



YOUTH SCENE: How to Make Drills Work

They should be easy to understand, taken in small steps

By Alan Maher

There are a few simple guidelines for developing coaching exercises. Books devoted to drills rarely satisfy the particular needs of a coach, and at best can only point the coach in the right direction.

Some of the best and most effective drills for your team may be those you create to address the specific needs of your team. I would like to present a few rules to help a coach in this process.

Rule #1: Make it work

No exercise should be presented if it is too difficult at its onset. Make it easy to understand and execute. Give a clear statement of what is to be done. Provide objectives and purpose. Then proceed in small steps, but at a rapid pace. Make the steps concentrated.

As an example, walk through the drill instead of running, so the movement clearly is seen and understood. Also, pass the ball with the hands, not the feet, to show accurately how the ball is to travel within the exercise. If the drill is not working right, increase the space between the players to allow more time for them to react in terms of controlling a moving ball.

Rule #2: Make it better

Once an exercise is going well, it can be made more challenging for the players.

Limit the amount of touches. Go from unlimited touches to three, then two touches, and finally to one-touch passing. If this fails, go back up to two touch, etc. Remember that the demands on players must be increased in terms of intensity in order for it to be realistic and player improvement realized.

Reduce the space. As the space gets smaller in a game-like situation, the players must concentrate more on the accuracy of their passes and their movement off the ball. So begin in a large space and then make it smaller. This can be done simply by walking around and moving the cones closer together. Don't even mention to the players that it is being done. Look for their response and react accordingly.

Routinely add players. Just add more players in a given space. This increases the demands on players in terms of field vision and movement and makes the game-like situations more realistic.

Rule #3: Introduce opposition

It would appear to be rather obvious that things would go better without opposition in the beginning, but we constantly see practice sessions where there is an exercise run with opposition from the beginning, even when the players struggle for success. Introduce wall passing and then add an opponent. Teach a takeover dribble and then add an opponent. Do the up-back-through passing sequence and then add an opponent. Go back to Rule #1 — make it work. You might also play your attacking players together as well as your defenders together in exercises, thus working on familiarity with each other.

