SET 1 · WEEK OF NOVEMBER 23, 2026 · FREE FOR COACHES

5 PRACTICE PLANS FOR TUESDAY.

Each plan is one practice: a warm-up, two or three activities and a game, with the minutes for each. Every activity comes from SoccerTraq's reviewed drill library, written so a volunteer coach can run it from the page.

1 **Keep the ball in midfield**
Ages 10 to 16 · 7v7, 9v9 or 11v11 · 75 minutes · Episode 1: why your team keeps losing the ball in midfield

2 **Pass and receive under pressure**
Ages 10 to 16 · 7v7, 9v9 or 11v11 · 75 minutes · Episode 2: pass completion, the youth stat that matters most

3 **A 75-minute 9v9 session: play through the middle**
Ages 10 to 13 · 9v9 · 75 minutes · Episode 4: a 75-minute 9v9 practice, start to finish

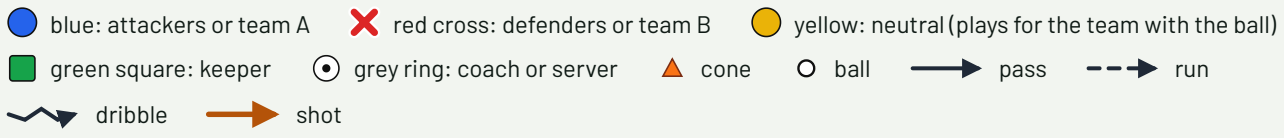
4 **Use the whole width**
Ages 11 to 16 · 9v9 or 11v11 · 65 minutes · Episode 5: width, why great youth teams use the whole pitch

5 **Press together**
Ages 10 to 16 · 7v7, 9v9 or 11v11 · 60 minutes · Episode 8: pressing for U12s, in plain words

How to use these plans

- Pick the plan that fits what you saw in your last game.
- Set up the first two activities before the players arrive.
- Each activity says how to make it easier or harder. Change it if it's too hard or too easy.
- Give every player a drink at each break, and more often when it's hot.

How to read the diagrams



KEEP THE BALL IN MIDFIELD

For the team that loses the ball as soon as it reaches the middle. Players learn to make a triangle, split two defenders and use the free player.

Ages 10 to 16 | 7v7, 9v9 or 11v11 | 9 to 16 players | 75 minutes

0:00	**1.** Passing gates: pass through, then find a new gate	10 min
0:10	**2.** Support angles: make a triangle after every pass	12 min
0:22	*Drinks break*	*3 min*
0:25	**3.** 4v2 box: split the two defenders	12 min
0:37	**4.** 4v4 plus three neutrals: link end to end	18 min
0:55	*Drinks break*	*2 min*
0:57	**5.** Conditioned scrimmage: some goals count double	18 min
1:15	**End**	**75 min**

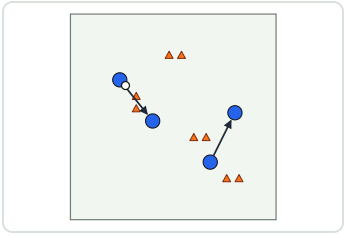
In the game, keep the second condition: a goal after five passes in a row counts double.

ACTIVITY 1 · WARM-UP

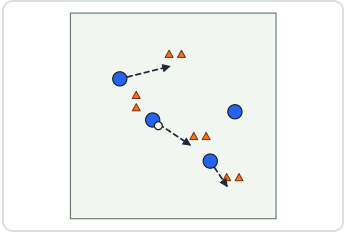
Passing gates: pass through, then find a new gate

10 min

Ages 7 to 18 · 6 to 20 players · 16 to 20 cones, 1 ball per pair



1. Two pairs shown: each pair passes through a gate.



2. After the pass, both players run to a new gate.

25 × 25 m

GOAL

Get every player touching the ball early, passing with the inside of the foot and moving to a new gate after each pass.

SET-UP

A 25 x 25 m area with 8 to 10 small cone gates (1.5 m wide) scattered inside. Players (blue) in pairs, one ball per pair.

HOW IT WORKS

1. Pairs pass to each other through any gate. The pass must go through the gate to count.
2. After each pass, both players move to a different gate.
3. Count the gates you pass through in 60 seconds.
4. Rest 30 seconds, then try to beat your score.

COACHING POINTS

- Open your body so you can see your partner and the next gate.
- Pass with the inside of the foot, ankle locked, to your partner's front foot.
- Move after you pass: the next gate is the one nobody is using.

MAKE IT EASIER

- Bigger gates.
- Pairs stay at two gates side by side.

MAKE IT HARDER

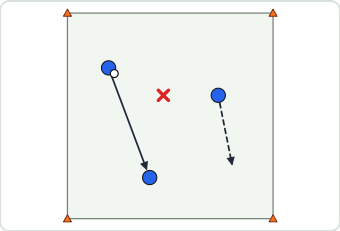
- Only two touches, then one touch.
- Call the gate before you pass.

ACTIVITY 2 · PASSING

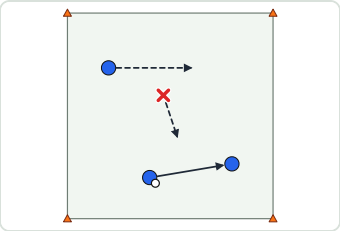
12 min

Support angles: make a triangle after every pass

Ages 9 to 16 · 6 to 12 players · 4 cones per box, 1 ball and 1 bib per group



1. One group shown: pass, and the free player moves to make a triangle.



2. Next pass: the new free player moves to a fresh angle.

15 × 15 m · blue: attack · red: defend

GOAL

Teach the player without the ball to make a passing angle: not behind the defender, not in a straight line.

SET-UP

A 15 x 15 m area for each group, marked with four cones. Groups of three attackers (blue) and one defender (red), one ball per group.

HOW IT WORKS

1. Two attackers keep the ball from the defender while the third moves to support.
2. After every pass, the player without the ball moves to make a triangle again.
3. Rotate the defender every minute.

COACHING POINTS

- Show for the ball at an angle, away from the defender's shadow.
- Arrive on the half-turn (body open to see forward and back) so you can play forward.
- Pass and move into a new triangle.

MAKE IT EASIER

- Defender is passive for the first round.
- Bigger box.

MAKE IT HARDER

- Add a target player (a forward who holds the ball up) on one end line: a pass to them scores.
- Limit to two touches.

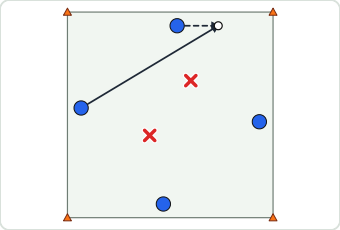
Safety: Stay on your feet: no slide tackles.

ACTIVITY 3 · POSSESSION

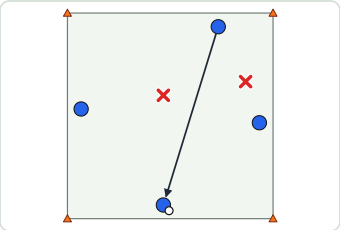
12 min

4v2 box: split the two defenders

Ages 9 to 18 · 6 to 12 players · 4 cones, 6 balls, Pinnies



1. Start: blue passes round the box; the receiver slides along the line to get clear.



2. The defenders leave a gap, so blue passes between them: one point.

15 × 15 m · blue: attack · red: defend

GOAL

Keep the ball against two defenders by sliding along the box's sides for angles and passing between them when the gap opens.

SET-UP

A 15 x 15 m square with one attacker (blue) on each side and two defenders (red) inside. Spare balls sit at a corner. With more players, set up a second box.

HOW IT WORKS

1. The 4 outside players pass around and across the box. The 2 defenders try to win the ball.
2. A split pass (a pass between two defenders) scores a point.
3. When a defender wins the ball, the player who lost it swaps with the defender who has been in longest.
4. Play 90-second rounds with 30 seconds of rest.

COACHING POINTS

- Slide along your line so there is a clear pass to you.
- Take your first touch away from the nearest defender.
- Look for the split pass before you play it around.

MAKE IT EASIER

- Make the box 18 x 18 m.
- Play 4v1.

MAKE IT HARDER

- Two-touch limit.
- Make the box 12 x 12 m.

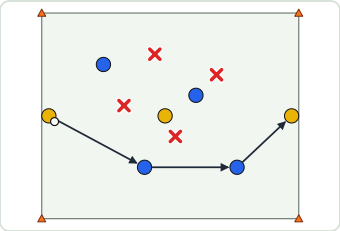
Safety: Stay on your feet: no slide tackles.

ACTIVITY 4 · POSSESSION

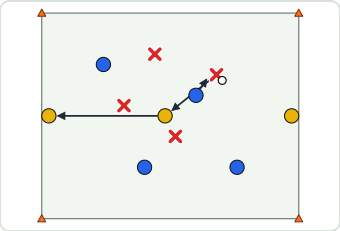
4v4 plus three neutrals: link end to end

18 min

Ages 10 to 16 · 9 to 11 players · 4 cones, 3 balls, 4 bibs each colour + 3 yellow



1. Blue uses the end neutrals to go from one end to the other.



2. Red wins it and now plays with the neutrals; blue presses.

25 × 20 m · blue: team A · red: team B · yellow: neutrals (play with the team on the ball)

GOAL

Keep the ball as a team, using the three yellow players who always join the team with the ball.

SET-UP

A 25 x 20 m area marked with four cones. Two teams of four (blue and red). Three yellow players, each a neutral (plays for the team with the ball): one at each end, one inside.

HOW IT WORKS

1. The team with the ball keeps it with the neutrals' help: seven against four.
2. Eight passes in a row is a point.
3. A pass from one end neutral to the other is two points.
4. Lose the ball and the other team plays with the neutrals.
5. Play four rounds of about four minutes.

COACHING POINTS

- Make the field big when we have the ball, small when we lose it.
- Use the neutrals to get out of tight spots.
- Lose it? The nearest player presses; the others cut the passing lanes.

MAKE IT EASIER

- Add a fourth neutral.
- Fewer passes for a point.

MAKE IT HARDER

- Neutrals play one touch.
- Points only for end to end.

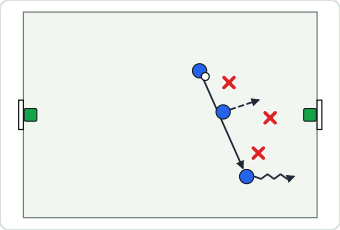
Safety: Stay on your feet: no slide tackles.

ACTIVITY 5 · GAME

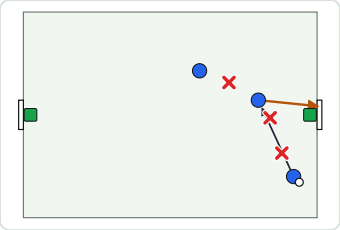
Conditioned scrimmage: some goals count double

18 min

Ages 8 to 16 · 10 to 18 players · 2 goals, Cones, Balls, Bibs



1. Part of the game shown: a pass out wide to the byline.



2. The cut-back and the finish: this goal counts double.

50 × 35 m · blue: attack · red: defend · green: keepers

GOAL

Finish the session with a game that rewards what the team practised today.

SET-UP

A 50 x 35 m area for 7v7, or a pitch sized to the group, with a goal and goalkeeper (green) at each end. Two teams (blue and red).

HOW IT WORKS

1. Play a normal game.
2. A goal from a cut-back (a pass back from near the byline) counts double.
3. A goal after five passes in a row also counts double.
4. The coach can change the condition to match the session.
5. Play two halves of about eight minutes.

COACHING POINTS

- Bring today's focus into the game.
- Encourage, don't stop play too often.
- Freeze only for one key moment per half.

MAKE IT EASIER

- No condition: just play.
- Bigger goals.

MAKE IT HARDER

- Add a second condition.
- Shorter halves, higher tempo.

Safety: Stay on your feet: no slide tackles.

PASS AND RECEIVE UNDER PRESSURE

For the team whose passes go astray when a defender closes in. Players open their body, take a first touch out of their feet and pass on the ground.

Ages 10 to 16 | 7v7, 9v9 or 11v11 | 7 to 16 players | 75 minutes

0:00	**1.** Pass and follow: corner-to-corner square	10 min
0:10	**2.** Diamond passing: set-back and forward pass	10 min
0:20	*Drinks break*	*2 min*
0:22	**3.** Rondo 5v2: find the split pass	15 min
0:37	**4.** 3v3 to end targets: find it and get it back	15 min
0:52	*Drinks break*	*3 min*
0:55	**5.** Conditioned scrimmage: some goals count double	20 min
1:15	**End**	**75 min**

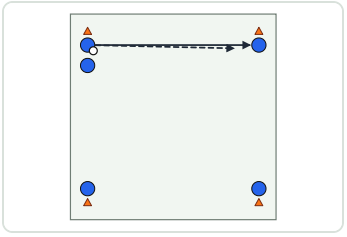
A rondo needs seven. With more players, run a second rondo or swap players in each round.

ACTIVITY 1 · WARM-UP

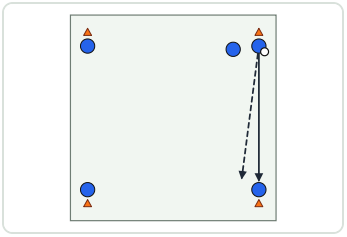
Pass and follow: corner-to-corner square

10 min

Ages 8 to 16 · 5 to 12 players · 4 cones, 2 balls



1. Pass to the next corner, then follow your pass.



2. The receiver touches it on, passes to the next corner and follows.

12 × 12 m

GOAL

Warm up with accurate passing and quick feet: pass, follow your pass and receive on the move.

SET-UP

A 12 x 12 m area with a cone at each corner. One or two players (blue) at each corner; add a second ball once it flows.

HOW IT WORKS

1. Pass to the next corner, then run after your pass to join that line.
2. The receiver takes a first touch out of their feet toward the next corner.
3. The receiver passes on to the next corner and follows the pass.
4. Change direction every two minutes.

COACHING POINTS

- Receive on the half-turn (body open to see forward and back): back foot toward where the ball goes next.
- First touch out in front, not under your body.
- Talk: call for the ball.

MAKE IT EASIER

- Bigger square.
- Two touches always.

MAKE IT HARDER

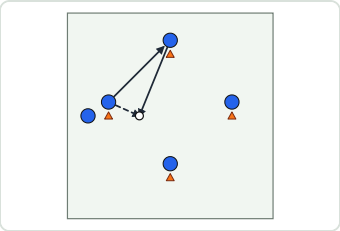
- One touch.
- Add a second ball.

ACTIVITY 2 · PASSING

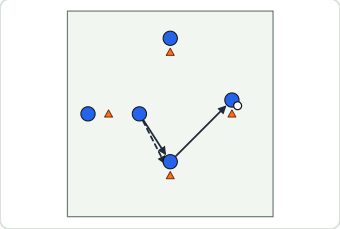
Diamond passing: set-back and forward pass

10 min

Ages 7 to 18 · 5 to 16 players · 4 to 8 cones, 1 ball per 2 players



1. Start: pass to the left cone and get the set-back.



2. Play into the right cone, who turns and finds the top cone. Follow your pass.

The app plays all 3 steps of this diagram.

20 × 20 m

GOAL

Play quick, accurate combinations round a diamond: a pass in, a set-back and a forward pass, following each pass to the next cone.

SET-UP

A 20 x 20 m area with four cones in a diamond about 12 m apart: start, left, right and top. Two or three players wait at the start cone with the balls, and one player stands at each other cone. Run two diamonds for bigger groups.

HOW IT WORKS

1. The start player passes to the left cone.
2. The left player sets it back with one touch to the start player, who steps forward.
3. The start player passes into the right cone. That player turns and passes to the top cone.
4. The top player passes back to the start cone. Each player follows their pass to the next cone.
5. After 2 minutes, rest 30 seconds and run the pattern the other way.

COACHING POINTS

- Open your body before the ball arrives to see the next pass.
- Play the set-back firm and on the ground into your teammate's path.
- Check away from your cone before you show for the ball.
- Follow your pass at a good pace.
- Call the name of the player you pass to.

MAKE IT EASIER

- Two touches at every cone.
- Shorten the diamond to 8 m.

MAKE IT HARDER

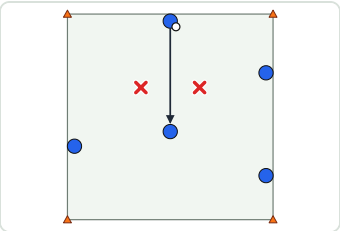
- One touch only at the left and right cones.
- Add a third-player run: the top player sprints in to receive a lofted pass.

ACTIVITY 3 · POSSESSION

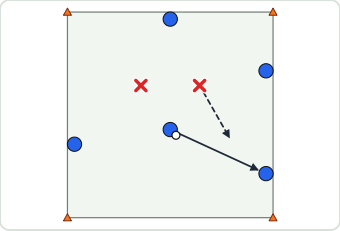
Rondo 5v2: find the split pass

15 min

Ages 10 to 16 · 7 players · 4 cones, 2 balls, 2 bibs



1. Find the split pass between the two defenders.



2. The inside player plays out to the free side; the defenders chase.

14 × 14 m · blue: attack · red: defend

GOAL

Keep the ball in a rondo (keep-ball with defenders in the middle) under more pressure, looking for the split pass (a pass between two defenders).

SET-UP

A 14 x 14 m area marked with four cones. Five attackers (blue) around the outside, one of whom may step inside, and two defenders (red) in the middle.

HOW IT WORKS

1. Attackers keep the ball. A pass between the two defenders scores a point.
2. When a defender wins it, the attacker who lost it and the one who passed to them go in.
3. The two defenders come out and join the attackers.
4. Play 90-second rounds.

COACHING POINTS

- Scan (look around before the ball arrives): where are both defenders?
- The player inside moves to be found between the defenders.
- Play away from pressure: if one side is crowded, the other is open.

MAKE IT EASIER

- Allow three touches.
- Make it 5v1 for the first round.

MAKE IT HARDER

- Two touches maximum.
- Split pass must be one touch to count.

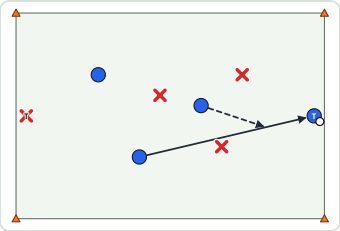
Safety: Stay on your feet: no slide tackles.

ACTIVITY 4 · POSSESSION

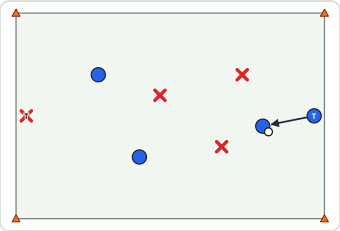
3v3 to end targets: find it and get it back

15 min

Ages 8 to 18 · 8 to 12 players · Cones, Bibs in 2 colours, Several balls



1. Start: blue passes into its target as a teammate moves up to support.



2. The target lays it back to the supporting player: a point.

The app plays all 3 steps of this diagram.

30 × 20 m · blue: team A · red: team B

GOAL

Keep the ball under pressure and look forward: find your target player, get it back, and keep possession.

SET-UP

A 30 x 20 m area with two teams of 3 (blue and red) inside. Each team has a target player (a forward who holds the ball up) on the end line it attacks. One ball in play, spares on the sides.

HOW IT WORKS

1. Teams play 3v3 inside the area.
2. A pass into your target that comes back to a teammate scores a point.
3. After scoring, keep the ball and attack the target again.
4. If the defenders win the ball, they attack their own target straight away.
5. Play 3-minute games and rest 1 minute. Swap the targets in each break.

COACHING POINTS

- Make the pitch big when your team has the ball.
- Get side-on to see the target and your teammates.
- Move to support the target after the pass goes in.
- Without the ball, block the pass into the target first.
- Scan (look around before the ball arrives) to find the far target.

MAKE IT EASIER

- Make the area wider.
- Add a neutral (plays for the team with the ball).

MAKE IT HARDER

- Targets have one touch only.
- Points count only if the target's pass goes to a different player.

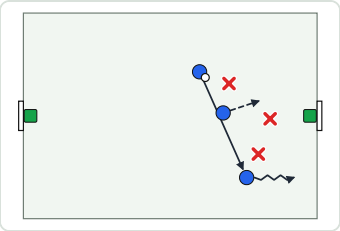
Safety: Stay on your feet: no slide tackles.

ACTIVITY 5 · GAME

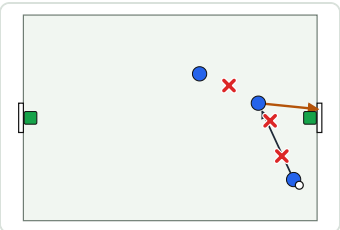
Conditioned scrimmage: some goals count double

20 min

Ages 8 to 16 · 10 to 18 players · 2 goals, Cones, Balls, Bibs



1. Part of the game shown: a pass out wide to the byline.



2. The cut-back and the finish: this goal counts double.

50 × 35 m · blue: attack · red: defend · green: keepers

GOAL

Finish the session with a game that rewards what the team practised today.

SET-UP

A 50 x 35 m area for 7v7, or a pitch sized to the group, with a goal and goalkeeper (green) at each end. Two teams (blue and red).

HOW IT WORKS

1. Play a normal game.
2. A goal from a cut-back (a pass back from near the byline) counts double.
3. A goal after five passes in a row also counts double.
4. The coach can change the condition to match the session.
5. Play two halves of about eight minutes.

COACHING POINTS

- Bring today's focus into the game.
- Encourage, don't stop play too often.
- Freeze only for one key moment per half.

MAKE IT EASIER

- No condition: just play.
- Bigger goals.

MAKE IT HARDER

- Add a second condition.
- Shorter halves, higher tempo.

Safety: Stay on your feet: no slide tackles.

SOCCERTRAQ

A 75-MINUTE 9V9 SESSION: PLAY THROUGH THE MIDDLE

A whole 9v9 practice, start to finish. The team keeps the ball in the triangles a 3-2-3 makes, then finds the midfielder and the striker.

Ages 10 to 13 | 9v9 | 14 to 22 players | 75 minutes

0:00	**1.** Ball mastery in traffic: change the move on the call	10 min
0:10	**2.** 9v9 triangle rondo: six passes, then the target	15 min
0:25	*Drinks break*	*3 min*
0:28	**3.** Find the midfielder: a pass between the lines	18 min
0:46	*Drinks break*	*4 min*
0:50	**4.** 9v9 game: play today's theme	25 min
1:15	**End**	**75 min**

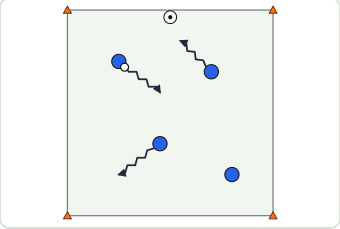
At the game's break, ask each team to find the midfielder between the lines.

ACTIVITY 1 · WARM-UP

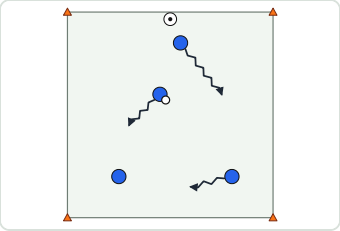
Ball mastery in traffic: change the move on the call

10 min

Ages 6 to 14 · 4 to 20 players · 4 cones, 1 ball each



1. Four players shown: dribble into space, head up.



2. On the coach's call, stop, turn and dribble into new space.

20 × 20 m · blue: players · grey: coach, server or helper

GOAL

Get lots of touches with both feet while keeping heads up in a busy space.

SET-UP

A 20 x 20 m area marked with four cones, a ball for every player (blue). The coach (grey) stands on the edge and calls the moves.

HOW IT WORKS

1. Everyone dribbles inside the area without touching anyone.
2. On the coach's call, change move: sole roll, inside-outside, stop and turn, or change of speed.
3. On 'switch', leave your ball and find another one.
4. Play for about a minute, rest for 30 seconds, then go again until time is up.

COACHING POINTS

- Small touches, ball close.
- Look up between touches to find space.
- Use both feet and the sole.

MAKE IT EASIER

- Bigger area.
- Fewer moves, slower.

MAKE IT HARDER

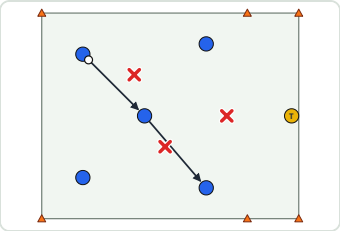
- Laps across the area: right foot only, back with the left, then inside taps between the feet, then sole rolls sideways. Rest 30 seconds between laps.
- Shrink the area.

ACTIVITY 2 · POSSESSION

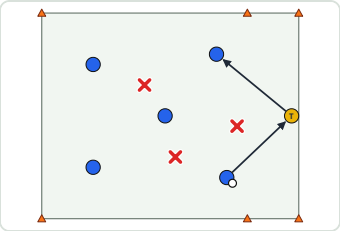
9v9 triangle rondo: six passes, then the target

15 min

Ages 10 to 13 · 8 to 12 players · Cones, Balls, Bibs



1. Keep it in triangles; 6 passes earn the target.



2. A gap opens: play into the target, who lays it back to a teammate.

25 × 20 m · blue: attack · red: defend · yellow: Target (plays for blue)

GOAL

Practise keeping the ball in the triangles a 3-2-3 makes, then playing forward into a target player when a gap opens.

SET-UP

A 20 x 20 m grid with a 5 m strip beyond it (25 x 20 m in all). Five attackers (blue) keep the ball against three defenders (red) inside. A target player (a forward who holds the ball up; yellow, T) stands on the far end line.

HOW IT WORKS

1. Attackers keep the ball, with at least one player wide on each side.
2. Six passes in a row earn the right to play to the target.
3. A pass to the target that comes back to a teammate scores a point.
4. Defenders who win it score by dribbling over either side line.
5. Rotate defenders every three minutes.

COACHING POINTS

- Make a triangle with the passer: one player to the side, one ahead.
- Receive on the back foot, facing forward.
- Look at the target before the ball arrives.

MAKE IT EASIER

- Four passes earn the target.
- Defenders may only intercept, not tackle.

MAKE IT HARDER

- Two touches.
- Target can lay it off only with one touch.

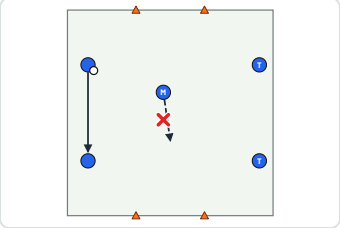
Safety: Stay on your feet: no slide tackles.

ACTIVITY 3 · PLAYING OUT

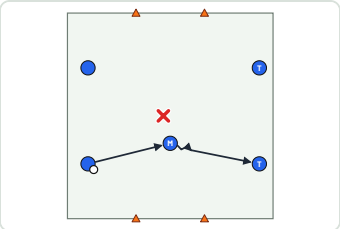
Find the midfielder: a pass between the lines

18 min

Ages 10 to 16 · 8 to 13 players · Cones for 3 zones, Balls, Bibs



1. Pass across; the midfielder moves off their marker.



2. Into the midfielder, who turns and finds a target.

30 × 30 m · blue: attack · red: defend

GOAL

Practise passing into a midfielder who has found space between the lines (the space between two lines of defenders), who turns to attack.

SET-UP

A 30 x 30 m area split into three zones by cones. Two back players (blue) at one end; a midfielder (blue, M) and a defender (red) in the middle zone. Two targets (blue, T) on the far line.

HOW IT WORKS

1. The back players pass across until the midfielder gets free.
2. A pass into the midfielder, who turns and plays a target, scores a point.
3. The middle defender may only defend in the middle zone.
4. Play 3-minute rounds; rotate the midfielder and the defender each round.

COACHING POINTS

- Midfielder: move to the side of your marker and check your shoulder.
- Back players: pass across to move the defender, then go forward.
- Pass to the midfielder's far foot so they can turn.

MAKE IT EASIER

- Middle defender passive.
- Add a second midfielder.

MAKE IT HARDER

- Add a second middle defender.
- Midfielder must turn in one touch.

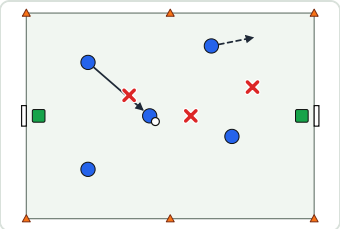
Safety: Stay on your feet: no slide tackles.

ACTIVITY 4 · GAME

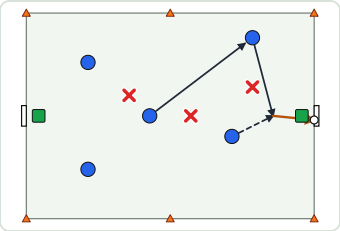
9v9 game: play today's theme

25 min

Ages 9 to 13 · 14 to 22 players · 2 goals, Bibs in two colours, 6 to 8 balls, Cones for the pitch and build-out line



1. Start (part of each team shown): blue builds from the back and spreads wide.



2. Into the wide player's run, then a pass across for a shot.

70 × 50 m · blue: attack · red: defend · green: keepers

GOAL

Play a full 9v9 match under normal rules so players can use what they practised today in a real game.

SET-UP

A 70 x 50 m area (a 9v9 pitch) with a goal at each end. Two teams (blue and red) of 8 outfield players plus a keeper (green) each. Use bibs, with spare balls behind each goal.

HOW IT WORKS

1. Start with a kick-off. Play normal 9v9 rules: build-out line, throw-ins, goal kicks and corners.
2. Play two halves of 10 minutes with a 3-minute drinks break.
3. At the break, give each team one thing to look for, linked to the session theme.
4. Rotate keepers and positions at half-time so everyone tries a new role.

COACHING POINTS

- Spread out when your team has the ball: wide and long.
- Get compact and goal-side (between your player and your goal) when they have it.
- Talk: call for the ball and tell teammates when they have time.
- Use what we practised today whenever the chance comes.
- Coach: stay quiet and praise moments that match the topic.

MAKE IT EASIER

- Add a neutral (plays for the team with the ball).
- Coach freezes play briefly to show good positions.

MAKE IT HARDER

- Award a bonus goal for a goal that comes from the session theme.
- Limit touches in the middle third to two.

Safety: Stay on your feet: no slide tackles. No heading for 11 and under. Rest and drinks at half-time.

USE THE WHOLE WIDTH

For the team that crowds the middle. Players keep the field big, support the winger and switch the play before they attack.

Ages 11 to 16 | 9v9 or 11v11 | 15 to 19 players | 65 minutes

0:00	**1.** Long passing lanes: strike, control, return	10 min
0:10	**2.** Wide support: three players combine up the line	15 min
0:25	*Drinks break*	*3 min*
0:28	**3.** 3v2 overlap: make the extra player out wide	15 min
0:43	*Drinks break*	*2 min*
0:45	**4.** 8v8 plus one: three-lane game, switch to score double	20 min
1:05	**End**	**65 min**

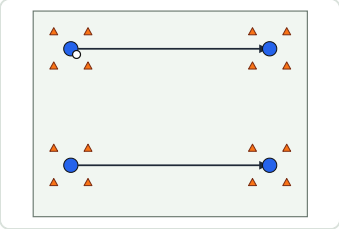
Fewer than 15 players? Play the last game with smaller teams on a smaller pitch. Keep the three lanes.

ACTIVITY 1 · PASSING

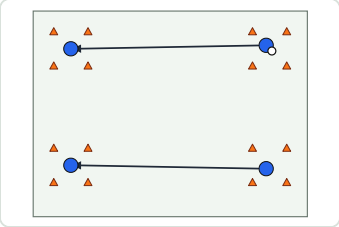
Long passing lanes: strike, control, return

10 min

Ages 10 to 18 · 6 to 18 players · 1 ball per lane, Cones for lanes and boxes



1. Long pass into the far box (two lanes shown).



2. Control it inside the box, then pass long back.

40 × 30 m

GOAL

Strike longer passes accurately and control them cleanly with a first touch that sets up the next pass.

SET-UP

A 40 x 30 m area split into lanes about 30 m long and 8 m wide. Each lane has a 5 x 5 m box at each end. Pairs (two partners) or trios in each lane with one ball.

HOW IT WORKS

1. The player in one box plays a long pass to their partner in the far box.
2. The partner controls the ball inside the box and passes long back.
3. In a trio, the third player waits behind a box and swaps in after each pass.
4. After 2 minutes, rest for 30 seconds, then use the weaker foot for 2 minutes.
5. Finish with 2 minutes of lofted passes that travel in the air.

COACHING POINTS

- Plant your standing foot beside the ball and strike through its middle with your laces.
- Receiver: move to meet the line of the ball and cushion it into the box.
- First touch out of your feet, so the return pass is ready.

MAKE IT EASIER

- Shorten the lane to 20 m.
- Allow the ball to roll along the ground.

MAKE IT HARDER

- Receiver must control and return within two touches.
- Make the lane longer.

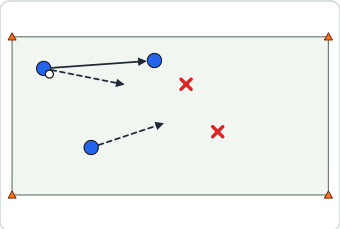
Safety: Keep lanes well apart so passes don't cross into another group.

ACTIVITY 2 · PLAYING OUT

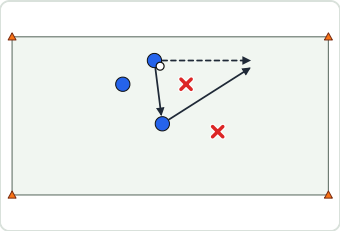
15 min

Wide support: three players combine up the line

Ages 9 to 16 · 6 to 12 players · Cones, Balls, Bibs



1. Pass up the line, then the support arrives.



2. The winger sets it inside and runs; the three combine to the far line.

40 × 20 m · blue: attack · red: defend

GOAL

Practise getting the ball forward to a winger and supporting them quickly so the team moves up the field together.

SET-UP

A 40 x 20 m area down one side of the pitch. A full-back, a winger and a central midfielder (blue) against two defenders (red).

HOW IT WORKS

1. The full-back passes up the line to the winger.
2. The midfielder and full-back move up to support.
3. The three combine to reach the far line.
4. The defenders win by stopping them or clearing it out.
5. Rotate the defenders every three attacks.

COACHING POINTS

- Winger: show for it, then face forward.
- Support quickly: one player behind the ball, one beside it.
- Play forward when you can, back when you must.

MAKE IT EASIER

- One defender.
- Shorter channel.

MAKE IT HARDER

- Add a third defender.
- Must reach the line within 10 seconds.

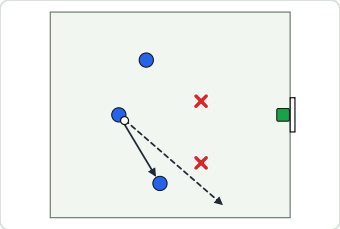
Safety: Stay on your feet: no slide tackles.

ACTIVITY 3 · ATTACKING

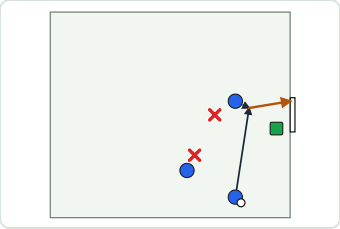
15 min

3v2 overlap: make the extra player out wide

Ages 10 to 16 · 8 to 14 players · Goal, Cones, Balls, Bibs



1. Drive, pass wide, then overlap around the wide player.



2. The overlap gets the ball and crosses low for the runner.

35 × 30 m · blue: attack · red: defend · green: keeper

GOAL

Practise creating the extra player wide with an overlap (run around the outside of a teammate), then finishing the chance it makes.

SET-UP

A 35 x 30 m area with a goal and goalkeeper (green). Three attackers (blue) against two defenders (red).

HOW IT WORKS

1. The middle attacker drives at the defenders and passes wide.
2. The passer overlaps around the outside of the wide player.
3. The wide player chooses: pass to the overlap, cut inside, or shoot.
4. The attack must score within 12 seconds.
5. Rotate attackers and defenders after every three attacks.

COACHING POINTS

- Run outside the ball, at speed, calling for it.
- Wide player: hold the defender, then decide.
- Third attacker attacks the box for a cross or cut-back (a pass back from near the byline).

MAKE IT EASIER

- 2v1 version first.
- More time.

MAKE IT HARDER

- A third defender recovers after 5 seconds.
- Finish first time only.

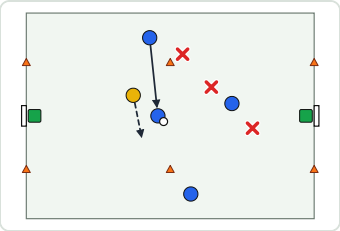
Safety: Stay on your feet: no slide tackles.

ACTIVITY 4 · GAME

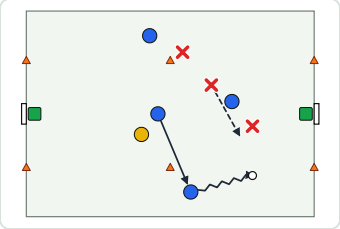
8v8 plus one: three-lane game, switch to score double

20 min

Ages 11 to 18 · 15 to 19 players · 2 goals, 20 cones, Balls, Bibs in 3 colours



1. Start: blue has the ball in one wide lane and passes into the middle.



2. The middle player switches it to the other wide lane, who dribbles up the line.

The app plays all 3 steps of this diagram.

70 × 50 m · blue: attack · red: defend · yellow: neutral (plays with the team on the ball) · green: keepers

GOAL

Encourage teams to move the ball from one side to the other to open space before attacking the goal.

SET-UP

A 70 x 50 m area with a goal and keeper (green) at each end. Two lines along the length make three lanes: two 12 m wide lanes and a central lane. Two teams of 7 (blue and red) plus a keeper each. One neutral (yellow; plays for the team with the ball).

HOW IT WORKS

1. Play a normal game. The neutral always joins the team that has the ball.
2. A goal counts double if, in that attack, the ball was played in one wide lane and then the other.
3. Play two 8-minute halves with a 2-minute drink break.
4. Swap the neutral at half-time.

COACHING POINTS

- Look up before receiving: is the far lane free?
- If a long pass isn't on, switch in two passes through the middle.
- Wide players stay wide to keep the field big.
- Once you switch, attack fast before the defence shifts.

MAKE IT EASIER

- Two neutrals.
- Any pass into a wide lane counts toward the double goal.

MAKE IT HARDER

- Only one player from each team is allowed in each wide lane.
- Limit the neutral to two touches.

Safety: Stay on your feet: no slide tackles. No heading for players 11 and under.

PRESS TOGETHER

For the team that chases the ball one at a time. Players learn to slow the attacker, press and cover as a pair, and win the ball back in five seconds.

Ages 10 to 16 | 7v7, 9v9 or 11v11 | 8 to 16 players | 60 minutes

0:00	**1.** Jockey and delay: slow the attacker, show them wide	12 min
0:12	**2.** Pressure and cover: defend 2v2 as a pair	15 min
0:27	*Drinks break*	*3 min*
0:30	**3.** 4v2 box: press in pairs	15 min
0:45	**4.** Counter-press: win it back in five seconds	15 min
1:00	**End**	**60 min**

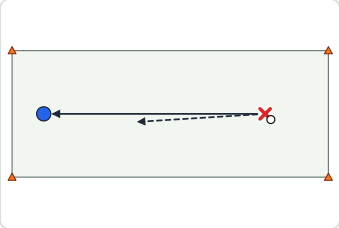
Praise the second and third players who cut the passing lanes, not only the one who wins the ball.

ACTIVITY 1 · DEFENDING

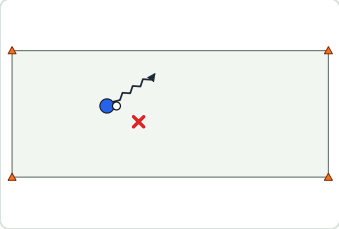
Jockey and delay: slow the attacker, show them wide

12 min

Ages 7 to 18 · 4 to 16 players · Cones, 1 ball per pair



1. Close fast, then slow down side-on.



2. Show them toward the side; wait for the heavy touch.

20 × 8 m · blue: team A · red: team B

GOAL

Teach defenders to jockey (stay side-on in front, without diving in): approach fast, slow down and show the attacker away from goal.

SET-UP

A 20 x 8 m channel for each pair, with an end line to dribble over. Pairs: one attacker (blue) and one defender (red), one ball.

HOW IT WORKS

1. The defender passes to the attacker from the far end and closes them down.
2. The attacker tries to dribble over the defender's end line.
3. The defender wins by stopping the ball, forcing it out, or holding them up for 6 seconds.
4. Swap roles after every duel.

COACHING POINTS

- Close fast while the ball travels, then short steps as you arrive.
- Side-on, knees bent, an arm's length away.
- Show them toward the side line; tackle only when the touch is heavy.
- Watch the ball, not the attacker's tricks.

MAKE IT EASIER

- Attacker walks with the ball.
- Wider channel for the defender's practice.

MAKE IT HARDER

- The counter: a defender who wins it scores by dribbling over the attacker's line. Swap roles after every duel and keep score.
- Narrow the channel and add a goal behind the defender.

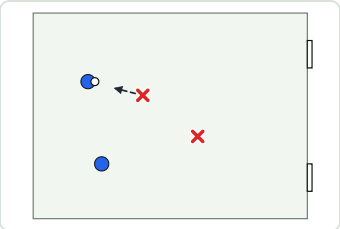
Safety: Stay on your feet: no slide tackles.

ACTIVITY 2 · DEFENDING

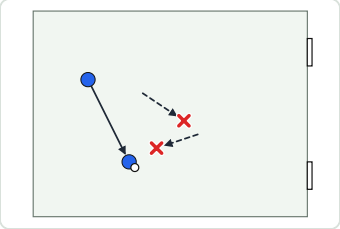
Pressure and cover: defend 2v2 as a pair

15 min

Ages 10 to 18 · 4 to 16 players · 2 small goals, Cones, Balls, Bibs



1. Presser on the ball, cover behind at an angle.



2. Ball switches: the cover presses, the presser covers.

20 × 15 m · blue: attack · red: defend

GOAL

Practise defending as a pair: one presses the ball, the other covers behind at an angle, and they swap jobs as it moves.

SET-UP

A 20 x 15 m area with two small goals at one end. Two attackers (blue) against two defenders (red).

HOW IT WORKS

1. The attackers start with the ball at the far end and try to score in either small goal.
2. The defenders try to win the ball.
3. A defender who wins it dribbles over the far line to score.
4. Change roles every three goes.

COACHING POINTS

- Nearest to the ball presses; the other drops behind and to the side.
- Talk: 'I've got ball', 'I'm covering'.
- When the ball is passed, swap: the cover becomes the presser.

MAKE IT EASIER

- Attackers two touches only.
- Bigger area.

MAKE IT HARDER

- Add a third attacker: defenders must stay compact.
- Small goals become one goal with a keeper.

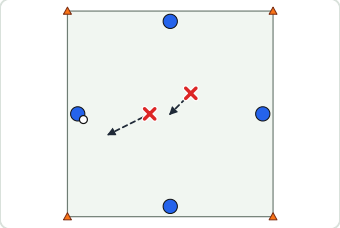
Safety: Stay on your feet: no slide tackles.

ACTIVITY 3 · POSSESSION

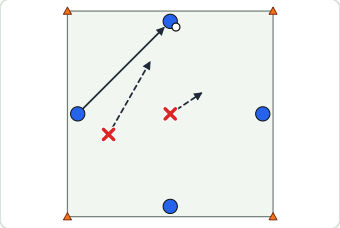
4v2 box: press in pairs

15 min

Ages 9 to 16 · 6 to 12 players · 4 cones, Several balls, Bibs



1. Start: the first defender curves the run at the ball carrier.



2. The only pass left is along the line. The pair shifts with it.

The app plays all 3 steps of this diagram.

10 × 10 m · blue: Keep the ball · red: Press in a pair

GOAL

Teach two defenders to press together around a small 4v2 box: one presses, one covers and cuts out the split pass.

SET-UP

A 10 x 10 m square with one attacker (blue) on each side and two defenders (red) inside. One ball in play and spares at the side.

HOW IT WORKS

1. The four outside players pass around the box and try to split the defenders with a split pass (a pass between two defenders).
2. The first defender presses the ball and curves the run to close one passing option.
3. The second defender sits behind and blocks the pass between them.
4. When the defenders win the ball or it goes out, a new pair goes in.
5. Play 90-second rounds with a rest between turns.

COACHING POINTS

- Presser: curve the run so the attacker can only pass one way.
- Cover: stay close to your partner so the gap is small.
- Outside players: move along your line to make a passing angle.

MAKE IT EASIER

- A bigger box (12 x 12 m).
- The outside players get unlimited touches.

MAKE IT HARDER

- Outside players limited to two touches.
- Defenders score a point for every ball won.

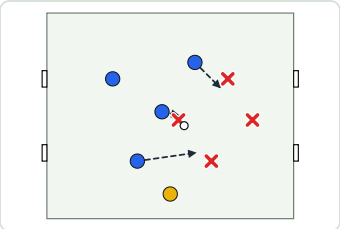
Safety: Stay on your feet: no slide tackles.

ACTIVITY 4 · TRANSITIONS

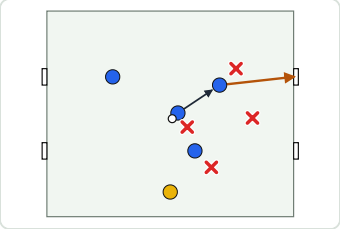
Counter-press: win it back in five seconds

15 min

Ages 10 to 16 · 8 to 14 players · 4 small goals, Cones, Balls, Bibs



1. Blue loses it: the nearest three press straight away.



2. Won back inside five seconds: pass and shoot at a small goal.

30 × 25 m · blue: team A · red: team B · yellow: neutral (plays with the team on the ball)

GOAL

Practise the counter-press (press straight after losing the ball): the nearest players go at once to win it back before a counter.

SET-UP

A 30 x 25 m area with two small goals at each end. Two teams of four (blue and red), plus one neutral (plays for the team with the ball) in yellow.

HOW IT WORKS

1. Play a normal small game.
2. When a team loses the ball, they score a point if they win it back within five seconds.
3. The coach counts the five seconds out loud.
4. Play 4-minute games.

COACHING POINTS

- Nearest player presses at once; the next two cut the passing lanes.
- Press together, not one at a time.
- Not won in five seconds? Drop back into shape.

MAKE IT EASIER

- Seven seconds.
- Add a second neutral.

MAKE IT HARDER

- Win-back point counts double in the opponent's half.
- Three-second limit.

Safety: Stay on your feet: no slide tackles.

SOCCERTRAQ

WHERE THESE PLANS COME FROM

SOCCERTRAQ TURNS YOUR MATCH VIDEO INTO YOUR NEXT PRACTICE.

Upload the video you already film, from a Veo, Trace or BallerCam export or a phone on a tripod. SoccerTraq turns it into team and player numbers, a dot replay of the match and coaching notes. Each note comes with drills like the ones in these plans.

- Every number says where it came from. Anything we didn't measure is left blank, never guessed.
- Coaching notes point to what went well and what to work on, with drills from the same reviewed library.
- Parents see the team's numbers and their own child's, never another child's.

We're bringing teams on a few at a time. Join the waitlist and we'll email you when there's a place for your team.

Join the waitlist at soccertraq.com

Questions or ideas for a plan? Email admin@soccertraq.com.

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