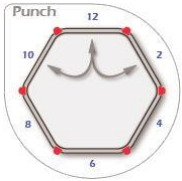


# FOOTBALL COACHING

*QUICK FEET*<sup>®</sup>

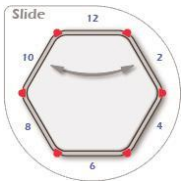
# DRILLS

## **PUNCH: 12 - 2 - 12 – 10 Repeat**



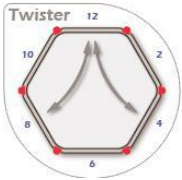
To get the most out of this activity you should pass and control with both of your feet. #12 is the starting panel to hit, pass the ball at this panel, control and pass at the #2 panel, control and pass back at the #12 panel. Then pass the ball to the #10 panel and then back to the #12. Try to use both feet when passing to improve your control and touch. To make this harder you can start to use the outside of your feet.

## **SLIDE: 2 – 10 Repeat**



This is constantly passing the ball at two panels repeatedly. Try and use the inside and the outside of your feet to control and pass. To make this harder try and use alternative feet when playing the ball. For example; pass with left and then right, then left, then right etc.

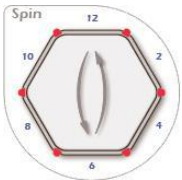
## **TWISTER: 12 - 4 - 12 – 8 Repeat**



Start off at the #12 panel, turn and pass to the #4 panel. Once it has rebounded turn and pass it back to the #12 panel. Once rebounded, control, turn and pass to the #8 panel. Continue to do this for 5 sets.

Ways to make this harder; use both feet, extended duration of activity e.g: 10 sets.

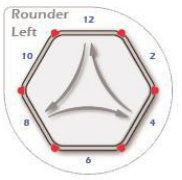
## **SPIN: 12 - 6 Repeat**



Pass to the #12 sleeve, control, turn pass to the #6 sleeve, control, turn, pass to the #12 sleeve.

Try and time yourself doing this activity to be able to record times to see your improvement. Try to use both feet when controlling and passing to improve your skills and technique.

## **ROUNDER: Left; 12 – 8 – 4 Repeat & Right ; 12 – 4 – 8 Repeat**



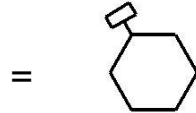
Start off this activity going round passing and controlling at panel 12, 8 and then 4. On your first set of 12,8,4 ONLY use your LEFT foot. On your second set of 12,8,4 ONLY use your RIGHT foot. Control and pass with both the inside and the outside of the foot you are using for that set. Time yourself to see your improvements over time!

# Multi-Unit Training

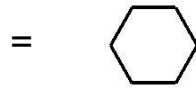
BALL



MAIN TRAINER UNIT



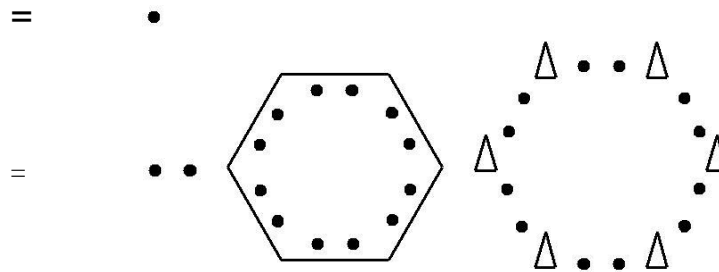
SECONDARY TRAINER UNIT



CONE



PASSING GATEWAY



REST POINT



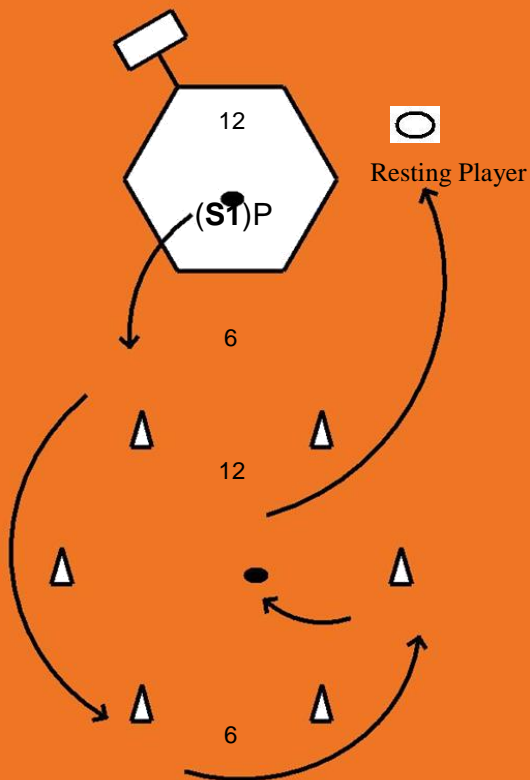
**P**

# SINGLE UNIT TRAINING

# EXERCISE SHEET FULL- RANDOM REPLICATION

**Skill objective: Spatial  
Awareness, high tempo group  
Passing.**

**Set up diagram:**



**Equipment:** Main Trainer unit, 6 cones, 2 balls.

**Number of players:** 2 with 1 resting player

**Description:** A coned hexagon is set up mirroring the trainer Unit.

One player starts next to the trainer and dribbles in around the cones which are set up in the shape of the trainer. At the #4 panel they cut into the trainer, turn and come back out through the #2 panel and back to the trainer. Whilst this is happening the player inside the trainer is being told which panels to hit by the resting player. Once the dribbling player is back, the resting player then goes into the trainer and the player dribbling becomes the resting player. Rotate each time the player dribbling gets back to the rest point/resting player.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

**Left or right foot, one or two touch:** Players have to execute drill only as prescribed.

**Unit cone:** A cone can be added to the centre of the unit. The drill must be played as usual but the ball is not allowed to hit the cone.

**Calls and no calls:** You can restrict the players from calling out the numbers and can set a drill for them to follow. See page for ideas.

**Observation:** In all cases coaches must observe correct technique and advise accordingly.

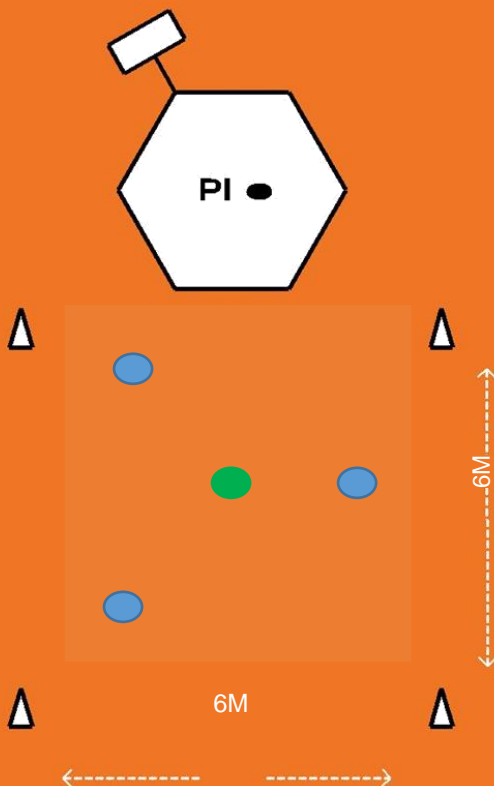
**Trainer adaption:** Replication can be played with any prescribed drill, you can also stopwatch the rotations.

# EXERCISE SHEET PASSING NUMBERS

**Skill objective: Spatial awareness,  
High tempo group passing.**

## Set up diagram:

One player in unit and three players with  
One defender in the coned area.



**Equipment:** Main trainer unit, 4 cones, 2 balls

**Number of players:** 5 players including one defender.

**Description:** The player in the unit does the drill 'Punch' from page 2 and does it until the players in the coned area lose the ball to the defender or it goes out of the square.

The players in the square pass it amongst themselves keeping the ball away from the defender. Rotate players each time the ball is lost.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

**Left or right foot, one or two touch:** Players have to execute drill only as prescribed.

**Passive or aggressive defending:** Add another defensive player in the coned area either to get in the way of passes or try and retrieve/kick out the ball.

**Touch points/cones:** To encourage movement players have to touch strategically placed cone/cones with their foot after every pass.

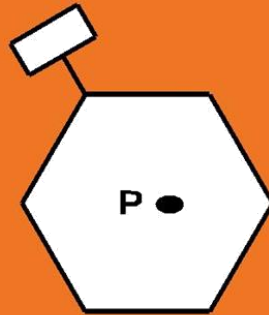
**Observation:** In all cases coaches must observe correct technique and advise accordingly.

**Trainer adaption:** The panel numbers can be shouted by the coach and each rotation can be timed on a stopwatch.

# EXERCISE SHEET - SHOOTOUT

**Skill objective:** Controlling and passing, playing with an audience, end of session fun

Set up diagram:



**Equipment:** Main trainer unit, 1 ball.

**Number of players:** Individual

**Description:** This is like a penalty shootout but on the Quick Feet unit, all players play the same drill, fastest time is the winner.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

**Left or right foot, one or two touch:** Players have to execute drill only as prescribed.

**Passing gateway:** 2 cones placed in front of panel inside of the hexagon. Players have to pass ball in between cones without hitting either, the distance between cones can be varied depending on ability.

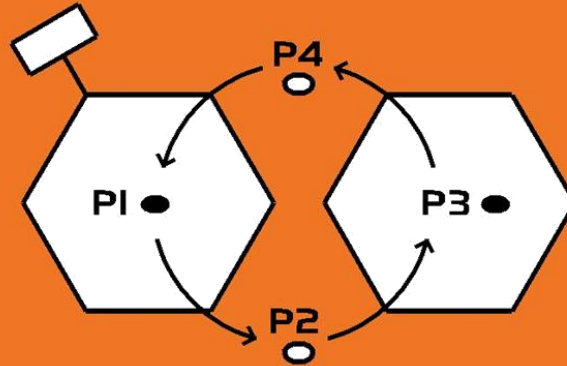
# MULTI UNIT TRAINING



# EXERCISE SHEET - COPY CAT

**Skill objective:** Warm up, controlling and passing, checking the shoulder

Set up diagram:



**Equipment:** Main Trainer unit, Secondary Trainer unit, 2 rest cones, 2 balls.

**Number of players:** 4 players - 2 playing & 2 resting.

**Description:** The player in the main unit should choose a drill from page 2 and the player in the opposite unit should copy and try and keep up with the player in the main unit. Once completed move around in a clock wise circle to include all 4 players.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics. Potentially using **Passing gateway:** 2 cones placed in front of panel inside of the hexagon. Players have to pass ball in between cones without hitting either, the distance between cones can be varied depending on ability.

**Unit cone:** A cone can be added to the centre of the unit. The drill must be played as usual but the ball is not allowed to hit the cone.

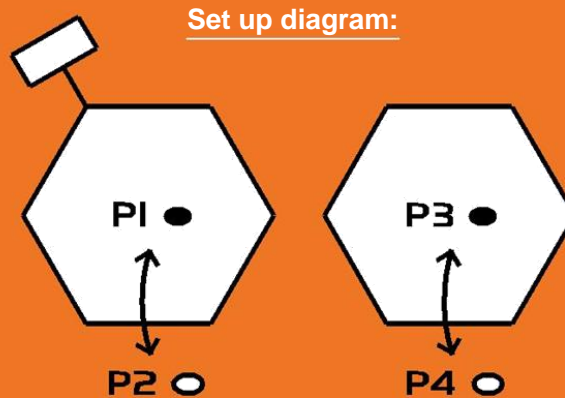
**Left or right foot, one or two touch:** Players have to execute drill only as prescribed.

**Observation:** In all cases coaches, must observe correct technique and advice accordingly.

**Trainer adaption:** The coach can shout out the numbers instead of following a set activity.

# EXERCISE SHEET - SIMON SAYS

**Skill objective:** Warm up, controlling and passing, listening skills



**Equipment:** Main Trainer unit, Secondary Trainer unit, 2 rest cones, 2 balls.

**Number of players:** 4 players – 2 playing & 2 resting.

**Description:** Coach shouts out panel numbers, players in the unit pass and control to and from the announced panels. Players swap at the discretion of the coach.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

**Panel number announcement:** Numbers can be announced at different tempo, individually or in sets, i.e. 2 then 8 then 6 **OR** 2, 4, 6 then 4, 8, 2 etc.

**Left or right foot, one or two touch:** Players have to execute drill only as prescribed.

**Passing gateway:** 2 cones placed in front of panel inside of the hexagon. Players have to pass ball in between cones without hitting either, the distance between cones can be varied depending on ability.

**Unit cone:** A cone can be added to the centre of the unit. The drill must be played as usual but the ball is not allowed to hit the cone.

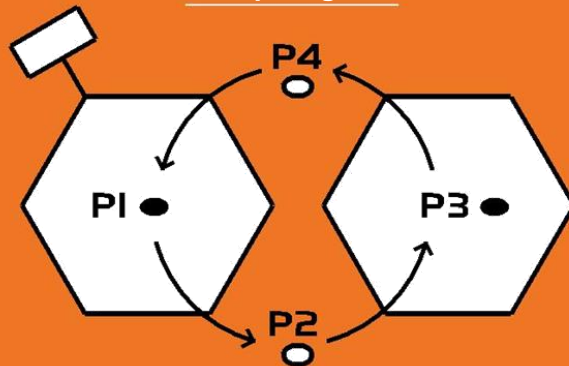
**Observation:** In all cases coaches must observe correct technique and advise accordingly.

**Trainer adaption:** This exercise is a trainer only application.

# EXERCISE SHEET - CORE PRACTISE

**Skill objective: Learning or improving new passing and controlling Techniques.**

Set up diagram:



**Equipment:** Main Trainer unit, Secondary Trainer unit 2 rest cones, 2 balls.

**Number of players:** 4 players - 2 playing & 2 resting.

**Description:** Choose a drill from page 2 and record the time taken to complete the drill per player. The player with the fastest time is the winner.

**Player rotation:** Players rotate between the trainer units to try and get the fastest time and improve.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

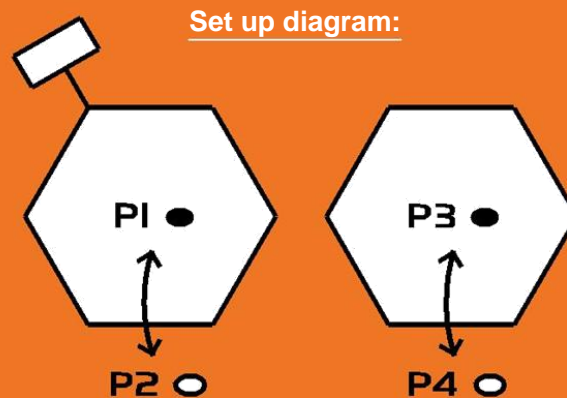
**Passing gateway:** 2 cones placed in front of panel inside of the hexagon. Players have to pass ball in between cones without hitting either, the distance between cones can be varied depending on ability.

**Core drill breakdown:** Some of the core drills may need to be broken down in stages particularly left and right foot or rotating left or right, you should work on each stage separately and then together.

**Observation:** In all cases coaches must observe correct technique and advise accordingly.

# EXERCISE SHEET - DUEL & RELAY

**Skill objective:** Passing and controlling, concentration, composure and team games



**Equipment:** Main trainer unit, secondary Trainer unit, 2 resting cones, 2 balls.

**Number of players:** 4 players - 2 playing & 2 resting.

**Description:** Players execute short drills against each other (see page 2 for drills), this can be a simple 1v1 duel or a team relay with more players, players have to start at the same time on the whistle and finish with their foot on the ball.

**Progression:** Techniques can be tweaked to increase or decrease intensity, difficulty or change the dynamics.

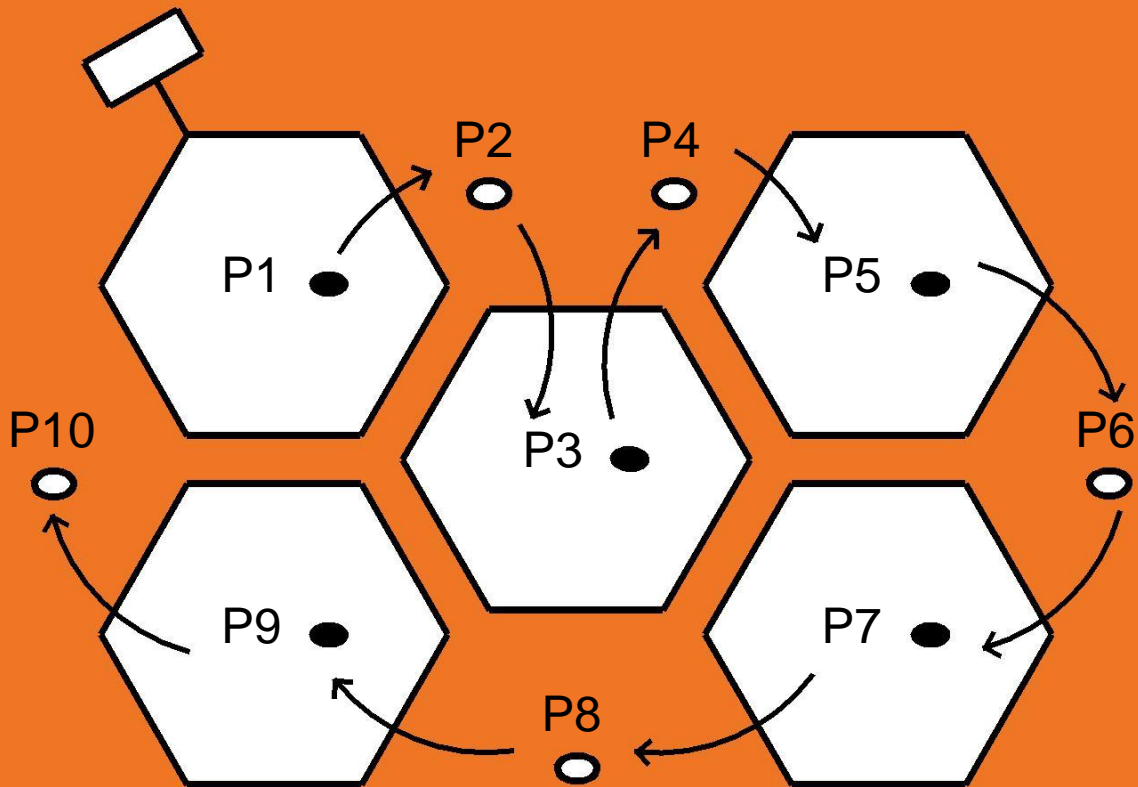
**Passing gateway:** 2 cones placed in front of panel inside of the hexagon. Players have to pass ball in between cones without hitting either, the distance between cones can be varied depending on ability.

**Unit cone:** A cone can be added to the centre of the unit. The drill must be played as usual but the ball is not allowed to hit the cone.

**Left or right foot, one or two touch:** Players have to execute drill only as prescribed see Duel & Relay list on page.

**Observation:** In all cases coaches must observe correct technique and advise accordingly.

**Groups can be expanded by adding trainer units, below is an example of a set up working with 10 players.**



----- 30ft ----->

# GENERAL HINTS & TIPS

**Quick Feet Unit Drills:** Sequences of random or pre-set panel numbers.

**Exercise time:** Due to increased intensity and touches most of the fundamental exercises should be no longer than 15/20 minutes.

**Number of players:** Subject to space around the main unit you can add as many trainer units as you want, to maintain intensity and a high level of touches we recommend no more than 2 players per unit.

**Player/Unit rotation:** Rotations are to ensure players get equal time/touches with exercises using the main unit. Every unit will have a rest point (cone) for resting or observing active players, players rotate around the units and rest points.

**Trainer adaption** - is included on most exercise page and will explain how to adapt the exercise when using trainer units only.

**Touch count:** The Quick Feet exercises are made up of set repeats and rotations, with some simple arithmetic you get a reasonably accurate touch count for every player, The Quick Feet programme would expect a group of 10 players with a 1 main and 4 trainer set up (1and4) to achieve in excess of 1000 touches each player in 1 hour.

**Progression:** All of the exercises can be tweaked as below to increase or decrease intensity or change dynamics, remember any tweak you add will require observation so it may be wise not to add too many within the one exercise.

**Add cone:** A cone or manikin is put in the centre of unit/units, balls are not allowed to hit the cone.

**Passing gateway:** 2 cones or discs creating a gateway can be placed in front of the panel/panels – the ball is not allowed to hit the cone or disc.

**Observation and benchmarks:** As well as the scores from the main trainer unit there are lots of other observations and indicators, these can be converted into times and points (team and individual) for added motivation, a whiteboard would be handy to write up for all to see.

**Rest points:** Every unit will have a rest point for extra players; these will also double as observation points, rest points keep the exercises flowing irrelevant of odd or even player numbers, and players are not resting for long.