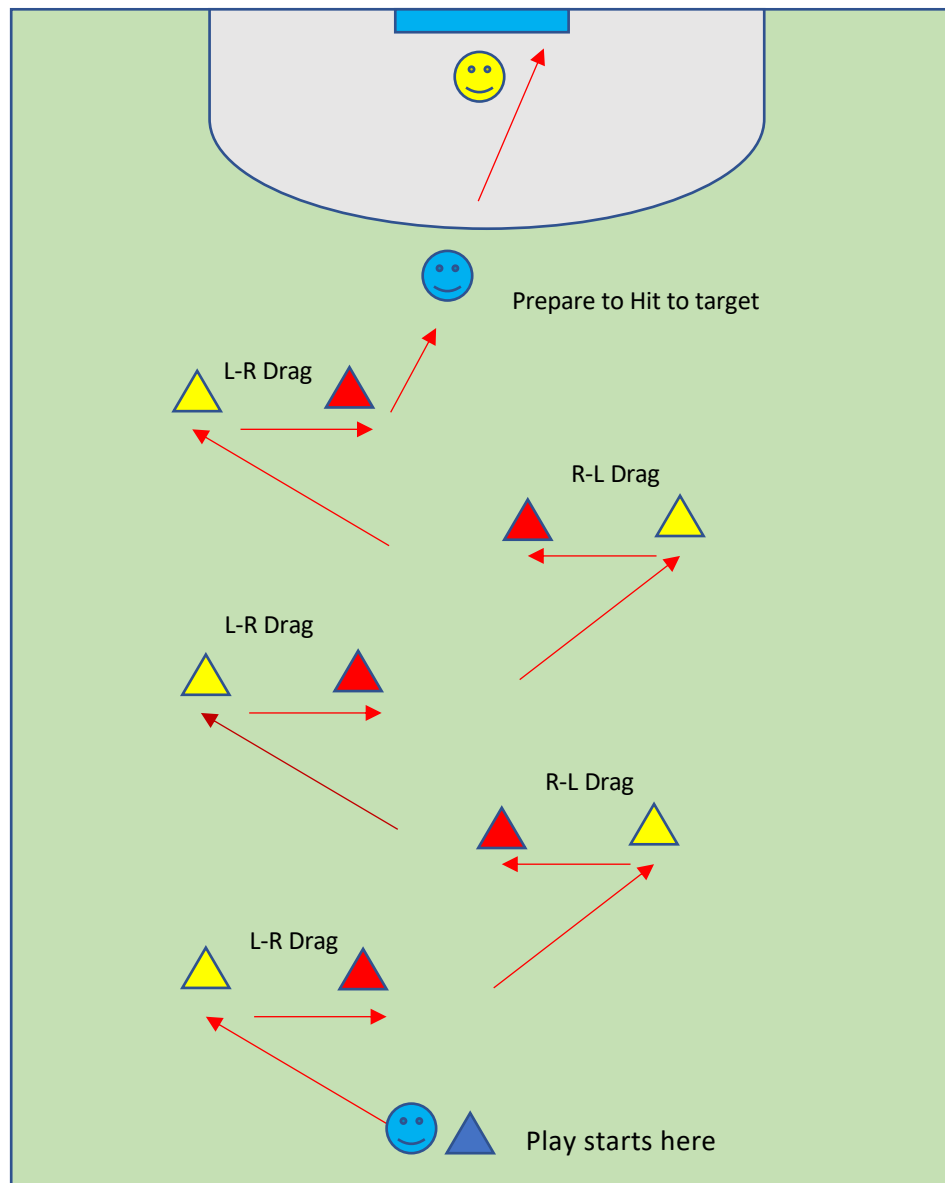


## TEAM EXERCISE



### Skill Criteria: Ball Control, Drags and Hit

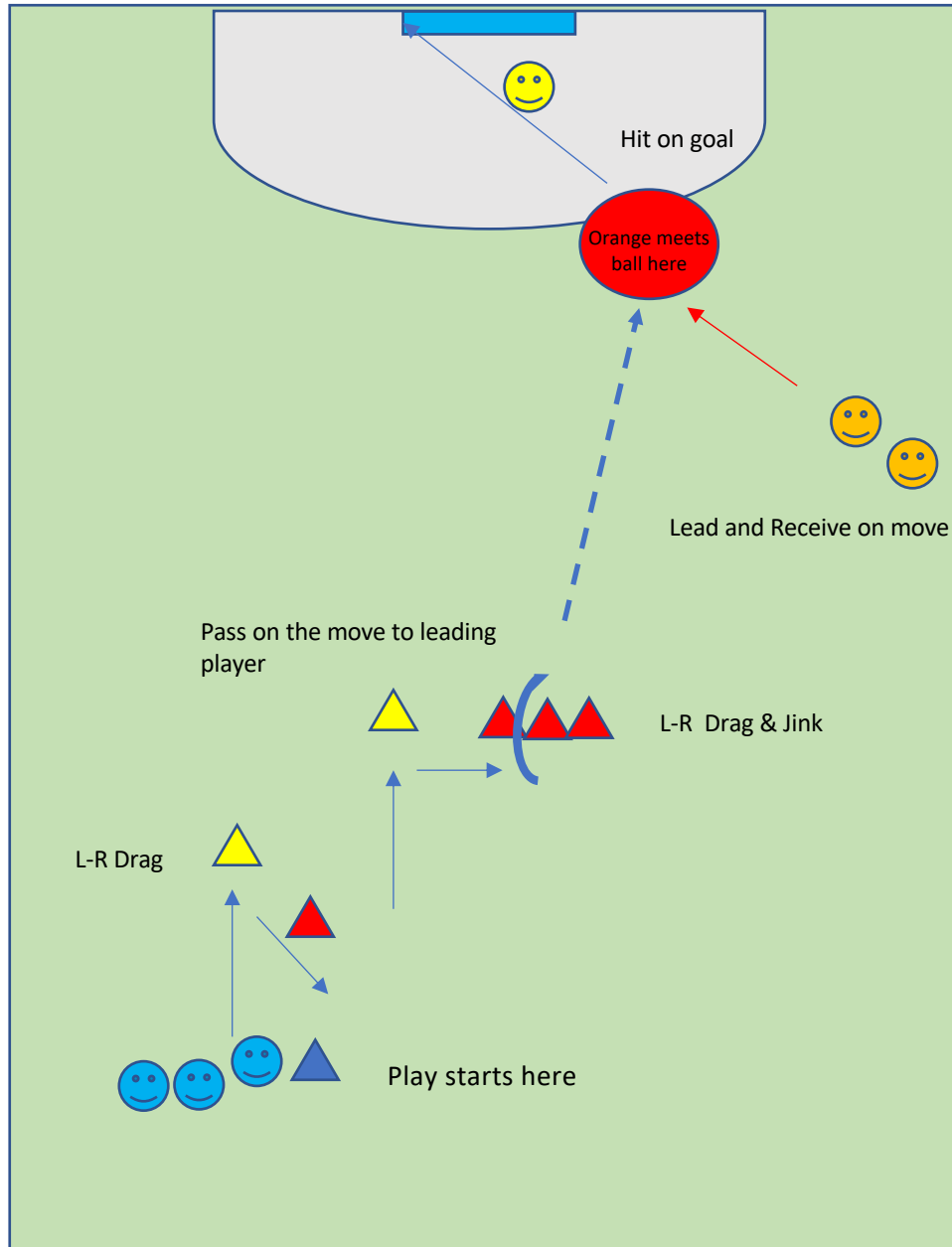
1. Blue Player carries the ball on stick to the yellow marker. (It needs to be the outside marker)
2. Players drag the ball from yellow to red marker.
3. Player must control ball (catch with stick) after drag to show competency of ball handling skill.
4. Player then proceeds to next set of markers.
5. At final pair of markers, player prepares to hit ball to target.
6. Player hits ball to target.

### Skills ID

1. Ball Carry skill and body position
2. Elimination skill
3. Hit to target inside goal.



## TEAM EXERCISE



### Skill Criteria: V Drag, Jink, Pass & Receive on Move

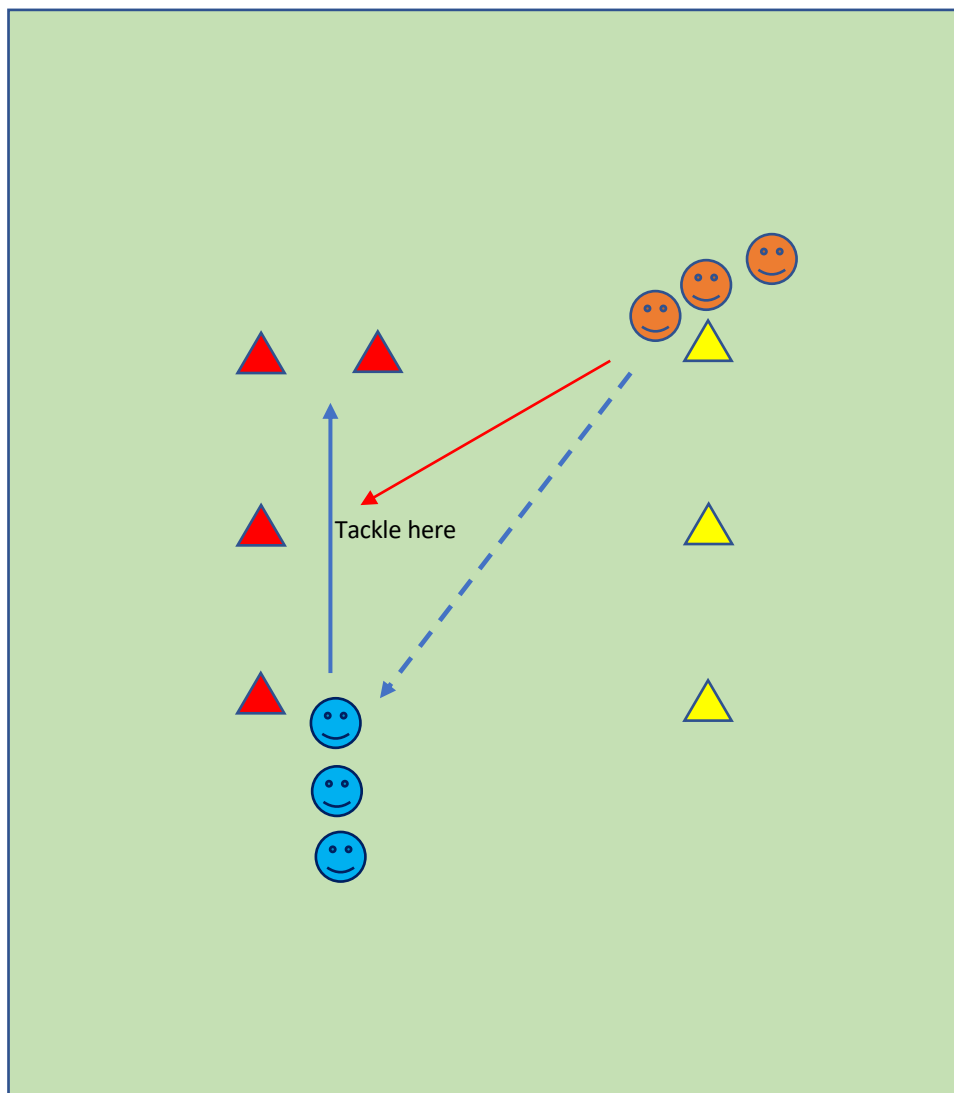
1. Blue carries the ball on stick to the yellow marker. (It needs to be the furthest marker)
2. Blue performs V drag. Drag ball from yellow to red marker. (sideways and backwards)
3. Blue then accelerates to next yellow marker and performs L-R drag and jink the ball over markers
4. Blue then passes ball into space for Orange to receive.
5. Orange receiving then shoots at goal
6. **Coaches can decide passing distance.**  
**Ideal 15-20m pass**

### Skills ID

1. V Drag Elimination Skill
2. Drag and Jink (3D skill)
3. Passing on the move into space
4. Receiving on the move and shot on goal.



## FLAT & JAB TACKLE DRILL



### Skill Criteria: Flat tackle & Jab Tackle

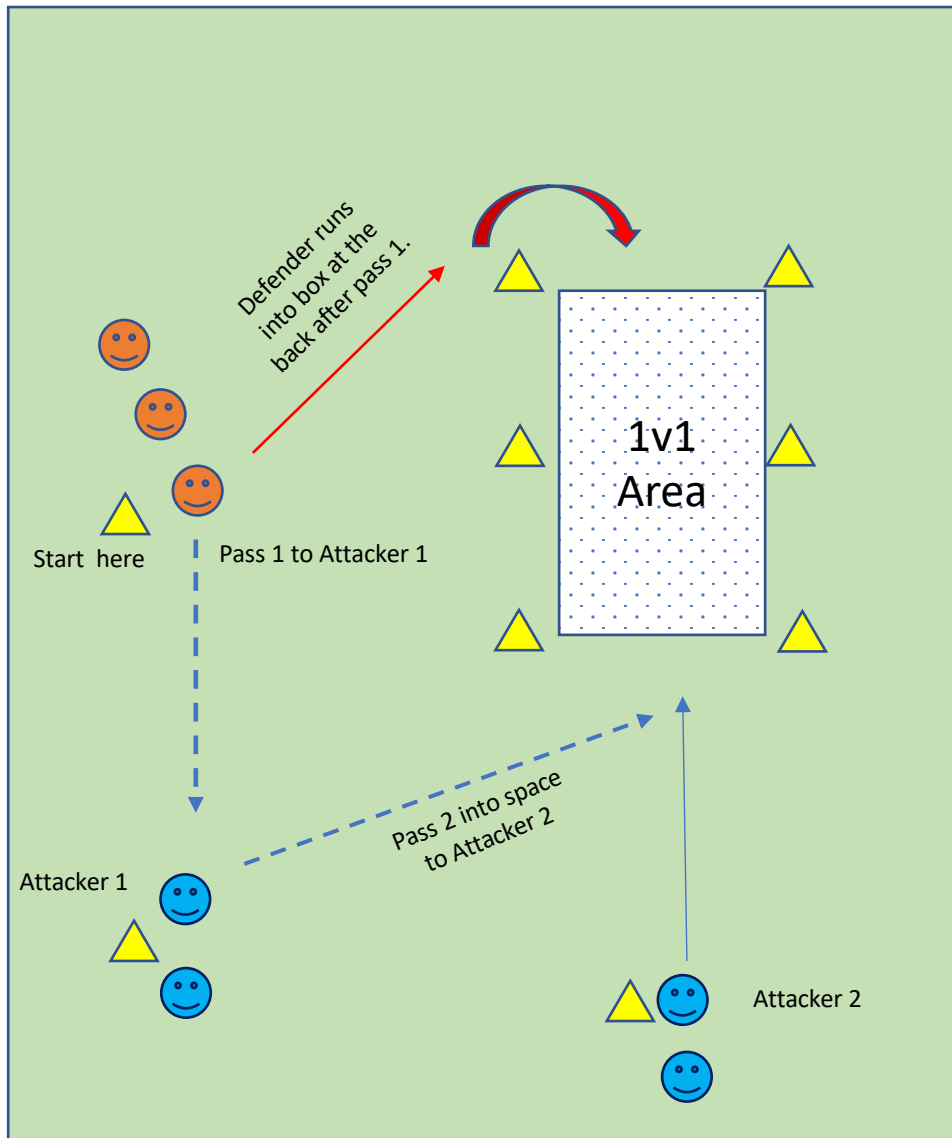
1. Orange Player passes ball to Blue Player
2. In sync, Blue Player carries ball as fast as they can to the two red markers.
3. At the same time, Orange player moves across and attempts a flat stick tackle.
4. Blue Player not to attempt to eliminate Orange Player. Designed for tackle assessment.
5. Repeat for Jab tackle assessment

### Skills ID

1. Flat stick tackle
2. Jab tackle
3. Optional: 1 v 1 exercise: live play.



## TACKLING TURNOVER DRILL



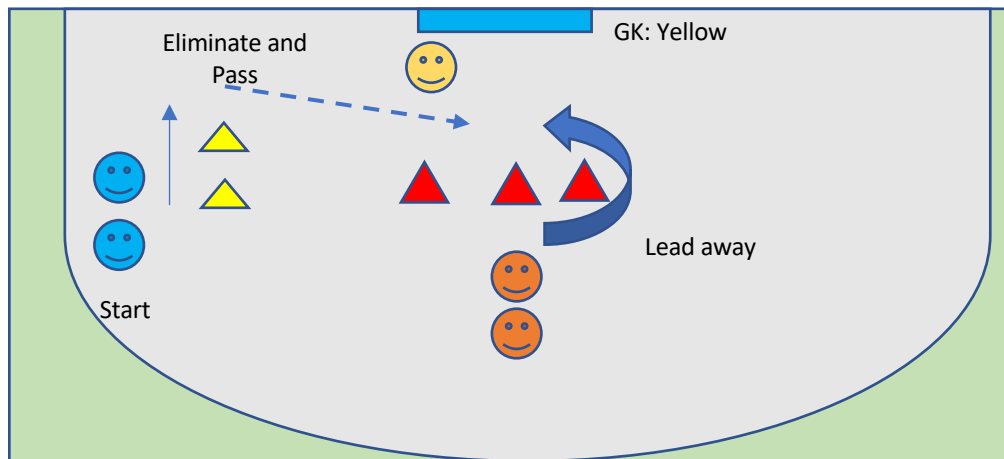
### Skill Criteria: Flat tackle & Jab Tackle

1. Orange Player passes ball to Attacker 1. Simulates a turnover pass in a game.
2. Attacker 1 passes ball to Attacker 2 into space in front.
3. At the same time, Orange player runs around and enters the back of the yellow box.
4. Attacker 2 receives ball and enters the box and attempts to eliminate the oncoming Orange player.

### Skills ID

1. Closing down speed of Orange
2. Elimination speed of Attacker 2
3. Reactions on contest.

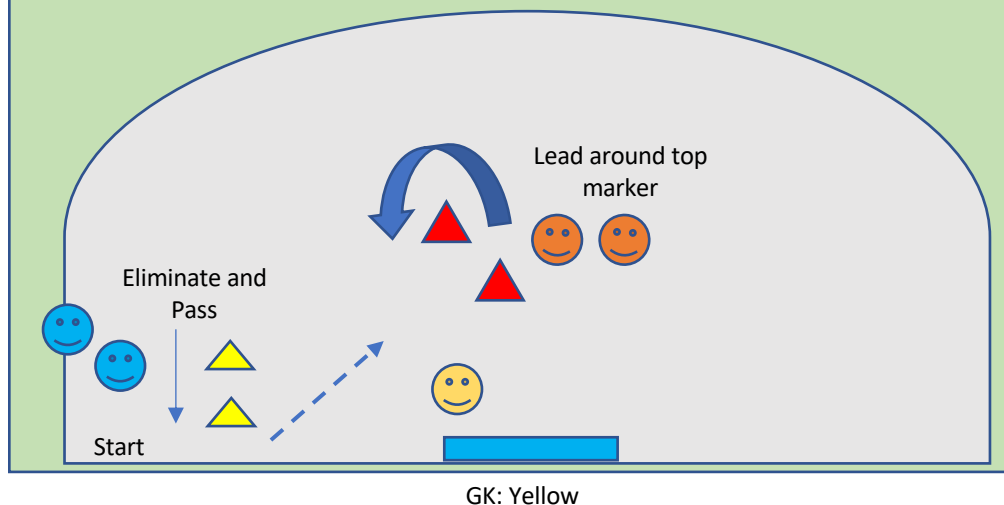




Drill: Left Side Attack

## GOAL SCORING AND GOAL KEEPING DRILLS

Drill: Right Side Attack



### Skill Criteria: Goalkeeper Assessment

1. Blue Player eliminates L-R drag and passes ball to Orange.
2. In sync, Orange Player times lead around top marker and leads back in front of markers.
3. Orange then chooses shot to score against GK.
4. GK to stay on feet.
5. Blue Player follows pass and moves to shooting station.
6. Orange Player after shot, moves to Start position.

### Skills ID: Goalkeeper

1. Interception vs goal protection
2. Staying on feet vs dive on ground
3. Body position/hand position

### Skills ID: Players

1. Shot selection: One-time vs trap and eliminate
2. Composure in tight area
3. 1 v 1 Strength vs GK



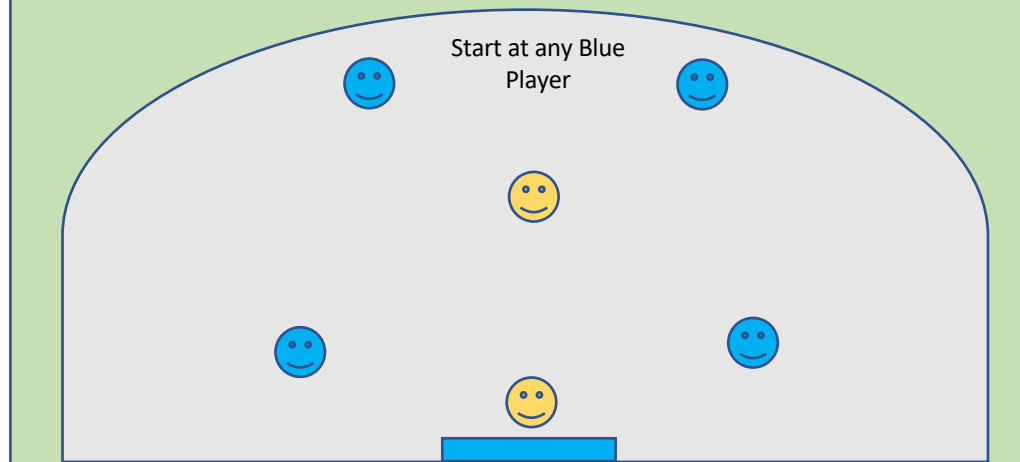
GK: Yellow



Drill: 3 v 2GK's

## GOAL SCORING AND GOAL KEEPING DRILLS

Drill: 4 v 2GK's



GK: Yellow

## Skill Criteria: Goalkeeper Games

1. 3 or 4 Blue Players vs 2 Goal Keepers. In sync.
2. 1 GK in Goals, the other 10 yds out as shown
3. GK's to stay on feet and defend together.
4. Blue Players must make 5 passes before they can score.
5. Goal Keepers must clear the ball outside area
6. All Blue Players **must** touch the ball after initial starting pass.

## Skills ID: Goalkeeper

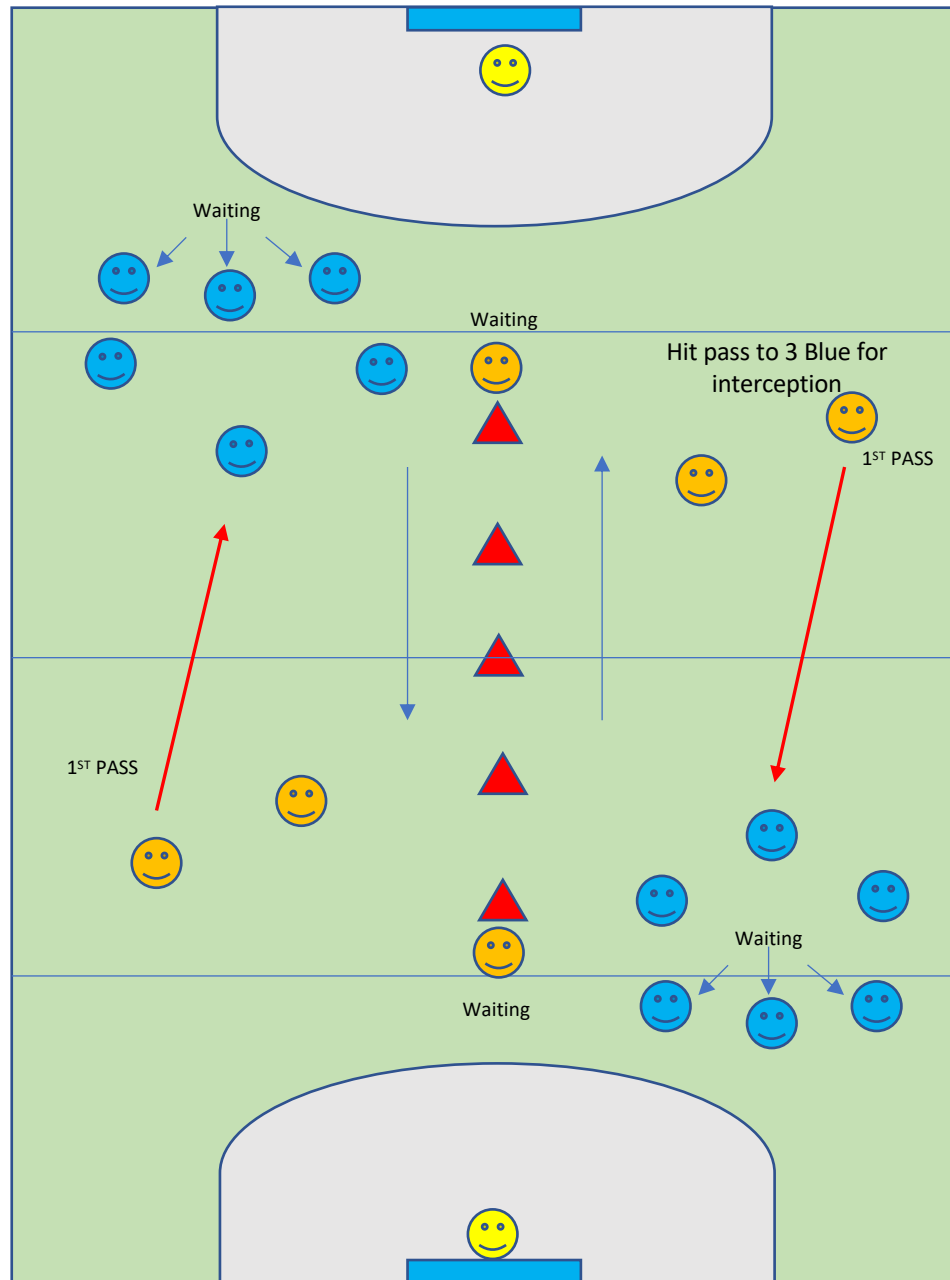
1. Interception vs goal protection
2. Staying on feet vs dive on ground
3. Body position/hand position

## Skill ID: Player

1. Pass execution
2. Movement in circle
3. First touch
4. Pre-scan next pass
5. Group shot selection



## TEAM EXERCISE: RIGHT SIDE ATTACK



### Skill Criteria: Right Side Attack: 3v2 to 4v3 to 3v4

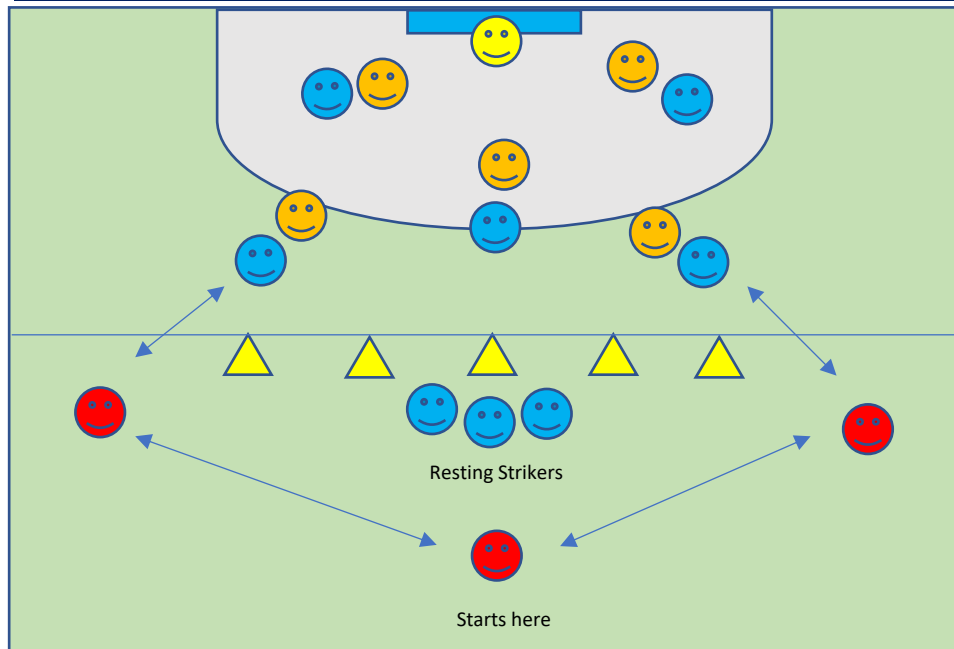
1. Orange Defender hits ball to one of 3 Blue Strikers
2. Blue Strikers attempt to eliminate 2 defenders quickly and proceed to circle to score.
3. Should Orange Defenders win ball, they will need to make 3 passes to end exercise. Possession skill required to develop ball retention under pressure
4. Should blue strikers turn the ball over: reaction skill required to win ball back.
5. **Coaches to run drill on both sides of the field.**
6. **Coach Progression 1: switch to Left side attack**
7. **Coach Progression 2: Make exercise 4 v 3.**
8. **Coach Progression 3. Have 4 defenders and 3 attackers. (most likely game scenario)**

### Skills ID

1. Speed of attack
2. Player movement and space recognition
3. Identifying and creating a 2 v 1, whatever drill choice
4. Circle area and passing vs shooting choice.
5. Defensive set up
6. Ball retention of defenders



## TEAM EXERCISE: 5 v 5 inside 25



### Skills ID

1. Offensive structure/defensive structure
2. Player movement and space recognition
3. Circle area and passing vs shooting choice
4. Encourage right or left side players in attack to hold on their side of the circle. Don't crowd areas and isolate defenders.
5. Man to man vs zonal defense.
6. GK communication

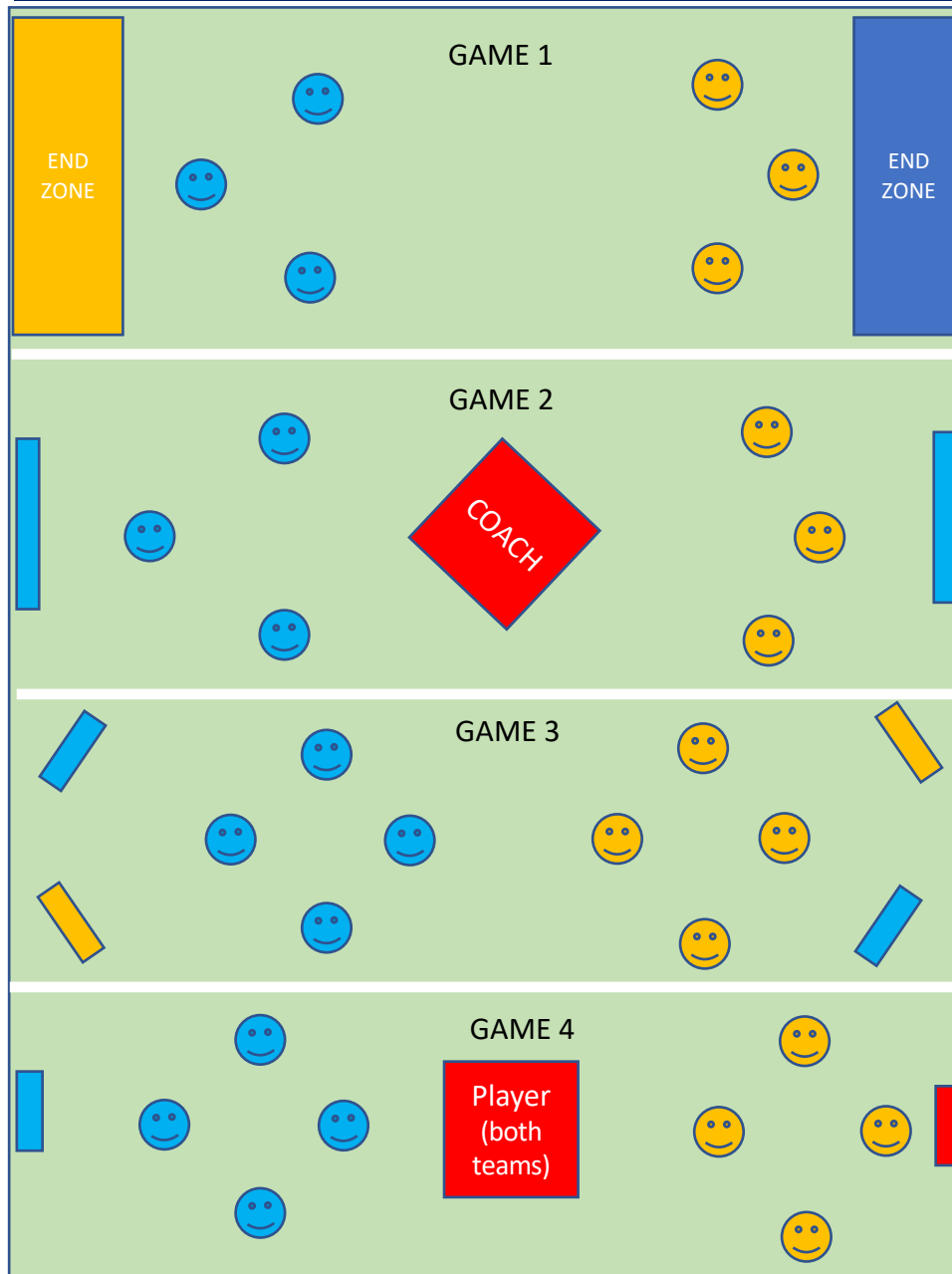
### Skill Criteria: 5v5 inside 25

1. 5 x Blue Strikers, 5 x Orange Defenders.
2. 3 x Red Double-sided players, developing distribution skills. Plays for both teams
3. Yellow cones is a "No passing thru zone." Helps promote width in attack, less dangerous pass out of defense
4. Red Centre starts exercise by passing ball to either red half back positions.
5. Blue strikers time leads to receive ball and work together as a group to score or get a result in circle.
6. Blue strikers can use Red half backs to lay off passes or to transfer play to other side. (optional)
7. If Orange win the ball, they must pass to Red half backs as an outlet, and the ball **must** be transferred to the other side.
8. Red Half backs are not allowed inside circle dotted line
9. Waiting players outside 25.
10. Red Players swap with Orange defenders needing rest.
11. Blue resting players interchange out.





# TEAM EXERCISE: MINI GAMES



## Game 1: 3v3 Endzone Game

1. 3 (or 4) players per team.
2. Each Team needs to get to their endzone
3. Two players must be in endzone to score. (support role as in a game)

## Game 2: 3v3 Game with "No Go Zone"

1. 3 (or 4) players per team
2. Neither team may pass or run through the middle red box. If team fouls, they lose a player for 1 minute (sin bin)
3. Encourage width in attack



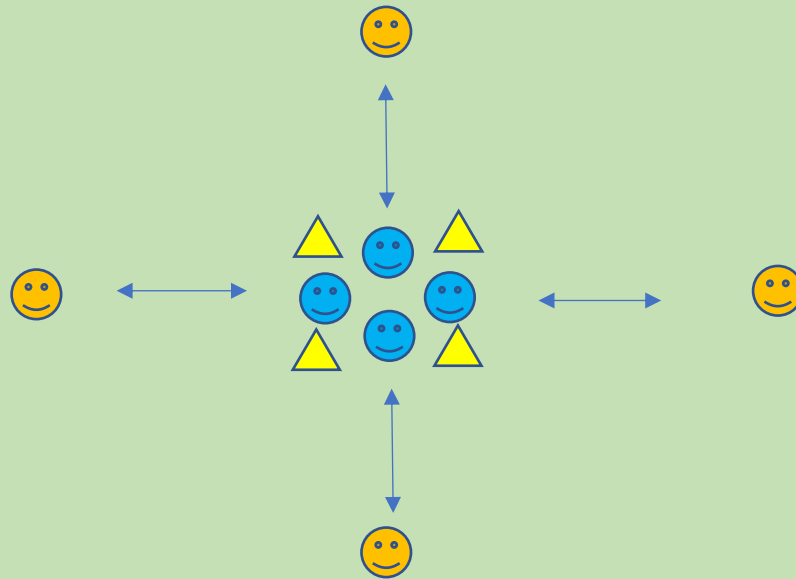
## Game 3: 4 Goal Game.

1. 3 (or 4) players per team
2. Each team has two goals to attack and defend.
3. Encourage players to identify where the space is to attack.
4. Once a team scores a goal, they keep possession.

## Game 4: 4 v 4 Game with 5<sup>th</sup> player in attack.

1. 3 (or 4) players per team
2. Each team must use the player in middle before they score a goal.
3. Central player must give ball back to team who passed to them.
4. Once a team scores a goal, they keep possession.

## TEAM EXERCISE: 8-10 player Clock Drill



### Skill Criteria: Clock Drill

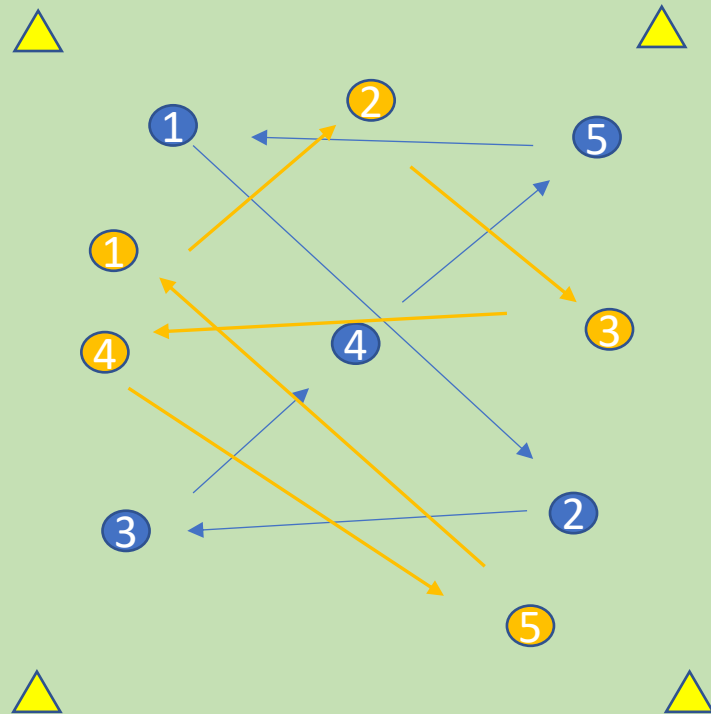
1. 4 x Blue inside cones, 4 x Orange outside with ball.
2. All Blue Players lead out of box, towards an Orange player, receives & control ball then passes back to the orange player.
3. Blue then runs back inside box and proceeds to the next orange player to their left. (Clockwise)
4. Orange stay in their place.
5. Once Blue has been around for 2 minutes, leading and receiving, they swap with Orange on the outside and repeat the drill.

### Progression

1. Same as the first drill, except once Blue player completes first lead and pass back, when they enter back in the box, they go to any other Orange player.
2. This promotes communication and identification of space .



## TEAM EXERCISE: 5 PLAYER POSSESSION DRILL



“Its supposed to be chaotic”

### Skill Criteria: POSSESSION DRILL

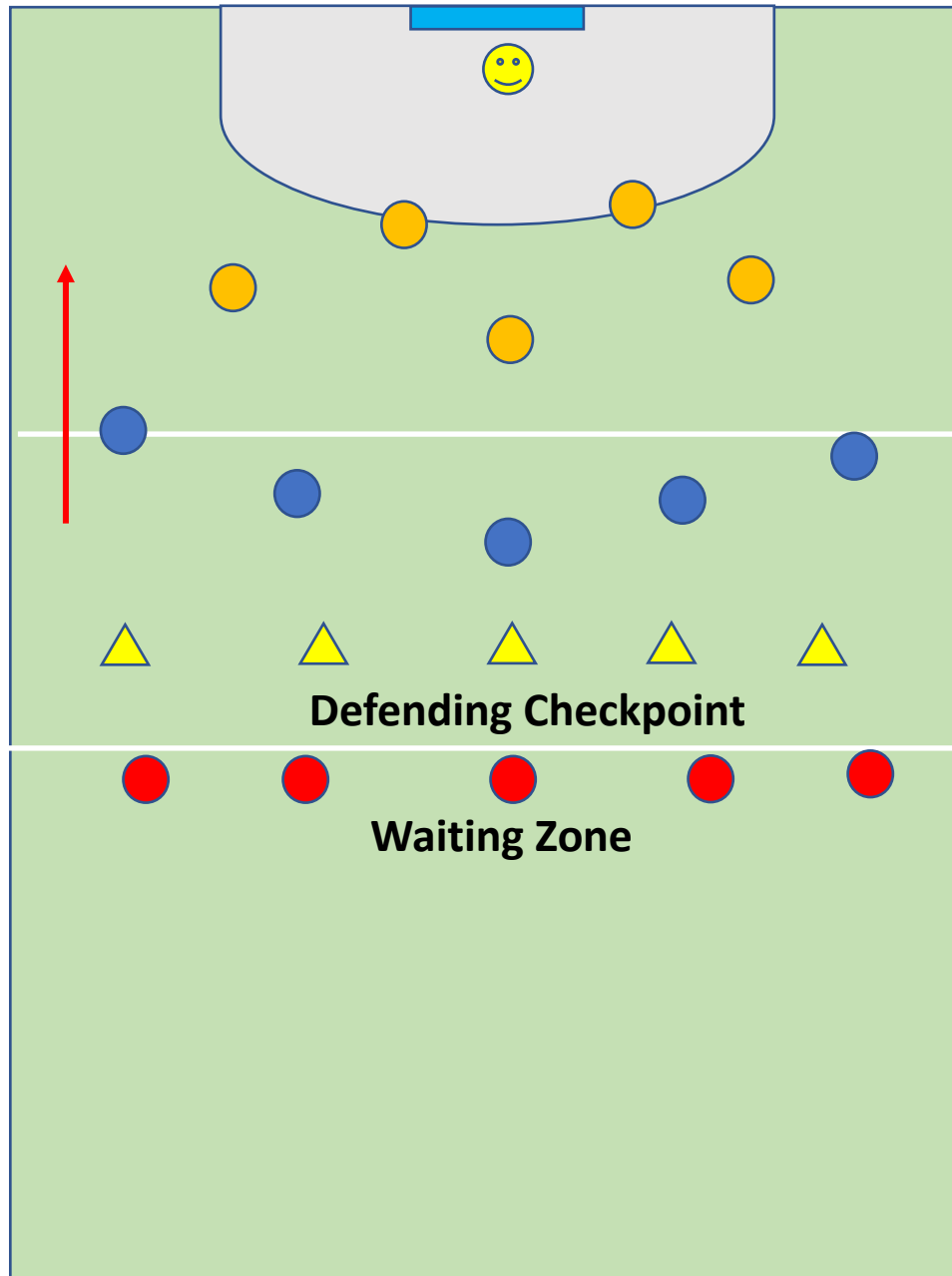
1. 5 Blue inside cones, 5 x Orange inside box.
2. Each team has their own ball.
3. Each team must pass to players in number sequence. 1 must pass to 2, 2 must pass to 3, 3 must pass to 4, 4 must pass to 5 and 5 must pass to 1.
4. Each team are to keep possession and not try to get the other team's ball.
5. Teams must try to use vision and calling to connect passes.
6. Each team must be mixed up: meaning not be close to each other.
7. Each team needs to avoid other team passing and not get hit by another team's ball.
8. Each team member must always be moving around box.

### Progression

1. Do drill without talking. Must use vision only.



## TEAM EXERCISE: BASKETBALL GAME

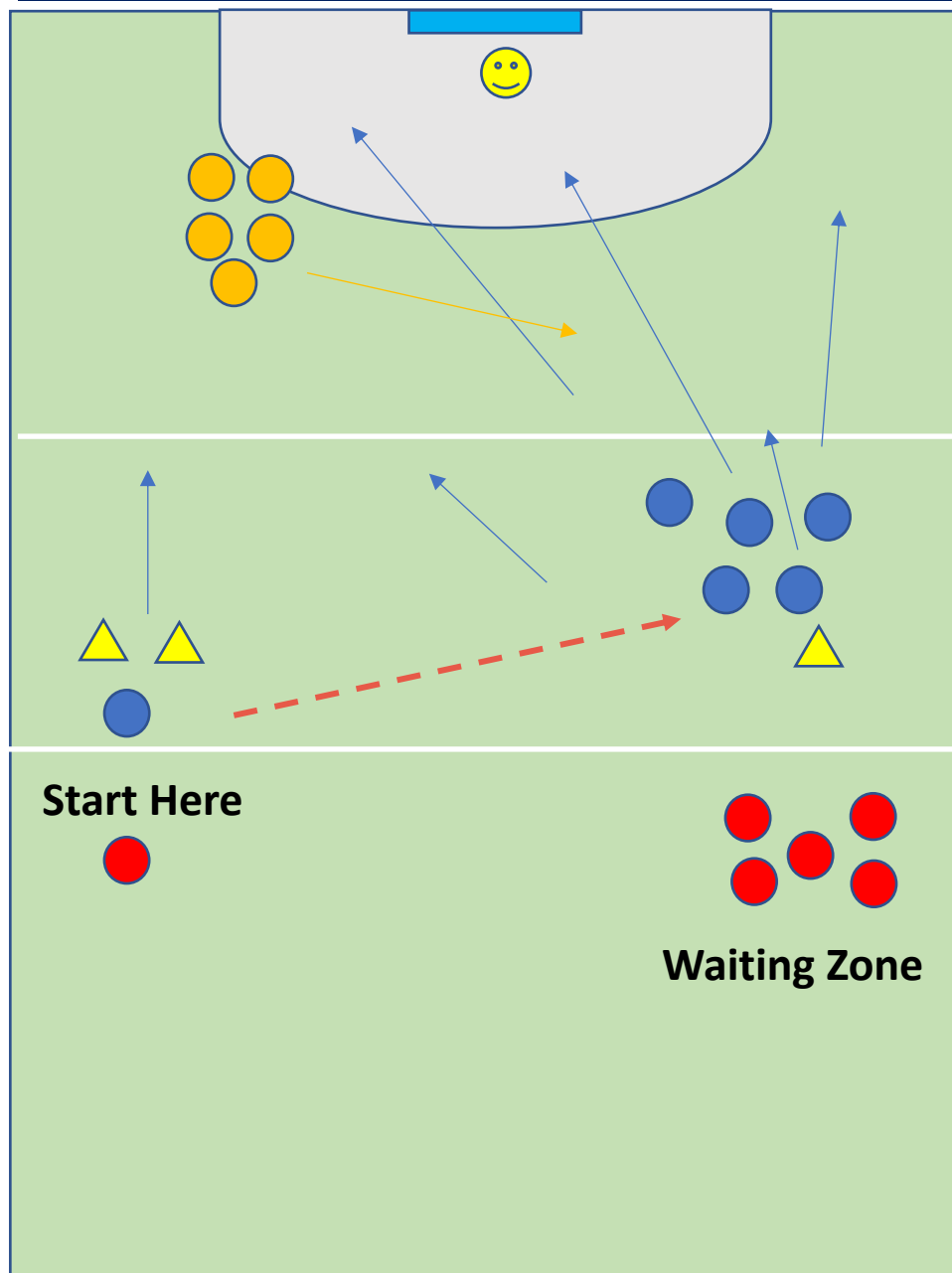


### Skill Criteria: BASKETBALL GAME

1. 5 Blue Attacking players, 5 x Orange Defending players and 5 x Red Waiting players.(can be 6 per side)
2. Blue attacks the goal and attempts to score.
3. Orange team objective is to defend, win possession and control ball back to any part of defending checkpoint behind the yellow cones.
4. If Blue score, Orange team stays as defending team. Red Team then comes in to attack the goals. Blue Team goes to waiting zone.
5. If Orange team win possession and control ball into checkpoint, they move to Waiting Zone, Blue team becomes defenders and Red become Attacking group.



## TEAM EXERCISE: 6 VS 5 (HALF FIELD)

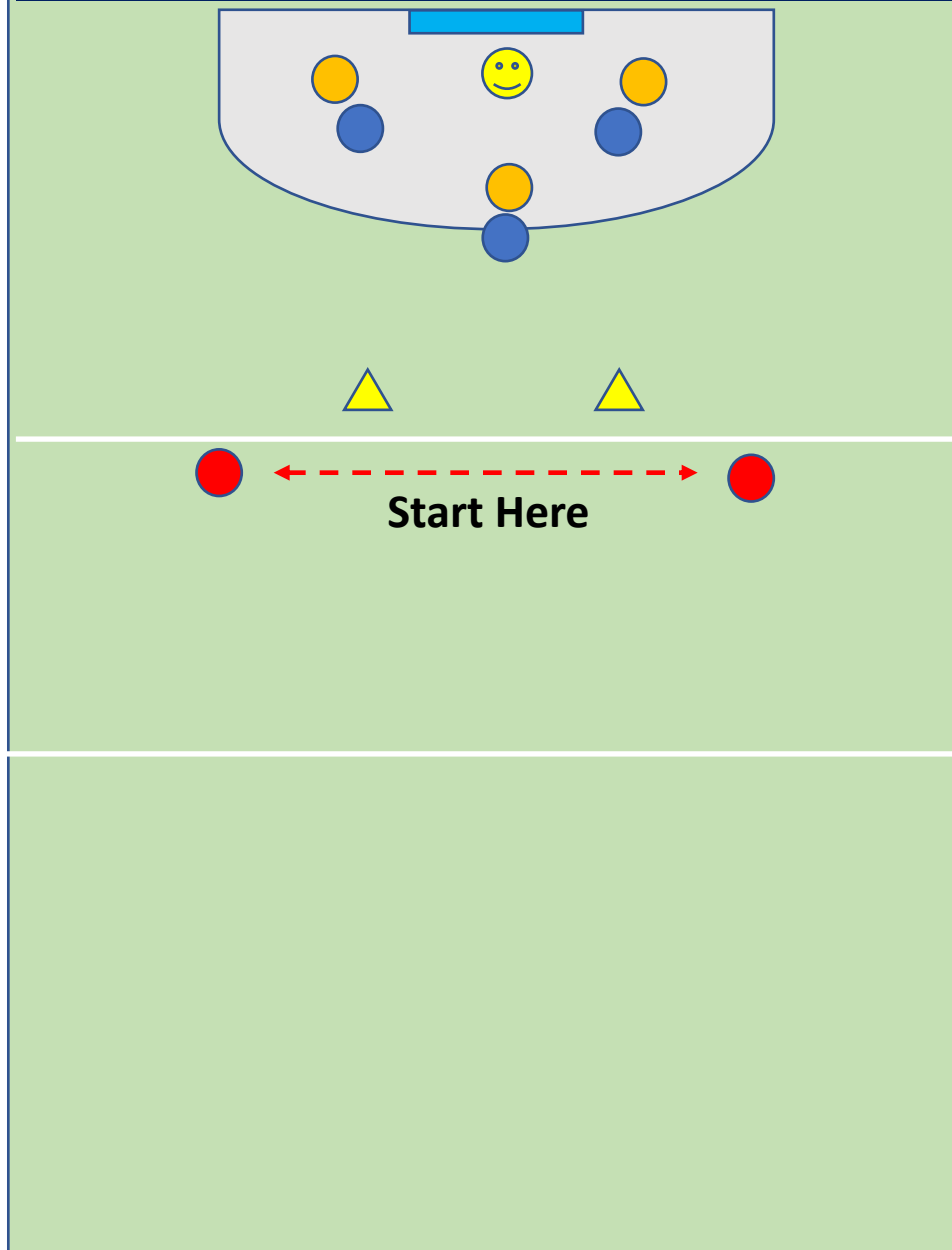


### Skill Criteria: 6 vs 5 Half field

1. 6 Blue Attacking players, 5 x Orange Defending players and 6 x Red Waiting players
2. Left side Blue player hits ball across to 5 other Blue teammates.
3. 5 x Orange Defenders run across as ball goes across field. Orange will need to organize their defense in process..
4. Blue Players also need to organize their attacking structure while ball is in transition.
5. Red team waiting for their turn.
6. Blue Team objective is to score.
7. Orange Team objective is to win ball and make 3 passes before drill ends. (This encourages Blue Team to run back after turning the ball over.
8. Red Team comes in once either other team complete their objective.
9. Note: Swap defenders after 5-6 times.



## TEAM EXERCISE: 3 VS 3 (IN CIRCLE) SWITCH

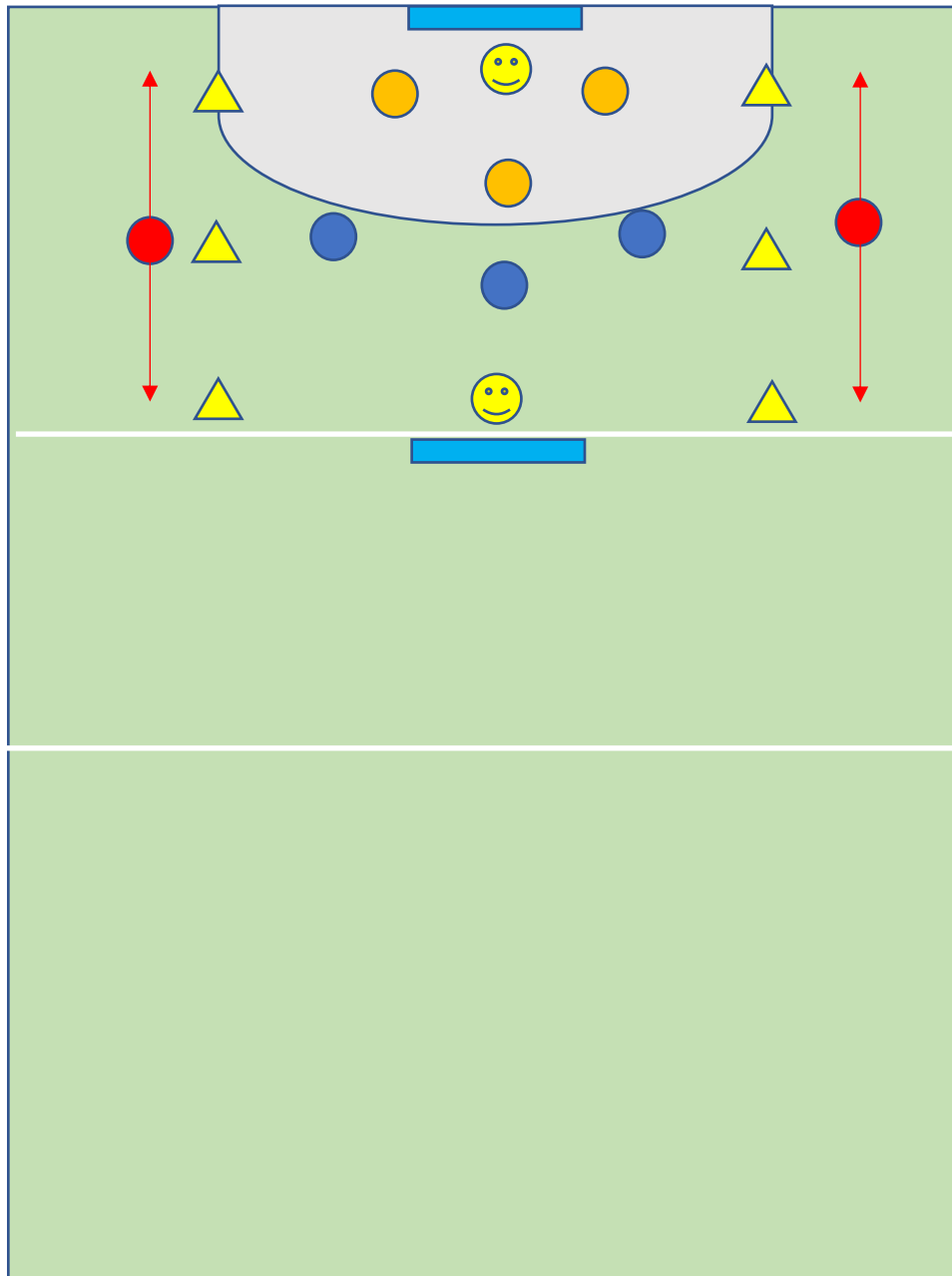


### Skill Criteria: 3 v 3 (in Circle): SWITCH

1. 3 Blue Attacking players, 3 x Orange Defending players to begin with
2. Red Players transfer ball to each other waiting to find a connection pass with Blue Players.
3. Once pass is made, red players act as passive outlet.
4. Red not to enter inside 25.
5. Blue attempts to connect with each other to score.
6. If Orange win possession, they are to pass out to red Outlet and then Orange become strikers. Blue become defenders.
7. If Blue scores, reset the drill.



## TEAM EXERCISE: 3 VS 3 OUTSIDE PASS



### Skill Criteria: 3 v 3 (in Circle): OUTSIDE PASS

1. 3 Blue players, 3 x Orange players to begin with
2. Small Game with outside pass.
3. Before either team can score, they must make a pass to one of the two outside red players.
4. Red not to enter inside area.
5. Red may move up and down the area.
6. Red to pass back to colour who passes to them.
7. 4 x 4-minute games

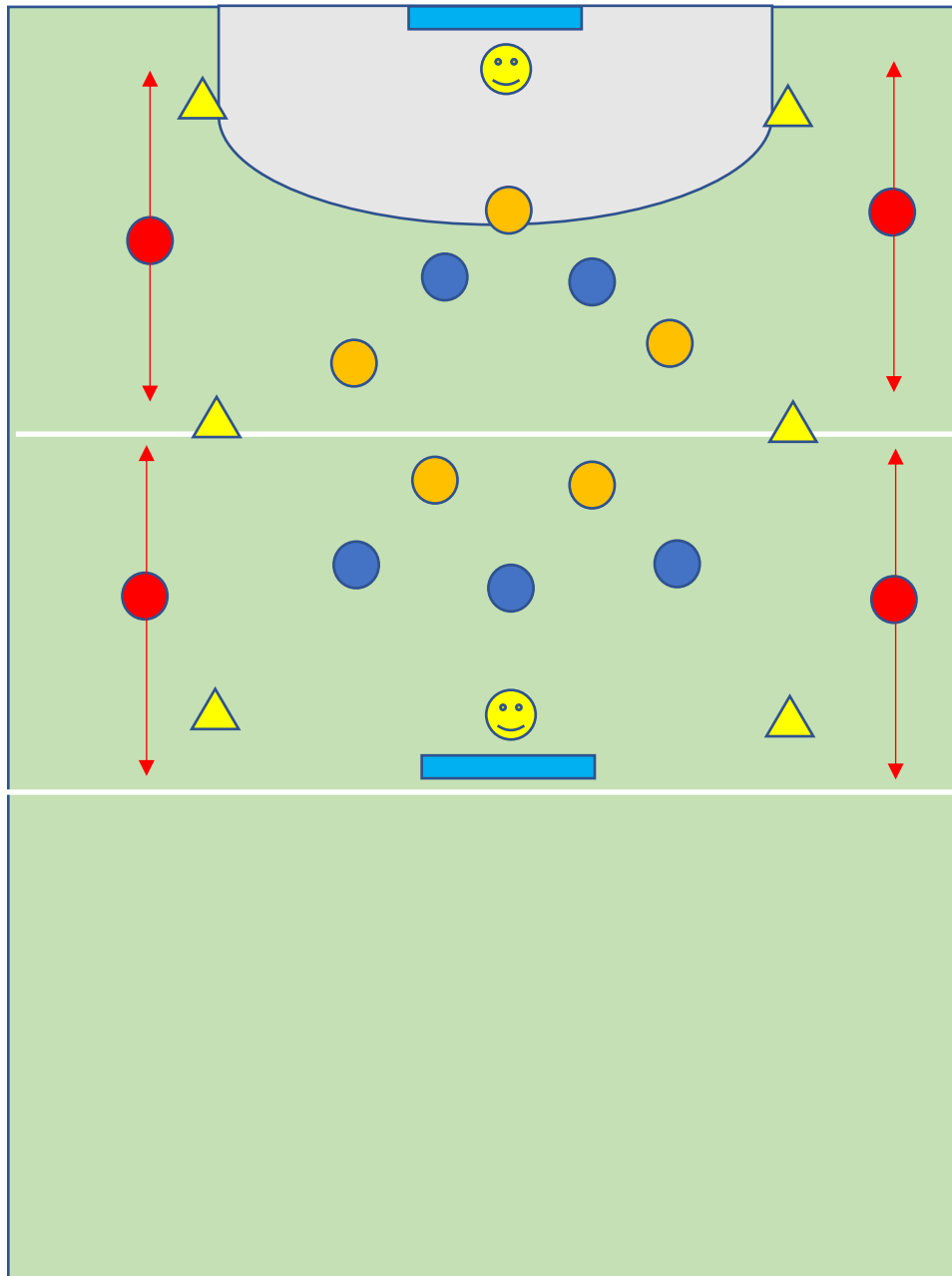
### Note: Options if no 2<sup>nd</sup> GK

Option 1: Outside Circle Goal, players must score above the backboard.

Option 2: Once team scores outside goal, that team goes other direction.



## TEAM EXERCISE: 5 VS 5 OUTSIDE PASS



### Skill Criteria: 5 v 5 (half field): OUTSIDE PASS

1. 3 Blue players, 3 x Orange players to begin with
2. Small Game with outside pass.
3. Before either team can score, they must make a pass to one of the two outside red players.
4. Red not to enter inside area.
5. Red may move up and down the area.
6. Red to pass back to colour who passes to them.
7. 4 x 8-minute games

### Note: Options if no 2<sup>nd</sup> GK

Option 1: Outside Circle Goal, players must score above the backboard.

Option 2: Once team scores outside goal, that team goes other direction.

**Interchange 4 x Red players with 2 on each team**

