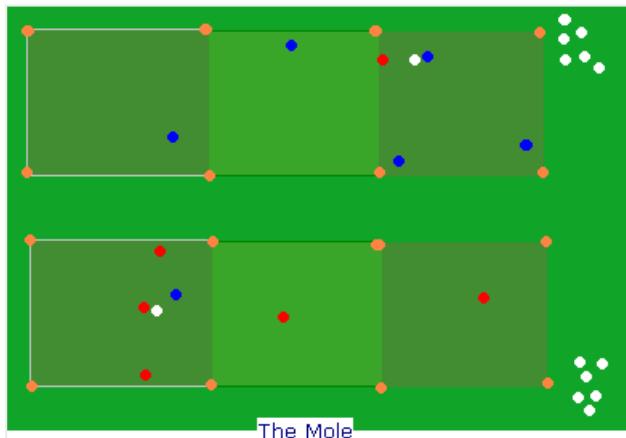


Below are a few drills that you may recognize and a name to attach to it:

The Mole



Two teams (red and blue) compete in a dribbling and passing competition. Teams must successfully move the ball from the starting point into each grid (8 X 8 yards) and back to the point where they started. The ball must be touched inside each grid, starting with the first grid, then the second grid, the third grid, back to the second grid, the first grid, and finally stopped at the same point they started at, without ever going out! Before the competition begins, the red team sends a "mole" over to defend against the blue team's efforts, and the blue team sends a "mole" over to defend against the red team's efforts, similar to "monkey in the middle" or "keep away."

- No Hands!
- Mole plays like a defender against all the other teams players, similar to monkey in the middle, or keep away!
- If the ball goes outside the grid, the team must start over from the original starting point.
- Each team should have at least 6 balls at their starting point, because the "mole's" job is to clear the ball away and teams may need access to many soccer balls before they are able to successfully complete the challenge!

VARIATIONS:

3 vs 1, 4 vs 1, 5 vs 1, 6 vs 1 (offensive player to mole ratio)

The number of grids can vary according to skill level. Three grids is fairly challenging. Two grids may be a good place to start, allowing players to get the hang of the game, then add another grid to make it more challenging!

The size of the grid can be varied according to skill level. The smaller the grid, the easier it is for the "mole" to win the ball. The larger the grid, the easier it is for the offensive team to possess the ball. Adjust the size of the grid to match the objective of the drill!

COACHING POINTS

Offensive players should keep the ball away from the "mole" using these strategies: shielding, dribbling, and passing. Keep head up looking for open players. Passes should be sharp, crisp, properly weighted, and accurate. Teammates should move into spaces where they provide support for the player with the ball, and practice effective communication.

Defensive players (the Mole) should pressure the opponents quickly, cutting off passing angles, forcing opponents to pass quickly into predictable areas where the ball is more accessible to the defender (practicing winning the ball or poke tackling). The "mole" can keep the ball and shield it for a long time (practicing shielding), and or, clear it a long way (practicing clearing), to slow down the success of their opponent, giving their own team more time to successfully complete the challenge!

VARIATIONS:

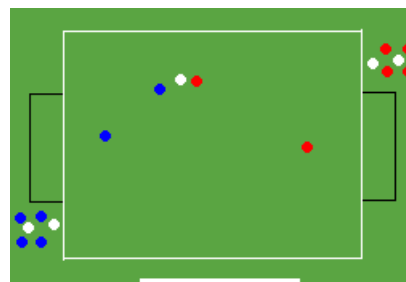
3 vs 1, 4 vs. 1, 5 vs. 1, 6 vs. 1 (offensive player to mole ratio)

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Flying Changes

Flying changes is one of my favourite soccer training drills and incorporates a variety of game related soccer elements. The game is fast moving, with many goal scoring opportunities.



Flying Changes

Two full sized goals with nets make this drill efficient and exciting! Without the goals and nets the drill is a disaster! Face the goals between 25 and 35 yards apart. Separate your players into two different colours and place each group next to the goal they will defend.

Variations:

- Teams of three or more
- Fulltime goal keepers
- As each new team enters the play, they must shoot the ball like a quick free kick!

Coaching Points:

- Instruct players to look for the

To start the game, have two players from each colour compete in a game related scrimmage. The team who scores, stays on, and the team who gets scored on must go back to their line. Immediately, two players from the side scored on, enters the field with a new ball and attempts to score on the remaining team. If the ball ever goes out of play, the team who touched it last must go back in line and the next team of two immediately attempts to score on the remaining team.

shot on goal first, the assist second, and possession third. This is an attacking exercise, not a possession drill.

- Emphasize quick transitions from offence to defence, and players must be mentally alert after scoring, immediately ready to defend against the next team.