

20 ATTACKING DRILLS

by Coach Steve Parker



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20 Soccer Attacking Drills

Obviously there isn't a lot of scoring in soccer. So when a team gets a chance to attack and score, they need to do their best to capitalize and put the ball in the net.

An effective attack takes everyone on the team working as one solid unit. All the players have roles that they must fill. And if everyone does their roles perfectly the odds are much better that a goal will be scored.

To help everyone get on the same page and to develop strong attacking skills, every team should consistently practice attacking drills during practice. There are many different types of drills that can and should be practiced in order for the team to be able to create good scoring chances during a game.

Most attacking drills should work on multiple skills so that time and energy is maximized. The skills that should be emphasized include dribbling, passing, making runs, crossing the ball, trapping, and shooting.

Some drills should be related to plays that can be run during games. Along this same theme, all drills should be run as if it were a game unless the coach decides to slow things down in order to teach a specific skill. Otherwise all drills need to be run at full speed so that players can transfer what they practice in the drills into the game without any problem.

Here are 20 great drills that work on a variety of skills and will help your players perform better in a game.

Increase Speed of Play

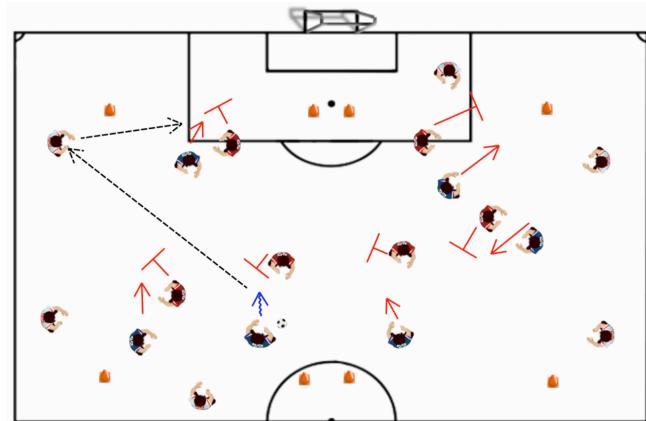
What You Need: 8 Cones, 18 players,

How This Drill Works:

Place 4 cones in the middle of the field so that you create a box that is about 45 yards long and 30 yards wide. Two more cones should be placed at each end, about 2 yards apart. These are the goals.

You will have 2 teams of 6 players inside the box and another 6 players outside the box. The players outside the box can be used by either team for passing help. However, players outside must make long passes if they touch the ball more than once. One touch passes can be any length.

Each team tries to score a goal. First team to 3 wins and then the losers go outside the box and the players outside go inside and take on the winners.



Result:

Too often a play begins to develop but before the offense realizes it, the defense takes the play away. Therefore the offense needs to be

come quicker. This drill will help with speeding up players' reactions and decisions.

Run to the Near Post

What You Need: A soccer goal, Attackers, Servers, and a Goalie

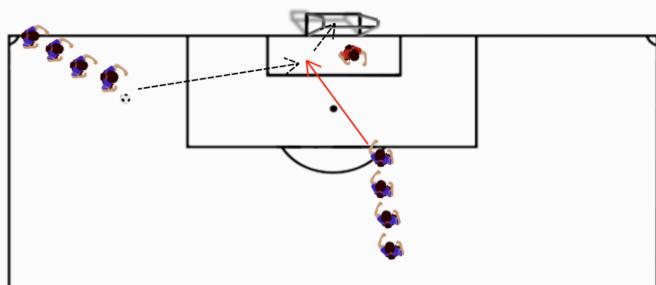
How This Drill Works:

You will need two lines of players – a line of attackers and a line of servers. The attackers' line will begin on the 18 even with the far post. The servers will be on the other side near the end line and they will serve the ball from the short corner.

The attackers will run diagonally to the near post. The server will either pass the ball on the ground or through the air. The attacker must redirect the ball into the goal. The attacker then goes to the serving line and the server goes to the attacking line.

The goalie should only look to stop the shot (redirection) and not the pass.

As this drill progresses the servers can back up and begin hitting corner kicks.



Result:

Scoring from the corner is one of the best ways to put the ball in the goal. This drill will help players with crossing the ball and redirecting

crosses into the goal. Also, goalies will get work stopping redirections.

4 on Top

What You Need: 4 lines of players, A soccer goal, Half of a soccer field

How This Drill Works:

You will have 4 lines of players lined up at midfield. Each line will be about 10 yards apart.

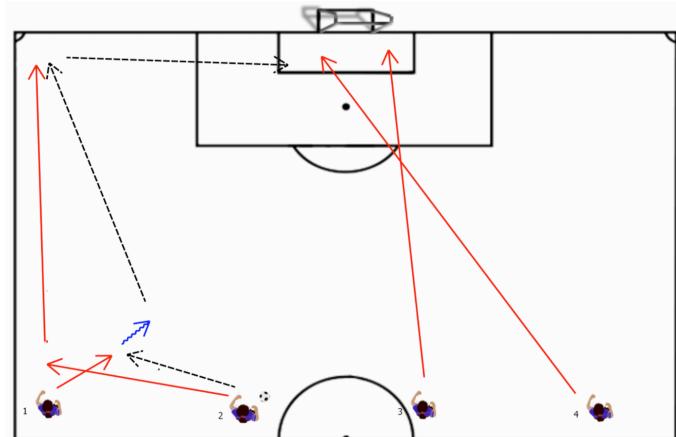
The attacker on the far left will be player #1. The player next to her will be #2, the next player #3, and the attacker on the far right will be #4.

Player #2 will begin with the ball. She will pass the ball in front of player #1. Then #2 will run in behind #1 and run to the corner. #1 will take the pass and then pass the ball in front of #2 to the corner.

Once the first pass goes to player #1, players #3 and #4 will run to the goal. They will cross so that #4 runs near post while #3 runs far post.

Player #2 will cross the ball from the corner.

After completing the drill each player will move to the next line so #1 will go to #2, #2 to #3, and so on.



Result:

This drill needs good communication between all players. It teaches them to attack as a unit. It also gives them practice attacking the goal, passing, crossing the ball, and redirecting crosses onto the goal.

3 vs. 2 Full Field Weave

What You Need: A full soccer field, Three attackers, Two defenders, Two goalies

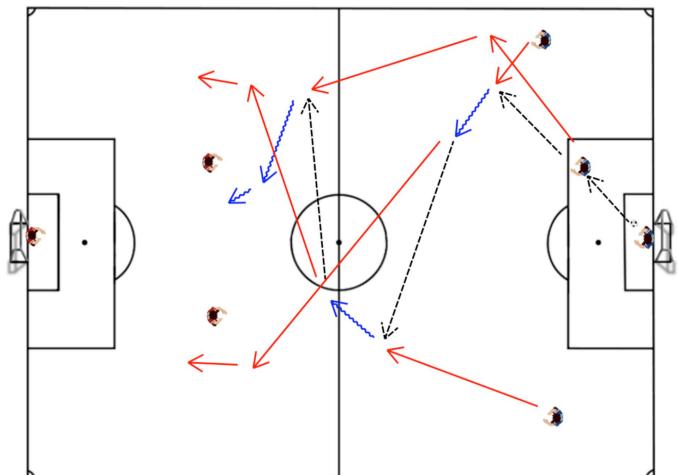
How This Drill Works:

You will use the entire soccer field for this drill. You can set up players at one end so the attack starts one way and then comes back the other way the next time.

You will have three players spread out across the field around the 18 to begin. The players can be labeled #1, #2, and #3. Player #1 will begin in the middle of the field and take the beginning pass from the goalie.

After taking the pass, #1 will pass to #2. #2 will move toward the center of the field while #1 goes behind him to the outside. #2 will then pass to #3. #3 will move toward the center of the field and #2 will run in behind him.

The players will continue to pass and weave until they cross midfield. The drill will then become a 3 v 2. The defenders will try to take the ball away. If they do the drill starts over going the other way. The attackers will try to score the ball.

**Result:**

This is a great drill for several reasons. It's great for conditioning since attackers must run the entire length of the field. It teaches motion and lead passes on the defensive side of the field. And then it helps with attacking and defending on the offensive side of the field. Overall it also stresses teamwork.

Creating Space

What You Need: Two forwards, Two defenders, One goalie, A soccer goal, Nine players around the outside

How This Drill Works:

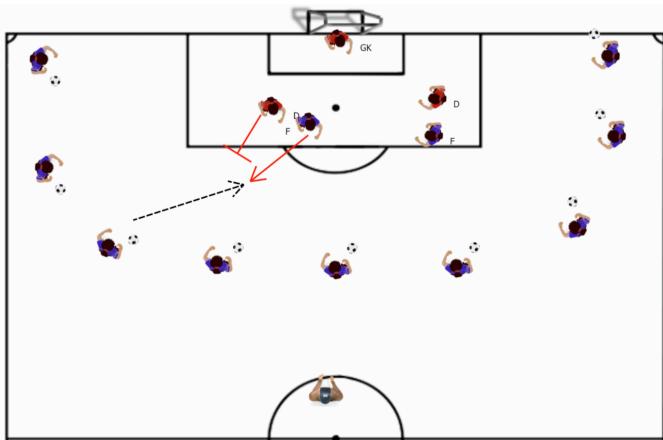
You will have two forwards and two defenders guarding the two forwards. All four players will be somewhere inside the box. You'll also have a goalie and nine players in a semi-circle around the outside. Each player in the semi-circle will have a ball.

The players with the balls will do toe touches on the ball until the coach calls their name. When

the coach calls a player's name, that player must try to pass the ball into one of the forwards.

Meanwhile the forwards are working to get open and create space. The defenders are trying to steal the ball. If a pass gets into a forward then the forwards will try to score. If the ball is taken by a defender then the defender will boom the ball and the passer must chase it down.

Players will rotate positions every couple of minutes.



Results:

Too often players have trouble creating space between themselves and their defender. This drill will help them learn to create space and offer a target to receive a ball from a passer. This drill also works on attacking, passing, and defending.

Score the Rebound

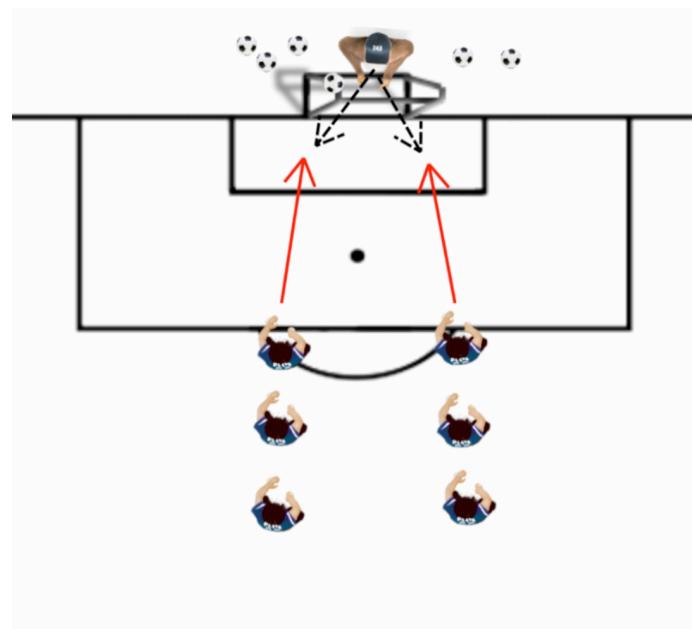
What You Need: A coach, Several balls, Two lines of attackers, A soccer goal

How This Drill Works:

You will have 2 lines of attackers that start at the 18. One line will be even with one post while the other line will be even with the other post. Players at the front of each line will sprint toward the goal.

A coach will be behind the goal with many balls. He may elect to have one player handing him balls.

As the players sprint toward the goal, the coach will throw a ball toward them. The coach can lob the ball up so they are forced to head the ball or the coach can throw the ball at their feet or somewhere in between. The attackers must redirect the ball into the goal.



Result:

Too often players stop attacking once the ball gets to the goalie. So if there is a rebound the attackers don't take advantage of it. This drill helps teach the players to keep attacking. It also helps them learn to control the rebound and/or one touch it into the goal.

18 Yard Drill

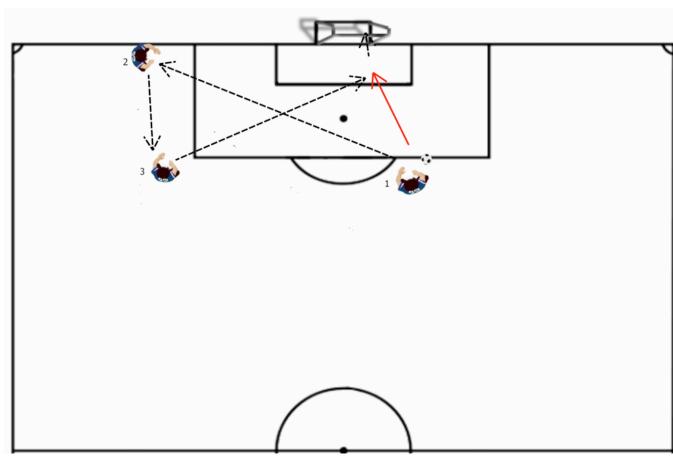
What You Need: Three lines of players, Half of a soccer field, A soccer goal

How This Drill Works:

This drill is performed with three lines of players. The first player in each line will be assigned the following numbers.

Players #1 and #3 will be at the 18 with #1 being even with the opposite post and #3 being at the corner of the box. Player #2 will be at the end line even with player #3.

Player #1 begins with the ball and passes to player #2. Player #2 drop passes to player #3 and then #3 crosses the ball to the far post where player #1 is sprinting. #1 will then one touch the ball into the net.



Result:

This drill will help players work on passing, crossing, and finishing around the goal.

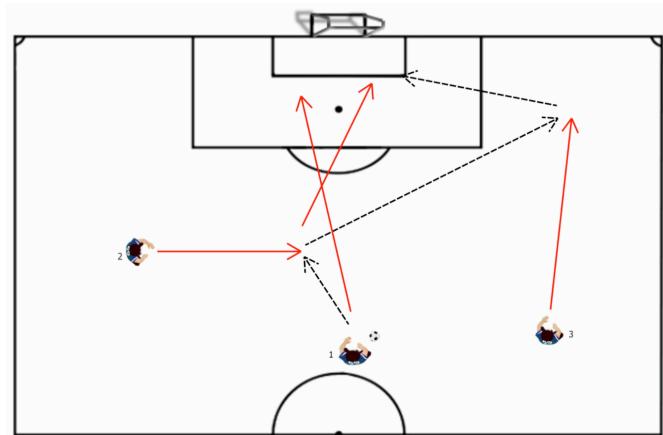
Halfback Attack

What You Need: Three lines of players, A soccer goal

How This Drill Works:

This drill is run with three lines of players. The players at the front of each line will take part in the drill. Player #1 will be near midfield and in the center of the field. Player #2 will be about 10 yards closer to the goal and near the left sideline. Player #3 will be even with player #1 but near the right sideline. Player #1 will begin with the ball.

Player #2 will sprint toward the center of the field. Player #1 will pass to player #2. Then player #2 will pass to player #3 making a run down the sideline. After passing player #1 will run to the far post while player #2 will run to the near post. Player #3 will cross the ball.



Result:

This drill teaches players to work as a team. It also works on passing, making runs, crossing, and finishing.

Give and Go

What You Need: Two lines of players, Half a soccer field, A soccer goal

How This Drill Works:

You will have two lines of players on opposite sides of the field near midfield. The first two players in the right line will be involved in the drill while just the first player in the line on the left will be involved.

The first player in the line on the right will begin about 5 yards ahead of the second player in the line. The first player will be player #2 while the second player will be player #1. The player on the opposite side of the field is player #3.

Player #1 will begin with the ball. #1 will pass to #2 and then player #2 will pass back to player #1 (give) and then player #2 will sprint (go) toward the corner. Player #1 will pass to the corner where #2 will run down the ball. Meanwhile player #3 will run to the far post. Player #2 will cross the ball and player #3 will direct the cross into the goal.

Result:

This drill helps teach players to work together. It also works on passing, crossing, and finishing.

Throw-In Give and Get

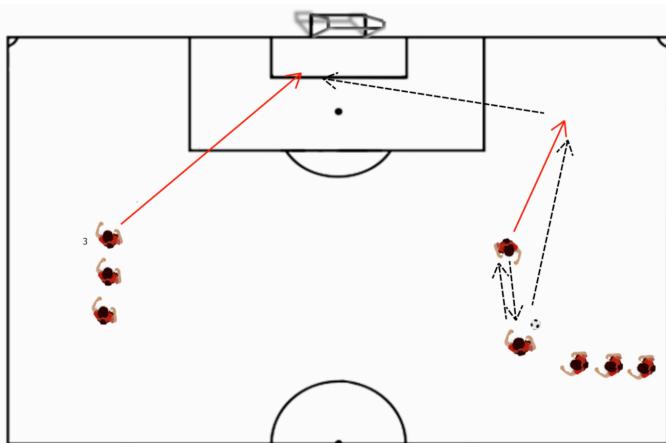
What You Need: Half a soccer field, Two lines of players, A soccer goal

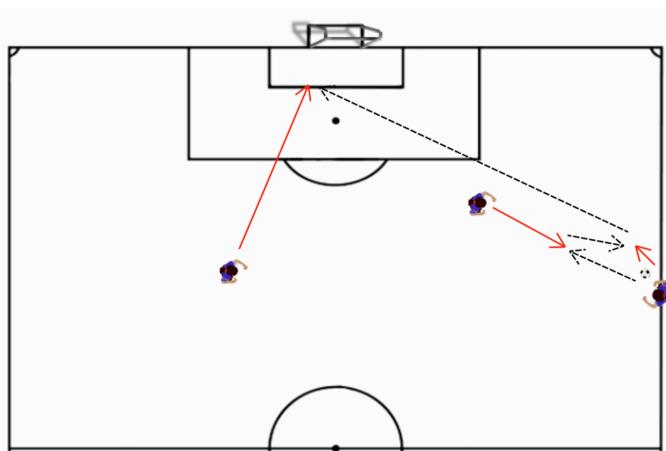
How This Drill Works:

For this drill you will need two lines of players. Each line will be about 40 yards from the goal. One line will be even with the far post and the other line will be out of bounds on the other side of the field.

The first two players in the line that's out of bounds will participate in the drill. The first player will go to near the 18 and the other player will throw-in the ball from 40 yards out. The thrower will be player #1, the player near the 18 will be player #2, and the player on the opposite side of the field will be player #3.

Player #2 will sprint toward the ball. Player #1 will throw-in to the player #2 and then step inside the field. Player #2 will trap the ball and pass back to player #1. Player #1 will then send a looping pass into the box to player #3 who is sprinting toward the far post.





Result:

This is a great play to run for an out-of-bounds play. This works on throwing-in, making runs, passing, and finishing around the goal.

Chip and Charge

What You Need: Three lines of players, Half a soccer field, A soccer goal

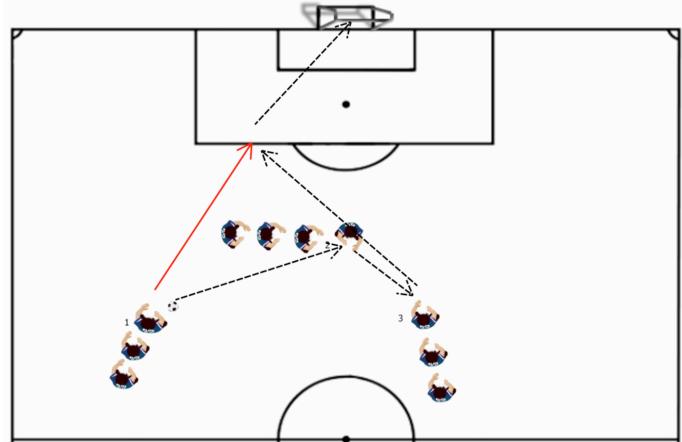
How This Drill Works:

For this drill you'll have three lines of players. One line will be parallel with the 18 and about 30 yards from the goal. Another line will be near midfield and near the center of the field (even with the post on the right). The other line will be on the left side of the field.

The player at the front of the left line will be player #1. The player on the far right of the line even with the 18 will be player #2. The player at the front of the line in the center of the field will be player #3.

Player #1 will begin with the ball. #1 will pass to player #2 and then player #1 will make a run into the box. Player #2 will one touch the ball to player #3. Player #3 will chip the ball over the

line that's even with the 18. The pass will be into the box to player #1 who is making a run. Player #1 will finish.



Result:

This is a good drill to help with passing and making runs. It's very good for working on chipping the ball into the box. It also works on finishing and scoring. A variation of this drill can be used as a play for an indirect kick in the offensive zone.

Through Pass

What You Need: Four cones, A soccer goal, A goalie, Six attackers, Five defenders

How This Drill Works:

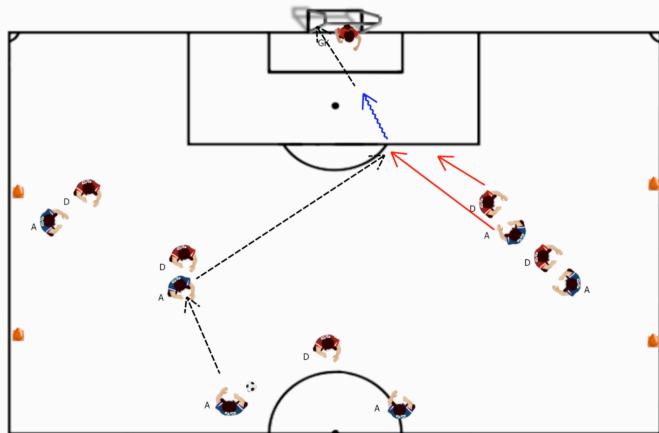
For this drill you'll need to set-up four cones so that you create three zones. The first cones will be set on each sideline about 45 yards from the goal. The second pair of cones will be set on each sideline about 25 yards from the goal.

There will be two attackers and one defender in the zone outside of 45 yards. There will be four attackers and four defenders in the zone between 45 and 25 yards out. There will also be a goalie.

The ball will start in the first zone with one of the two attackers. The attackers must keep the ball away from the one defender.

Meanwhile, the attackers in the other zone will try to get open. Once a player gets open, the ball can be passed to that player in the second zone.

Once the ball goes into the other zone then an attacker can make a run for the last zone (toward the goal). The ball can then be passed through to that player making a run. Only that attacker can go for the goal and only the closest defender can chase the ball. The attacker should try to score against the goalie and the pursuing defender.



Result:

This drill works on a through pass, which is key to attacking. It also helps work on passing in general and it helps players learn to get open and stay on sides.

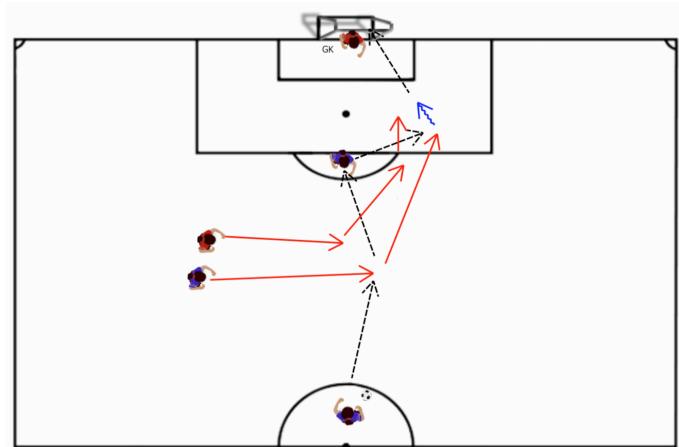
3 vs. 1 Attack

What You Need: Three attackers, One defender, A goalie, A soccer goal

How This Drill Works:

This drill will have two stationary attackers and one mobile attacker who will be trying to score. The one moving attacker will be marked by a defender. The stationary attackers will be near midfield and at the 18.

The ball will start with the attacker near midfield. The moving attacker must work to get open and receive the pass. The moving attacker can use either stationary attacker to pass the ball to a maximum of twice. The moving attacker must create a shot and try to score a goal.



Result:

This play works on getting open and passing. It also helps a player learn to be creative and use his teammates during the game.

Goal to Goal Attack

What You Need: A full soccer field, A goalie, Three attackers

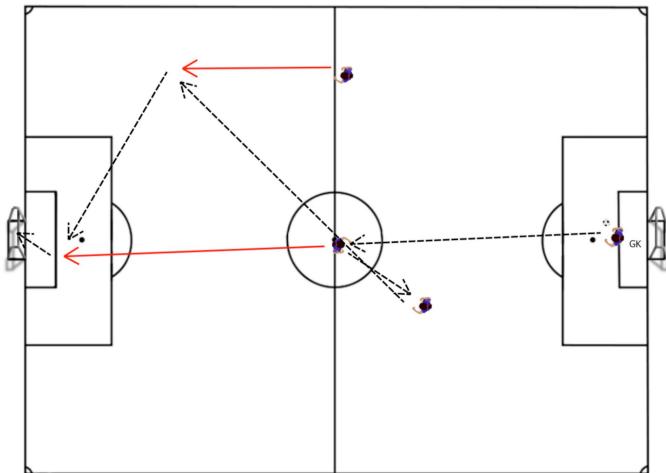
How This Drill Works:

This drill will begin with the goalie kicking (putting) the ball up the field. There will be an at-

tacker in the center of the field, an attacker on the far right, and an attacker on the defensive side of the field (about ten yards behind midfield).

The goalie will kick the ball to the center of the field. An attacker will trap the ball down and drop pass to the attacker on the defensive side of the field. Meanwhile, the attacker on the right will make a run up the sideline. He will get a long pass from the attacker on the defensive side of the field. The attacker in the middle of the field will make a run at the far post after making the drop pass. The attacker on the sideline will then cross the ball to the attacker making a run to the far post. That attacker will then direct the cross into the goal.

Each attacker should take turns at each position.



Result:

This is a great drill for teaching the transition game. It will also help the team go from end to end. This drill works on long passes, crosses, making runs, and finishing. It will work on the goalie punting the ball with accuracy and the attackers trapping the ball.

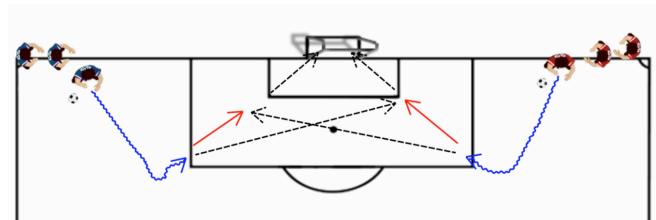
Dual Cross Passes

What You Need: Two lines of players, Half a soccer field

How This Drill Works:

Two lines will form near opposite corners. The first player in each line will dribble out to the corners of the 18 yard box.

When each player gets to the corner they will pass the ball diagonally across the box. Then each player will sprint into the box and shoot the ball that was passes by the other player.



Result:

This drill teaches teamwork, ball handling, passing and finishing. Since each player must be aware of where the other player is and must make a good pass plus finish the other player's pass, this drill also teaches players to concentrate and to know what their teammates are doing.

Cross Drill

What You Need: Two attacking players, One defender, Half a soccer field

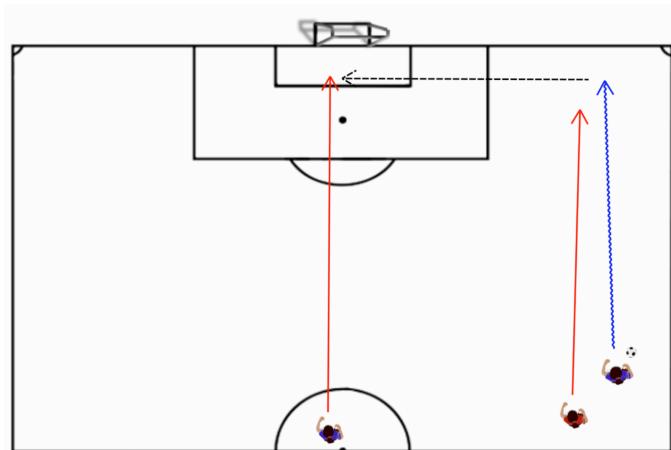
How This Drill Works:

For this drill there will be three lines that form near midfield. There will be a line on the far sideline, another line about five yards more toward the middle of the field and five yards back,

and a line in the middle of the field. The players on the sideline will all have a ball.

When the coach blows the whistle, the player at the front of the outside line will dribble down the sideline. The players in the next line are defenders. They will start about five yards back and try to chase down the dribbler when the whistle blows. The line in the middle of the field will make a run toward the goal.

Once the dribbler gets near the corner she will cross the ball and the player sprinting down the middle of the field will direct the ball into the goal.



Result:

This drill will teach players to dribble the ball as fast as possible. It will also help teach players how to make a run, how to cross the ball, and how to finish around the goal. Since a defender is trailing the play, the drill must be run at game speed.

Passing Race

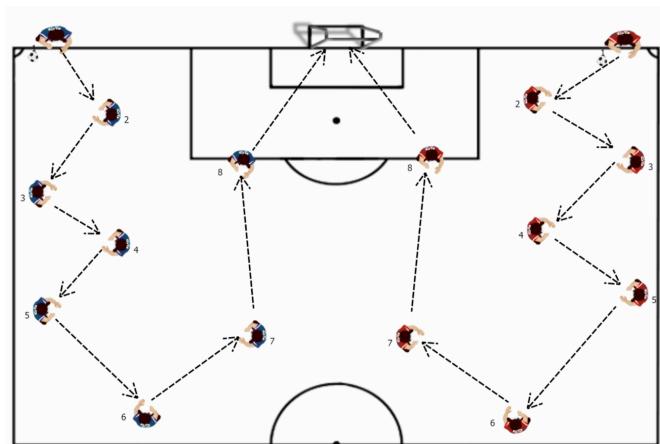
What You Need: Eight players on each team, Half of a soccer field

How This Drill Works:

Divide half the soccer field in half. Eight players will be on each side of the field. They will be spaced out going from the end line to midfield and then back to the 18. The last player will be at the 18.

Each team will race by passing the ball to each other. The first team to put the ball in the goal wins.

The player on the end line starts with the ball. He passes it to the next player who passes it to the next player and so on. The ball should go all the way to midfield and then back to the 18 where it should be shot into the goal. The team that loses can be made to do something extra such as running sprints.



Result:

This drill teaches players to pass the ball quickly and accurately. Making the drill into a competition makes it fun while also helping the players improve their skills.

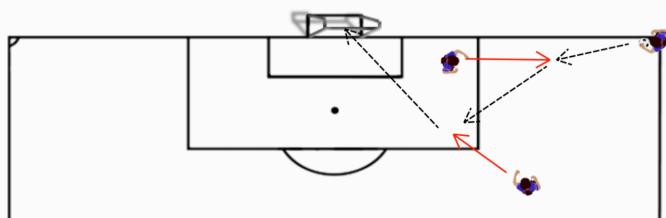
Short Corner

What You Need: Three players, Half of a soccer field

How This Drill Works:

This is set-up as a corner kick. So one player will be taking the corner kick, another player will be inside the box and another will be outside the corner of the 18 on the same side as the corner kick.

The player inside the box will sprint toward the corner and receive the pass (the short corner). As the ball is passed from the corner, the player outside the 18 will sprint into the box. The player taking the pass will one touch the ball to the other player sprinting into the box. That player will then take a shot on goal.



Result:

This is a great drill to practice a good corner play. This drill also works on timing between players, passing (including one touches), and shooting on goal.

Wall Passing

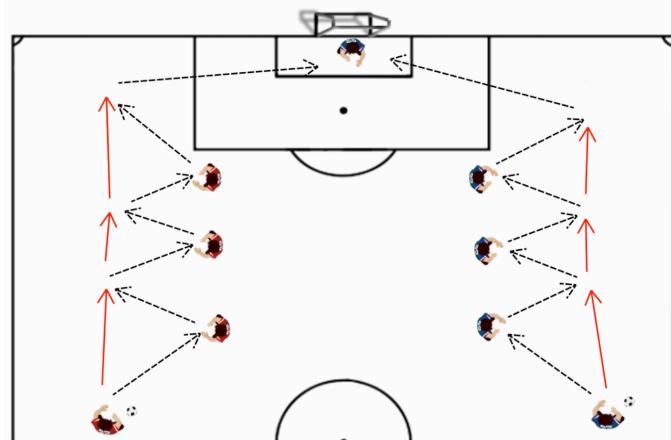
What You Need: Half a soccer field, A line of players, A goalie

How This Drill Works:

For this drill a line of players will be lined up near each sideline. So there will be two lines going at once. There will also be three players spaced out about ten yards apart on each side of the field. These players will act as a wall and will be to the left of the line on the right and to the right of the line on the left. There will also be a goalie.

The players at the beginning of each line will pass the ball to each player in the wall and sprint down the sideline as they go. Each player in the wall will just one touch the ball to the player sprinting down the sideline. The sprinting player will eventually get the pass from the last player in the wall and will be near the corner. So the player will cross the ball. The ball should then be played by the goalie.

Each line needs to make sure they don't go at the same time so that the goalie has time to play each ball. Also, after the sprinting player crosses the ball, he should become the last player in the wall. Each player in the wall moves up a spot so that the first player in the wall will go to the end of the line of sprinting players.



Result:

This drill will work on players conditioning, passing, running, trapping, and crossing the ball. It

will also give the goalie a chance to work on stopping crosses.

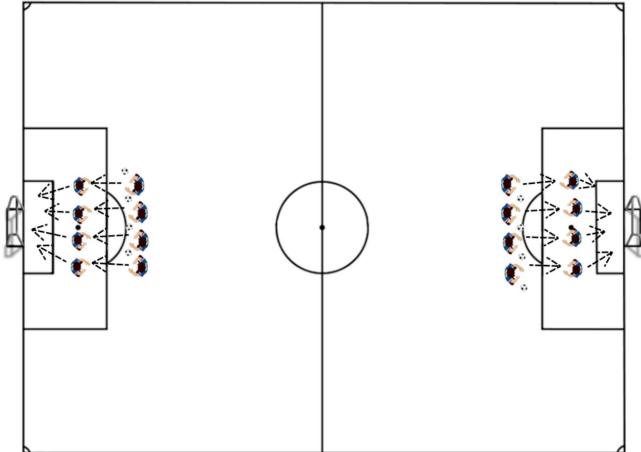
Turn and Shoot

What You Need: Eight players at each end of the field (if enough), A soccer field

How This Drill Works:

For this drill you will have four pairs of players. The pairs will line-up near the 18 and across the field. One player in each pair will be outside the 18 and facing the goal while the other player in the pair will have their back to the goal and be inside the 18. Each pair of players should be about 10 yards apart.

The players outside the 18 will pass to their partner inside the 18. Those players will trap the ball, turn, and fire at the goal. After a few turns, players will switch roles.



Result:

Often players receive the ball with their backs to the goal. This drill will help them learn to receive the ball and quickly shoot. So the drill will work on passing, trapping, turning, and shooting.

Recommended Resource



The diagrams included in this ebook were created in 3 mega-easy steps using the incredible Soccer Blueprint software. To get the full story (and learn how to create stunning animated, drills, plays, even entire playbooks in 5 minutes or less), go to:

www.SoccerBlueprint.com