



# **FC***FUTURES* ACADEMY





THIS IS EA SPORTS FC FUTURES ACADEMY,  
IN-GAME DRILLS FOR GRASSROOTS COACHING.



# OUR COACHES



# A NOTE FROM THE COACHES



## GRASSROOTS PROGRAMME

*As UEFA Coaches, it's always interesting to see different coaching methods and styles being applied to the game. With FC FUTURES Academy, there is a unique opportunity to bring the game understanding and skill practices we play in the digital world to the real world. In both the digital and real world it's all about the excitement, practicing new skills, developing knowledge of the game and being engaged. As coaches our role is to make football accessible, fun and to support our players to develop not only their skills but also a lifelong love of the beautiful game. What we've supplied in this document are basic elements to put together a coaching session, but don't be afraid to adapt and mould the drills into your own style to meet the needs of your team and their ability.*

*Keep it mentally and physically engaging.*

*Keep it creative.*

*Keep it fun.*

**THE UEFA GRASSROOTS COACHES**



# CONTENTS PAGE

**1** *DRIBBLE  
CHALLENGE*

**2** *ANGLE  
GATES*

**3** *CHIP  
SHOT*

**4** *FREE  
KICKS*

**5** *CROSS INTO  
THE BOX*

**6** *KEEP IT  
MOVING*

**7** *PLAY  
THE GAME*



# 1 DRIBBLE CHALLENGE

## OBJECTIVE

Dribble through the posts as quickly as possible, beat the defender and get a shot away in the box. This drill is designed to improve your close control. As well as a bit of finishing.

## EQUIPMENT

3 cones / mannequins / slalom poles  
1 attacker  
1 goalkeeper  
1 ball



Dribble with pace at the first obstacle, then use a skill move or change of direction to get around it.



Use different parts of both feet to increase speed and ball control through the gates. These fine margins can make all the difference in an attacking scenario.



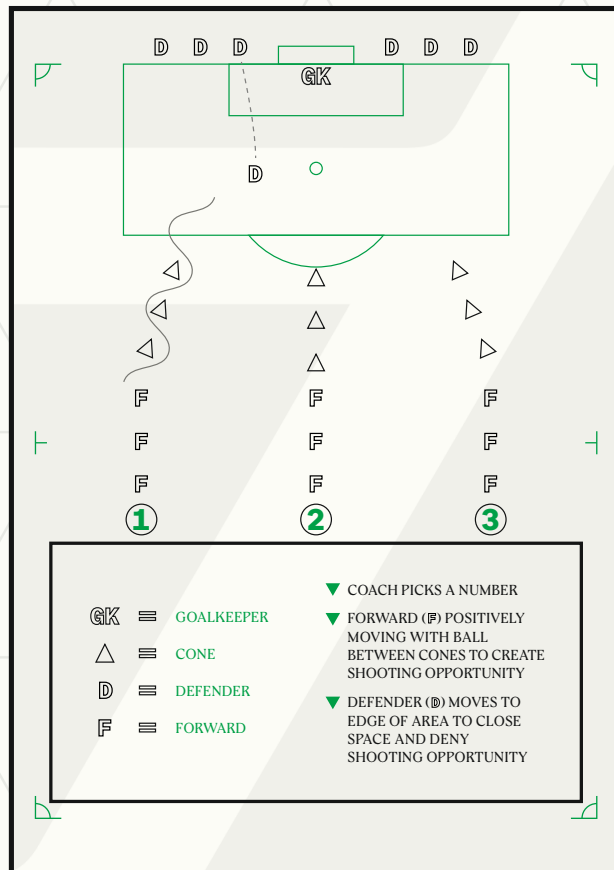
Try to create an angle to the defender that isn't directly square to them and the goal. This allows you more space and freedom to beat the defensive player, increasing your attacking options.



Strike the ball across the keeper, trying to find the corners. Not only are the corners harder for the keeper to save, but in a real game situation shooting across the goal creates more opportunity for a teammate to score with the rebound.



# 1 DRIBBLE CHALLENGE



## DRILL EXTENSIONS

- ▼ When you do this drill with class or teammates you could set up more than one drill area, you could also have them starting in different areas, left & right of goal not just central, so changing angle & challenge.
- ▼ Ideally set the cones up over an 8-10m area, you could lengthen or shorten this depending on the age, skill levels of the players.
- ▼ Remember to rotate goalkeepers and the starting positions as well as rotating defenders & forwards so all players get to practise all elements of the drill.



# 2 ANGLE GATES

## OBJECTIVE

The aim of this drill is to successfully pass the ball between you and your teammate whilst avoiding defenders and obstacles.

The focus here is passing accuracy, off-ball movement and vision.

## EQUIPMENT

- 4 cones
- 2 mannequins
- 2 attackers
- 1 defender
- 1 ball



As you're receiving the ball, scan for a teammate and use your first touch to create an angle. This makes it harder for the defender to intercept.



For the off-ball player, it is important to always move into space. Make sure you are visible to your teammate giving them an option to pass the ball and help your team retain possession.



If a defender is blocking a passing channel, dribble away from the defender to draw them towards you with the ball and then find your teammate in space.



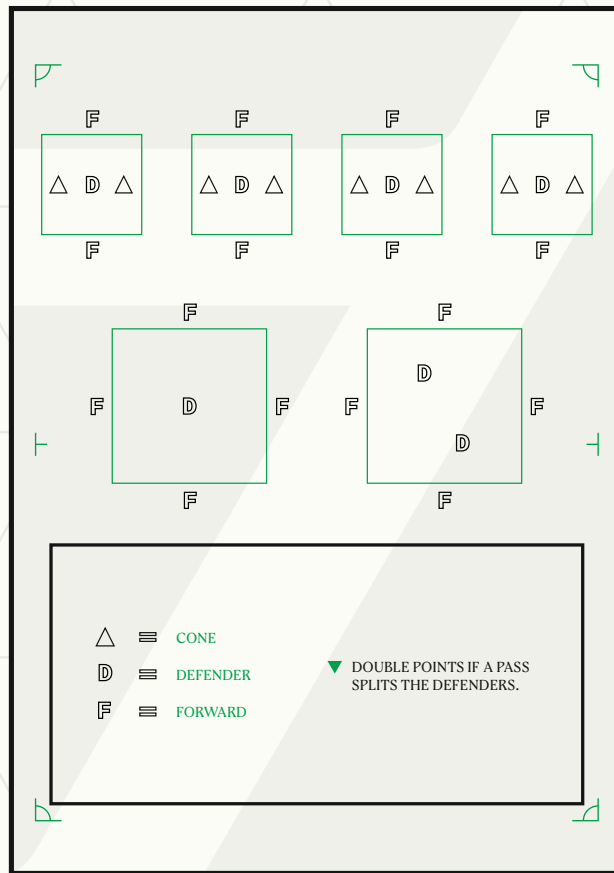
When passing to your teammate, use the inside of your foot and strike the centre of the ball for a direct, accurate pass.



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# 2 ANGLE GATES



## DRILL EXTENSIONS

- ▼ When practising this drill with class or teammates if space allows, set up more than 1 drill area to maximise activity and minimise players standing around.
- ▼ You could also increase the number of players in a drill area.
- ▼ Don't forget to rotate players.



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# 3 CHIP SHOT

## OBJECTIVE

The aim of this drill is to improve your lvl finishing using chip shots from various angles. This will develop your chipping technique in a lvl situation against a Goalkeeper.

## EQUIPMENT

6 cones to create gates  
1 attacker  
1 defender  
1 goalkeeper  
1 ball



When dribbling through the gates, focus on your ball control and speed to keep the ball close to you as you approach the Goalkeeper.



Timing of the chip shot is crucial. You need to release the chip at the right moment, considering the goalkeeper's position and the distance between you and the goal. A well-timed chip will catch the goalkeeper off guard.



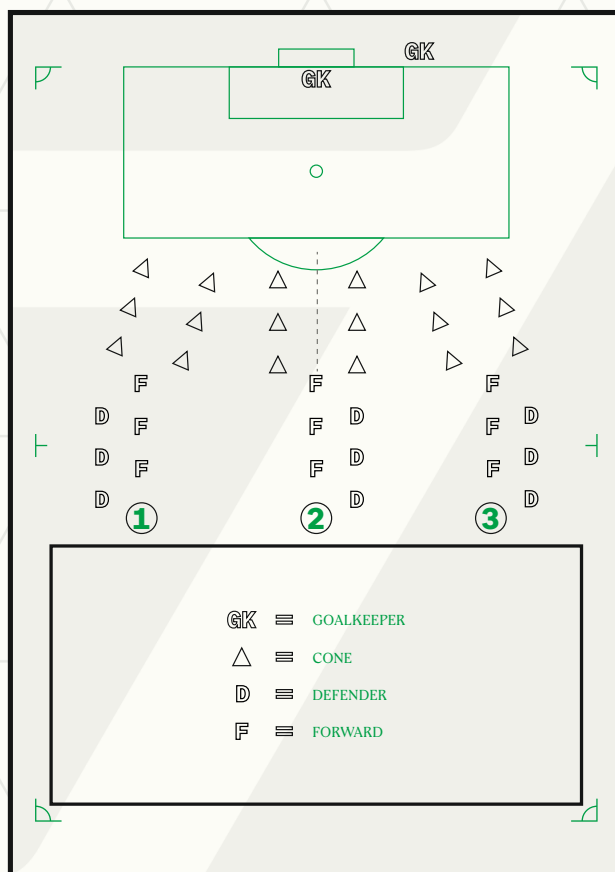
A good technique is needed to execute a chip shot. Make clean contact with the lower half of the ball to lift the ball over the Goalkeeper. Chip shots are also effective at an angle if the keeper comes off their line.



Confidence is key. Believe in yourself and your ability to execute the chip. It is a challenging skill and takes confidence to try a chip shot.



# 3 CHIP SHOT



## DRILL EXTENSIONS

- ▼ When practising this drill with class or teammates, you might want to set up 3 starting positions.
- ▼ Coach would indicate which group goes when.
- ▼ Be positive, drive into space to create a shooting opportunity. Decide on when to shoot based on the goalkeeper's movement.
- ▼ You could also add a defender who can try and recover when the attacker moves past 3rd cone.
- ▼ You could increase pressure by then allowing defender to start recovery run when attacker goes past 2nd cone.
- ▼ Great opportunity to practice different shooting techniques, & remember those rebounds.
- ▼ Don't forget to rotate players between defending & attacking and change the starting positions so they get lots of practice & challenge.



GRASSROOTS PROGRAMME

# 4 FREE KICKS

## OBJECTIVE

The object here is to score as many goals as possible in different dead-ball situations. This drill is designed to teach you how to score from different angles, improve your aim, shot power and spin on the ball.

## EQUIPMENT

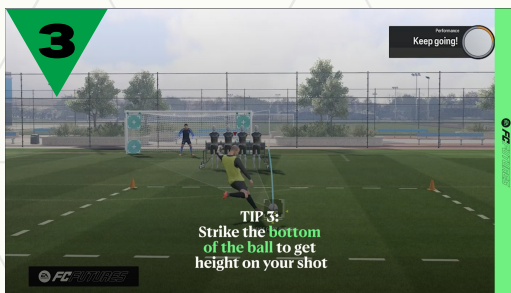
4 mannequins/players  
1 freekick taker  
1 goalkeeper  
1 ball



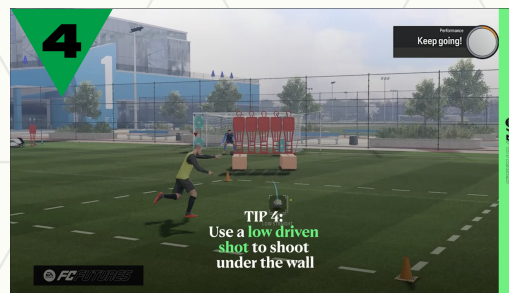
When taking a free kick, aim for a specific part of the net, such as a corner, as focusing on placement away from the keeper's reach increases your chances of scoring.



To get spin on the ball when taking a free-kick, strike the ball with the inside of your foot. This part of your foot has a larger surface area allowing for better ball rotation when shooting.



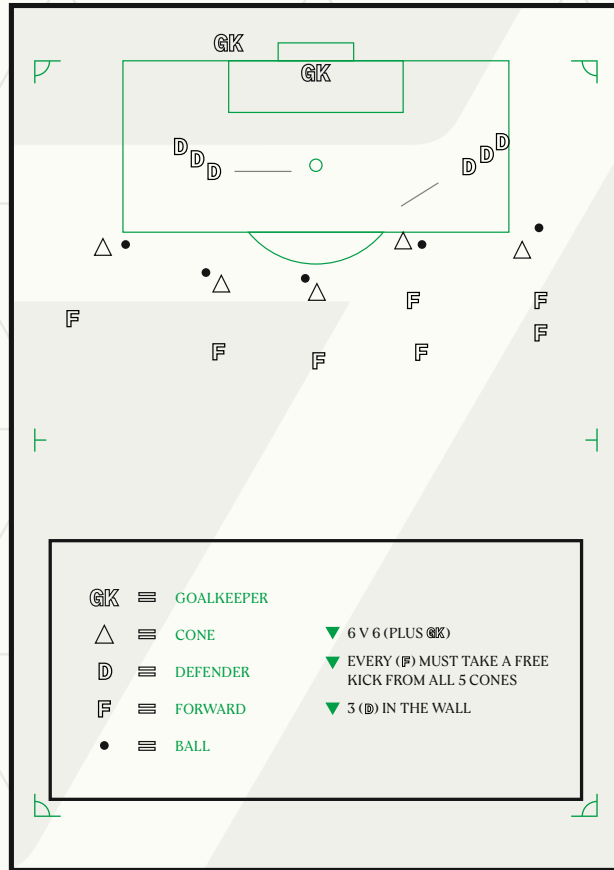
To get better lift on the ball when taking a free kick, strike the bottom part of the football. This creates better height and dip on the ball which will help you shoot over the wall.



Another way to shoot past the wall is by going for a low driven shot. This technique is effective as the ball travels underneath the wall and can often be harder for the keeper to save.



# 4 FREE KICKS



## DRILL EXTENSIONS

- ▼ When practising this drill with class or teammates you could set up two goal areas or have multiple starting points.
- ▼ You could also add some competition by splitting the team into two and see which team scores the most.
- ▼ Remember to rotate goalkeepers, take turns in the wall (if you don't have mannequins) and being the free kick taker.



# 5

## CROSS INTO THE BOX

### OBJECTIVE

The object is for the winger or wide player (could be overlapping full back) to use wide channels and swing the ball into the box, for the striker to attack. From the Winger's perspective, this is all about travelling with the ball and delivering a killer cross whilst on the move. As for the striker, using movement to exploit space and find the target.

### EQUIPMENT

2 cones  
1 winger  
1 striker  
1 ball



It's important to take a good first touch, it helps create the most effective passing angle and sets the direction to play the most accurate ball.



Make sure to keep your head up when playing a pass to your teammate. This helps improve the accuracy and timing of your pass.

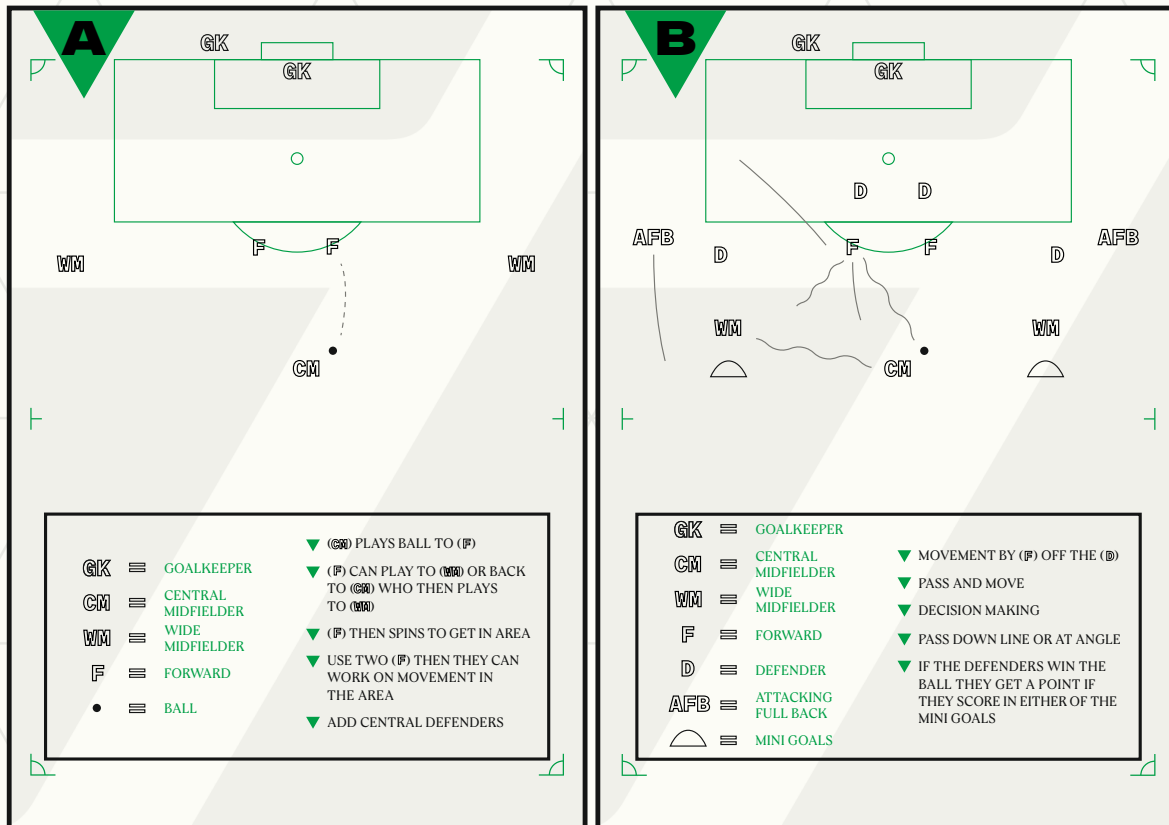


As a striker, positioning and movement are important parts of the game to consider. They help create opportunities for you and your teammates to score



GRASSROOTS PROGRAMME

# 5 CROSS INTO THE BOX



## DRILL EXTENSIONS

- ▼ This is a great drill to build up team training by introducing more players and challenges (Diagram B).
- ▼ For example, you could have 2 forwards and 3 midfield players with 2 full backs overlapping. Centre midfielder plays into a forward player who can lay back to a centre midfielder or to a wide midfielder. They can then play down the line for the full back to cross, or the centre midfielder can play in the gap between the central defender and the defending full back.
- ▼ Give the defenders a target to pass to when they win the ball. Be creative, lots to practise. Remember to rotate players so they get a variety of experiences.



# 6 KEEP IT MOVING

## OBJECTIVE

The objective of this drill is to successfully pass the ball to your teammate, whilst keeping it away from defenders.

This drill is designed to improve your passing accuracy, ball control and spatial awareness.

## EQUIPMENT

- 5 attackers
- 4 cones
- 2 defenders



Control the ball away from the defender with your first touch to create a passing angle between you and your teammate. This helps to ensure accuracy and identify the right direction to play the ball.



Find the open space and position yourself in a visible channel to give your teammates a passing option. This helps retain possession of the ball and creates attacking opportunities in a game.



Control the ball and find space to create an angle for a pass to your teammate. Taking a touch before passing the ball creates space and maximises passing accuracy and efficiency. Or if the space and angle allow, you could use a no touch turn.

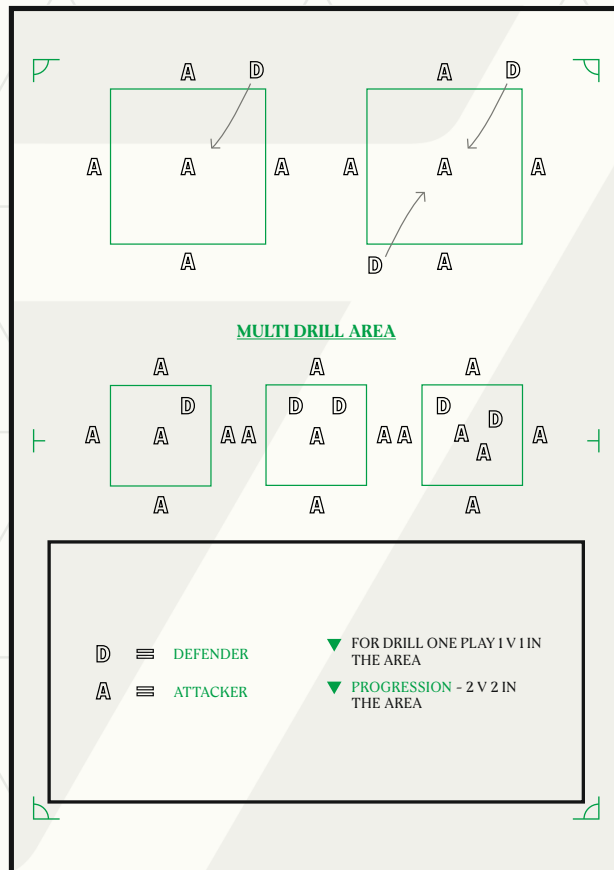


Minimise your touches when being pressed by defenders. Try to release the ball quickly to avoid losing possession and opening a counter-attack for the opposition.





# 6 KEEP IT MOVING



## DRILL EXTENSIONS

- ▼ Emphasis is to maintain possession of the ball, by creating space to enable forward movement with the ball, and develop goal scoring opportunities.
- ▼ All players in the session need to be positive, create angles to receive the ball, good 1st touch to help create the angle.
- ▼ Players are working on movement to find space to receive the ball, concentrating on the speed of the ball and the next phase of play.
- ▼ Defenders can apply pressure, making spacial awareness and decision making more important.
- ▼ In team training you could have more than 1 drill area working to ensure all players are involved. If you use more than 1 drill area you could change the challenge in each area to meet the needs of the players.
- ▼ You could also increase the number of attackers to play 2v2 in the area.



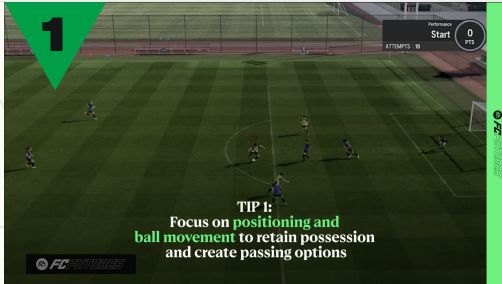
# 7 PLAY THE GAME

## OBJECTIVE

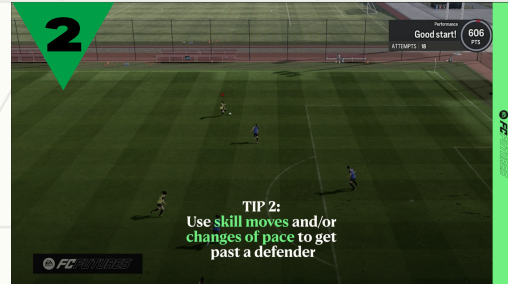
The objective of this training is to practise the skills you've learnt and apply them to a game-like situation. We're bringing together passing, moving with the ball, dribbling and finishing - all key components of the game.

## EQUIPMENT

7 attackers  
6 defenders  
1 goalkeeper  
1 ball



Positioning and ball movement are key skills to use in a game situation. This creates more passing options for your teammates and helps retain possession of the ball.



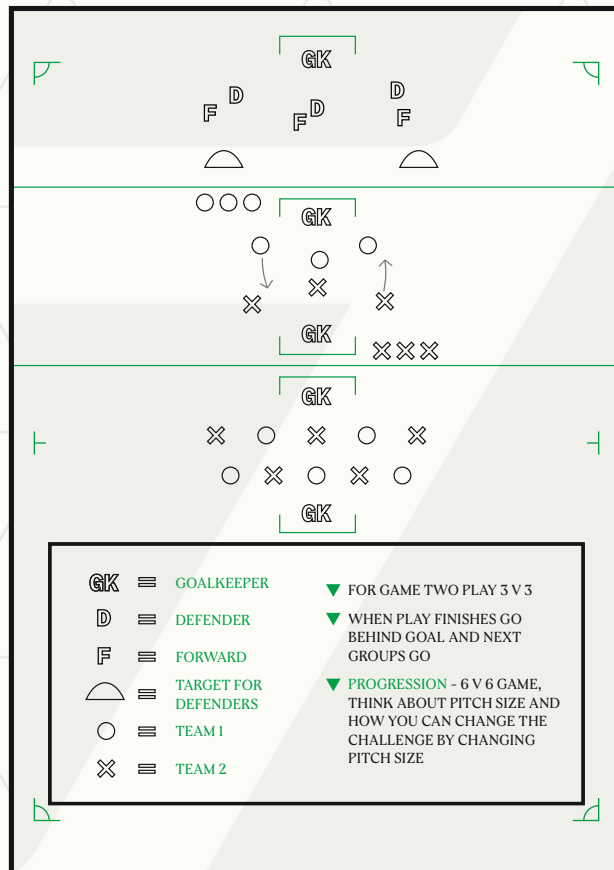
Skill moves and/or changes of pace are an effective way to get past your defender and create a passing/scoring opportunity.



When attacking in the final third, use a combination of both wide and central attacking players as this helps stretch the defence and create more scoring opportunities.



# 7 PLAY THE GAME



## DRILL EXTENSIONS

- When practising with your friends or in training make sure you give the defenders an aim, so when they win the ball back their objective can be to pass into a target or drive forward towards a goal.
- You could also set this up as a 5v5 or 6v6 game.
- Another option would be 2 sets of 3v3 playing in “waves” against each other.





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