

SPATRIAN

The Drill Deck

78 soccer drills, ages 13–18.

Cut the cards apart, shuffle, draw one and play it. Each card has the kit, the steps, one thing to coach and when it is done.

Every drill's full page, with its set-up, variations and common mistakes, is at spatrian.com/drills.

spatrian.com/drills

SOLO · BALL MASTERY

Juggling Challenge

10 min · 1 player · 10 × 10 ft (about 3 × 3 m)

You need: 1 soccer ball

HOW TO RUN IT

1. **Set up:** One ball and space to move a couple of steps. A softer or slightly under-inflated ball makes this far easier to start.
2. **One and catch:** Drop the ball, one touch, then catch it. Just one. Do not start with continuous juggling.
3. **Foot shape:** Toe up slightly, ankle locked, contact with the laces. A floppy foot is why it flies sideways.
4. **Two and catch:** Move to two touches only when one is genuinely comfortable.
5. **Straight up:** The ball should go up over their own toes, not out in front. Chasing it is wasted repetitions.
6. **Add the thigh:** A flat thigh is a bigger surface than a foot and is often easier. Cushion and pop it back up.
7. **Go for a record:** Count out loud together and write the best down. If frustration rises, drop back a level.

COACH IT

Relaxed ankle and small touches upward, roughly to waist height. Firing it up to head height gives them longer to get it wrong, and the count collapses.

Done when: 50 unbroken touches alternating feet, thigh and head.

spatrian.com/drills/juggling-challenge

SOLO · BALL MASTERY

Pull-Push

8 min · 1 player · 8 × 8 ft (about 2 × 2 m)

You need: 1 futsal ball or soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones make a square about three steps a side. The child stands in the middle with the ball.
2. **Pull:** Sole on top of the ball and pull it back towards the standing foot.
3. **Push:** Straight away nudge it forward again with the laces of the same foot, no further than a step.
4. **Rhythm:** Pull, push, pull, push, on the spot, ten times with the right and ten with the left.
5. **Angle:** Pull back and push out at an angle to a cone, then pull-push again when you get there.
6. **Count it:** One final minute round the square, counting the pulls out loud. Write the number down.

COACH IT

The pull and the push are one movement, with no pause between them

Done when: 40 clean pulls in 60 seconds round the square, the ball always within a step.

spatrian.com/drills/futsal-pull-push

SOLO · BALL MASTERY

Sole Combinations

10 min · 1 player · 10 × 6 ft (about 3 × 2 m)

You need: 1 futsal ball or soccer ball, 2 cones or shoes to mark a line

HOW TO RUN IT

1. **Set up:** Two cones or shoes about two strides apart mark a line on the floor, with the ball at one end.
2. **Roll and inside:** Roll the ball across the body with the sole, then take it on with the inside of the other foot.
3. **Roll and outside:** Roll across with the sole, then push it away with the outside of the same foot.
4. **Double roll:** Two sole rolls across the body in a row, right then left, before an inside touch on.
5. **Called:** A parent calls a combination at random, and the child plays it along the line and back.
6. **Time it:** Play all four combinations once each along the line, timed. Write the time down.

COACH IT

Each combination flows as one movement, never a stop between touches

Done when: All four combinations along the line and back in 45 seconds, without losing the ball.

spatrian.com/drills/sole-combinations

SOLO · BALL MASTERY

Sole Roll Turns

10 min · 1 player · 12 × 10 ft (about 4 × 3 m)

You need: 1 soccer ball, 2 cones

HOW TO RUN IT

1. **Set up:** Two cones about three steps apart. One ball on the floor between them, and the child standing beside it.
2. **Roll across:** Sole on top of the ball, roll it across the body to the other foot. Small and slow to start.
3. **Drag back:** At the first cone, pull the ball back under the body with the sole and turn to face the other way.
4. **Roll to the other cone:** Roll it across the body again, still sole only, and turn the same way at the far cone.
5. **Swap the foot:** Lead with the right on the way out and the left on the way back, so both soles do the turning.
6. **Count it:** One final minute counting clean turns out loud. A kick, or the ball escaping, does not count. Write the number down.

COACH IT

The sole strokes the top of the ball and comes off it, never standing on it

Done when: 20 clean turns in 60 seconds using only the sole, the ball never kicked.

spatran.com/drills/sole-roll-turns

SOLO · BALL MASTERY

Toe Taps & Sole Rolls

10 min · 1 player · 10 × 10 ft (about 3 × 3 m)

You need: 1 soccer ball

HOW TO RUN IT

1. **Set up:** One ball on a flat patch about three steps wide. Stand facing your child so they can mirror you.
2. **Toe taps:** Alternate feet tapping the top of the ball. Light contact — the ball should barely move.
3. **Eyes up:** Hold up fingers and ask them to count. This is the whole point of the drill — the feet should know where the ball is without looking.
4. **Count it:** Count touches out loud together for thirty seconds. Write the number down and try to beat it.
5. **Sole rolls:** Roll the ball forward and back with the bottom of one foot, then swap. Keep the body balanced over the ball.
6. **Speed round:** One final thirty seconds as fast as they can. Let the technique get scrappy — this round is about tempo.

COACH IT

Weight stays on the balls of the feet with a soft knee. Flat-footed and locked straight is where the balance goes, and it is the first thing to check when the rhythm falls apart.

Done when: 120 clean touches in 60 seconds with the head up throughout.

spatran.com/drills/toe-taps-and-sole-rolls

SOLO · BALL MASTERY

Sole Taps & Drag-Backs on a Line

8 min · 1 player · 10 × 6 ft (about 3 × 2 m)

You need: 1 soccer ball, 2 cones or shoes to mark a line

HOW TO RUN IT

1. **Set up:** A line on the floor with a stride of space either side. One ball on the line. Shoes with grip.
2. **Sole taps:** Alternate feet tapping the top of the ball, hopping lightly on the standing foot. Thirty seconds.
3. **Roll along:** Roll the ball along the line with the sole, a step at a time, there and back. Three lengths.
4. **Drag-back across:** Sole on top, drag the ball back across the line, stop it with the other foot, drag it back again. Thirty seconds.
5. **Inside-outside:** Tap the ball from the inside of one foot to the inside of the other across the line, never letting it stop. Thirty seconds.
6. **Count it:** One last thirty seconds of sole taps, counting every tap. Write it down.

COACH IT

Light on the balls of the feet; the standing heel never settles

Done when: 60 sole taps in 30 seconds with the standing heel never flat on the floor.

spatran.com/drills/sole-taps-and-drag-backs-on-a-line

SOLO · BALL MASTERY

V-Pulls & L-Turns

10 min · 1 player · 8 × 8 ft (about 2 × 2 m)

You need: 1 soccer ball

HOW TO RUN IT

1. **Set up:** A square of floor two strides a side. One ball, sitting in the middle. Shoes with grip.
2. **V-pull:** Sole on top, drag the ball back towards you, then push it out at an angle with the inside of the same foot. Back and out makes a V. Ten each foot.
3. **L-turn:** Sole on top, drag the ball back and across behind the standing leg, then step round and carry it away. Ten each foot.
4. **Link them:** V-pull, V-pull, L-turn, and walk the ball back to the middle. Five times each way.
5. **Speed:** Thirty seconds of V-pulls as fast as the sole still lands on top. Then thirty of L-turns.
6. **Count it:** One minute of V-pulls alternating feet. Write the number down.

COACH IT

The sole lands on top of the ball first; the toe never pokes it

Done when: 40 V-pulls in 60 seconds alternating feet, the sole on top every time.

spatran.com/drills/v-pulls-and-l-turns

FIRST TOUCH

Half-Turn Diamond

12 min · 1 to 4 players · 50 × 33 ft (about 15 × 10 m)

You need: Ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones in a diamond, about fifteen steps top to bottom.
2. **Check away:** Move towards one cone, then come back to meet the pass.
3. **Look first:** Glance over the shoulder before the ball is played, not while it travels.
4. **Back foot:** Receive with the foot furthest from the passer so the body already points forward.
5. **Second touch passes:** Control, then pass. Do not take a third.
6. **Both sides:** Fifteen each way so the weaker side gets the same work.

COACH IT

Look over the shoulder before the ball is played, not while it travels

Done when: Ball played forward within two touches on 8 of 10 receptions, both feet.

spatrian.com/drills/half-turn-diamond

SOLO · FIRST TOUCH

Pivô Hold-Up and Lay-Off

12 min · 1 to 2 players · 30 × 15 ft (about 9 × 5 m)

You need: 1 futsal ball or soccer ball, 2 cones, A flat wall for solo work

HOW TO RUN IT

1. **Set up:** A cone where the child stands as the pivô, and a second cone about eight steps away where the parent starts with the ball.
2. **Ball in:** The parent plays the ball firmly along the floor into the child's feet.
3. **Hold:** The child receives back to the parent, stops it under the sole and shields it with the body, arms out for balance.
4. **Run past:** As the ball is held, the parent runs past to one side, calling 'here'.
5. **Lay off:** The child rolls the ball off the sole into the parent's path, first time, with the inside of the foot.
6. **Count it:** Ten lay-offs to each side, counting the ones that reach the runner without breaking stride.

COACH IT

Hold before you lay off: the sole stops the ball and the body shields it

Done when: 8 of 10 lay-offs to each side reach the runner without them breaking stride.

spatrian.com/drills/pivot-hold-up-and-lay-off

SOLO · FIRST TOUCH

Receive, Half-Turn, Pass

10 min · 1 player · 15 × 10 ft (about 5 × 3 m)

You need: 1 soccer ball, A wall or rebounder, 2 cones or shoes

HOW TO RUN IT

1. **Set up:** Five steps from a wall, with two cones a step apart beside you as a gate. One ball, nothing breakable near.
2. **Play and open:** Pass to the wall. As the ball comes back, open the hips and shoulder towards the gate before it arrives.
3. **Touch across:** Take the first touch with the far foot, across the body and through the gate. One touch, one turn.
4. **Pass again:** Pass back to the wall from the far side of the gate and repeat the other way. Ten each side.
5. **Check the shoulder:** Glance over the shoulder at the gate before every pass to the wall. Head up, then ball.
6. **Count it:** One minute counting clean turns through the gate with one touch. Write it down.

COACH IT

The body opens while the ball is traveling, so the touch is the turn

Done when: 12 clean half-turns through the gate in 60 seconds, first touch with the far foot each time.

spatrian.com/drills/receive-half-turn-pass

SOLO · FIRST TOUCH

Sole Stop and Wall Pass

10 min · 1 player · 15 × 8 ft (about 5 × 2 m)

You need: 1 futsal ball or soccer ball, A flat wall, 2 cones

HOW TO RUN IT

1. **Set up:** Two cones mark a line about five steps from a flat wall. The child stands on the line with the ball.
2. **Pass:** An inside-of-the-foot pass into the wall, firm enough to come straight back along the floor.
3. **Sole stop:** As the ball returns, lift the foot and place the sole on top of it so it stops dead.
4. **Reset:** Roll the ball half a step to the side with the sole, so the next pass comes off a moving ball.
5. **Other foot:** Ten passes and stops with the right, then ten with the left, sole and pass with the same foot.
6. **Count it:** One final minute counting clean stops out loud. A ball that rolls away does not count. Write the number down.

COACH IT

The sole meets the top of the ball and the knee stays soft, so the stop is quiet

Done when: 25 clean sole stops in 60 seconds, the ball stopped dead every time.

spatrian.com/drills/sole-stop-and-wall-pass

SOLO · FIRST TOUCH

Wall First Touch

10 min · 1 player · 10 × 10 ft (about 3 × 3 m)

You need: 1 soccer ball, Wall or rebounder

HOW TO RUN IT

1. **Set up:** Three or four steps from a wall on a flat patch. Mark a square about two steps across in front of them.
2. **Pass in:** A firm pass into the wall with the inside of the foot. Firm enough that it comes back with pace.
3. **Kill it:** One touch to stop the returning ball dead inside the square. The foot gives with the ball rather than blocking it.
4. **Across the body:** Take the touch sideways into space rather than straight back — that is where the next pass comes from.
5. **Return it:** Second touch passes it back into the wall. Two touches every time and no more.
6. **Both feet:** Thirty seconds right foot only, thirty left, then alternate. The weak side is the one worth the minutes.

COACH IT

The receiving foot gives with the ball — a stiff ankle bounces it away

Done when: 8 of 10 first touches finishing dead inside a two-step square, both feet.

spatrian.com/drills/wall-first-touch

DRIBBLING AND TURNS

1v1 Channel

15 min · 2 players · 40 × 20 ft (about 12 × 6 m)

You need: Ball, 8 cones

HOW TO RUN IT

1. **Set up:** A lane about thirteen steps long and six wide, with a mini goal or two cones at one end.
2. **Start it:** The defender passes in to the attacker and closes down as the ball travels.
3. **Commit them:** The attacker runs at the defender's front foot rather than into space beside them.
4. **Change pace:** Slow to set the move, then go hard. Same speed throughout beats nobody.
5. **Six seconds:** If nothing has happened by six seconds, the defender has won it. Reset.
6. **Swap:** Five turns each, then change roles and keep score.

COACH IT

Commit the defender before the move. A move played from too far away gives them time to reset, and a move played too late arrives when the ball is already within their reach.

Done when: Beat the defender and cross the line on 3 of 5 attempts.

spatrian.com/drills/1v1-channel

DRIBBLING AND TURNS

1v1 Continuous Transitions

15 min · 2 to 4 players · 50 × 40 ft (about 15 × 12 m)

You need: Balls, 4 mini goals or cone gates

HOW TO RUN IT

1. **Set up:** An area about fifteen steps by twelve with two mini goals or cone gates at each end.
2. **Attack first:** One player attacks, one defends. Six seconds to get a shot away.
3. **Turn instantly:** The moment the ball is gone, the attacker becomes the defender. No pause.
4. **Fresh ball:** You feed the next ball in immediately from the side.
5. **Pick the far goal:** Attack whichever goal the defender is further from.
6. **Rounds:** Two minutes continuous, then a full minute off. Three rounds.

COACH IT

Shoot within six seconds of getting the ball

Done when: Shot away inside 5 seconds of the duel starting, and on target more than 6 times in 10.

spatrian.com/drills/1v1-continuous-transitions

SOLO · DRIBBLING AND TURNS

1v1 to Mini Goal

10 min · 2 players · 40 × 25 ft (about 12 × 8 m)

You need: Soccer ball, 2 cones for mini goal, 1 cone as dummy defender

HOW TO RUN IT

1. **Set up:** Two cones three steps apart as a mini goal, and a start spot ten steps out.
2. **They attack:** Your child runs at you and tries to get past. Defend at about seventy percent so they can practice beating you.
3. **Try a move:** Ask for a move — a fake, a stepover, anything. Praise the attempt whatever happens; that is where creativity comes from.
4. **Change of pace:** Slow, slow, then explode past. Change of pace beats fancy footwork at this age.
5. **Swap over:** Your turn to attack. Defending cues for them: stay low, side on, be patient, do not dive in.
6. **Finish it:** Last rounds end with a shot into the mini goal, so the move leads somewhere.

COACH IT

Attack the defender's front foot. Going at the foot that is already committed is what makes a move work; running at the middle of them gives the defender a free choice of side.

Done when: Beat the defender and cross the line on 3 of 5 attempts.

spatrian.com/drills/1v1-to-mini-goal

DRIBBLING AND TURNS

Back-to-Goal Hold-Up and Turn

12 min · 2 players · 40 × 26 ft (about 12 × 8 m)

You need: Ball, Cones, 1 mini goal

HOW TO RUN IT

1. **Set up:** An area about twelve steps by eight with a mini goal at one end.
2. **Feel them:** Arm out and a glance before the ball arrives, so they know where the defender is.
3. **Touch away:** The first touch goes away from the pressure, side-on.
4. **Turn or set:** If the turn is on, take it. If not, set it back and go again.
5. **Stay strong:** Side-on, low, arm across. Not a shove, just a base.
6. **Swap:** Eight each, then change roles.

COACH IT

Feel where the defender is with the arm and the back before the ball arrives

Done when: Turned and facing forward within two touches on 6 of 10 receptions.

spatrian.com/drills/back-to-goal-hold-up-and-turn

SOLO · DRIBBLING AND TURNS

Cone Weave Dribble

10 min · 1 player · 40 × 15 ft (about 12 × 5 m)

You need: 5-6 cones, 1 soccer ball, Stopwatch

HOW TO RUN IT

1. **Set up:** Five or six cones in a line, about two steps apart. One ball, starting at the first cone.
2. **Small touches:** Weave through the cones keeping the ball at their feet. Two or three touches between each cone.
3. **Head up:** Ask them to call out something between each cone — a color, a number — so the head has to come up.
4. **Both feet:** Right foot only on the way out, left foot only on the way back. Most children will use one foot the whole way unless you split it.
5. **Time a run:** Time one run and say the number out loud so there is something to beat. Do three runs.
6. **Explode out:** Big touch out of the final cone and sprint five steps. Dribbling is no use without the burst after it.

COACH IT

Small touches, the ball never more than a step away. If they can touch it again without lengthening their stride, the distance is right — one big push and a chase is not dribbling.

Done when: Down and back in under 15 seconds without moving a cone.

spatrian.com/drills/cone-weave-dribble

SOLO · DRIBBLING AND TURNS

Figure-Eight Dribble

10 min · 1 player · 10 × 6 ft (about 3 × 2 m)

You need: 1 soccer ball, 2 cones or shoes

HOW TO RUN IT

1. **Set up:** Two cones or shoes a long stride apart on a clear floor. One ball. Stand at one end where they can see you.
2. **Walk it:** Dribble a figure of eight round the two cones at walking pace, a touch every step, both feet.
3. **Inside and outside:** Round each cone with the outside of the near foot, then across with the inside. Say which foot as you go.
4. **Head up:** Hold up fingers at the end of each eight and ask for the number without stopping.
5. **Speed up:** Thirty seconds as fast as the touches stay small. The ball never further than a boot's length away.
6. **Count it:** One minute counting complete eights. Write the number down and chase it next time.

COACH IT

Every touch is a nudge, never a push: the ball stays a boot's length away

Done when: 8 complete figure-eights in 60 seconds with the ball never more than a boot's length away.

spatrian.com/drills/figure-eight-dribble

SOLO · DRIBBLING AND TURNS

Four-Turn Circuit

12 min · 1 player · 15 × 15 ft (about 5 × 5 m)

You need: 1 soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones in a square about five steps a side. One turn belongs to each cone.
2. **Drag-back:** Sole on top of the ball and pull it back behind the standing foot. Walk it first.
3. **Inside hook:** Inside of the foot wraps round the ball to bring it back the way they came.
4. **Outside hook:** Outside of the same foot takes it the other way. This is the one that needs the most repetitions.
5. **Cruyff:** Shape to pass and drag it behind the standing leg instead. Sell the pass with the body first.
6. **Round and round:** Four turns a lap, both feet, ninety seconds. Count the clean ones only.

COACH IT

The turn and the touch out of it are one movement, not two

Done when: 16 clean turns in 90 seconds using all four turns and both feet.

spatrian.com/drills/four-turn-circuit

DRIBBLING AND TURNS

Rondo with the Escape Dribble

12 min · 2 to 4 players · 33 × 33 ft (about 10 × 10 m)

You need: Ball, 4 cones

HOW TO RUN IT

1. **Set up:** A square about ten steps a side. Three keeping the ball, one defending.
2. **Pass first:** The dribble is only for when there is genuinely no pass available.
3. **Set it up:** One touch to move the ball out of the feet, then go.
4. **Past the front foot:** Escape past the defender's leading foot, not through the middle of them.
5. **Score it:** A point for escaping over any line with the ball under control.
6. **Swap:** Two minutes, then a new defender.

COACH IT

Passing is still first — the dribble is for when there is no pass on

Done when: The escape carries the ball clear of the defender on 6 of 10 attempts.

spatrian.com/drills/rondo-with-the-escape-dribble

SOLO · DRIBBLING AND TURNS

Tight Box Dribbling

10 min · 1 player · 12 × 12 ft (about 4 × 4 m)

You need: 1 soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones in a square about four steps a side. One ball. Stand where they can see you.
2. **Small touches:** The ball moves constantly but never leaves the square. Every touch is a nudge rather than a push.
3. **Both sides of the foot:** Inside to turn it back, outside to take it away. Alternate rather than favouring one.
4. **Head up:** Hold up fingers and ask them to call the number while they work. If they cannot, the touches are too big.
5. **Change feet:** Thirty seconds leading with the right, thirty with the left.
6. **Count it:** One final minute counting touches out loud. Write the number down.

COACH IT

Every touch is a nudge — a push means chasing it out of the square

Done when: 60 touches in 60 seconds with the ball never crossing a line.

spatrian.com/drills/tight-box-dribbling

DRIBBLING AND TURNS

Wing 1v1 with the Sole Stop

12 min · 2 players · 30 × 12 ft (about 9 × 4 m)

You need: 1 futsal ball or soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones mark a channel about four steps wide and ten steps long, with an end line to dribble over.
2. **Run at them:** The child dribbles at the parent, who defends the middle of the channel.
3. **Sole stop:** A step or two from the defender, stop the ball dead under the sole and freeze.
4. **Go again:** As the defender stops too, push the ball past them on the open side and accelerate.
5. **Cross the line:** Dribble the ball over the end line to finish the run. Walk back and go again.
6. **Count it:** Ten runs, counting the ones that cross the end line with the ball.

COACH IT

Stop a step or two from the defender, close enough that they must stop too

Done when: 6 of 10 runs cross the end line with the ball against a defender who blocks.

spatrian.com/drills/wing-1v1-sole-stop

PASSING

3v1 Keep-Away with Split Passes

10 min · 4 players · 33 × 26 ft (about 10 × 8 m)

You need: Ball, 4 cones

HOW TO RUN IT

1. **Set up:** A rectangle about ten steps by eight. Three on the edges, one defending.
2. **Normal passes count one:** Keep the ball moving as usual.
3. **Splits count two:** A pass that goes either side of the defender is worth double.
4. **Wait for it:** Let the defender commit to one side before playing it.
5. **Disguise it:** Look one way, pass the other. Say 'eyes' when they telegraph it.
6. **Move after:** Pass and then change position. Two minutes per defender.

COACH IT

Move as soon as you have passed. Standing still after a pass is what lets one defender cover two players, and it is the single most common reason a keep-away collapses.

Done when: 2 split passes per minute, with the sequence never dropping below 8 consecutive passes.

spatrian.com/drills/3v1-keep-away-split-passes

PASSING

Blind-Side Check and Slip Pass

12 min · 2 to 3 players · 50 × 33 ft (about 15 × 10 m)

You need: Ball, Cones, 1 tall marker

HOW TO RUN IT

1. **Set up:** A grid about fifteen steps by ten with a tall marker or bag in the middle.
2. **Start behind:** The runner begins behind the marker where a defender could not see them.
3. **Go together:** The run and the pass start at the same moment.
4. **Into space:** The pass goes ahead of the runner, not to their feet.
5. **No breaking stride:** If they have to stop or reach, the weight was wrong. Say so and go again.
6. **Ten each:** Ten from each side, swapping roles halfway.

COACH IT

The run starts from behind the defender, where they cannot see it

Done when: Pass arrives in the runner's stride, without them breaking step, on 7 of 10 attempts.

spatrian.com/drills/blind-side-check-and-slip-pass

PASSING

Kick-In to a Runner

10 min · 2 players · 30 × 20 ft (about 9 × 6 m)

You need: 1 futsal ball or soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Two cones mark a touchline on the floor. Two more cones mark a channel about six steps infield where the runner goes.
2. **Set the ball:** The child places the ball still on the line, with one foot on the line or outside it.
3. **Four seconds:** The parent counts four seconds out loud once the child is ready, and starts to run.
4. **Pass into the run:** Before the count ends, pass along the floor into the space just ahead of the runner.
5. **Swap sides:** Take five from the left of the channel and five from the right, then swap roles.
6. **Count it:** Ten kick-ins, counting the ones taken inside four seconds that reach the runner in stride.

COACH IT

Decide where the pass is going before the ball is down

Done when: 8 of 10 kick-ins taken inside four seconds reach the runner in stride.

spatrian.com/drills/futsal-kick-in-to-a-runner

SOLO · PASSING

Outside-of-the-Foot Wall Pass

10 min · 1 player · 12 × 10 ft (about 4 × 3 m)

You need: 1 soccer ball, A wall or rebounder

HOW TO RUN IT

1. **Set up:** Four steps from a bare wall or a rebounder, with a ball and nothing breakable within reach. Hard floor or thin carpet.
2. **Toe down:** Point the toe down and in, lock the ankle, and strike the ball with the outside of the laces so it spins away from the foot.
3. **Soft first:** Ten passes each foot at half pace, controlling the return with the inside of the other foot.
4. **Hips still:** Ten more each foot without turning the body to face the wall. The disguise is the point.
5. **One touch:** Thirty seconds of outside-foot passes off the wall, one touch to control and one to pass, alternating feet.
6. **Count it:** One minute counting passes that come back to the feet. Write it down.

COACH IT

Toe down and in, ankle locked, the ball struck with the outside of the laces

Done when: 20 outside-of-the-foot passes in 60 seconds returning to the feet, 10 with each foot.

spatrian.com/drills/outside-of-the-foot-wall-pass

PASSING

Rondo 3v1

10 min · 4 players · 33 × 33 ft (about 10 × 10 m)

You need: Ball, 4 cones

HOW TO RUN IT

1. **Set up:** Four cones in a square about ten steps a side. Three players on the edges, one in the middle.
2. **Spread out:** The three stand on different sides, never two on the same one. Big square, short defender.
3. **Two touches:** One to control, one to pass. Any more and the defender gets there.
4. **Open up:** Before the ball arrives, turn side-on so you can see both teammates without twisting.
5. **Count aloud:** Count every completed pass. Reset to nought when the defender touches it.
6. **Swap:** Whoever loses it goes in the middle. Two minutes, then everybody swaps regardless.

COACH IT

Decide before the ball arrives, not after it — a player who starts thinking on the first touch has already lost the half-second the rondo is training

Done when: 10 consecutive passes before the defender touches the ball.

spatrian.com/drills/rondo-3v1

PASSING

Triangle Passing

15 min · 3 or more players · 33 × 33 ft (about 10 × 10 m)

You need: Ball, 3 cones

HOW TO RUN IT

1. **Set up:** Three cones in a triangle, about ten steps apart. One player at each, one ball.
2. **Pass and follow:** Pass to the next cone, then run to the cone you passed to.
3. **Weight it:** Firm enough to arrive, soft enough to control. Say 'too heavy' or 'too soft' out loud each time.
4. **Check first:** Glance at the next cone before the ball reaches you, not after.
5. **One touch:** Once it is smooth, one touch only. It will fall apart — that is the point.
6. **Both ways:** Two minutes clockwise, two minutes back the other way for the weaker foot.

COACH IT

Weight of pass matters more than accuracy here. A pass on target but too soft invites a defender, and one too hard cannot be controlled — ask them to name the weight before they hit it.

Done when: 20 consecutive one-touch passes with nobody standing still.

spatrian.com/drills/triangle-passing

PASSING

Two-Grid Transition Rondo

15 min · 2 to 6 players · 66 × 33 ft (about 20 × 10 m)

You need: Ball, 8 cones

HOW TO RUN IT

1. **Set up:** Two squares side by side, about ten steps a side each. One ball.
2. **Five first:** Five passes inside the first square before anyone is allowed to break out.
3. **Along the ground:** The break-out pass stays down. In the air it is uncontrollable at this range.
4. **Open body:** Whoever receives in the second square turns side-on before it arrives.
5. **Go immediately:** The pass leaves as the fifth one lands. Counting to six loses it.
6. **Swap ends:** Four rounds, changing which square starts.

COACH IT

Five passes before you are allowed to break out

Done when: The break-out pass leaves the foot inside 1.2 seconds of the fifth pass, on 8 of 10 attempts.

spatrian.com/drills/two-grid-transition-rondo

PASSING

Up, Back and Through

12 min · 1 to 3 players · 66 × 33 ft (about 20 × 10 m)

You need: Ball, 3 cones

HOW TO RUN IT

1. **Set up:** Three cones in a line about ten steps apart. One player at each.
2. **Up:** The first player passes firmly into the middle player, who has checked towards them.
3. **Back:** The middle player lays it off first time — one touch, no control.
4. **Through:** The third player slides it into the space ahead for the first player's run.
5. **Keep moving:** Nobody stops until the sequence finishes. Walk it twice, then up to pace.
6. **Rotate:** Everyone plays every position. Six sequences each.

COACH IT

The lay-back is one touch — no controlling it first

Done when: All three passes completed inside 4.5 seconds with the ball never coming to a stop.

spatrian.com/drills/up-back-and-through

SOLO · PASSING

Wall Passing (Solo) / Partner Passing

10 min · 1 to 2 players · 30 × 15 ft (about 9 × 5 m)

You need: 1 soccer ball, Wall or rebounder for solo

HOW TO RUN IT

1. **Set up:** Stand five to eight steps apart, or five steps from a wall if you are solo. Put two cones down as a gate if you want a target.
2. **Plant foot:** Pass with the inside of the foot. The non-kicking foot goes beside the ball pointing at the target — that is what aims the pass.
3. **Locked ankle:** Ankle stays stiff through contact, like a hockey stick. A floppy ankle is why the ball spins off line.
4. **First touch:** Receiving, cushion the ball so it dies in front of them. Think catching an egg, not stopping a can.
5. **Count clean passes:** Count consecutive clean passes and reset on a miss. Say the running total out loud.
6. **Weaker foot:** One full round on the weaker foot. It will feel awful — say so out loud, and keep going.
7. **One touch:** Finish with one touch each. No stopping the ball, just pass it straight back.

COACH IT

Ankle locked through contact, toe turned out. A loose ankle is what makes a pass squirm off line, and it is almost always the fault when the ball keeps missing to the same side.

Done when: 95 of 100 returns stopped dead inside a one-meter square.

spatrian.com/drills/wall-passing

SOLO · PASSING

Weak Foot Only

10 min · 1 player · 18 × 12 ft (about 5 × 4 m)

You need: 1 soccer ball, Wall or rebounder

HOW TO RUN IT

1. **Set up:** About five steps from a wall. Mark a square on the ground roughly one meter across.
2. **Weak foot only:** Everything from here is the foot they avoid. No sneaking the strong foot in to rescue a bad touch.
3. **Plant foot:** The standing foot points at the wall. On the weak side it will want to point away — that is the fault to fix.
4. **Locked ankle:** Inside of the foot with a stiff ankle. Push through the ball rather than swinging at it.
5. **Receive and return:** Same foot receives, same foot passes. Two touches.
6. **Two minutes:** Count how many of forty come back inside the square. Expect it to look untidy at first.

COACH IT

The plant foot points at the target — this is where weak-foot passes go wrong

Done when: 30 of 40 weak-foot passes returning inside a one-meter square in 2 minutes.

spatrian.com/drills/weak-foot-only

SHOOTING

Shooting from the Box

15 min · 1 to 4 players · 54 × 54 ft (about 16 × 16 m)

You need: Balls, Goal/targets

HOW TO RUN IT

1. **Set up:** A goal or two cones, and a shooting area about eighteen steps across in front of it.
2. **One touch to set:** The first touch goes out of the feet and slightly forward. Do not shoot off a bad touch.
3. **Plant foot:** It lands beside the ball, pointing where the shot is meant to go.
4. **Over the ball:** Head and chest over it at contact, or it climbs over the bar.
5. **Pick a corner:** Call the corner out loud before striking, then see if it went there.
6. **Both sides:** Ten from the right, ten from the left, and count how many were on target.

COACH IT

Plant foot pointing at the target. Nearly every dragged shot is a plant foot pointing somewhere else, and it is the first thing to check before talking about power.

Done when: 7 of 10 shots on target, released within one touch of receiving.

spatrian.com/drills/shooting-from-the-box

SOLO · SHOOTING

Target Practice

10 min · 1 to 2 players · 45 × 25 ft (about 14 × 8 m)

You need: Soccer ball, Cones/water bottles as targets, Goal or wall

HOW TO RUN IT

1. **Set up:** Targets in the corners of a goal or against a wall — cones or bottles. Shoot from eight to twelve steps. Gather several balls so you are not fetching every shot.
2. **Side foot first:** Placement before power. Plant foot points at the target, follow through toward it.
3. **Laces:** Switch to laces — toe pointed down, ankle locked, striking through the middle of the ball.
4. **Head still:** Eyes on the ball through contact. Looking up early is the classic miss.
5. **Ten shots:** Ten shots, count the hits, say the score after each one.
6. **Weaker foot:** Five on the weaker foot. Praise contact and ignore where it goes.
7. **Match it:** Finish with a touch before each shot, the way a real chance arrives.

COACH IT

Plant foot points at the target. Nearly every dragged shot is a plant foot pointing somewhere else, and it is far easier to see from behind them than from the side.

Done when: 7 of 10 shots on target, released within one touch of receiving.

spatrian.com/drills/target-practice-shooting

SOLO · SHOOTING

Toe Poke Finish

10 min · 1 player · 30 × 15 ft (about 9 × 5 m)

You need: 1 soccer ball, 2 cones

HOW TO RUN IT

1. **Set up:** Two cones a big step apart against a flat wall make the goal. A line about eight steps out is where every shot starts.
2. **Still ball:** Ball on the line. One short step in and strike through the middle of the ball with the toe of the shoe.
3. **Keep it low:** The foot follows through towards the gate, not upwards. Every shot should stay below knee height.
4. **No backswing:** The leg barely goes back. The toe poke is quick because it has almost no wind-up, so keep it short.
5. **Rolling ball:** Play the ball off the wall to yourself and finish first time with the toe as it comes back.
6. **Count it:** Ten shots, counting how many go through the gate below the knee. Write the number down.

COACH IT

Strike through the middle of the ball, or the toe lifts it over the gate

Done when: 7 of 10 toe pokes through the gate from eight steps, every one below knee height.

spatrian.com/drills/toe-poke-finish

SOLO · SHOOTING

Turn and Toe Poke

10 min · 1 player · 30 × 15 ft (about 9 × 5 m)

You need: 1 futsal ball or soccer ball, A flat wall, 2 cones

HOW TO RUN IT

1. **Set up:** A cone gate a big step wide against a far wall, and a start line about eight steps out facing the near wall.
2. **Pass and receive:** Facing the near wall with the gate behind, pass into the wall and receive the return.
3. **Sole turn:** Stop the ball with the sole and drag it back behind the standing leg, turning to face the gate.
4. **Toe poke:** Straight out of the turn, strike through the middle of the ball with the toe, no backswing.
5. **Both ways:** Turn to the right for ten, then to the left for ten.
6. **Count it:** Twenty finishes, counting how many go through the gate below the knee. Write the number down.

COACH IT

The turn and the strike are one movement, with no settling touch between

Done when: 14 of 20 toe pokes through the gate below the knee, turning both ways.

spatrian.com/drills/turn-and-toe-poke

SCANNING

Colour-Call Rondo

12 min · 2 to 5 players · 40 × 40 ft (about 12 × 12 m)

You need: Ball, 4 coloured cones

HOW TO RUN IT

1. **Set up:** A square about twelve steps a side, with four different-colored cones outside it.
2. **Keep it simple:** Start with ordinary keep-away, no colors, until the passing is steady.
3. **Add a color:** Call one every few seconds. The next pass goes towards that cone.
4. **Look early:** The scan happens while the ball is traveling to them, not once it is at their feet.
5. **Say it:** They call the color out loud so you know they saw it rather than guessed.
6. **Two touches:** Control and pass. No more, once they are comfortable.

COACH IT

Look for the colors before the ball arrives, not after

Done when: Pass reaches the right color inside 1.5 seconds with no control error, on 8 of 10 calls.

spatrian.com/drills/colour-call-rondo

SCANNING

Midfield Pivot Scanning

12 min · 1 to 4 players · 50 × 50 ft (about 15 × 15 m)

You need: Ball, 4 target gates

HOW TO RUN IT

1. **Set up:** A circle or square about fifteen steps across with four gates around the outside.
2. **Two looks:** One over each shoulder before the ball arrives.
3. **Call it:** You call a gate number while the pass is traveling.
4. **First touch points:** The controlling touch already faces the gate they are going to.
5. **Say it back:** They call the gate out loud before playing it.
6. **Ten calls:** Score out of ten, then rest and go again.

COACH IT

Two looks before the ball arrives — one over each shoulder

Done when: Correct gate found on 9 of 10 calls, with the shoulder check under half a second before contact.

spatrian.com/drills/midfield-pivot-scanning

SOLO · SCANNING

Scan Clock

12 min · 1 player · 15 × 15 ft (about 5 × 5 m)

You need: 1 soccer ball, 4 coloured cones

HOW TO RUN IT

1. **Set up:** Four differently colored cones set around them like a clock face — one at twelve, three, six and nine. Ball at their feet.
2. **Keep it moving:** The ball never stops for the whole round. Small touches in the middle of the clock.
3. **Scan unprompted:** Before any call, ask for a shoulder check every few touches. This is the habit being built.
4. **Call a color:** You call one. They say what is at that cone without stopping the ball.
5. **Beat the call:** The look should already have happened. If the answer is slow the eyes were down.
6. **Sixty seconds:** A minute on and a minute off, three rounds. Count right answers out of ten.

COACH IT

The scan happens between touches whether or not anything has been asked

Done when: Right color called 9 times in 10 with the ball never coming to a stop.

spatrian.com/drills/scan-clock

SOLO · SCANNING

Three-Colour Agility Maze

10 min · 1 to 2 players · 26 × 26 ft (about 8 × 8 m)

You need: Ball, 6 coloured cones

HOW TO RUN IT

1. **Set up:** A small grid about eight steps a side with three differently colored gates around it.
2. **Light feet:** Small steps on the balls of the feet, ball close.
3. **Head up:** Find the color first, then move. Feet follow the eyes.
4. **Accelerate out:** Burst through the gate rather than drifting through it.
5. **Short bursts:** Twenty seconds on, forty off. This is a speed drill, not a fitness one.
6. **Six rounds:** Count correct gates out of ten calls.

COACH IT

Feet stay light and underneath you — no long strides

Done when: Correct gate found on 9 of 10 calls with no more than two braking steps.

spatrian.com/drills/three-colour-agility-maze

SOLO · SCANNING

Two-Wall Scanning Gauntlet

10 min · 1 player · 25 × 15 ft (about 8 × 5 m)

You need: Ball, Wall, 3 coloured markers

HOW TO RUN IT

1. **Set up:** Stand about four steps from a wall, with three colored markers behind you.
2. **Get a rhythm:** Twenty steady two-touch passes against the wall first, no cues at all.
3. **Look while it travels:** The shoulder check happens as the ball goes away from them.
4. **Call it:** You call a color; they say what they saw out loud without breaking rhythm.
5. **Keep passing:** The pass and the look happen together. Stopping to look is the fault.
6. **Sixty seconds:** One minute continuous, then rest a minute. Three rounds.

COACH IT

The shoulder check happens while the ball is traveling away from you

Done when: Shoulder check confirmed under half a second before contact, with the call correct 8 times in 10.

spatrian.com/drills/two-wall-scanning-gauntlet

DEFENDING

Channel Duel — Steer to the Line

12 min · 2 players · 50 × 26 ft (about 15 × 8 m)

You need: Ball, 6 cones, 1 mini goal

HOW TO RUN IT

1. **Set up:** A lane about fifteen steps long and eight wide, with a mini goal at one end.
2. **APPROACH FAST, ARRIVE SLOW:** Close the space quickly, then small steps for the last three.
3. **Side on:** Stand turned, front foot pointing where you want them to go.
4. **Do not dive in:** Wait for a heavy touch. Lunging early is how attackers get past.
5. **Show them wide:** A point every time the attacker is forced away from the middle.
6. **Swap:** Five duels each, then change roles.

COACH IT

Approach fast, arrive slow — the last three steps are small

Done when: Attacker forced away from the middle on 8 of 10 duels, with no lunging tackles.

spatrian.com/drills/channel-duel-steer-to-the-line

SOLO · DEFENDING

Cut the Angle: Goal-Side Position

10 min · 1 to 2 players · 25 × 20 ft (about 8 × 6 m)

You need: 1 soccer ball, 5 cones or markers

HOW TO RUN IT

1. **Set up:** One cone as the goal. Four cones in a fan about eight steps in front of it, where an attacker might stand.
2. **The ball moves:** Put the ball beside one of the four cones. That is where the attacker has it.
3. **Find the line:** Sprint to the straight line between the ball and the goal cone.
4. **Two steps off:** Stop about two steps from the ball, close enough to step in, far enough not to be turned.
5. **Side-on:** Turn side-on so the attacker is shown toward the outside, away from the goal.
6. **Ten balls:** Move the ball ten times. Count how many times they finish on the line, two steps off, side-on.

COACH IT

Goal-side first. The line between the ball and the goal is where a defender lives.

Done when: 8 of 10 positions on the ball-to-goal line, two steps off, side-on.

spatrian.com/drills/cut-the-angle

DEFENDING

Defensive Shape Drill

20 min · 4 to 8 players · 66 × 66 ft (about 20 × 20 m)

You need: Ball, Cones

HOW TO RUN IT

1. **Set up:** A line of cones across an area about twenty steps wide. Players spread along it.
2. **Arm's length:** Close enough that stretching out, they would nearly touch the next player.
3. **Walk it:** Move the ball slowly across. Everyone shifts towards it, together, still in a line.
4. **Squeeze:** The far-side player comes in, they do not stay wide. Say 'squeeze' every time they forget.
5. **Press and cover:** Nearest player goes to the ball, the next one drops slightly behind them.
6. **Speed up:** Only once the walk is clean. Three minutes at jogging pace.

COACH IT

Stay compact — the gaps between defenders should be small enough that nothing can be played between them. Compactness is both sideways and front-to-back, and the second half is the one usually forgotten.

Done when: Shape holds for 3 minutes with no gap wider than four steps.

spatrian.com/drills/defensive-shape

DEFENDING

Jockey and Recovery Challenge

12 min · 2 players · 50 × 33 ft (about 15 × 10 m)

You need: Ball, Cones

HOW TO RUN IT

1. **Set up:** A grid about fifteen steps by ten.
2. **Arm's length:** Close enough to touch them, far enough not to be beaten by one touch.
3. **Small steps back:** Retreat under control, side-on, never crossing the feet.
4. **Turn and run:** When they go, turn and match their speed. Do not reach.
5. **Front foot wins it:** Take it with the front foot once they take a heavy touch.
6. **Six each:** Six duels each, counting clean tackles with no foul.

COACH IT

Stay an arm's length away while backing off — close enough to touch, not to lunge

Done when: Clean tackle with no foul on 7 of 10 attempts.

spatrian.com/drills/jockey-and-recovery-challenge

SOLO · DEFENDING

Jockeying Shadow

10 min · 1 player · 15 × 15 ft (about 5 × 5 m)

You need: 4 cones

HOW TO RUN IT

1. **Set up:** Four cones marking a channel about five steps wide. No ball for this one.
2. **The stance:** Side on, knees bent, weight on the balls of the feet, one shoulder pointing where the attacker would be.
3. **Small steps:** Shuffle sideways without the feet ever crossing. Crossed feet is how a defender gets beaten.
4. **Change on the call:** You point left or right every two or three seconds. They change without standing up.
5. **Stay low:** The fault to correct is rising up between changes. Low is slow-looking and actually faster.
6. **Six rounds:** Twenty seconds working, forty resting. Count changes with no crossed feet.

COACH IT

Side on and low, with one shoulder pointing at where the attacker would be

Done when: 20 changes of direction in 60 seconds with the feet never crossing.

spatrian.com/drills/jockeying-shadow

DEFENDING

Recovery Run and Angle of Pursuit

12 min · 2 players · 82 × 50 ft (about 25 × 15 m)

You need: Ball, Cones

HOW TO RUN IT

1. **Set up:** A channel about twenty-five steps long. Attacker starts ahead, defender behind.
2. **First three steps:** Full sprint immediately. Hesitate and the chase is already lost.
3. **Run the curve:** Bend the run to finish goal-side, not straight at their back.
4. **Get level first:** Draw alongside before doing anything else.
5. **Then show them wide:** Once level, steer them away from the middle. No tackle from behind.
6. **Six each:** Six recoveries each, then swap.

COACH IT

Run the curve, not the straight line — you want to end up between them and the goal

Done when: Defender arrives goal-side without fouling on 7 of 10 recoveries.

spatrian.com/drills/recovery-run-angle-of-pursuit

SOLO · DEFENDING

Recovery Run: Turn and Track

10 min · 1 player · 45 × 15 ft (about 14 × 5 m)

You need: 4 cones or markers

HOW TO RUN IT

1. **Set up:** Three cones in a line about ten steps apart, and a fourth cone a step to one side of the middle one as the attacker.
2. **Jog out:** Jog forward from the first cone toward the far one, as a full-back who has joined the attack.
3. **Turn:** On the call, turn on the very next step, never two more strides forward.
4. **Sprint goal-side:** Sprint back so the path passes between the attacker cone and the first cone, which is the goal.
5. **Arrive set:** Finish two steps past the attacker cone, side-on, knees bent, ready to defend.
6. **Six runs:** Six runs with a full walk back between each. Count the runs that arrived goal-side and set.

COACH IT

Turn on the first step. Every extra stride forward after the ball is lost is a stride the attacker gains.

Done when: 5 of 6 runs arriving goal-side of the attacker cone, set and side-on.

spatrian.com/drills/recovery-run

SOLO · DEFENDING

Shadow 1v1 Reactions

10 min · 1 to 2 players · 12 × 12 ft (about 4 × 4 m)

You need: 1 soccer ball, 4 cones or shoes

HOW TO RUN IT

1. **Set up:** Four cones in a square about four steps a side with a ball dead in the middle. No kicking in this one.
2. **Mirror:** You walk left and right along one side; they shadow you along the other, side on and low.
3. **Feint:** Stop, go, change direction. They match without crossing the feet or standing up.
4. **Pounce:** On 'now', they step in fast and put a sole on the ball, then back out to the shadow. Ten pounces.
5. **Angle:** Show them a side by stepping across, so they steer you away from the ball. Ten more.
6. **Count it:** Sixty seconds of mirroring with pounces on call. Count the pounces that reach the ball in under a second.

COACH IT

Side on and low between calls; the first step is quick only from a low stance

Done when: 10 pounces in 60 seconds that reach the ball in under a second, with the feet never crossing.

spatrian.com/drills/shadow-1v1-reactions

DEFENDING

Steering to the Outside Gate

12 min · 2 players · 40 × 33 ft (about 12 × 10 m)

You need: Ball, Cones, 2 gates

HOW TO RUN IT

1. **Set up:** An area about twelve steps by ten, a goal in the middle, a gate on each side.
2. **Stand off center:** Position so the middle looks shut and the outside looks open.
3. **Front foot points:** Whichever way you want them to go, that foot leads.
4. **Patient:** No diving in. Wait for the heavy touch.
5. **Score the steer:** Two points for forcing them through a side gate, one for a clean tackle.
6. **Five each:** Five duels each way, then swap.

COACH IT

Stand slightly to one side so the middle looks shut and the outside looks open

Done when: Attacker sent through a side gate rather than the middle on 8 of 10 duels.

spatrian.com/drills/steering-to-the-outside-gate

DEFENDING

Zonal Sliding Screen

15 min · 3 to 6 players · 66 × 66 ft (about 20 × 20 m)

You need: Ball, Bibs, Cones

HOW TO RUN IT

1. **Set up:** An area about twenty steps square, split into three lanes with cones.
2. **Stay connected:** No more than four steps between neighbors in the line.
3. **Move together:** When the ball goes across, everybody slides. Nobody stays behind.
4. **Far side comes in:** The player furthest from the ball tucks in rather than holding the touchline.
5. **Press and cover:** Nearest goes to the ball, next one drops slightly behind them.
6. **Three minutes:** Walk it first, then at jogging pace.

COACH IT

Everybody moves together — the far-side player slides in, they do not stay wide

Done when: The line holds for 3 minutes with no gap wider than 4 steps at any switch.

spatrian.com/drills/zonal-sliding-screen

PRESSING

4v2 Press Trap

15 min · 4 to 6 players · 40 × 40 ft (about 12 × 12 m)

You need: Ball, Bibs, 8 cones

HOW TO RUN IT

1. **Set up:** A square about twelve steps a side, split down the middle with a line of cones.
2. **Together:** The two defenders stay within four steps of each other the whole time.
3. **One presses:** The nearest goes to the ball; the other covers the closest pass.
4. **Wait for the trigger:** Only press hard on a bad touch, a backwards pass or a bouncing ball.
5. **Shut the half:** Once the ball is trapped in one half, close it fast.
6. **Swap:** Two minutes, then new defenders.

COACH IT

The two defenders move together — one presses, one covers the nearest pass

Done when: Ball won in the trap half on 6 of 10 attempts, defenders never more than four steps apart.

spatrian.com/drills/4v2-press-trap

PRESSING

Five-Second Win-It-Back Box

15 min · 2 to 6 players · 66 × 66 ft (about 20 × 20 m)

You need: Ball, Bibs, 8 cones

HOW TO RUN IT

1. **Set up:** An inner square about twelve steps a side inside a bigger one about twenty.
2. **Keep it:** The bigger group keeps possession inside the inner square.
3. **On loss, go:** The instant it is lost, the closest player goes to the ball. No hesitating.
4. **Block lanes:** Everyone else stands in a passing lane rather than joining the chase.
5. **Count five:** You count aloud. At five, they stop and get organized instead.
6. **Swap:** Two minutes, then change who starts with the ball.

COACH IT

The closest player goes to the ball immediately — everyone else blocks a pass

Done when: Ball won back inside the box on 7 of 10 turnovers.

spatrian.com/drills/five-second-win-it-back-box

PRESSING

Three-Second Win-It-Back Duel

10 min · 2 players · 20 × 20 ft (about 6 × 6 m)

You need: Ball, 4 cones

HOW TO RUN IT

1. **Set up:** A small square about six steps a side. Two players, one ball.
2. **Win it:** One player starts with the ball and tries to keep it.
3. **Go immediately:** On losing it, the other has three seconds to get it back.
4. **To the ball:** Go for the ball, not the player.
5. **Count aloud:** You count three. At three, stop and reset.
6. **Twenty rounds:** Ten each way, tracking how many were won back.

COACH IT

Go the moment it is lost — hesitating for half a second is what loses it for good

Done when: Ball recovered inside three seconds on 6 of 10 turnovers.

spatrian.com/drills/three-second-win-it-back-duel

SMALL-SIDED GAMES

2v2 Micro-Pitch

12 min · 4 players · 26 × 26 ft (about 8 × 8 m)

You need: Ball, Bibs, 2 mini goals

HOW TO RUN IT

1. **Set up:** A square about eight steps a side with two mini goals.
2. **One or two touches:** There is no room for a third. That is the whole point.
3. **Support at an angle:** Beside your teammate, never directly behind them.
4. **Ninety seconds:** Full effort for ninety seconds, no coasting.
5. **Rest properly:** Ninety seconds fully off. Sitting down is fine.
6. **Four rounds:** Keep score across all four.

COACH IT

Everything is one or two touches — there is no room for a third

Done when: 90 seconds of continuous play with the ball leaving the area fewer than 3 times.

spatrian.com/drills/2v2-micro-pitch

SMALL-SIDED GAMES

2v2 with Bumpers

15 min · 4 to 6 players · 52 × 46 ft (about 16 × 14 m)

You need: Ball, Bibs, 2 mini goals

HOW TO RUN IT

1. **Set up:** An area about sixteen steps by fourteen, two mini goals, a player on each side line.
2. **BUMPERS PLAY FOR EVERYONE:** They always join whichever team has the ball.
3. **One touch on the line:** Bumpers play first time and stay on their line.
4. **Use them early:** Go to the bumper when the middle is shut, not when you are already stuck.
5. **Come back facing forward:** Take the return so you are looking at the goal.
6. **Rotate:** Three minutes, then the bumpers swap in.

COACH IT

Use the bumper when the middle is blocked — it is not a last resort

Done when: At least 4 bumper combinations per 3-minute round, each returning the ball facing forward.

spatrian.com/drills/2v2-with-bumpers

SMALL-SIDED GAMES

Possession Game 4v4

20 min · 8 or more players · 82 × 66 ft (about 25 × 20 m)

You need: Ball, Bibs, Cones

HOW TO RUN IT

1. **Set up:** An area about twenty-five steps by twenty, bibs for one team, one ball.
2. **Keep it:** No goals. Ten consecutive passes is a point.
3. **Angles:** Support beside or ahead of the ball, never directly behind it.
4. **Head up:** Look before it arrives. Call for it by name so the passer knows where you are.
5. **Press on loss:** The moment you lose it, the closest two go straight after it.
6. **Rounds:** Four minutes on, two off. Three rounds.

COACH IT

Find the free player, who is almost always the one furthest from the ball. Playing away from pressure rather than through it is the whole idea of a possession game.

Done when: 25 passes in a single possession without losing the ball.

spatrian.com/drills/possession-game-4v4

GOALKEEPING

Catch and Throw in Four

10 min · 2 players · 30 × 15 ft (about 9 × 5 m)

You need: 1 futsal ball or soccer ball, 4 cones

HOW TO RUN IT

1. **Set up:** Two cones a big step apart make the keeper's goal. Two target cones sit out wide about eight steps away.
2. **Ball in:** The parent rolls or tosses the ball at the keeper, who catches it cleanly in both hands.
3. **Look and count:** As the ball is caught, the parent runs to one target cone and the keeper counts four.
4. **Throw out:** Before four, a bowled roll along the floor or an overarm throw into the runner's path.
5. **Both sides:** Five throws to the left target and five to the right, then mix them.
6. **Count it:** Ten catches, counting the throws out inside four seconds that reach the runner in stride.

COACH IT

Look for the runner while the ball is still coming in

Done when: 8 of 10 throws out inside four seconds reach the runner in stride.

spatrian.com/drills/goalkeeper-catch-and-throw

SOLO · GOALKEEPING

GK Angles: Stand on the Line

10 min · 1 to 2 players · 30 × 25 ft (about 9 × 8 m)

You need: 1 soccer ball, 5 cones or markers

HOW TO RUN IT

1. **Set up:** Two cones for a goal about eight big steps wide, one cone in its middle, and two more marking a box in front.
2. **The line:** Place the ball anywhere in front. The keeper finds the imaginary line from the ball to the middle cone.
3. **Step up:** They stand on that line, one or two steps off the goal line, and set.
4. **Check:** Look from behind the ball. The keeper should block the middle cone from view.
5. **Move it:** Move the ball to a new spot, wide, central, close and far. The keeper steps across and sets again.
6. **Count it:** Ten spots. Count the ones where they were on the line and set before you said go.

COACH IT

Stand on the line from the ball to the middle of the goal.

Done when: 8 of 10 spots on the line and set within 3 seconds of the ball moving.

spatrian.com/drills/goalkeeper-angles

SOLO · GOALKEEPING

GK Collapse Dive from the Knees

10 min · 1 to 2 players · 12 × 10 ft (about 4 × 3 m)

You need: 1 soccer ball, Soft grass or a thick mat

HOW TO RUN IT

1. **Set up:** Soft grass or a thick mat, nothing hard nearby, and the keeper kneeling up tall.
2. **Placed ball:** Put the ball an arm's length to one side. Fall onto it sideways, hands first, landing on the hip and shoulder. Five each side.
3. **Rolled ball:** You roll the ball slowly to one side. They collapse onto it and hold it. Five each side.
4. **Top hand:** The top hand goes on top of the ball, the bottom hand behind it, and the ball is pulled into the body.
5. **Low crouch:** When the kneeling dives are clean, the same from a low crouch on the feet. Five each side.
6. **Count it:** Ten rolled balls, sides mixed. Count the ones held with a clean side landing.

COACH IT

Land on the side of the hip and shoulder, never an elbow or an outstretched hand.

Done when: 8 of 10 rolled balls held with a clean side landing and no elbow down.

spatrian.com/drills/goalkeeper-collapse-dive

SOLO · GOALKEEPING

GK Distribution: Roll and Throw

10 min · 1 to 2 players · 45 × 20 ft (about 14 × 6 m)

You need: 1 soccer ball, 4 cones or markers

HOW TO RUN IT

1. **Set up:** Two cones as a gate about ten steps away. Two more cones about twenty steps away as a target zone a few steps wide.
2. **The roll:** Step forward, bend low and bowl the ball along the ground through the near gate, so it never bounces.
3. **Follow through:** The hand finishes pointing at the gate, palm up, low to the grass.
4. **The throw:** Side-on to the far zone, ball held in one hand behind the head, arm straight.
5. **Over the top:** Step with the opposite foot and bring the arm over the top, releasing toward the zone.
6. **Count both:** Ten rolls and ten throws. Count the rolls through the gate and the throws landing in the zone.

COACH IT

Roll low. A bowled ball that bounces is a ball a teammate cannot control first time.

Done when: 8 of 10 rolls through the gate and 6 of 10 throws landing in the zone.

spatrian.com/drills/goalkeeper-distribution

SOLO · GOALKEEPING

GK Footwork: Shuffle and Set

10 min · 1 to 2 players · 20 × 15 ft (about 6 × 5 m)

You need: 1 soccer ball, 4 cones or markers

HOW TO RUN IT

1. **Set up:** Four cones in a straight line, about two steps apart, as wide as a small goal.
2. **Set position:** Feet shoulder width, knees soft, weight on the balls of the feet, hands up and ready.
3. **Shuffle:** Side-step to the next cone with short, quick steps. The feet never cross.
4. **Set again:** Stop at the cone and be completely still before anything else happens.
5. **Catch:** Drop the ball from chest height and catch it on the half-bounce, thumbs almost touching behind it.
6. **Back and forth:** Down the line and back is one set. Five sets, then count the clean catches.

COACH IT

Short side-steps with the feet never crossing. Crossed feet are the moment a keeper cannot push off to either side.

Done when: 18 of 20 catches held cleanly, with the feet never crossing on the shuffle.

spatrian.com/drills/goalkeeper-footwork

SOLO · GOALKEEPING

GK Handling

15 min · 1 to 2 players · 40 × 25 ft (about 12 × 8 m)

You need: Balls, Goal

HOW TO RUN IT

1. **Set up:** A goal or two cones, keeper on the line, server about twelve steps out.
2. **Set position:** Feet shoulder width, weight forward on the balls of the feet, hands up ready.
3. **W hands:** Thumbs almost touching behind the ball for anything above the waist.
4. **Body behind:** Get the whole body behind the ball, not just the hands.
5. **Low balls:** Down on one knee for anything rolling, so nothing squeezes through.
6. **Count clean:** Ten low, ten waist, ten high. Count how many were held with no rebound.

COACH IT

Set position early, feet planted before the shot rather than as it arrives. A keeper still moving when the ball is struck is a keeper diving late every time.

Done when: 9 of 10 shots held cleanly with no rebound spilled.

spatrian.com/drills/goalkeeper-handling

SOLO · GOALKEEPING

GK Hands: Low Catches

10 min · 1 to 2 players · 10 × 10 ft (about 3 × 3 m)

You need: 1 soccer ball

HOW TO RUN IT

1. **Set up:** A clear square of floor, one ball, and the keeper seated with legs out. You three steps away. Nothing breakable behind them.
2. **Seated w:** Serve underarm to the chest. Catch with thumbs together behind the ball in a W, pulling it in. Ten.
3. **Seated scoop:** Serve low to the lap. Little fingers together, scoop and cradle. Ten.
4. **Kneeling:** Up onto the knees. Ten W catches to the chest, ten scoops to the ground either side.
5. **Crouch:** Into a low set position, weight forward. Ten catches each side, moving the feet before the hands.
6. **Count it:** Sixty seconds of mixed serves. Count clean catches with no fumble. Write it down.

COACH IT

Thumbs together behind the ball for a chest catch; little fingers together for a low one

Done when: 20 clean catches in 60 seconds with the W or the scoop and no fumble.

spatrian.com/drills/gk-hands-low-catches

SOLO · GOALKEEPING

GK High Ball: Catch at the Top

10 min · 1 to 2 players · 15 × 15 ft (about 5 × 5 m)

You need: 1 soccer ball

HOW TO RUN IT

1. **Set up:** Open sky above, soft grass underfoot, and nothing within a few steps.
2. **Standing w:** Toss the ball a little above the head and catch it high in a W, thumbs touching behind it. Ten.
3. **Knee up:** Same toss, but drive one knee up as you catch. The knee protects the body in a crowd. Ten each knee.
4. **One step and jump:** Toss it higher and a step in front. Step, jump off one foot, catch at the top. Ten.
5. **Bring it in:** After every catch, pull the ball down and into the chest before landing.
6. **Count it:** Twenty high tosses with the step and jump. Count clean catches held at the top.

COACH IT

Catch at the highest point, in front of the head where the eyes can see the hands.

Done when: 16 of 20 caught cleanly at the top, off one foot with a knee up.

spatrian.com/drills/goalkeeper-high-ball-catching

SOLO · GOALKEEPING

GK Save and Reset

10 min · 1 to 2 players · 15 × 12 ft (about 5 × 4 m)

You need: 2 soccer balls, Soft grass or a thick mat

HOW TO RUN IT

1. **Set up:** Soft grass, two balls, and the keeper in a low set position between two cones about three steps apart, or two shoes.
2. **First save:** Roll one ball to the left. The keeper collapses onto it and holds it.
3. **Up fast:** They drop the ball behind them, push up off the ground and get set again, facing you.
4. **Second ball:** Roll the second to the right. Collapse, hold, and finish set. That is one pair.
5. **Swap sides:** Start the next pair to the right. Eight pairs in all.
6. **Count it:** Count the pairs where both balls were held and the keeper was set before the second roll.

COACH IT

Up off the ground at once: push with the bottom hand and get the feet under you.

Done when: 6 of 8 pairs with both balls held and the keeper set before the second roll.

spatrian.com/drills/goalkeeper-save-and-reset

SOLO · GOALKEEPING

GK Throws to Targets

10 min · 1 to 2 players · 40 × 20 ft (about 12 × 6 m)

You need: 1 soccer ball, 6 cones or markers

HOW TO RUN IT

1. **Set up:** Three gates two steps wide, at about five, ten and fifteen big steps from a start cone.
2. **Bowl:** Step forward, bend the front knee down and roll the ball through the near gate along the ground like a bowl. Five.
3. **Farther:** Bowl through the middle gate. Five.
4. **Overarm:** Ball in one hand, arm straight, step and throw over the shoulder through the far gate. Five.
5. **Pick it:** You call 'near', 'middle' or 'far' and they choose the roll or the throw to match.
6. **Count it:** Fifteen called gates. Count the ones the ball went through at the right height.

COACH IT

Bowl with the front knee down so the ball leaves along the grass.

Done when: 11 of 15 called gates hit, the roll with no bounce.

spatrian.com/drills/goalkeeper-throwing

SOLO · GOALKEEPING

GK Wall Reactions

10 min · 1 to 2 players · 20 × 12 ft (about 6 × 4 m)

You need: 1 soccer ball, A wall or rebounder

HOW TO RUN IT

1. **Set up:** A solid wall, a line about four big steps from it, and nothing breakable either side.
2. **Underarm:** Throw underarm against the wall at chest height, set, and catch the return in a W with thumbs together. Ten.
3. **Low:** Throw so it comes back low. Scoop it with the little fingers together, the body behind the hands. Ten.
4. **One step in:** Move a step closer to the wall. The ball comes back quicker. Ten mixed catches.
5. **Side to side:** Throw a little left or right of center and shuffle to get the body behind the ball before catching. Ten.
6. **Count it:** Back to the line. Sixty seconds of throws and catches, counting clean ones with no fumble.

COACH IT

Set between the throw and the catch: feet apart, knees soft, hands up.

Done when: 25 clean catches in 60 seconds from the line, with no fumble.

spatrian.com/drills/goalkeeper-wall-reactions

SOLO · SPEED AND AGILITY

Core for the Strike

10 min · 1 or more players · 7 × 7 ft (about 2 × 2 m)

You need: Nothing but the space

HOW TO RUN IT

1. **Set up:** A mat or carpet with room to lie flat. No ball, and no shoes needed.
2. **Plank:** Forearms down, body one straight line from heels to head. Thirty seconds. Rest thirty.
3. **Side plank:** On one forearm, hips lifted and stacked, twenty seconds each side.
4. **Dead bug:** On the back, arms up and knees over hips. Lower the opposite arm and leg slowly, back flat to the floor. Ten each side.
5. **Glute bridge:** On the back, feet flat, lift the hips until the body is straight from knees to shoulders. Fifteen, squeezing at the top.
6. **Again:** Run the four once more, then one last timed plank. Write the time down.

COACH IT

One straight line in the plank: hips neither sagging nor piked

Done when: A 60-second plank held in one straight line, with 10 clean dead bugs each side.

spatrian.com/drills/core-for-the-strike

SOLO · SPEED AND AGILITY

Cut and Go

10 min · 1 player · 20 × 20 ft (about 6 × 6 m)

You need: 1 soccer ball, 2 cones

HOW TO RUN IT

1. **Set up:** Two cones about seven steps apart. Ball starts at the first one.
2. **Accelerate:** Full effort to the far cone with the ball. Jogging it defeats the purpose.
3. **Brake properly:** Three short chopping steps to stop, weight low. Not one long slide.
4. **Knee over foot:** On the cut the knee stays above the foot rather than falling inwards.
5. **Go again:** Accelerate straight back out of the turn. The exit is part of the rep.
6. **Ten cuts:** A minute of work then two minutes rest. Three rounds and no more — this is speed work.

COACH IT

The braking is the half that keeps knees healthy, so it gets coached first

Done when: 10 cuts in 60 seconds with three braking steps on each and no sliding.

spatrian.com/drills/cut-and-go

SOLO · SPEED AND AGILITY

Fast Feet & Lateral Shuffle

8 min · 1 or more players · 8 × 6 ft (about 2 × 2 m)

You need: 2 cones or shoes as markers

HOW TO RUN IT

1. **Set up:** Two markers one long step apart on a clear patch of floor. Shoes on for grip. No ball.
2. **Fast feet:** Twenty seconds of the quickest small steps on the spot, then ten seconds rest. Four rounds.
3. **Shuffle:** Side-step between the markers for twenty seconds, low, feet never crossing. Ten rest. Four rounds.
4. **Hops:** Small hops forward and back over an imaginary line, landing soft, twenty seconds. Four rounds.
5. **Ali shuffle:** Front foot back and back foot forward at the same time, like a boxer, twenty seconds. Four rounds.
6. **Count it:** One last twenty seconds of shuffles, counting every touch of a marker. Write it down.

COACH IT

Feet stay under the hips: wide feet are slow feet

Done when: 16 marker touches in a 20-second shuffle round with the feet never crossing.

spatrian.com/drills/fast-feet-and-lateral-shuffle

SOLO · SPEED AND AGILITY

Ladder & Cone Agility

10 min · 1 to 4 players · 40 × 15 ft (about 12 × 5 m)

You need: Agility ladder (or tape/sticks), Cones for sprints

HOW TO RUN IT

1. **Set up:** A ladder, or tape, sticks or flat cones in a line. Two cones fifteen steps apart for sprints. No ball.
2. **Two feet in:** Two feet in every box, all the way down, as quick as they can.
3. **Silent feet:** Ask them to land silently. That gets them up on their toes without you having to say it.
4. **Sideways:** Side-step through the ladder facing you the whole way. Hips square, feet never crossing.
5. **Arms drive:** Pump the arms. Arms drive the legs — this is what turns quick feet into quick movement.
6. **Sprint and jog:** Sprint to the far cone, jog back. Three times, with full recovery between.

COACH IT

Quick feet and stay low. The whole point is ground contact time, so a tall bouncing run through the ladder is doing the shape of the drill without any of the work.

Done when: 2 clean runs of the full pattern with no mis-step.

spatrian.com/drills/ladder-and-cone-agility

SOLO · SPEED AND AGILITY

Single-Leg Balance Circuit

8 min · 1 or more players · 6 × 6 ft (about 2 × 2 m)

You need: Nothing but the space

HOW TO RUN IT

1. **Set up:** A patch of floor two steps square. Bare feet, or socks on a mat if the floor is hard. No ball.
2. **Stand:** Thirty seconds on one foot, eyes open, hands on hips. Then the other foot.
3. **Eyes closed:** Fifteen seconds on each foot with the eyes shut. Much harder: a wall within reach is fine.
4. **Star reach:** On one foot, touch the free foot forward, to the side and behind, five times each way. Swap.
5. **Airplane:** On one foot, tip the chest forward with the arms out wide for twenty seconds. Swap.
6. **Count it:** One last eyes-closed hold on each foot, timed. Write the longest down.

COACH IT

The standing knee sits over the middle toes and never rolls in

Done when: A 20-second eyes-closed hold on each foot without a touch down.

spatrian.com/drills/single-leg-balance-circuit

SOLO · SPEED AND AGILITY

Skater Bounds & Line Hops

8 min · 1 or more players · 10 × 6 ft (about 3 × 2 m)

You need: 2 cones or markers for a line

HOW TO RUN IT

1. **Set up:** A line on the floor, tape, a rope or two markers, with a stride of clear space either side. No ball.
2. **Skater bounds:** Push off one foot sideways and land softly on the other, holding the landing for a beat. Thirty seconds. Rest thirty.
3. **Line hops:** Feet together, quick small hops side to side over the line, thirty seconds. Rest thirty.
4. **Forward and back:** The same quick hops forward and back over the line, thirty seconds. Rest thirty.
5. **Stick it:** Ten bounds each way, landing and holding dead still for two seconds before the next.
6. **Count it:** One last thirty seconds of line hops, counting every landing on the far side. Write it down.

COACH IT

Land quiet: a loud landing is a landing the legs are not absorbing

Done when: 50 line hops in 30 seconds with quiet landings and the knee never collapsing in.

spatrian.com/drills/skater-bounds-and-line-hops

SPEED AND AGILITY

Sprint Intervals

15 min · 1 or more players · 100 × 20 ft (about 30 × 6 m)

You need: Cones

HOW TO RUN IT

1. **Set up:** Two markers about thirty steps apart on flat ground.
2. **Warm up first:** Never sprint cold. Three build-up runs at half, then three-quarter pace.
3. **Drive out:** First three steps low and hard, arms pumping. Do not stand up straight too early.
4. **Full effort:** Six sprints, all-out. Anything less trains nothing.
5. **Walk back:** Two full minutes between each. Sitting down is fine — recovery is the training here.
6. **Time them:** Write each one down. If the last is more than half a second slower than the first, stop.

COACH IT

The first three steps decide it. A sprint is won leaving the line, not halfway down it, so make the start the thing you actually coach and watch.

Done when: Six sprints all within 0.3 seconds of the first one.

spatrian.com/drills/sprint-intervals

SOLO · WARM-UP

Indoor Warm-Up & Mobility

5 min · 1 or more players · 10 × 8 ft (about 3 × 2 m)

You need: Nothing but the space

HOW TO RUN IT

1. **Set up:** Clear a patch of floor two big steps long. Shoes on; no ball for this one.
2. **March:** One minute marching on the spot, knees to hip height, arms swinging. Big and slow.
3. **Skip:** One minute skipping on the spot without a rope, light on the balls of the feet.
4. **Swing:** Holding a wall or a chair, twenty leg swings forward and back each leg, then twenty side to side.
5. **Lunge and twist:** Ten walking lunges along the floor and back, turning the chest over the front knee each time.
6. **Open the hips:** Ten slow knee circles each way on each leg, then ten ankle circles. Ready to work.

COACH IT

Tall through the whole thing: a warm-up done hunched warms the wrong muscles

Done when: All 5 parts in 5 minutes with 20 full-height swings each leg.

spatrian.com/drills/indoor-warm-up-and-mobility

SOLO · WARM-UP

Warm-Up Jog & Stretch

5 min · 1 or more players · 30 × 30 ft (about 9 × 9 m)

You need: Cones or markers for a jog circuit

HOW TO RUN IT

1. **Set up:** Put four cones in a rough square about ten steps apart. No ball yet — leave it on the sideline.
2. **Easy jog:** Jog together around the cones for two minutes. Keep it slow enough that you can both still talk.
3. **Arms:** Still jogging, add big arm circles — twenty forwards, then twenty backwards.
4. **Leg swings:** Stop and hold a cone for balance. Swing one leg forward and back like a pendulum, ten each side.
5. **Lunges:** Walking lunges to the far cone and back. Big steps, chest tall, front knee over the ankle.
6. **Sprints:** Two short sprints between cones at about seventy percent. Walk back between them.

COACH IT

Keep it conversational — they should be able to talk the whole way through. A warm-up they cannot speak during is a session, and they will start the real work already tired.

Done when: 2 minutes of unbroken jogging before any stretching, then 10 lunges each side.

spatrian.com/drills/warm-up-jog-and-stretch

SOLO · COOL-DOWN

Cool-Down & Debrief

5 min · 1 or more players · 20 × 20 ft (about 6 × 6 m)

You need: Nothing but the space

HOW TO RUN IT

1. **Slow down:** Slow jog for two minutes, then walk until the breathing settles.
2. **Stretch:** Thirty seconds each on quads, hamstrings, calves and groin. Held gently, no bouncing.
3. **Breathe:** A few slow breaths together. It signals that the session is over.
4. **Ask first:** Ask what their favorite part was — and let them answer fully before you say anything.
5. **Ask next:** Ask what they want to work on next time. Whatever went wrong today can wait.

COACH IT

Walk the heart rate down before stretching. Dropping straight into a static stretch from full effort is where the light-headedness comes from; two minutes of walking first solves it.

Done when: 30 seconds held on each of 4 stretches, with the heart rate back near resting.

spatrian.com/drills/cool-down-and-debrief