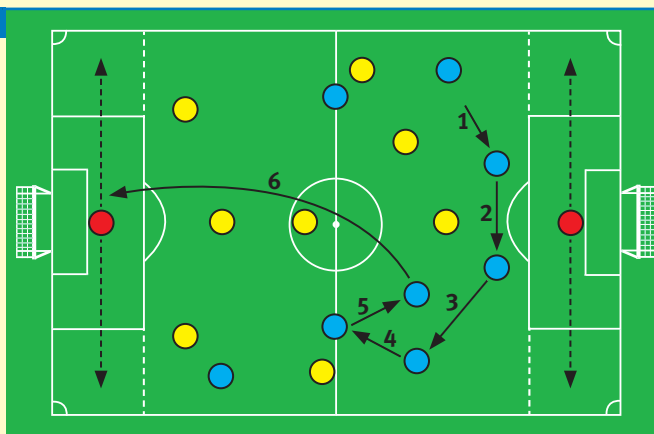
- 2 teams of 8 players.
- Area marked out (with cones, discs, etc.).
- 2 neutral goalkeepers playing behind the lines.

Procedure:

- The aim is to keep possession and occupy space.
- Three touches maximum allowed per player.
- A goal is scored after 5 passes and then an aerial pass from the opposing half into the hands of the other team's goalkeeper.

Variations:

- Two touches maximum per player.
- The same format, but with two goals.
- After 5 passes, goals can be scored in one of the two goals.



Technical training: 2. Passing and controlling (receiving the ball)

1. Receiving the ball and short or long passes

Organisation:

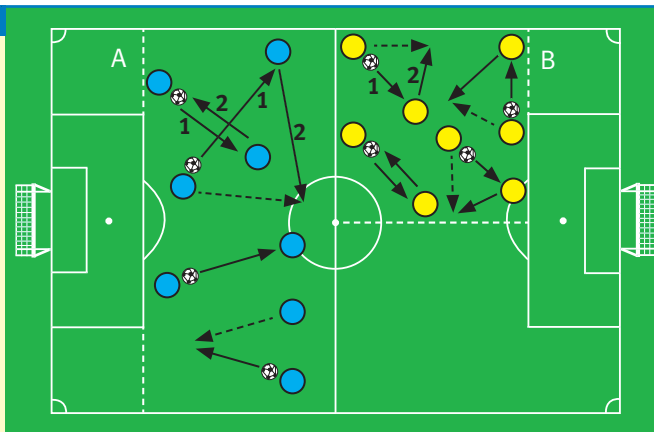
- 2 groups of 8 players in pairs for each exercise; 1 ball for 2 players.
- Areas marked out (A and B).
- The players swap pitches after a certain time has passed.

Procedure:

- Pass to the feet; players work on receiving the ball (with the inside and outside of the foot) in pairs.
- Pass with the inside of the foot or instep; control with the right foot and pass with the left.
- The players move around the pitch.
- After 1', players change partners.

Variations:

- Vary the passes and trajectories.
- Aerial passes to be controlled on the chest.



2. Receiving the ball, passing and moving into position

Organisation:

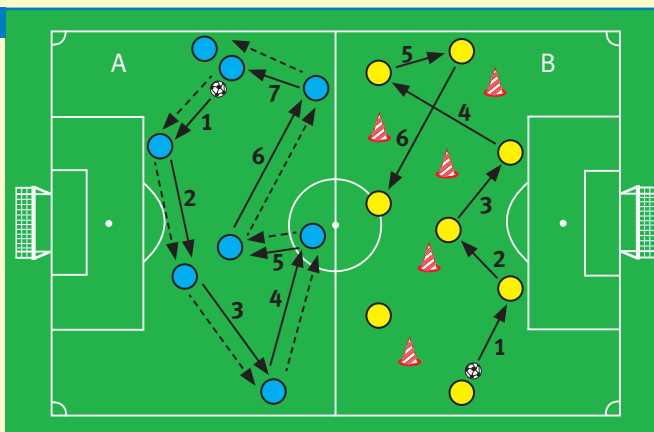
- 2 groups of 7 or 8 players per exercise. – 1 ball per group.
- 5 to 6 cones on pitch B (as opponents).

Procedure:

- The players are in their positions.
- The ball is played to the partner's feet; he faces the ball to receive it.
- On receiving the ball he turns in the direction of his pass and plays the ball (with the inside, outside or instep of the foot).
- Once the pass has been made, the passer takes the place of his partner.

Variations:

- Increase the tempo of play.
- The players on pitch B play with one or two touches.
- The players stay in their positions, but are constantly moving.



3. Passing and moving the ball around in the team

Organisation:

- The 11-man team adopts the positions for its chosen playing system. – 2 to 3 goalkeepers to start and restart play.
- 5 to 6 cones (as opponents).

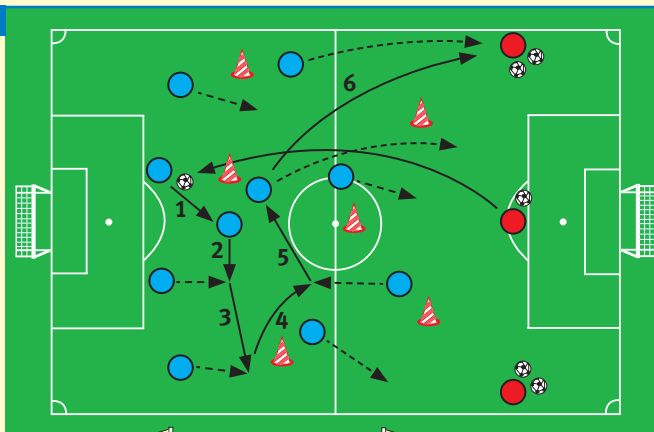
Procedure:

- The goalkeeper clears the ball upfield; it is controlled and after a gradual build-up (1 to 2 touches) the front players attempt to score.
- The team follows the ball, occupies the space and is constantly moving.
- Vary the passing, introduce tempo.

→ The coach can direct the game.

Variations:

- Put cones down to make it more difficult for the players to keep possession, and then add passive opponents (3 to 5).
- Restrict the number of passes and the time. – The routine can also be done with 7 or 9-player teams.



4. 4 v 4 / 8 v 8 + 2 with floaters

Organisation:

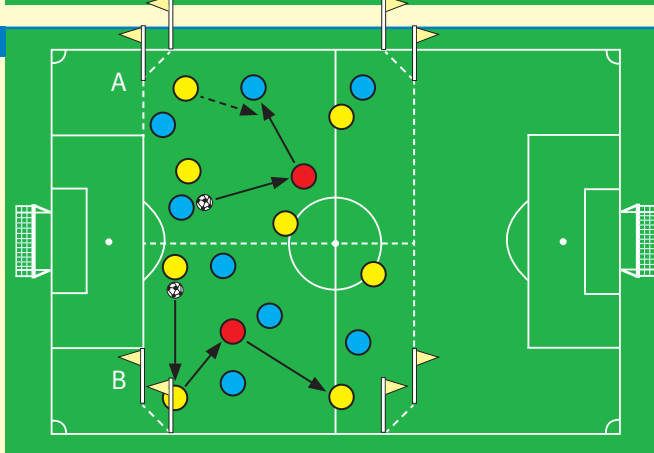
- 2 teams of 8 players + neutral floating players (goalkeepers).
- The playing surface is marked out into two zones (A+B) and four small goals at the corners.

Procedure:

- A 4 v 4 game in each zone (1 or 2 touches). The neutral "floater" has 1 touch only. – A point is scored after 6 passes are made in one team (not counting balls played by the floater).
- The players then play 8 v 8 on the whole playing area, with the neutral floaters each remaining in one zone. – 1 point is scored after 10 passes.

Variations:

- Can be played with small goals. – After 6 passes, a goal can be scored in any of the four small goals. – One team defends 2 of the goals and attacks the other two goals.



Technical training: 3. Shooting at the goal

1. Running with the ball and shooting (with the instep)

Organisation:

- Groups of 6 to 8 players at each station + 2 goalkeepers.
- 2 large goals and 2 to 3 small goals. – Balls and cones.

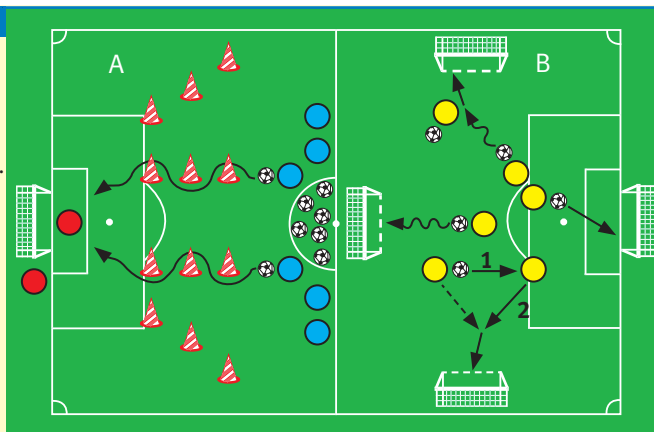
Procedure:

Pitch A: – Straight run, slalom run and shot (with left/right foot).
– The player retrieves his own ball.

Pitch B: – The players run with the ball towards the goal with no goalkeeper and shoot.
– The players juggle the ball (3-4 times), then shoot.

Variations:

- Vary the type of shot (inside of the foot, flick, etc.).
- On pitch B, 4 players with a ball and 2 without a ball to lay passes on for the others.
- Players shoot on goal after a one-two.



2. Direct shot at the goal after running onto the ball

Organisation:

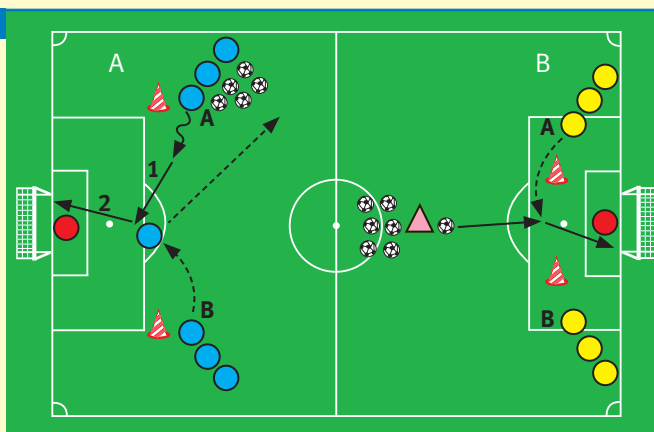
- A group of 6 to 8 players at each station + goalkeepers.
- 2 goals. – Balls and cones.

Procedure (Pitch A):

- A runs with the ball and plays it for B to run onto and shoot on the turn.
- After the pass and the shot, the players change positions.
- The action starts from one side and then switches to the other after a few shots.

Variations:

- A runs with the ball and plays it to B, who plays it back for A to run onto and shoot directly.
- *Pitch B:* The coach plays the ball between the cones for A or B, who run onto it from opposite directions.



3. Shooting at the goal under (physical) pressure

Organisation:

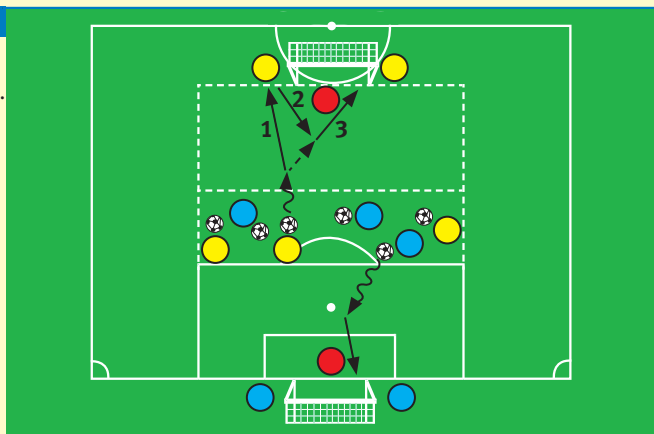
- 2 groups of 3-5 players each, wearing numbers + 2 goalkeepers.
- Marked out pitch. – 1 ball per player and cones.

Procedure:

- Each player runs with his own ball.
- When their number is called out, the players (● / ●) go into the penalty area and shoot at goal.
- They are free to shoot with either foot.
- The coach decides on the contact surface.

Variations:

- The player goes into the penalty area, plays the ball to an extra player who then lays it on for the first player to run onto and have a direct shot.
- The extra player feeds the ball by hand to the player, who then volleys or half-volleys a shot at goal.



4. 4 v 4 / 3 v 3 game + goalkeepers

Organisation:

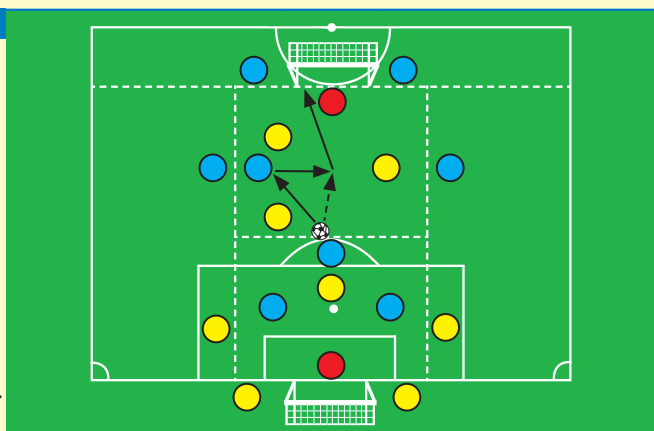
- 2 teams of 4 players + 2 goalkeepers; 4 extras per team.
- Playing area marked out.
- 2 goals.

Procedure:

- Unrestricted play.
- The extra players play 1 touch (or 2 touches) and cannot play the ball to each other.
- Players switch around.

Variations:

- Direct shot on goal in the attacking zone.
- Direct shot on goal after one of the extras has laid the ball on.
- Direct shot on goal from the player's own half.



Technical training: 4. Shooting at the goal after a pass

1. Shooting at the goal after a direct lay back

Organisation:

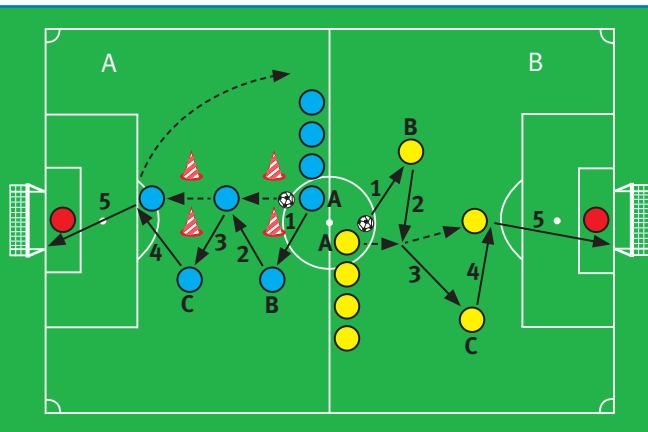
- Groups of 6 to 8 players per exercise. – Balls and cones.
- The exercise is performed using two goals with the goalkeepers.

Procedure (Pitch A):

- A plays a one-two with B and then to C who lays the ball back for A to run onto.
- A shoots at goal and then runs back slowly.
- The players laying the ball on are then changed.
- The ball should be played from the left and the right.
- The shooting distance should be varied with emphasis on shot placement as well.

Variations (Pitch B):

- A plays the ball to B, who lays the ball back. A gives the ball to C who plays a cross-field pass to A, who then shoots on the run.
- The players switch positions as soon as the action is complete.



2. Shooting at the goal after the ball has been laid back

Organisation:

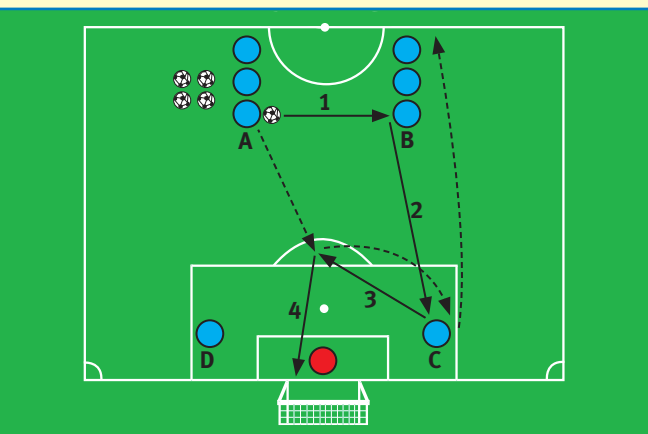
- A group of 6 to 8 players per exercise + goalkeeper.
- Balls.
- This exercise can be performed using two goals.

Procedure:

- A plays the ball to B, B to C.
- C lays the ball back for A, who shoots at goal.
- A takes C's position and C A's position.
- Play is then switched to the side where D is located.

Variations:

- After the pass from B to C, B runs after A and acts as an opponent.



3. Shooting at the goal after a fast run and passing move

Organisation:

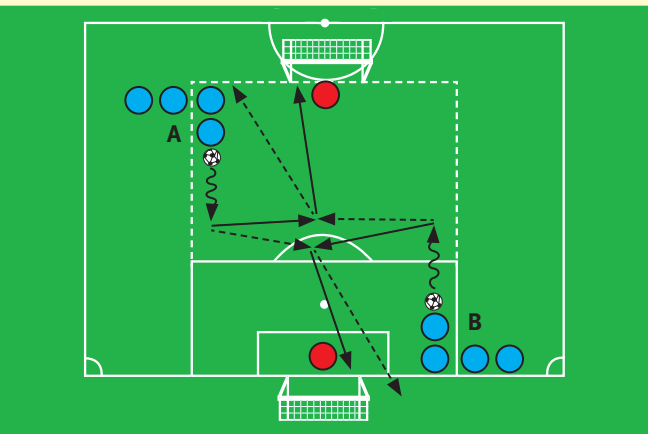
- 2 groups of 4-5 players each + 2 goalkeepers.
- Marked out playing area + 2 goals.
- Balls.

Procedure:

- A and B each run with the ball and then play a cross-field pass along the ground to the centre of the pitch.
- A controls the pass from B and shoots at goal.
- B controls the pass from A and shoots at goal.
- The players shoot at goal directly or after controlling the ball.
- The players then change sides.

Variations:

- The trajectories of the passes can be varied.
- A contest between the teams: which team can score the most goals after 6 shots from each player?



4. 4 v 4 / 3 v 3 game

Organisation:

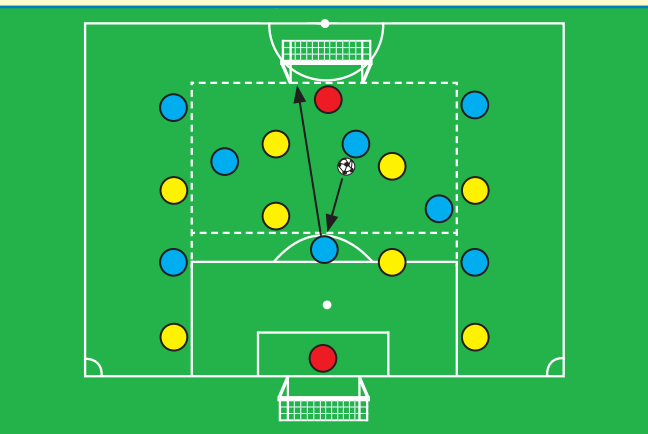
- 2 teams of 4 players each + 2 groups of 4 extra players + 2 goalkeepers.
- Marked out playing area + 2 goals.
- Balls.

Procedure:

- Unrestricted play and quick finishing.
- A maximum of 5 passes within the team, including those with the extra players along the touchline, who can play one touch only.
- One player must always remain in the defence zone.
- 1 point is scored per goal, and 3 points for every goal scored from the defence zone.

Variations:

- A goal scored before three passes have been made is worth 2 points, but at least one pass must be made.



Technical training: 5. Shooting at the goal from a cross

1. Shooting at the goal after a low cross

Organisation:

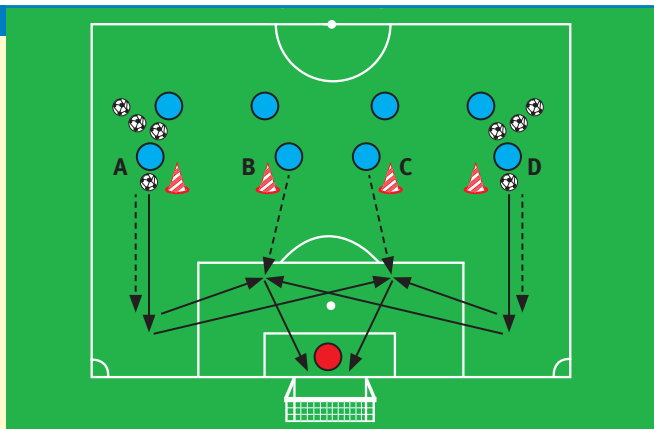
- 4 to 8 players + goalkeeper.
- Balls and cones.
- This exercise can be performed using both goals.

Procedure:

- **A** plays the ball towards the byline. He runs after the ball and delivers a low cross along the ground to **B**. After doing this 5 times, he then crosses to **C**.
- **D** does the same thing.
- After 10 attempts, the players swap roles.

Variations:

- A high cross to the far post and a low cross to the near post.
- **B** and **C** swap positions in front of goal.



2. Shooting at the goal after the ball has been laid back

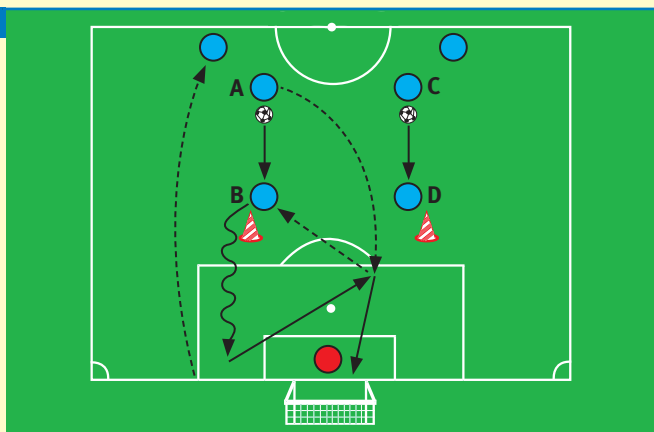
Organisation:

- 4 to 6 players + goalkeeper.
- Balls and cones.
- This exercise can be performed using both goals.

Procedure:

- **A** plays the ball to **B**, who has his back to goal.
- **B** controls the ball on his outside, runs with it and crosses it for **A** to shoot on the run.
- **A** and **B** swap roles.
- **C** and **D** do the same thing.
- There should be variation with the crosses: the direct shot on goal should come from a low or high cross, and also after the ball has been controlled.

→ **A** connects with the ball after a curved run.



3. Finishing from crosses in the air

Organisation:

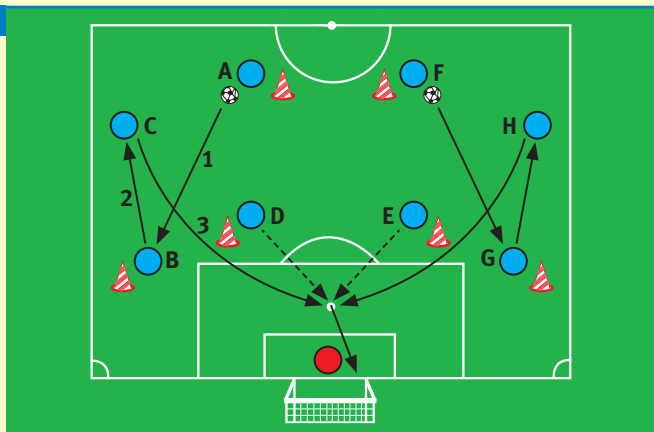
- 8 to 10 players + goalkeeper.
- Balls and cones.

Procedure:

- **A** plays the ball “firmly” along the ground to **B**, who lays it back directly to **C**.
- Without controlling it, **C** crosses the ball to **D** or **E**.
- **D** or **E** shoots at goal (either directly, after controlling the ball or a lay off), depending on how the cross comes in.
- **D** and **E** can swap positions with each other (by running across one other).

Variations:

- Using a defender (either passive or semi-active) to provide opposition in the centre.



4. 5 v 5 / 6 v 6 game with goalkeeper

Organisation:

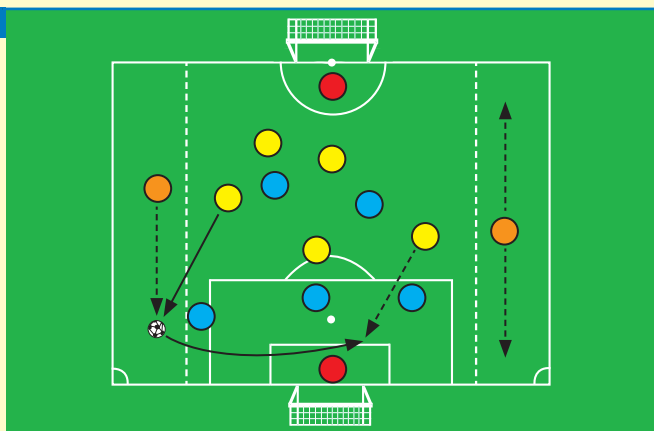
- 2 teams of 5 + 2 neutral extra players + 2 goalkeepers.
- Marked out playing area + 2 neutral “strips” at the side + 2 goals.
- Balls.

Procedure:

- Free play; the players have to try to score from crosses.
- Goals scored from crosses are worth 2 points; goals scored from a single touch after a cross are worth 3 points; goals scored normally are worth 1 point.
- Teams must complete 4 passes before crossing the ball.

Variations:

- 5 v 5 with a maximum of 3 touches.
- No fixed extra players along the side. The ball is played out to the flanks to a player running into space.



Technical training: 6. 1-on-1 situations with the goalkeeper

1. Controlling the ball and taking on the goalkeeper

Organisation:

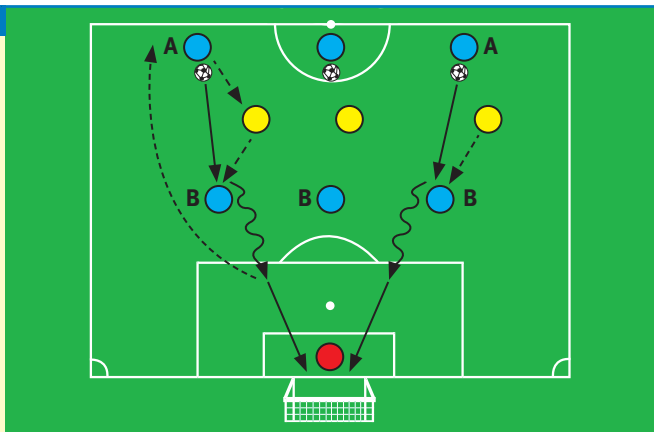
- 6 to 9 players + goalkeeper.
- 6 attackers and 3 defenders.
- Balls.

Procedure:

- The **A** players play the ball to **B**, who has his back to goal.
- **B** controls the ball and takes on the goalkeeper (by shooting or dribbling past him).
- **A** and **B** swap roles after each attempt.

Variations:

- Once the ball has been controlled, the **Y** defender pursues the attacker and acts as an opponent.
- The attacker runs with the ball from the middle of the pitch and has 6" - 8" to score.



2. Quick finishing

Organisation:

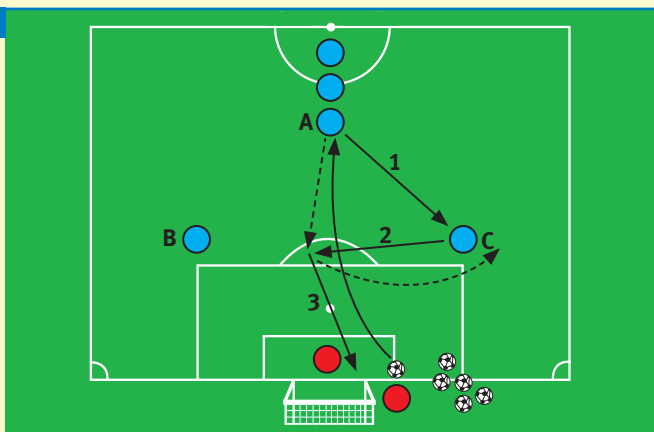
- 4 to 6 players + 2 goalkeepers. – Balls.

Procedure:

- The goalkeeper clears from the side of the goal (with a drop kick, a goal kick or a pass out) to player **A**.
- **A** controls the ball and plays it to **B** or **C**.
- **B** or **C** lays the ball back to **A**, who shoots on the run or takes on the goalkeeper.
- After the shot, **A** takes the place of the player who laid the ball on for him, and vice versa.
- The tempo should then be increased.

Variations:

- The type of delivery can be varied (one-two, cross-field ball, pull back, high cross). – After clearing, the goalkeeper comes out to provide opposition for **A**.



3. Simulated match sequences against the goalkeeper

Organisation:

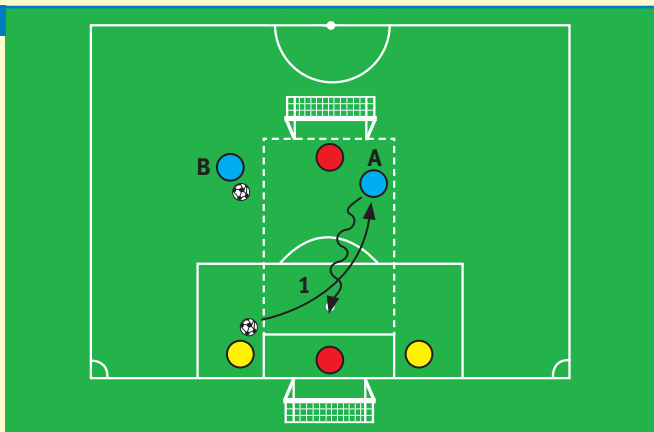
- 2 teams and 2 players + 2 goalkeepers.
- Marked out playing area.

Procedure:

- The **Y** player plays the ball (diagonally) to **A**, who controls it, takes on the goalkeeper and finishes.
- The player is allowed only 1 or 2 touches before shooting.
- **B** then plays the ball (diagonally) to the other **Y** player.
- The players switch sides after each attempt.
- A time limit is imposed.

Variations:

- The attacker attempts to dribble past the goalkeeper, who comes out to challenge him.
- Restrict the time between controlling the ball and finishing (e.g. 4" to 5").



4. 4 v 4 / 5 v 5 + goalkeepers

Organisation:

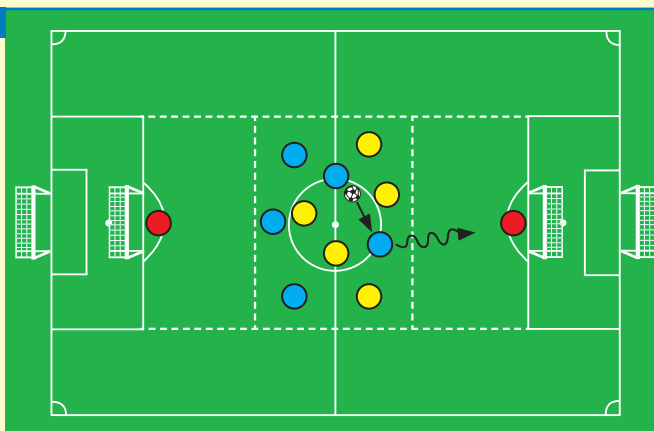
- 2 teams of 5 players + 2 goalkeepers.
- Playing area marked out into 3 zones.
- 2 goals.

Procedure:

- Unrestricted play in the central zone.
- The players have to try to cross the opponents' defensive line with the ball at their feet if they are to score a goal.
- 1 point for crossing the line; 2 points for scoring a goal.
- 1 point for the goalkeeper if he saves the shot.

Variations:

- A defender can chase the attacker into the goal area when the attacker takes on the goalkeeper.



Technical training: 7. 1 v 1 duels

1. Retaining and gaining possession

Organisation:

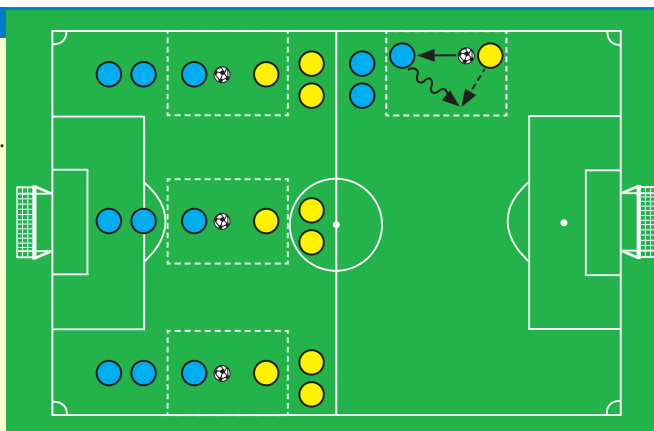
- 3 teams of 2 to 3 players.
- 1 v 1 games on marked out playing areas.
- The ball is fed in between the players. – Restricted playing time.

Procedure:

- The 1st player tries to keep the ball (by covering and protecting it and feinting).
- The 2nd player tries to dispossess him or to knock the ball out of play.
- The coach coaches the attacker (on how to dribble) and then the defender (on his defensive play).

Variations:

- The attacker attempts to get past the defender's goal line.
- The coach can instruct the defender on defensive play and the attacker on attacking play.



2. Attacking and defending

Organisation:

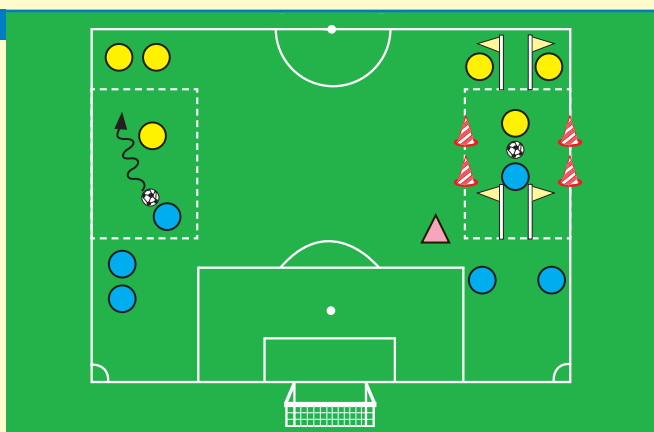
- The same as exercise 1 on marked out playing areas.
- "Stop ball" against the clock (e.g. 1 minute).

Procedure:

- The players try to bring the ball to a stop behind the opponents' line.
- The action is restarted by the team that has scored the point.
- The coaching is the same as for exercise 1.

Variations:

- The game can be played with 2 or 4 goals; every player can score.
- The ball is fed in by the coach in the centre.



3. Retaining possession and attacking

Organisation:

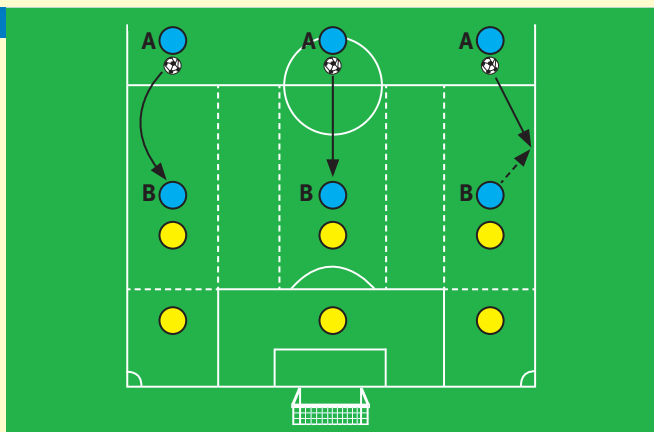
- 3 groups comprising 4 players each.
- Marked out playing areas.
- 1 v 1 with a time limit (as soon as the ball goes out of play).

Procedure:

- A plays the ball to B, who gets away from the defender marking him. With the ball at his feet, he attempts to run with it past the defensive line.
- If the defender dispossesses him, he plays the ball back to the defender behind the line.

Variations:

- If the defender knocks the ball into touch as a result of a challenge or sliding tackle, he scores 1 point.



4. 1 v 1 game / with goalkeepers

Organisation:

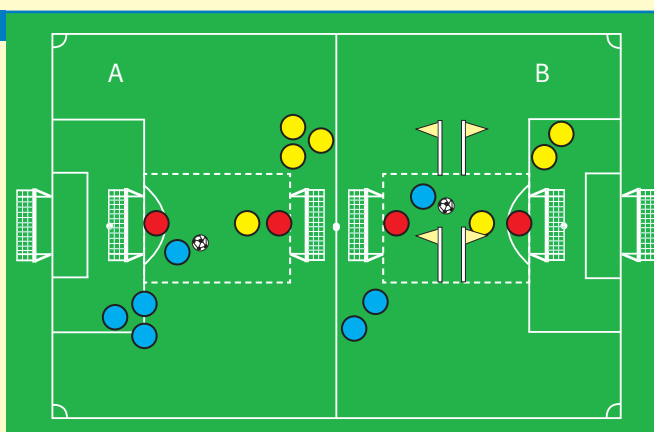
- 2 teams of 3 to 4 players + 2 goalkeepers.
- Marked out playing areas + 2 goals.
- Goalkeeper on the line.

Procedure (Pitch A):

- The teams play with two goals and try to score.
- The ball is fed in by the goalkeeper to one of his players.
- Time limit on play (e.g. 1').

Variations (Pitch B):

- With 2 goals and 2 small goals, in which each team can score by crossing the line with the ball at the feet of the scoring player.



Technical training: 8. Dribbling and feinting

1. Repetition of dribbles (feinting)

Organisation:

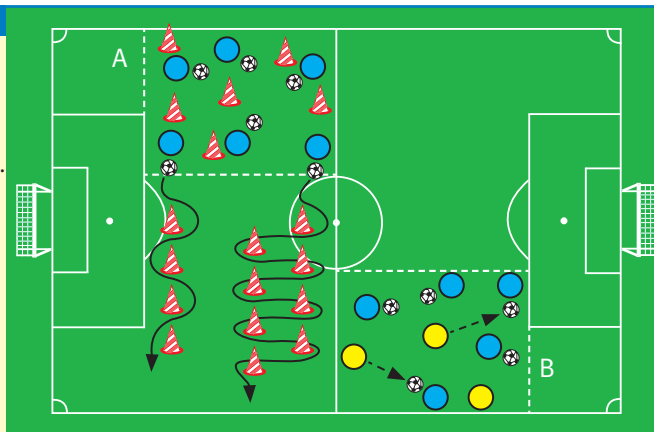
- 2 groups of 6 to 8 players.
- Marked out playing areas. – 1 ball per player + cones.

Procedure:

- On a reduced-size playing area, the players run with their ball.
- On reaching a cone, they dribble round it and continue with their dribble sequence.
- Each player performs his “dribble sequence”.
- When the coach gives the signal, the players dribble between the cones (using different types of dribbling).

Variations (Pitch B):

- 5 players run with their ball.
- 3 “chasers” without a ball provide the opposition.
- The 3 “chasers” try to dispossess the other players (the ball carriers have to shield the ball and dribble out of danger).



2. Dribbling sequences

Organisation:

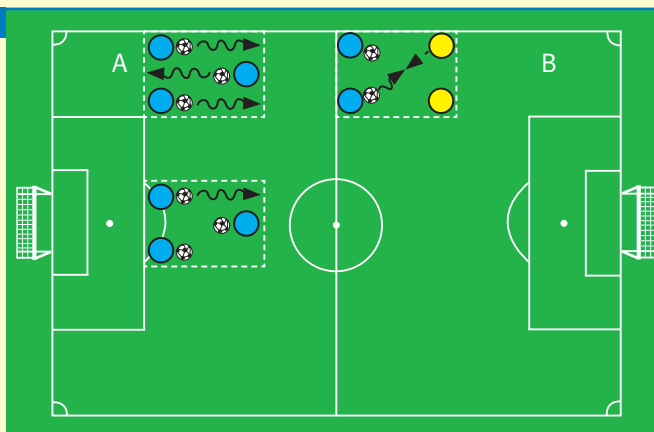
- 3 to 4 players per area.
- Marked out areas + 1 ball per player (or 1 ball between 2).

Procedure (Pitch A):

- The player runs with the ball and performs his dribbling sequence(s) before reaching the line.
 - Side flick (with inside and outside of the foot), drag-back, etc.
 - Left and right-footed stepover.
 - Aerial control (juggling and co-ordination).
- Vary the tempo.

Variations (Pitch B):

- The ball carrier runs with the ball and has to lose the player who comes to challenge him (by feinting, dribbling and changing tempo).



3. Dribbling, feinting and shooting

Organisation:

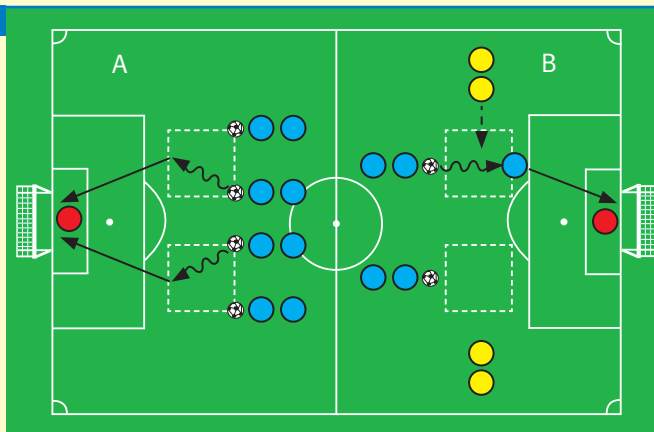
- 4 to 8 players per exercise + goalkeeper.
- 1 ball per player (or 1 ball between 2).

Procedure (Pitch A):

- The player runs and performs a double dribbling sequence (side flicks, drag-backs, stepovers, etc.) and then shoots at goal.
- Increase the tempo.
- Vary the trajectory of the run with the ball.

Variations (Pitch B):

- The ball carrier dribbles across the square to shoot.
- The defender acts as an opponent and tries to challenge.
- The defender changes the direction of his run to produce variety in the dribbling.



4. 1 v 1 game

Organisation:

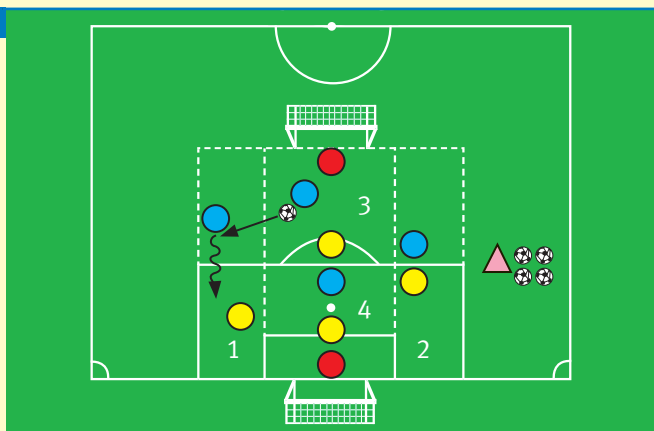
- 2 teams of 4 players + 2 goalkeepers.
- Playing area with 4 zones marked out (1 and 2 are the strips on the left and right-hand side; 3 and 4 are the centre zones).
- 2 goals.

Procedure:

- Unrestricted play, with players attempting to score.
- The players remain in their respective zones. (1 v 1 duel situations).

Variations:

- Restrict the amount of time allowed in the zone (e.g. 10” maximum). After this time, the coach feeds another ball into play.



Technical training: 9. Heading

1. Basic heading technique

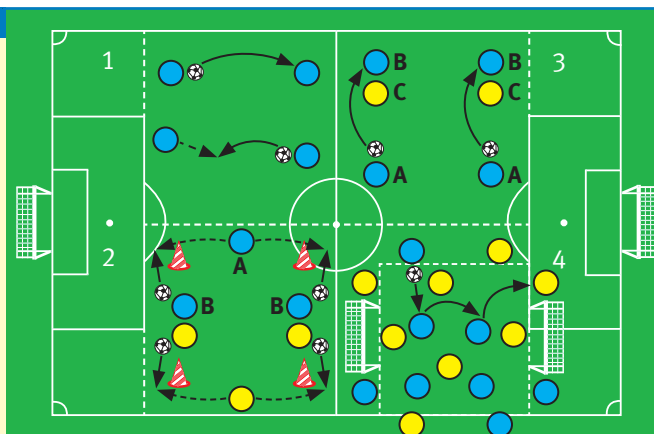
Organisation:

- 4 to 6 players per workshop. – The pitch is divided into 4 zones (1, 2, 3 and 4) + 2 goals. – Balls and cones.

Procedure:

1. The ball is thrown and the player heads it back (without jumping, jumping with both feet, running jump), and also while moving.
2. The ball is thrown to the player who moves behind the cones (vary the manner in which the players head the ball).
3. Throw the ball over the player acting as a passive opponent. Heading from a standstill and other types of header (low diving headers, clearing headers, etc.).
4. Game • 4 v 4 with extra players and 2 goals (without goalkeeper) • Game using hands (1 point for heading the ball into the hands of one of the extra players, 2 points for heading a goal).

Variations: – The ball can be kicked instead of thrown.



2. Defensive heading

Organisation:

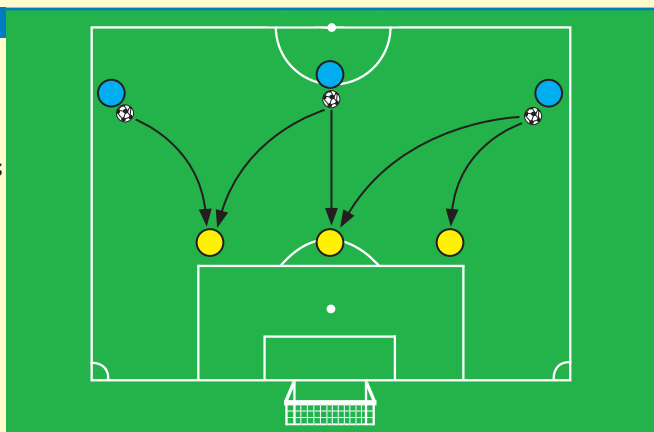
- 6 to 8 players. – 3 defenders and 3 passers. – Balls.

Procedure:

- The 3 defenders are in their zone.
- The passers play the ball to each of the defenders alternately; the defenders head the ball back.
- The trajectory of the passes and the direction of the return headers should be varied.
- The passer volleys the ball in and then plays a long ball.

Variations:

- With defenders acting as opponents and then challenging in a 1 v 1.
- Headed passes between 3 players and then between 6 players while moving.



3. Attacking heading technique

Organisation:

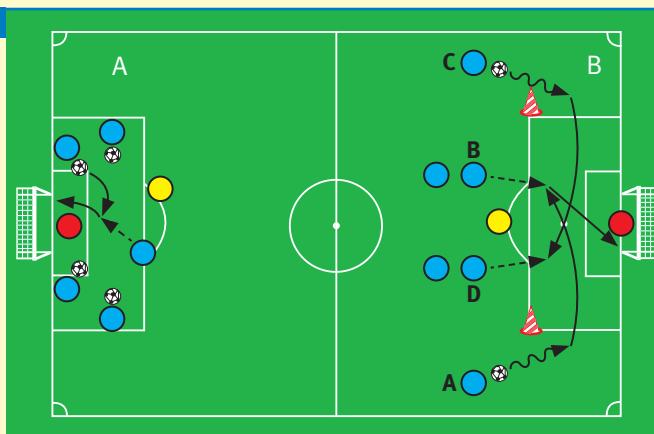
- 5 to 6 players per exercise + goalkeeper.
- Balls and cones.

Procedure (Pitch A):

- A ball is thrown to a player who heads it into the goal.
- Vary the path of the balls thrown in.
- Cross the ball with the feet as well.
- Introduce “passive” opposition with a yellow defender.

Variations (Pitch B):

- Heading from crosses: A crosses to B, C to D.
- B and D start their run at the same time (near post and far post).
- “Passive” opposition can be introduced with a yellow defender.



4. 3 v 3 (4 v 4) + 2 extra players

Organisation:

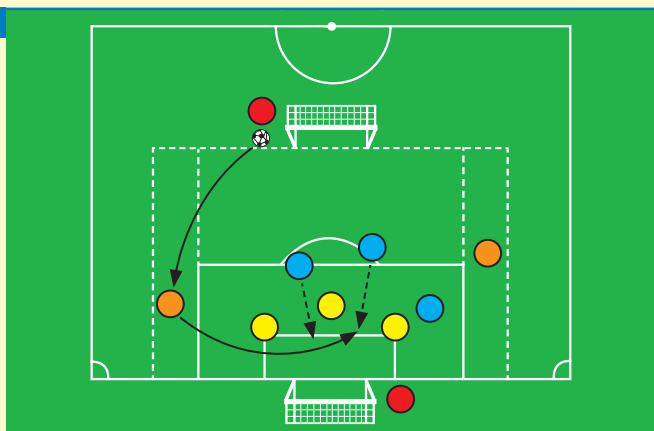
- 2 teams of 3 players + 2 goalkeepers (passive / active).
- 2 neutral extras who deliver crosses.
- Marked out playing area.

Procedure:

- The goalkeeper always plays the ball out to one of the orange extras, who crosses (alternately to each of the goals). The attackers attempt to score with their head.
- If a defender clears the ball, play is restarted by the goalkeeper.

Variations:

- With the goalkeepers in the goals.
- After the cross and the header, if no goal is scored, play continues normally.
- The size of the playing area can also be increased.



Combined technical/tactical training: 1. Basic practice routines

1. 1 v 1 / 2 v 2 with extras

Organisation:

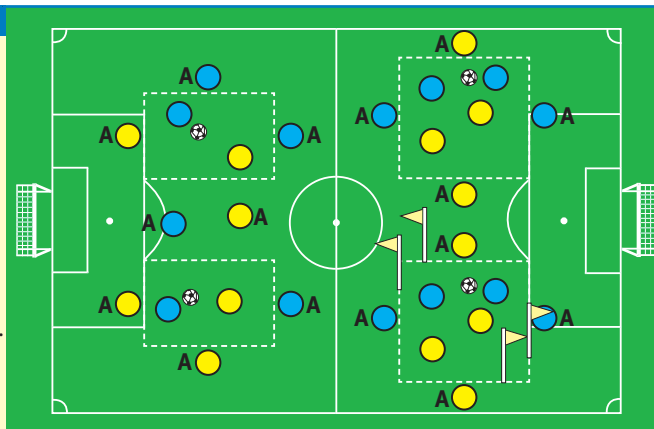
- 6 to 8 players per playing area.
- Marked out playing areas.
- 1 v 1 game and 2 v 2 with neutral extras.

Procedure:

- The players play 1 v 1 and 2 v 2. The neutral extras play 1 or 2 touches but not between themselves.
- The aim is to retain possession; the players without the ball have to provide solutions for the player in possession of the ball.
- There is a time limit, after which the players are swapped over.

Variations:

- Points are scored when the ball is taken behind the line of defenders or by scoring in one of the small goals at the corners of the playing area.



2. 2 v 2 / 3 v 2 / 4 v 4

Organisation:

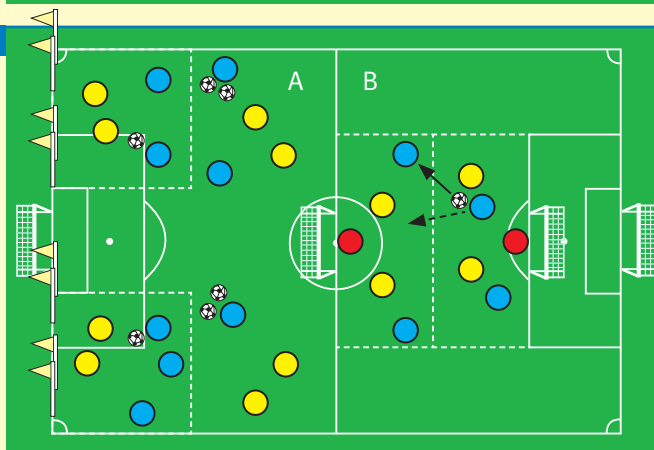
- 8 players per pitch; 2 v 2 and 3 v 2 games.
- Marked out playing areas and 4 small goals.
- Limited playing time, with players swapping roles.

Procedure (Pitch A):

- The blue team attempts to score in the two small goals.
- The yellow team defends. When it gains possession, it passes the ball upfield to the yellow attackers (who are waiting).
- The action always begins with the blue attackers.

Variations (Pitch B):

- 4 v 4 game with goalkeepers. The players play 2 v 2 in each zone and attempt to score.
- 3 players (3 v 2) can be used in the attacking zone.

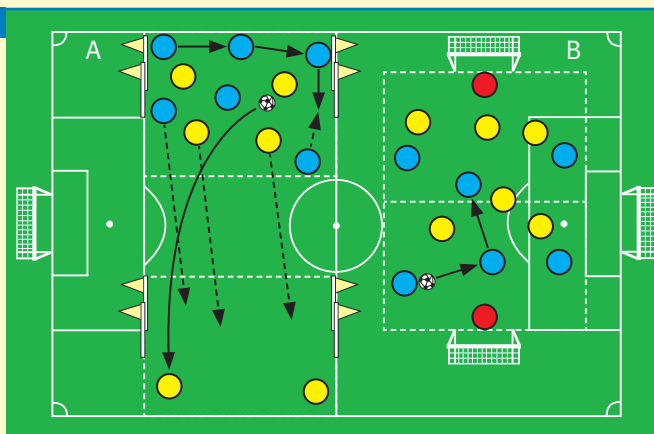


3. 6 v 4 / 6 v 6

Organisation: – 2 teams of 6 players; 6 v 4 game. – Marked out playing areas + 2 small goals for each playing area.

Procedure (Pitch A): – The blue team has to keep the ball (maximum of 1 to 2 touches per player allowed) and tries to string 5 to 6 passes together. – After 5 to 6 passes, a point is scored when a player makes a direct pass into one of the small goals. – The yellow team defends. When it gains possession, it tries to release the ball to one of its players who is waiting to receive it (switch of play), and the 4 yellow players change ends and the 4 blue players come back to defend (2 blue players remain). – If the switch is successful, play continues on the other playing area with 6 yellow against 4 blue.

Variations (Pitch B): – Unrestricted 6 v 6 play with goalkeepers. – Limit the number of touches allowed (2) in the defensive area.



4. 7 v 7 + goalkeepers

Organisation:

- 2 teams of 7 + 2 goalkeepers.
- Playing area marked out into 3 zones.
- 2 v 2 and 3 v 3 games in the zones.

Procedure:

- Play starts with the goalkeeper, who clears the ball out to the middle of the pitch. 2 v 2 game.
- The blue team attempts to play the ball to a blue attacker, who tries to break away from his marker.
- If he succeeds, a midfielder can go into the attacking zone (3 v 3).

Variations:

- Two midfielders can go into the attacking zone.
- One or two defenders can go up into midfield.

