



100 FOOTBALL ACTIVITIES

ALL WITH VIDEO

1000

SOCCER ACTIVITIES
IN VIDEOS





IMPORTANT

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soon as it is discovered via digital tracking, the person responsible will be penalized under the civil and criminal code for his criminal act!

This material was designed to help you have a better use and development in your classes, with activities ready and also amenable to adaptations according to the age group and objectives of the class.

All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, we are not responsible for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

If you find any error in the approach, any content that you think is undue and should not be composing this content, typo or any other matter about this material, please contact us through the email address edfvida@gmail.com.

I hope that our material enhances your knowledge, as well as being useful to your planning and that you make good use of it. Well, there are several activities, of different contents and gave muitooooo work!

This is a guide made for physical education teachers who work in schools or schools.

Football is an excellent tool to work within schools. In addition to being the most popular sport in the country, it brings a great motivation of the students in practice. They love it when PE class has football! If we think about the objectives of the classes, soccer develops a sense of direction, motor coordination,

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psychomotor skills such as laterality, notions of space, time and rhythm, sociability and confidence, among others.

This guide has 100 football activities demonstrated on video. The other part of the guide is theoretical activities.

Remember that buying this guide does not give you the right to distribute it. He's got his name on it. Avoid future problems.

My contact e-mail: edfvida@gmail.com

Hugs



1. Receiving and Pass Training with Displacement

Description: In this activity, the student will improve his ability to receive the ball, move and pass in a sequence of movements. The teacher can change the order of the movements to meet the needs of the group. This activity is suitable for players of all ages and skill levels.

Video: <https://youtube.com/shorts/sHnGWOp0BFw>

2. Circuit of Coordination and Agility

Description: In this activity, arches, ribbons and ladders are used to set up a circuit that aims to work the coordination, agility and balance of the players. Players must go through the circuit following the teacher's directions, going over and under obstacles, jumping between cones and performing laterality movements. The circuit can be adapted to different ages and skill levels of the players. The activity can be finished with some ball work to reinforce motor coordination and technique.

Video: <https://youtube.com/shorts/YYiKmuLm4oA>

3. Receiving and lateral dribbling

Description: In this activity, players will work on receiving the ball and dominating already thinking about the lateral dribble to get rid of the opponent. A cone will be used as a reference point to facilitate space for players of smaller stature. It is important for players to practice this type of dribble to broaden their repertoire of movements and become more skilled on the field.

Video: <https://youtube.com/shorts/61yDb8LqvhU>

4. Pass with Cooperative Bobinhos

Description: Players must stand arm in arm, forming a circle. Three players are chosen to be the fools and stand in the center of the circle. The goal of the players in the circle is to maintain possession of the ball by exchanging passes with each other and preventing the fools from intercepting the ball. The activity is cooperative, that is, all players must collaborate with each other to maintain possession of the ball and prevent the fools from intercepting. The fools cannot let go of the arms of the other players to catch the ball, they must try to intercept the ball only using their bodies. If one of the



fools intercepts the ball, he switches places with the player who lost possession of the ball and joins the circle. The activity can be adapted to different ages and skill levels, increasing or decreasing the number of fools and/or making the rules more difficult.

Video: <https://youtube.com/shorts/6xeyR6or9zU>

5. Coordination and Balance Circuit

Description: Exercise that uses bows, ribbons and ladders to improve the player's coordination, agility and balance. It can be followed by a ball work to integrate physical skill with football technique.

Video: <https://youtube.com/shorts/sFPOqD12ApM>

6. Physical Preparation with Ball

Description: This activity aims to combine physical preparation with technical football training. It can include several exercises aimed at improving ball control and passing, which can be adapted according to the teacher's preference. In addition, the activity may include working with agility ladders, bows, and ribbons, to enhance the player's coordination, agility, and balance.

Video: <https://youtube.com/shorts/EAo2nrcrv2k>

7. Ball and Pass Control Circuits

Description: In this physical preparation activity, players go through different circuits, which involve ball and pass control, as well as agility and coordination work. The circuits can be composed of obstacles, cones, agility ladders, arches, among other equipment. In each circuit, players perform different exercises, such as zig-zag ball control, moving passing, precise passes on targets, among others. The teacher can determine how the pass will be given, whether it will be low, tall, curved, etc. The goal is to work on the technique, coordination, agility and physical preparation of the players.

Video: <https://youtube.com/shorts/CyhYIHNFD9Q?feature=share>



8. Obstacle Ball Driving

Description: This exercise is specially designed for young children, with the aim of helping them become familiar with the ball, train ball control and improve the technique of the game. Using cones as obstacles, players will travel a certain course, driving the ball with speed and precision, dodging the cones on the way. The main focus is to develop the ability to drive the ball, perfecting touch and motor coordination. It is a fun and challenging activity that encourages learning the game in a playful way.

Video: <https://youtube.com/shorts/UjJ69itYHGw>

9. Tactical Integration: Move and Pass

Description: This set of practical exercises aims to improve the movement on the field and the pass between the players, promoting the integration of the team and the synchronization of the actions. The activity consists of establishing strategic reference points on the field, such as cones or markers, which will be used as a basis for passing exchanges and movements.

Players will follow a pre-established order, making passes between each other and moving according to the coach's instructions. The goal is to create a fluid and coordinated flow of play, where players move in an organized way, looking for the free spaces and executing precise passes.

During the exercises, it is important that players are aware of the movement order and landmarks, ensuring efficient integration and a tactical understanding of the game. In addition, the activity also develops the ability for quick decision-making and communication between players.

With this set of exercises, the team will have the opportunity to improve its tactical organization, improve the movement on the field and strengthen the rapport between the players.

Video: <https://youtu.be/EpjI90JX-1M>

10. Control and Driving Game



Description: This integrated activity aims to develop the control and driving of the ball, the precise passing and the intelligent movement of the players using the entire space of the field. It is a dynamic and fun activity, ideal to promote healthy competition and relaxation among students.

The activity consists of forming two teams and distributing the players across the field. Each team will aim to control and drive the ball efficiently, making accurate passes and moving strategically to create attacking opportunities.

During the game, it is important to emphasize the importance of positioning yourself correctly to receive the pass and execute the movements with speed and agility. Players must work as a team, communicating and coordinating their actions to overcome the opposing defense and score goals.

In addition to the technical aspect, the activity also stimulates quick decision making, reading the game and teamwork. Students will be challenged to use their creativity and skills to overcome opponents while having fun and enjoying the relaxed atmosphere of the activity.

This integrated activity of ball control and driving, passing in the right position and moving on the field provides a complete training, in which students hone their technical, physical and tactical skills, while engaging in a competitive and fun experience.

Video: <https://youtube.com/shorts/uR1tR1PE9xY>

11. Control Challenge and Pass with Obstacles

Description: Exercises that combine ball control, mastery and passing, using obstacles as additional challenges. Players must overcome obstacles while performing ball control and then make accurate passes to teammates. Variations can be applied to focus on different control techniques and intensify the challenge. The activity promotes motor coordination, agility and quick decision making, preparing players for more complex game situations.

Video: https://youtu.be/WRCvAMjm_NQ

12. Dynamic Old Woman Game



Description: A fun and stimulating activity that combines the famous game of the old woman with elements of relaxation, agility and speed of reaction. Participants are divided into two teams and position themselves in rows in front of the old lady's game board drawn on the floor. Each player, in turn, must run or drive a ball to the board to occupy one of the empty houses. The goal is to form a sequence of three team symbols (X or O) horizontally, vertically, or diagonally, while preventing the opposing team from completing the sequence first. In addition to stimulating relaxation and quick thinking, the game can also be adapted to include elements of physical work such as running or specific exercises, making it suitable for participants of all ages and skill levels.

Video: <https://youtube.com/shorts/PCaxZn771q0>

13. Master Sent

Motor coordination and ball control activity, inspired by the game "Mestre Mandou". The coach gives commands for students to perform actions such as placing their hand on the shoulder, knee, giving passes to the left and right, and finally catching the ball that is in a cone or on the ground.

Video: <https://youtube.com/shorts/trDQGaxUlKY>

14. Maintains control

Low-key activity with additional challenges to stimulate ball control and motor coordination of students. The teacher gives the order of the color of the cone or object to be reached, and the students must bend down and pick it up without losing control of the ball. The goal is to maintain control of the ball throughout the activity.

Video: <https://youtube.com/shorts/DF5zGnd7N98?feature=share>

15. Explosive Receiving



Description: In this activity, players practice receiving the ball after a pass or side, followed by a quick match with the ball dominance. Cones are placed as opponents, which must be feinted by the players during the race. The end goal can be a shot on goal or a pass with precision to hit a specific target. This activity aims to develop speed, ball control and the ability to make quick decisions under pressure. It is a dynamic and fun exercise that provides a complete training for the players. The conclusion of the exercise can be a shot on goal or pass with some objective, such as a target.

Video: <https://youtube.com/shorts/HrOHbnKtpC8>

16. Handling Stations and Pass

In this activity, players must move on the field according to the direction determined by the coach, and there may be cones or obstacles to be dribbled. It is possible to work on the pass base at the end of the season, where the player must finish with a pass to a companion positioned at a certain location on the field. This activity helps to develop motor coordination, ball control and spatial perception of players.

Video: https://youtube.com/shorts/4ZLykIJo_iE

17. 1x1 in reduced space

Description: Training exercise in which two players face each other on a reduced field, with the aim of scoring against each other. The exercise aims to improve skills of movement on the field, feint, ball reception, dribble and shot on goal. It can be performed in several parts of the field simultaneously with groups of players.

Video: https://youtu.be/WIsCBalx_kl

18. Pass the receive

Targeted pass exercise and movement to receive the pass, in different ways. It is important to delimit the space of the field so that students begin to have a greater spatio-temporal orientation.

Video: <https://youtube.com/shorts/zBhEURtkXUo>

19. Pass and approach



Description: In this exercise, objects (such as cones, for example) are used as markers in the field. Students must pass the ball from side to side, approaching the markers to receive the pass and mastering the ball with one foot before passing it to the other side. It is important to train the reception of both feet and the pass on both sides of the field.

Video: <https://youtube.com/shorts/N7ifOxk0OBE>

20. Rondo" or "Possession of the ball

It is an exercise widely used in football training to develop the movement and exchange of passes between players. The goal is to maintain possession of the ball, exchanging passes between players, until you can make a targeted pass or a shot on goal. Position rotation helps develop players' ability to adapt to different roles within the game.

Video: <https://youtu.be/AamgpRiOUgk>

21. Slalom with submission

This exercise is called "slalom". It consists of placing cones in a straight line with a distance of approximately 1 meter between them. The player must pass through the cones with the ball, making quick dribbling movements and changes of direction. At the end of the course, he must perform a finish, either with a pass or a shot on goal. It is important that the player works both the technique of driving the ball as well as the speed of execution and accuracy in finishing.

Video: <https://youtube.com/shorts/u5z6N5B4V9w>

22. Exchange of passes with marking

This activity can be very useful for training the ability to receive and pass the ball under pressure. In addition, it is important that players learn to use both legs to receive and pass the ball, to avoid being predictable and limited in their movement.

In the case of goalkeepers, this activity can be especially important as it helps to train their skill with their feet and make quick decisions under pressure. Exchanging passes with line players can also help improve communication between players and build a sense of teamwork.



Video: <https://youtu.be/ltdHmFs09oA>

23. Pass and Move Exercise

In this exercise, the goal is to work on receiving and passing the ball by the goalkeeper, a fundamental skill for the game. It is important that the goalkeeper is always on the move, as the game situation demands it. The use of the cone as a movement reference helps to train the agility and spatial orientation of the goalkeeper. In addition, it is recommended to vary the distance and angle of the pass, to simulate different game situations and improve the goalkeeper's technique.

Video: <https://youtu.be/rtOKxQbv97Y>

24. Touch the wall

The proposed exercise aims to improve ball mastery and the movement of players after this domain, using a wall as an aid. It is recommended to vary the direction of touches and receptions of the ball to both sides, encouraging the movement of students and improving motor coordination. The cone is used as a reference to guide the direction of movement.

Video: <https://youtube.com/shorts/6Stdw95NA9s>

25. Master's Warm-up

The "master bossed"-style warm-up game is a fun activity that can include elements of football, such as headbutting the ball or running for a shot on goal. The coach can give commands, such as "ball dominance with the right foot", "ball dominance with the left foot", "run to the right", "run to the left", "kick to the goal", "header on the ball", among others. Players must obey the coach's commands, otherwise they will be eliminated. It is important to emphasize that the activity should be carried out with relaxation and without pressure.

Video: <https://youtube.com/shorts/F6d8OvEbZo0>

26. Receiving the ball and passing to goalkeepers with reaction speed variation



It consists of a goalkeeper receiving passes from a teammate and having to control the ball with one touch and then returning the pass to the same teammate. The proposed variation would be to throw a ball to an opposite side of the cone and the goalkeeper would have to move quickly to catch the ball before it leaves the sideline. This would require from the goalkeeper a high level of agility and speed of reaction.

Video: <https://youtu.be/4B8sizLOGOM>

27. Drive

Exercise for speed and agility of passing to goalkeepers. It can also be used for players. Tap and Receive, tap and receive. The cones serve as a reference for movement. Exercises with goalkeepers can always be finished with a ball in the high (to train reception of the ball in the high) or ball in the side, to train fall. I always like to include an activity related to the motor gesture.

Video: <https://youtu.be/Z2HxIVESdRM>

28. Challenge of support and command of the ball

Competitive activity, which the student does the exercise of support with the foot on the ball (which helps in controlling the ball when it is in motion) and at the same time train commands off the ball. It also works agility and reaction speed, by placing the right disc in the right position.

Video: <https://youtube.com/shorts/B-xO0nsxLgo>

29. Agility training and passes to goalkeepers

Agility exercise and pass to goalkeepers in a certain area. Note that the goalkeeper has direction, always crossed to get to the ball and touch it, fast.

Video: <https://youtu.be/Obu1ANQ3PV8>

30. Rings and appears



This exercise can be called "Goalkeeper pass exchange square with movement". The goal is for goalkeepers to work on the quickness in mastering and passing the ball, as well as the movement to receive the pass in a new position.

The exercise consists of a square with four cones, where the goalkeeper starts with the ball. The goalkeeper must master the ball and touch to a player who is in one of the B positions (marked by cones) and move to the next position B. The player who received the pass must touch back to the goalkeeper, who must touch to the next player in position B and continue the movement in the square.

The goal is to carry out this exchange of passes as quickly as possible, to train agility and accuracy in the pass, as well as to train the movement of the players to create pass options for the goalkeeper. The exercise can be timed so that players try to beat their own times with each repetition.

Video: <https://youtu.be/UGIDCj1G1o>

31. Targeted Pass with Movement

Description: In this exercise, players position themselves in a delimited space and must pass the ball at medium distance to a colleague, who is in a predetermined position by the cones on the field. The movement of the player who receives the ball is dictated by the position of the cones and he should always look at the colleague who will make the pass to know where he will be positioned. It is important to work on accuracy in the pass and agility in movement to receive the ball. This exercise can be performed in groups, with position relay between the players.

Video: <https://youtu.be/aX7uA3mJTgY>

32. Pass training for the future

This activity is a passing practice in which the player must pass the ball to where his teammate will be moving, rather than where he is at the time of the pass. This requires the player to take a reading of the teammate's movement and anticipate his future position to send the ball there. The goal is to train the ability to predict the actions of colleagues and increase the accuracy of passes in game situations.

Video: <https://youtu.be/R2VWYL1XHn8>



33. Pass training with cone movement

In this exercise, the player must move between cones according to a predetermined order and then receive a pass from a teammate. The goal is to train motor coordination and the ability to receive the ball in motion, as well as improve accuracy in passes. After receiving the ball, the player must finish the activity by passing the ball to another teammate.

Video: <https://youtu.be/nfFOsXBEmEo>

34. Agility circuit with goal finishing

In this exercise, the player must go through a mini circuit with an agility ladder and two cones at the beginning and at the end, while performing various movements. Then, you must finish the activity by kicking the ball towards the goal, trying to place it between one of the cones and the crossbar. The finishing can have several tasks to make the exercise more challenging and involve different technical and tactical aspects of the game. The goal is to train agility, motor coordination and accuracy in shots on goal.

Video: <https://youtube.com/shorts/ZYyHURAPNgw>

35. Pass with defensive movement

Barcelona pass training. Players stand on one side of a square and there is the movement of players with possession of the ball, in a predetermined field area.

Video: <https://youtu.be/MOveeRFLuEw>

36. Mobile Square Pass Training

Players position themselves on one side of a square while other players move with possession within a predetermined area. The goal is to train accuracy and speed in passing, as well as teamwork and communication between players. This activity is inspired by Barcelona's style of play, which values possession and the quick exchange of passes to advance in the opposing field.

Video: <https://youtube.com/shorts/Xpkg4TC8bzs>



37. Lower limb burst circuit with pass training

The player must perform a sequence of activities that include jumping, moving between discs, short passing, and passing the medium distance with direction. The goal is to train the muscular explosion in the lower limbs, in addition to developing motor coordination and precision in the passes. This activity can be used both for physical training and for the technical-tactical improvement of the players.

Video: <https://youtu.be/EtIpBXWsXt4>

38. Pass work and team movement with interconnected circuits

A suggested name for this activity would be "Pass work and team movement with interconnected circuits". In this exercise, the players work the pass and the movement as a team in two different circuits that interconnect in the midfield. The goal is to improve the movement of players to receive the ball and make accurate passes, as well as to develop ball control and rapport between team members. This activity can be used to train both technical and tactical aspects of the game, such as game reading and communication between players.

Video: <https://youtu.be/W6hTMQnnVFA>

39. Overtake

In this exercise, players work on overtaking full-backs or wingers through lateral passes with a reference point in the middle of the predetermined area. The goal is to develop the movement of players to create spaces and opportunities for attack, as well as improve passing and ball control. The rotation of players is constant, which helps to keep the pace of the activity and ensure that everyone has opportunities to participate and hone their skills. This activity is ideal for training tactical aspects of the game, such as reading the game and communication between players, as well as working on motor coordination and physical conditioning.

Video: <https://youtu.be/SIVaj2QCHI8>

40. Passing exercise with lateral movement and bilateral ball control



Players work on passing and ball control with lateral movement. The activity is carried out in pairs, and players must pass the ball from side to side, maintaining control of the ball with both feet. The goal is to develop motor coordination and skill with both legs, as well as improve passing and ball control. Lateral movement helps to work on players' agility and reaction speed, while bilateral ball control helps to balance the development of both legs. This activity is ideal for working the individual technique of the players, as well as being a good warm-up for more intense activities.

Video: <https://youtu.be/3EBndiOhwsl>

41. Finishing training in different positions in the area

In this exercise, the player receives the ball, dominates and kicks for the goal from different positions in the area. It is recommended to include the practice of kicks with the "bad" leg when the player is in the opposite position to his dominant leg. There is a rotation between rows waiting to do the exercise, allowing each player to try out all positions.

The goal is to train the accuracy and power in shots on goal, as well as the ability to finish in different game situations. This activity can be adapted to include other variations, such as the practice of shots with little or no visibility of the goal or with the presence of obstacles in the way. It is legal to have the player, when in the contralateral position of his dominant leg, kick the goal with the "bad" leg. There is the rotation between rows waiting to do the exercise. With this, the player goes through all the positions.

Video: https://youtu.be/M-T_PwbYbm8

42. Tap to the side

Exercise of attack against defense, with numerical equality, with the ball coming from the side. Observe the movement of defenders and attackers. The touch of the ball inside the area increases the chances of goal.

Video: https://youtu.be/dRT8qqy_VMM

43. Joke Kick to the cone



In this challenge, students need to dribble the cones in a predetermined sequence, drive the ball to the finish line and kick into one of the cones positioned in the goal. If they drop a cone, they must take the corresponding point and take it to their group. The contest takes place within a certain time and the group that conquers more cones at the end of the established time is the winner. The activity works on dribbling, ball driving, finishing, agility and ball contest between students.

Video: https://youtu.be/eAVcs_oCj80

44. Reduced marking and field movement training

In this exercise, the players are divided into three teams (represented by vests of different colors). The goal is to work the marking in the reduced field, simulating the pressure of the opponent during the game. Players must move around and exchange passes, looking to create spaces to receive the ball and advance towards the opposing goal. The players in white vests stay further away, and with a command from the coach, the ball goes to them, causing all the players to move towards them to receive the ball and continue the exercise. It is important to stimulate the movement of players without the ball, both offensively and defensively.

Video: <https://youtu.be/H2073HSzZo0>

45. Moving Pass Circuit

Short and medium-distance passing work, with movement of the players towards the ball and to certain spaces. Works speed, passing, dominance and control of the ball. In this exercise, players move toward the ball and certain spaces, while performing short, medium-distance passes. The goal is to work on speed, accurate passing, dominance and control of the ball in different situations. The circuit can be set up with cones, obstacles and demarcated areas to make the workout more challenging and fun. It's a great way to develop the technical skills and coordination of players on the go.

Video: <https://youtu.be/4h2YnA3q0vE>

46. Dual pass and ball control

Warm-up exercise, players work in pairs. While one throws the ball to his colleague, the other performs moves to position his foot on top of the ball and then returns the ball to



his teammate. This process repeats itself, alternating between players. The goal is to work on coordination, warm up the body and improve ball control. Work of coordination, warm-up and ball control.

Video: <https://youtube.com/shorts/7P3--7vUsCA>

47. Object Race

This activity consists of a speed race in which participants are divided into two rows, facing each other. In the middle of the distance between the rows is placed an object, such as a cone. When the coach gives the signal, the players in each row must run towards the object and pick it up. The goal is to get to the object first and take it to the final goal, which can be a spear stuck in the field, for example. This activity works the speed and coordination of the players.

Video: <https://youtu.be/7oWEm1QaDsk>

48. Lateral Defense

Description: In this exercise, the goalkeeper receives a ball at half height from a teammate and quickly places it on the ground to make a lateral save. It is important for the goalkeeper to train his reaction speed and continuous defense in this exercise. In addition, the activity can be used as a pass to the players, who can pass the ball to the goalkeeper highly, and the latter must move laterally to make the save with the specific leg.

Video: <https://youtu.be/rdNpTN8JjiU>

49. Race for the ball

Description: In this exercise, two players leave from opposite points of the field and the ball is played in the middle of the field. The goal is to get to the ball first and try to score. This exercise works on chasing, speed, and 1x1 scoring. It is important for players to maintain focus and intensity throughout the activity.

Video: <https://youtu.be/Cr9pqRis22A>

50. Familiarization with the ball - Foot change



Description: In this exercise, beginner students are introduced to ball control and learn to place the sole of their foot on the ball, on top. It is important for the control of the moving ball. The students walk with the ball and at the signal of the whistle, they make the change of foot on top of the ball for 10 times, alternating the foot that is on top of the ball. This activity helps to develop motor coordination, improve ball control skills and become familiar with the equipment.

Video: <https://youtu.be/Po-S3wNGju4>

51. Agility circuit with ball control and directed passing

Description: This exercise consists of a displacement circuit on the agility ladder, where the movements can be determined by the teacher. The goal is for the player to control the ball as it passes through the pucks and then make a pass directed to a small goal or a location indicated by the teacher. The idea is to work on the agility and motor coordination of the players, while developing ball control and directed passing.

Video: <https://youtube.com/shorts/Hxy-5dwUdBw>

52. Possession of the Ball with Pressure at the Extremities

Exercise of possession of the ball with marking pressure. Two players at the ends of the area must be constantly triggered to maintain possession of the ball. The other players must press and try to steal the ball. The coach can give commands to direct the game to the ends or center of the field, stimulating the movement and decision-making of the players.

Video: <https://youtu.be/uLqe0k0wiTQ>

53. Heating circuit with obstacles.

Description: The exercise is performed in a circuit with several obstacles, such as spears, agility ladders and specific cones. Players go through each of them performing specific movements to warm up the muscles that will be used in the game. It is an important work to prevent injuries and improve the physical performance of the players during the match.

Video: <https://youtube.com/shorts/VGqjJz5vhSs>



54. Integrated Skills Circuit

Description: This exercise involves three rows of players working together to hone technical and tactical skills. The front row is responsible for dribbling the cones and finishing in goal. The second row works on preparing the pass for the teammate to kick at goal. And the third row focuses on creating plays down the sideline and crosses in the area. All players are encouraged to move quickly between the queues to develop agility, precision and teamwork.

Video: <https://youtu.be/FNpLcd5D7YE>

55. Rock, paper, scissors and goal!

Players split into pairs and throw rock, paper, and scissors. Whoever wins makes a dribble towards the goal and finishes, while the other runs to a place determined by the coach and back in line. The goal is to win as many times as possible and avoid having to run to the given place. This activity works reaction speed, agility, concentration and dribbling and finishing skills.

Video: <https://youtube.com/shorts/pwtiNTATAsQ>

56. Lyrics and disc

It seems to be a simple exercise in controlling and mastering the ball, with the child passing the ball between the pucks on the ground. This type of activity is essential for the child to develop basic skills such as ball control, motor coordination and spatial perception. In addition, the use of different parts of the foot to touch the ball can be encouraged, helping in the development of a more refined technique.

Video: <https://youtube.com/shorts/OsO4UtX5EqA>

57. Agility and speed training for short distances

Description: This training consists of several activities that aim to improve the agility and speed of reaction of the players, in addition to working the feint of the body. The activities involve fast and intense movements, with constant and rapid changes of direction, requiring an agile response from the players. The goal is to develop the ability to accelerate and deceleration, as well as train the ability to dribble and feint opponents



in small spaces. Some examples of activities that can be included in this training are: explosive drag training, zigzag running, high-speed steering change training, among others.

Video: <https://youtube.com/shorts/hD29YZfctSo>

58. Pass Exchange Activity and Movement with Cones.

Description: Players split into pairs and position themselves in a given space with cones. They must exchange short and medium passes while driving the ball and moving around the field. The cones help create references for movement, with a player moving into the space between two cones to receive the colleague's pass. The goal is to work on passing accuracy, movement on the field and motor coordination. Pass and move..

Video: <https://youtu.be/VaCv0G0VgTE>

59. Plank with pass to goalkeepers

This activity is known as "planking with a pass for goalkeepers". It is an exercise that works the strength, endurance and coordination of the goalkeepers, as well as helping them to improve the technique of throwing the ball. The plank position helps strengthen the core (abdominal and lumbar region), while the act of throwing the ball to the companion requires a combination of strength, precision and coordination. The presence of obstacles adds an extra element of challenge, testing the goalkeeper's ability to focus and maintain stability while accomplishing the task.

Video: <https://youtube.com/shorts/57M5kHUBjPE>

60. Reduced field play with a focus on passing and movement

It is a game in a reduced field, with dimensions of 5x5, in which the players need to make passes in medium distance and always look for an unmarked companion. The activity is excellent to promote the integration of the team and train the movement on the field, since the players need to move constantly to present themselves as a passing option. In addition, playing in reduced space increases the frequency and intensity of contacts with the ball, allowing players to develop the ability to play in tight spaces and make decisions quickly.



Video: <https://youtu.be/AVqVhqfAVws>

61. Zig Zag Defender

This activity is a variation of the traditional goalkeeper circuit, focusing on the movement and agility of the goalkeeper between the spears, and the defense of balls at half height. The goal is to develop the motor coordination and reaction capacity of the goalkeeper, who needs to move quickly between the spears and position himself to defend the balls. In addition, the exercise helps to train the defense technique in different game situations.

Video: <https://youtu.be/pYNSM3aCz I>

62. Quadrants in Motion

Description: In this activity, the field is divided into four quadrants and each team is separated into four groups. The goal is to make constant movements and coordinates of passing between teammates, in addition to moving strategically to combat the opponent's marking. The activity is focused on training coordination and communication between players, as well as the ability to read and react to the opponent's movements.

Video: <https://youtu.be/BvdmBUxHSoQ>

63. Marking Pressure

Description: Players perform a similar move to the "bobinho", but with a different objective. The focus here is to train the pressure in scoring after the loss of the ball, with targeted movements to hinder the action of the opponent. In this way, players are encouraged to move quickly and together in search of regaining possession of the ball. It is a great activity to develop agility and decision making in real game situations.

Video: <https://youtu.be/LeAfBNSTyqk>

64. 4x2 pressure game



Description: In this activity, players are divided into two groups: a group with four players and another with two. The area is bounded for passing and movement, and the markers are always behind the players making pressure marking. When the teacher whistles, the groups switch roles, and the scorers have possession of the ball and must try to maintain possession, while the other players press to recover the ball. This activity is excellent for working the pressure in marking and the movement of players without the ball.

Video: <https://youtu.be/lCx1ujlWENg>

65. Defense in Action

Description: In this activity, players learn and practice cutting the ball on defense. The activity is divided into two times so that the players also train the recovery time after the cut. The goal is for the defending player to cut the ball from the attacker and return it to the coach, while the attacker tries to dribble and get to the back line. The defender must be vigilant and use cutting techniques, such as lateral or from behind, to prevent the attacker from reaching the goal. The activity is important for the development of the defensive ability of the players and to increase their ability to recover after a defensive action.

Video: https://youtube.com/shorts/bjQxEj_EfFQ

66. Straight pass on the go

Description: Players position themselves in two opposite rows and pass the ball from side to side. The disc on the ground serves as a reference for the distance between them, encouraging constant movement. The exercise aims to train the straight pass without the need to dominate the ball, increasing the accuracy and speed of the pass.

Video: <https://youtu.be/Lx6PPMVEe-k>

67. Reduced field passing and finishing

Description: In this activity, players practice passing and movement in a reduced space, with one player moving to the backline and another group practicing finishes in the area. The dynamics of the activity stimulate quick decision making, since players need to be aware of both the movements of those with the ball on the backline and the positions



in the area to finish. In addition, the limitation of space also encourages accuracy in passes and finishes.

Video: <https://youtube.com/shorts/k0-a01DVBYU>

68. Pass and Medium Distance Handling Circuit

Description: In this activity, players will work on passing, ball reception and movement in a circuit with several cones and obstacles. The distance of the pass will be in medium distance, to stimulate the training of the accuracy and strength of the pass. Players must move between the cones, receiving and passing the ball to their teammates. It is important that players are attentive to the change of position, to have varied stimuli and train various skills. The goal is to improve individual technique and communication between players, so that they can apply these skills during games.

Video: <https://youtu.be/-WO-7HU9eIE>

69. Disc Challenge

Description: Players must perform direct passes without dominance, following the instructions of the pucks on the ground, which indicate the direction of travel. The goal is to work on agility, ball dominance, accuracy in passes and movement on the field. It is a fun and challenging activity that stimulates the creativity of the players in the movement on the field.

Video: https://youtube.com/shorts/f9o_i_VxhF0

70. Precise Driving

Description: In this activity, players practice receiving the ball, passing, mastery and driving, culminating in a targeted pass or kick. The idea is that players develop skills to control the ball in different situations and can finish plays accurately. It is a complete exercise that works several important skills for the game.

Video: <https://youtube.com/shorts/IL0Fng2QqSc>

71. Accurate Kick



Description: In this activity, players receive a throw, dominate the ball and kick towards the goal, trying to hit a predetermined space. The goal is to improve the technique of receiving, mastery, kicking and accuracy. In addition, players also develop the ability to read the game and position on the field, aiming to hit the target successfully. It is a challenging activity that encourages the pursuit of technical excellence in football.

Video: <https://youtu.be/cXjj1d4qNJI>

72. Spear Diversion

Description: In this warm-up activity, players must go through a corridor of spears, simulating opponents, making feints and deflecting movements outside of them. The goal is to work on movement, agility and skill to dribble and get rid of opponents. It is a dynamic and challenging activity that helps prepare players for the match.

Video: <https://youtu.be/uhoC4T25w7M>

73. Direct Pass with Discs

Description: Players perform short direct passes, without dominating the ball, following the instructions of the pucks on the ground, which indicate the direction of travel. The goal is to work on the accuracy in the passes and the movement on the field, in addition to stimulating the quick decision-making of the players. It is a simple and effective activity for warming up and training the pass.

In the second moment, he takes the opportunity to finish with a kick / pass directed.

Video: <https://youtu.be/radgoeUAUKE>

74. Ball Control with Discs

Description: Players must control the ball around the pucks on the ground, following the coach's instructions. Only one touch of the ball is allowed per player, and the change of direction must be done quickly to maintain the momentum of the exercise. After a certain time, the players finish the activity with a directed pass, with exchange in the row of the discs. It is an activity that works on ball control, reaction speed and directed passing.



Video: <https://youtu.be/sm0RSiKGOJ4>

75. Geometric Motion

Description: In this activity, players must position themselves in geometric figures on the field, such as triangles, squares and circles, while performing pass movement and marking among themselves. The goal is to develop the spatial orientation of the players, as well as the integration and coordination of the team, which needs to move in a specific way to achieve the goal of the activity.

Video: <https://youtu.be/S88TjbsUWq0>

76. Cone Challenge

Description: In this activity, players dribble the cones, control the ball and finish with a shot on goal. The teacher can determine the speed, laterality of the foot on the dribble and the direction of the shot on goal, making the exercise more challenging and complete. It is a great activity to work on ball control, dribbling and finishing on goal, and can be performed both on football fields and on courts. Video: <https://youtube.com/shorts/NyovzixpPtE>

77. Ball control with lateral movement

Description: In this activity, players work on controlling the ball using their feet and performing lateral movement. The discs on the floor are used to give reference in the exchange of the feet. It is an important activity for initiation in football, as it helps to develop motor coordination and familiarity with the ball.

Video: <https://youtube.com/shorts/XT6xSdQ67TY?feature=share>

78. Kick at the entrance of the area

Description: In this exercise, players must receive the ball at the entrance of the area and kick the goal in a targeted way. The goal is to work on agility in movement and accuracy in kicking, since it is an area where space is more limited. The teacher can determine the speed of the pass, the positioning of the ball and the direction of the kick, to make the activity more challenging.



Video: https://youtu.be/fAHPd_gofGk

79. Control and Movement between Cones

Description: Players must travel the path defined by the cones, dribbling them and controlling the ball. The goal is to work on agility, motor coordination and ball control in travel situations. It can be used as an exercise for goalkeepers, with the inclusion of a creeping lateral defense at the end of the course. Exercise of movement and control of the ball between the cones. They are positioned at medium distance. This workout can be for goalies and it would be nice to put a creeping side defense at the end of the drill.

Video: <https://youtu.be/7RFWV1GxeKk>

80. Ball control exercise for goalkeepers with different dribbling.

Description: In this exercise, the goalkeeper must control the ball and perform a "different" dribble to deceive the attacker. The movement needs to be trained, as it is another resource for the goalkeeper. In addition, the exercise helps to improve ball control and make quick decisions in game situations. It is important that the coach advises on how best to apply this dribble during the match.

Video: <https://youtu.be/Fan5QV2cPvg>

81. Lap race and defense

Description: In this activity, the goalkeeper needs to take a full turn on a spear placed at a certain distance and then run as fast as possible to reach the cone and defend the ball that will be thrown by the coach. Competition between goalkeepers is encouraged, as whoever touches the ball first wins. This activity is great for working on the speed of the goalkeepers, as well as their ability to defend in situations of quick counterattack.

Video: <https://youtube.com/shorts/VvMDaGgalxw>

82. Turn on the spear

In this activity, goalkeepers must run around a spear placed at a certain distance and return quickly to catch the ball in the cone. The goal is to work on the speed and agility of the goalkeepers, in addition to being a competitive activity that stimulates the



overcoming of the limits of the individuals. The goalkeeper who touches the ball first wins the challenge.

Video: <https://youtu.be/4kbFhpbpoA4>

83. Goalkeeper Reaction Speed Exercise

Description: In this exercise, the coach stands behind the goalkeeper and drops tennis balls bilaterally. The goal is for the goalkeeper to have reaction speed to hit the ball. After warming up with the tennis balls, the exercise can be done with the soccer ball. This activity is important to work on the agility and speed of reaction of the goalkeeper, improving his skills in defending shots and finishes.

Video: <https://youtu.be/UO-94H3nzCE>

84. Goalkeeper training with discs and tapes

Description: This exercise is aimed at goalkeepers and works several skills, such as movement in the area, agility, reaction speed and concentration. For this, discs are used on the ground to mark the goalkeeper's movement and tapes attached to spears to determine the position of the goal. The training begins with the coach throwing tennis balls bilaterally and the goalkeeper must have reaction speed to hit the ball. Then the same is done with the football. Then the coach uses the pucks to mark the movement of the goalkeeper, who must move quickly between them. Finally, a lateral defense is simulated with the ball being placed for cornering. This activity is ideal for training goalkeepers in a complete and challenging way.

Video: <https://youtu.be/WpE3ho3XHyE>

85. Recovery run for goalkeepers

Description: In this activity, the goalkeeper must run towards the ball that is kicked at a certain point in the area, and quickly return to the defensive position. The goal is to work on the reaction speed and agility of the goalkeeper, as well as help warm up and prepare for the following activities. It is a classic activity for warming up goalkeepers.

Video: <https://youtu.be/eIK7G2g5TTo>



86. Lateral Displacement with Defense

Description: In this activity, the goalkeeper must position himself at his base, with his feet shoulder width apart, and perform lateral displacements towards the cones that will be placed at an average distance. The coach will make alternating shots, one for the half height and one for the creeping, and the goalkeeper must make the appropriate defense for each type of shot. The objective of the exercise is to train the fixation of the base and the agility in the lateral displacements, in addition to improving the defense technique for the different types of ball.

Video: <https://youtu.be/IYglzU8rH-E>

87. Old Lady's Game with Displacement

This exercise is known as "Old Lady's Game with Displacement." It consists of dividing players into two groups, each with a vest of a different color. On the floor, an old game board is drawn, and each group must position itself on one of the lines. The goal is for players to move around inside the board, trying to form three vests of their color in sequence, as in the game of the traditional old woman. It's a fun activity that helps warm up and relax the players before practice.

Video: https://youtube.com/shorts/wrZ_18KbG34

88. Agility training with coordination ladder and finishing

Description: In this exercise, the player must perform a sequence of fast and precise movements on the coordination ladder, with plyometric movements such as jumps and runs. At the end of the ladder, the player must finish with a shot on goal or a pass to a targeted location. This activity aims to improve agility, motor coordination, muscle explosion and accuracy in kicking and passing. It is recommended that it be supervised by a physical preparation professional to ensure the safety of the athlete during the execution of the movements.

Video: https://youtu.be/zwR_A5kTBBU

89. Dribble and Accurate Kicking



Description: In this exercise, the player must dribble the pucks that are on the ground, maintaining control of the ball while moving the middle distance. Then you must finish the play with an accurate shot on goal. The goal is to train ball control skills and accuracy in kicking, as well as improve the ability to move quickly with the ball under control.

Video: https://youtu.be/dmdRc3Fr_rl

90. Ball control with dribbling and shooting on goal

Description: For this exercise, it is necessary to place discs on the ground to mark the travel path. The goalkeeper must go the way dribbling the pucks and controlling the ball with his feet. At the end of the course, the goalkeeper must make a shot on goal. The goal is to improve the ability to control the ball and dribble in a displacement situation, as well as train the finishing with shot on goal. The trainer can vary the distance and number of discs to increase or decrease the difficulty of the exercise.

Video: https://youtu.be/pP_K32ngMRU

91. 1x1 with goals

In this exercise, one student starts with the ball at a specific point on the field and the other student must make the mark, seeking to intercept the play before the first student reaches one of the objectives, which can be cones or other marking on the field. The goal is to train individual movement and marking, as well as stimulate skill on the dribble and speed in decision making. Each player should have the opportunity to be both the scorer and the one who drives the ball. The exercise can be repeated several times with different objectives and starting positions in the field.

Video: <https://youtu.be/5KzCznqrbVg>

92. Kicking on goal exercise in 3 stages

Description: In this exercise, an attacker starts at a specific point and performs three stages of shots on goal. In the first stage, the attacker leaves the point, comes back, receives the ball and dribbles the discs before kicking at goal. In the second stage, the attacker moves laterally to receive the ball and kick with the other leg. In the third stage, the striker moves even more laterally in the area to kick again at the goal. The goal is to



work on the accuracy of the kick and the attacker's ability to dribble obstacles and move in different directions before the kick.

Video: <https://youtu.be/zpjQTaBZeD0>

93. Dribble in the Colored Cones

Description: For this activity, students must be equipped with a ball and placed in a row behind a starting line. In front of the students, colored cones will be placed in a random pattern. The goal is for each student to run toward the cones and perform a series of ball control and dribble movements according to the color of the cone. For example, when the student reaches a yellow cone, he may be instructed to perform a zigzag dribble, while in a blue cone he may be instructed to perform a body dribble.

Students must complete the series of movements in each cone before advancing to the next. The trainer can vary the order of the cones and the movements to be performed on each one to keep the activity challenging and interesting. In addition, the trainer can increase the complexity of the activity by adding more cones and/or decreasing the space between them. The ultimate goal is for students to improve their ball control and dribbling skills while having fun and working on their agility and coordination.

Video: <https://youtube.com/shorts/xFRzk6vZfzg>

94. Pass and displacement circuit

Description: Players form pairs and pass the ball to each other, having to go through a circuit of obstacles, such as cones and barriers. It is important that the passes are carried out bilaterally, with short and medium distance displacements.

To increase the difficulty, you can introduce different stimuli at each turn in the circuit, such as position changes between players or changes of direction. The goal is to train the variety of movements and the rapport between the players.

Video: <https://youtube.com/shorts/lyr5Nn4VdNE>

95. Pass and move with obstacles



This activity is ideal for training the passing and movement of players, as well as working on the ability to dribble and circumvent obstacles. To perform the exercise, it is necessary to arrange the obstacles (cones, barriers or improvised obstacles) on the playing field, creating a path that the players must follow. Players must position themselves in rows so that there is enough space between them to perform the move.

The exercise begins with player A passing the ball to player B, who is on the other side of the obstacles. Player B must then move to receive the ball, dribble the obstacles and pass the ball to player C, who will be in front of him. Player C must then move to receive the ball and continue the process, passing the ball to player D and so on.

To make the activity more challenging, the coach can introduce different stimuli for each player, such as asking a player to dribble the obstacles by making a feint or a specific dribble before passing the ball. A timeout for the completion of the task can also be introduced, encouraging players to move with more speed and precision.

Video: <https://youtube.com/shorts/j8Oz1MtzuRM>

96. Pass and Receive Circuit with Lateral Displacement

Description: In this activity, players are divided into groups of three or four and form a circuit. The player who starts the activity makes a pass to the companion who is positioned laterally, moves to his position, receives the ball back and makes a pass to the next companion of the circuit, which in turn must be positioned on another side. The goal is for players to work on lateral movement, passing and receiving the ball dynamically and quickly. The activity can be performed at different distances and intensities, according to the level of the players. Pass movement and receiving activity, with lateral displacement. Note that it has two steps. The player who participates in the first stage, returns and participates in the second stage, giving pass to the next companion.

Video: <https://youtube.com/shorts/FprGqkV2mdc>

97. Possession Square

Description: In this activity, players are divided into two groups, with each group positioned on an opposite side of the square. In the center of the square, there is a player



who must move to receive passes from his teammates. Meanwhile, three opposing players try to intercept the ball and steal possession.

The idea is for players to work as a team to maintain possession of the ball, quickly passing each other and moving through the available space. The one in the center of the square should always be moving and looking to position himself to receive the passes. Players who are outside the center must communicate and look for empty spaces to receive the ball and continue the game.

This activity is important for the development of the pass and ball reception, as well as helping to improve the vision of the game, teamwork and the ability to deal with the pressure of the opponent.

Video: <https://youtu.be/cOuazWKzmUY>

98. Possession and counter-attack 2x1

Description: Two players from one team take possession of the ball inside a bounded area, while two players from the opposing team try to recover the ball and score a 2-1 counterattack towards the goal. The goal of the team with possession of the ball is to maintain possession and prevent the opposing team from scoring the goal. Should the opposing team recover the ball, they must quickly go on the attack, with one player passing the ball to the other on a 2-1 play. The activity ends with a shot on goal by the player who received the last ball. After the kick, the players switch positions and resume activity.

Video: https://youtu.be/fvZr2VVfU_E

99. Exchange of passes with feints

Description: In this exercise, there are two rows of players positioned in parallel. At the front of each row, there is a spear or other obstacle that players must feint while exchanging passes with the companion who is positioned to receive the ball from the other side of the row of spears. The activity begins with a player passing to the companion next to the spear, who returns the ball and so on until he reaches the end of the line. When players reach the end of the line, they move to the other row and repeat the exercise. The goal is to train ball control, communication between players and the ability to fake opponents during passing.

Instagram: [@edfvida](#)



Video: <https://youtu.be/sqBEtjcomXY>

100. X-Crossing Exercise

Description: Players form an "X"-shaped pattern on the field, with one player in the center, two players on each of the sidelines, and one player in front of goal. The player in the center starts with the ball and passes it to one of the players on the sidelines, who returns the ball to a player in the center other than the first. This player, in turn, passes to the other player on the sideline, who goes to the backline to cross the ball for the player in front of the goal to complete the play. Players must move in X motion to create spaces and make it difficult for defenders to score.

Video: <https://youtu.be/hzA7XBh19Ac>