



Tactics Manager

Date: 5/07/22

Duration: N/A

Session

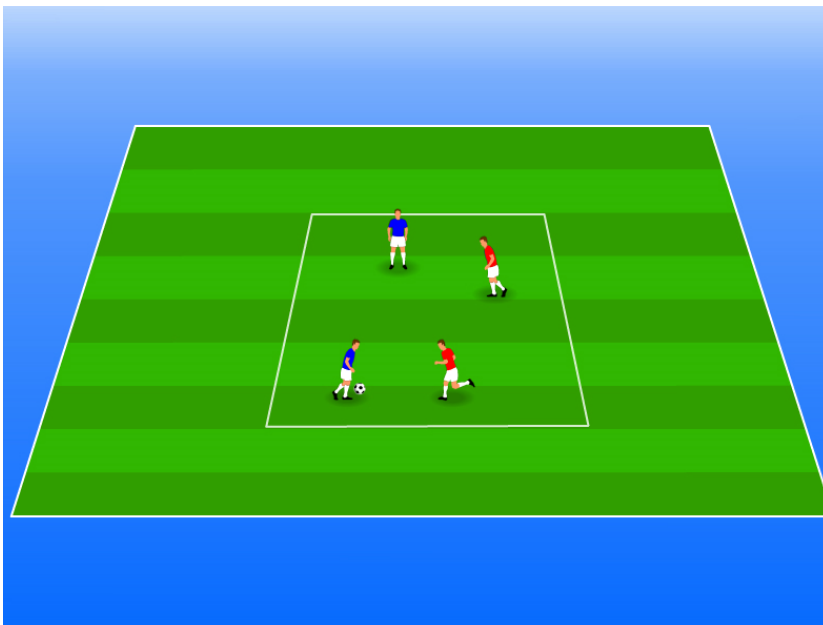
Time: N/A

Age/Level:

Objective:

Soccer Fitness and Conditioning Drills

2v2 fitness and conditioning possession soccer square



Description:

- 10 x 10-yard area
- 1 soccer ball
- 4 players (2 teams of 2)

How the drill works:

Set up your area and divide the players into 2 teams of 2.

The goal of this drill is to combine as many passes as you can in your team.

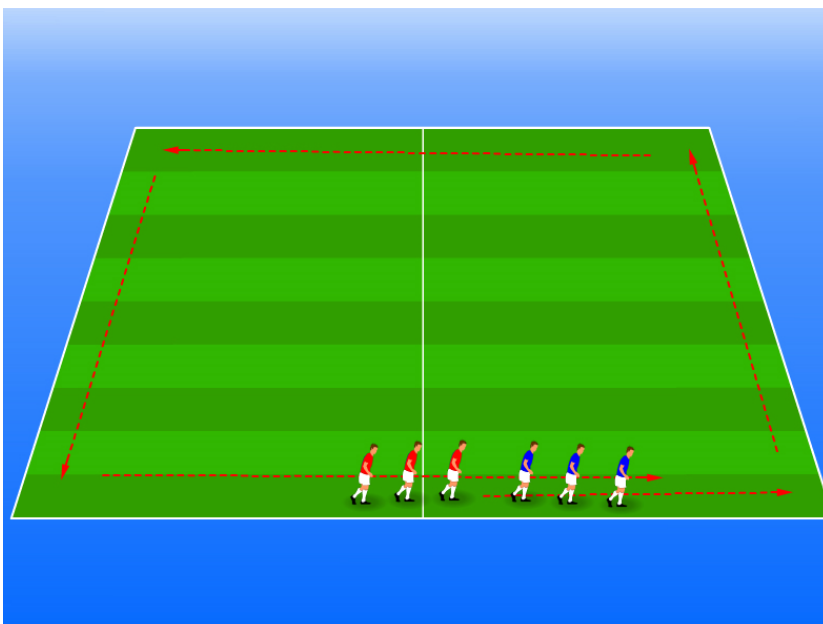
Each successful pass a team makes will be 1 point.

If a team loses possession of the ball and gains it back again they can continue on from where they left off.

The winning team will be the team that accumulates the most passes.

This drill runs for 5 minutes with a minute break in between.

Group overtaking fitness drill



Description:

- 30 x 40-yard area
- 2 equal groups of players
- 1 bib per player

How the drill works:

Set up your area and divide your player into 2 groups.

The players will start jogging in 1 larger group, however, 1 group will be in front of the other group.

The group in front will be group 1 and the group behind group 2.

Group 2 will then have to sprint past and lap group 1 while group 1 is still jogging.

Once all of group 2 have passed group 1, group 1 will then have to sprint past and lap group 2 so they are back in front.

Perform this 3 times per group.



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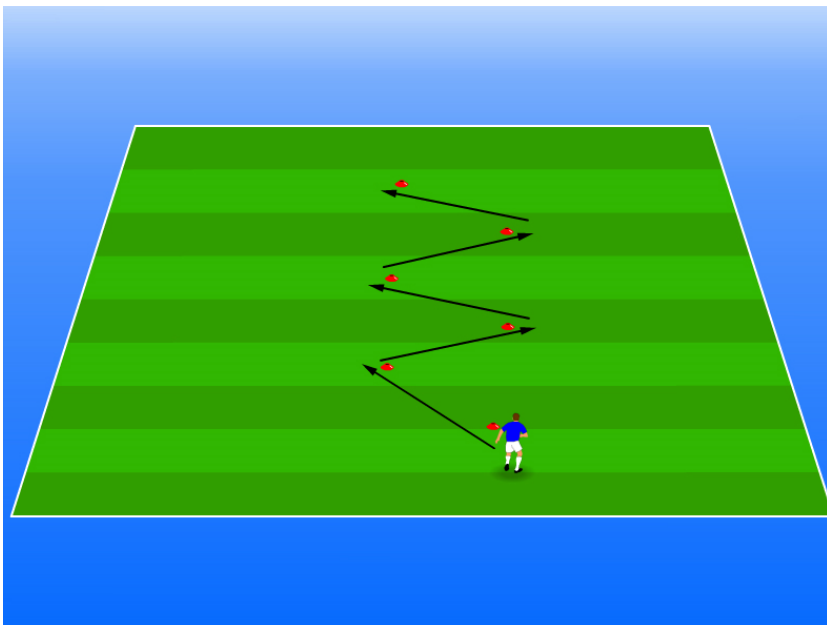
Time: N/A

Age/Level:

Objective:

Soccer Fitness and Conditioning Drills

Zig zag sprints for soccer fitness and conditioning



Description:

- 6 cones

How the drill works:

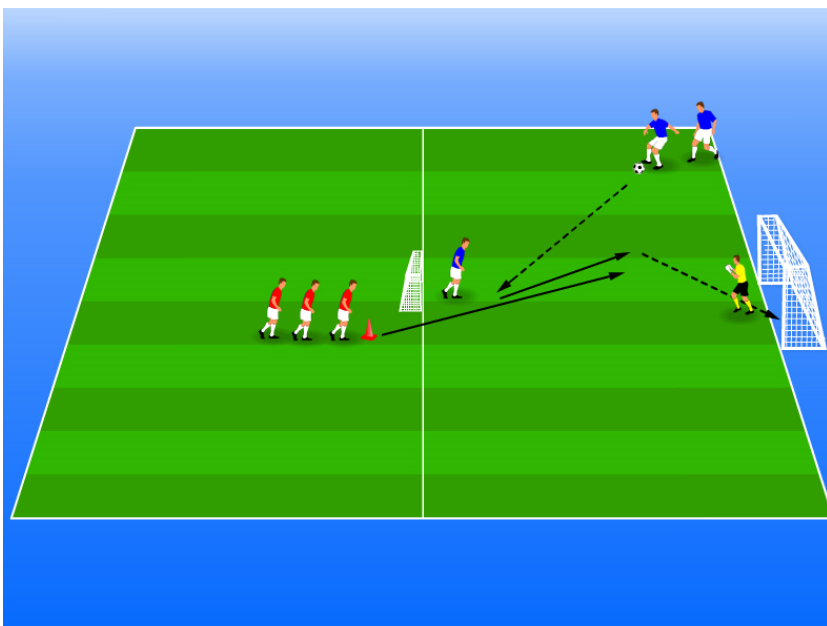
Create your zig-zag pattern with 7 yards between each cone and each at a 45-degree angle from the previous cone.

Follow the zig-zag pattern, making sure to turn around the outside of the cones.

Repeat this process until you get to the end where you will take a 30-second recovery jog back to the start where you repeat the process 5 more times.

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Recovery soccer fitness drill runs



Description:

Set up:

- 7 players (3 defenders, 3 attackers, 1 goalkeeper)
- 1 goal
- 3 pug goals
- 20 x 20-yard area
- 3 cones

Set up your area and place the large goal in the middle of the 20-yard line, with the 3 pug goals on the opposite 20-yard line.

Attackers will start in the area in line with the pug goals.

The defenders will start 5 yards back behind the pug goals

The first attacker will play a combination pass with their teammate that will put them through on goal. As soon as the first pass is played the defender can begin their recovery run.



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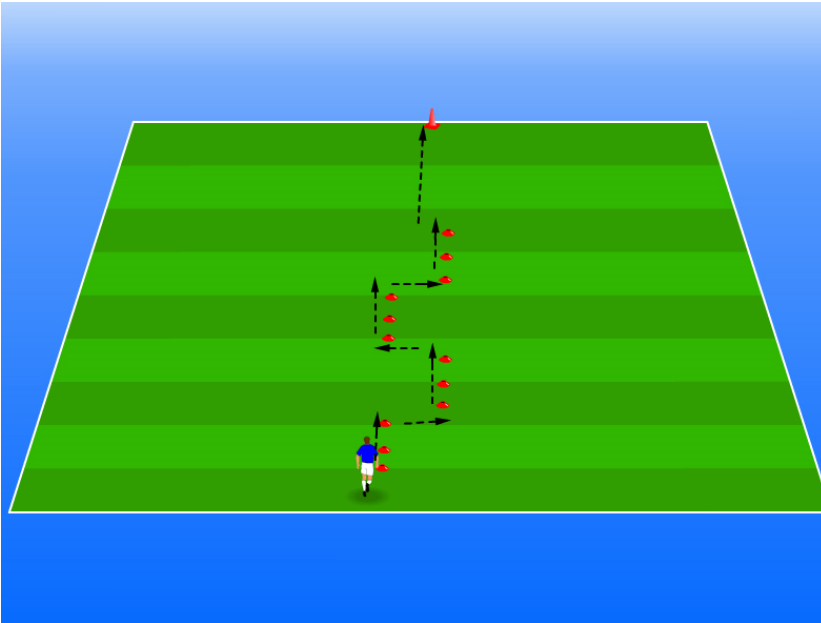
Time: N/A

Age/Level:

Objective:

Soccer Fitness and Conditioning Drills

Alternate hops/ leg bounds conditioning drill



Description:

To set up this drill place 3 cones in a row half a yard in front of each other.

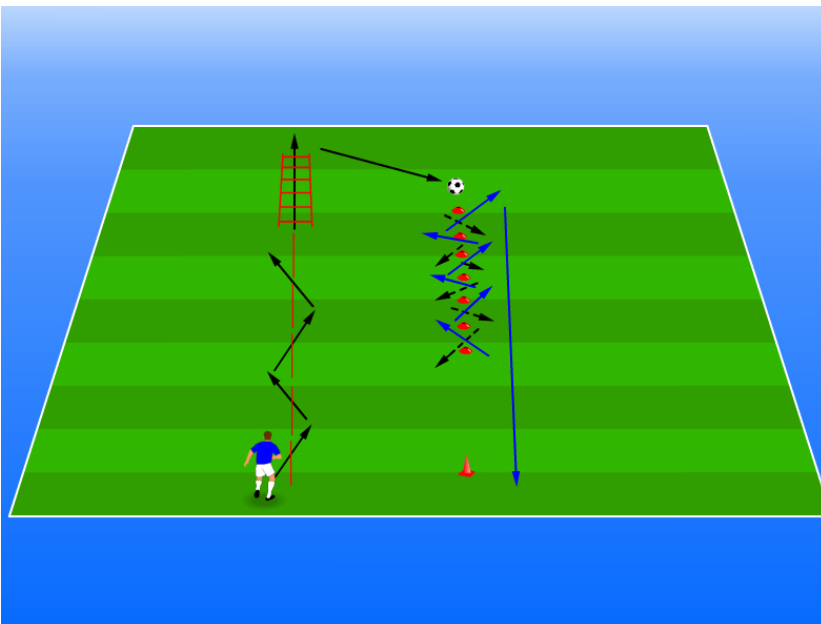
Set the next 3 cones up 1 and a half yards to the right and then the next 3 cones back to the left with the same 1 and a half yard gap in between.

Repeat this process when you have 3 groups of 3 cones on each side.

Finally, place the 2 tall cones 10 yards in the distance that run parallel to the cones

Use your left foot and take 3 quick hops over and between the cones. then hop over onto your right foot and perform the same movement again. Sprint to the tall cone

ladder/poles, quick feet, soccer slalom



Description:

- 6 tall poles
- 1 soccer ladder
- 7 cones
- 1 soccer ball

How the drill works:

The player starts at the first cone and goes through the pole slalom. They will then go through the soccer ladder making sure both feet go into each section of the ladder before moving on to the next section.

The player will now dribble the soccer ball through cones, making sure the ball and the player go through every gap in the cones. (the cone dribble will run parallel with the ladder, with the player facing the direction in which they started).



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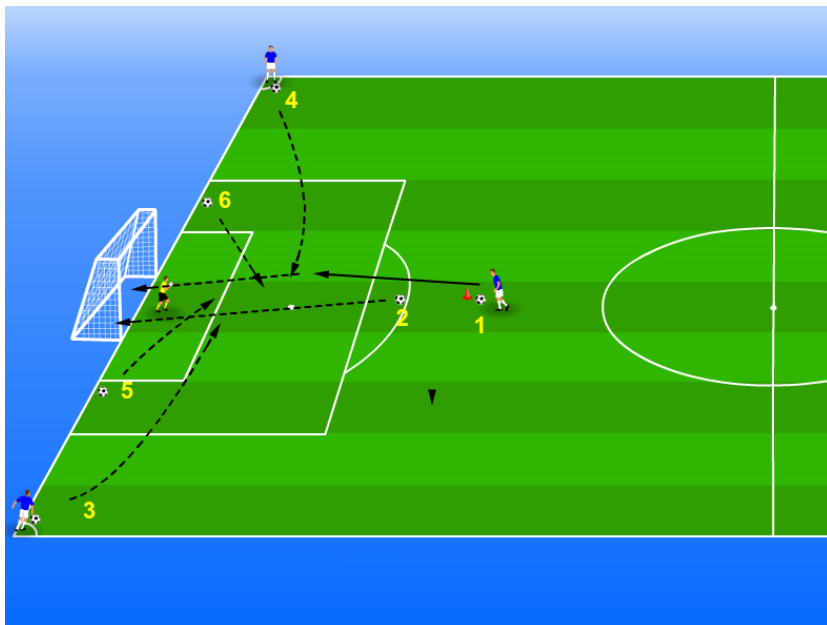
Time: N/A

Age/Level:

Objective:

Soccer Fitness and Conditioning Drills

soccer fitness shooting drill



Description:

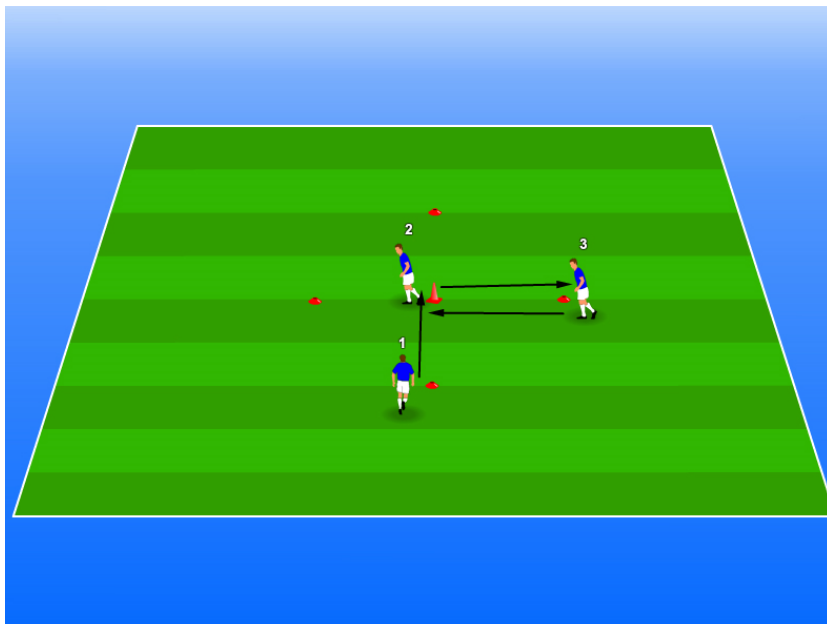
The player will take multiple shots on goal from different positions combined with a series of shuttle run sprints.

You can include a goalkeeper or if a goalkeeper is not available you can place cones 1 yard inside of the goal posts.

If players scores a goal with the goalkeeper in they will get 1 point, however, if there are no goalkeepers and a player scores in the corners they will get 3 points and 1 point for other goals.

After each shot, the player will perform a sprint back to the main cone on the edge of the area before taking their next shot.

Forwards/backward crosshair conditioning drill



Description:

How the drill works:

Place a cone in the middle and then place a cone 5 yards to the north, south, east, and west of the middle cone.

For this drill, you can start on any cone on the outside (mark this with the tall cone so it is easy to distinguish).

Start by sprinting to the cone in the middle. once you have reached the cone in the middle turn 90 degrees to the left and then sprint back to the cone on the right (anti-clockwise).

Repeat this process until you get to the cone you started at.



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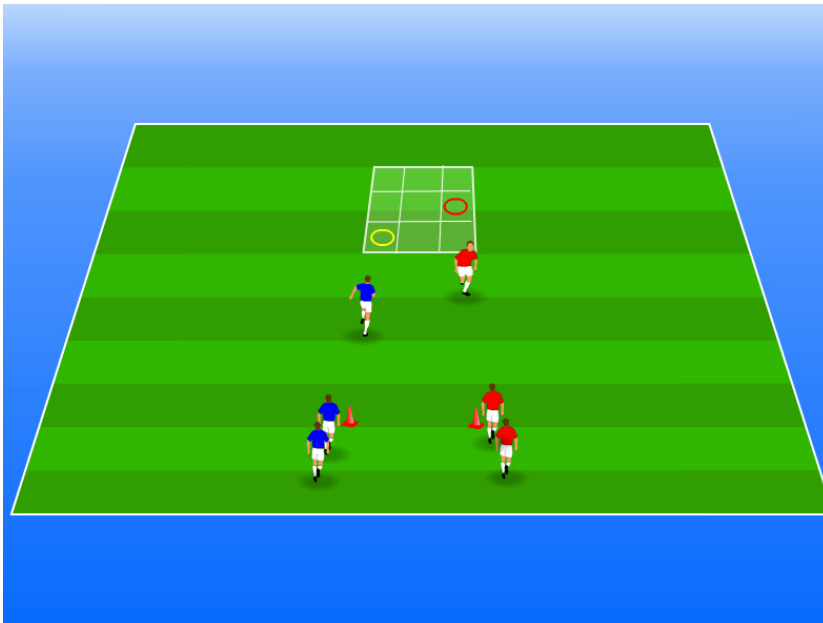
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Soccer Fitness and Conditioning Drills

Os and Xs soccer sprinting fitness and conditioning game



Description:

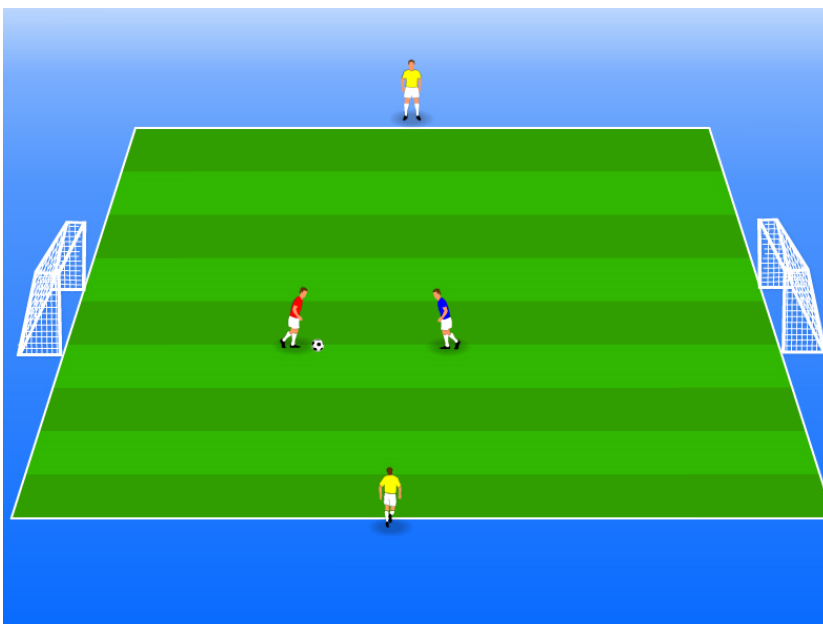
How the drill works:

With your flat cones create a 3x3 yard grid split into 9 squares, this will be your Os and Xs board. 10 yards back place your tall cone this is where each of the teams will start.

The first player from each team will run with a pinnie in hand and place the pinnie in their desired square. They will run back and tag the next person on their team who will repeat the process.

The team that completes 3 of the same colored pinnie in a row will be the winners.

1v1 soccer fitness and conditioning drill



Description:

Set up your area with the 2 pug goals opposite each other on the 5-yard lines. The 2 players on the outside will position themselves on the 10-yard lines.

The players on the outside will be fulfilling the role of bounce players and will be neutral players (they will be on the team of the player who has possession of the ball)

The bounce players cannot be tackled.

The two players in the middle will play a 1v1 attempting to score the pug goals.

After 5 minutes the player with the most goals will be the winner.