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Introduction

This ebook is for all youth soccer coaches who LOVE coaching passionately, like I do. If your players HATE boring drills and can't wait to go out into the field with a ball and play, I have just the simple step-by-step coaching tips that you and your players will enjoy.

I will show you how you can answer **YES** enthusiastically to these questions:

- Am I teaching the drills properly?
- Are my players learning?
- Do they understand what I want them to do?
- Are my players having fun and enjoying themselves?
- Do they feel motivated?

Let me just start by telling you a little about myself. I played soccer for more than 15 years (8 were as a professional) for the Portuguese Soccer Federation. At that time, I was invited by the president of my club to train all the club's youth soccer teams. He thought I was "perfect for the job"! Naturally, I was nervous at the beginning, because I had no experience at all in coaching youth soccer.

As soon as I started coaching, I felt like my players weren't having fun and enjoying the game. That's when I went deep into research to seek the cause to these problems. I partner and learnt from top youth soccer coaching experts for about 5 years.

After that, I finally discovered the three major problems youth coaches were facing. I wanted to spread the word about my discovery, so I released the most read youth soccer coaching ebook in the history: The "[Youth Soccer Coaching Manifesto](#)". More than 4,000 youth coaches downloaded this ebook in less than 48 hours.

After that, I also wrote the "[Missing Coaching Chapter](#)" that was also a tremendous success.

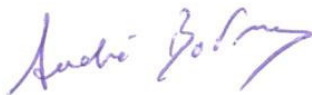
By applying everything I learnt, and after testing it for more than two years, I created the [Ultimate Soccer Drills System](#), that became the online most complete drills program.

If you didn't read the Youth Soccer Coaching Manifesto and The Missing Chapter, I highly recommend you do it now! (Just click the links above and download both).

After you read the manifesto reports, just *dive in*.

I hope you enjoy this youth soccer coaching guide!

Yours in soccer,



Andre Botelho

Founder – www.SoccerDrillsTips.com

How To Organize A Soccer Team

Let us look at how to organize a soccer team first, before anything else. You will need to develop your team of eleven players who are passionate about soccer. Then comes the task of finding the right player for each position in your soccer team, and the 'formation' for play.

Organizing your soccer team will involve a three-part focus:

1. The first step deals with coaching your soccer team, setting goals to achieve within specific time frames, communicating with the team and finding ways to keep them motivated.

It is very crucial to take good care of this step, because it will ensure a happy team of players. Needless to say, it is an ongoing process and involves a lot of creativity on your part.

2. Once you take care of step one, you will need to plan your methods of instruction for both offensive and defensive strategic play. You will need to set up a proper practice plan so that you have a practice session that is fun, while your players learn.

Believe me, the worst thing is not be to prepared because it results in bored players, and you don't want that at all.

3. Drills, exercises and games to help you teach your players the concepts and soccer "moves", according to age groups. This is very important to ensure learning.

There are a lot of coaches who make the cardinal mistake of not choosing the appropriate drills or games suitable for the right age group and we want to avoid that.

You want to set up a practice plan where you know exactly how to organize the exercise or drill, jot down the coaching points and also make a note of how you can modify these to challenge your players in the best manner, as they learn their soccer skills.

The point is to have a great time playing soccer, which is really the "goal". We also want to make sure that players learn moves like passing, feints, shooting, receiving, heading, goalie practice, etc. through practice.

We already know that practice makes perfect. So let's go forth and play!

How To Improve Players' Skills And Produce Quality Players In Record Time

I know what you are thinking. This is the one question that is right on top of every coach's mind – so how to improve player skills and produce quality players in record time? If you think about the most important qualities of a soccer player, you would probably come up with the following:

- Fitness, speed, stamina, endurance, power
- Soccer skills – dribbling, passing, a sense of positions, ability to run with the ball, etc
- Self-confidence, focus, composure, commitment to the game

Developing these aspects would most certainly put anyone on the path to becoming excellent soccer players. Self-confidence and belief in oneself are two vital qualities. As a soccer coach, you will want your players to be focused and motivated to play the game.

Here is how you can improve player skills and produce quality players:

Get your players to practice kicking and controlling by working against the wall. Pick out a particular technique for them, like say, the push pass and get them to trap it with the outside of the foot. Let them do this repeatedly.

Your players can practice shooting and curving the ball by using several balls. What you do is arrange a line of balls and practice a particular kicking technique. This can be done against a goal.

A fun way to improve player skills is to get them to do it with a buddy. This can help work on one vs. one skill by playing 1 v.1 games with mini goals. This can go a long way in improving ability to handle individual confrontation.

Build your players' techniques by getting them to practice individual dribbling. Get them started by doing it in a straight line with a specific dribbling technique. Then you can vary it by letting them zig zag through the cones and have fun.

Juggling is something your players will love while developing their ability to control and trap the ball. But don't get them to do this for too long, or they will get bored. Instead, how about creating actual game like situations by alternating between juggling, dribbling and shooting? Let them practice this sequence for a while and then switch to another.

As you can see, it is not hard to improve player skills and build quality players. Just keep them moving all the time!

How To Make Training More Fun And Avoid Your Players In Getting Bored

If a soccer coach wants the answer to that ONE question, it is this – how to make training more fun and avoid players getting bored. Coaching is not the easiest job in the world. Each coach has his or her own style and method.

The successful ones are those who pay careful attention to their team's comfort levels and handle them accordingly. This is all the more important if you happen to coach youth soccer because you are dealing with young minds eager to succeed.

While winning is important, your young players must also be encouraged to develop other aspects of the game. These include the spirit of teamwork and enjoying themselves when they take part in soccer games.

For this, training sessions must be fun and you must come up with games and activities that each and every team member can take part in.

Don't focus too much on drills and activities where players must stand in line, waiting for their turn. If there is one thing that can really put them off the game, it is waiting – and you might end up losing a wonderful player this way. Also, it can waste precious practice time ending up with a bunch of bored players.

The most important thing here is preparation.

Be ready with a list of really interesting games and drills that involve all the players. Take care to see that these activities let the players work on their skills and techniques.

Being interactive is crucial while introducing some level of challenge. To ensure that players learn new things and progress in the game, your focus as their coach must be clear.

Make sure that you, as the coach are there at practice before anyone else and get the training area ready. This will let you begin training the moment everyone arrives. One of the most boring things to do is get your players to start helping you to set up the training area.

Not only is this guaranteed to get them bored, but also waste practice time. Focus on games and exercises that suit the age, proficiency, size and fitness levels of your players and evaluate their needs, and structure the training accordingly.

You can imagine how a team of happy players can perform a lot better and be successful with a positive atmosphere. No matter what anyone tells you, FUN is the most important component of soccer training.

In [my new soccer drills system](#) you can find a complete collection of fun soccer drills.

How To Build Teamwork, Communication And Confidence

I remember my first year as a coach when whatever I planned did not turn out how I expected it to. It was quite frustrating. What do you do when you dream of the ideal team and reality is far from it?

I know how it feels when things don't pan out as well as you expect on the field. I got enough and more advice than I could handle. Well, I did figure out what I needed to do quickly enough.

My first aim was to come up with activities that helped at team building. I realized I must get to know each player on my team. I built rapport. I worked at knowing their strengths and shortcomings – and not just the physical ones.

As a coach, you also need to be aware of the mental strength of each player. One of the best ways to do this is to have a team meeting before your training and get everyone to comment on the previous match.

Talk about both the good and lacking aspects and call for solutions. This way everyone has a sense of contribution to the team and make your players communicative.

Before the first ever practice of the season, spend some time setting goals that can be achieved by your team. This goal must be constantly monitored and discussed when you have your team meeting.

This can be highly inspiring to your players, getting them to work harder. Success is fun and when your team can see where they are going, they will willingly make the effort. Don't pressurize them though, as that can become negative.

For every mini goal that is accomplished, do not forget to reward your players. It will tell them that you care about how they are doing. Depending on the age group being coached by you, you can be as creative as you want with the rewards.

A short trip at the end of your season can be something to really look forward to. The togetherness promotes team spirit. When you go on these camping trips, it can be great if you can organize a friendly soccer match with a local team. This keeps your players busy and builds their self-confidence.

How To Motivate Soccer Players - Soccer Motivation

You would be surprised at how motivation can have a major impact on the performance of your players. Every player needs the motivation to succeed. Soccer is a game that presents many challenges and it is important to stay motivated through good and bad times. ~

You must also be cautious about players that are so hyped up that they may be too ready to take risks. You need to strike the balance so that your team players work towards a common team goal by making their individual contributions.

Why do people take up soccer? There is a desire to vent out energy on the field that brings a sense of fulfillment and adventure. Some players want to gain recognition or win competitions.

There is a special high when playing with a huge crowd watching. Whatever the source of motivation, one feeling rules all. The hope to succeed - and the worry that they may fail. As your players mature, the hope to succeed will keep the fire burning in them motivating them to give their best.

Consistent hard work and commitment to the game is a given. Some players simply take any difficulty as a challenge and have the maturity to understand that it is just a cue for more effort. Such players work through self-motivation.

If you are coaching youth soccer, however, a lot of external motivation is essential. You have to find ways to motivate them and build their self-confidence so that they actually believe they can succeed.

With players that are self-motivated, your main focus would be on the technical skills, strategy and fitness training. With children you need to lead them to believe in themselves, telling them that they can succeed through hard work. That said, overall, please bear in mind the following:

- Make your training sessions interesting and fun
- Set goals in advance (both short term and long term)
- As the coach, show a positive attitude and be supportive
- Show confidence in your players
- Encourage your players often
- Talk to each player regularly
- Bring in a guest coach when possible for variation and fun

Let your team understand that they win and lose as a team.

Soccer Practice Plan Template

It is time to plan for practice. As I said earlier, preparation and planning can make all the difference between a boring session and a fun session. The first thing you must remember is to make your session suitable to the number of players on your team. Take into account the age group so that you can include the appropriate drills and activities. You will need to prepare activities that gradually grow in complexity so that there is steady progress and systematic learning.

Here is a practice plan template that you can refer to:

| Practice plan template | Duration | Organization/diagram | Coaching points |
|------------------------|--------------|----------------------|-----------------|
| Warm-up | 5 minutes | | |
| Individual Activities | 5-10 minutes | | |
| Small Group Activities | 5-10 minutes | | |
| Scrimmage | 20 minutes | | |
| Cool-down | 5 minutes | | |

For warm ups, use the soccer ball. It is good to do some stretching, make sure you use the ball. For individual activities, you want your players to use their own ball. Let your players work on dribbling, fakes and feints, turns, etc. You can introduce dribbling drills here.

But remember, no lines. Each and every player must be on the move doing something. Ball control exercises can help. Small group activities that involve groups of two or three people practicing skills like passing and receiving can be introduced. The idea behind small group activities is to help the player move from individual to group activity. Teach your team to work together.

Scrimmage is fun for the players. This is probably the most enjoyable part of practice. If you are coaching under-10 players, you can divide your team into small sides of 4 without a goalkeeper. Allow each kid to have a go at the goal both in offense and defense.

Round off practice with cooling down. You might then like to give your players some homework where they practice juggling the ball, etc. Make sure you draw simple soccer diagrams of the activities you decide on, along with how you plan to organize the players and the main coaching points. Write down what the objective of the game is and how you are going to keep score.

You will be surprised at how smoothly your practice goes when you use your practice plan template.

Ball Control Soccer Drills

Your players must develop the skill to control the ball in such a way that no matter what the surface, they must be able to quickly make up their mind about the next move.

So plan carefully with drills during your training sessions so that your players learn to turn with the ball past an opponent or just to ease out of a tight situation.

I. The basic ball control drill

Aim: Develop basic ball control

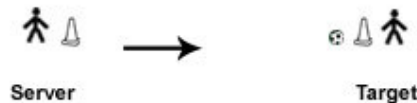
Level: Beginner/intermediate/advanced level drill

Age: Under 12

Time: 15 minutes

Steps

1. Two players stand against each other at the specific cones.
2. Player with ball throws it at the other player with hands. Ball is directed at a particular part of the body.
3. Target player traps the ball and passes it back
4. Target player run back around cone from where he started.
5. Repeat 5 times and switch roles



Key points:

This youth soccer drill helps develop ball control. Idea is to feel comfortable controlling the ball. Players must use different surfaces of the body to trap the ball.

II. The Doggie Dribble

Aim: ball control, tackling and dribbling

Level: Beginner/Intermediate

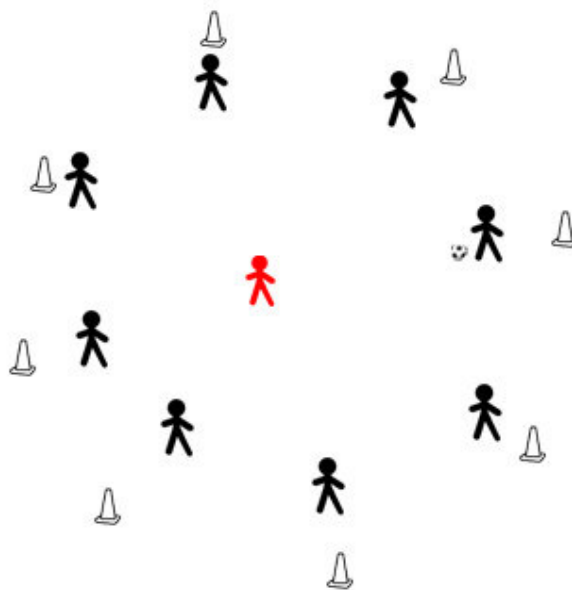
Age: Under 12

Time – 10 or 15 minutes

Preparation: Arrange cones in circle. Each player has a ball.

Steps:

1. Each player stands by a cone with a soccer ball.
2. At the first whistle, players start dribbling ball clockwise around the circle.
3. At the second whistle, players switch to dribbling the ball anticlockwise around the circle.
4. Each time coach blows whistle players change directions.
5. After two minutes of steps 2-4, players enter circle and dribble inside.
6. Coach calls out the name of a dog who then kicks out of the circle and attacks players in the circle with the objective of kicking out their ball as well.
7. When the dog kicks out a ball that player stays out of the circle until only one player is left.
8. All players reenter the circle and repeat steps 6-8 until every player gets a chance to be the dog.



Key points:

Each player must get the chance to be the dog. The ball must keep moving. Players must use their body to control the ball, protecting it by keeping their body between the dog and the ball. Dribblers must look around, heads raised. Avoid other dribblers. Dog must attack ball, not player. Size of circle can be varied.

Passing Soccer Drills

Passing is a fundamental skill in soccer and you must come up with a variety of drills in your training sessions to make sure every player in your team becomes expert at passing. Passing involves the creation of space to receive the ball.

The player must put himself in a position to make the pass while keeping an eye on the target. The right passing technique must be used, by approaching the ball from the right angle.

The ball must then be kicked with the appropriate part of the foot. Here are a couple of drills that can improve your players' passing skills:

Drill: Trio treat

Aim: Practice passing into space

Level: Beginners/Intermediate

Age – Under 12

Time: 15 minutes

Steps:

1. Divide players into groups of three. Two will serve the ball standing about 20 meters apart. Third player is positioned between them.
2. Player 3 is given a pass by the two players that he must return with one touch.
3. Players are switched changing positions.

Diagram:



Key points: Get your players to pass at an angle instead of directly at the player in the middle. This will help practice passing into space. Variations can be in random directions to make it challenging.

In [my new soccer drills system](#) you can find a complete collection of soccer drills.

Drill: Two-Four passing drill

Aim: Improve Passing, agility and fitness

Level: Beginner/Intermediate

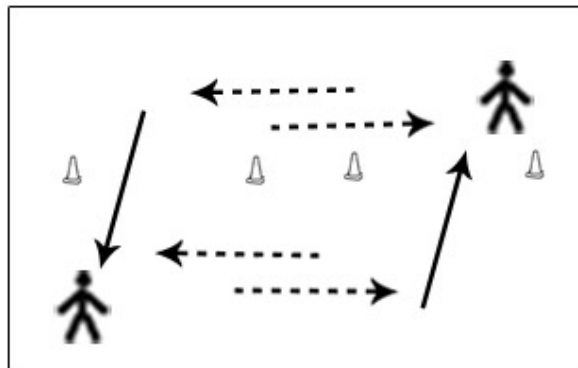
Age: Under 12

Time: 15 minutes

Steps

1. Pick two players and four cones.
2. One player runs from left to right and makes a square pass to the other player opposite him.
3. the second player runs from right to left and passes to the first player.
4. the players must coordinate to receive and pass at the same pace.
5. players move continuously practicing first touch and passing.

Diagram:



Dotted line = run arrows = pass

Key points:

The first touch is crucial along with a good inside foot pass. Players follow the sequence of run, pass, receive, control pass. This is a great drill that simulates a game situation.

Vary by combining skills and fitness. Allow ten touches and ask players to jog to the 18-yard line. Who returns to position first? Players compete while building fitness and passing skills.

Finishing Soccer Drills

This chapter is about improving finishing skills in our players – after all ultimately every soccer player wants to shoot that winning goal! I would say that each and every player must practice this skill because just about anyone can score a goal. Here are two easy drills that help with shooting technique as well as build confidence.

Drill: Shooting Out of the box

Aim: Practice and develop finishing skills and confidence

Level: Intermediate/Advanced

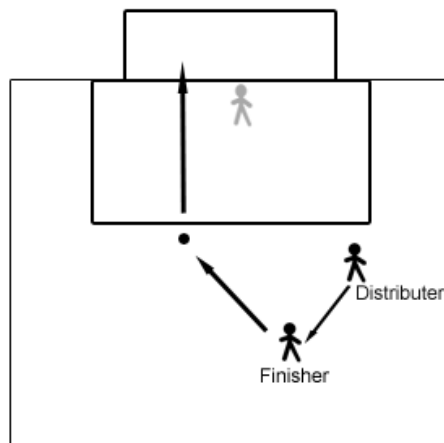
Age: U17

Time: 15 minutes

Steps:

1. Start the drill with the player who takes the shot controlling the ball.
2. When players are at ease doing this, they finish with one touch.
3. Players practice shooting techniques and move to one touch.
4. Players finish from outside penalty box.
5. Sequence is finisher passing the ball to distributor who arranges the finish.
6. Each player gets a chance to practice finishing.

Diagram:



Key points:

Strike ball outside the penalty box. Players progress from technique practice to developing composure while playing.

Drill: The 3v2 confrontation

Aim: Practice and develop finishing and direct attacking skills and confidence

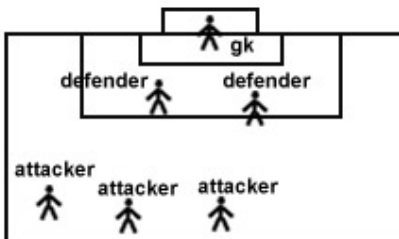
Level: Intermediate/Advanced

Age: U17

Time: 15 minutes

Steps:

1. Three Attackers stand in line at different points – the wing, twenty yards inward and at the middle of the pitch.
2. Two defender fullbacks start at the edge and corner of penalty box.
3. Player in the center has the ball.
4. Player with ball gives it to the left defender who lays it to the outside attacker.
5. Now the fullbacks start trying to clear the ball to the opposite side of the pitch.
6. Attackers try to score/finish within three touches per player.

Diagram:**Key points:**

The first pass is crucial in the interaction of attackers and fullbacks. Encourage attackers to finish in less than three touches and defenders to clear the ball. They play with composure rather than hurry. If you add a winger you can encourage strategic playing, particularly where play includes crossing skills. Remember, it is not enough to shoot – it is important to follow it up with finishing the game! We want that ball inside the goal!

Soccer Fitness Drills

Any sport needs optimum fitness levels and soccer is no different. This is simply because no matter how skillful your players are, if they are not fit enough to keep moving on the soccer field for ninety minutes, there's no use. So I would recommend that soccer players must always work on their fitness levels, most especially before the season.

Soccer can be quite stressful and you want your players to be able to handle it with ease. This is why warm up is considered an essential component of any practice session. In addition to increasing stamina, it also helps prevent injury and improves agility. Let us look at two soccer fitness drills that can help work on fitness and turn your players into major performers.

Drill 1: The one v one challenge

Aim: Improve fitness, shielding and tackling

Level - Intermediate /Advanced

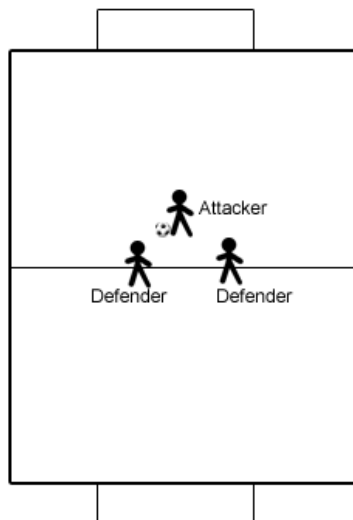
Age U 17

Time - 20 minutes

Steps:

1. Three players are on the field.
2. Player with ball attacks and remaining two players defend.
3. Player who wins the ball attacks furthest goal.
4. Resting group ensures that ball is constantly in play.

Diagram:



Key points:

If you have, say, a team of 12 then you would have two groups playing on the field while two groups rest for 90 seconds. Effective since it simulates a game situation. Good for conditioning as players are simultaneously practicing soccer skills. You can vary it to four players. Each group would get 4-5 turns. Transition between games can be 30 seconds.

Drill 2: The Jogger's chain

Aim: Better muscle endurance and fitness

Level: Beginner / Intermediate

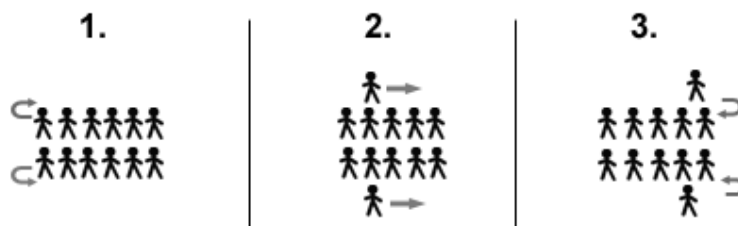
Age: U17

Time : 10 minutes

Steps:

1. Arrange two lines of players parallel to each other.
2. Let these two lines of players jog.
3. The last pair in these lines sprints to reach the first two players.
4. When they reach, the last pair in the line sprints to the front.
5. The entire line is jogging while one pair is sprinting.

Diagram:



Key points:

When the pair of players sprints to the front, they must signal for the next pair to start sprinting. You can vary the rest time, number of players and the pace at which they jog.

In [my new soccer drills system](#) you can find a complete collection of soccer fitness drills.

How to Teach Soccer Moves

There are various soccer moves such as dribbling, passing, finishing, shooting, receiving, throw in's etc. that all soccer players must be taught in order to play a strategic game of soccer. Unless these are practiced regularly and included in various activities, a player cannot become proficient at handling the ball.

Players must be able to think on their feet, knowing how to change the pace of their movements when they are in possession of the ball. By the time a player is in the Under 13 team he should be learning moves like the Scissors, the Cruyff, Fake kicks, and so on.

Let us now look at a couple of drills that will help teach two crucial soccer moves – namely passing, shooting and dribbling.

Drill: Space Tight, Dribble Right

Aim : To improve dribbling skills in tight spaces

Level: Beginner / Intermediate

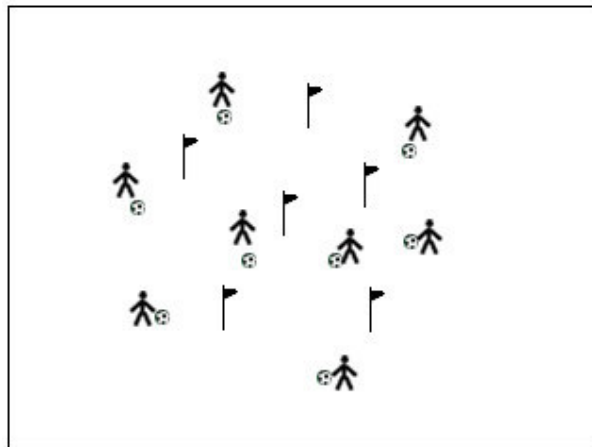
Age: U6, U 8

Time: 20 minutes

Steps:

1. Create a grid of roughly 10 x 25 meters and place a few flags in it.
2. Round up a minimum of 8 and a maximum of 18 players.
3. The number of flags in the grid must be two less than the number of players. Each player starts in the grid with a ball.
4. Let players dribble in the grid freely, without disturbing the other players and flags.
5. Because of space constraint, players must look around.
6. When you say 'STOP' the players must rush to a free flag.
7. First player who reaches the flag five times in sequence wins.

Diagram:



Key points:

Players must be alert to their surroundings and raise their heads. Vary by reducing number of flags or instructing them to dribble with a specific part of their foot. Players must keep the ball close, enabling them to move the ball swiftly.

Drill : Passing with partner

Aim: Improve straight passing skills

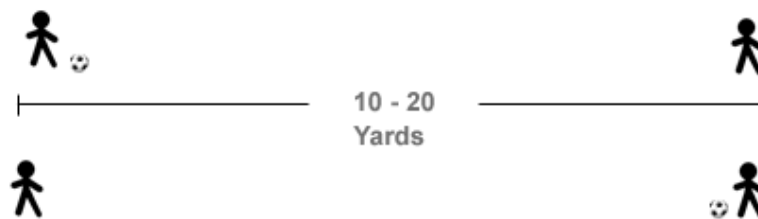
Level - Beginner / Intermediate)

Age 12- 14 years

Time 10 minutes

Steps:

1. Pair off the players.
2. Let partners stand 10-20 meters apart with a ball between them.
3. The partners pass the ball between them.
4. The partner receiving makes a sign for the pass, moving forward and moving back after passing the ball back.

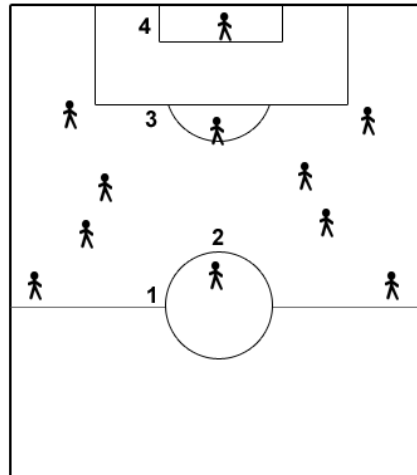
Diagram:**Key points:**

Let your players pass along the lines on the field to pass straight. Many pairs of players can play simultaneously.

In [my new soccer drills system](http://www.soccerdrillstips.com) you can find a complete collection of soccer moves.

Soccer Positions And Explanations

As you train your team, you will also be in the process of deciding which player suits which position. Now is a good time to teach your players or refresh their memory about the various soccer positions and what they involve.



On the soccer field, there are four basic positions. My sincere tip to you is – if you are coaching young children do not start with coaching positions right away. You want them to get a feel of the ball first. They need as many drills as possible that will be fun, and keep them moving with the ball. Here are the four positions:

The Forward

There may be one to three per team and are positioned near the opponent's goal. Their job is to score goals. When the forward is near the touchline, he is called 'winger' and the ones in the middle of the field are strikers. Forwards must be powerful. They must run swiftly and be accurate shooters so that they can get the ball into the goal

The Midfielder Or Halfback

Also called the halfback, they are three to six in a team. They usually steal the ball and send it to the forwards. Midfielders also shoot the goal. They are fast on their feet and have very good tackling and passing skills. Midfielders play both an attacking and defending role.

Defenders, Backs or Fullbacks

They are three to five in a team and stick to their own team's goal. Their job is to prevent shots into their goal by the opponent. The goalie also returns to the defenders, who send it to the midfielders. Excellent strength in their legs and ability to kick the ball far is a must

Goalie, Keeper Or Goalkeeper

One per team, goalkeepers play right in front of the ball. A goalkeeper is the only player who can control the ball with his hands, but only within the 18-yard penalty area. They are easily spotted by their contrasting jersey. Keepers need expert hand eye coordination and react quickly. Obviously, they must build the strength in their legs.

Soccer Defensive Strategies

While coaching soccer it is important to get your players to learn different defensive and offensive strategies so that they can make the right soccer moves on the field when a game is in progress. You will find that players love practice that includes the use of defensive strategies because it gives them the feeling of being in a game-like situation.

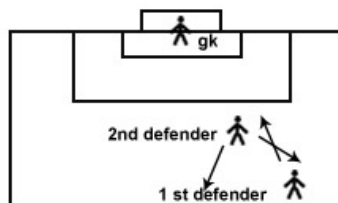
You must therefore devise practice sessions that not only allow your players to practice skills through drills, but also improve their defense skills. In soccer, the team that does not have the ball in its possession is the defense. Each and every player must learn defense, rather than just the goalkeeper.

One defensive strategy that allows the defenders to minimize the chances of the opponents from scoring a goal is by blocking the passing lanes. The defense does this by getting close to the player with the ball, sealing off his closest support. In the illustration, the first attacker is challenged from the right; so his passing route to the second attacker has been blocked. The first attacker now has the options of passing back or moving off from his support. The aim is to make the opponent play the ball out to the sideline unless, of course, you are so close to his goal that you can score it. Here, the best thing to do is to get him to pass in the middle above his box.



Another defense strategy is backing up where the player nearest the ball has to pressure it. When backing up or covering for a player who is pressuring, it can result in a situation where even if the player gets beaten, the opponent cannot bring forward his attack. Here the player pressuring the ball is known as the first defender.

The player who backs up or covers for the first defender is called the second defender who places himself behind the first defender and moves towards the middle. When the first defender is beaten, the second defender retreats and they switch roles.



Incidentally, by pressuring the ball, it does not always mean that the player is trying to possess it!

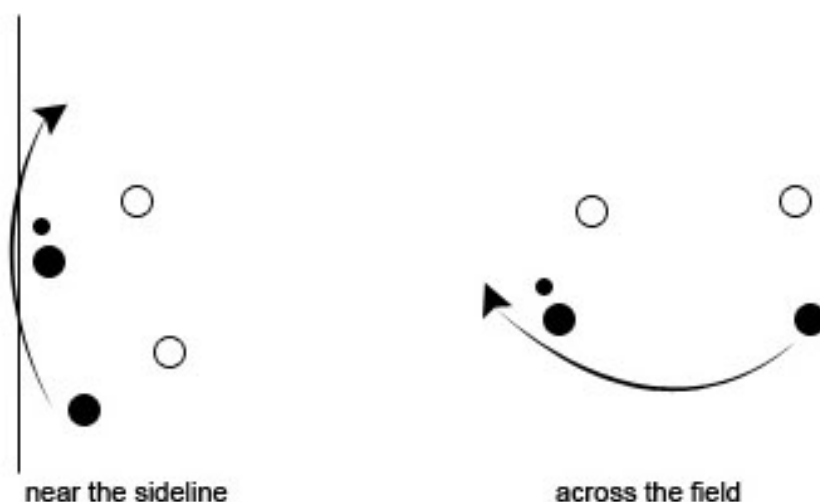
Soccer Offensive Strategies

Just as we mentioned that the soccer team that does NOT have the ball is defense, the team that does have possession of the ball is offensive. As the coach, you must ensure that your team is able to improvise on tactics and be creative when they play offense.

There is no tailor made offense strategy for specific situations – rather, you must teach your team players a variety of strategies that they can adapt, depending on the particular situation.

1. One of the deadliest offensive strategies is the “overlapper” used by top soccer players. When the flank has free space, beyond the player with the ball, the overlapper is very effective for offense.

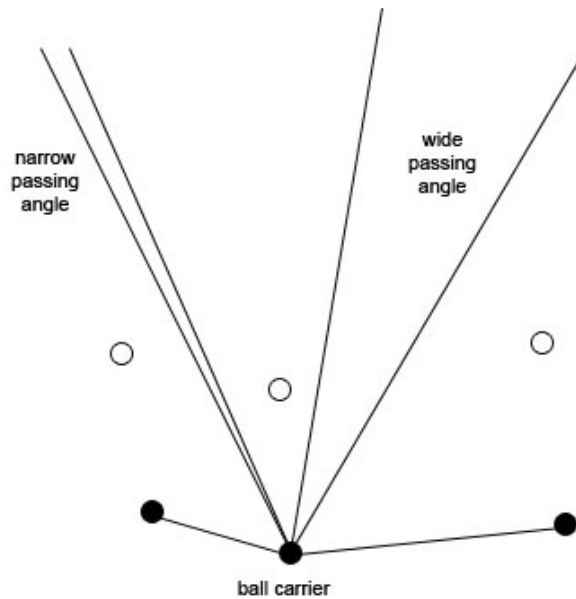
If it is applied at the wing, the opponent defenders cannot cover it. If the overlapper is tried across the field, it disperses the opponent’s defense.



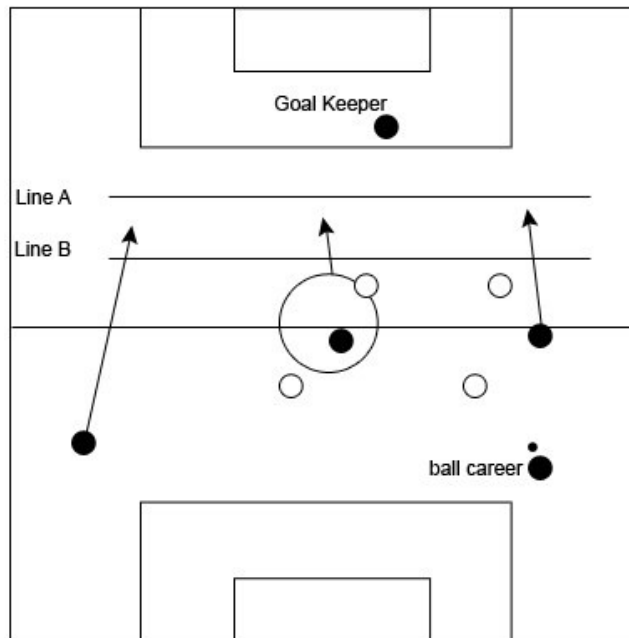
2. The next offense strategy is by varying the angles of passing.

When your team players are on offense, the sooner can the ball be passed, dribbled, controlled distributed, etc. This kind of strategic playing calls for a high level of skill and dexterity from your players.

Players can also defend more easily against teams that stay together at the time of attacking. In the diagram, when your supporting team players are far off, you have more options and wider angles. In addition, this makes it tougher for the opponent defense because it means more space to cover and therefore more effort.



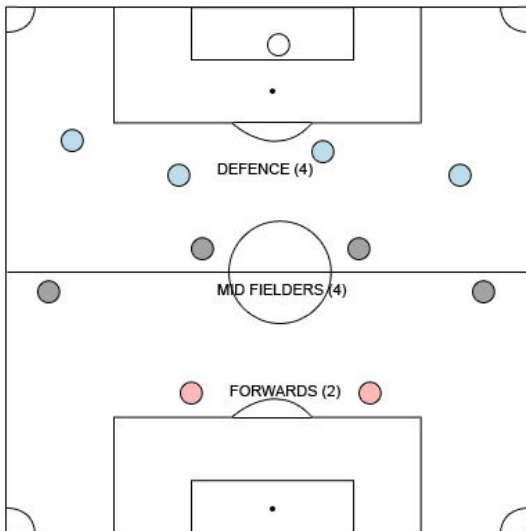
3. A third offense strategy is as follows. When the opponent defenders are marking your team players, which are on the offense, your team has two options. The conservative way to deal with this is to check back to the ball. Another option is to just charge ahead. Since they can't just rush forward because of the 'offside rule' the ball must be played over them first. According to the pace of the attackers, the ball must be aimed at 10 to 30 feet behind Line B, which is the last line of opponent's defense or within 20 feet of Line A where the goal keeper is.



The offensive team advance towards the between Line A and Line B just before the player with the ball passes the ball. This puts the offensive at the lead, since the opponent fullbacks will need time to turn around and come.

Coaching The 4-4-2 Formation

If you look at soccer today, one of the most popular soccer formations is the 4-4-2 and that is what we are going to talk about today. 4-4-2 means four defenders, four midfielders, two forwards and one goalkeeper. One might assume that because there is forward, scoring might be tough. But with the 4-4-2, the midfielders and the outside defenders are very active in their offense, and therefore there is goal scoring.



In the 4-4-2, defenders have a variety of ways to play. This could be:

- Similar to the 4-3-3.
- Flat across the back of the field in a line.
- Shaped in the form of an arc making a double sweeper and without the stopper.
- Three flat across the field with sweeper at the back to make up for any errors.

How you set up your players in the 4-4-2 formation will naturally depend on the players' specific abilities. In terms of player responsibilities it quite similar to the 4-3-3 formation. The four midfielders are athletic with the left and right midfielder and two center Midfielders.

The center midfielders perform the offensive and defensive tactics and control the game, switching roles when necessary. Communication is important between the central midfielders. The offensive midfielder is also expected to score since there is no extra forward.

The two forwards in the 4-4-2 formation are athletes that have an exceptional responsibility where they work in tandem throughout the game. At most, you will see them apart by 20 meters.

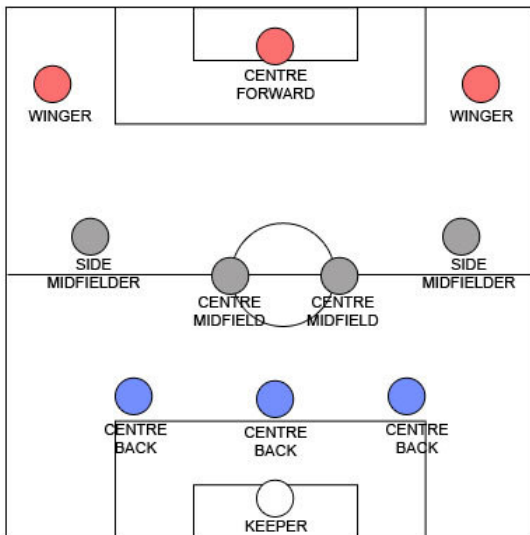
They aim to block the angles and defenders from clearing the ball from the defense areas. It is important for these two players to coordinate with each other extremely well so that they instinctively know what they will do next. They need to have a high level of fitness so that they work along with the attacking midfielder and forward to score.

While deciding on the formation at play, it is important to think about various factors that include the opposing team's offensive and defensive strength, your own team's offensive and defensive strength, the size of the field where you will be playing and the game's score. Naturally, weather conditions will also influence the decision. The 4-4-2 formation can be very effective when there are two strong forwards who can outplay the defense.

3-4-3 Soccer System

As I said in an earlier chapter, there is no such thing as the perfect soccer formation. Instead, there are several strategic formations that, when used at the right time, can make the best use of your team players' skills. Each team has its own plus points. For this reason, different formations may suit different players.

Of these, the 3-4-3 considered an offensive formation is a classic. This is how it looks like:



In the 3-4-3 there are three forwards, four midfielders, three center backs and one keeper. Here, one striker is expected to continuously remain at the edge of the attack and be strong enough to stay put. Three fullbacks must work closely as a unit.

One midfielder must fall back and play before the defensive line, pressuring the ball so that the defense is never disturbed or trapped. Considered one of the most offensive strategic formations, the 3-4-3 is useful when a strong defense is essential or when the team needs to score a lot of goals.

Here are some points about the particular positions in the 3-4-3 formation:

- The sweeper leads on the field, controlling the defense by being behind the fullbacks.
- The defenders, both right and left, cover the team forwards and maneuver the ball with the midfielders for better crossing.
- The left and right midfielders are responsible for the crosses in the offense and carry the ball up the field as they have more space compared with the center midfielders.
- The left and right center midfielders distribute the ball to the offenders, and work on obstructing the opponent's play, trying to keep them from the defensive line.
- The three forwards use the tactic of runs to the corners. To receive the cross, the center forward and opposite forward find their way in.
The best thing about the 3-4-3 formation is that it is symmetrical and deploys the team in a balanced way across the pitch so that space coverage is optimum. Because of the diamond shaped formation, the players can also provide the proper support to each other effortlessly. Without disturbing the shape of the formation, the midfield players can support the defense easily.

Basic Soccer Rules

As with any competitive game, having some basic rules ensures fair play. In soccer, there are seventeen rules. If you would like the unedited version of the official FIFA rules, you can visit www.fifa.com

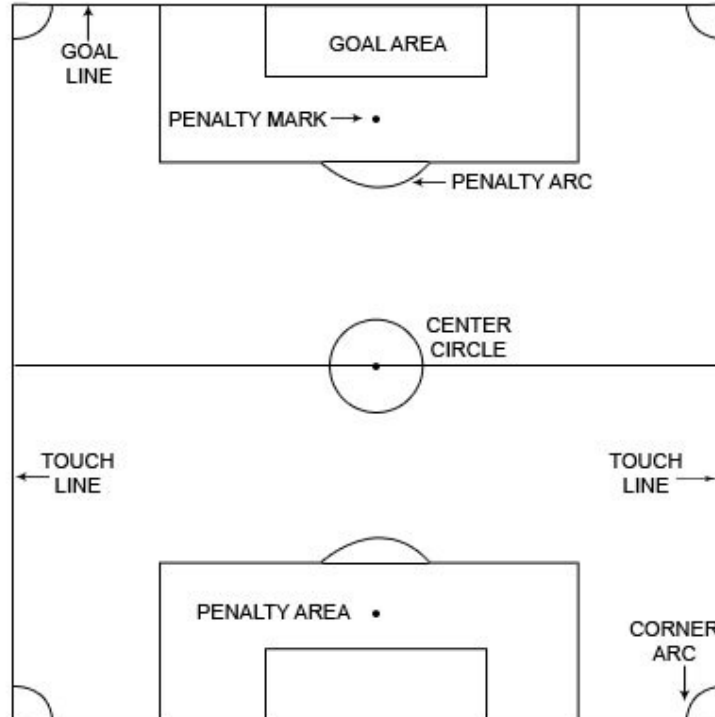
So here we go with the abridged version of the 17 laws of soccer

1. The soccer field should be rectangular. Width must be less than length.
2. A spherical ball whose outer casing should be of approved synthetic or leather. The ball must be of safe material.
3. Two teams, each with 11 players, of which one will be the goalkeeper shall play in a match
4. Player's equipment will include a jersey or shirt, shorts, stockings, shin guards and footwear.
5. Each game is officiated by a referee.
6. The referee will have two assistants
7. Each game shall be of two 45-minute periods.
8. A coin shall be flipped to decide on choice of field ends and kickoff at the beginning of the game.
9. The ball is considered out of play when it has completely crossed a boundary line or when an official has stopped the game.
10. When the whole of the ball passes over the goal line, a goal is scored. Note that the ball must cross the goal line between the goal posts and under the cross bar. If a player of the attacking side throws a ball by hand, it is not considered as a goal.
11. If a player is closer to the opponent's goal line than the ball he is considered offside. Exceptions to this rule are when he is in his own half of the field or if he is not closer to his opponent's goal line than a minimum of two of his opponents.
12. A player faces a penalty by awarding the opposing team with a direct free kick when the player kicks or tries to kick or trips over an opponent, jumps at or charges an opponent, strikes or tries to strike an opponent, pushes or tackles an opponent by touching the opponent before the ball, holds or spits at an opponent or handles the ball on purpose.
13. There are two types of free kicks. With a direct kick the goal can be scored directly against the opponents. With an indirect kick the goal cannot be scored unless the ball is played or touched by a player other than the kicker before it is passed through the goal
14. A penalty-kick originates from the penalty-mark.
15. When the ball passes over a touchline, it is thrown in from the spot where it crossed the line.
16. When the ball cross the goal line outside the goal area, a member of the defending team takes a goal kick.
17. When the ball passes fully over the goal line outside the goal area after a member of the defending team plays it, the attacking team gets a corner kick.

That, in a nutshell are the basic rules of soccer.

Glossary Of Terms – Soccer

Here is a compilation of terms used in Soccer for your ready reference arranged in alphabetical order. But first I have a field diagram here for you that will help you explain it more easily to your players. You might even like to print it out for reference.



Attacker: The player who has possession of the ball.

Advantage: Law that allows a referee to identify a foul but can let the game go on, without calling the foul, using his judgment.

Center Line: The halfway line across the center you see, dividing the soccer field in half.

Chop or cut: Changing direction with the ball on purpose.

Challenge: When a defender attempts to steal the ball from the attacker.

Chip: When a ball is kicked with a stabbing motion, taking the ball over the opponents head.

Collecting: This is a technique where the ball is received from the air or the ground after which it is brought under control to bring it back into play.

Corner Kick: Direct free kick from the corner when the ball, last touched by a defender goes across the goal line.

Corner flag: Flags at the four corners of the soccer field inside the corner area.

Cover: A defensive strategy to back up a fellow defender putting pressure on the ball.

Cross: Is when a ball approaches the goal from a sideline across the field.

Direct Free Kick: This free kick can be shot on goal without another player touching the ball.

Dribbling: Using your feet to control the ball.

Far Post: The goal post that is furthest from the ball.

Feinting: Or fake is a move that you use to trick an opponent.

Goal Kick: When the ball, last touched by an offensive player goes over the goal line, the defending team takes a goal kick.

Goal Line/End Line: This is the boundary line at the goals at each end of the field.

Give and go or wall pass: Here a player makes a short pass to another player and then breaks and receives the ball back.

Hand Ball: When the field player uses hands on purpose to result in a direct free kick.

Indirect Free Kick: A free kick that cannot score with out first being touched by another player.

Injury time: Extra time added to the end of each half to make up for lost time during play because of injuries or goal scoring.

Juggling: The skill of keeping the ball in the air with your feet and other parts of the body.

Marking: a defensive strategy to guard another player.

Obstruction: This is a foul that results from preventing an opponent from playing the ball by obstructing their route to the ball. This results in an indirect free kick.

Offside: When a player positioned on the opponent's half of the field receives a pass and has less than two defenders between him and the end when the ball is passed.

One Touch Passing or Shooting: Is when you pass or shoot on the first touch of the ball.

Over lap: Running ahead of the ball for a pass.

Penalty kick: Direct free kick for a foul in the penalty area.

Pitch: The soccer field.

Pressure: When defender uses the ball to put pressure on his opponent.

Push Pass: With the ball close to the ground, making a pass using the side of your foot.

Red card: Indicates that a player has been removed from the game by the referee.

Shielding or screening: When the player who has the ball is between the ball and defender.

Striker: Is a player whose main responsibility is to work the attacking half of the field.

Sweeper: Is a player behind the fullback but in front of the goalie. He can play on any side of the field.

Tackling: Stealing the ball from an opponent with your feet.

Through pass: A ball, when passed, splits two defenders.

Throw in: Technique that returns the ball in play when it exits the field over the touchlines.

Touchline: Lines at the side of the field.

Trap: Where the ball is received in a controlled way with any part of the body like foot, thigh, chest.

Volley: Kicking the ball in or out of mid air.

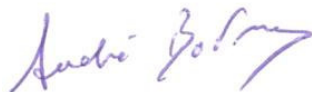
Wall: Group of defending players standing shoulder to shoulder to defend a free kick near the goal.

Yellow card: A referee holds up a yellow card to warn the player communicating that the next instance of misconduct will remove them from the game.

If you want to learn how to explode the soccer skills of your players, how to motivate them and how to make training more fun and interesting, visit this page right now:

<http://www.soccerdrillstips.com/system> - The Ultimate Soccer Drills System

Yours in soccer,



Andre Botelho
Founder
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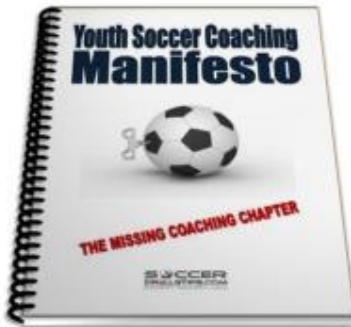


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