

# EXERCISE BOOKLET

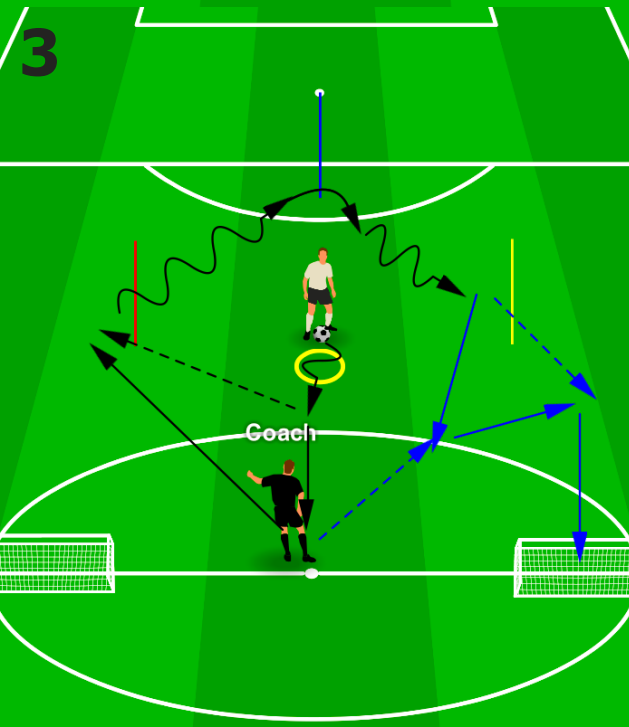
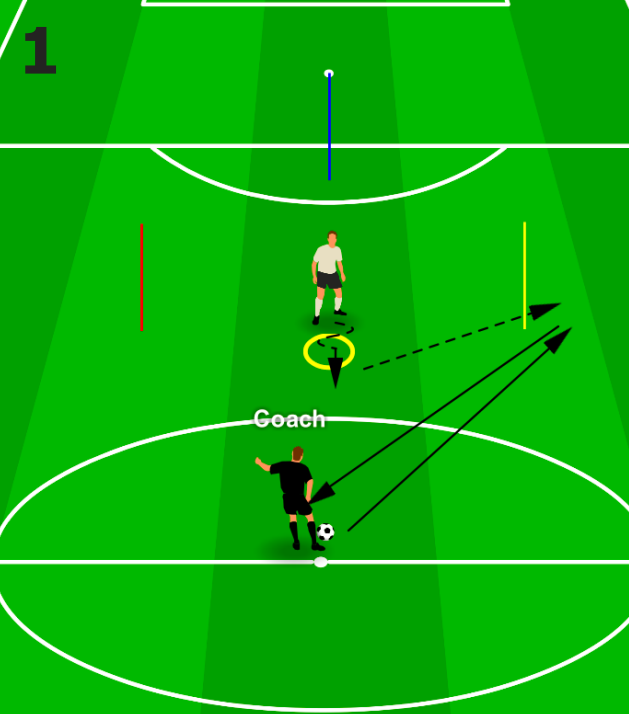
*Individual Player Development*

*For private training and small groups*

*Individual Player Development*

**1 PLAYER**





# 1P: Quick feet work and first touch

Set up:

A circle (or square) for the quick feet work. 3 different color sticks in a triangle shape

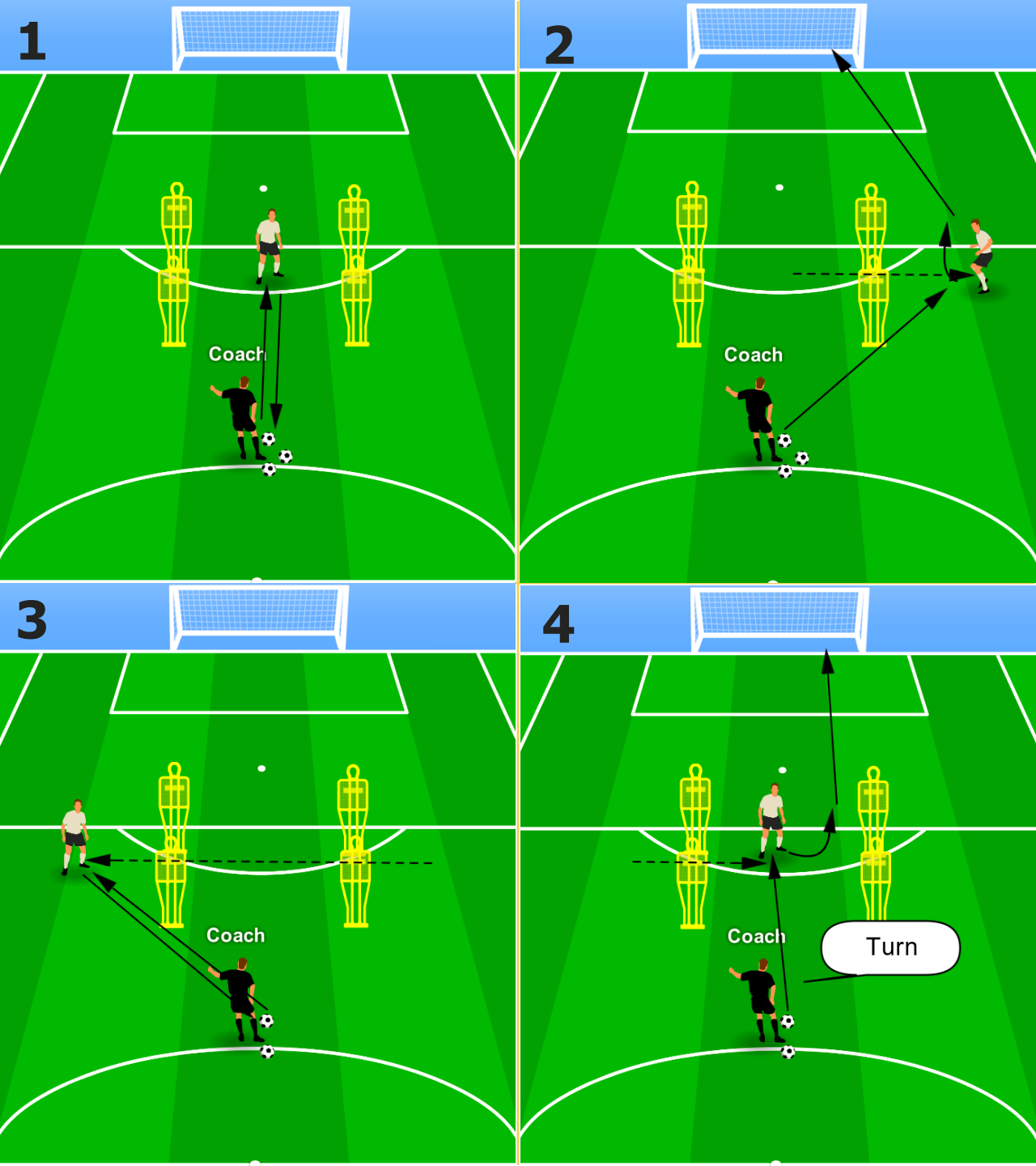
Exercise variations:

1: Player starts with quick feet without the ball. When he comes out of the circle, the coach shouts Yellow or Red. The player opens to Yellow and passes the ball back.

2: The player starts with quick feet exercises with the ball. Once finished, he passes the ball to the coach and reacts by opening to Yellow or Red. He receives the ball forward and dribbles towards the blue stick.

3: Exercise starts same like 2. After he goes past the blue stick, he plays a one two with the coach around the 3rd stick. After that, he scores on the small goal. (blue)

4: Variation of exercise 3. Player now receives the ball on the front foot, and plays a one two with the coach around the first stick. (yellow arrows).



## 1P: First touch and turning

### Set up:

2 lines of mannequins mimicking 2 central defenders and 2 midfielders. 3 balls with the coach

### Exercise description:

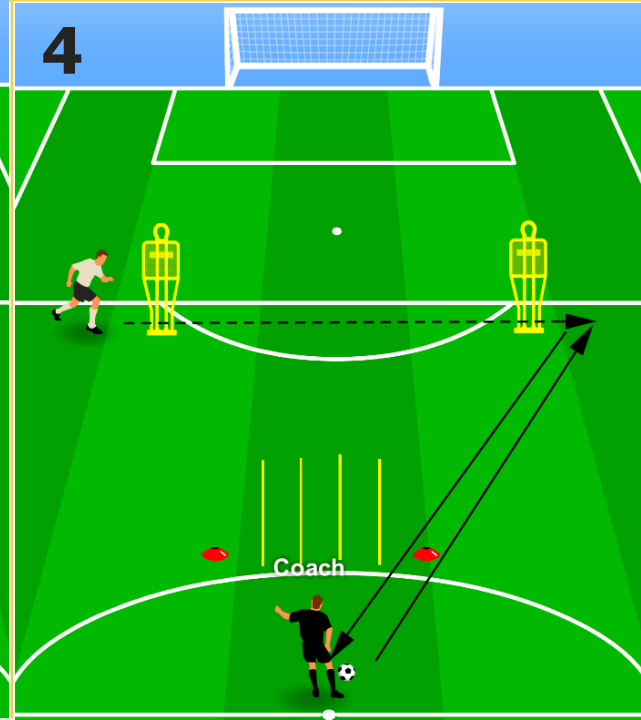
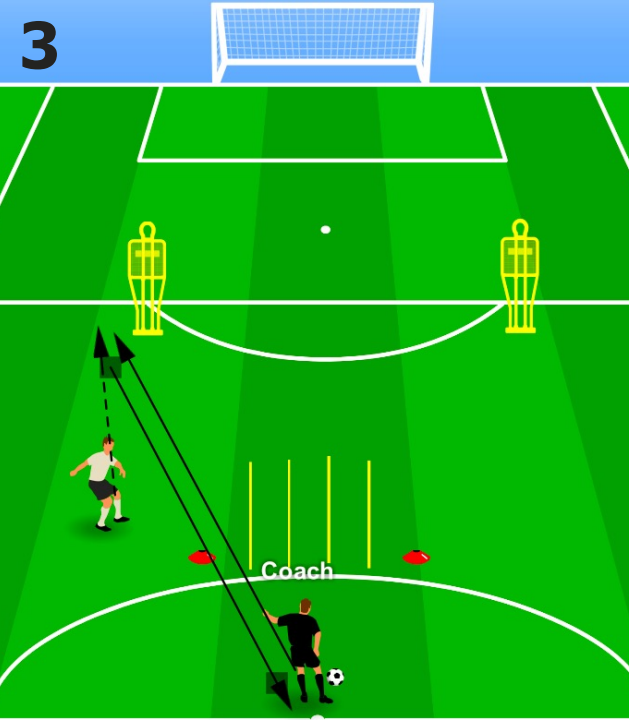
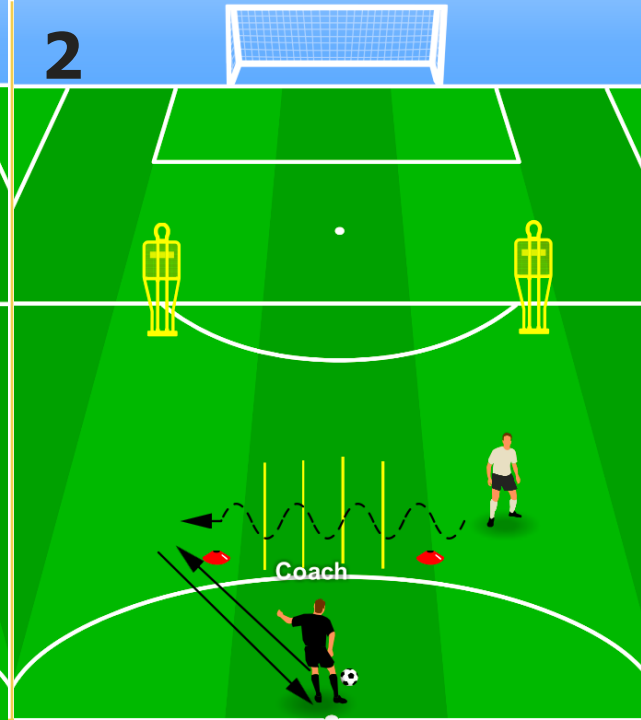
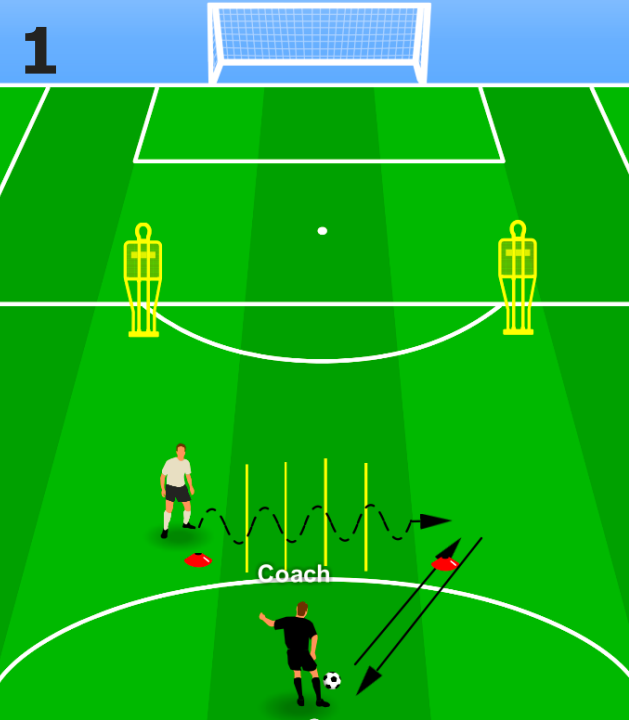
1: Player asks the ball centrally. First ball is a bounce back, after this he opens up to a side.

2: If the player receives the ball on the back foot, then he turns forward and finishes.

3: After opening, the player opens to the other side. If the player receives the ball on the frontfoot, then he plays the ball back in 1 touch.

4: After opening 2 times, he comes back in the center. If the coach coaches to turn, then the player turns and shoots. Otherwise, he set back the ball.

*The exercise continues until the 3 balls have been shot to goal*



## 1P: Quick feet and Passing

Set up:

2 red cones near to the coach with in between a zone for quick feet (with ladder, sticks, cones,..). 2 mannequins further away

Exercise description:

1: Player goes through the quick feet zone and receives a short pass from the coach. He sets the ball back in 1 touch. (Variation: Coach throws the ball and the player volleys the ball back)

2: Player moves back through the quick feet zone and receives a short pass on the other foot.

3: Player moves back to the mannequin and receives a longer pass. He takes his first touch away from the mannequin and passes back to the coach.

4: The player opens to the other mannequin and receives the ball. He takes his first touch away from the mannequin and passes back to the coach.

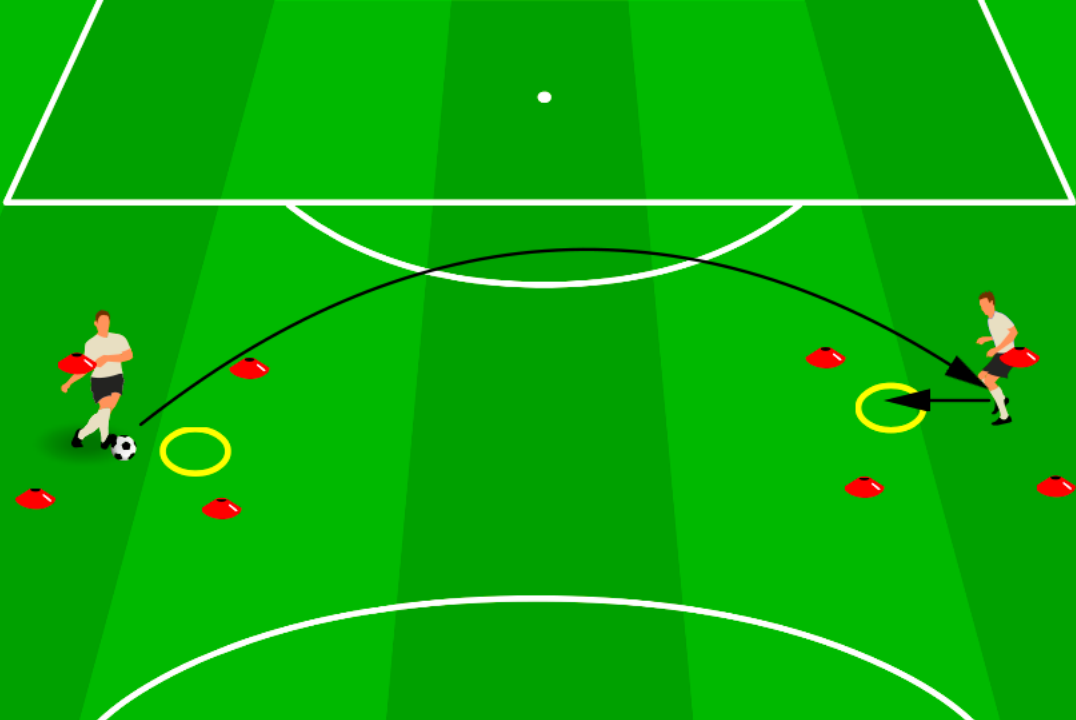
Variation:

1. Player does a one-two with the coach around the mannequin
2. Player takes a touch forward and shoots to goal

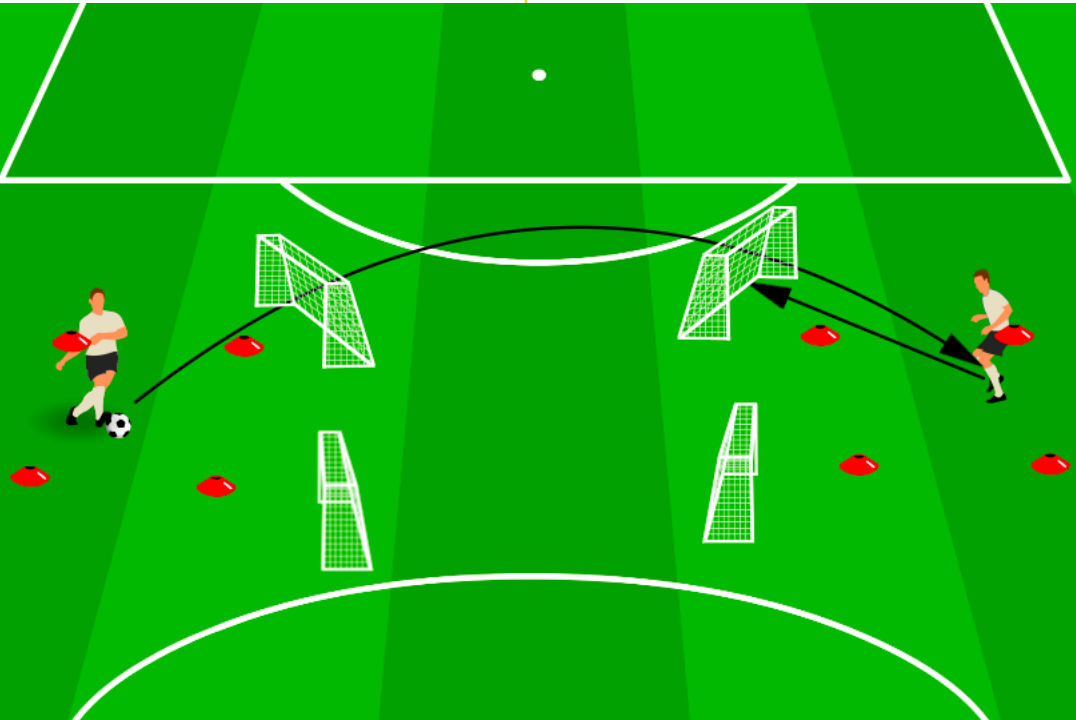
*Individual Players Development*  
**2 PLAYERS**



1



2



## 2P: Passing and first touch

Set up:

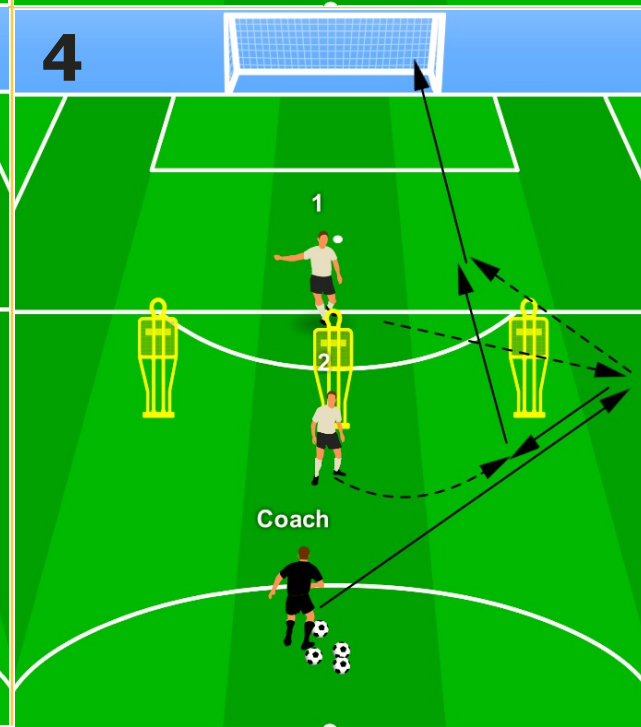
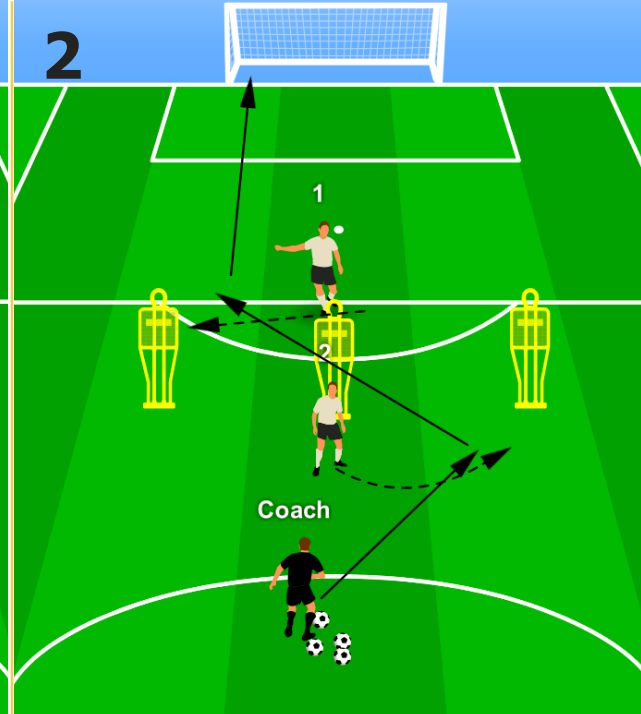
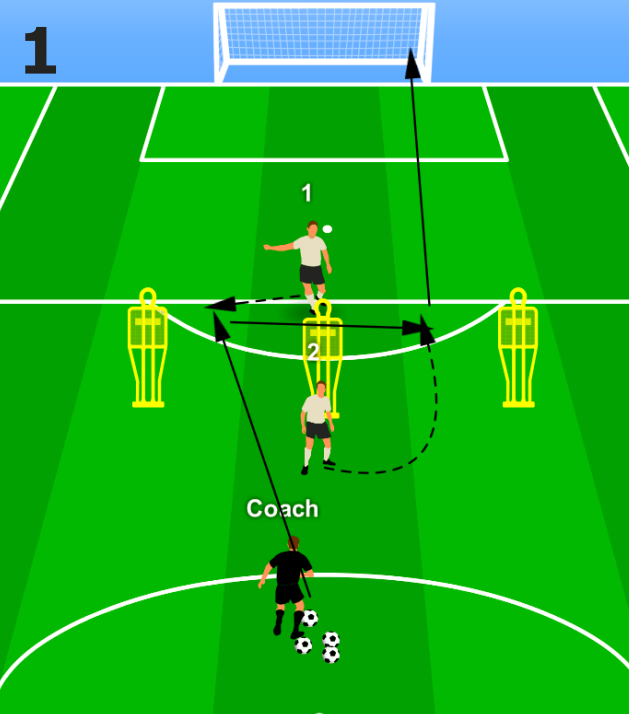
Two squares and a target (goals or a circle)

Exercise variations:

1: Both players play against each other. Player1 plays a ball (variations: Short, long, high or on the ground) to Player2. The ball needs to arrive in the square of Player2. Player 2 has one touch to control the ball inside the circle. If he can control the ball in one touch in the circle, he gets 2 points. If a player passes the ball not into the other players square, then he receives -1.

2: The circle is replaced with 2 small goals. Player2 now needs to score in one touch in the small goal to receive 2 points.

*Variation: Player1 needs to coach Player2 to score on a specific goal*



## 2P: Quick feet work and first touch

Set up:

3 mannequins with a player in front of the line and a player behind the line

Exercise variations:

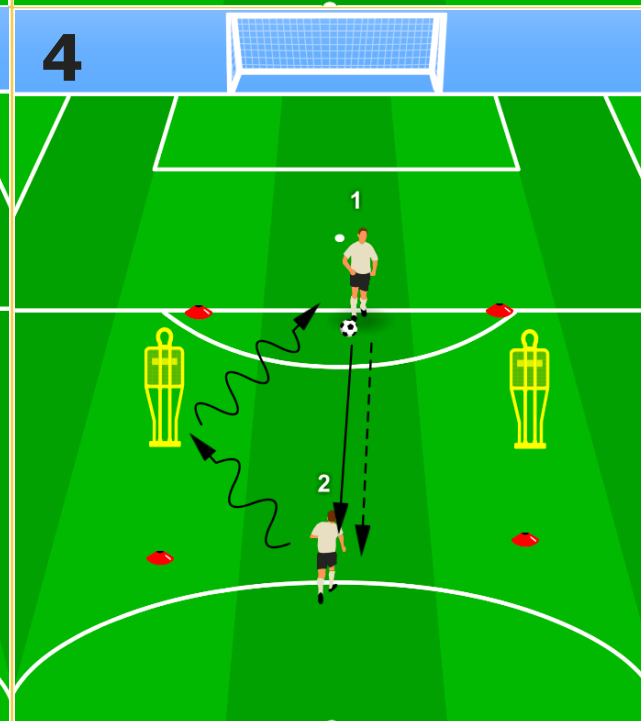
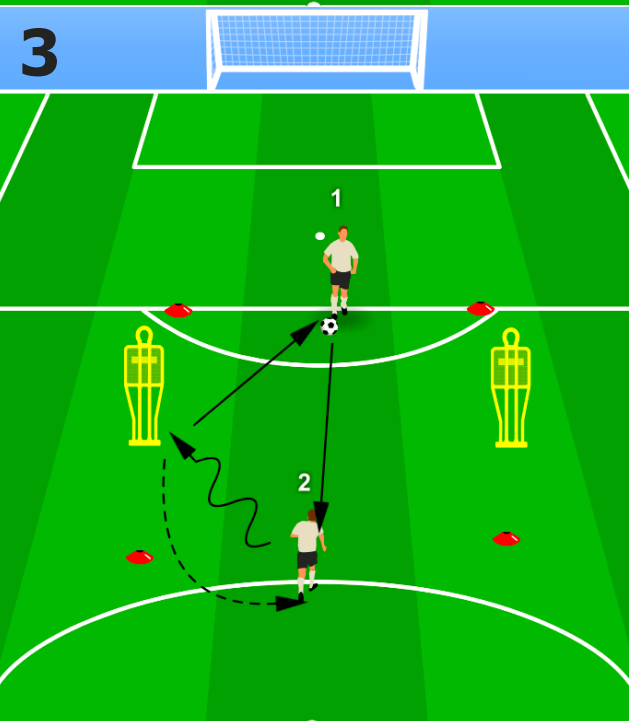
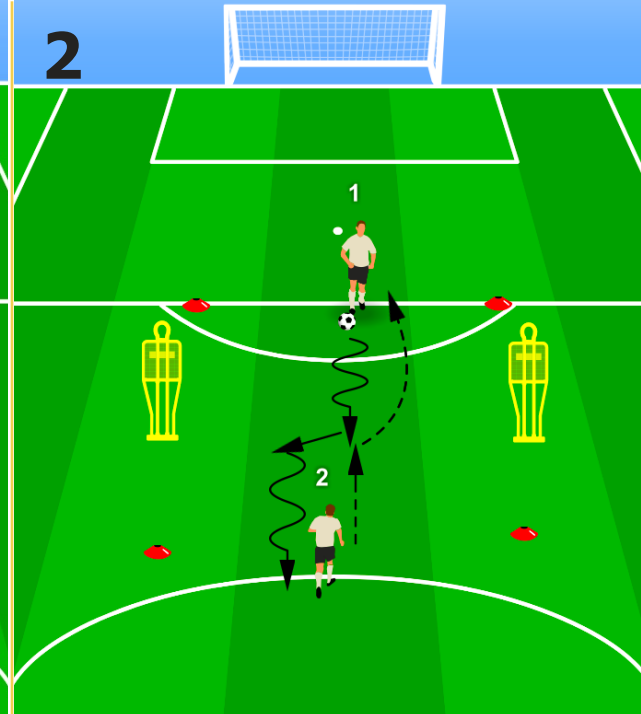
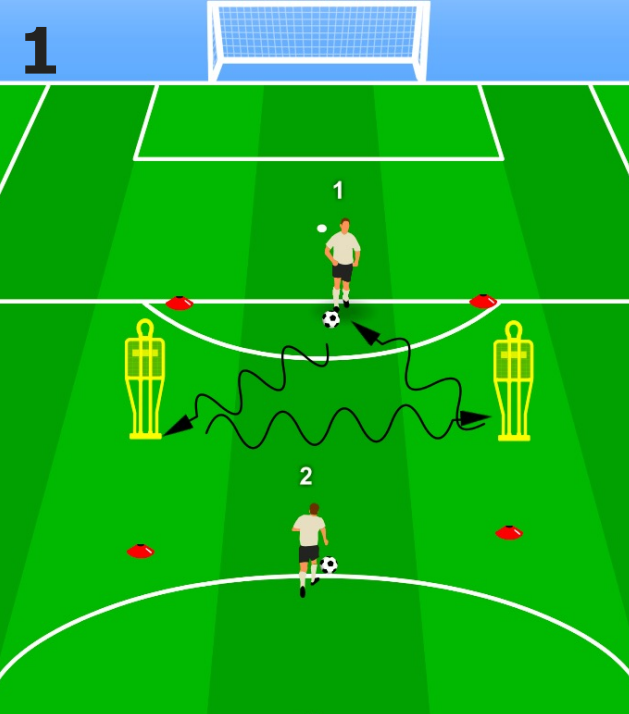
1: Player1 opens between the mannequins. Player2 makes the opposite movement. Player1 receives the ball from the coach. Player2 makes the deep run and shoots after receiving the ball from player1.

2: Player1 opens between the mannequins. Player2 makes the opposite movement. Player2 receives the ball and plays a split pass to player1. Player1 shoots.

3.: Player1 opens next to the mannequins. Player 2 makes the opposite movement. If player1 receives the ball on the back foot, then player2 makes a deep run and receives the ball from player1.

4: Player1 opens next to the mannequins. Player 2 makes the opposite movement. If player1 receives the ball on the front foot, then player2 comes under the ball. Player1 plays a one-two with player2. Player1 shoots to goal.





## 2P: Skills

Set up:

A square 9m x 9m with 2 mannequins on the side

Exercise variations:

1: Both players have a ball. One Player is doing a combination of skills, the other player has a rest. The focus is on working with high intensity and short recoveries (when the other player is working). Player dribbles to the mannequin, then continue to the next mannequin and then back to his starting position. Now player2 starts.

2: Player1 dribbles, Player2 applies pressure. Player1 use a skill to go past player2. They switch positions and Player1 passes to Player2. The exercise starts again.

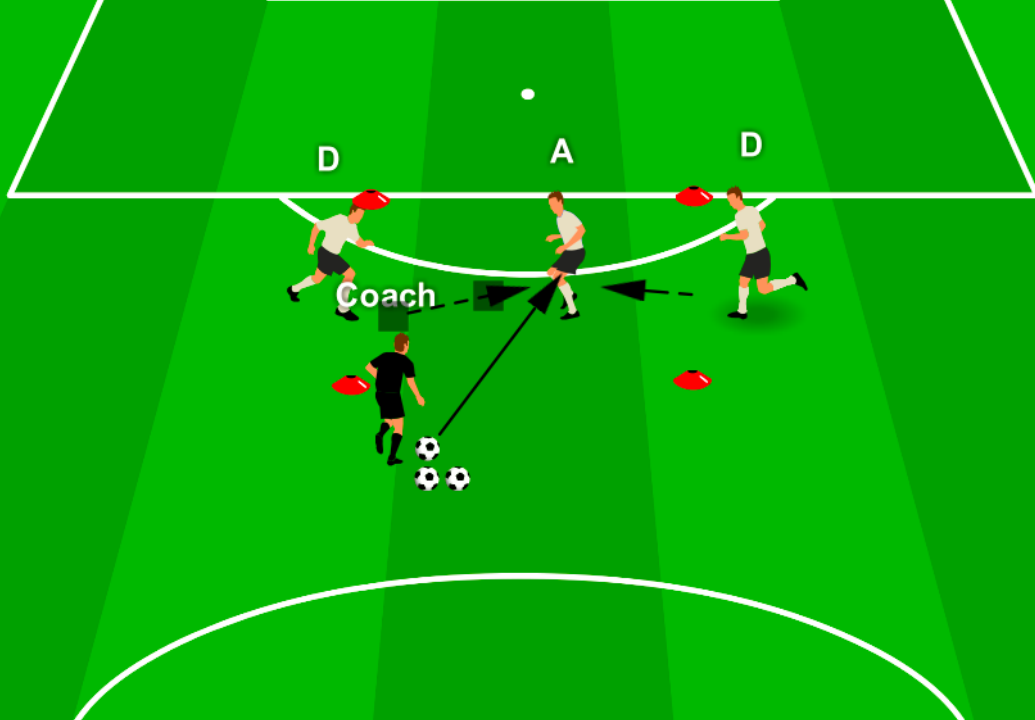
3: Player2 receives a pass from player1. He takes his first touch in the direction of a mannequin. He does a skill at the mannequin and passes back to player1.

4: Player1 passes to Player2 and immediately puts pressure on him. Player2 takes his first touch sideways into the space (and away from player1). He does a skill at the mannequin and takes position of player1. The exercises restarts now

*Individual Players Development*  
**3 PLAYERS**



1



### 3P: 2v1 and 1v2

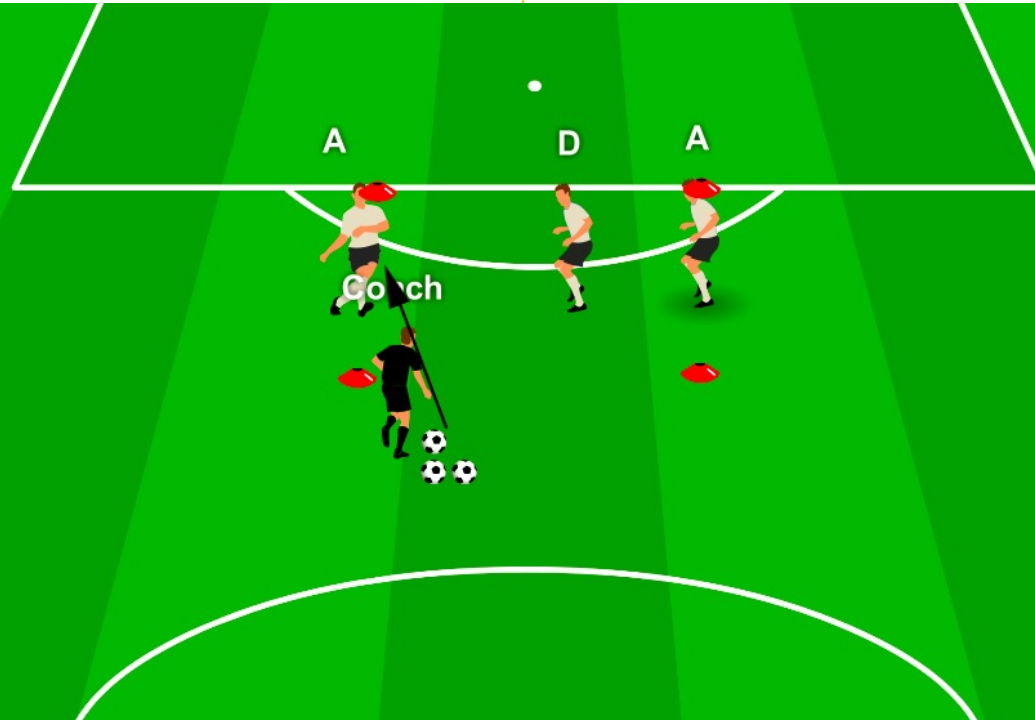
Set up:  
A small square

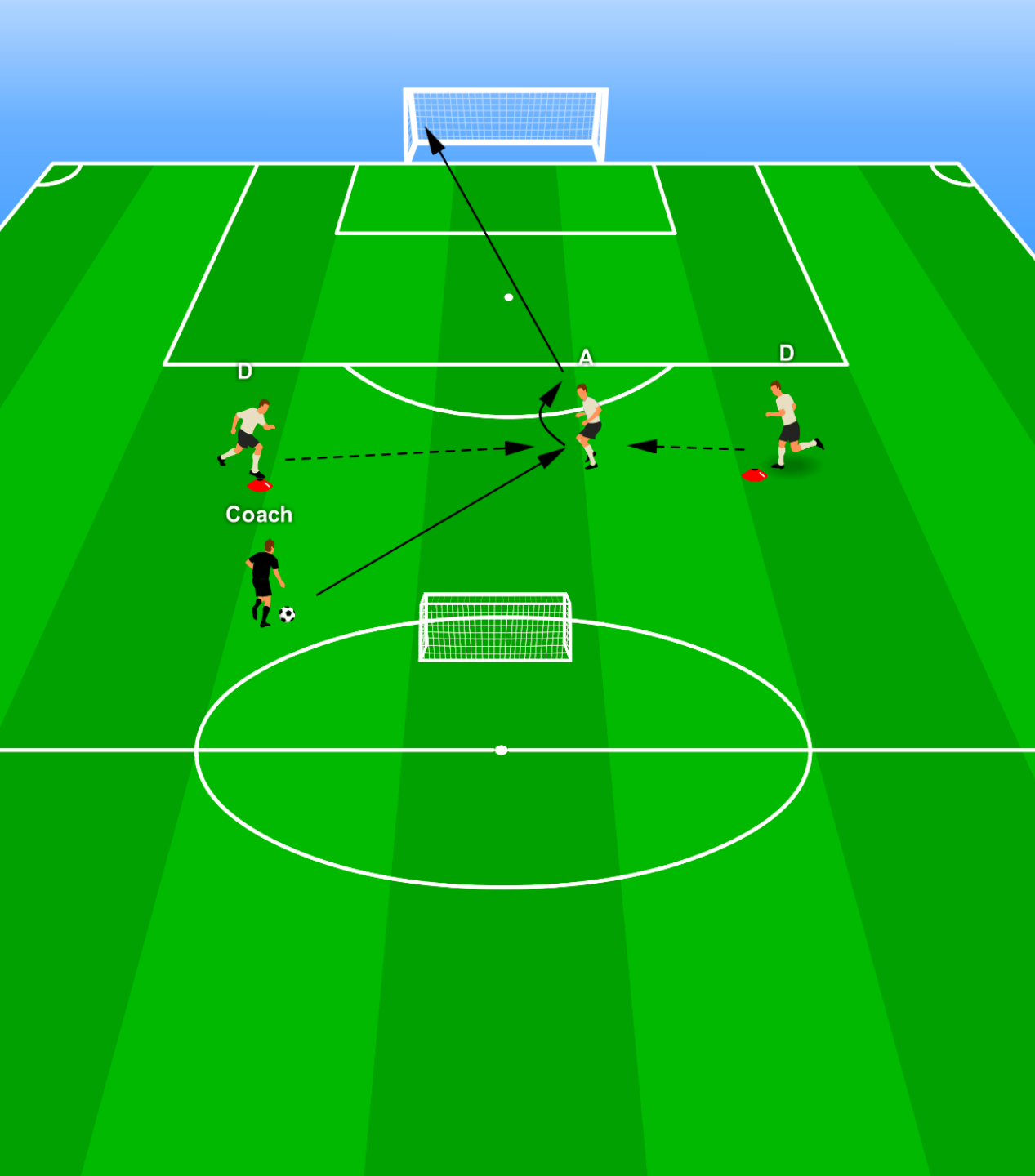
Exercise variations:

1: Defending/Doubling  
2 Defenders against 1 attacker. There are 3 balls played in total. The defenders try to recover the ball as fast as possible. They need to recover 3 balls within 30seconds.

2: In possession – Movement/Decision making  
Attacker receives the ball and tries to keep possession as long as possible. Workload is 45seconds

2





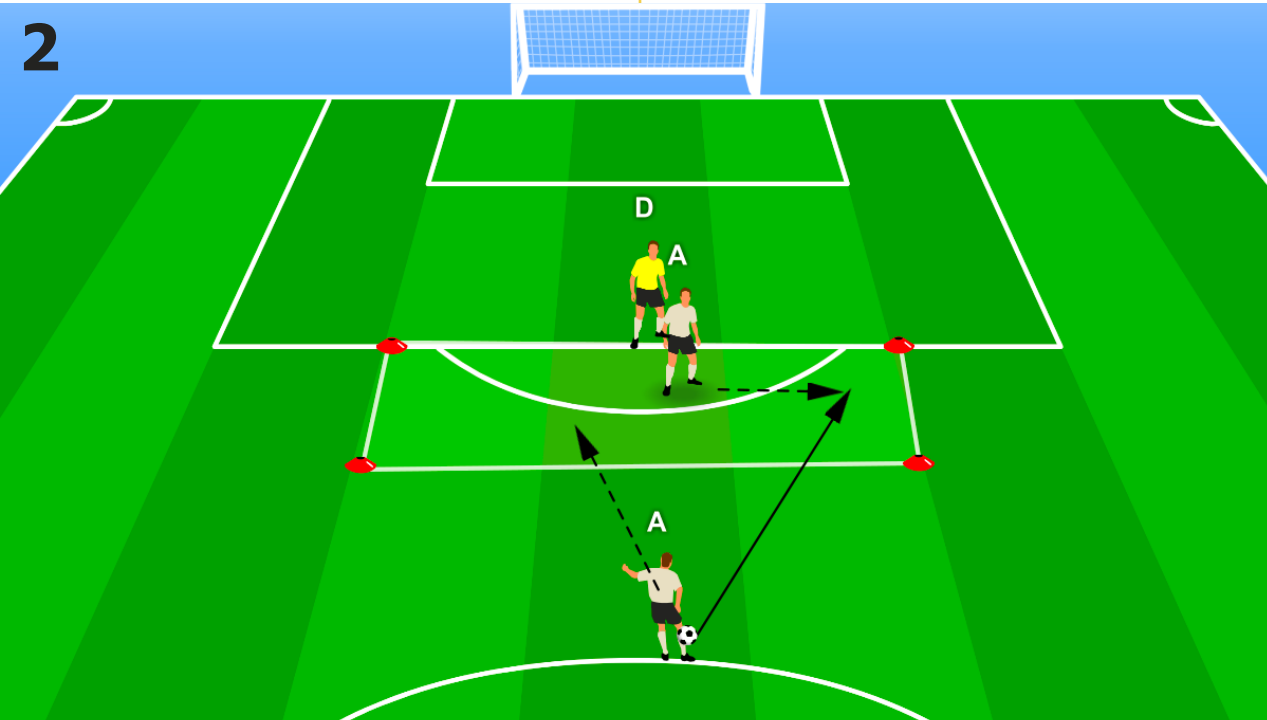
## 3P: First touch under pressure

Set up:

Two cones 20-24m apart. A small goal

Exercise description:

Coach passes the ball to A (tackler). 2 D (defenders) are ready to press as soon as the pass is given. A must scan and be proactive for the press. He needs to try to take touch forward into the space and score a goal. If the D's recover the ball, they score on the small goal



## 3P: Finishing with defender

Set up:  
A zone in front fo the box

Exercise variations:

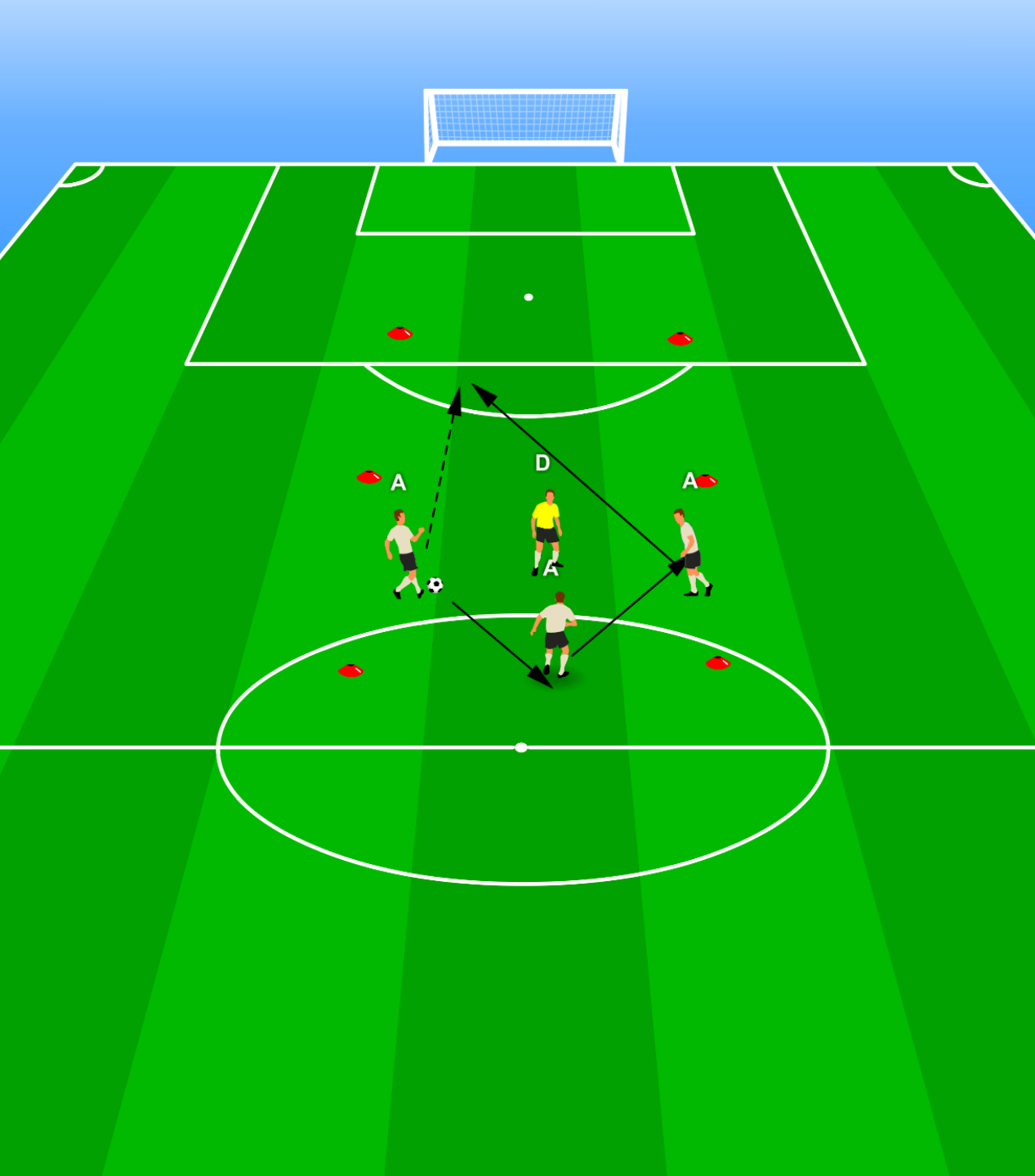
1: 1v1 with the defender in the back. Attacker receives the ball and tries to eliminate the defender with a first touch turn. The defender can only defend inside the zone. Once the attacker leaves the zone, he can shoot.

*Tip: First couple of times the defender is not allowed to steal the ball, just to put pressure*

2: 2v1 inside the box. The second attacker joins the box after passing the ball to the attacker inside the box. The defender can be outplayed by a first touch or by a pass

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**4 PLAYERS**





## 4P: 3v1 moving

Set up:

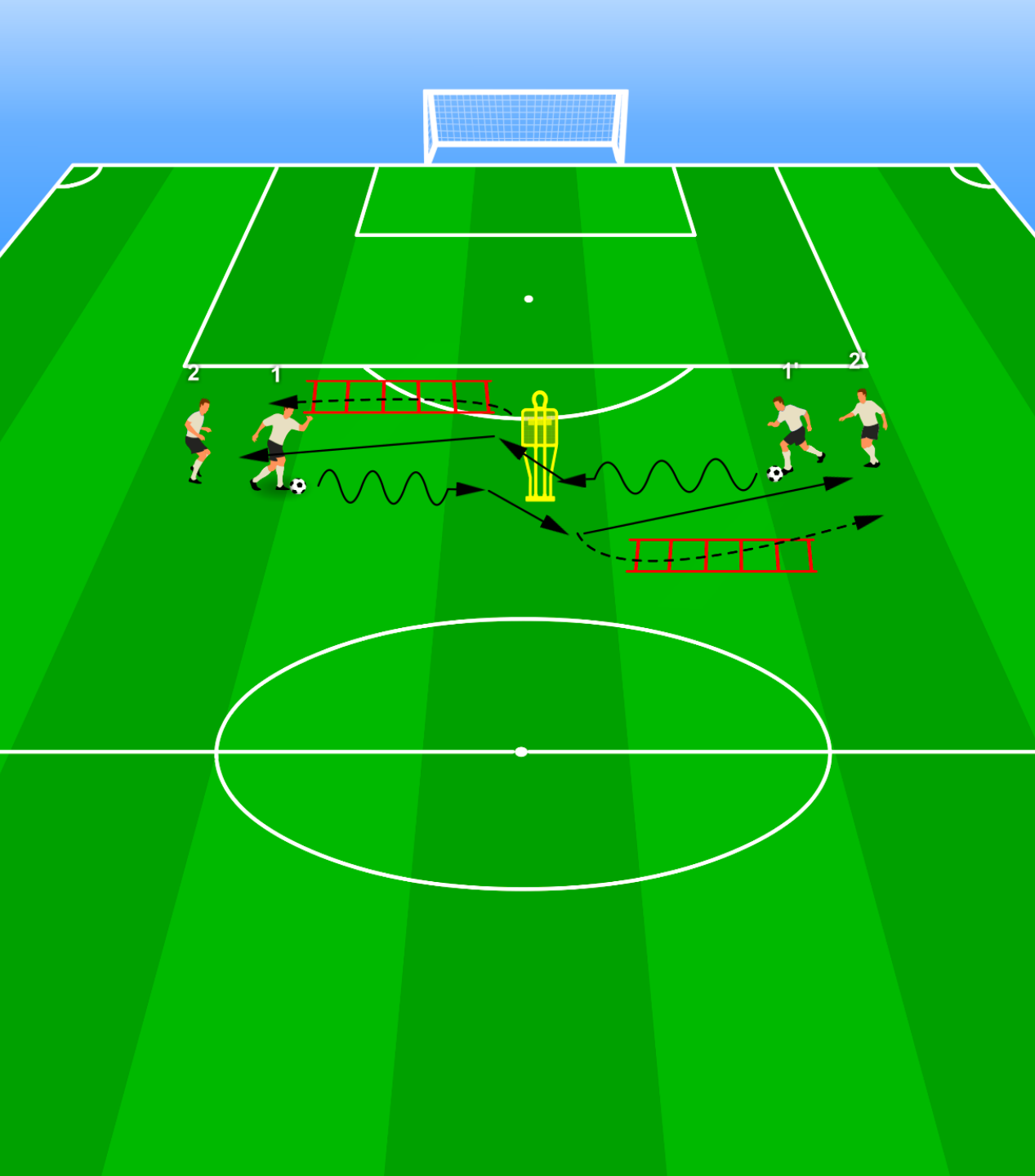
Two squares connected to each other. 16m x 8m

Exercise description:

3 attackers against 1 defender. After 5 passes the players can progress to the next square. Important is the timing of the run and making triangles at all times.

Variations:

1. Free play
2. Max 3 touches
3. Max 2 touches
4. 1 touch – 2 touches
5. 1 touch apart from the first pass received in the next box



## 4P: Skills and quick feet

Set up:  
Mannequin and 2 quickfeet zones

Exercise description:  
1 and 1' go towards the mannequin. They go past the mannequin with a skill and pass to 2' and 2. After that they go through the quick feet zone. Now the exercise starts again.

Variations:

1. At the mannequin, 1 turns back and plays a one-two with 2. After the one-two he passes to 2'





## 4P: 3 times Shooting

Set up:

3 mannequins around the box

Exercise description:

Player 1 shoots 3 times.

Black: Player 1 receives the ball from 2 and turns and shoots.

Yellow: After he shoots, he comes through the mannequin and plays a one-two with player 3. Player 1 makes the run in the box and tries to score on the cross of 3.

Blue: After player 1 shoots. Player 4 dribbles towards the backline and cuts the ball back to player 1. Player 1 in the meantime, runs out of the box touching the mannequin. And enters the box again to score on the cross of player 4.

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