Fitness Ladders (10 mins)

DESCRIPTION/ORGANIZATION:
Players increase fitness intervals 60,70,80,90,100% on the way out to each level of cones. Players always jog back to start (recovery). Fitness and activation activity.
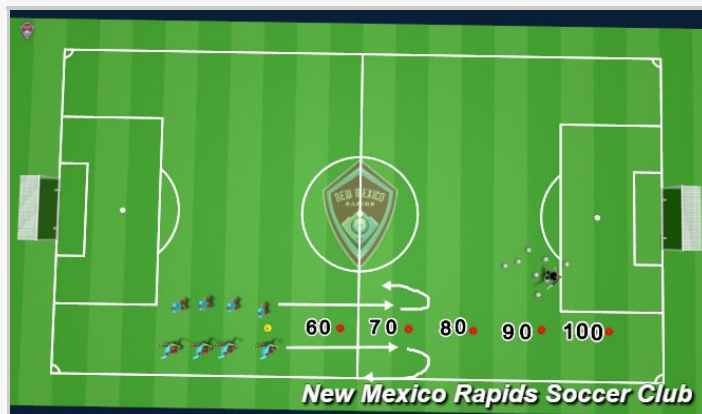
End Zone Dribble 3v3 + N (25 mins)

DESCRIPTION/ORGANIZATION: End Zone Dribble w/ Goals
Three attackers + N keep possession against 3 defenders by a combination of passes or an individual action, eventually scoring by dribbling into opposite endzone. After taking possession the defenders may then score by dribbling the ball into opposite endzone. Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender. If the ball goes off the field the coach introduces a new ball into the game.
Variation: Can Play 3v3 + N through 6v6 + N

6v6 + N Endline Gates Game (25 mins)

DESCRIPTION/ORGANIZATION:
40 (W) x 40 (L) yard area
6v6 + N to start match.
6v6 + N (yellow) keep possession by a combination of passes or an individual actions, followed by scoring in one of the opposite endline gates (dribble through) and training goal (pass through). After taking possession the defenders may then score by scoring in one of the opposite endline gates. Attention! If the ball goes off the field the other team starts the game.

GK+4-2-3 vs. 4-2-3-1 to Goal & Counter Goals (30 mins)

DESCRIPTION/ORGANIZATION:

10 attackers/mid fielders (4-2-3-1) create chances by team-play. The 9 defenders/mid fielders + keeper (GK-4-2-3) can then score by passing the ball through one of the small goals. The attackers can then score in the large goal. This drill always starts with the attackers.

Midfielders/attackers by attacking coaching:

- Bringing the mid fielder into play.

- Keeping the two outside players as wide and forward as possible. (7+11)

- creating a 2 to 1 situation or overloads in various thirds.

 Midfielders/attackers by loss of possession coaching:

- tightening position where necessary.

- Coaching each other when defending (the last player should take the initiative)

- Putting direct pressure on the ball

New Mexico Rapids Soccer Club