

# 3 Simple Heading Drills

The drills presented on this page are best performed in groups of 2-3 players. Involving too many players would decrease the quality of them and also not give the expected return in form of improved skills of your players.

## Heading Volleyball

This one is great for [increasing your heading](#) technique. It can be easily performed by 1 vs 1 and I can ensure you that this drill really rocks. However, the only negative thing with [this drill](#) is that you will need a net or something similar in order to separate the sides. The purpose of this drill is to head the ball back and forth over the net. Points are given when one of you is unable to head the ball over the net. Handling the ball is not allowed beside for serving.

If you don't know where to get a net you should consider purchasing a badminton net which should be pretty cheap and great for this drill. After purchasing your net find a free area on your backyard and set up the net there. Call then a friend or teammate and ask him to come over and practice with you.

## Juggling

This [drill](#) can be performed alone or with a friend. If you are practicing by yourself, simply throw up the ball and start to juggle by using your forehead. If you have a teammate to practice with, throw the ball in the air and compete by heading the ball back and forth to each other. The one that can complete the most number of exchanges without letting the ball fall on the ground is the winner.

## Throwing the ball

Find a teammate and stand about 10 feet apart. Then throw the ball back to each other's so that you are performing a standing jump to head the ball back. Make sure to jump while heading the ball as it is more difficult to learn. However, once you get rid of it you will have much more easier to win heading duels in your regular games.

## Summary

One thing that you need to keep in mind is to always head the ball by using your forehead. If you head the ball with the top or the side of your head, you're bound to have more headaches. When the ball is flying toward you, keep your eyes open and hit it with determination and power!

# 3 Defensive Soccer Drills

## Intro to defensive soccer drills

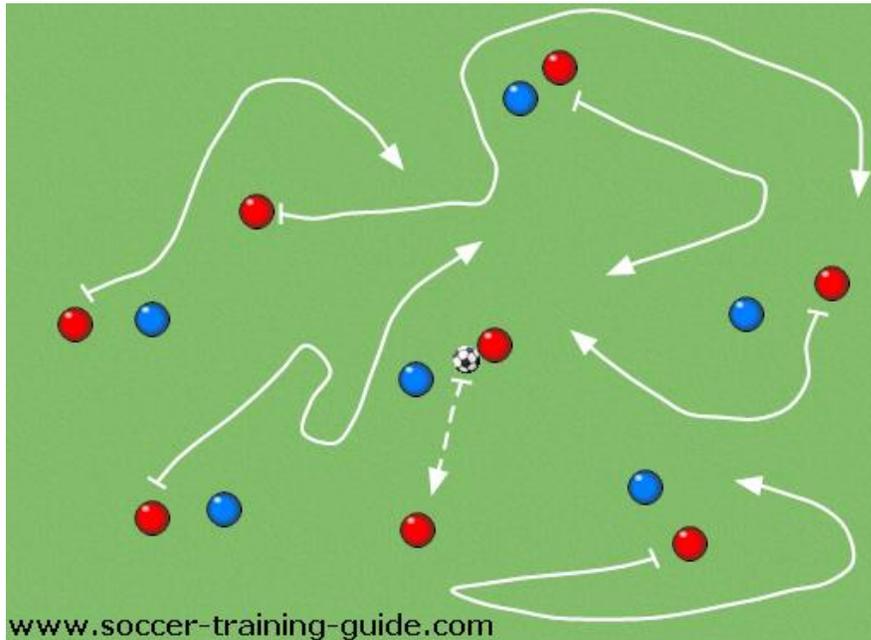
The most important part of a good soccer team is a strong defense. Without strong defense your team will not make any good results.

It doesn't matter how many goals your team score if your players doesn't know how to prevent your opponents from scoring. By making use of these [defensive drills](#) you will definitely improve your soccer teams' skills in defense.

There are several defensive [soccer drills](#) you should consider while teaching your players how to play in defense. However, knowing what type of drills you should focus on can be little tricky, especially if you are new to the "soccer coaching world". To help you out I have created this article where we are going to focus mainly on the defensive aspect of soccer.

Now, let's mainly concentrate on the drills. There are three common defensive soccer drills you should use while teaching your players how to defend:

## Group Defending



### Purpose

The drill comprises several features of the actual or live soccer situations and makes the players work together. Firmness is the most important role of group defending.

### Drill Set Up

Separate your players into defenders and attackers. Each attacking player should have one ball. You may use cones or similar to create the rectangle.

### Performing The Drill

Team without the ball (blue team) is playing as defenders while the other team (red team) is the attackers. Notice that the red team should have 2 more players than the blue team. The red team should try to keep the possession of the ball by actively search for free space inside the rectangle. The blue team should try to mark as many players as possible. However, there will always be 2 unmarked players.

### Variations

Restrict the amount of touches.

### Equipment Needed

Cones, balls, colored bibs.

### Summary

During the [defensive drill](#) the team which will be defending should all compress in the box which will make it harder for the attackers to find passing alternatives.

### Turnovers



### Purpose

The main purpose of this drill is to practice on your teams defense and counter attacks. The drill focuses mainly on the defenders and in the way they construct a counter attack. The main objective is to gain possession of the ball from the attackers and this should be well practiced by the defenders so that they get to know their roles, positions and responsibilities.

### Drill Set Up

Separate your players into attackers and defenders. Decide whether you should play with 3- or 4-line defense. Attackers should play in groups of three. Their mission is to get past your defenders and finish with a shoot at goal.

### Performing The Drill

Attackers are given ball position and they have to dribble through the defense and score. The defense should have four defenders and a goalkeeper and the attackers have to find their way through the defense and score without losing ball position. The defenders should be able to gain ball position at all cost so as to prevent the attackers from scoring.

### Variations

You could vary this drill by restriction the amount of passes between the attackers.

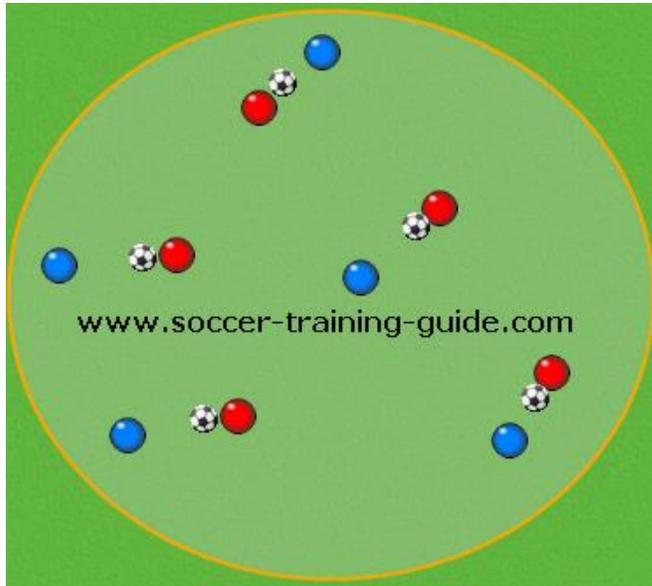
### **Equipment Needed**

Cones, balls, goals, colored bibs.

### **Summary**

Even if your focus mainly on improving your teams defense, I can ensure you that your attacking players will benefit from this drill as well.

## **Central Defense**



### **Purpose**

Improving your defenders cooperation.

### **Drill Set Up**

Divide your players into defenders and attackers. The attackers should have one ball each. To create the ring you could use cones or some other similar object.

### **Performing The Drill**

Attackers are arranged in circle and their main task is to keep the ball away from the defenders. Defenders will be placed in the circle and if the attacker loses the ball he should become a defender in and the defender who caused him to lose the ball takes over his possession.

### **Variations**

You may vary this drill by adding 1 or 2 more defenders.

### **Equipment Needed**

Cones, Balls.

### **Summary**

A team that doesn't have a good defense will rarely win any matches.

## **Position Game**



### **Purpose**

Improve your player's possession and passing abilities. The game without ball, monitoring the field etc.

### **Drill Set Up**

You should set up the drill by creating a field (25 x 25) yards. Use cones or similar to create the lines. Divide your team into two teams. One team should have 2 more players than the other one. For example: If the team A has 10 players then the team B should have 8 players.

### **Performing The Drill**

The A team should try to keep possession of the ball while team B should do everything they can to clear the ball away. The A team scores by passing the ball ten times in a row to each other. The B team scores by clearing the ball away.

### **Variations**

Restrict the amount of passes. You can also increase the difficulty by adding one more player to the defending one.

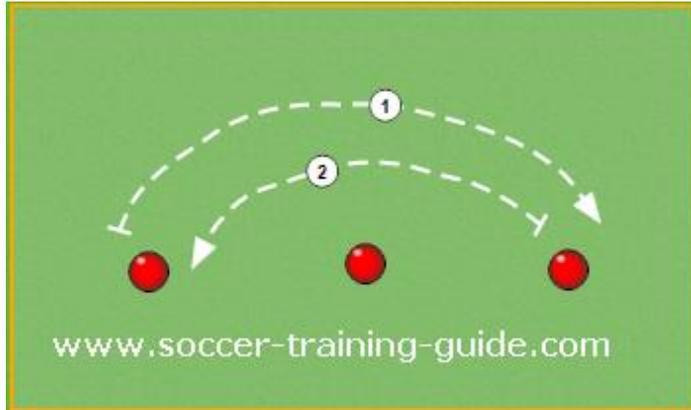
### **Equipment Needed**

Cones, 5-10 balls.

### **Summary**

Encourage your players to use both feet while participating in this drill. Make sure also that your players really understand that the game without ball is equally important as the game with ball.

## Head Over



### Purpose

Improve your players heading skills.

### Drill Set Up

Create groups of three players. All groups should be positioned in a line. Player one and three should be about 7-8 yards apart from each other. Player 2 should be positioned in the middle of them.

### Performing The Drill

The player one should start by tossing the ball over player two to the player three. The player three should head the ball back directly to the player one.

### Variations

The player three could head the ball to the player in the middle. However, the middle standing player should not grip the ball by using his arms. He should instead try to flick the ball back to the player one by using the top of his head.

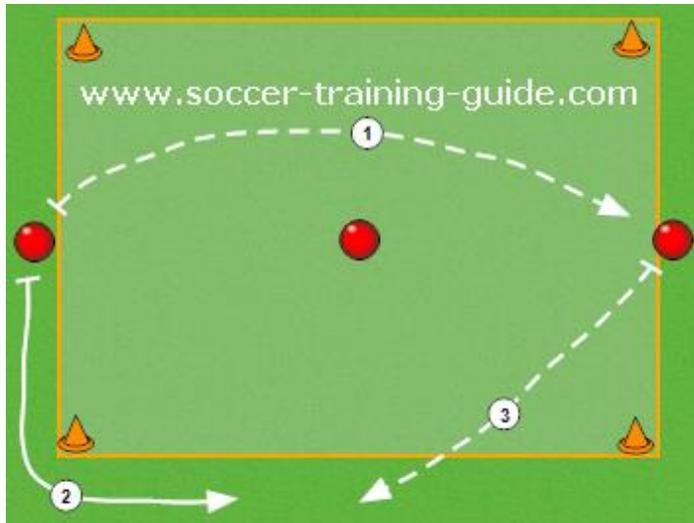
### Equipment Needed

One ball per group.

### Summary

Knowing how to head a ball properly is crucial in soccer. I know by experience that many younger players don't know how to head the ball properly. You should therefore monitor all players during this drill and study whether they are heading the ball properly or not.

## Horse in the middle



### **Purpose**

Improve your players defense skills.

### **Drill Set Up**

Divide your players in groups of three. Create a rectangle by using cones (or similar) 15 x 10 feet wide. Two of your players should stand at each side of the rectangle providing each one with a ball. The third player should stand in the middle of the rectangle.

### **Performing The Drill**

The two players at the side should try to pass the ball on various ways back to each other without letting the player in the middle touch the ball. Switch the roles after 3 minutes.

### **Variations**

Increase the group with one more player. This player should also be in the middle. By doing this the sideline players will have much harder to perform successful passes to each others.

### **Equipment Needed**

Cones, Balls.

### **Summary**

As with any other drill, your players really need to put big effort in performing the drill right. You should therefore monitor all groups and evaluate their performance.

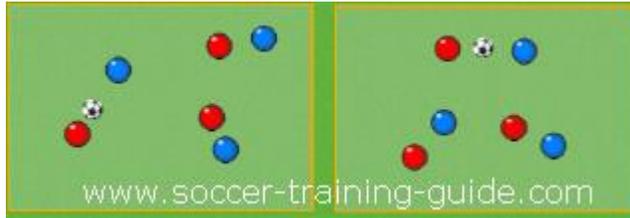
[Click here](#) for more free youth soccer drills.

## **2 Great Soccer Drills**

In this article I am going to present two great [soccer drills](#) that you should print out and take with you to the practice. Drills mentioned in this article are beneficial for all soccer players no matter how old they are.

However, before you start implementing these great [soccer drills](#) I would recommend you to first visualize yourself performing them. By doing this it will be easier for you to set up the drills and also instruct your players to perform them right. Not, let's check out the drills...

## Small Soccer Fields



### Purpose

Improving your players overall ball handling skills.

### Set Up

Create 2 or more small fields (10 x 10 yards). Separate your players into groups of 3.

### Performing the Drill

The players are facing each other's 3 vs. 3 in a small rectangle shaped area. The team that it is in the possession should try to keep the ball within the team as long as possible.

### Equipment required

Cones, colored bibs, balls.

### Variants

You may vary this drill by restricting the amount of touches. You could also create small goals by using cones or similar to increase the competition among your players.

### Summary

It is always a good practice to train your players on the small soccer fields. The benefit of small fields is that your players need to think and react fast. They get very small amount of time to think and conclude what they should do which will impact on their regular game performance.

In the beginning, your players will take a lot of wrong decisions. However, this is pretty normal and your players will probably need several sessions to adapt their selves to the small area.

Another benefit of playing on small field is that all your players will have short distance to each other. This will generally create more competition among them as everyone will try to get their feet on the ball. So, your players will remain competitive and will also learn how to remain prepared all the time for competition during the regular games.

## Learning how to mark

**Purpose**

Improving your players work in defense.

**Set Up**

Use cones or similar to create a rectangle (15 x 15 yards). The teams should have different colored bibs to make it easier for your player to distinguish their teammates.

**Performing the Drill**

In this drill your players will face each other 4 vs. 4. Every player should have a pre-determined player which he should mark. The players are restricted to follow their pre-determined player which means that they can't chase other players when they have the ball.

**Equipment required**

Cones, colored bibs, balls.

**Variants**

You may vary this drill by restricting the amount of touches. You could also create small goals by using cones or similar to increase the competition among your players.

**Summary**

One common thing that I have learned during my soccer career is that some players simply don't like to mark their opponents. I don't know why but they just feel uncomfortable of doing that. I am sure that you probably have some player in your team who doesn't seem to understand that marking his opponent is crucial.

Many players don't like this drill because it forces them to work hard. However, I can ensure you that after only few sessions your players will start to mark their opponents closely and also put more work in defense. This will of course improve your teams overall defense and the opponents will have more problems with finding a way through your defense.