

# DARREN'S FAVORITES


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REGION 1472 COACHES' CORNER


BY DARREN ROGERS

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# KEY

 ATTACKING PLAYER


 OPPONENT

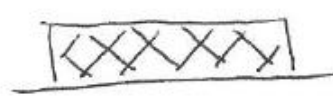
 COACH

 NEUTRAL PLAYERS


 BALL


 CONE

 GOAL OR GATE

 GOAL

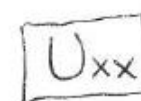
 SWEATING PLAYER

 PASS

 RUN / MOVEMENT

 DRIBBLE

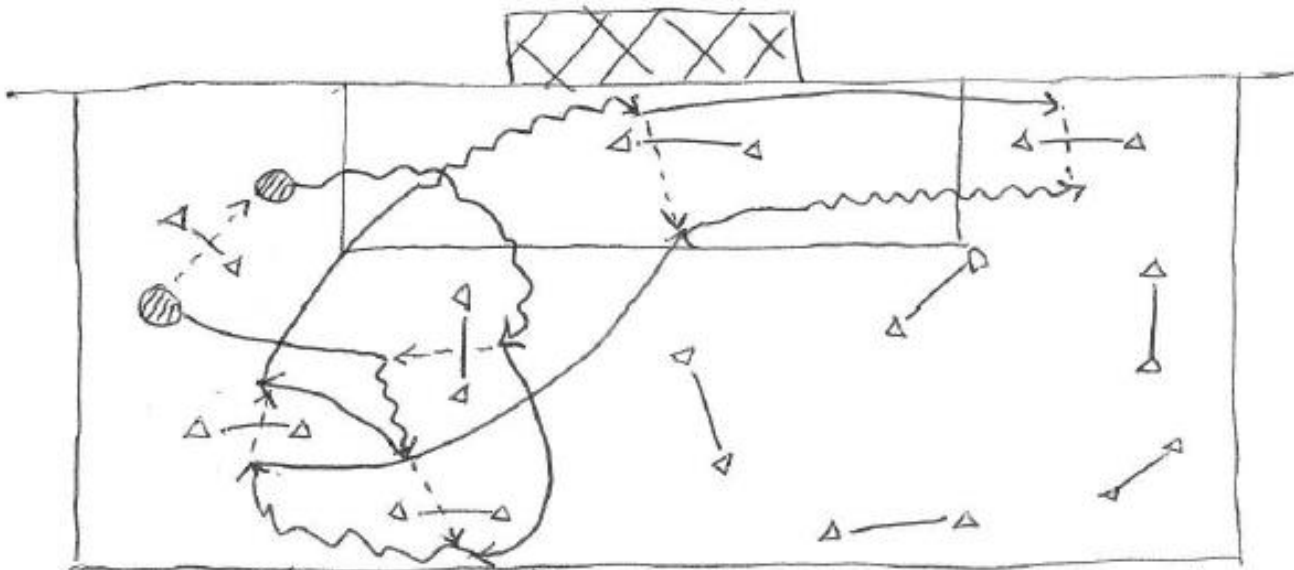
 ATTACKING DIRECTION

 AGE APPROPRIATENESS

 PLAYERS REQUIRED

① 17

GATES U8+



ALL PLAYERS  
EACH WITH A  
BALL FOR  
DRIBBLING  
EACH PAIR  
WITH A BALL  
FOR PASSING

GENERAL (SET-UP)

GATES (CONES 1-2  
YARDS APART)  
PLACED RANDOMLY  
IN PENALTY AREA

DRIBBLING

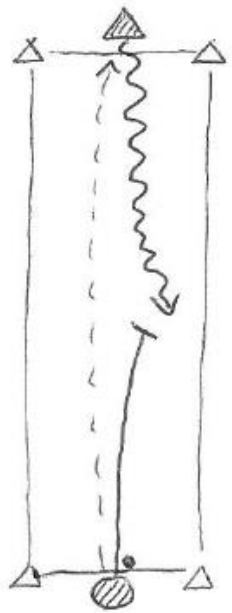
ALL PLAYERS WITH  
A BALL, DRIBBLING  
AT "GO", TRY TO  
DRIBBLE THROUGH AS  
MANY GATES AS  
POSSIBLE  
CANNOT GO THROUGH  
SAME GATE TWICE  
IN A ROW  
TIMED - 2 MINUTES  
KEEP COUNT!  
EYES UP

PASSING

PAIRS WITH A BALL  
PASS THROUGH AS MANY  
GATES AS POSSIBLE  
IN TIMED (2 MIN)  
SESSION  
COMMUNICATE!

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**DEFENDING U8+**



BOWLING ALLEY  
1 v 1

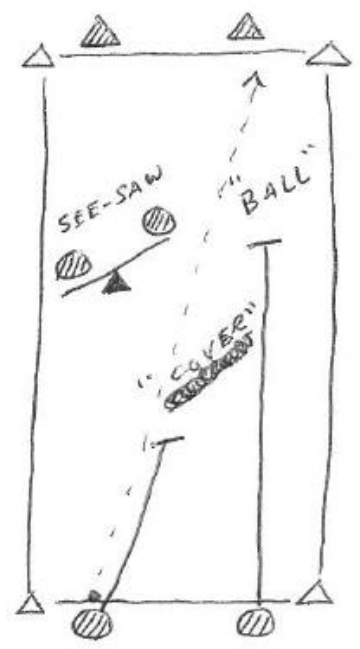
DEFENDER (●)  
PLAYS BALL TO  
ATTACKER (▲)

DEFENDER MUST

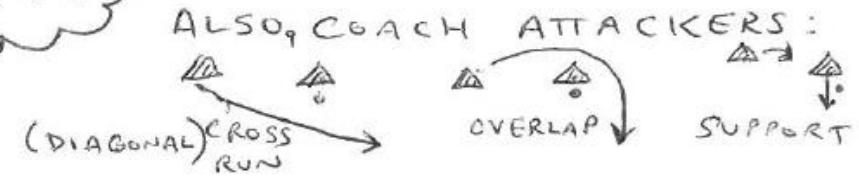
- (1) CLOSE GAP
- (2) GET IN PROPER STANCE
- (3) DELAY
- (4) JOCKEY ATTACKER

TACKLE ONLY  
IF BALL IS  
MISPLAYED BY  
ATTACKER

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WIDER  
2 v 2



POINTS

1<sup>ST</sup> DEFENDER  
CLOSEST TO BALL  
YELL "BALL"

2<sup>ND</sup> DEFENDER  
COVER POSITION  
YELL "COVER"

DON'T GET FLAT!  
● — NO! — ●

1<sup>ST</sup> DEFENDER CAN  
ATTACK IF HE KNOWS  
HE HAS COVER

SEE-SAW AS BALL  
CHANGES SIDES

ALSO, COACH ATTACKERS:

NUMBERS

U10+

PREFERABLY 6 OR MORE

POINTS

ALL PLAYERS WITH A BALL IN CENTER AREA AT "GO"; THEY BEGIN TO DRIBBLE IN AREA

COACH [C] CALLS A NUMBER AND A DIRECTION  
EXAMPLE: "1 - LEFT"

1 ATTACKS LEFT GOAL, 2 LEAVES BALL AND DEFENDS

<< ADD PLAYERS >>

COACH CALLS "7 - RIGHT"

7 ATTACKS RIGHT w/ BALL

8 DEFENDS

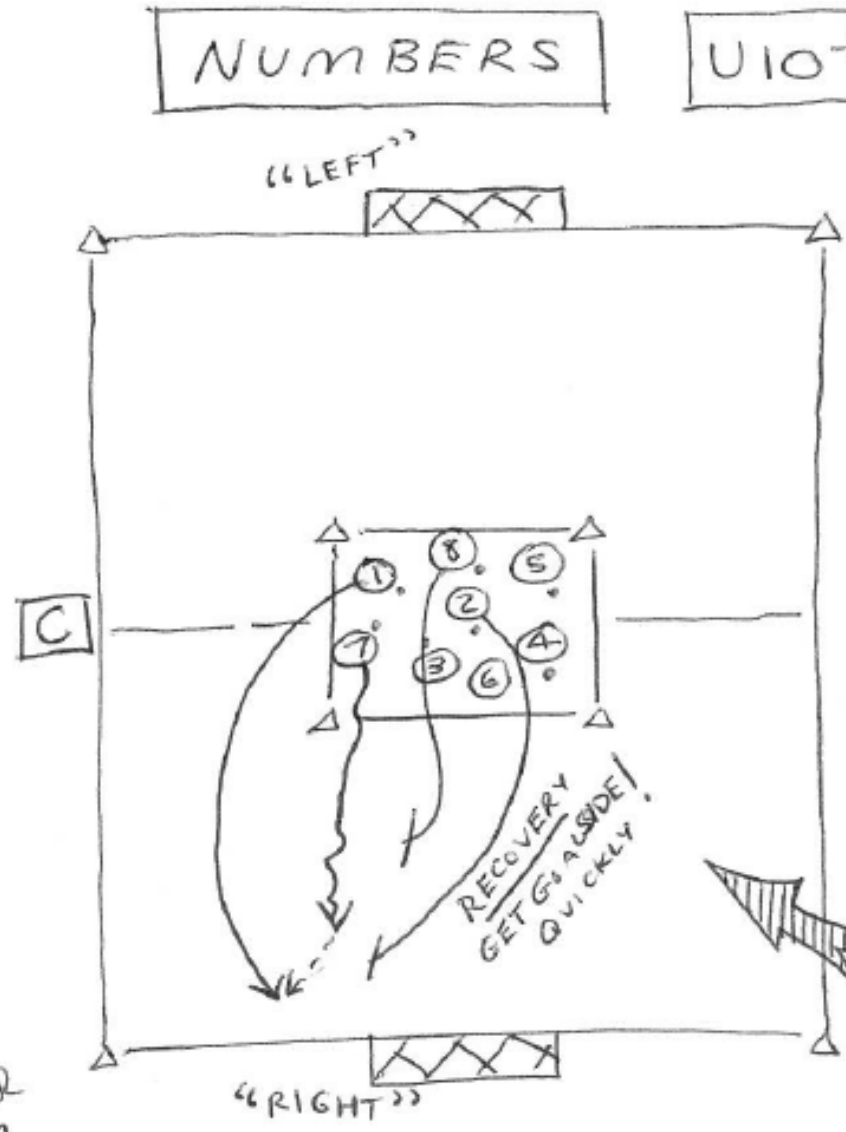
1 SUPPORTS 7 (NO BALL)

2 DEFENDS w/ 8

1v1

2v2

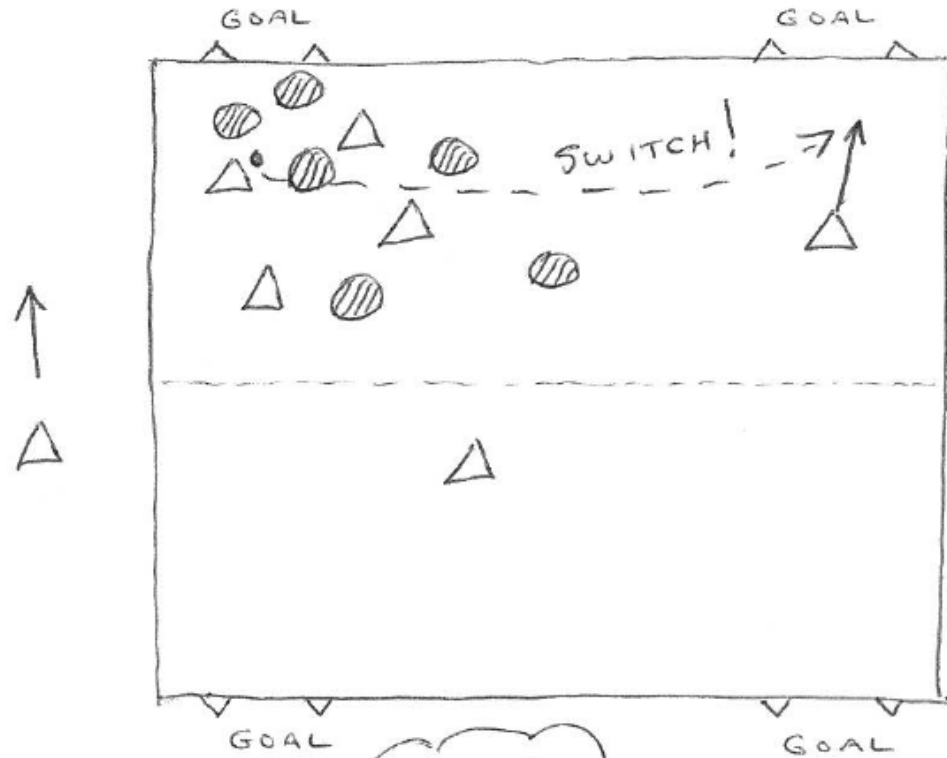
IF 8 PLAYERS



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# MULTIPLE GOALS

U10+



## RULES / OPTIONS

2 OR 3 GOALS ON EACH  
ENDLINE

OPEN PLAY

→ CAN RESTRICT TOUCHES

→ CAN COMBINE WITH  
ULTIMATE, RUGBY,  
HEAD/VOLLEY, ETC.

## POINTS

USE WIDTH — DON'T FORCE  
BAD-NUMBERS SITUATION  
COMMUNICATE!

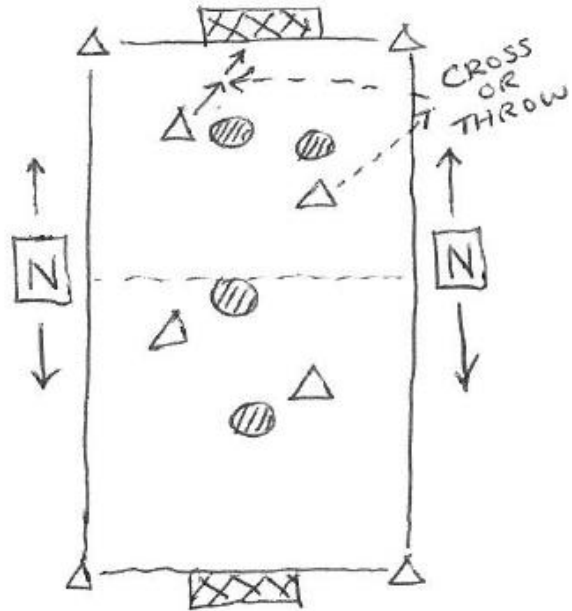
USE DROPS / DEPTH

DER  
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5v5  
OR  
MORE

# SIDELINE NEUTRALS

U12+



4 on 4  
OR  
MORE

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RULES (NEUTRALS PLAY BALL BACK TO TEAM WHO PLAYED IT TO THEM)  
NARROW FIELD  
CAN RESTRICT TOUCHES (2 OR 3)

TWO VARIATIONS:

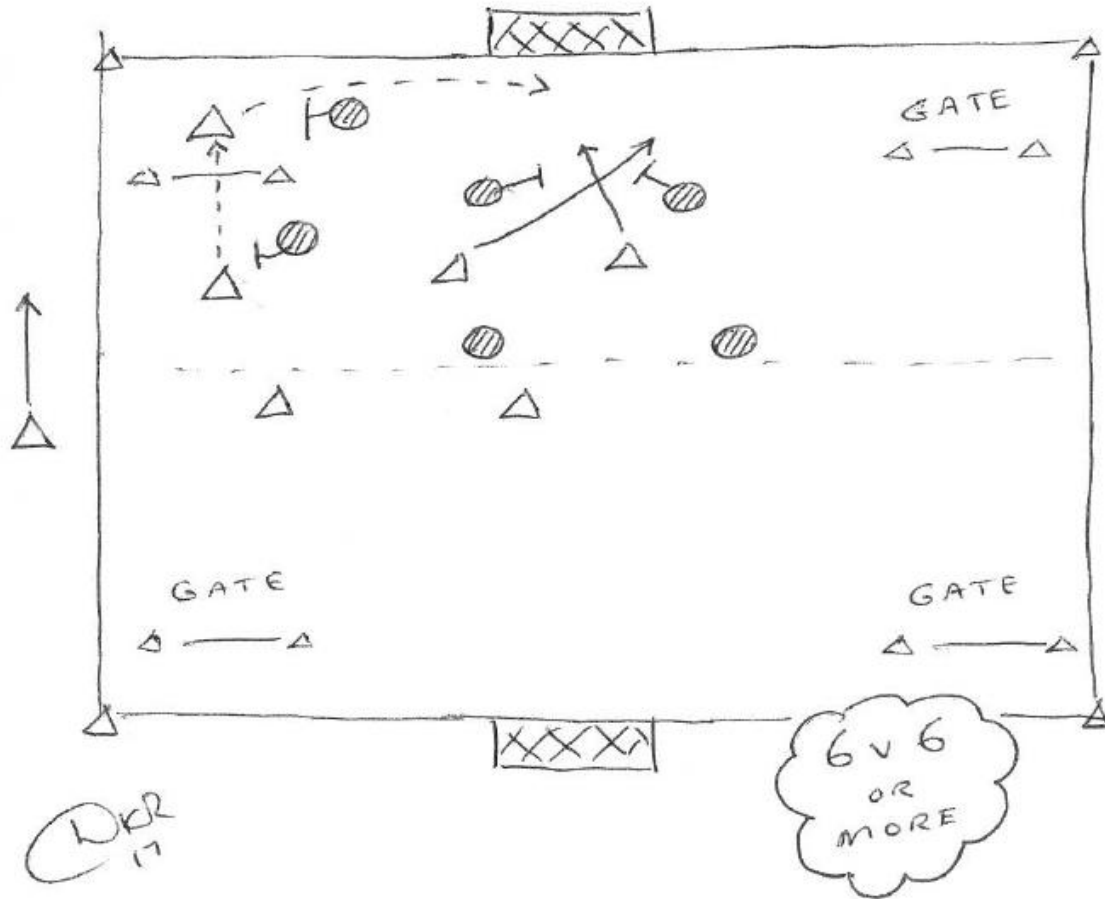
- ① GOALS ONLY SCORED DIRECTLY OFF CROSSES BY NEUTRAL **N** PLAYER, OR
- ② GOALS ONLY SCORED OFF THROW-IN BY NEUTRAL PLAYER  
→ PASS BALL TO **N**, WHO PICKS IT UP AND THROWS IT IN

## POINTS

LOTS OF CROSSING OR THROW-IN OPPORTUNITIES  
BETTER THROW-IN PRACTICE THAN STATIC LINES  
→ GAME PACE AND ADRENALIN!

# CORNER GATES

U12+



## RULES

OPEN PLAY

NO TOUCH RESTRICTIONS

1 POINT FOR DRIBBLING  
OR PASSING THROUGH  
GATES IN ATTACKING  
END

3 POINTS FOR A CROSS  
AFTER PASSING THROUGH  
GATE

5 POINTS FOR A GOAL

## POINTS

PLAY TO CORNER GATES

SWITCH FIELD AND

USE WIDTH

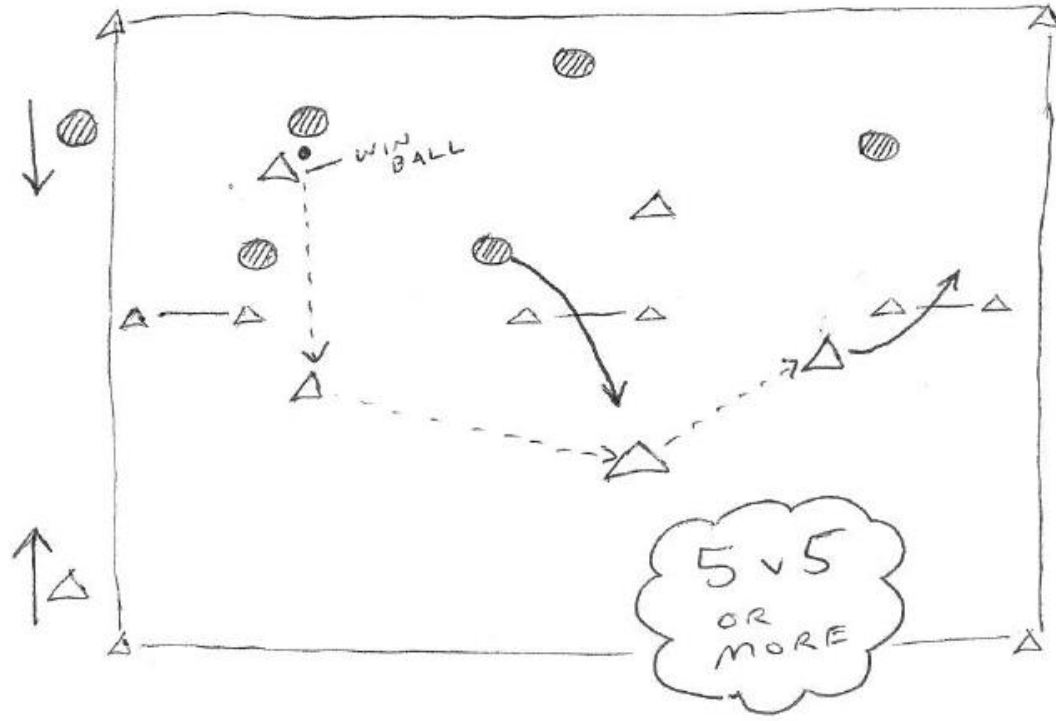
CROSSING

RUNS TO ATTACK CROSSES



# THREE - GOAL TRANSITION

U12+



## RULES

- GOALS WORK IN BOTH DIRECTIONS
- PLAY IS CONTINUOUS, EVEN WHEN GOAL IS SCORED
- TEAMS CAN PLAY ON BOTH SIDES OF GOALS
- NO OWN GOALS

## POINTS

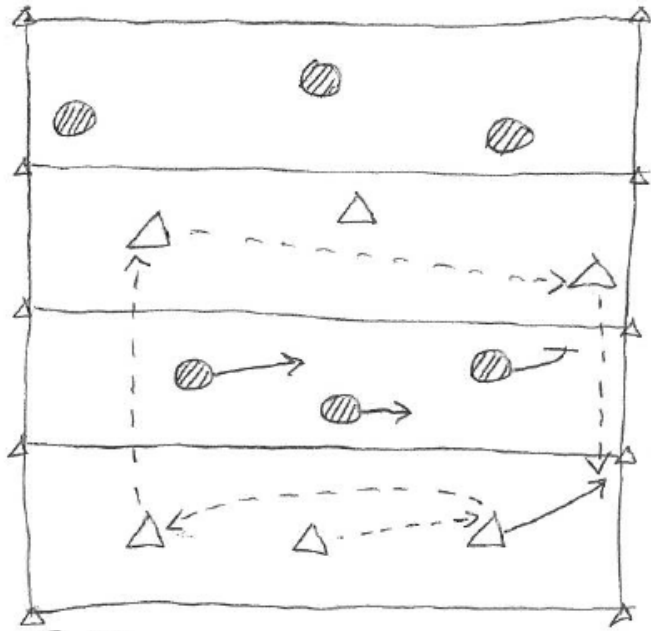
- USE WIDTH
- THERE ARE MULTIPLE GOALS TO ATTACK
- PRESSURE — DO NOT STOP @ GOALS OR POSSESSION LOSS
- CREATE SUPPORT / PROPS

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# FOOSBALL

U12+

[A NICE POSSESSION/MOVEMENT GAME  
~~STOLEN~~ FROM JAMES GEISEN  
BORROWED! OF REGION 1472]



6 v 6  
OR  
MORE

- CAN
- ADD
- ✓ MORE

ROTATE PLAYERS  
SO AS NOT TO  
STAY IN END ZONES

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## RULES

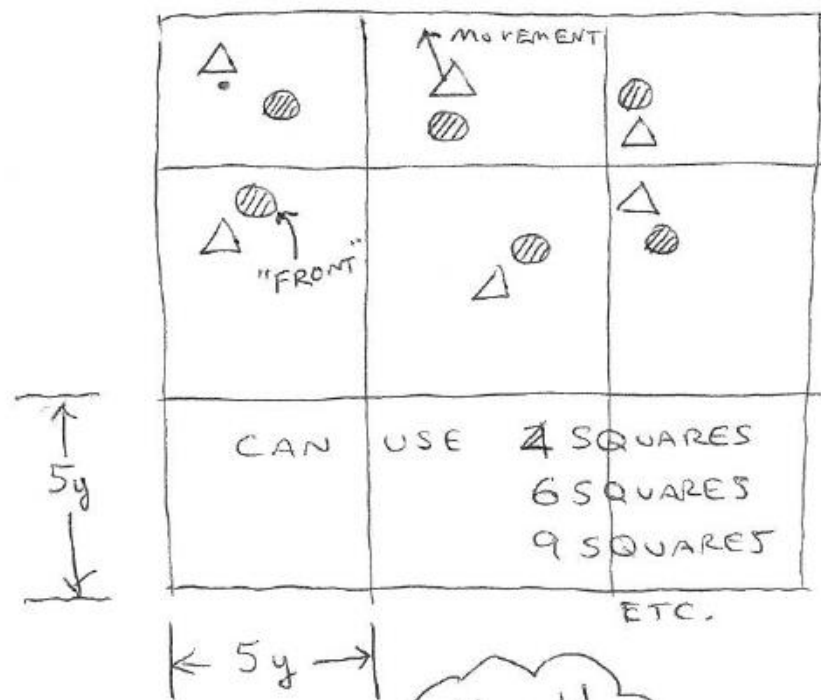
- 2-3 PLAYERS FROM A TEAM  
IN A LATERAL ZONE
- TEAMS ALTERNATE ZONES
- PASS BETWEEN TEAMMATES
- STAY IN ZONES
- TRY TO MOVE BALL UP AND  
DOWN FIELD WHILE  
MAINTAINING POSSESSION

## POINTS

- SET UP PASSES BETWEEN  
ZONES
- USE WIDTH
- MOVE TO CREATE OPENINGS  
IN OPPONENTS SO BALL  
MAY BE PASSED

# GRID DEFENDING

U12+



4v4  
6v6  
ETC.

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## RULES

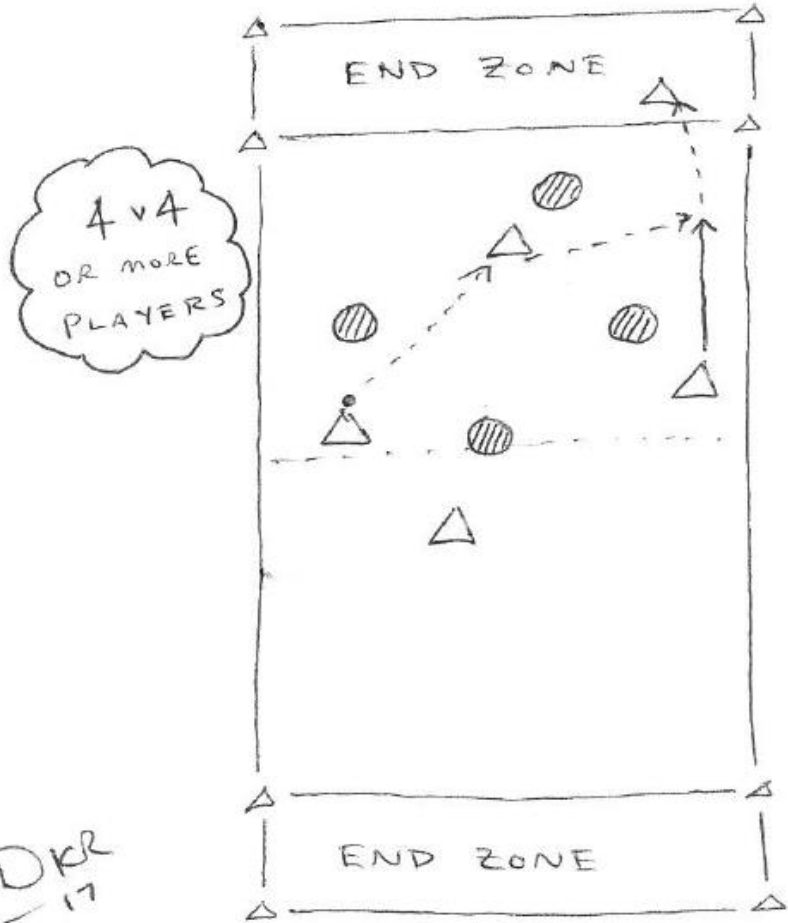
- SMALL GRIDS WITH 1v1
- IN EACH GRID
- MUST STAY IN YOUR GRID
- KEEP POSSESSION
- 5 PASSES CONSECUTIVELY
- EQUALS A GOAL

## POINTS

- MOVE TO CREATE PASSING OPTIONS
- MARKING IS IMPORTANT
  - DENY PASSES
  - "FRONT" OPPONENTS
  - SHOULDER-ON MARKING

# "ULTIMATE" SOCCER

12U+



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## RULES

NO DRIBBLING

ATTACKER W/ FOOT ON BALL  
CANNOT BE CHALLENGED

ATTACKER WITH BALL MUST PASS  
WITHIN 3 SECONDS

GOAL IS SCORED BY COMPLETING  
PASS INTO END ZONE

STOPPING BALL UNDER FOOT  
IN END ZONE COUNTS AS  
COMPLETED PASS

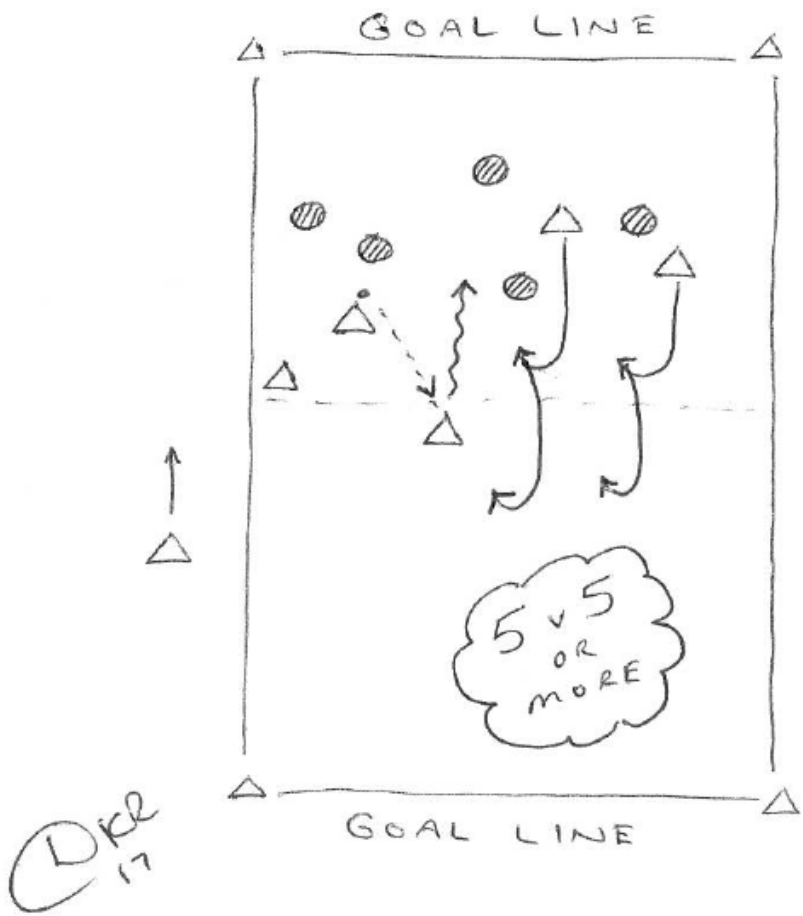
ALTERNATIVE: BALL MUST  
PRECEDE RECEIVING PLAYER  
INTO END ZONE

## POINTS

PASS AND MOVE WITHOUT BALL  
USE SUPPORT AND WIDTH

# RUGBY SOCCER

U14+



## RULES

ALL PASSES MUST BE LATERAL  
OR BACKWARD

PLAYERS CAN ONLY ADVANCE  
THE BALL BY DRIBBLING

GOAL IS SCORED BY DRIBBLING  
ACROSS ATTACKING  
GOAL LINE

## POINTS

PLAYERS GET IN SUPPORT  
POSITIONS FOR PASSES

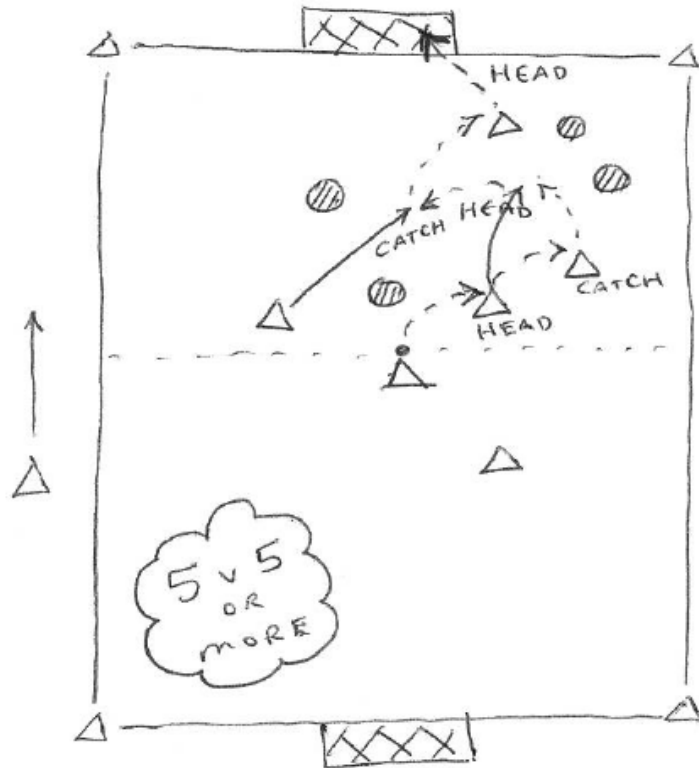
USE DRIBBLING SKILLS

PRESSURE AND SQUEEZE  
OPPONENTS

USE WIDTH / LATERAL PASSES

# HEAD/VOLLEY AND CATCH

U14+



## RULES

START WITH BALL IN-HAND AT CENTER

THROW THE BALL TO A TEAMMATE, WHO MUST ① HEAD OR ② VOLLEY

BALL MUST BE CAUGHT EITHER ON FLY OR (ALT) ON ONE BOUNCE

NO DRIBBLING, NO RUNNING WITH BALL

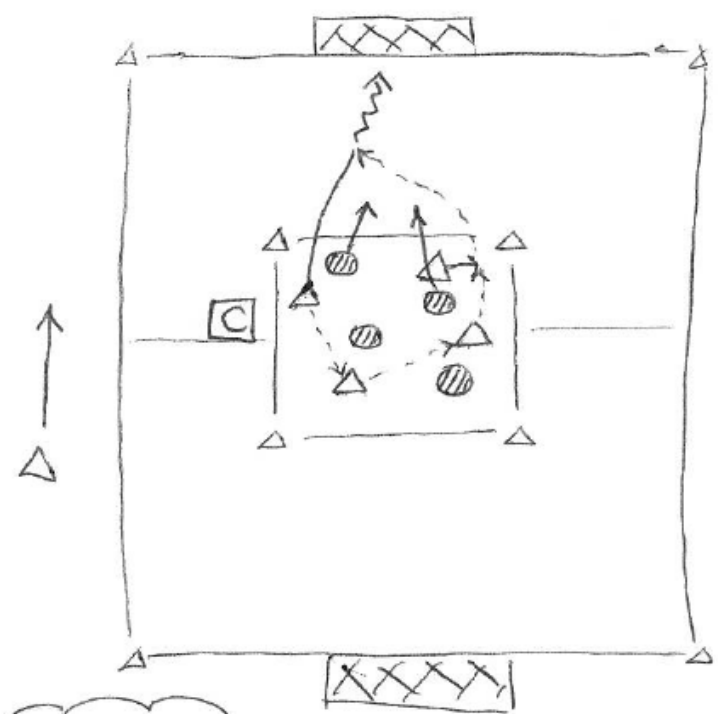
GOAL MUST BE ① HEADED OR ② VOLLEYED

## POINTS

VOLLEYING  
PROPER HEADING, SUPPORT POSITIONS, MOVEMENT

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**BREAKOUT**      **U12+**



4v4  
OR  
MORE

RULES

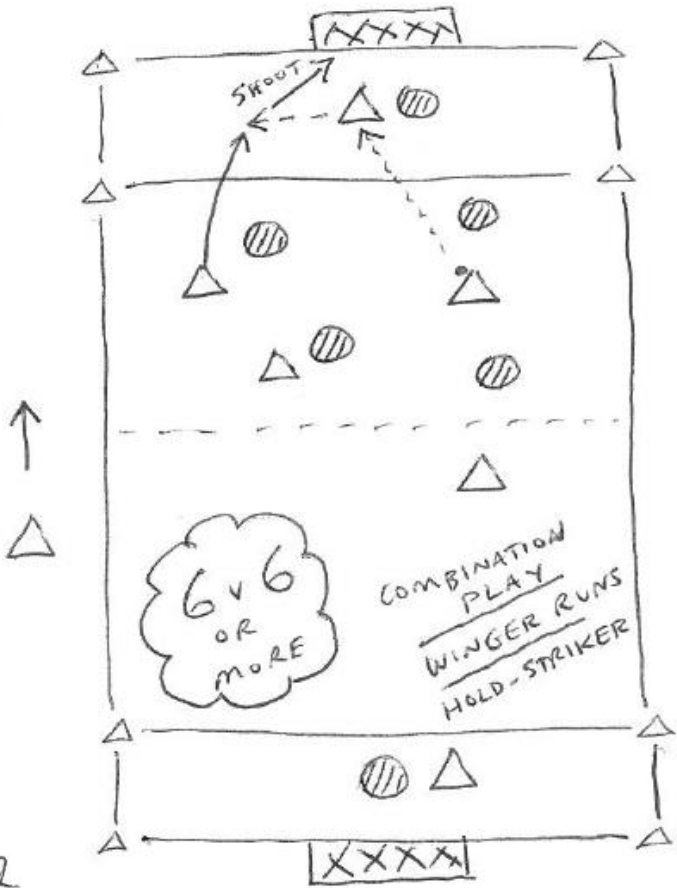
START WITH COACH TOSSING BALL INTO CENTER AREA  
 TEAMS FIGHT FOR BALL POSSESSION  
 STRING TOGETHER ① THREE OR ② FIVE PASSES IN THE CENTER AREA  
 THEN, TEAM WITH BALL ATTACKS GOAL  
 IF BALL LEAVES CENTER AREA BEFORE # OF PASSES, COACH THROWS IN

POINTS

PREPARE FOR BREAKOUT OR DEFENDING

# TARGET TO SCORE

U12+



Drill 17

## AIM

PLAYING BALL TO CENTRAL TARGET STRIKER, WHO MUST CONTROL BALL WITH BACK TO GOAL AND DISTRIBUTE TO RUNNERS

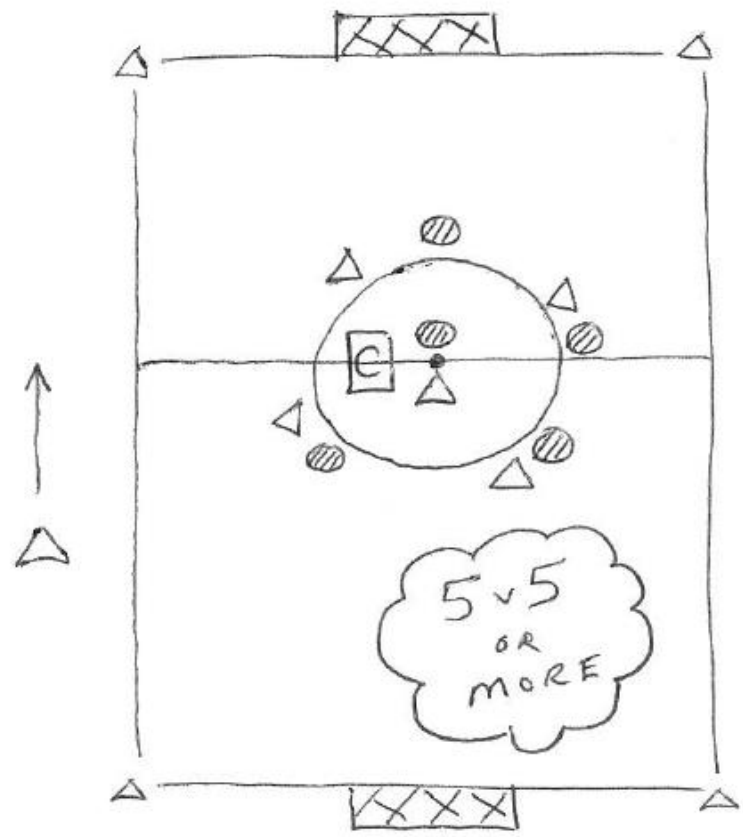
## RULES

- OPEN PLAY
- TOUCHES CAN BE RESTRICTED
- TARGET ATTACKER IN ZONE IN FRONT OF GOAL
- GOALS BY EITHER:
  - OPTION 1: PASS TO RUNNER ENTERING ZONE, WHO CAN SHOOT, OR
  - OPTION 2: DROP TO TEAMMATE OUTSIDE ZONE, WHO CAN TAKE LONG SHOT



# FIRST TOUCH

U14+



## RULES

COACH [C] BOUNCES BALL HIGH  
 FROM CENTER MARK LIKE  
 AN AUSSIE RULES START  
 TWO PLAYERS, ONE FROM EACH  
 TEAM, IN CENTER CIRCLE  
 OTHER PLAYERS OUTSIDE  
 CENTER CIRCLE

1 PT. FOR TEAM THAT GETS  
 FIRST TOUCH (OF THE  
 TWO PLAYERS)

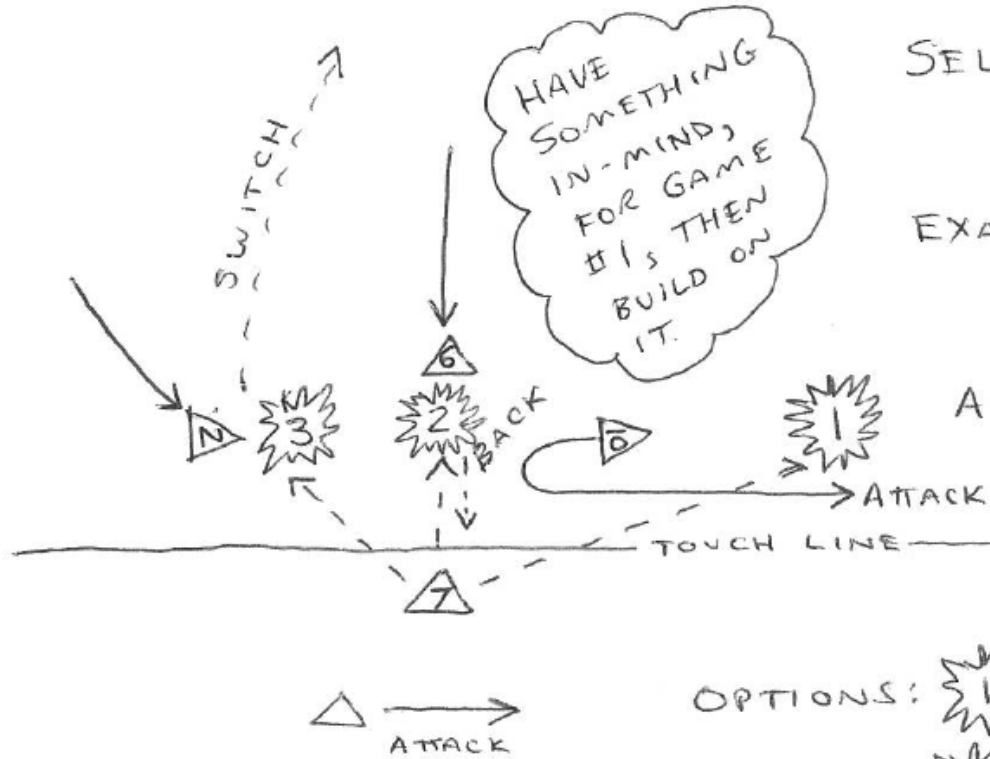
1 PT. FOR TEAM WINNING  
 SECOND BALL

PLAY AS USUAL — 3 POINTS  
 FOR A GOAL

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POINTS AGGRESSIVENESS AND READING SECOND BALL

# A SIMPLE THROW-IN STRATEGY / PLAY



## THOUGHTS

SELECT A POSITION TO TAKE THROW-INS TO AVOID CONFUSION

EXAMPLE: MIDFIELDER  $\triangle$  TAKES RIGHT THROWS AND  $\triangle$  LEFT THROWS

ALTERNATIVE: MIDFIELDERS TAKE THROW-INS IN DEFENSIVE END AND BACKS ( $\triangle$  OR  $\triangle$ ) IN ATTACKING HALF

- OPTIONS:
- $\star$  1 DUMMY RUN, ATTACKING THROW
  - $\star$  2 LATERAL, SAFE THROW TO CENTRAL MID —
  - $\star$  3 DROP PASS, SWITCH

Like 17