

# CLOSE REPETITION TRAINING DRILLS



## BALLWORK IN PAIRS

*In a team game, the most important part of the pass is the receiver.  
Give kids the best ball you can and they'll treat you the same way.*

Ballwork in Pairs is the quickest and most effective way for kids to learn the fundamentals of control and support. Any kid can develop skill on their own. They need a training partner to develop talent and intelligence. A ball between two is the best way to prepare for a game.

Too many kids pass the ball and then stand still. Close passing and juggling in pairs conditions kids to move constantly. There's no 'time out'. They're either controlling the pass or improving their position. Ballwork in pairs enables kids to measure their performance while getting hundreds of variable ball touches. Kids can work through five grades of pairs drills from One Touch heading to No Bounce juggling.





## CLOSE PASSING IN PAIRS

If you observe skills practice closely, you'll soon notice the kids who back away from the ball to give themselves more time and space. That's a natural indication of lack of confidence and it puts kids back on their heels which makes them flat footed. Confident kids get up on their toes and attack the ball because they love a challenge.

One Metre One Touch encourages kids to react instinctively to the ball and conditions them to use both feet. One Metre Two Touch helps kids develop coordination between their left and right foot so they can improve the quality of their first touch. As with most drills, this exercise can be practiced on the move so that kids can learn how to control the ball and their own balance while moving forwards and backwards. They integrate their natural skills with their Soccer skills.



## HITTING THE CONES

*Kids suddenly become accurate when they aim for a small target*

The average kid has no idea how talented they are until we provide them with the right drill to identify the right skill. In a game, they pass towards a player or shoot at a huge goal. They aim big and miss big. If they aim small, they miss small. It's simple. The smaller the target, the closer they get. They should aim for a foot or a corner of the net.

Put two cones 10 metres apart with a player at each cone. Each player tries to hit the opposite cone and the first to hit 5 cones is the winner. You don't need to look at their kicking technique because kicking a ball is easy. If you look at their eyes, you'll soon learn that most kids take their eyes off the ball when they strike it. It takes 5 minutes to teach kids about vision so that they aim at the target first and then keep their eyes firmly on the ball as they kick it. When kids can hit a cone consistently at 10 metres, they're ready to increase their range.





## HEADING IN PAIRS

*Heading is one of the most neglected skills in Australian Soccer*

A lot of kids are scared of heading the ball in case they get hurt. And they're right. When they were younger, they braced themselves and let the ball hit them instead of them hitting the ball. The heading challenge is to find an effective way to restore their confidence.

As with most basic skills, it's essential to begin with short, simple, close, relaxed drills that can gradually be increased and improved. Heading in Pairs is easily the most effective heading skill in Soccer. It teaches kids the importance of moving their whole bodies and timing the contact. It gives kids hundreds of ball touches from a close distance and gradually they can extend that distance when they realise how good they really are and how simple heading really is.



## JUGGLING IN PAIRS

*Freestyle kids set their own short term goals that are achievable.*

The key to juggling in pairs is communication. There's no need for two team mates to clash going for the same ball or the same tackle. There are clear and simple calls that kids can use to put their name on the ball so that their team mates can move immediately into a support position. Experience teaches kids to read the bounce of the ball.

Juggling in pairs teaches kids to move on the ball and off the ball, to talk to each other, support each other and create intuitive moves. It enables kids to get hundreds of ball touches and keep a record of their personal best performance and improvement. Beginners start using one bounce so that the ball is easier to control and more advanced can control the ball using only one touch, no bounce and weak foot only. Once kids can master the basics, they become a lot more innovative.





## LIGHTEN UP

### *Freestyle kids are developing the next generation Soccer player*

Lighten Up is simply the most valuable close repetition drill in Soccer. It enables the feeder to assess and improve any kid in five minutes just by learning about their natural skills and behaviour.

The feeder stands two metres from the player and throws the ball continuously to the head (20 times), the shoulders, the thighs, inside of each foot and the instep. The first set (cognitive) is full of mistakes, the second set (associative) develops confidence on the ball and the third set (intuitive) shows how good each kid really is with practice. Lighten Up develops natural rhythm, timing, balance, coordination and confidence. Kids can tell when intuition kicks in. Lighten Up can improve any Soccer kid in 5 minutes regardless of their natural talent.



## ONE VERSUS ONE

*Freestyle kids want to train the way they play, under pressure.*

There are three things that attract kids to Soccer training. They want to play games. They want to hit the back of the net. And they want to compete against themselves and challenge their mates.

1 v 1 in a 10 x 10 grid is essential to developing confidence on the ball. The aim is to keep the exercise constant so that kids get used to recovering quickly after losing the ball. It's important to keep a stopwatch on the drill so that kids can gradually extend their time.

Too many kids panic in front of goal because the situation is unfamiliar. Freestyle kids spend hours at shooting practice so that the whole process becomes second nature. 1 v 1 shooting practice enables strikers and keepers to get used to pressure in the 18 yard box.

Freestyle kids don't run away from pressure; they just get used to it.

