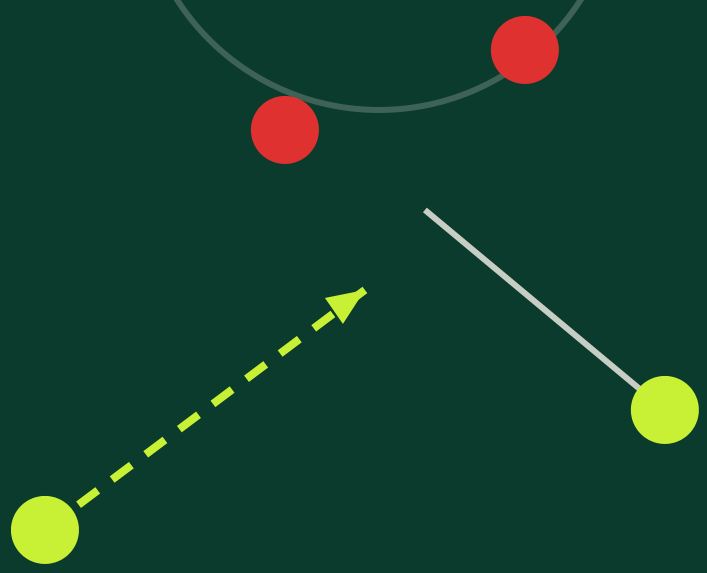
1 COACHING NOTEBOOKS

COACHING YOUTH FOOTBALL

Drills for U7, U9, U11 and U13, in 5v5, 7v7 and 9v9.



600+

ANIMATED DRILLS

DorsalCUP

dorsalcup.com

Title	Coaching youth football
Series	DorsalCUP Coaching Notebooks · Volume 1
Edition	First edition · November 2026
Animations	dorsalcup.com/ex — every drill has its own code
Contact	dorsalcup@dorsalcup.com

All drills and diagrams were written and drawn from scratch for DorsalCUP. The training ideas behind them (rondos, small-sided games, positional play, counter-pressing) are free to use; the specific form of each drill is original.

Youth match formats (number of players, pitch size) vary between associations. Always check your local rules.

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How to use this book

The drills are grouped by age group (U7, U9, U11 and U13) and, within each age group, by theme. In each theme they follow the order of a training session: activation and technique first, then 1v1, 2v1 and 3v2 situations, small-sided games and, at the end, the game and the cool-down. Each drill takes one page, always in the same order: what you need to set it up, what happens on the pitch and how to adapt it to your group. The articles and ready-made sessions are gathered at the end of the book; each theme opener gives their page numbers.



1. **Code and title.** The code (EX-00123) links the page to the animation and the indexes.
2. **Tags.** Moment of the game, type, level, intensity, training week (MD) and age groups.
3. **Set-up.** Players, space in metres, sets and rests, equipment.
4. **Animation steps.** Each step on the tactics board, with its caption.
5. **The drill.** Set-up, rules and scoring; what to look for, common mistakes, how to make it harder or easier and questions to ask the players.
6. **QR and page.** Opens the animation on your phone.

DIAGRAM SYMBOLS

- Team A
- Opponents
- Goalkeeper
- Neutral or support
- Pass
- Run
- Dribble
- Pressure

AGE GROUPS

U7	3v3 to 5v5
U9	5v5
U11	7v7
U13	9v9

Formats vary between associations. Check your local rules.

QR Point your phone's camera at the code at the bottom of each page. The animation opens on the dorsalcup.com tactics board, step by step, and you can show it to the players on the pitch.

A ACTIVATION AND TECHNIQUE WITH DECISIONS

To start the session and build the relationship with the ball: dribbling, passing, receiving and shooting, always with a decision to make.

IN THIS THEME · 27 DRILLS, IN SESSION ORDER

Activation and warm-up	14	p. 9–22
Technical circuits with decisions	6	p. 23–28
1v1, 2v1, 3v2... situations	4	p. 29–32
Finishing	1	p. 33
Cool-down	2	p. 34–35

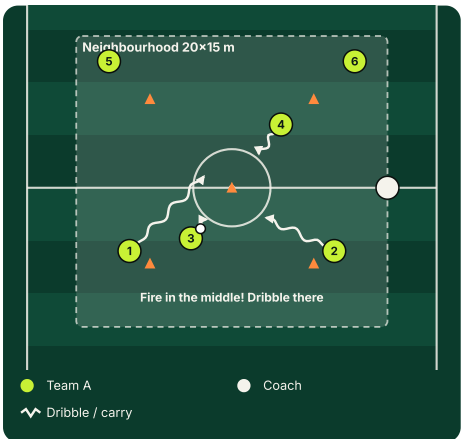
Neighbourhood firefighters: dribble and stop the ball by the fires as they start

EX-00354

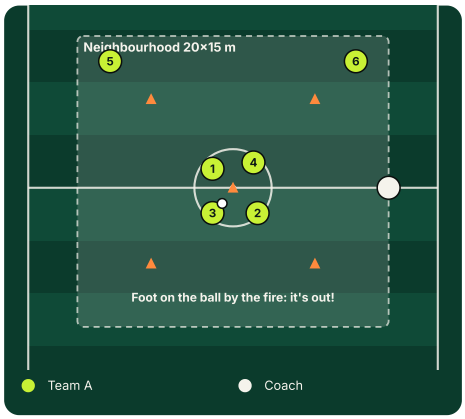
Works on close control and stopping the ball: each child is a firefighter with a ball who puts out fires (cones) by stopping it with the sole next to them. The coach shouts the colour of a new fire and everyone changes direction.

technique and coordination | activation / warm-up | Level beginner | Intensity medium | Training week any | U7

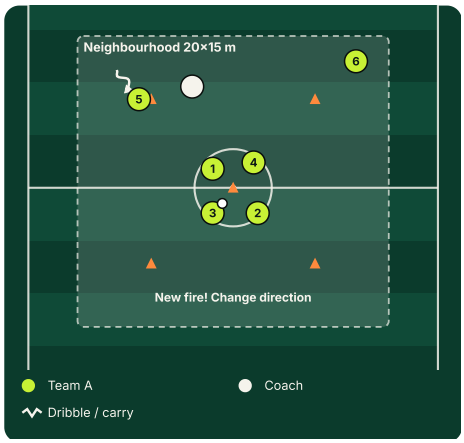
PLAYERS	SPACE	DURATION	EQUIPMENT
6 firefighters, each with a ball 4–10 (ideal 6)	**20 × 15 m** 20×15 m rectangle (the neighbourhood) with 5 cones in different colours spread around (the fires), at least 5 m apart.	**4 × 2 min** rest 1 min · total 11 min	1 ball per child 5 cones in different colours 4 markers for the neighbourhood



1 The coach calls the fire in the middle: the firefighters dribble there, each with their own ball.



2 They reach the fire and put their foot on the ball next to the cone: fire out!



3 The coach starts another fire and the nearest firefighter changes direction to go there.

Team A Coach Dribble / carry

SET-UP

The coach tells the story: there are fires in the neighbourhood and the children are firefighters, each with their own hose (the ball). Everyone starts spread out with a ball. On the signal, they dribble around the neighbourhood. The coach shouts a colour: that fire has started and the firefighters go and put it out.

RULES

1. Putting out a fire = dribbling there and stopping the ball with your sole next to the cone of that colour.
2. It only counts if the ball is still and your foot is on top of it.
3. Once it's out, dribble away and wait for the next fire.
4. If the ball gets more than two steps away, the hose has got loose: go and get it and try again.

SCORING

Each fire put out is worth a drop of water; at the end of each round the coach asks how many drops each firefighter has collected.

COACHING POINTS

- Keep the ball close: little touches, don't let the hose get away.
- Look up to see the fire and your team-mates.
- Stop the ball with your sole, without jumping over it.
- Praise every fire put out, not just the first one there.

COMMON MISTAKES

- Taking long touches to get there faster.
- Everyone running to the same place and bumping into each other without looking.
- The coach explaining for too long: tell the story in 30 seconds.

↑ PROGRESSIONS

- The coach calls two colours in a row: put one out, then the other.
- Hold up a cone to show the colour instead of shouting it, so they have to get their heads up.
- Put fires out with the foot you use less only.

↓ REGRESSIONS

- Only 3 fires, further apart.
- For the youngest, stop the ball with your hand instead of your sole.
- Walk with the ball instead of running.

QUESTIONS FOR PLAYERS

> *What do you do so your hose doesn't get away?*
>
> *Where do you look to find out which fire is burning?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-00354?l=en

Sun and Moon: one team stand the cones up, the other lay them down, ball stopped first

EX-00373

Works on dribbling with the head up, stopping the ball and finding a free cone: everyone has a ball. Team Sun stand cones up and Team Moon lay them down, always after stopping the ball with the sole next to the cone.

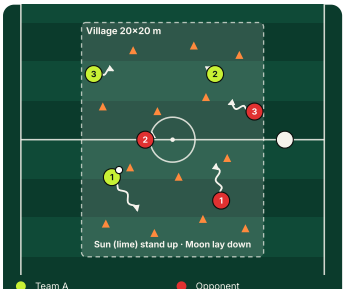
technique and coordination | activation / warm-up | Level beginner | Intensity medium | Training week any | U7 · U9

PLAYERS
2 teams (Sun and Moon), one ball per child
6–12 (ideal 8)

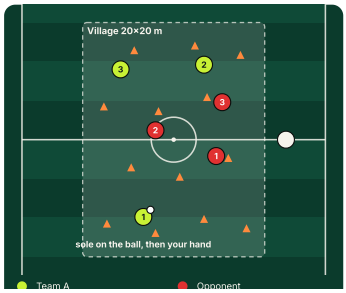
SPACE
20 × 20 m
20×20 m square (the village) with 12 to 14 cones spread around, at least 3 m apart; half standing up, half lying down.

DURATION
4 × 1.5 min
rest 1 min · total 9 min

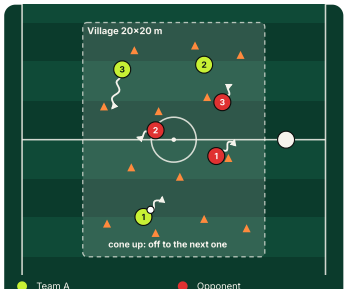
EQUIPMENT
1 ball per child
12 to 14 tall cones (or skittles)
4 cones for the corners
bibs in 2 colours



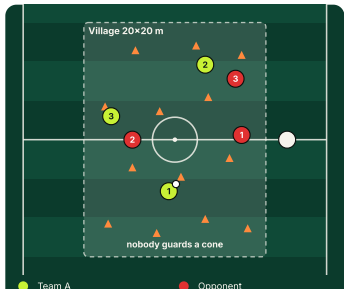
1 Everyone dribbles at the same time: Sun to cones lying down, Moon to cones standing up.



2 At the cone: ball stopped with the sole before touching it.



3 Sun 1 stands the cone up and dribbles off to another; Sun 2 looks for a cone away from the opponents.



4 Nobody guards a cone: everyone is already heading for the next one.

Team A · Opponent · Coach · ····· Dribble / carry

SET-UP

Two teams in different coloured bibs, each child with a ball, spread around the village. Half the cones are standing up and half are lying down. The coach tells the story: the Sun team want the village awake (cones standing up); the Moon team want the village asleep (cones lying down). On the signal, everyone dribbles at the same time.

RULES

1. Before you touch a cone, the ball has to be stopped under your sole, right next to it.
2. Sun only stand cones up; Moon only lay them down. Use your hand, keeping your foot on the ball.
3. No guarding a cone: once you've moved it, dribble away to another one.
4. You can't move the same cone twice in a row.
5. On the final whistle, everyone stops their ball with the sole and the standing and lying cones are counted.

SCORING

The team with the most cones the way they want them on the whistle win the round. A round won = 1 star for the team; the teams swap roles every round.

COACHING POINTS

- Eyes up between touches: "Where's a cone for me?"
- Little touches near the cone, so you can stop without the ball running away.
- Sole on top of the ball, knee bent, and only then your hand on the cone.
- Pick a cone away from the other team's players.

COMMON MISTAKES

- Chasing the ball with big touches and running past the cone.
- Letting go of the ball to move the cone with both hands.
- Hanging around the same cone and fighting over it with an opponent.
- The coach standing still correcting: better to join in and show them during the round.

↑ PROGRESSIONS

- Stop the ball with the sole of the foot you use less only.
- Moon lay the cone down with their free foot, no hands; Sun still use their hand (U9s).
- Before each cone, go through a gate in the middle (the village bridge).
- Add more cones and cut the round to 60 s.

↓ REGRESSIONS

- Allow the ball to be stopped with any part of the foot.
- Fewer cones, further apart.
- A round with no opponents: just one team waking the village up against the clock.

QUESTIONS FOR PLAYERS

> *Which cones were easier to get to: the ones near the other team's players or the ones far away?*

> *How did you stop the ball so it didn't run away when you bent down?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-00373?l=en

E GOALKEEPING

The goalkeeper in the game: positioning, coming off the line, 1v1s and distribution.

IN THIS THEME · 15 DRILLS, IN SESSION ORDER

Technical circuits with decisions	1	p. 237
1v1, 2v1, 3v2... situations	1	p. 238
Conditioned small-sided games	5	p. 239–243
Goalkeeping	8	p. 244–251

Three coloured houses: the keeper receives with an open body, then hears the house

EX-01040

The coach plays the ball back to the keeper and only calls the colour of the house when the keeper touches it. With an open body facing the pitch, the keeper sees all three houses and passes to the called one before the wolf arrives.

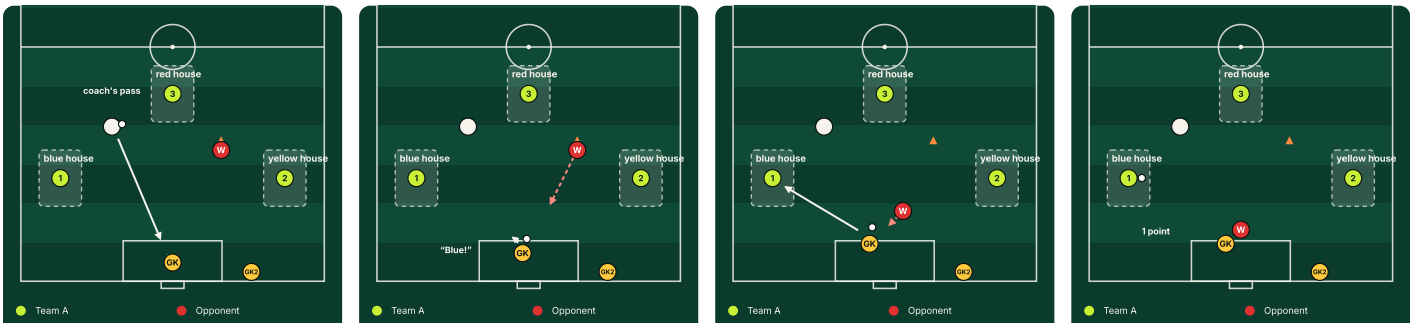
goalkeeping | technical circuit with decisions | Level intermediate | Intensity medium | Training week any | U9

PLAYERS
GK + 3 team-mates in the houses v 1 wolf + coach passing (2 GKs alternate; the wolf rotates with the houses)
5–9 (ideal 6) · 2 GK

SPACE
20 × 16 m
In front of a 5v5 goal with a 6 m box. Three 3×3 m houses: one on each side, 8 m from the goal line, and one in front, 12 m out. The coach passes from 10 m, between the front house and the left-hand one; the wolf starts from a cone 9 m out on the right.

DURATION
4 × 4 min
rest 1 min · total 19 min

EQUIPMENT
one 5v5 goal
ten balls
cones in 3 colours for the houses
bibs



1 The coach plays the ball back to the keeper, who stands side-on with an open body.

2 The keeper's first touch: the coach shouts "Blue!" and the wolf leaves the cone.

3 The keeper has already taken the ball away from the wolf and passes to the blue house.

4 The team-mate receives inside the house: 1 point.

Team A · Opponent · GR · Coach · Pass · Run · Dribble / carry · Press

SET-UP

There is a team-mate in each house. The coach plays the ball to the keeper along the ground. When the keeper first touches the ball, the coach shouts the colour of a house and the wolf leaves their cone to press. The keeper passes to the called house with their feet. The team-mate who receives gives the ball back to the coach. After 4 passes, the keepers swap; the team-mates move round the houses and one of them becomes the wolf. On the board, W is the wolf.

RULES

1. The keeper plays with their feet only, with 3 touches at most.
2. The colour is only called after the keeper's first touch.
3. The wolf only leaves the cone at that moment and tries to touch the ball before the pass.
4. Pass along the ground that reaches the called house: 1 point to the keeper. Pass to another house: 0.
5. Ball touched by the wolf: 1 point to the wolf, and the turn ends.

SCORING

Each keeper adds up the points from 4 turns and tries to beat their score in the next round.

COACHING POINTS

- Receive side-on, body facing the pitch, seeing all three houses at once.
- First touch out of the wolf's path and already pointing towards the houses.
- Pass with the inside of the foot and a firm ankle.
- If the wolf is close, pass with your next touch, no more running with the ball.

COMMON MISTAKES

- Receiving square to the coach, with your back to one of the houses.
- Stopping the ball under your foot and giving the wolf time.
- Only watching the ball and not seeing the wolf coming.
- A pass that's too hard and runs straight through the house.

↑ PROGRESSIONS

- Only 2 touches.
- The coach doesn't shout: they hold up a cone in the house's colour and the keeper has to look up.
- The wolf starts closer (7 m) or from a different side each turn.

↓ REGRESSIONS

- No wolf.
- Unlimited touches.
- Only two houses, one on each side.

QUESTIONS FOR PLAYERS

> *How do you stand so you can see all three houses?*

> *The wolf came from the right. Which way did you take your first touch?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-01040?l=en

Win it and play: 1v1 against the keeper, who then passes through a gate with their feet

EX-01035

The attacker runs at the keeper. If the keeper wins the ball, they put it down and have 4 s to pass it with their feet through one of two side gates while the attacker switches to defending. Works on the 1v1 and the keeper's first pass.

goalkeeping | overload / underload (1v1, 2v1, 3v2…) | Level intermediate | Intensity high | Training week any | U9

PLAYERS	SPACE	DURATION	EQUIPMENT
1v1 (attacker v GK) in waves; 2 GKs alternate every 4 duels 5–10 (ideal 7) · 2 GK	**20 × 16 m** In front of a 5v5 goal (3×2 m) with a 6 m box. Shooting-zone line at 10 m. Two 2 m gates out wide, 12 m from the goal line. Line of attackers 16 m out, central.	**4 × 4 min** rest 1 min · total 19 min	one 5v5 goal ten balls eight cones (gates, shooting zone and start) bibs



1. The attacker runs the ball towards the shooting zone; the keeper comes out to meet them.
2. The keeper stays on their feet and low; the attacker takes a heavy touch and the keeper attacks the ball.
3. The keeper wins the ball and puts it down; the attacker races to block the left-hand gate.
4. The keeper passes along the ground through the right-hand gate, away from the attacker.
5. The ball goes through the gate: 2 points to the keeper; the attacker goes back to the line.

Team A · Opponent · GR · Coach · Pass · Run · Dribble / carry

SET-UP

The attackers line up 16 m out, central, each with a ball. The first one runs at goal with the ball and tries to score; the keeper defends the 1v1. If the keeper wins the ball, they put it on the ground and pass it with their feet through one of the side gates, while the attacker who lost it tries to stop the pass. After each duel, the attacker fetches the ball and goes to the back of the line. The keepers swap every 4 duels.

RULES

1. The attacker can only shoot inside the shooting zone (less than 10 m from goal).
2. The keeper can use their hands inside the box and tackle with their feet anywhere.
3. When the keeper wins the ball, they have 4 s to pass it with their feet through a gate (the coach counts out loud); they can't throw it.
4. The attacker who lost the ball defends straight away and can cut out the pass; if they do, they can shoot again.
5. Goal: 1 point to the attacker. Ball won by the keeper: 1 point. Pass through a gate: 1 more point.

SCORING

The keeper can score up to 2 points per duel. After 4 duels they swap, and the two keepers compare totals.

COACHING POINTS

- Come out while the attacker is running with the ball and set yourself before their next touch.
- Stay on your feet and low until the attacker pushes the ball away from their foot.
- Once you win the ball, get your head up straight away: where's the attacker?
- Pass to the gate on the opposite side, along the ground, with the inside of your foot.

COMMON MISTAKES

- Diving in at the attacker's feet too early and getting dribbled round.
- Celebrating the save and letting the attacker block the gate.
- Passing to the gate on the attacker's side.
- Toe-poking it and the ball bobbling off.

↑ PROGRESSIONS

- Only 3 s to make the pass.
- A second attacker waits by one of the gates and blocks it: the keeper has to use the other one.
- The pass has to go with two touches at most.

↓ REGRESSIONS

- If the keeper wins the ball with their hands, they can roll it through the gate.
- Wider gates (3 m), closer to the goal.
- The attacker who loses the ball doesn't defend the pass.

QUESTIONS FOR PLAYERS

> *Once you've won the ball, where do you look first?*

> *Which gate did you choose? Why that one?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-01035?l=en

G FOOTBALL-SPECIFIC CONDITIONING

Agility, speed and endurance worked with the ball and in games.

IN THIS THEME · 20 DRILLS, IN SESSION ORDER

Technical circuits with decisions	2	p. 483–484
1v1, 2v1, 3v2… situations	8	p. 485–492
Conditioned small-sided games	9	p. 493–501
Transition games	1	p. 502

Shortcut or long way round: the hoop shortcut belongs to whoever gets there first

EX-00963

Two players with a ball each race to the duel zone. The central shortcut demands short touches through hoops and only one player fits; the long way round is longer but clear. Whoever arrives first attacks the 1v1.

football-specific conditioning | technical circuit with decisions | Level intermediate | Intensity maximum

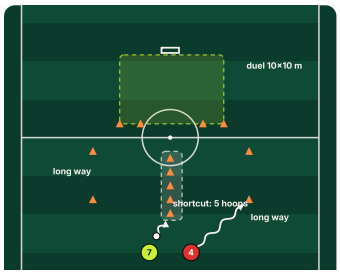
Training week MD-2 · MD-3 | U11 · U13

PLAYERS
1v1 with a ball each; 3 pairs per course
4–12 (ideal 12)

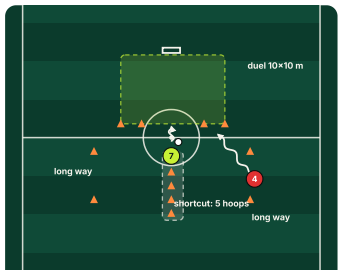
SPACE
15 × 30 m
15×30 m course: start line; 2×10 m central shortcut with 5 hoops; two turning cones, one on each side; 10×10 m duel zone at the far end, with a mini-goal at the top and two 2 m gates on the entry line.

DURATION
3 × 5 min
rest 2 min · total 19 min

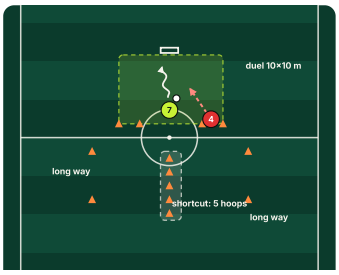
EQUIPMENT
1 ball per player
10 hoops, 5 per course (or 20 flat markers)
two mini-goals, 1 per course
12 cones, 6 per course
bibs in 2 colours



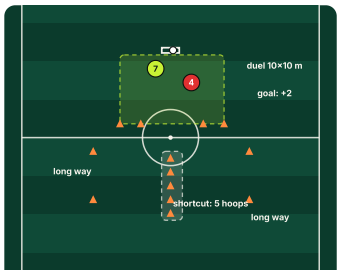
1 Both set off with the ball; 7 enters the shortcut first and 4 has to go the long way.



2 7 comes out of the hoops accelerating; 4 goes round the cone with big touches.



3 7 enters the duel zone first; 4 stops their ball on the line and defends.



4 7 shields, feints and scores in the mini-goal.

Team A | Opponent | Dribble / carry | Press

SET-UP

Two identical courses side by side, each with three pairs. The pair on the start line have a ball each, 3 m apart. The coach starts them with a “Go!” or by rolling a third ball away: both players set off. The other pairs wait and get their balls ready.

RULES

1. The shortcut belongs to whoever enters it first: the other player must go the long way round their side's cone.
2. In the shortcut, the ball must touch the ground inside every hoop and the player must step inside every hoop.
3. Whoever reaches the duel zone first with the ball under control is the attacker.
4. The other player stops their ball with the sole on the entry line and becomes the defender.
5. Attacker: goal in the mini-goal at the far end. Defender who wins the ball: runs it out through one of the entry gates.
6. The 1v1 is over within 8 s; then the pair go to the back of the queue for the other course.

SCORING

Arriving first: 1 point. Goal by the attacker: 2 points. Winning the ball and getting out through a gate: 2 points to the defender.

COACHING POINTS

- Decide before you go: if your opponent gets to the shortcut first, the long way is yours.
- In the shortcut: small touches, ball close, eyes up between hoops.
- On the long way: big touches and run flat out; brake and change direction at the cone.
- Enter the duel zone already shielding the ball on your opponent's side.
- 8–12 s of work and at least 40 s rest: speed, not fatigue.

COMMON MISTAKES

- Both players fighting for the shortcut entrance and colliding.
- Looking only at your feet in the shortcut and losing track of your opponent.
- Taking short touches on the long way and losing time.
- The second player not stopping their ball and defending with two balls in play.

↑ PROGRESSIONS

- Hoops closer together, and weaker foot only in the shortcut.
- At the start, the coach shows which of the two turning cones is closed.
- Duel zone with two mini-goals at the far end, with the defender choosing which one to protect.

↓ REGRESSIONS

- Shortcut with 3 hoops, further apart.
- No final duel: the first to arrive and stop the ball on the line wins.
- Rolling start, ball at your feet.

QUESTIONS FOR PLAYERS

> *When did you choose the shortcut? Before or after you saw your opponent?*

> *Did the shortcut gain or lose you time? Why?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-00963?l=en

Ball swap on the move: pass at the same time and race with your opponent's ball

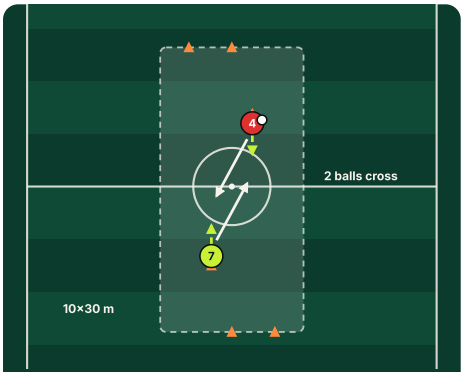
EX-00968

Two players face each other, each with a ball. The starter passes whenever they want; the other must pass straight away. They run onto the oncoming ball, control it on the move, and whoever gets through the gate first wins.

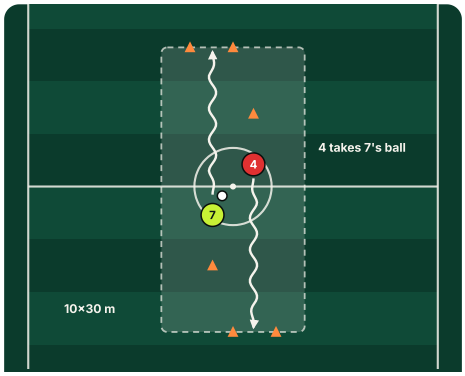
football-specific conditioning | technical circuit with decisions | Level intermediate | Intensity maximum | Training week MD-2

U11 · U13

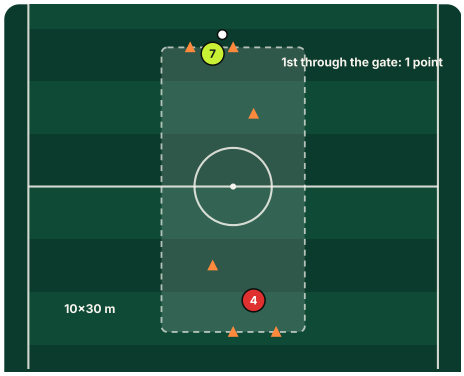
PLAYERS	SPACE	DURATION	EQUIPMENT
pairs facing each other, 3 pairs per track 2–18 (ideal 12)	**10 × 30 m** 10×30 m tracks. Two parallel lanes, 3 m apart. Start positions 8 m from each end, facing each other (14 m apart). A 3 m gate at each end, in the lane of the player arriving.	**3 × 4 min** rest 2 min · total 16 min	1 ball per player 8 cones per track bibs in 2 colours



1 4 starts and passes; 7 reacts and passes straight away. The two balls cross.



2 Both run onto their opponent's ball and receive it without stopping.



3 They run flat out to the gate at the end; 7 gets there first.

Team A | Opponent | Pass | Run | Dribble / carry

SET-UP

Two tracks with three pairs each. In each pair, one player is the starter. Both stand still at their start cone with the ball at their feet. The starter passes whenever they like, diagonally, into the other player's lane; the other passes as soon as they see the pass. Both run forward, receive their opponent's ball and run with it to the gate at the end.

RULES

1. The starter chooses the moment; they can wait up to 5 s.
2. The other player must pass before the starter's ball reaches the halfway line; if they don't, the point goes to the starter.
3. Each player runs in their own lane and receives the oncoming ball without stopping.
4. The first to get through the gate at the end with the ball under control wins.
5. A pass that leaves the opponent's lane: the point goes to the opponent.
6. The starter changes every go; the next pair go straight after.

SCORING

1 point per race won. 1 extra point if the ball is received with a single touch without slowing down. First to 6 points.

COACHING POINTS

- Pass and go in one movement: the passing foot is the first step of the run.
- Watch the oncoming ball and shorten your steps before you receive it.
- Receive with the sole or the inside of the foot, pulling the ball forward, without letting it bounce away.
- Run with big touches, flat out, to the gate.
- Goes of 5–6 s and 20–30 s rest while the other two pairs run.

COMMON MISTAKES

- Watching your own pass before you run.
- Arriving at the ball with a long stride and letting it go under your foot.
- Stopping completely to control it.
- Passing into the wrong lane and getting in your opponent's way.

↑ PROGRESSIONS

- Receive with the opposite foot to the one you run with.
- The starter can pass along the ground or lofted; the other must play the same type of pass.
- At the end of the track, a mini-goal instead of a gate, with the opponent allowed to defend (short 1v1).

↓ REGRESSIONS

- Start positions closer (10 m apart).
- Pass by hand (rolled) for younger or less able players.
- No time limit for the second pass: only the race counts.

QUESTIONS FOR PLAYERS

> *What did your feet do in the two metres before you received it?*
> *When your opponent passed, how long did it take you to pass as well?*

Watch the animation step by step on the tactics board
dorsalcup.com/ex/EX-00968?l=en

U7 · READY-MADE SESSION

Football Drills for 6 Year Olds: A Complete U7 Session Plan

Good football drills for 6-year-olds share three features: every child has a ball or is one pass away from it, nobody stands in a queue, and the session ends with a real game. This U7 session plan runs for 60 minutes (with a 45-minute version) and moves from ball mastery to chasing games, 2v2 to mini-goals and a 3v3 festival in the format the FA uses for U7 from 2026/27.

The session at a glance

Group: U7 (school Year 2, most players aged six; the same plan works for five-year-olds in a U6 or 'mini kickers' group). **Numbers:** 8–12 players, one or two coaches. **Kit:** one size 3 ball per child, 30–40 flat discs, four to six mini-goals, bibs in two colours. **Space:** about 30×40 m of grass or artificial turf. **Duration:** 60 minutes, including two drinks breaks.

Objective: lots of touches with both feet, changes of direction and speed with the ball, and the first decisions of the game: keep the ball, beat a player, score. At this age children are still largely egocentric in play; they want the ball for themselves, and that is normal. The session does not try to force passing patterns. It builds confidence on the ball and lets cooperation appear through small numbers, where a pass becomes the obvious solution.

Physically, six-year-olds tire quickly and recover quickly. Short, intermittent activity with frequent changes suits them far better than long continuous exercises. Attention spans are short too, so explanations stay under 30 seconds and each activity lasts 8–12 minutes.

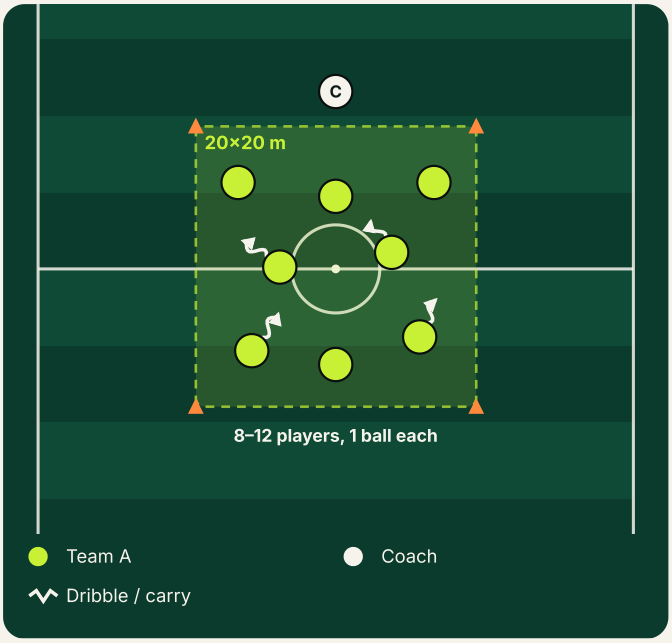
Part	Time	Activity	Objective
Arrival	0–8 min	Busy bees (ball mastery box)	Touches, both feet, heads up
Chasing games	8–24 min	Tail tag with a ball; gates game	Change of direction and speed
Main game	24–36 min	2v2 to four mini-goals	Beat a player, choose a goal
Final game	36–56 min	3v3 festival	Play the real game, score
Close	56–60 min	Questions and high fives	Recall one idea

In training

Set up every area before the children arrive. Six-year-olds lose interest in the time it takes an adult to lay out 30 discs.

Arrival and warm-up: busy bees

The first activity starts as soon as the first child arrives. Each player takes a ball into a 20×20 m box and dribbles freely. Latecomers join without any explanation needed.



Busy bees: every child has a ball inside a 20×20 m box and dribbles freely. The coach stands on the edge and calls the challenges; nobody waits and nobody is eliminated.

ORGANISATION AND RULES

- Box of 20×20 m marked with four corner discs; 8–12 players, one ball each.
- Children dribble anywhere in the box without touching another ball.
- The coach calls a challenge every 20–30 seconds: 'only your left foot', 'sole of the foot', 'stop the ball with your bottom', 'touch four corners', 'freeze when I clap'.
- Two blocks of 3 minutes with a short drink in between.

VARIANTS

- **Easier:** a bigger box; the coach demonstrates each challenge first.
- **Harder:** shrink the box to 15×15 m; ask 'how many fingers am I showing?' to force heads up while dribbling.

COACHING POINTS

- Small touches keep the ball close: 'can you keep the ball near enough to touch it with your foot at every step?'
- Look up between touches: ask questions that can only be answered by looking at the coach.
- Use both feet and different surfaces; praise attempts with the weaker foot rather than success.

Common mistake: kicking the ball far ahead and chasing it. Correct it with the 'freeze' call: children who can stop the ball within one step of the call are winning.

ONE PAGE PER DRILL.
ONE ANIMATION FOR EACH.

Drills for coaches of U7 to U13, organised by age group and theme. Each drill shows how to set it up, what to look for, which mistakes to correct and how to adapt it to your group. The QR code on every page opens the animation on your phone, to show the players on the pitch.

600+	original drills for U7, U9, U11 and U13, in 5v5, 7v7 and 9v9
7	themes in each age group: technique, attacking, defending, transitions, goalkeeping, set pieces and fitness
6	ready-made training sessions for every age group, including the hard ones: lots of children, little space
QR	on every page, to open the animation on the dorsalcup.com tactics board