



Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



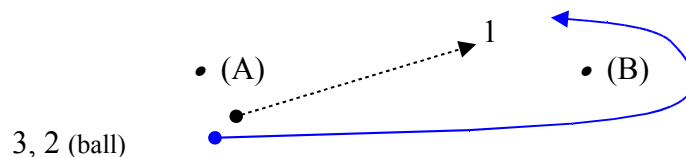
Warm Up

“As a coach, if you always make someone run through the forest, chances are all they will know how to do is run through the forest”.
This is great if your goal is to be a runner but not if you aspire to play soccer”.

Point of Emphasis

- **Develop Technique – Disguise Fitness!!** In an effort to maximize the quality of often limited practice time, it is essential that one place emphasis on technical development (especially with young athletes). In the event fitness is of concern, one should strive to creatively incorporate fitness into their technical exercises. It is advisable that fitness should **not** be included into a session at the expense of technical development.
- It goes without saying the greater number of touches one can include in an exercise the greater chance a young athlete will have of achieving success. Given a choice, young athletes will undoubtedly prefer to train with a ball.
- If one has mastered all elements of technical development then more of an emphasis on fitness and strength training can be incorporated.
- **Passers in a Line, One Touch Jogging with a ball**
 - Three players per group, one ball, two cones, place cones (10) meters apart
 - Clockwise using the right foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - Counter clockwise using the left foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - (1) lap per player = (20) meters, (20) laps per player = (400) meters, (40) laps per player = (800) meters
 - (2) touches per lap per player x (20) laps = (40) touches & (400) meters
 - (2) touches per lap per player x (40) laps = (80) touches & (800) meters
 - therefore (3) players x (40) laps per player = (240) touches & (800) meters
 - if you use (4) players x (40) laps = (320) touches & (800) meters

Note: You can have one group compete against another to see who can get to the set number of touches first. Example: if Team A consisting of three players can get to (240) touches in three minutes flat using their right foot & 3:05 with their left it would be the equivalent of each player on Team A running 1600 meters in 6:05. This is far more effective & certainly more fun for the players than just sending them off on a run. In addition to the conditioning your players will be developing a number of skills. While concentrating on the task at hand the young athletes will not realize how much they have just run. It is also important to note that the nature of this exercise allows the players to socialize to some extent. This aspect in many ways is far more beneficial to the development of the players than the actual conditioning or skill development.



- Player 2 at (A) starts with a ball.
- Player 1 at (A) jogs around (B) counter-clockwise.
- As player 1 approaches (B) player 2 passes the ball diagonally into the space where player 1 will run into when he or she rounds cone (B). (Note: it is important that the ball is played on the ground to the right foot).
- After player 2 passes into space for player 1, player 2 will then follow the same course as player 1.
- Player 1 after receiving the ball plays it back to player 3 at (A).
- Player 3 at (A) receives the ball from player 1 and plays it one time to player 2 who is now rounding (B).
- Repeat the sequence.



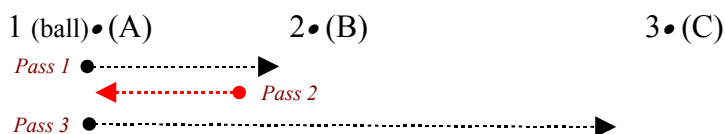
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- **Short, Short, Long**
- **Short, Short, Dummy-Long**
- **Short, Short, Short-Chip to Self (play long)**
- **Short, Short, Long-Chip w/chest control**

(Three players, one ball, three cones, place cones (10) meters apart - older players (15) meters apart)



- Player 1 at (A) starts with the ball and passes short to player 2 at (B).
- Player 2 at (B) returns the ball short to player 1 at (A) and then moves to (A).
- Player 1 at (A) now passes long to player 3 at (C), player then moves to (B).
- Player 3 at (C) passes short to 1 at (B).
- Player 1 at (B) returns the ball to player 3 at (C) then player 1 moves to (C).
- Player 3 at (C) passes long to player 2 at (A) then player 3 moves to (B).
- Repeat the sequence.



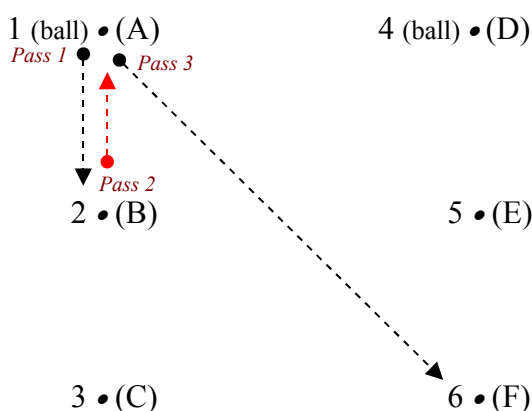
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- **Short, Short, Diagonal Long**
 - *Note: One complete revolution (12) touches*
- **Short, Short, Diagonal Short, Diagonal Long**
 - *Note: One complete revolution (14) touches*

(Six players, two balls, six cones)



- Player 1 at (A) and 4 at (D) start with a ball.
- Player 1 at (A) passes short to player 2 at (B).
- Simultaneously player 4 at (D) passes short to player 5 at (E).
- Player 2 at (B) returns the ball to player 1 at (A) then player 2 moves to (A).
- Simultaneously player 5 at (E) returns the ball to player 4 at (D) then player 5 moves to (D).
- Player 1 at (A) now makes a long diagonal pass to player 6 at (F) then player 1 at (A) moves to (B).
- Simultaneously player 4 at (D) makes a long diagonal pass to player 3 at (C) then player 4 at (D) moves to (E).
- Player 3 at (C) now passes short to player 1 at (B).
- Simultaneously player 6 at (F) passes short to player 4 at (E).
- Player 1 at (B) returns the ball to player 3 at (C) then player 1 moves to (C).
- Simultaneously player 4 at (E) returns the ball to player 6 at (F) then player 4 moves to (E).
- Player 3 at (C) now makes a long diagonal pass to player 5 at (D) then player 3 moves to (B).
- Simultaneously, player 6 at (F) makes a long diagonal pass to player 2 at (A) then player 6 moves to (E).
- Repeat the sequence.



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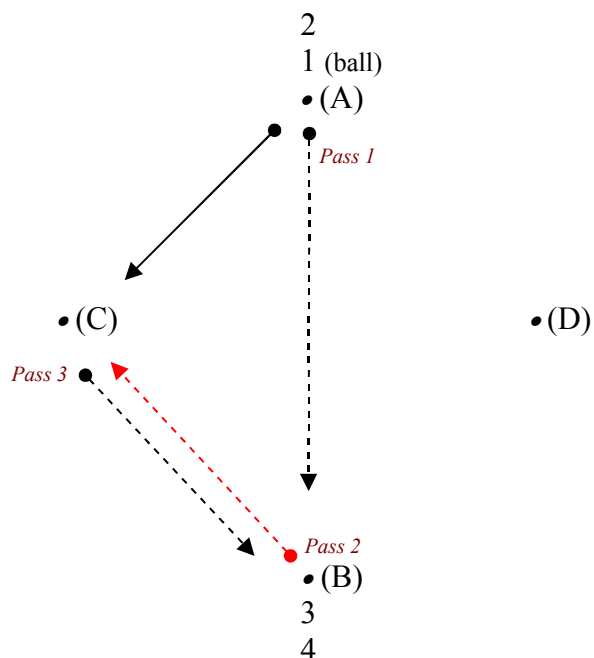
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➤ Diamond Drill: Long, Short, Short

○

(Four players, one ball, four cones)



- Player 1 at (A) passes long to player 3 at (B) and then moves off the ball to (C).
- Player 3 at (B) returns the ball to player 1 at (C).
- Player 1 at (C) now returns the ball to player 3 at (B) and moves to (B).
- Player 3 at (B) now passes long to player 2 at (A) and then moves off the ball to (D).
- Player 2 at (A) returns the ball to player 3 at (D).
- Player 3 at (D) now returns the ball to player 2 at (A) and then moves to (A).
- Repeat the sequence.



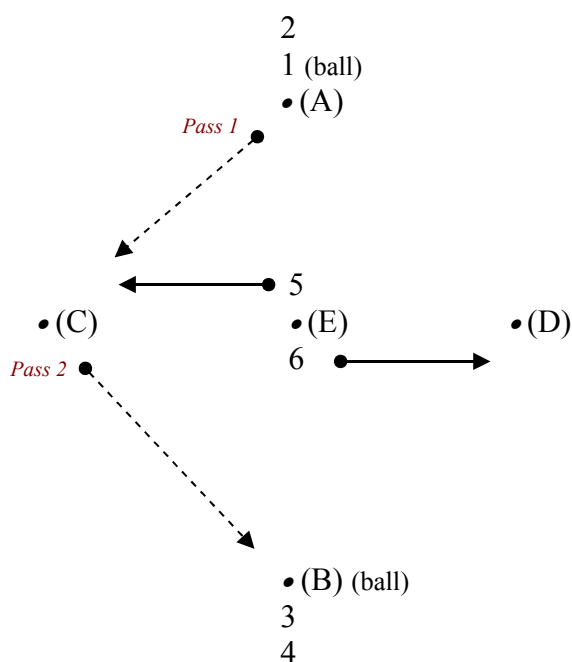
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- **Diamond Drill: Two Touch Shuffle**
- **Diamond Drill: One Touch**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 5 at (C) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 4 at (B) with the left foot. After the pass player 1 moves to (B).
- Player 6 at (D) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 2 at (A) with the left foot. After the pass player 3 moves to (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



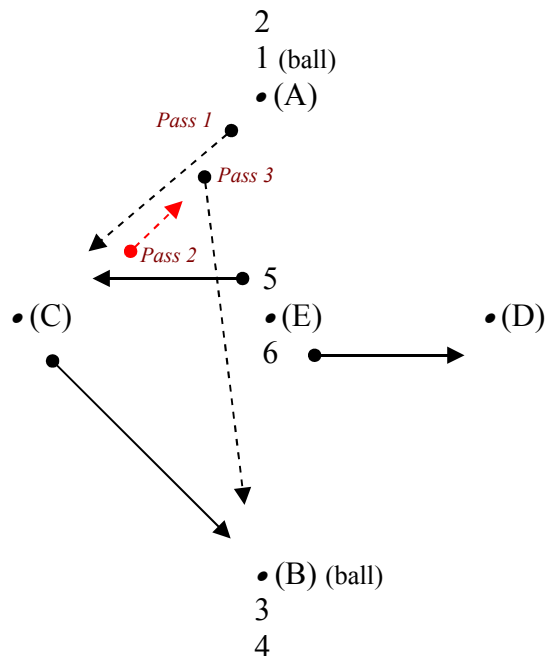
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- **Diamond Drill: Diagonal Short, Drop, Long**
 - **Note: One complete revolution (6) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A) rolls off an imaginary defender and moves to (B)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B) rolls off an imaginary defender and moves to (A)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



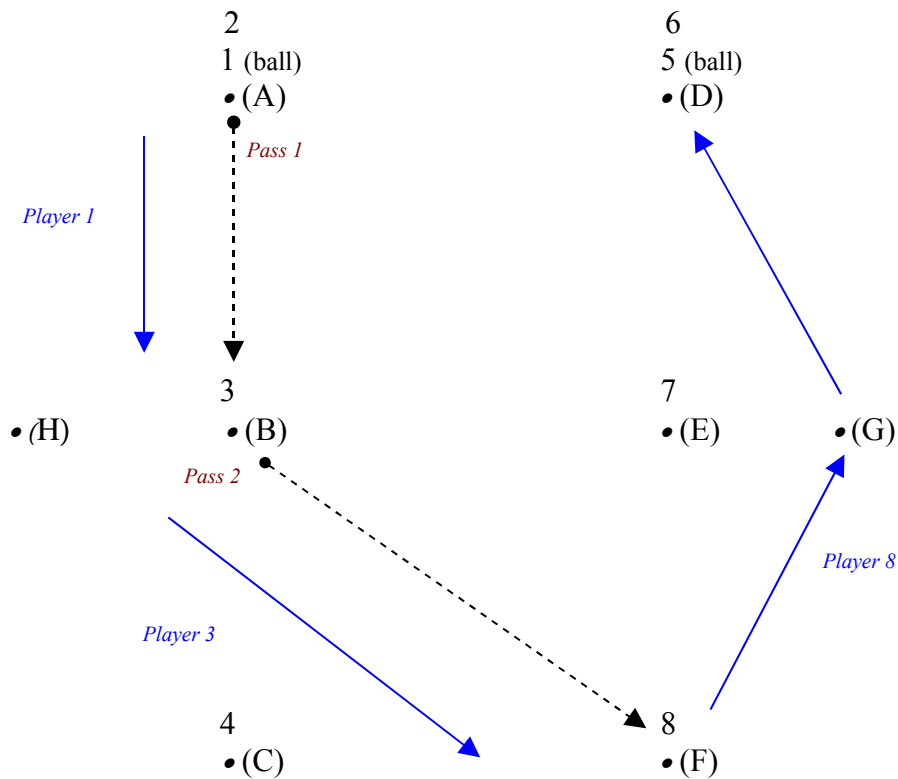
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➤ H Drill: Turning With A Ball, Passing & Dribbling

- Turn w/outside of the front foot / Returning Dribbler - Outside Twist Off
- Turn w/inside of the front foot / Returning Dribbler - Helicopter Turn
- Turn w/inside of the back foot / Returning Dribbler - Cut Behind The Leg
- Flick On w/outside of the front foot
- Flick On w/inside of the front foot
- Pullback Turn



- Place cones (15) meters apart, (8) Players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B) who turns with the ball and plays it to player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone does outside twist-off with the right foot then sprints to (D)
- Simultaneously, player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) does outside twist-off with the left foot then sprints to (A)
- Repeat the sequence



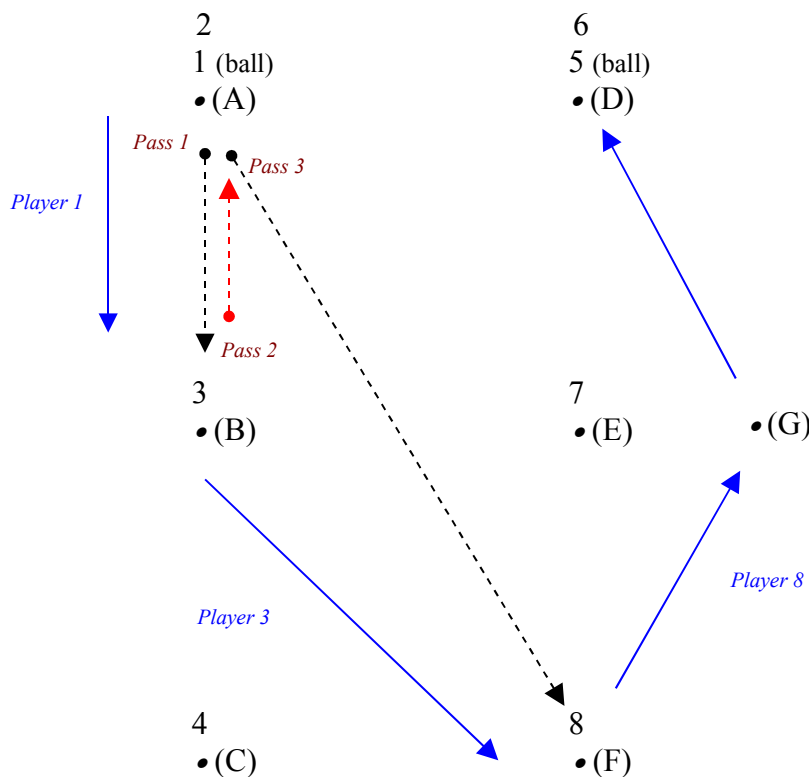
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➤ H Drill: Short, Short, Diagonal Long

- *Returning Dribbler - Outside Twist Off, Helicopter Turn, Cut Behind The Leg, etc.*



- Place cones (15) meters apart, (8) players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone (G) helicopter turns with the left foot then sprints to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) is to helicopter turn with the right foot at (H) then sprint to (A)
- Repeat the sequence.