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ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice - Short Passing			
Duration		Number of Players:	7	
Set Up				
Description	<p>Mark out two joining 4 sided areas with markers at about 10m intervals. Three players in 1 area who start with the ball. In the other area are 2 players. Two defenders on the midline. Each defender has one area to defend and can only enter that area when ball is played into that area and must leave when ball is played out of that area.</p> <p>Player with the ball passes to any other player in the same area, then moves to the midline and so the practice continues.</p> <p>When the player standing on the midline receives the ball, he must turn with the ball and play a pass to any player in the other area.</p> <p>Every time the player on the midline receives the ball the ball changes areas.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Approach to the ball/well balanced ✚ Control into space away from defender ✚ Support – angle & distance ✚ Standing foot by side of ball ✚ Foot contact – laces, inside, outside toe poke – Contact through centre of the ball. ✚ Head steady and eyes looking at the ball. ✚ Ball contact/follow through ✚ Timing – when to pass ✚ Weight ✚ Accuracy ✚ Disguise 			

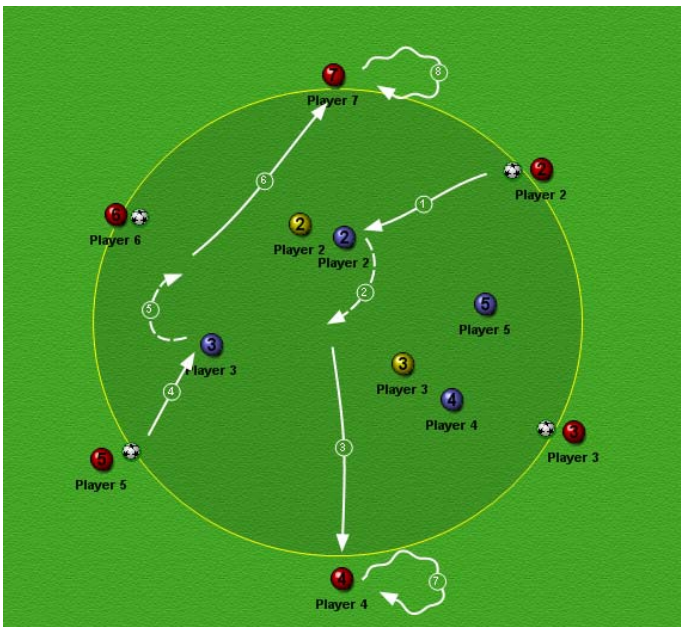


ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice - Long Passing			
Duration		Number of Players:	6	
Set Up				
Description	<p>Mark out an area 40m x 20m. Area to be split into 2 end zones 20m x 10 m each and middle area 20m x 20m.</p> <p>The Player with ball runs towards an end zone and passes to any player in the end zone, then defends in a 2 v 1 situation.</p> <p>The receiver either:</p> <ol style="list-style-type: none"> 1) Passes through middle zone to other end zone either first time or after controlling ball. 2) Passes to other player in his end zone to pass through to the other end zone. <p>Passing player and defender always change places. Second defender will move in own area to try and intercept the pass, if they do not intercept the pass the player defends the other end zone.</p>			
Coaching Points	<ul style="list-style-type: none"> + Decision – 1 touch, control and pass or pass to supporting players + Control away from defender + Support – angle & distance + Approach to the ball & well balanced + Standing foot side of ball + Ball contact/follow through + Timing/when to pass + Weight & Accuracy + Disguise + Strike with inside of foot (lofted) or laces (driven) 			

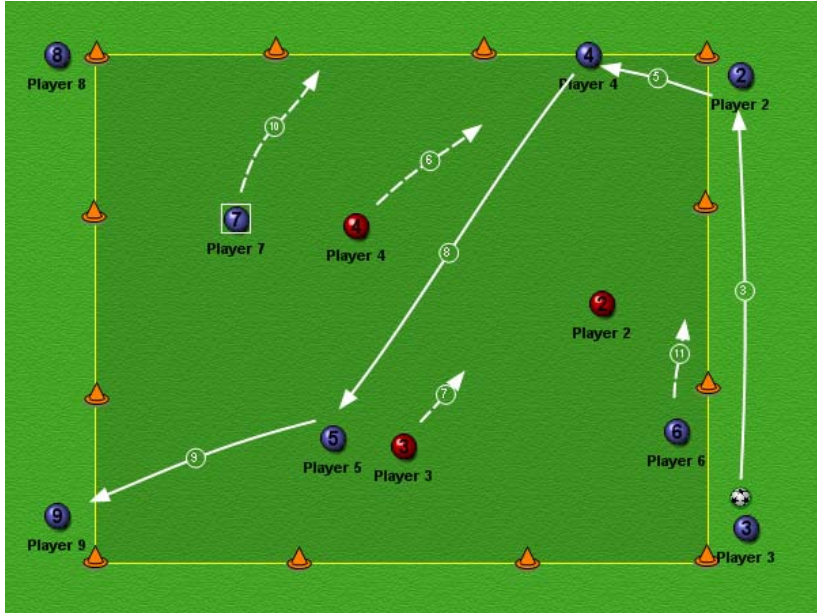


ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice - Turning</i>			
Duration		Number of Players:	12	
Set Up				
				
Description	<p>Mark out 30m diameter circle, 4 players in circle, 6 players on outside of circle (Possession Team 1), four of which have a ball and two defenders inside circle (Defending Team 2). Two defenders pressure two players as they receive the ball.</p> <p>Players on inside of area receive pass from players on outside of area and turn with the ball then pass to a free player on the outside of the box. Player on outside then moves to either side, turn and return ready to play ball back into area. Practice continues.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Set according to the required turn ✚ Observe the position of the defender ✚ Keep body between ball and defender ✚ Awareness of space to turn into ✚ Decision, no touch, 1 touch or multi touch turn ✚ Technique of turn ✚ Change of pace ✚ Good end product ✚ Play the ball back to the passer if turning is not an option 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Receiving Priorities			
Duration		Number of Players:	11	
Set Up				
				
Description	<p>Mark out a 30m x 30m area. 4 attacking players v 3 defenders in the area and 2 floating target players at the end of each area. Practice starts with 1 server (A floating Player) passing across to other server, whom then finds an attacking player in the area. Players then should look for passes within the area to eventually find safe passage of the ball to the floating player on the opposite side, but outside the area.</p> <p>Players need to decide how to receive the ball i.e let ball run across them into space or to use a turning technique – control the ball away from defenders before passing etc</p> <p>Non receiving players to use movement to create space</p> <p>To pass from target players to other target players.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Create space – individual and team ✚ Awareness of defenders ✚ Receive beyond players – forward runs ✚ Let ball run across body into space – 0 touch ✚ Turning technique to receive – 1 or multi touch ✚ Control ball away from traffic before turning or passing ✚ Pass to supporting player ✚ Communication 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Running with the Ball (RWTB)			
Duration		Number of Players:	12	
Set Up				
Description	<p>Mark out a 40m x 40 m Area – 5 attackers with 2 footballs and 3 defenders inside the area with a further 4 attackers on the outside of the area, one on each side.</p> <p>To create as many running with the ball (RWTB) opportunities as possible.</p> <p>Players in possession of the ball can run towards a free player on outside of area and either pass or do a 'swap over'. Players receiving the ball should identify space and run into that space.</p> <p>Players should be encouraged to run at defenders and play a 'give and go'.</p>			
Coaching Points	<ul style="list-style-type: none"> Adjust position to the ball 1st touch Travel across the ground effectively Head up between touches Changes of direction Support – angle and distance Outcome – pass/shot/swap over 			

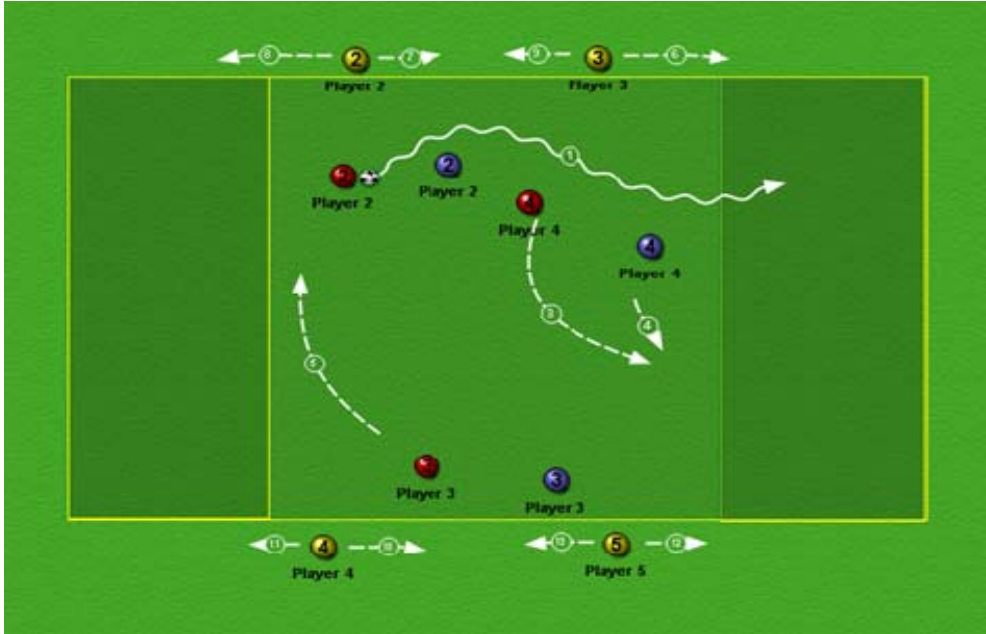


ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Improve Forward Runs</i>			
Duration		Number of Players:	10	
Set Up				
Description	<p>Mark out area 40m x 30m with two 15m x 15m smaller areas or grids in opposite corners of the large outer area. In one grid play 4 attackers v 2 defenders and in other grid 3 attackers v 1 defender.</p> <p>Four attackers create opportunity to release a player making a forward run so that they can pass to the other grid and join in. One defender gives chase and also joins other grid now making a 4 v 2.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Head up ✚ Movement/support ✚ Technique ✚ Timing ✚ Angle and Weight of Pass ✚ Angle and Timing of Runs ✚ Communication 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Dribbling</i>		
Duration		Number of Players: 10	
Set Up			
			
Description	<p>Mark out a 50m x 20m area with two 10m x 20m end zones. 3 v 3 in middle area with 4 floating players on outside of entire area. Floaters pass to the team whom is in possession.</p> <p>Team in possession to dribble ball into end zone.</p>		
Coaching Points	<ul style="list-style-type: none"> ✚ Recognise opportunity ✚ Develop 1 v 1 situations through team mates movement ✚ Positive attitude ✚ Feint to unbalance defender ✚ Executive technique ✚ Close ball control ✚ Adjust behind ball ✚ Feint, balance, change pace/direction 		

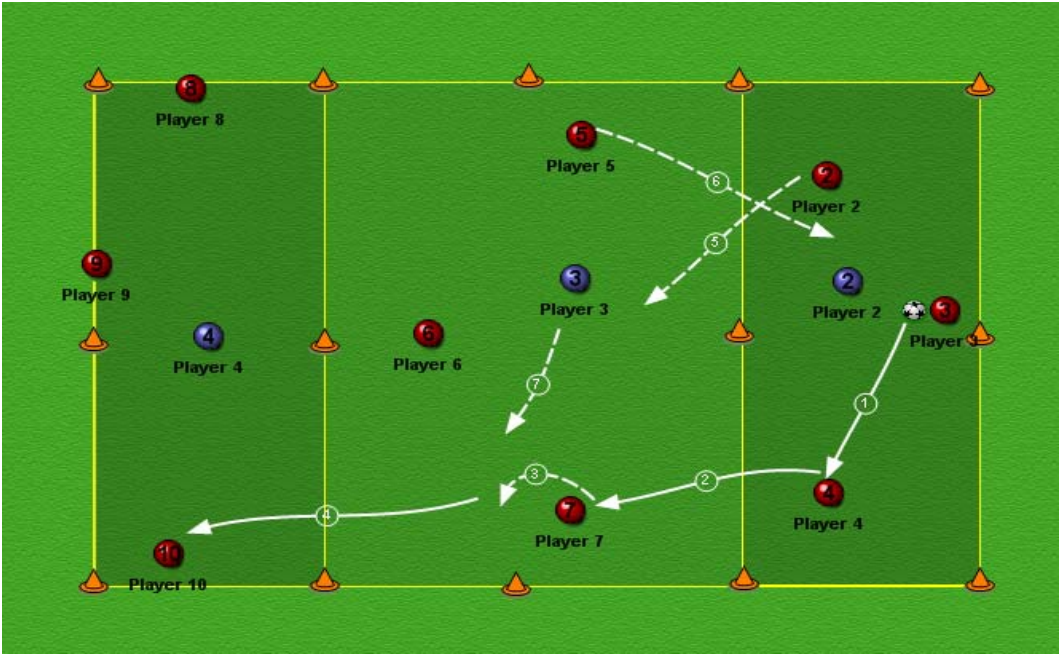


ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Creating Space</i>		
Duration		Number of Players: 6	
Set Up			
Description	<p>Mark out a circle 15m in diameter and position 2 attackers and 1 defender in the circle. Place 3 cones spaced evenly 15m outside this area with a player on each cone, 1 player outside the circle on a cone with a ball, 2 outside the circle on the other cones but without a ball. The player with ball passes to any attacker in the circle – defender tries to win the ball.</p> <p>Players in circle combine to pass ball out of the circle to a players on the outside that does not have a ball.</p> <p>Progression – introduce 2 balls</p>		
Coaching Points	<ul style="list-style-type: none"> ✚ Players position in relation to the ball and defender ✚ Movement into space ✚ Get in line to receive ✚ Accurate pass ✚ Support – angle/distance ✚ Good end product 		




ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Forward Passing			
Duration		Number of Players:	12	
Set Up				
				
Description	<p>Mark out area 40m x 20m. Divide the area into 3 zones, 2 end zones 10m x 20m and a middle zone 20m x 20m. Position 3 attackers in each zone and 3 defenders who, float i.e they can go into any zone to defend.</p> <p>Pass the ball to the opposite end zone via and through the middle zone. A Player in the end zone passes to a player in middle zone who has made a forward run. When a ball is passed from one zone to another, 1 player from both zone must interchange their positions.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Awareness of defenders positioning ✚ Decision – pass or pass to supporting player? ✚ Approach & well balanced ✚ Standing foot by side of ball ✚ Foot contact – laces, inside, outside, toe poke ✚ Ball contact – follow through ✚ Timing – when and where to pass ✚ Weight/accuracy/disguise ✚ Execution ✚ If defenders press as a unit play long to far end zone 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Defending When Matched up (Opposed)</i>			
Duration		Number of Players:	6	
Set Up				
Description	<p>Mark out area 30m x 10m. 2 Defenders and 2 attackers, a centre line and goals at either end. Two servers placed at either end of the area, but on the outside of the area, who can move anywhere along the line to pass the ball.</p> <p>A Server (either of the players outside the area) passes to an attacker and the defenders close down. They should be closing down as the ball travels and thus prevent the attackers passing the ball through the goal to score</p>			
Coaching Points	<ul style="list-style-type: none"> + Reduce space for opposition + Make play predictable + Nearest defender closes ball/intercept + Cover/support + Decision making – make things difficult for opposition 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Defending when Outnumbered			
Duration		Number of Players:	11	
Set Up				
Description	<p>Mark out area 30m x 30m, but give either end a tapered section running into an “end zone”. The Tapered section should be 30m wide tapering to 10m wide, see the diagram above for set up.</p> <p>Play 3 v 3 with one floating player who plays for the team in possession. In Addition also play 1 v 1 in both tapered end zones.</p> <p>The Team in possession (starting with attack) look to pass to the attacker in the end zone and one team mate looks to make a forward run to join attacker in end zone. Defender should try to win the ball or delay to allow a team mate to recover to make a 2 v 2 situation. If the defenders win the ball they pass the ball back into the main area. Practice continues.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Close down space quickly. ✚ Make play Predictable – show the player outside to make pass difficult ✚ Decision making – when to win the ball or intercept ✚ Recovery runs 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Finishing Close Range</i>			
Duration		Number of Players:	12	
Set Up				
Description	<p>Mark out an area 20m x 30m with 5m x 30m wide neutral zone.</p> <p>Two GK's in full size goals.</p> <p>Two attacking players in each half of pitch, servers numbered 2 and 3 on the outside of area for each team. Position 1 defender in each area.</p> <p>Coach dictates which player serves the ball into a striker. In the 'neutral area' if the striker receives ball he should look to let the ball run and shoot or turn and shoot.</p> <p>Encourage players to combine giving good supporting angles/distances, encourage wide players on outside to vary serves, passes and crosses.</p>			
Coaching Points	<ul style="list-style-type: none"> ✚ Movement – when not in possession ✚ Awareness of defenders & their positioning ✚ Body shape/adjustments ✚ Decision making – shoot or pass ✚ Disguise tricks 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Long range Finishing			
Duration		Number of Players:	11	
Set Up				
Description	<p>Mark out an area 45m x 25m at its widest, but taper the ends (as above) narrowing to 10m wide at the goals in the middle of the areas. Mark out 5m x 25m zone which has a floating (Neutral) player. Two GKs in full size goals.</p> <p>Set up with 2 teams of 4 players, 3 of whom are conditioned to stay in defensive half and 1 to stay in attacking half who can defend against the 3 defenders i.e 3 defenders and 1 attacker in each team</p> <p>The defenders should be in possession as we want them to create and shoot from long range however they can use the floating (Neutral) player or their team mate in the other half to pass & receive the ball to/from to create long range shooting opportunities. The GK can distribute to floating player to set up opportunities.</p> <p>Encourage players (in the defending portion) to receive the ball and shoot at goal or combine with supporting players to create long range opportunity's from within the defending half – condition the attacker to look for an anticipate rebounds etc.</p>			
Coaching Points	<ul style="list-style-type: none"> ⚡ Head up – shoot or pass ⚡ Decision, position of GK and distance dictates type of shot ⚡ Technique ⚡ Rebounds 			




ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Defending Headers</i>		
Duration		Number of Players: 7	
Set Up			
Description	<p>Mark out 3 areas as shown one on either side of penalty area, the length of the penalty and approx 5m wide. Set up another approx 25m from goal, this time approx the width of the 6 yard box.</p> <p>Place one player in each area to act as servers. Ensure they have a good supply of footballs.</p> <p>In the Penalty area place one attacker and two defenders to play 1 v 2</p> <p>Each server is numbered and can move in the area to change the angle of service. The Server throws or volleys the ball in to the Penalty area for the attacker, but the objective is for the defenders to intercept and perform a “defensive header”. Coach dictates which server serves the ball,</p>		
Coaching Points	<ul style="list-style-type: none"> ✚ Get into line – assess flight ✚ Attack the ball ✚ Decision Making ✚ Defensive heading Technique ✚ Position & cover from second defender ✚ Reaction for next serve ✚ Squeeze up pitch when ball headed clear 		

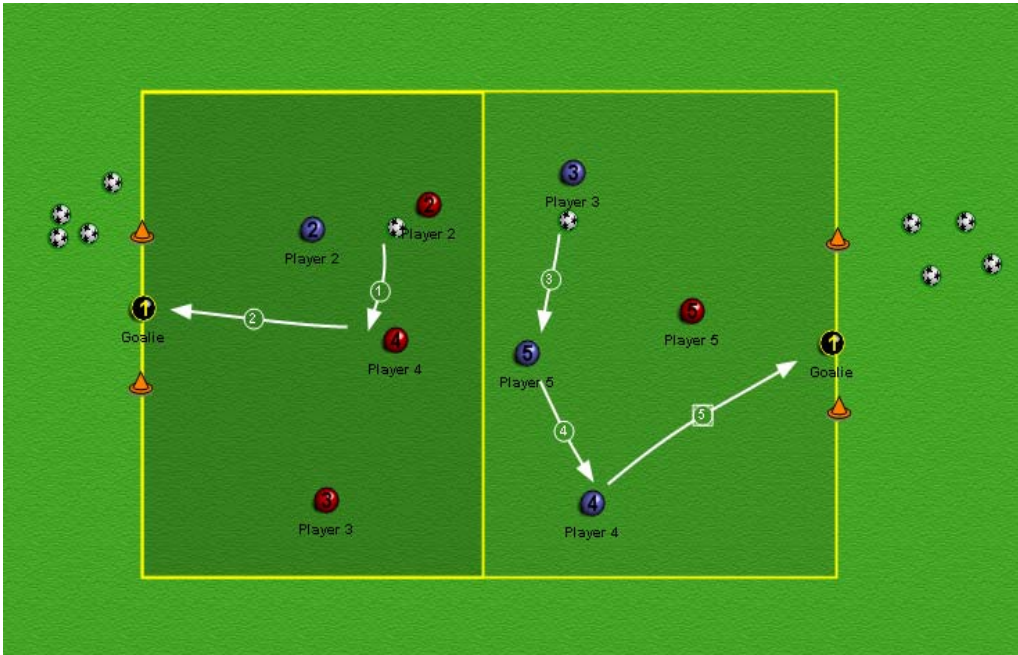


ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	Skill Practice – Attacking Headers			
Duration		Number of Players:	7	
Set Up				
				
Description	<p>Mark out an area 30m x 25m.</p> <p>Place one 1 attacker outside the area on the side to act as a server and inside the area place one defender.</p> <p>Have 4 attackers start from outside the area at points defined by cones (see above).</p> <p>The Server is to move up and down the line to serve crosses to his attacking team mates who will attack in pairs, the objective being for one of them to perform an “attacking header”.</p>			
Coaching Points	<ul style="list-style-type: none"> 🚩 Movement – timing of run and angle of run 🚩 Attack the ball 🚩 Contact of head with ball 🚩 Hit target 🚩 Look for Rebounds 			



ACL Soccer Coaching – FA Level 2 – Skills Practices

Topic:	<i>Skill Practice – Goalkeeping</i>			
Duration		Number of Players:	10	
Set Up				
				
Description	<p>Mark out an area 30m x 15m with a half way line.</p> <p>Place 3 attackers & 1 defender in each half, playing 3 v 1. Condition the players to stay in their own area/half.</p> <p>The Two goals should be approx 3m wide.</p> <p>The ball starts with the GK's who roll the ball out to one of the attacking players. The defender is to close down the attacker with the ball quickly thus conditioning the attacker to make at least one pass before anyone can shoot.</p> <p>Encourage attackers to shoot when and as soon as they can.</p>			
Coaching Points	<ul style="list-style-type: none"> ⚽ GK to get in line of ball ⚽ Decision ⚽ Technique ⚽ Make safe 			