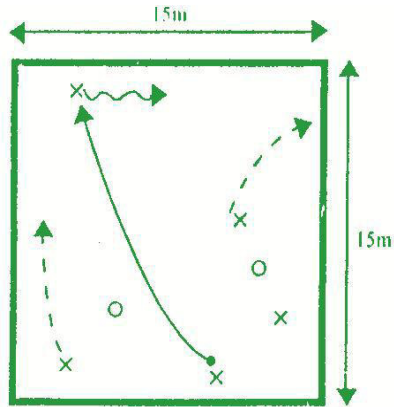


APPENDICES



I - Passing drills

P - 1 Practice I: passing



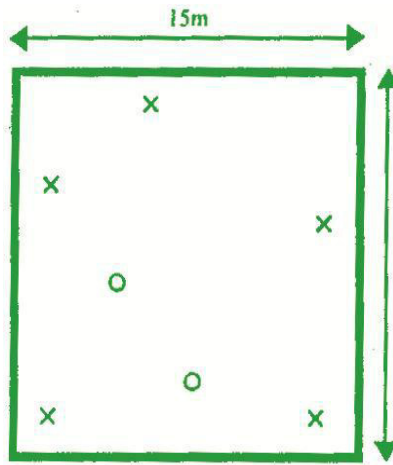
i. **Playing Area:** 15m x 15m

ii. **Equipment:** 5 red bibs/shirts, 2 white bibs/shirts

iii. **Players involved:** 7 (5 attackers, 2 defenders)

iv. **Practice and Objective:** 5 attackers attempt to record 10 passes, no restriction is there on number of touches, 2 defenders make an attempt to win possession 3 times and replace 2 attackers.

P - 2 Practice II: Support Play



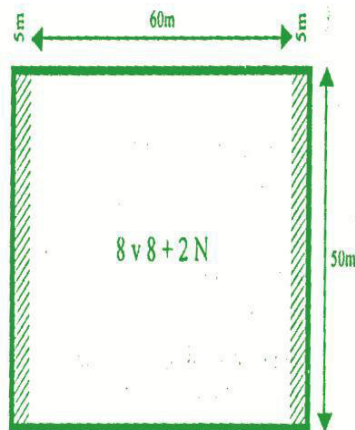
i. **Playing Area:** 15m x 15m

ii. **Equipment:** 5 red bibs/shirts, 2 white bibs/shirts

iii. **Players involved:** 7 (5 attackers, 2 defenders)

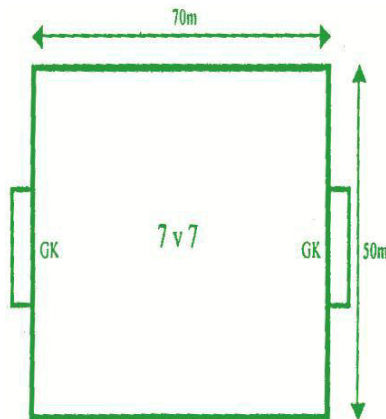
iv. **Practice and Objective:** 5 attackers attempt to record 10 passes, no restriction is there on number of touches, 2 defenders make attempt to win possession 3 times and replace 2 attackers.

P - 3 Practice III: Support Play



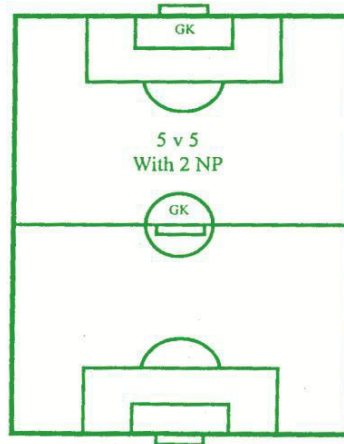
- i. **Playing Area:** $\frac{1}{2}$ Ground, End zones 5 meters in width each
- ii. **Equipment:** 8 red bibs/shirts, 8 white bibs/shirts, 2 neutral colors, 3 or 4 footballs
- iii. **Players involved:** 18 (2 teams of 8 players each, neutral players)
- iv. **Practice and Objective:** 8 vs 8 and the neutral players to support when in possession, scores points by receiving player putting his foot on the ball in the end zone, throwing for ball over side-lines.

P - 4 Practice IV: Game Passing and Supporting Play



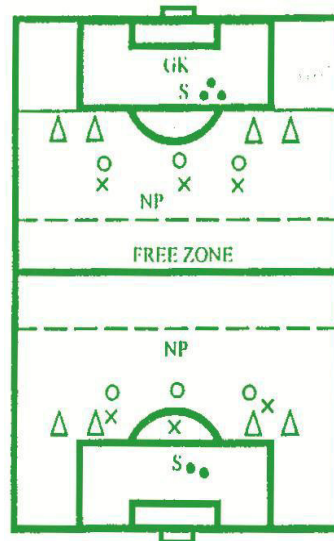
- i. **Playing Area:** $\frac{1}{2}$ Ground
- ii. **Equipment:** 7 red bibs/shirts, 7 white bibs/shirts, 2 goals, 5 balls
- iii. **Players involved:** 18 (2 teams of 7 players + 2 goal keepers)
- iv. **Practice and Objective:** Game of 7 vs 7 with maximum of 3 touches, continuous movement of players with and without ball, ball should not be static, finishing off with shot at goal.

P - 5 Practice I: Development of Long Passes



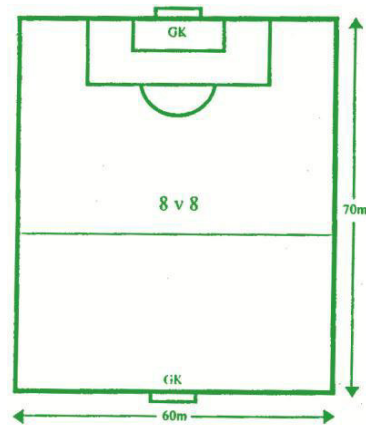
- i. **Playing Area:** Football Ground
- ii. **Equipment:** Alls, 5 red bibs/shirts, 5 white bibs/shirts, 2 neutral colours
- iii. **Players involved:** 18 (5 players each team with 2 neutral players)
- iv. **Practice and Objective:** The team in possession retains ball possession with quick passes looking for the long pass, every 3rd or 4th pass should be a long one.

P - 6 Practice II: Passing and the Development of Possession



- i. **Playing Area:** $\frac{3}{4}$ Ground
- ii. **Equipment:** Ball, 6 red bibs/shirts, 6 white bibs/shirts, 2 neutral colours
- iii. **Players involved:** 7 (3 vs 3 in each area, 2 servers + 2 neutral players)
- iv. **Practice and Objective:** Xs vs. Os normal game but playing in their area and not allowed to enter neutral zone. Neutral players are to support team in possession of ball, to score at either of the two goals.

P - 7 Practice III: Passing and the Development of Possession



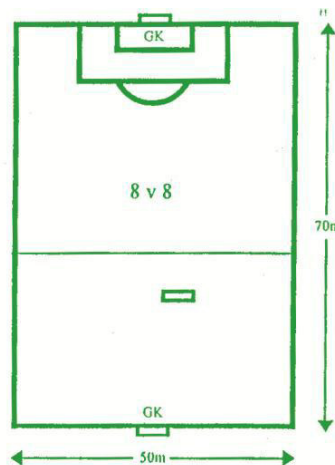
i. **Playing Area:** 70m x 60m

ii. **Equipment:** Balls, 8 red bibs/shirts, 8 white bibs/shirts, Portable goals

iii. **Players involved:** 18 (8 vs 8 with 2 goalkeepers)

iv. **Practice and Objective:** Normal game 8 vs 8, Both teams try to keep possession of the ball. If the ball is lost; players are supposed to regain possession fast. Can play lie ball back to sweeper who takes deep supporting position. If goal is scored, that team must on gaining possession again play possession football. The other team should try to gain ball possession and score. Sweeper is allowed 3 touches only.

P – 8 Practice III: Passing Games



i. **Playing Area:** 70m x 50m

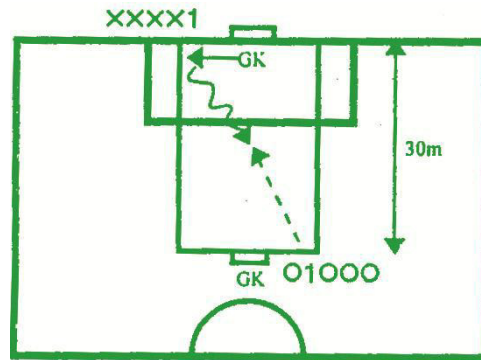
ii. **Equipments:** 8 red bibs/shirts, 8 white bibs/shirts, 2 goalkeeper jerseys,

iii. **Players involved:** 18 (8 vs 8 + 2 goalkeepers)

iv. **Practice and Objective:** Game of 8 vs 8 with maximum of 2 touches, and continuous movement of players with and without the ball. The ball should not be static, and it finishes off with shot at the goal.

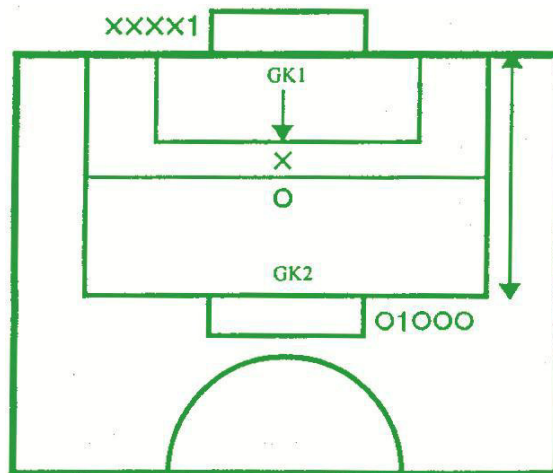
II - Dribbling Drills

D – 1 Practice I: Taking on a Defender



- i. **Playing Area:** 20m x 30m
- ii. **Equipments:** Balls, 5 red bibs/shirts, 5 white bibs/shirts, Two portable goal posts
- iii. **Players involved:** 12 (2 goalkeepers)
- iv. **Practice and Objective:** Goalkeeper plays ball out to XI, XI to dribble past O1 and score, O1 defend his goal, Playing time 15 seconds and rest 2 minutes.

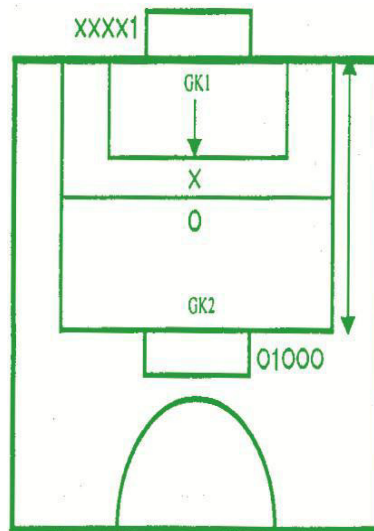
D – 2 Practice II: Creating Space to Lose Marker



- i. **Playing Area:** Double the size of the penalty box
- ii. **Equipment:** Balls, 2 sets of coloured bibs/shirts, two portable goals.
- iii. **Players involved:** 10 (1vs1 in working area, 2 goalkeepers, 4 servers, 2 neutral players)]
- iv. **Practice and Objective:**

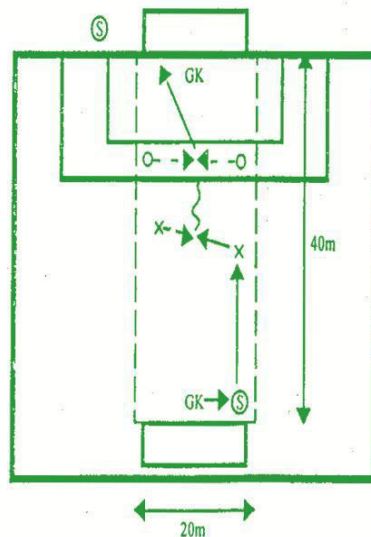
GK to pass to SI, SI to pass ball to X, X to create space when receiving ball, beat O and score. He could use T for a wall pass, The Goalkeeper 2 is supposed to start play. It is important to rotate the players so that every player has a chance to attack and defend.

D – 3 Practice III: Playing Against Tight Marking Defender



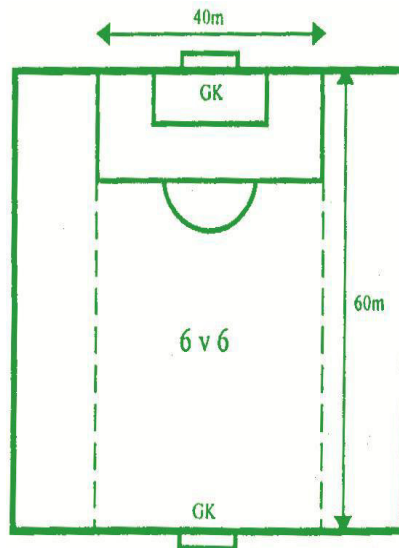
- i. **Playing Area:** Double the size of penalty area
- ii. **Equipment:** Balls, 2 set of coloured bibs, 2 portable goals
- iii. **Players involved:** 10 (1 vs 1 in working area, 2 goalkeepers)
- iv. **Practice and Objective:** 1 vs 1 free play, goalkeeper I to pass to X who has to control the ball, create space to beat 0 and score.

D – 4 Practice I: Combination play - use of takeovers



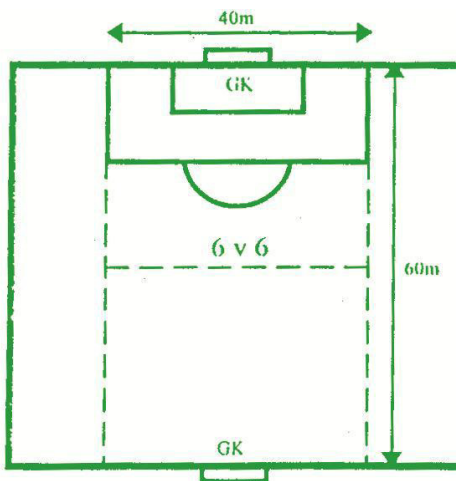
- i. **Playing Area:** 20m x 40m on 1/2 Ground
- ii. **Equipment:** Balls, 2 red bibs/shirts, 2 white bibs/shirts, Portable goals
- iii. **Players involved:** 8 (2 attackers vs 2 defenders, 2 servers, 2 goalkeepers)
- iv. **Practice and Objective:** GK passes to server S. S passes to teammate X1, who starts the combination play with X2 to finish off with a shot at goal. Os to defend.

D – 5 Practice II: Combination Play Use to Take Over



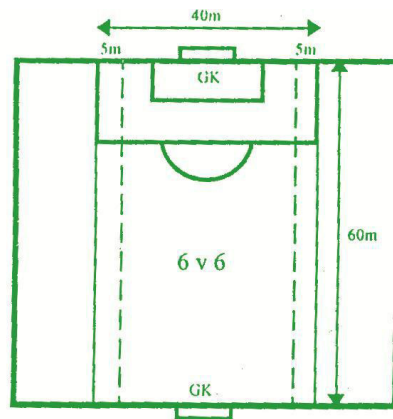
- i. **Playing Area:** 60m x 40m
- ii. **Equipment:** Balls, 6 red bibs/shirts, 6 white bibs/shirts, Portable goals
- iii. **Players involved:** 14 (6 vs 6 + 2 goalkeepers)
- iv. **Practice and Objective:** 2 sided game, with the front attacking players being tightly marked, creating situation for the use of take-overs.

D – 6 Practice III: Combination Play - Use of Wall-passes



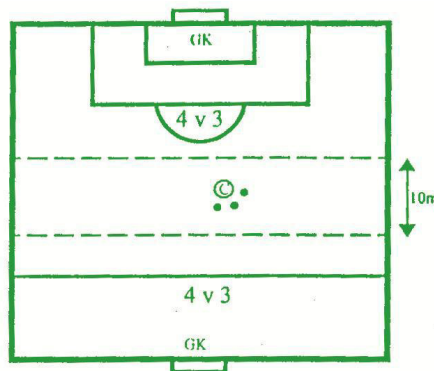
- i. **Playing Area:** 60m x 40m
- ii. **Equipment:** Balls, 6 red bibs/shirts, 6 white bibs/shirts, Portable goals
- iii. **Players involved:** 14 (6 vs 6 + 2 goalkeepers).
- iv. **Practice and Objective:** A normal game with players looking for opportunities to play wall passes especially in the middle and attacking third to get out of tight situation.

D – 7 Practice IV: Overlapping



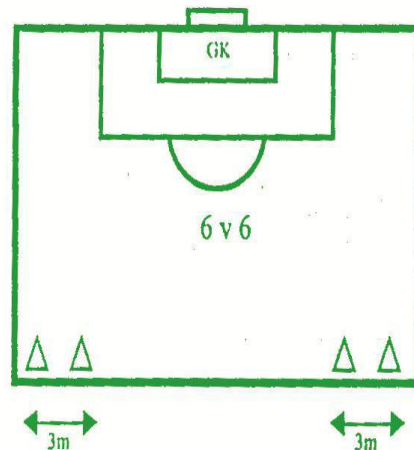
- i. **Playing Area:** 60m x40m, 2 end zones of 5 meters
- ii. **Equipment:** Balls, Markers/Cones, Portable goals, 6 red bibs/shirts, 6 white bibs/shirts
- iii. **Players invoked:** 14 (6 vs 6 + 2 goalkeepers)
- iv. **Practice and Objective:** Normal game of 6 vs 6 with the 2 side zones restricted for only the overlapping players.
- v. **Progression:** To continue game situation with application of all the above 4 practices.

D – 8 Practice I: Commence of attack when ball possession is gained in defending 3rd



- i. **Playing Area:** 3/4 Ground, In 3 zones (middle neutral zone)
- ii. **Equipment:** Balls, 7 red bibs/shirts, 7 white bibs/shirts, Portable goals, Markers/Cones
- iii. **Players involved:** 16 (4 vs 3 in each zones - 4 defenders / 3 attackers, 2 goalkeepers)
- iv. **Practice and Objective:** Players to play in their own zone only, They are not allowed into the middle zone. Coach is supposed to serve ball from the middle zone into either zone. Attacking players are supposed to score and defending players are supposed to regain possession and quickly give it to the coach.

D – 9 Practice II: Getting Out of Defence and Counter Attack



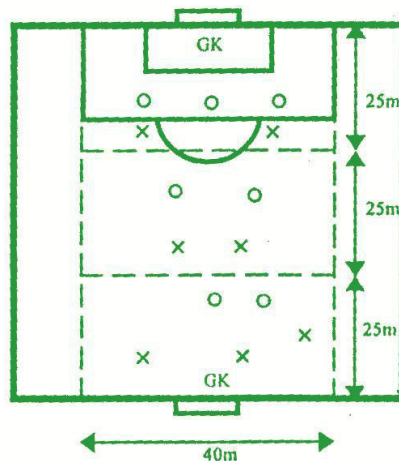
i. **Playing Area:** 1/2 Ground

ii. **Equipment:** 6 red bibs/shirts, 6 white bibs/shirts, Balls

iii. **Players involved:** 13 (6 vs 6 + 1 goalkeeper)

iv. **Practice and Objective:** Normal game of 6 vs 6 with the attacking team to score against the main goal whereas the defending team to get the ball through one of the 2 small goals with minimum passes on gaining ball possession. Speed is essential in counter attack, to have a receiver behind the small goals to receive the pass to ensure a point.

D – 10 Practice III: Attacking Option in the Zones of Play



i. **Playing Area:** 75m x 40m divided into 3 zones - defending, middle, attacking.

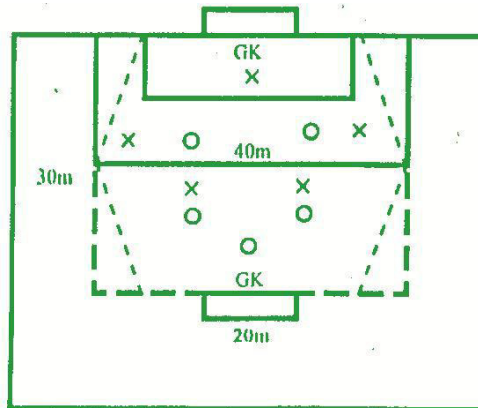
ii. **Equipment:** Balls, Markers, 7 red bibs/shirts, 7 white bibs/shirts

iii. **Players involved:** 16 (7 vs 7 with 2 goalkeepers)

iv. **Practice and Objective:** Normal game 7 vs 7 with attacking option once regaining ball possession in one of the 3 zones and according to position of the opponents at that moment.

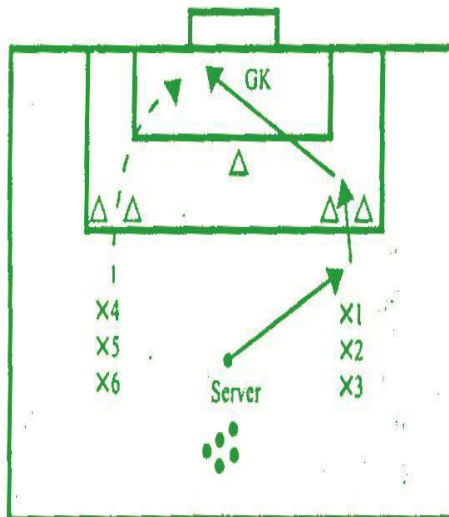
III - Shooting drills

S – 1 Practice I: Shooting



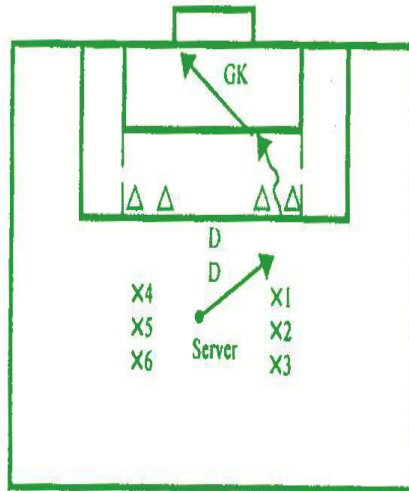
- i. **Playing Area:** 30x40metres, Area along goal-line 20 metres
- ii. **Equipment:** 2 portable goals, 5 red bibs/shirts, 5 white bibs/shirts, Markers
- iii. **Players involved:** 12 (2 teams of 5 players each, 2 goalkeepers, 3 in 1 half and 2 in the other)
- iv. **Practice and Objective:** Players must stay in allocated areas as shown, Ball out of play or goes over cross-bar, then the game restarts by throws from goalkeeper in half where ball stopped the play, The goalkeeper throws to his own team.

S – 2 Practice II: Shots from angle



- i. **Playing Area:** Penalty area and 10 meters extended
- ii. **Equipment:** Markers at corner of penalty box. Marker on penalty spot to represent recovering defender, balls
- iii. **Players involved:** 8 (1 goalkeeper, 1 server, 6 outfield players)
- iv. **Practice and Objective:** Server to pass to X1, X1 to touch ball through the cones to shoot at goals, X4 to go for rebounds.

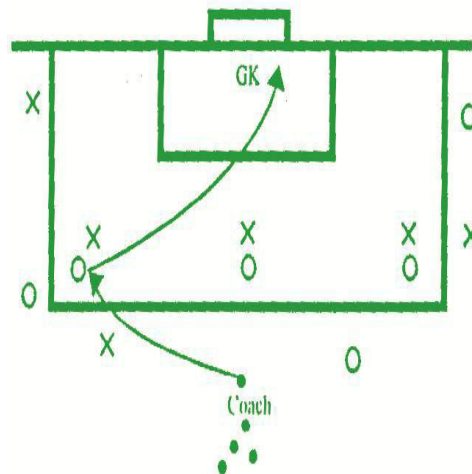
S – 3 Practice III: 1 vs 1 with goalkeeper



- i. **Playing Area:** Goal area width extended to edge of penalty box
- ii. **Equipment:** 4 markers placed as in diagram 4 meters apart, Balls
- iii. **Players involved:** Goalkeeper, 1 server, 6 field players

iv. **Practice and Objective:** 5 to pass alternately to either sides. Attackers on receiving ball need to run, beat goalkeeper and score. There is also a possibility to bring in a defender later, and the recovering defender to pressurise attacker.

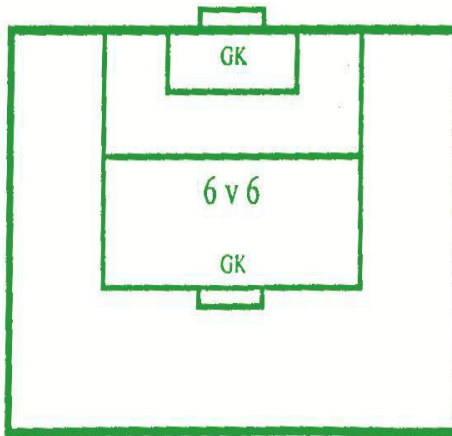
S – 4 Practice IV: Quick shooting



- i. **Playing Area:** Penalty box
- ii. **Equipment:** Markers, 6 red bibs/shirts, 6 white bibs/shirts, Balls
- iii. **Players involved:** 14 (1 server, 1 goalkeeper, 2 groups of 3 vs 3)

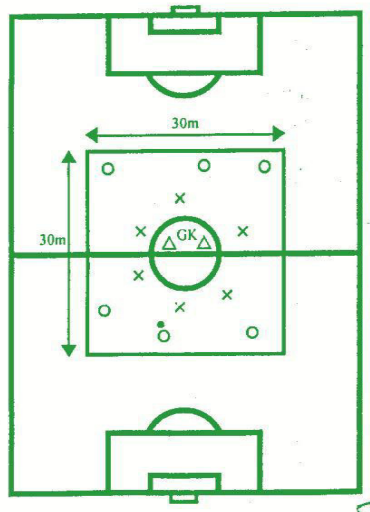
iv. **Practice and Objective:** Server to serve variety of balls into the penalty box (ground and aerial balls). The team gaining possession to score and the other team outside for support, Defending team on regaining ball possession have to get the ball out of the box to team mates before attacking, Outside players are allowed only 1 touch. On receiving return pass they can attack to score.

S – 5 Practice V: Game 6 vs 6



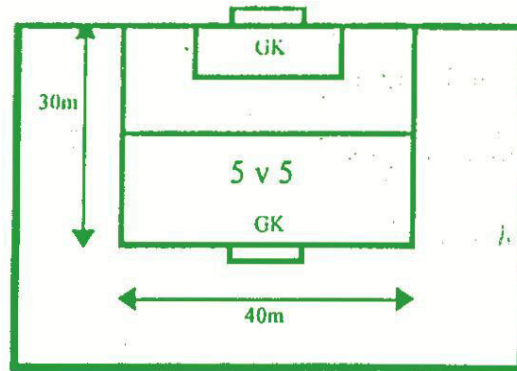
- i. **Equipment:** Cones, markers, 6 red bibs/shirts, 6 white bibs/shirts
- ii. **Playing Area:** Twice the penalty area.
- iii. **Equipment:** Balls, 6 red bibs/shirts, 6 white bibs/shirts, 2 portable goals,
- iv. **Players involved:** 14 (6 vs 6, 2 goalkeepers)
- v. **Practice and Objective:** 6 vs 6 game. Players to shoot at every opportunity to develop positive attitude towards finishing, This improves ability to play under pressure.

S – 6 Practice I: Goal scoring



- i. **Playing Area:** 30m x 30m
- ii. **Players Involved:** 13 (3 vs 3 in each half, 1 goalkeeper)
- iii. **Practice and Objective:** 3 vs 3 in each half. To combine and score and if there is no opportunity to score iii one half could switch play to team mates in the other half pitch, Fields players cannot enter the centre circle, and the team without the ball is supposed to defend.

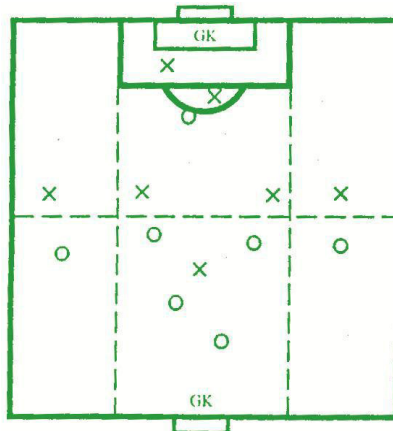
S – 7 Practice II: Games 5 vs 5



- i. **Playing Area:** Twice the penalty area.
- ii. **Equipment:** Markers, Balls, 5 red bibs/shirts, 5 white bibs/shirts
- iii. **Players involved:** 12 (5 vs 5 with 2 goalkeepers)

iv. **Practice and Objective:** Game 5 vs 5 for 5 minutes - number of shots taken, number of goals scored, number of shots missed and number of chances not taken to be recorded, At the end of 5 minutes the players are told the findings and then given the following advice: (i) if no shot is taken no goal shall be scored (encourage shooting), (ii) when shot is taken nearest player to go for rebound, (iii) if shot is taken from far front player must block the view of goalkeeper, (iv) The correct technique in finishing is emphasized upon. The game is let to continue for another 5 minutes and coach to record the findings.

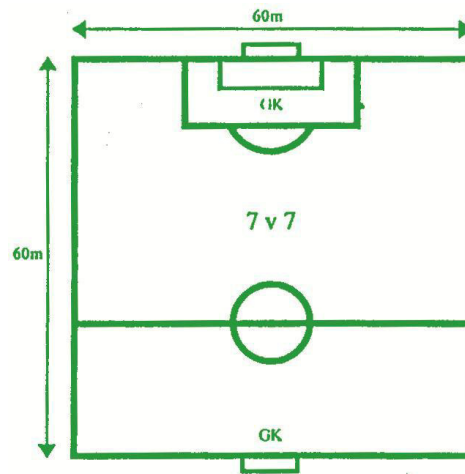
S – 8 Practice III: The art of Goals



- i. **Playing Area:** Full width x 70m long with 2 end zones
- ii. **Equipment:** Markers, Balls, 7 red bibs/shirts, 7 white bibs/shirts
- iii. **Players involved:** 16 (7 vs 7 with 2 goalkeepers)

iv. **Practice and Objective:** 7 vs 7 game, game which restarts from goalkeeper who can pass only with his hands, Each team must have at least one player on the thinks, No pressing in opponents half is allowed. Goals from shots - 1 point, Goals from combination play - 2 points, Goals from crosses - 3 points, Goals from cut backs - 4 points

S – 9 Practice IV: Attack vs. defence 7 vs 7



- i. Playing Area:** 60m x 60m
- ii. Equipment:** Balls, Markers, 7 red bibs/shirts, 7 white bibs/shins
- iii. Players involved:** 16 (7 vs 7 with 2 goalkeepers)
- iv. Practice and Objective:** Game 7 vs 7, Normal Play