

Petone FC – Junior Football Drills



Petone FC – Playing the Petone way...

Welcome to the Junior World of Petone Football - Can we bring the 'beautiful game' to OUR Juniors?

How wonderful it is to see the Phoenix embracing the modern approach to the game with more possession. Ernie Merrick changed the style during practice sessions. He didn't just talk to the players but related his Philosophy to the training sessions. How they play is how they train, and how they train is how they play.

We can encourage OUR players to become smarter players. No more sending them off to run around the field as a warm-up. Smart play begins with developing personal touch and control with the ball.

- A ball each
- Dribble in and out of each other in a 15 x 15 Square,
- Introduce some dribbling techniques and also turns,
- Better still ask the players to show the techniques they know,
- Introduce dribbling games - 1 v 1 is a wonderful start,
- Use the small goals. Adds to the realism of the practice.

Using the games and drills in this booklet will mean you need no other practice games, and players will never get bored because the games are directly related to the Saturday game - They are filled with action!

- Make half the practice the Saturday game with two goals.
- Encourage YOUR players to keep the ball in play.
- Don't give away corners or throw ins.
- No aimless balls hoofed up the field.
- Long accurate passes are still an important part of the game.
- Look to keep possession like the Phoenix - They should be OUR role models.
- Encourage YOUR players to watch their live games or on the TV.

As the Coach, learn to relax and let the players make THEIR decisions - Encouragement is the key.

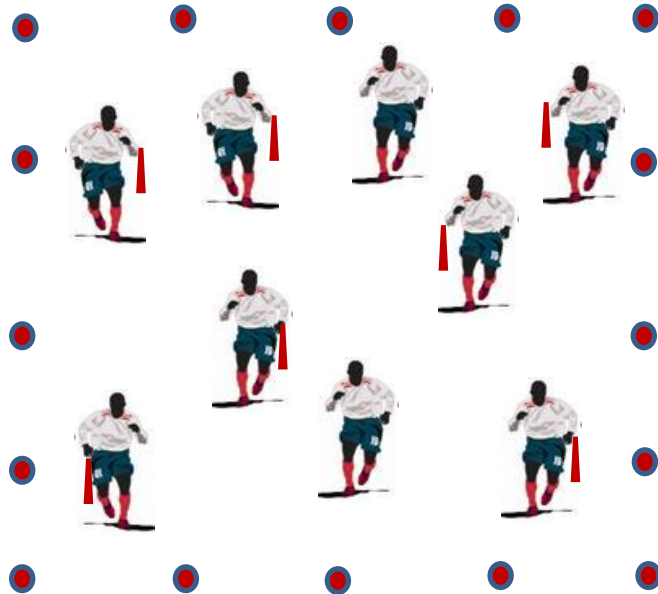
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Junior Football Drills – Snatch the flag

- Use this as a warm-up
- **Outcomes include:** agility, changing direction dodging, changing pace, visual awareness

Set up area: 30 x 20



How to play:

- All but two players are holding on to a bib in their hand.
- Two players are the snatchers. They chase and tag a player with a bib.
- If a player with a bib gets tagged they give the bib to the snatcher and they become a snatcher
- Players cannot take the bib from the player they just received it from.
- Add more snatchers to ensure no-one is standing around watching. Keep everyone active.

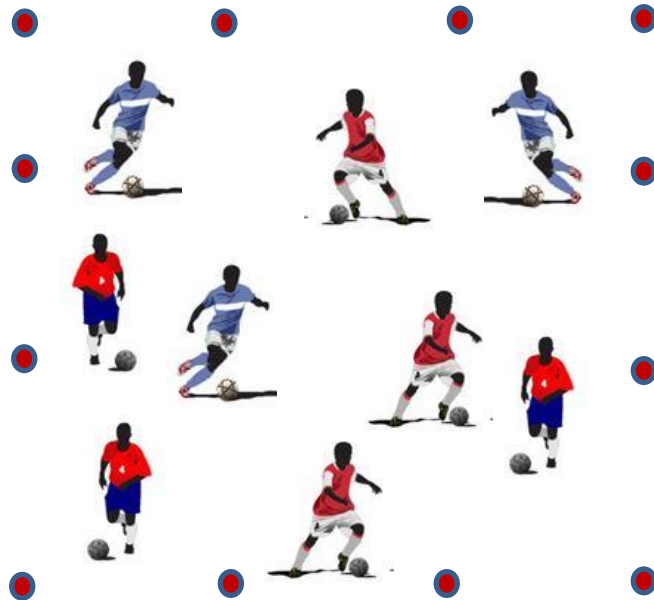
Progression

- As above but players now has a ball to control along with a bib.
(many touches of the ball using all parts of the foot, taking the ball into space)

Junior Football Drills – Fighter Pilot

Outcomes include: many touches of ball, first elements of passing, decision making

Set up area: 20 x 20



How to play:

- Everyone involved has a ball
- Kick your ball against other balls
- Now set target of seven (7) and shout 'Ole' when you have hit seven (7) different balls.
- Winner becomes Fighter Pilot in Fighter Pilot II

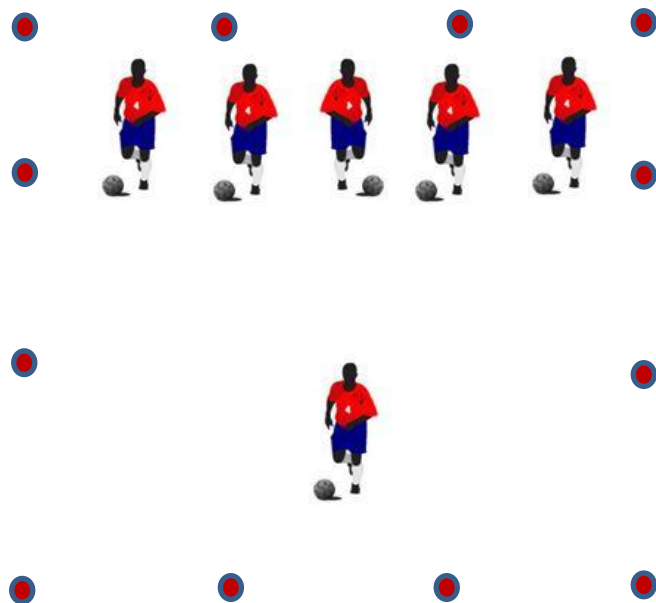
Progression

- Initially restrict to only passing using inside of foot. Then use different parts of foot

Junior Football Drills – Fighter Pilot II

Outcomes: passing skills, changing direction, ball control

Set up area: 20 x 20



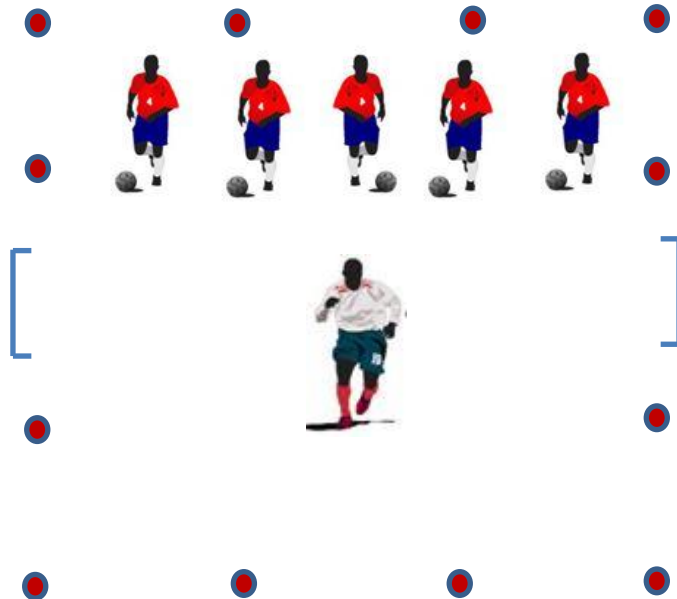
How to play:

- This time Fighter Pilot has a ball and must hit a player's ball as they cross to opposite line.
- If a ball is hit, that player joins Fighter Pilot and also tries to kick their ball against the other player's ball.
- Players line up along sideline
- On call of Fighter Pilot players dribble across to the other side .
- Last player to be caught become new Fighter Pilot

Junior Football Drills – Bullrush

Outcomes include: dribbling at pace, changing direction, using different parts of the foot, visual awareness

Set up area: 20 x 20 or 20 x 30



How to play:

- Set 2 netted goals out in the middle on opposite sides of area.
- To choose a “bullrush” have a foot race with a ball – winner becomes “bullrush”.
- Players line up along sideline adjacent to goals.
- On call of “bullrush” players dribble across to the other side while the “bullrush” attempts to win the ball and score in either of goals.
- If “bullrush” misses the goal, player gets another life.
- Last player to be caught become new “bullrush”

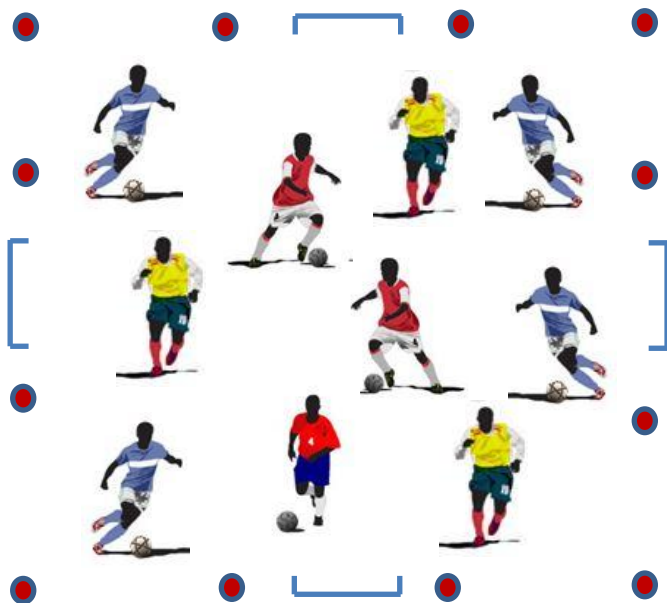
Progression

- Players start on same touchline as the goals, and “bullrush” now has only one goal to score through.
- As players get eliminated, they also become “bullrush”

Junior Football Drills – Predators

NB: If you have 12 players – use 4 or 5 predators.
Playing a game of turns

Set up area: 20 x 20



How to play:

- “Predators” stand outside of area without a ball. On the shout of “OLE” predators enter the area and try to win a player’s ball and score a goal.
- If successful, the player retrieves the ball and, with it over head, takes a position of ‘stuck in the mud’. Other players can release the player by dribbling their ball through the legs of the ‘stuck’ player.
- Player re-enters the game.
- Continue for 3-5 minutes and then choose new predators.

Progression

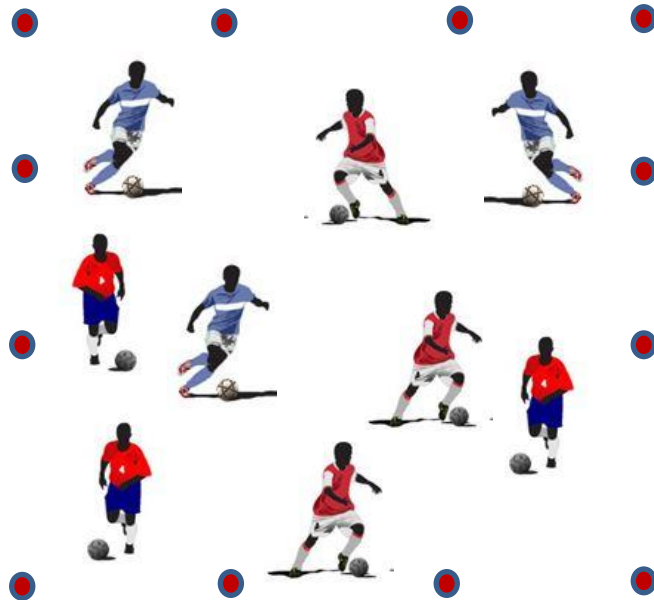
- Players start on same touchline as the goals, and “bullrush” now has only one goal to score through.
- As players get eliminated, they also become “bullrush”

Junior Football Drills – Turns

Coaching tips:

- Head up and body balanced
- Start slowly, get the technique right
- Bent knees
- Accelerate away

Set up area: 20 x 20



How to play:

- Each player has a ball
- Players dribble in the area keeping their own space
- Ask the players to show their favourite turn
- All players then demonstrate these turns
- Turns are 180 degrees and player turns and accelerates in opposite direction
- Examples of turns (see over):

Progression

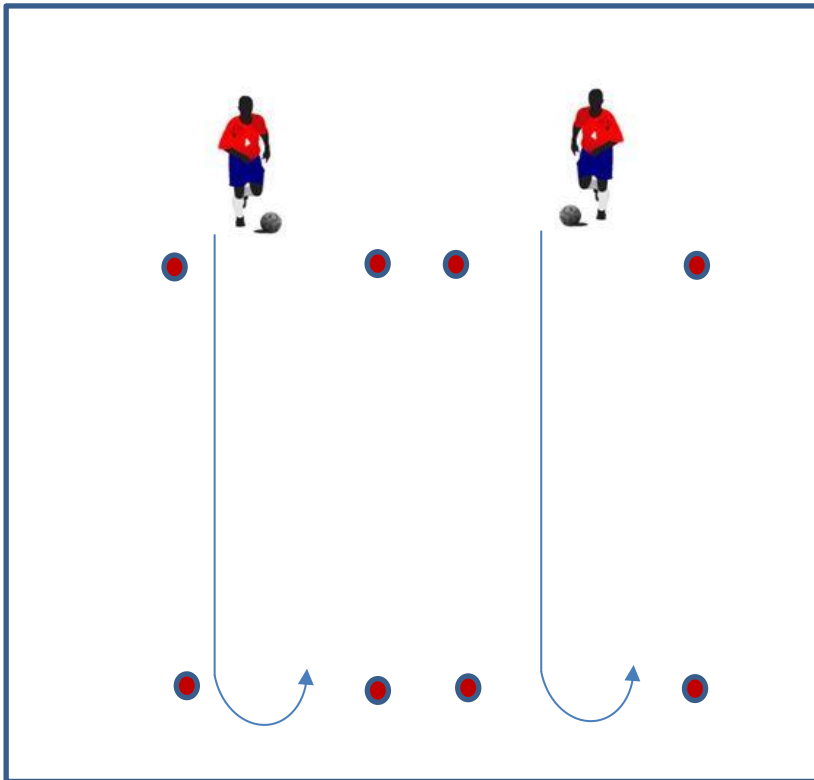
- Pair off players with a ball each. One of the pair becomes a chaser and tries to touch his ball onto the other ball. If successful, roles are reversed. Make sure players get an equal opportunity on both sides.

Junior Football Drills – Turns II

Outcomes include: technical proficiency, speed, agility

Progression II:

- Two (2) players stand on line with another line facing five (5) metres away.
- On your call of 'Go' players make four (4) turns and see who wins the race.
- Players do 180 degree turn at the line (i.e. don't go around the cones)
- Change the type of turns each week.



Junior Football Drills – Types of Turns

Types of Turns – use YouTube to find examples

Hooking the ball with inside of the foot: Reach and hook the ball back with the inside of the foot, move the ball into opposite direction and push away.

Hooking the ball with outside of the foot: Reach and hook the ball with the outside of the foot, move the ball into the outside direction and push away.

The Drag back: Stop the ball with the bottom of your boot, half turn your body out and drag the ball in opposite direction and push away.

See here: <https://www.youtube.com/watch?v=OpVKHoI36dU>

Step Over: Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away. See here: <https://www.youtube.com/watch?v=AHuMzoENLkU>

The 'Cruyff' Turn: Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot. Push it through your legs, turn and push away. Check out the example here: <https://www.youtube.com/watch?v=zVEeum8wA6U>

The Stop and Turn: Stop the ball with the bottom part of your foot, go past the ball, turn and push the ball away. See here: <https://www.youtube.com/watch?v=ixB5p50E29E>

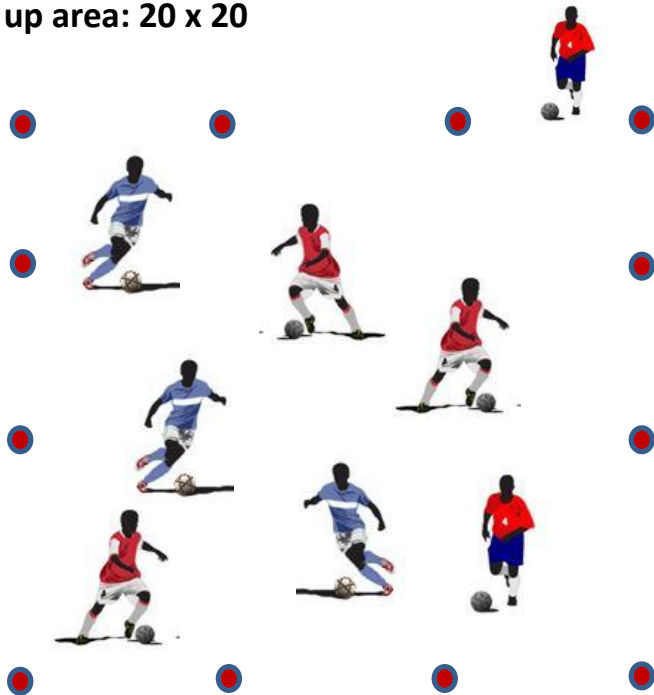
The Stop and Roll: Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.

See here: <https://www.youtube.com/watch?v=92lepJteU>



Junior Football Drills – King or Queen of the Square

Set up area: 20 x 20



How to play:

- Each player has a ball and while keeping the ball under tight control, tries to kick other balls outside the area.
- Player retrieves the ball and brings it back into the area and recommences the game.

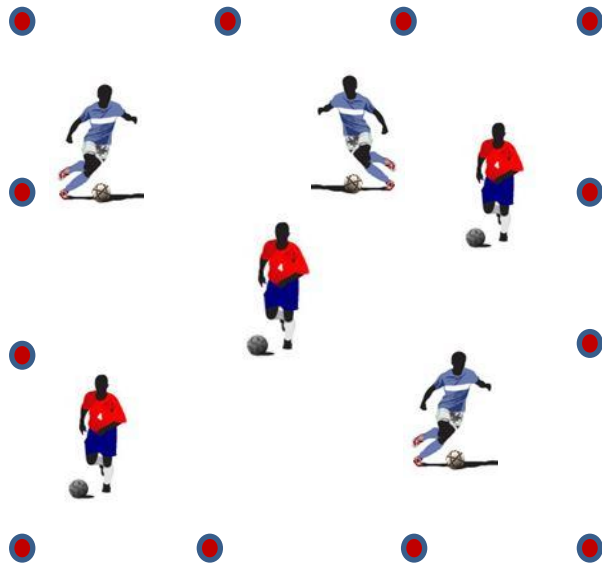
Progression

- If a player's ball goes outside the area they are eliminated and stand outside the playing area.
- Last player with a ball is crowned King or Queen of the Square.
- Game recommences.

Junior Football Drills – Simon Says

This game encourages the coach to fully use their imagination. It assists with the development of close ball control

Set up area: 15 x 15 or 20 x 20



Warm up for 5-9 year olds

How to play:

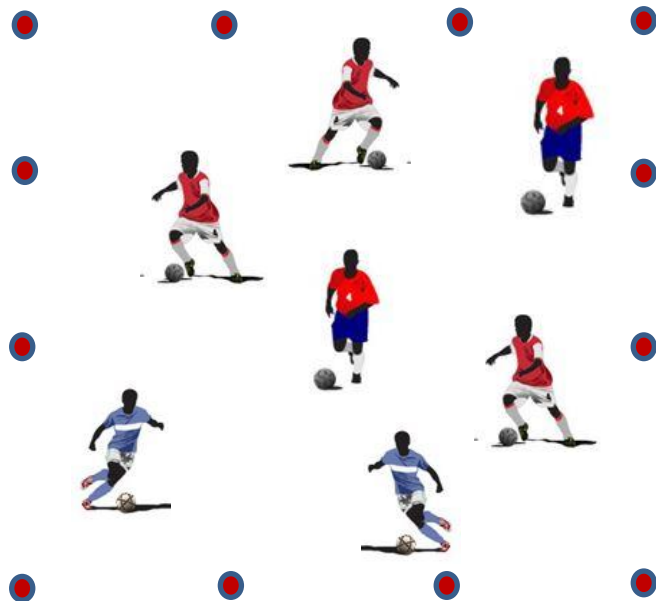
Firstly coach demonstrates moving the ball with different parts of the foot – toe, sole, inside, outside & heel.

Simon says:

- Jog and dribble with the ball
- Can you run quicker & keep your own space
- Can you change feet on top of the ball 'toe taps'
- Who can do the 'toe taps' quicker?
- A race to 10
- Who can do the 'toe taps' going forward – and backwards.
- Can you pass the ball on the spot using the inside of your feet (left to right & right to left)
- Now push the ball forward & sprint to the ball.

Junior Football Drills – Dribbling

Set up area: 20 x 20 or 20 x 30



How to play:

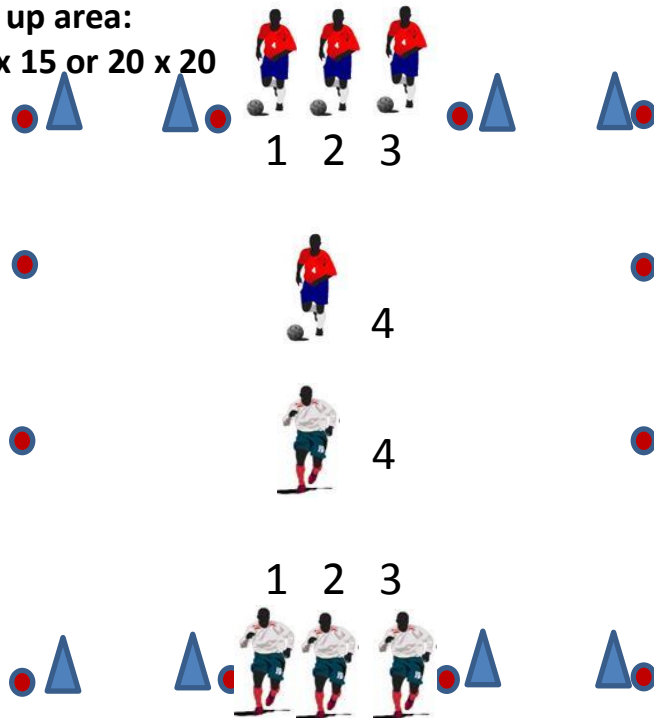
- Each player has a ball and with close control dribbles within the specified area.
- Ask players to show different way of getting past an opponent.
- Use the players as the models.
- Emphasise pushing the ball into space and a quick sprint following the ball.
- Slow down and start again.
- Encourage using both feet while dribbling

Progression (see Dribbling Progression slide)

Junior Football Drills – Dribbling Progression

Set up area:

20 x 15 or 20 x 20

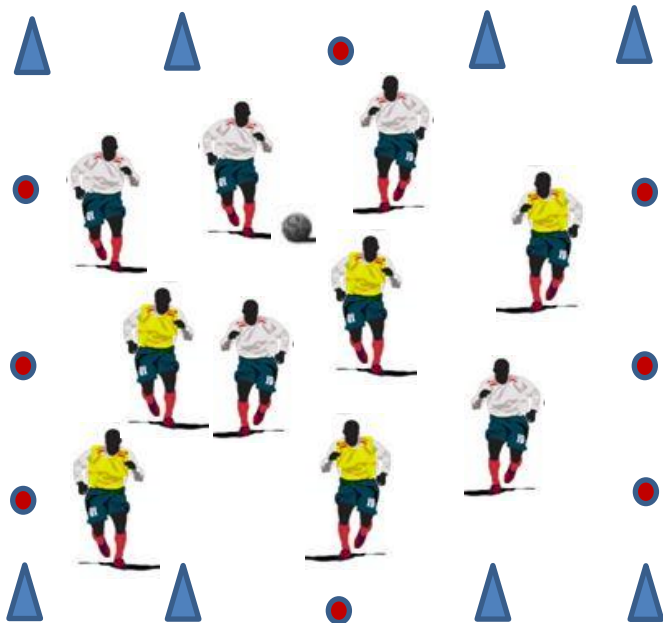


How to play:

- Give both teams' players a number
- Players are lined up outside the playing area
- Nominated team has a ball each
- Call out a number
- Dribble across & score by dribbling through either corner cones
- Defenders try to win the ball & score through opposite cones.
- Players **MUST** dribble through not pass or shoot the ball through the cones.

Junior Football Drills – Football Games

Set up area: 30 x 35 or 30 x 40



How to play:

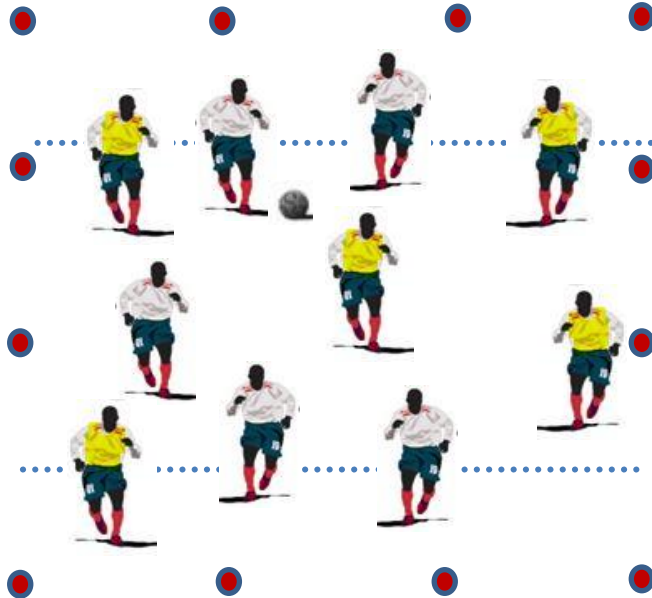
- 5 v 5 or 6 v 6
- Dribbling through cones to score
- Each corner has two cones 3-4 mtrs apart facing each other
- Defend 2 goals – attack two goals opposite
- To score attacker must dribble ball through cones.

Progression

Junior Football Drills – End Zone Game

Remember – no goal keepers!

Set up area: 30 x 35 or 30 x 40



How to play:

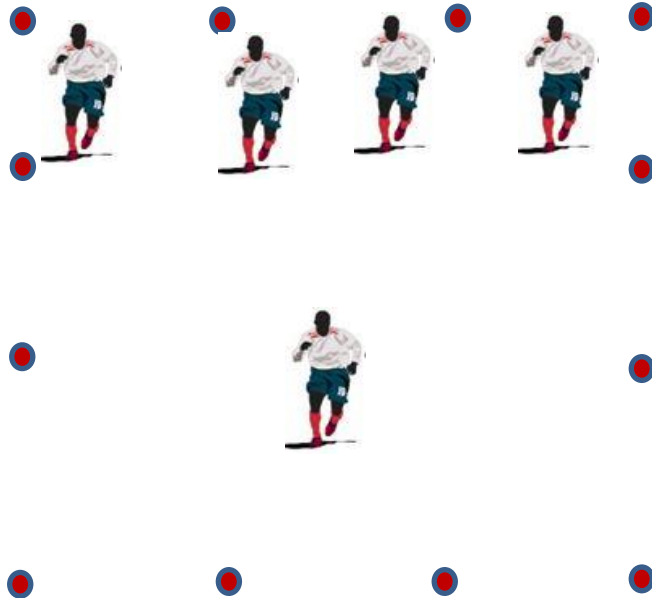
- 5 v 5 or 6 v 6
- An end-zone of 1 mtr is marked out by cones.
- To score a player must place his foot on top of the ball within the 1 mtr zone

Progression

- The team that successfully scores keeps possession and tries to score at opposite end.

Junior Football Drills – Octopus

Set up area: 20 x 20



How to play:

- No balls are needed for this game
- One player is the 'Octopus'. The other players line up along one side of the field
- The 'Octopus' shouts "Run", players run to the opposite side of the field
- If the 'Octopus' touches them, the player stays put and tries to tag others. They cannot move from where they are tagged.
- The last player standing becomes the 'Octopus' for the next game.

Progression

- All players now have a ball, including the Octopus. The tagged players stay put and try to tag others as they move past them. The players not tagged use their dribbling skills to move round players and avoid being tagged.