

Team Drill 1 – Passing and Movement

Equipment Needed:

- Football
- Cones
- Cibs

Players work in a small area passing the ball while constantly moving to support teammates. After making a pass, players must immediately move into a new space to create a passing option again. The focus is on movement off the ball, communication, and maintaining quick ball circulation. This drill helps players understand how to support play and stay involved during match situations.

Team Drill 2 – 1v1 Attacking Battles

Equipment Needed:

- Football
- Cones
- Bibs
- Mini goals or end zones

Players compete in 1v1 situations where the attacker aims to beat the defender and dribble into the end zone or score in a mini goal. The defender's role is to delay, challenge, and try to win the ball. This drill develops confidence in attacking situations, defensive awareness, and decision making under pressure.

Team Drill 3 – Small-Sided Possession Game

Equipment Needed:

- Football
- Cones
- Bibs

Two teams play in a small area with the aim of keeping possession by completing passes under pressure. Players must move constantly, create passing angles, and communicate effectively. This drill improves awareness, teamwork, and decision making in tight spaces.

Team Drill 4 – Finishing and Reactions

Equipment Needed:

- Football
- Cones
- Goal
- Bibs

Players receive passes around the penalty area before finishing quickly on goal. The drill may include rebounds or pressure from defenders to create realistic match situations. The focus is on first touch, composure, and quick decision making in front of goal.

Team Drill 5 – Transition Game

Equipment Needed:

- Football
- Cones
- Bibs
- Goals

Teams play a small-sided game where the focus is on reacting quickly when possession changes. When the ball is won, players transition into attack immediately. When possession is lost, players recover and defend straight away. This drill improves reaction speed, awareness, and understanding of transitions in real match play.