



Drill less, play more!

Part 5: Games that teach players to fake by Hermann Bomers

In the first four parts of this series, Hermann Bomers showed us how to teach specific training concepts in a fun way that simulates match conditions. That means players are faced with the same time and

opposition pressure in exercises as in actual match play.

In this article, the author presents games that train players to fake. Instead of focusing on one particular fake, however, these

games teach players how to execute the basic moves of dribbling and observing other players. Match character is provided by active opponents who must be closely watched.

If you want to fake your way past an opponent, there's a specific series of steps you have to take: First you dribble (diagonally) toward the opponent, then you do a fake, and then you change directions and speed past on the side that's left open.

So on one hand, you have to be able to dribble well, with sudden changes of speed and direction. On the other, you have to watch your opponent so you can see when he makes the wrong move and which side is open for you to break through.

These aspects of faking are independent of any particular fake you may choose to use (e.g. shooting fake, body fake, step-over, etc.), and they can be trained in an age-appropriate way with the following exercises.



Approach with the ball and do a fake (here, a lunge step) while watching your opponent ...

© AXEL HEIMKEN

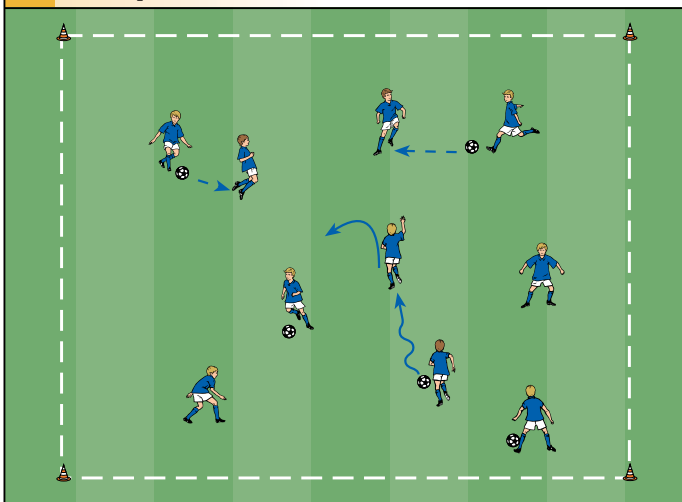


... then, when you see your chance, suddenly switch directions and speed past!

© AXEL HEIMKEN

AGES SIX TO 10

1 Jump, rabbit!



Setup

- Players spread out around a 10 x 10-yard field.
- There are half as many balls on the field as there are players.

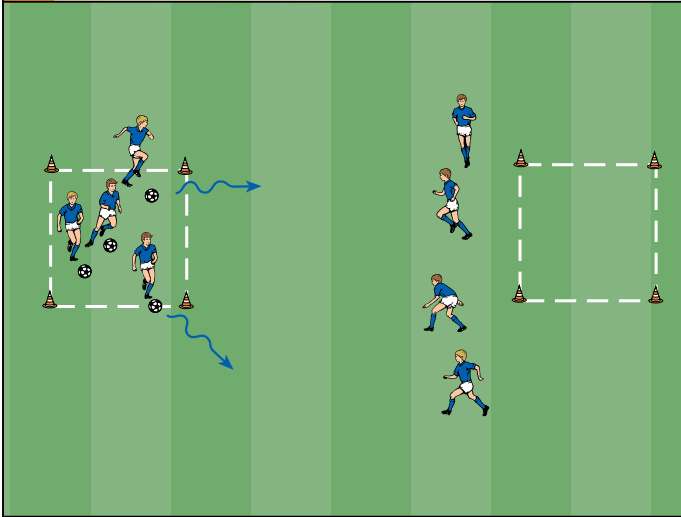
Sequence

- At the coach's signal, the players run onto the field.
- Each one tries to score by getting a ball and "shooting" a player who doesn't have one (shots must be below the knees).
- Players who are hit, or who miss their targets, have to run a lap around the field.
- To score, the "hunters" have to carefully pursue their "rabbits" and shoot from close range, which means they have to match the rabbits' changes in speed and direction.
- If the rabbits hop to avoid being shot, hunters can fool them with a shooting fake and then shoot them when they land.



AGES 10 TO 14

2 From zone to zone



Setup

- Mark out two 3 x 3-yard “safe zones” 10 yards apart.
- Half of the players stand in one of the safe zones with one ball each; the other half (defenders) stand between the zones.

Sequence

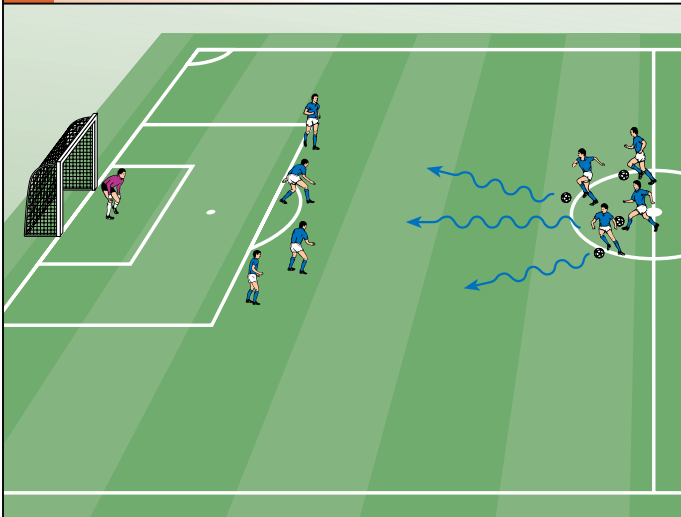
- All the ball carriers simultaneously try to dribble across to the other zone, scoring a point if successful.
- Any defender who wins a ball in the middle becomes a dribbler.
- Any dribbler who loses a ball becomes a defender.
- This results in constant 1 v. 1 situations, requiring dribblers to change their speed, change directions and use fakes.

Variation

- Mark out four safe zones: Players dribble from Zones 1 and 2 to Zones 3 and 4, and vice versa.

AGES 14 TO 18

3 Solo scoring



Setup

- Half of the players (attackers) stand in the center circle with one ball each.
- The other half (defenders) stand on the 18-yard-line. They are not allowed to enter the center circle or the penalty box.
- A goalkeeper is posted in the goal.

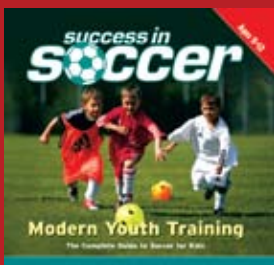
Sequence

- The attackers all take off at the same time, attempting to make solo runs into the penalty box and finish.
- After five attempts, players switch roles.
- Which player can score the most goals?
- Which of the two teams can score more goals after five attempts each?

Tip

- Attackers should approach defenders as fast as they can — the last ones to arrive will find themselves outnumbered!

MODERN YOUTH TRAINING: THE BOOK



This book shows youth coaches and managers how to run age-appropriate practice sessions and matches for players between the ages of five and 12. The comprehensive training section provides specific recommendations for attractive, child-oriented exercises that build a solid athletic foundation while teaching the basic techniques and communicating an appreciation for the game of soccer. With an abundance of age-appropriate small-sided soccer games and sample practice sessions, both indoor and outdoor, this book is a gold mine for every youth coach! **336 pages, \$39.99 / £ 24.99 / 31.50 €**

To order, please visit us on the web at www.successinsoccer.com, or contact us directly: NORTH & SOUTH AMERICA: Success in Soccer, tel. (888) 828-4263 (U.S. only) or (505) 889-3680, fax (505) 883-4577; UK: Forsport Ltd, tel. 0208 658 2007, fax 0208 658 1314; ALL OTHER COUNTRIES: Philippka-Sportverlag, tel. +49 251 23005 11, fax +49 251 23005 99