

TODAY WE SHOW YOU A SERIES OF SOCCER DRILLS TAKEN FROM YOUTH TRAINING SESSIONS DEVELOPED BY GERMAN SOCCER LEGEND INGO ANDERBRÜGGE – EVERY PROLIFIC YOUNG TEAM NEEDS A PERFECTLY STRUCTURED TRAINING PROGRAM!

Coach Anderbrügge's soccer school gives kids the chance to take part in training sessions that are both professional and effective. His training methods cover all the important fundamentals and they work for all types of players, regardless of their experience and their skill sets.

TRAINING STRUCTURE AND CONTENT

The former Bundesliga star player has many years of experience in youth soccer coaching, that's why he knows that it takes a sophisticated structure to make each practice a success.

Passing, dribbling, coordination and reaction speed are just some of the focal points he works on with the kids. As a general rule, each of his training session's consists of five phases: during the first fifteen



minutes he gets his players accustomed to the topic at hand. A warm-up game often works great here. In the second phase, the kids work on tricks centered around a certain subject. If we

assume that the training session is focused on passing, a pass circulation drill is a great option here.

During the third phase Coach Anderbrügge initiates a game-based drill that is designed to maximize the number of passes for each player.

In phase four the coach picks up on the focal point of the second stage, only now each drill is combined with shots on goal. This intensifies the drills and the kids simply have more fun.

The fifth and final phase features a training game where the kids can put the things they've learned to the test. Here the coach should make sure to structure this game in a way that is consistent with the training sessions theme. If we still take passing as an example, the training



INGO ANDERBRÜGGE

The following tips will help you to plan and organize effective training sessions in minimal time.

We kick things off with an Under 11 training session focused on dribbling.

game could look like this: two target players are positioned on each goal line and the object of the game is to complete a pass exchange between the target players and their teammates before scoring a goal. Since those goals are worth three points the kids will be extra motivated to apply their newly acquired skills as frequently as possible.

To recap: a training session in Coach Anderbrügge's soccer school consists of five phases: (1) **Acquainting the players with the drill** (2) **drills centered around focal points**, (3) **game-based drill**, (4) **drills centered around focal points including shots on goal**, (5) **training game**.

The practices last from fifteen to twenty five minutes and the players remain motivated throughout the duration of the training session.



CHECK OUT THIS UNDER 11 TRAINING SESSION FOCUSED ON DRIBBLING:

1. ACQUAINTING THE PLAYERS WITH THE DRILL



Coach Anderbrügge has chosen a dribbling circle drill in order to familiarize the players with theme of the training session. The players form a circle and each player is positioned equally spaced to the next. The center circle is a good point of reference here. A cone is positioned next to each player. The drill starts off with the players dribbling around the circle. They should keep the distance to the player in front of them.



Once you call out a number, the players have to perform a certain task. If you shout „1“, the players should trap the ball with the sole of the foot, and then move on to the ball of the player in front of them. This is repeated for two or three times.



If you shout „2“, the players again trap the ball, only this time they should move in the counterclockwise direction.



After a few minutes you also shout „3“, which means that the players now have to run over to the opposite side of the circle. They must make sure not to lose their ball or to bump into one of their teammates. When they've reached the other side they should continue to run in the same direction as before.

This drill can intensified by adding certain running motions such as side steps, cross steps or even forward rolls. This requires an increased level of concentration from the players.



2. DRILL CENTERED AROUND THE FOCAL POINT - THE PASS CIRCULATION DRILL



The pass circulation drill is suitable for players of all ages because it allows you to modify the level of difficulty. The younger the players, the easier the degree of difficulty should be. The players are divided in groups of two, and each group takes position next to a cone.

A circle of cones is positioned in the middle to simulate a group of defenders.

The first player in the group now runs toward the cones in the middle while repeatedly kicking the ball with his thigh before catching it again. When he has reached the cones in the middle, he should throw the ball back to his partner.

In the first variation the players now have to alternately kick the ball with their left and right foot. Again they're allowed to catch the ball.

They should repeat this for four or five times until they reach the cones. Once they're in the middle they should volley the ball back to their partners. The volley should be played in a way that allows the partner to catch the ball.



In the next variation the players should kick the ball at least once with both feet before catching it again. This should be repeated for two to three times before they reach the cones. Once they're in the middle they should kick the ball over their head with their back to their partners.

It's possible to award points here, three points if the ball touches the ground once, five points for directly catching the ball.



In the final variation the players stand next to each other, and the first player starts off doing a forward roll. The second player simultaneously passes the ball in a way that allows his partner to control it before it reaches the cones in the middle. After controlling the ball the first player drop-kicks the ball back to his partner.

This is a competitive, time-pressuring variation that demands a fast pace and a high level of technical ability from the players.



[Check out the pass circulation drill >>](#)



3. GAME-BASED DRILL - „THE CHAMPIONS CUP“



During this drill the players should try to score goals while getting the ball over certain lines on the pitch. This requires them to prevail in one-on-one situations. The kids are pressed for time, therefore you should make sure that they don't shoot the ball from a few yards away, instead they should actually dribble the ball across the line.

If the game is tied at the end of regulation, the kids decide the winner via penalty shootout.

This is a highly motivating drill because the winner advances further in the Champions Cup while the loser is out.



4. DRILL CENTERED AROUND THE FOCAL POINT, INCLUDING SHOTS ON GOAL - SHOTS ON GOAL WHILE FACING DEFENDERS

For this drill two groups of players position themselves about twenty yards away from the goal. Set up four or five cones at the top of the



penalty area. These cones represent a defender. Two players now stand behind the cones and two additional pairs of cones are set up next to those two players. The player now loses his defender by breaking free and waits for his teammate to pass him the ball.

Once he has received the pass he should dribble past the first set of cones and rotate towards the goal. This is where the second set of cones representing defenders comes into play. He also has to juke out this defender with either a step-over, an inside cut or simply a body swerve.

He has to use his creativity in order to get in a good scoring position. In the meantime the passer now moves into the position behind the first set of cones and awaits the next pass.



Make sure that the players make an initial move before they receive the ball and they should signal to their teammates to pass them the ball. This could either be a hand gesture or they could shout that they're open and want the ball.

5. TRAINING GAME - TRAINING GAME WITH VARIOUS TYPES OF BALLS



We can use all types of balls for this training game. Since all of these balls bounce around differently, the players have to adjust to different situations and circumstances.

Place two balls on each end line of the playing field which is about 25 to 30 yards in size. The balls are positioned about 10 to 15 yards apart from each other. We place different types of balls on top of cones - this could be a tennis ball, a mini soccer ball, an American football, and a regular-sized soccer ball.

The teams begin by using the regular-sized soccer ball, and they both try to score as many goals as possible. If a player misses a shot, he quickly has to retrieve this ball while the other team now is allowed to pick one of the four balls placed on the cones. They should try to take advantage of their numerical advantage while the other player retrieves the ball.

By playing with different balls we can value each goal differently. A goal scored with a tennis ball is worth two points, a goal with an American football is worth three points and a goal with a mini-soccer ball is worth four points.

The ball is immediately turned over should one team mistakenly use two balls at the same time. This usually happens when two players aren't communicating with each other and they both pick up balls on the left and the right side. Therefore this drill also helps the players to communicate better as a team.

