



## **Contents**

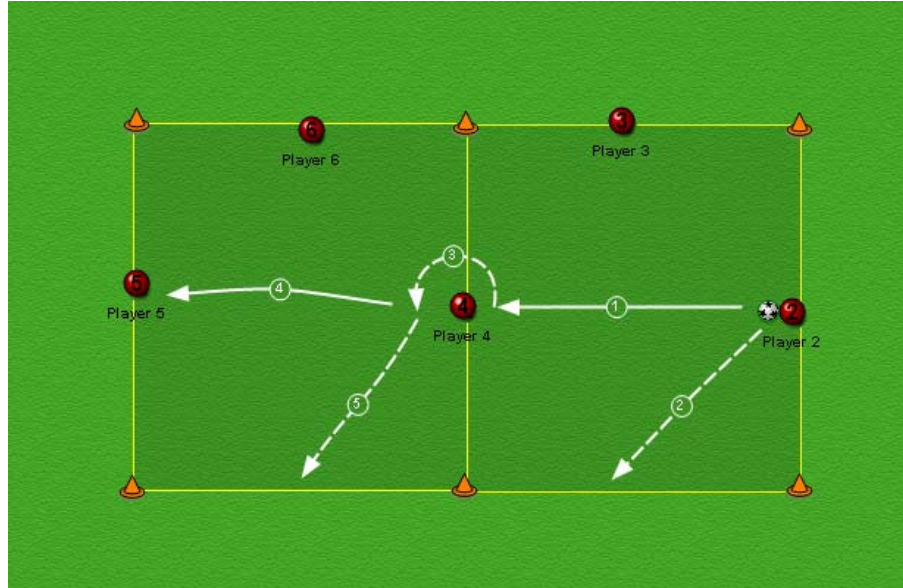
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**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice - Short Passing</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 7	

**Set Up**



**Description**

Mark out two joining 4 sided areas approx 10m x 10m each giving an overall area of 20m x 10m with markers at approx 10m intervals.

Position 3 players on the outside of each small area and 1 player on centre line, see diagram.

Player with the ball passes to any other player in the same small area, then moves to the free side of the area and so the practice continues i.e. pass and move is created.

When the player standing on the mid line receives the ball, he must turn with the ball and play a pass to any player in the other area.

Every time the player on the mid line receives the ball the ball changes areas.

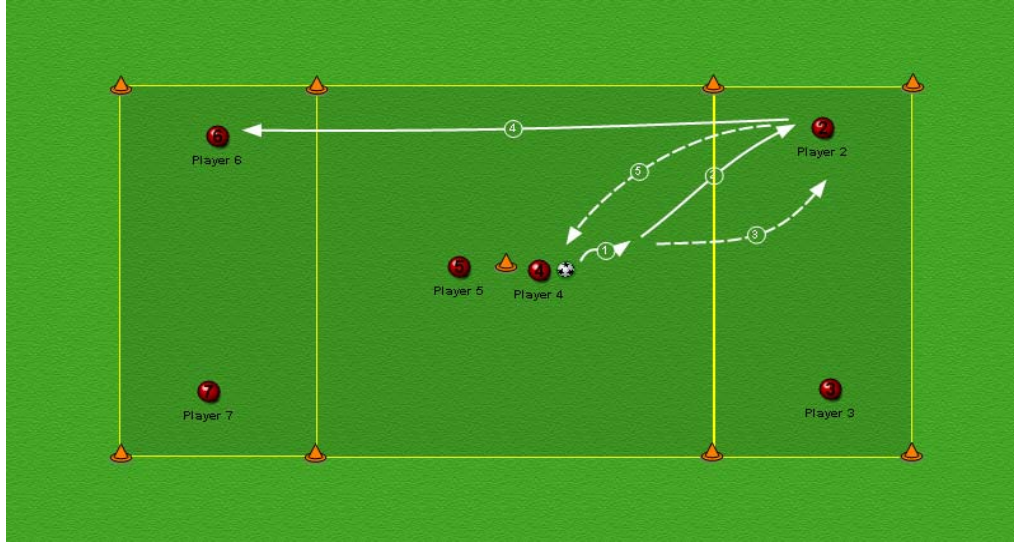
- Coaching Points**
- + Approach ball/well balanced
  - + Standing foot by side of ball
  - + Foot contact – laces, inside
  - + Ball contact/follow through
  - + Timing – when to pass
  - + Weight
  - + Accuracy
  - + Disguise
  - + Selection/execution



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice - Long Passing</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 6	

**Set Up**

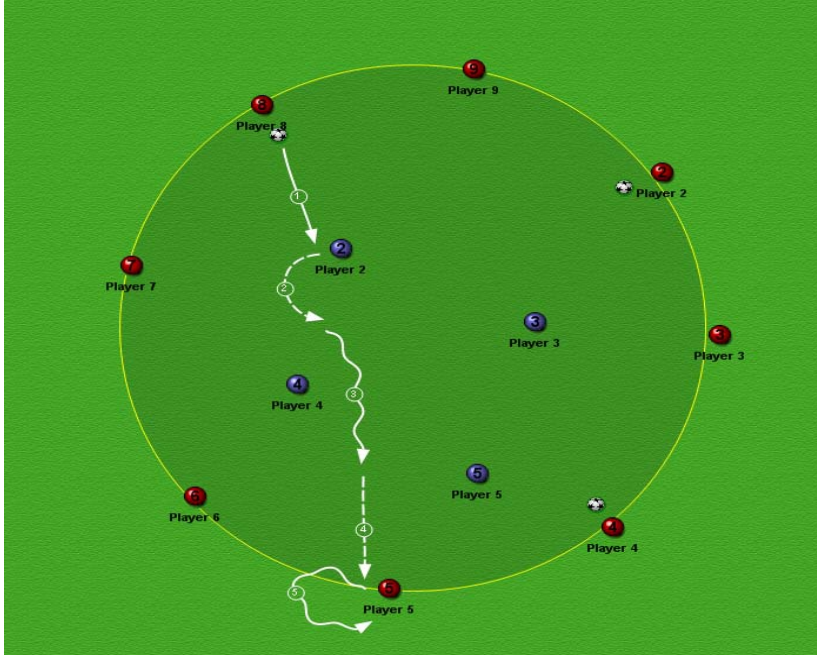


<b>Description</b>	<p>Mark out an area 40m x 20m. Area to be divided up with 2 end zones 20m x 10 m each thus creating a middle area 20m x 20m.</p> <p>Place 2 players in each end zone and 2 players by a cone central in the middle area.</p> <p>Player with ball (one of the players in the middle zone) runs towards one of the end zones and passes to any player in that zone. The receiver either:</p> <ol style="list-style-type: none"> <li>1) Passes through to other end zone</li> <li>2) Passes to other player in his end zone whom is encouraged to pass through to the other end zone</li> <li>3) Combines with the passer and passes to other end zone</li> </ol> <p>Passing player and supporting player always change places</p>
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<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>+ Decision – pass 1 touch, control and pass or pass to supporting players</li> <li>+ Approach the ball/well balanced</li> <li>+ Standing foot side of ball</li> <li>+ Ball contact/follow through</li> <li>+ Timing/when to pass</li> <li>+ Weight</li> <li>+ Accuracy</li> <li>+ Disguise</li> <li>+ Execution</li> </ul>
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## ACL Soccer Coaching – FA Level 2 – Technical Practices

<b>Topic:</b>	<b>Technical Practice - Turning</b>		
<b>Duration</b>		<b>Number of Players:</b> 12	
<b>Set Up</b>			
			
<b>Description</b>	Mark out a 30m diameter circle, 4 players in circle, 8 players on outside of the circle, four of which have a ball.  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 circle.		
<b>Coaching Points</b>	<ul style="list-style-type: none"><li>✚ Awareness of space to turn into</li><li>✚ Decision, no touch, 1 touch or multi touch turn</li><li>✚ Technique of turn – disguise intention</li><li>✚ Change of pace</li><li>✚ Good end product</li></ul>		

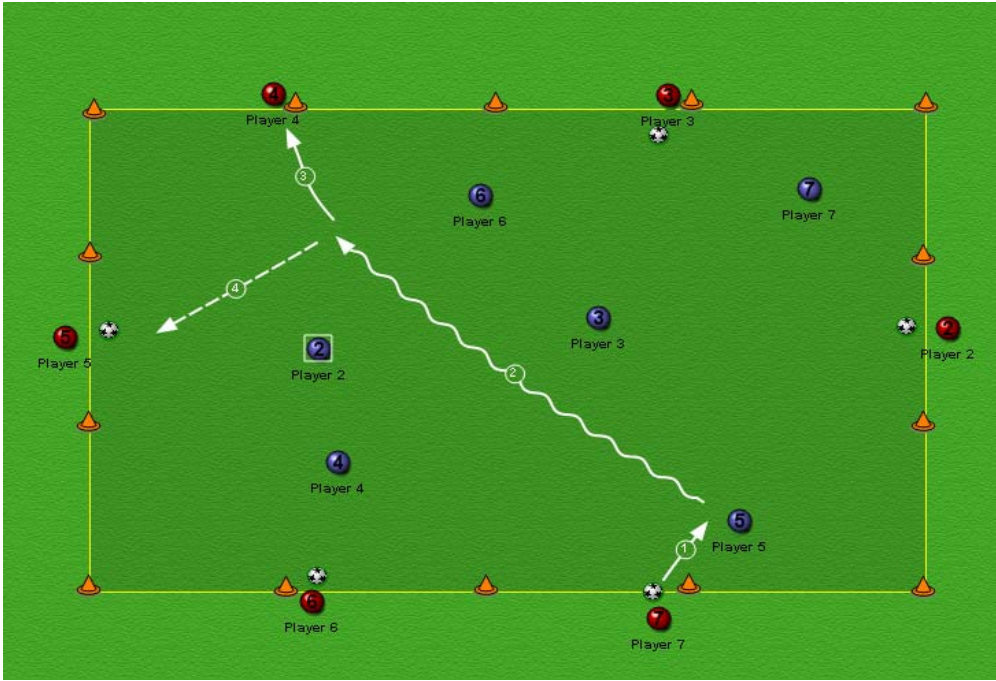


**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Receiving Priorities</i></b>			
<b>Duration</b>		<b>Number of Players:</b>	12	
<b>Set Up</b>				
<b>Description</b>	<p>Mark out a 30m x 30m area.</p> <p>Play with 3 teams of 4 players and each team to have a ball.</p> <p>The objective of the Practice is for each team to pass the ball between them and the positioning of the players of the team will encourage them to use different receiving priorities. Condition the players to pass and move to space always looking and requesting to receive the ball</p>			
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>✚ Get in line with ball</li> <li>✚ Decision – forward run</li> <li>✚ Ball into space</li> <li>✚ Selection of surface</li> <li>✚ Receive beyond players – forward runs</li> <li>✚ Let ball run across body into space – 0 touch</li> <li>✚ Turning technique to receive – 1 or multi touch</li> <li>✚ Control ball away from traffic before turning or passing</li> <li>✚ Pass to supporting player</li> <li>✚ Communication</li> </ul>			



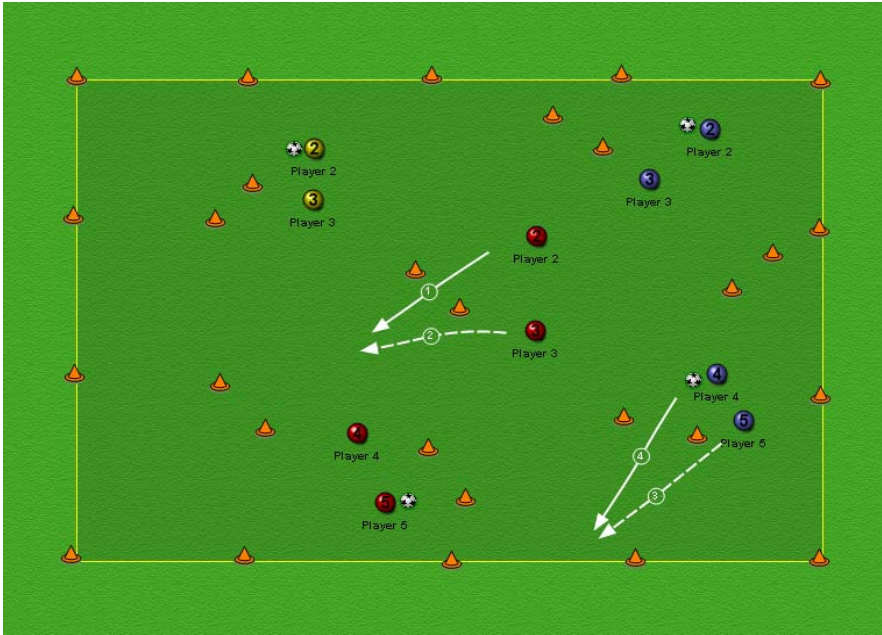






**ACL Soccer Coaching – FA Level 2 – Technical Practices**

Topic:	<b>Technical Practice – Running with the Ball (RWTB)</b>		
Duration		Number of Players: 12	
Set Up			
			
Description	<p>Mark out a 40m x 30 m Area</p> <p>Six players inside the area with footballs, six players outside the area without footballs.</p> <p>Players on outside can move to provide different support options.</p> <p>Players on inside of area whom have the ball run towards free player on outside of area. Players with the ball can either do a 'take' or pass to the man on the outside of the area. Players receiving the ball should identify space and run the ball into that space and then repeat the move with another free player on the outside. Practice continues.</p>		
Coaching Points	<ul style="list-style-type: none"> <li>✚ Adjust to the ball</li> <li>✚ Good 1<sup>st</sup> touch</li> <li>✚ Travel effectively</li> <li>✚ Head up between touches</li> <li>✚ Use laces so as not to interrupt stride pattern</li> <li>✚ Outcome – pass/shot</li> </ul>		





**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Improve Forward Runs</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 10	
<b>Set Up</b>			
			
<b>Description</b>	<p>Mark out an area 40m x 30m.</p> <p>Mark out a number of coned gates in the area. Ten players in pairs with a ball between them.</p> <p>Player on the ball passes through the gates for their partner to make a timed run around the outside of the gates to receive the pass. Practice continues through other free gates.</p> <p>Develop to runs from behind the ball, runs ahead of the ball and give and goes.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Head up</li> <li> Technique</li> <li> Timing of pass</li> <li> Angle and Weight of Pass</li> <li> Angle and Timing of Runs</li> <li> Communication</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Dribbling</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 10	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out a 30m diameter circle.</p> <p>Any number of Players in area with footballs, up to say 10.</p> <p>Position a number of random cones inside and on the outside of the area.</p> <p>Players encouraged to dribble with head up, changing direction and pace, use their imagination, experiment and have fun and use the cones and other opponents as passive opponents.</p> <p>Players can also use the cones to practice turning techniques. Turning and dribbling are linked as a Technical Practice.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Recognise opportunity</li> <li> Develop 1 v 1 situations</li> <li> Positive attitude</li> <li> Close ball control</li> <li> Adjust behind ball</li> <li> Feint, balance, change pace/direction</li> </ul>		





**ACL Soccer Coaching – FA Level 2 – Technical Practices**

Topic:	<b><i>Technical Practice – Creating Space</i></b>		
Duration		Number of Players: 6	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out an area 40m x 30m.</p> <p>Mark out three sets of four different coloured gates. Two teams of three players with each team having a ball. Both teams to start at one of the ends lines – the same end line as each other.</p> <p>The coach is to call out a colour and both teams must pass the ball through all of those colour gates and return to the end line from where they started. First one back wins.</p> <p>The team must work as a unit to find space to receive a pass, turn to find their next team mate, provide support off the ball and think which gate they will go for next.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Players position in relation to the ball</li> <li> Movement into space</li> <li> Spread/stretch</li> <li> Width/depth</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

Topic:	<b><i>Technical Practice – Forward Passing</i></b>		
Duration		Number of Players: 9	
Set Up			
Description	<p>Mark out area 40m x 20m. Divide the area into 3 sections, 2 end zones of 20m x 10m thus leaving a middle area 20m x 20m.</p> <p>Players are to Pass the ball to the opposite end area via the players in the middle area. A Player in end area passes to player in middle area who makes a forward run to receive before turning. When a ball is passed from one area to another, player from both areas must change positions.</p>		
Coaching Points	<ul style="list-style-type: none"> <li>⚡ Approach/well balanced</li> <li>⚡ Standing foot by side of ball</li> <li>⚡ Foot contact – laces, inside, outside, toe poke</li> <li>⚡ Ball contact – follow through</li> <li>⚡ Timing – when to pass</li> <li>⚡ Weight/accuracy/disguise</li> <li>⚡ Execution</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Defending When Matched up</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 2	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out area 10m x 10m with 1 defender and 1 attacker in opposite corners. Create a small goal or “gate” in a third differing corner as per the diagram.</p> <p>Defender passes to attacker and closes down the ball as it travels at the same time as covering the goal/gate preventing a pass in to the goal/gate. Initially encourage the attacker to be passive, and then become more active in further practices.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>+ Reduce space for opposition</li> <li>+ Make play predictable</li> <li>+ Nearest defender closes ball/intercept</li> <li>+ Decision making – make things difficult for opposition</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Defending when Outnumbered</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 3	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out an area 30m x 10m.</p> <p>Two attackers about 6m apart with a ball between them and 1 defender, thus creating a small overload i.e. outnumbered.</p> <p>Begin by 1 attacker passing the ball to another and the pair of them attempting to progress up the area to eventually pass the ball over the end line under control. The defender is to try to stop the attackers passing the ball over the line.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Reduce space – nearer to end line more pressure</li> <li> Predictable – showing outside to make pass difficult</li> <li> Close the ball – lines of recovery</li> <li> Decision making – win the ball or intercept</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Finishing Close Range</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 12	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out an area 30m x 20m with a middle 5m neutral zone. Two GK's in full size goals.</p> <p>Two players in each half of pitch with 6 servers on the outside of area i.e. 3 for the red team and 3 for the blue team. The coach to number the servers.</p> <p>Coach dictates which number server delivers the ball into the strikers i.e. their team mates. In 'neutral area' if 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 provide crosses.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Movement</li> <li> Body shape/adjustments</li> <li> Decision – shoot or pass</li> <li> Remember K/F passing</li> <li> Disguise tricks</li> </ul>		





**ACL Soccer Coaching – FA Level 2 – Technical Practices**

Topic:	<b>Technical Practice – Long range Finishing</b>		
Duration		Number of Players:	11
Set Up			
Description	<p>Mark out area 45m x 25m at its widest point in the middle of the area narrowing to 10m wide at each goal. In the middle of the area mark out a 5m zone with a floating (Neutral) player. Two GK's in full size goals and 2 teams of 4 players.</p> <p>When opposition have the ball the remaining players become floating players, 1 in 5m zone and 2 on outside of area so team in possession can bounce ball off them. Practice begins with GK giving ball to one of players in his half of pitch.</p> <p>Players should be conditioned to only shoot from the defensive zone thus producing long range shots, but the player in the attacking half should look for rebounds to keep the practice realistic.</p>		
Coaching Points	<ul style="list-style-type: none"> <li>⚽ Positive attitude – let ball run across body of control to shoot</li> <li>⚽ Head up</li> <li>⚽ Decision, position of GK and distance</li> <li>⚽ Technique</li> <li>⚽ Rebounds</li> </ul>		





**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Defending Headers</i></b>		
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<b>Duration</b>		<b>Number of Players:</b> 7	
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**Set Up**



<b>Description</b>	<p>Mark out area 20m x 20m with a 5m x 5m area in middle of the big area. One player positioned in the smaller area.</p> <p>Players on each corner of the larger area with a good supply of footballs and 2 target players diagonally opposite behind servers. One player to serve the ball with either a throw or volley for the player in middle, who is to check off the far marker to enable him to attack the ball and create a defensive header to the target player beyond the server.</p> <p>Player decides which technique to head the ball with, either power, cushion or flick header.</p>
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<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>+ Get into line – assess flight</li> <li>+ Attack the ball</li> <li>+ Decision</li> <li>+ Technique – contact with forehead, bottom half of ball, neck muscles firm</li> <li>+ Reaction for next serve</li> </ul>
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**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b><i>Technical Practice – Attacking Headers</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 7	
<b>Set Up</b>			
<b>Description</b>	<p>Mark out area 30m x 25m. Practice uses 7 players, 2 as servers and one team of 3 and one team of 2. No need for goalkeepers.</p> <p>Place 2 cones level with the far post, 15m from the goals. Servers can move up and down line to provide a variety of crosses. Quality of crosses vital to make practice work.</p> <p>The game starts by the servers throwing a ball into the near post area for a player to run in after checking around a cone to make an attacking header at goal. Servers can move up and down the line to alter the angle of the serve. Players to rejoin either side of the area.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Attack ball</li> <li> Timing and angle of run</li> <li> Contact of head with ball – top half of ball, neck muscles firm</li> <li> Head down</li> <li> Hit target</li> </ul>		



**ACL Soccer Coaching – FA Level 2 – Technical Practices**

<b>Topic:</b>	<b>Technical Practice – Goalkeeping</b>		
<b>Duration</b>		<b>Number of Players:</b> 3	
<b>Set Up</b>			
<b>Description</b>	<p>Set out three small goals with a goalkeeper in each – set them out in a triangular formation, see diagram.</p> <p>The goals should be approx 4m wide and 10m between each.</p> <p>One GK starts by rolling the ball along the floor to one of the other GK’s whom should adopt the correct technique to receive the ball i.e. the correct distance off their line, central to their goal, in line with the ball, their weight on the balls of their feet, feet shoulder width apart, hands waist high, palms open and head slightly forward.</p> <p>Repeat</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li> Get in line of ball</li> <li> Positioning of hands and body relative to ball</li> <li> Decision how to receive</li> <li> Technique</li> <li> Make safe</li> </ul>		