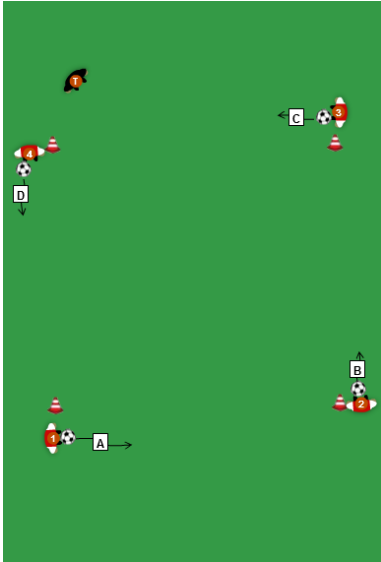


## Example - Warm up

### Dribbling the ball, left foot, right foot and between the feet



#### Method

Each player has a ball. The players dribble the ball with the left foot, right foot and between the feet, around the marked off square.

A. Dribble the ball with the outside of the left foot.

B. Dribble the ball between the feet; alternating from left to right.

C. Dribble the ball with the outside of the right foot.

D. Dribble the ball between the feet; alternating from left to right.

#### Variation:

- Vary the distance between the cones
- Vary the execution speed.

#### Materials

Players: 4-10

Balls: 1 ball per player

Cones: 4

Distance between cones: 10 to 12 yards

#### Directions

Coach players on:

- Keep the ball close, but not under you.
- Try to touch the ball as much as possible.
- Try to touch the ball with each step, then you have better control of the ball.



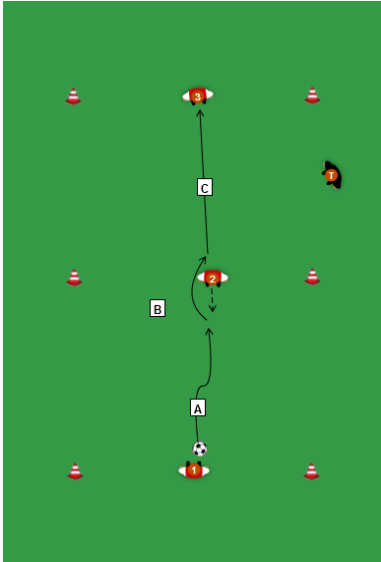
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## Example - Core 1

### Opponent in front of you: in a rectangle (inside)



#### Method

The steps given below of the following techniques should be learned as you see fit, according to the time you have available to you.

A. Player 1 dribbles toward the centre cone

- Player 1 dribbles the ball with the outside of the right foot, start the move with the inside of the right foot.

- Player 2 offers passive pressure by slowly walking toward player 1.

B. Player 1 executes one of the moves given below:

- Drag (Step 4B)
- Step out and take along (Step 5B)
- Akka (inside-front) (Step 3B)
- Akka (inside-out) (Step 3B)

C. Player 1 passes to player 2

- Player 1 kicks the ball with the inside of the left foot.
- Player 2 controls the ball with the inside of the right foot.

Variation in execution:

A double scissor by moving the foot around the ball twice.

#### Materials

Players: 3

Balls: 1

Cones: 6

Distance between the cones: 10 yards

Rotation:

After passing to player 3, player 1 changes places with player 2. Then player 3 changes places with player 1, after he has executed the drill in the opposite direction and with the other foot, etc.

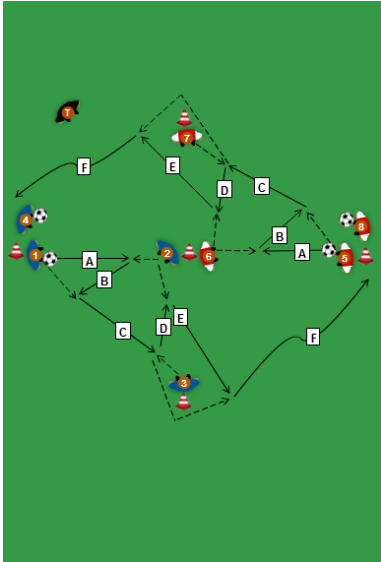
#### Directions

- For the description of the technique, see the technique list.



## Example - Core 1

### Step 2.6 C: One touch ball-Opening, up to 90° in a + shape (4)



#### Method

- A. Player 1 passes to player 2
- Player 2 moves "forward" to receive the ball.
  - Player 1 kicks the ball with the inside of the right foot.
- B. Player 2 passes to player 1
- Player 1 moves "to the right" to receive the ball.
  - Player 2 lays the ball back with the inside of the right foot.
- C. Player 1 passes to player 3
- Player 3 moves "forward" to receive the ball.
  - Player 1 immediately passes the ball to player 3, with the inside of the right foot.
- D. Player 3 passes to player 2
- The same as described under C, etc.
- E. Player 2 passes to player 3
- Player 3 moves "to the right", around the cone, to receive the ball.
  - Player 2 lays the ball back with the inside of the right foot.
  - Player 3 stands open to receive the ball with the inside of the right foot. F. Player 3 dribbles the ball to player 8
  - Player 3 goes behind player 8.
- G. Player 4 begins the drill again.
- H. Players 5, 6, 7 and 8 - The same as described under A. B. C. and D., etc.

Variation in execution: The same, but now executed in the opposite direction and with the left foot.

#### Materials

Players: 8-10

Balls: 2

Cones: 5

Distance between the cones:

under 11s: 12 yards

under 18s: 15 yards

Rotation: After passing the ball, each player moves on to the next cone and takes over the position from the previous player.

#### Directions

Positioning to receive:

- Demand the ball before it is played to you.

Receiving:

- The ball must be in front of you, but within reach.
- Maintain speed after receiving the ball, to execute the next move.
- Receive standing open, in the direction of play.

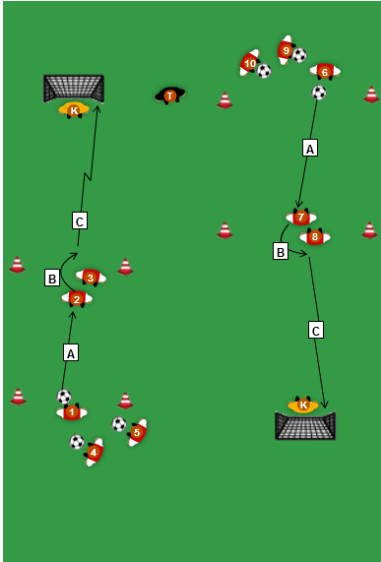
First time ball with inside foot:

- Pass the ball with the correct speed and on to the correct foot.
- Sit low down (bend the knees well).
- Standing leg next to the ball.
- Body over the ball.
- Let the ball bounce against the shoe of the kicking leg.



## Example - Core 2

### Opponent in your back: with pressure



#### Method

This drill is performed by one of the following dribbling techniques:

- The outside cut(Step 4B)
- The step over(Step 5B)
- The inside-outside turn away(Step 5)

A. Player 1 starts the drill by passing the ball with the inside of the right foot to player 2 (Who has a defender, player 3, in his back)

B. Player 2 receives the ball and performs one of the above mentioned dribbling techniques to get past the defender.

C. He then continues dribbling the ball towards the goal where he finishes.

D. Player 3 then collects the ball and goes to the back of the other row.

Attention!

The players 6,7,8,9 & 10 do the same drill at the other goal.

Variation:

Same drill but with the opposite foot.

#### Materials

Players: All

Balls: Enough

Goals: 2

Cones: 8

U10: 5 by 2

U12, U14, U16 & U18: 7.32 by 2.44

Distance between cones:

Start distance from goal:

U10: 13 yards

U11: 15 yards

U12: 17 yards

U14, U16, U18: > 19 yards

Shot distance from goal:

U10: 10 yards

U11: 12 yards

U12: 14 yards

U14, U16, U18: > 16 yards

Rotation:

Player 1 walks on to the next cone and takes over from player 2.

Player 2 takes over from player 3.

Player 3 then collects the ball and goes to the back of the other row.

Same on the other side.

#### Directions

- For the description of the technique see technique list.

Finishing at goal:

- Strike in the centre of the ball

- Lock your foot/ankle

- Contact point: Inside foot or full instep, according to the situation.

- Place the opposite foot in front of the ball, the ball will stay low

- Place the opposite foot behind the ball, kick under the ball, the ball will go high.

- The transition from dribbling to shooting should be one



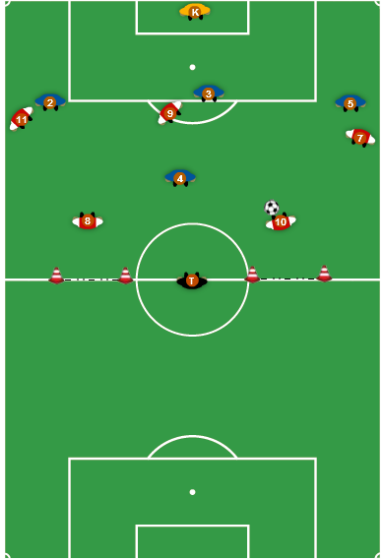
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## Example - Core 2

### Attacking by midfielders and attackers (5v4+Keeper)



#### Method

I.e. that 5 attackers/mid fielders create chances by team-play

The 4 defenders/mid fielders + keeper can then score by dribbling the ball through one of the small goals.

The attackers can then score in the large goal.

This drill always starts with the attackers.

#### Materials

Materials required:

Players: 9+keeper

Balls: 1

Cones: 8

Distance between cones:

Under 10: 25yards by 30yards

Under 12: 30yards by 35yards

U-14,U-16 & U-18: 35yards by 40yards

Goal: 7,32 en 2,44

Small goals: 5-8 yards

#### Directions

Midfielders/attackers by attacking coaching:

- Team-play from out of a small area.
- Bringing the mid fielder into play.
- Keeping the two outside players as wide and deep as possible. (7+11)
- Freeing yourself from your opponent by divertive actions
- creating a 2v1 situation.

Midfielders/attackers by loss of possession coaching:

- close space where neccessary.
- Coaching each other when defending (the last player should take the initiative)
- Putting direct pressure on the ball.



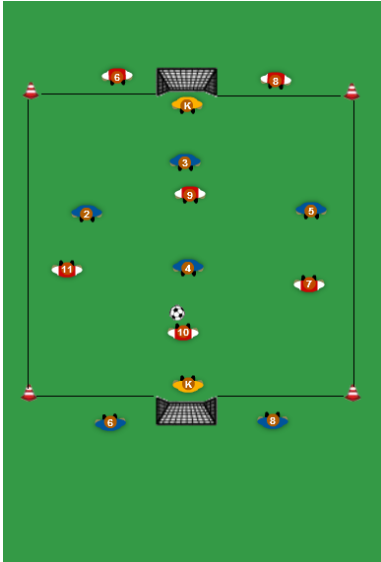
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## Example - Small sided games

### Game form 4v4 + 2 keepers + 4 Ball-boys



#### Method

Four attackers keep possession against 4 defenders by a combination of passes or an individual action, followed by scoring in the opposite goal.

After taking possession the defenders may then score by dribbling the ball over the opposite base-line.

#### Attention!

Both attackers and defenders may make use of the ball boys who stand each side of the keeper on the base-line.

#### Drill variation:

With three teams, changing at your own discretion.

#### Materials

Materials required:

Players: 14+2 keepers

Aantal ballen: 5

Cones: 4

Distance between cones:

Under 8: 25yards by 20yards

Under 10: 30yards by 25yards

Under 12: 30yards by 25yards

Under 14: 35yards by 30yards

U-16 & U-18: 40yards by 35yards

Goal: 2

U-8 & U-10: 5 by 2

U-12, U-14, U-16 & U-18: 7.32 by 2.44

#### Rotation:

When playing with 3 teams of 4 players and 4 keepers the winning team stays on but the losing team rotates with the third team every 10 minutes.

The scoring team starts with ball possession starting with the keeper.

The third team ensures supply of the balls.

#### Directions

Coaching by attack:

- The combination play from out of the diamond form making use of the free position of the keeper. (extra man situation)
- Creating a two against one situation.
- Keeping the two outside players as wide and deep as possible. .
- Taking into account that you switch by loss of possession and taking attacking position.

Coaching by defense:

- close space where necessary.
- Coaching each other (the last player should take the initiative)
- Be prepared to switch position after taking possession.

Coaching keepers:

- Always prepared to receive the ball when your team is in possession.
- Coaching your team-mates when defending

Remarks:

- The coach can also play keeper or ball-boy
- This can also be played without keepers but then the goals have to be 5 yards wide, where only scoring low counts.
- A direct shot at goal can only be done after the ball-boy has returned the ball.
- In the beginning the ball-boys are allowed to touch the ball twice, later only once.
- No corners and the ball will be kicked in if the ball goes over the side-line.



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## List of techniques

### Akka (inside-front) - Step 3 B

Dribble the ball with the outside of the right foot to an opponent who is passively resisting by slowly walking towards you.

Carefully determine the moment to begin the move. First kick the ball gently forwards with the inside of the back of the right foot and then change the direction of the ball with the inside of the front of the right foot.

The same, but now executed the other way around.

#### *Directions*

- To be able to begin the move in time, you must try to look over the ball at the opponent.
- When dribbling the ball must be kicked briefly and often in order to be able to start the move at any moment.
- To mislead the opponent you must make a distracting move with the upper body or with your eyes.
- The passing move must be executed in one flowing motion.
- The moment you begin the move, depends on the opponent's speed (begin sooner or later).

### Akka (inside-out) - Step 3 B

Dribble the ball with the outside of the right foot to an opponent who is passively resisting by slowly walking towards you.

Carefully determine the moment to begin the move and first kick the ball gently forwards with the inside of the front of the right foot and then change the direction of the ball with the outside of the front of the right foot. Then take the ball along with the outside of the right foot.

The same, but now executed the other way around.

#### *Directions*

- To be able to begin the move in time, you must try to look over the ball at the opponent.
- When dribbling the ball must be kicked briefly and often in order to be able to start the move at any moment.
- To mislead the opponent you must make a distracting move with the upper body or with your eyes.
- The passing move must be executed in one flowing motion.
- The moment you begin the move, depends on the opponent's speed (begin sooner or later).

### Inside outside turn away - Step 5

As the opponent stands behind you, you first step sideways to the left and then you take along the ball with the inside of the right foot. This is directly followed by taking along the ball backwards, with the outside of the right foot. Then dribble the ball with the left foot, past the opponent.

The opponent passively resists.

The same, but now executed the other way around and with the other foot.

#### *Directions*

- Don't kick the ball too far forward.
- Support the movement with the arms.
- Keep a close eye on the opponent as you execute the drill.
- Keep your body between the ball and the opponent (shield off the ball).

### One touch ball inside foot - Step B1

#### *Directions*



## List of techniques - continued

### Receiving inside foot, dribble - Step C1

#### *Directions*

#### **Step out and take along - Step 5 B**

Dribble the ball with the outside of the right foot to an opponent who is passively resisting by slowly walking towards you.

Carefully determine the moment to begin the move and then move the right foot diagonally forward, to the right. Then take the ball along with the outside of the left foot.

The same, but now executed the other way around.

#### *Directions*

- Look over the ball, at the opponent.
- When you begin the move you must bend the knees well.
- Move your weight to the standing leg, when you begin the move with the right foot diagonally forwards.
- If you want to take along the ball with the outside foot, you must bend the knees more.

### **The drag - Step 4 B**

Dribble the ball with the outside of the right foot to an opponent who is passively resisting by slowly walking towards you. Carefully determine the moment to begin the move. Now place the left foot past the ball and the inside of the right foot behind the ball. Then, with your right foot, drag the ball around your left foot (forward and then left). Then take the ball along with the outside of the left foot and dribble the ball to the cone directly opposite you.

The same, but now executed the other way around.

#### *Directions*

- By reducing speed a little, you lure your opponent.
- In order to mislead looking at the opponent and talking to the team mate are now added.
- During the execution of the technique the ball is below you.
- Before you begin the move, turn the entire body a quarter way round.
- Drag the ball well from the inside of the back of the foot to the inside of the front of the foot . Try to execute this in one flowing motion.

### **The outside cut - Step 4 B Opponent behind you**

As the opponent stands behind you, you cut the ball with the outside of the right foot in such a way it can be taken along with the left foot, past the opponent. The opponent passively resists.

The same, but now executed the other way around and with the other foot.

#### *Directions*

- Don't kick the ball too far forward.
- Support the movement with the arms.
- Keep a close eye on the opponent as you execute the drill.
- Keep your body between the ball and the opponent (shield off the ball)





## List of techniques - continued

### The step over - Step 5 B Opponent behind you

As the opponent stands behind you, you first step sideways to the left and then you take along the ball with the inside of the right foot. This is immediately followed by moving the right foot around the ball from the outside to the inside. Then take the ball along with the inside of the left foot. Then dribble the ball with the left foot, past the opponent.

The opponent passively resists.

The same, but now executed the other way around and with the other foot.

#### *Directions*

- Watch carefully where and how the opponent runs alongside, then execute the move as quickly as possible.
- Bend the knees low when beginning the drill.
- Keep a close eye on the opponent as you execute the drill.
- Keep your body between the ball and the opponent (shield off the ball).



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