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BUNDESLIGA COMMON GROUND PLAYBOOK

EDITION 2024/25





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FOREWORD

With a shared vision of revitalising football pitches worldwide and establishing a regular educational clinic for children, two of sport's biggest players have come together to create a lasting impact. The BUNDESLIGA and EA SPORTS FC have partnered to develop an 8-week clinic cycle, designed to equip children with valuable football skills while also fostering personal growth beyond the pitch.

Through this initiative, we aim to unite communities, promote physical activity, and cultivate a strong sense of belonging in local areas. By focusing on bringing joy and meaningful opportunities to children around the world, these newly refurbished pitches will serve not only as safe spaces for young athletes but also as vibrant hubs for community engagement and events.

This Playbook outlines the framework for the 8-week clinic cycle, serving as a blueprint for future projects. However, we encourage you to adapt it to align with your training approach, the unique needs of the children, the local infrastructure, and the spirit of the community.

Together, let's make each clinic cycle an exciting, dynamic, and unforgettable experience, celebrating the beauty and unifying power of football.



“We at Bundesliga International believe that football is more than just a game—it’s a powerful tool for growth, learning, and bringing people together. That is why we are extremely happy to have found such a great partner in EA SPORTS FC: to expand the reach and opportunities that the Bundesliga Common Ground project has already begun. Together we can offer children and communities all over the world the opportunity to grow through sport and develop life skills, which will create a positive change in their own lives and beyond.”

Peer Naubert

CMO of Bundesliga International

“We are so proud to be working together with Bundesliga on the Common Ground project and see our online drills integrated into the 8 week clinics, played out on the beautiful new pitches. Football brings so much joy, but there are limitless benefits connected to the development of transferable life skills - teamwork, discipline and respect - as well as the positive impact on mental and physical health. We hope that the young people taking part in the clinics learn, grow and most importantly, have fun.”

James Salmon

Senior Director of Franchise Activation, EA SPORTS FC

ABOUT COMMON GROUND

The BUNDESLIGA COMMON GROUND initiative fosters young talent and strengthens the bond between Bundesliga fans, especially in underserved communities. Through Common Ground, the Bundesliga's unique football culture is being brought to life, creating and supporting safe spaces where fans from all walks of life can gather, connect, and enjoy football in its purest form.

The project was launched during the 2022-23 season, renovating and revitalising football pitches around the world. In association with local partners and communities, pitches have been revitalised in Lagos (Nigeria), Mexico City (Mexico), Rio de Janeiro (Brazil), Buenos Aires (Argentina), New York (USA), Jakarta (Indonesia), Berlin (Germany) and Zabrze (Poland).

The long-term goal is to ensure a safe space for local communities, which acts as a hub for community events, as well as being a tangible contact point for some of the Bundesliga's biggest fanbases around the world. Each pitch is handed over to the local relevant authority, for sports clubs and organisations to use. In addition, Bundesliga clubs will continue to invest in grassroots football, hosting coaching sessions and Bundesliga watch parties, all with the goal of inspiring young people to be active and enjoy sport.

ABOUT EA FC FUTURES

When we launched the EA SPORTS FC brand in 2023, we wanted to ensure this was truly a symbol of change, not just change of symbol. We recognised that we have a fantastic opportunity, and responsibility, to use the power of our platform, our product innovation and our large roster of partners to help inspire participation and a love of the game in the next generation. From this we created FC FUTURES, our long-term initiative to invest in community-level football on a global scale.

So far, the programme has developed 12 pitches around the world, from South London to Sydney, to ensure communities have safe spaces to play, invested in 15 partner programmes with a shared objective to give back to The World's Game, and donated playing equipment so young people have the tools they need to access football, benefitting over 170,000 people in the first year of the initiative.

We've also developed the 'FC FUTURES Academy', a free-to-access, online library of training drills for coaches to use in their everyday training. The drills combine footage from the game with expert coaching guidance, therefore blurring the lines between physical and digital football, creating an innovative way to engage young people and enhance football training.

OVERALL APPROACH

WITH FOOTBALL AT THE CORE, WE BUILD A BRIDGE TO GENERAL LIFE VALUES THAT APPLY ON AND OFF THE PITCH.

By combining those life values with training drills, kids experience them within the context of football, making it easier and more fun to grasp and apply those life values in and outside the pitch. Since these values are also important for their general development, they have been defined based on kids' needs and integrated into the 8-week clinic cycle. Each week highlights one of **the 8 life values**, forming the foundation of the training framework.

TEAMWORK **SENSE OF COMMUNITY**

The power of combined actions from a team, rising above individual success

PERSERVERANCE **STAY STRONG, PULL THROUGH**

Making an effort to achieve goals, even when it gets difficult at times

(SELF-) CONFIDENCE **THIS IS ME, I CAN DO THIS**

The feeling of trust, in yourself, in your team, in a positive outcome

CREATIVITY **NEW PERSPECTIVES, NEW IDEAS**

The ability to produce or use original and unusual ideas to play

RESPONSIBILITY **TAKE ON YOUR TASK**

Own your role, in the team, on the field

RESPECT & FAIR PLAY **THE RIGHT ATTITUDE**

Treat others the same way you want to be treated

DISCIPLINE **TRAIN YOURSELF**

Control your own behavior carefully

GOAL SETTING **FOCUS POINT**

Know what you want, and which steps you need to take to get there

GENERAL TRAINING FORMAT

EVERY WEEK A 90 MIN. TRAINING TAKES PLACE, FOLLOWING THE SAME FORMAT, HIGHLIGHTING A DIFFERENT LIFE VALUE THROUGH A SPECIFIC EA FC FUTURES DRILL PRACTICE.

After the training, an impact session takes place. Organized with local partners to ensure that the life values come to life in the context of the local community.

PART 1

INTRODUCTION OF LIFE VALUE THROUGH WARMING UP ACTIVITY

Life value introduction by coaches

Short game or exercise customized to the life value to grasp where the life value is all about

5 - 10 min. at the beginning of every training

PART 2

EA FUTURES DRILL PRACTISE

Every week a different drill from the EA FUTURES ACADEMY to put the life value into play

PART 3

TRAINING SESSION TO APPLY NEW DRILL ON THE PITCH

Training elements to put the learned skills into practice.

This session can be adjusted individually and is designed to help improve football skills.

PART 4

IMPACT SESSION TO APPLY LIFE VALUES OFF THE PITCH

Workshop sessions take place after training, organized by local partners to highlight personal growth through different formats.

PLAYBOOK CONTENT

In this playbook you can find the overall approach of the clinic cycle and a more detailed guidance to activate each week.

WEEK 1

TEAMWORK

OVERLOAD DEFENDING

WEEK 2

PERSEVERANCE

QUICK FIRE OFFENDING

WEEK 3

(SELF-)CONFIDENCE

KEEP IT MOVING

WEEK 4

CREATIVITY

PLAYING THE THROUGH PASS

WEEK 5

RESPONSIBILITY

BEAT AND CROSS

WEEK 6

RESPECT & FAIR PLAY

2V1 WAVES

WEEK 7

DISCIPLINE

DRIBBLE CHALLENGE

WEEK 8

GOAL SETTING

FREE KICKS



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LET'S PLAY
TOGETHER



WEEK 1

TEAMWORK

WARMING-UP ACTIVITY 1

GORDIAN KNOT

Challenge participants to solve a complex task together. This requires good communication, patience, and active participation from everyone.

PREPARATION

- All participants close their eyes and walk towards the centre of the circle with their arms stretched out in front of them
- Each participant grabs another participant's hand with their right hand (not the person standing next to them)
- Then, each participant grabs a different person's hand with their left hand (also not someone next to them)
- Once everyone is connected, the group begins to untangle the knot without letting go of hands
- Every participant must actively contribute, coordinating their movements with the rest of the group - patience and cooperation are key
- The knot is considered untangled when all participants are back in an organized circle or straight line, with hands returned to their original positions



REFLECTION

Discuss with the group how they felt during the activity and what challenges they encountered.

WARMING-UP ACTIVITY 2

TURNING THE CLOTH

To strengthen teamwork and communication, the group must work together to turn over a large cloth without losing contact with it. An exercise that emphasizes trust, coordination, and collaboration.

PREPARATION

Place a large cloth on the ground, big enough for all participants to stand on simultaneously.

PROCEDURE AND RULES

- The group stands together on the cloth, ensuring everyone has enough space to move
- The task is to turn the cloth over completely without anyone stepping off it or touching the ground
- Participants must stay in constant contact with the cloth throughout the activity
- To add an element of competition, set a time limit for completing the task.
- The activity ends when the cloth is fully flipped, and all participants are still standing on it without touching the ground.



REFLECTION

Discuss with the group how they came up with solutions and how they worked together.

WARMING-UP ACTIVITY 3

HELP BALL

Promote teamwork through a tag game, emphasizing helping each other in challenging situations.

PREPARATION

Mark a playing field, prepare two or three balls, and assign 1-2 taggers.

PROCEDURE AND RULES

- The designated taggers try to catch the other players, who run freely within the field to avoid being tagged
- If a chased player is in trouble, another player can kick or pass them a ball. Once the chased player has a ball at their feet, they cannot be tagged
- The goal is for players to support each other and help teammates out of tough situations
- The game ends when all players are tagged or when a set time limit is reached



REFLECTION

Discuss with the group what it means to support each other in challenging situations

EA FUTURE DRILL

OVERLOADED DEFENDING

OBJECTIVE

We'll show you how to work together with your teammates to delay an opponent, create pressure, and ultimately regain the ball to launch a counterattack.

Let's start with two attackers trying to score against one defender. As the drill progresses, we'll add players to both sides.

EQUIPMENT

4 attackers 2 goals
3 defenders 1 ball
2 goalkeepers

WEEK 1 TEAMWORK



TIP 1

The key to this drill is shape and organisation. Get up to the ball quickly to create the high press to delay the opponent and put them under pressure.

TIP 2

Now you're in your shape and you've created pressure, don't undo it by overcommitting or lunging in. Be patient, anticipate the next pass, and be ready to react.

TIP 3

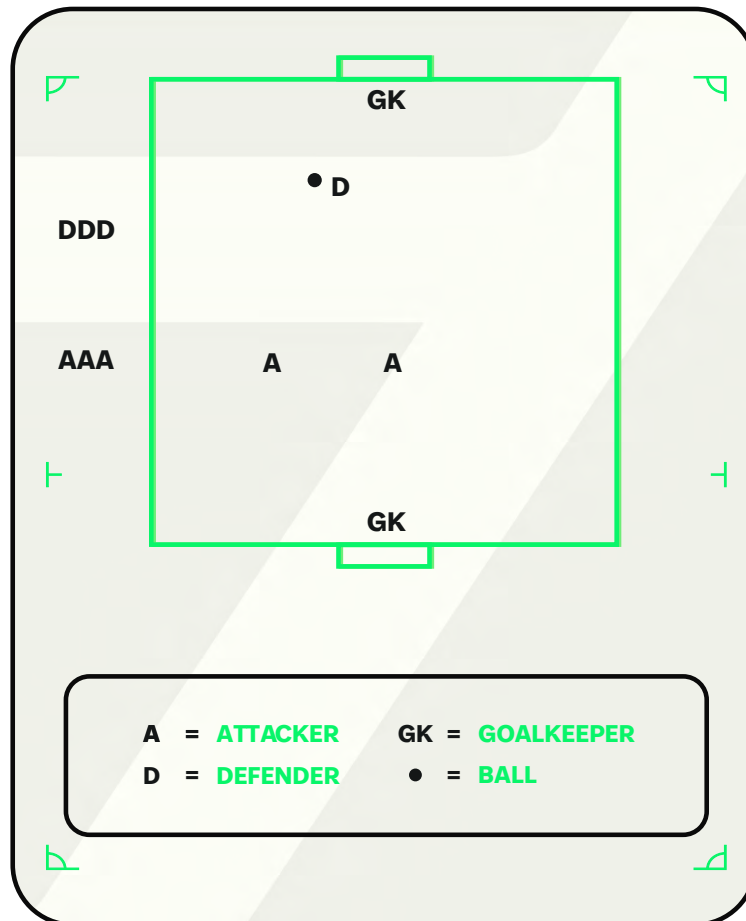
With their options limited, the opponent in possession is more likely to make a mistake. This is when you can force an error and seize the opportunity to regain the ball.

TIP 4

Now you've gained possession, it's time to counter-attack. Be positive, get a shot on goal or pass to your teammate who may be in a better position to shoot.

EA FUTURE DRILL

OVERLOADED DEFENDING



DRILL EXTENSIONS

- ▼ Increase the number of players.
- ▼ Remember to rotate the players.
- ▼ Build up into a small-sided game.

WEEK 2

PERSEVERANCE

WARMING-UP ACTIVITY 1

RELAY RACE

This activity illustrates to participants that perseverance is essential for overcoming obstacles.

PREPARATION

- Set up a running track with hurdles.
- Divide the group into multiple teams and provide each team with a baton.

PROCEDURE AND RULES

- Participants take turns navigating the obstacle course and passing the baton to the next teammate
- Once the baton is handed off, the next participant also completes the course
- The activity ends when all team members have reached the finish line

WEEK 2 PERSEVERANCE



REFLECTION

Discuss with the group what it means to overcome obstacles and the importance of perseverance.

WARMING-UP ACTIVITY 2

BALANCE CHALLENGE

This activity allows participants to experience firsthand how persistence pays off, emphasizing the idea that “practice makes perfect.”

PREPARATION

Choose a stable surface or object suitable for participants to balance on.

PROCEDURE AND RULES

- Each participant stands on one leg and tries to maintain their balance
- If they lose their balance and fall, they must start again
- The trainer can add challenges, such as clapping or tapping noises, to increase the difficulty
- The activity ends when the participant successfully balances for a set duration (approx. 1 min.)

WEEK 2 PERSEVERANCE



REFLECTION

Discuss with the participants how they felt during the activity and their experiences with maintaining persistence.

EA FUTURE DRILL

QUICK FIRE-FINISHING

OBJECTIVE

You'll take different shots from different angles in rapid succession.

This will develop your awareness, anticipation, and of course, your finishing.

EQUIPMENT

5 attackers 1 mannequin
5 defenders 1 goal
4 cones 1 ball



TIP 1

The first shot type we'll look at is shooting on the run. Dribble with pace past the mannequin into the marked area, then fire a shot at goal with power. You have to hit the target here but try aiming for one of the corners.

TIP 2

Next, the ball will be played in from the right so stay on your toes, stay alert, and adjust your body position to receive the pass and open up the goal.

Fire in a first-time finish or take a touch to set yourself if you need to.

TIP 3

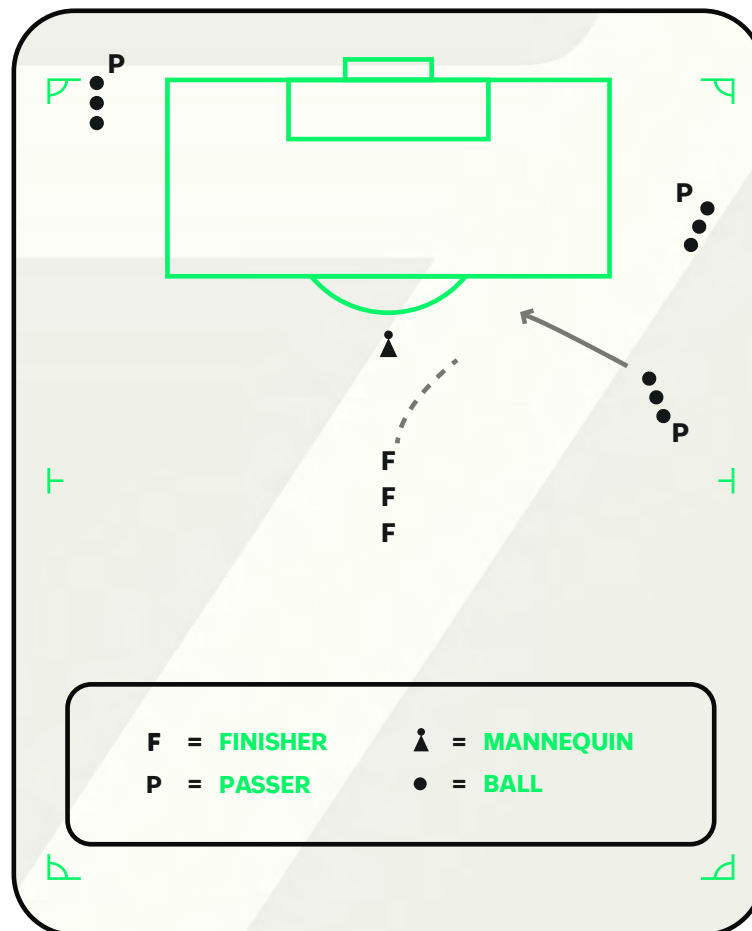
The next pass will arrive from the left, so again, shift your body position to open up the goal for when the ball arrives. Find a corner with your shot at goal and vary the type of finish.

Aim for a different corner. If you took a touch to control last time, try shooting with your first touch this time.

EA FUTURE DRILL

QUICK FIRE-FINISHING

WEEK 2 PERSEVERANCE



DRILL EXTENSIONS

- ▼ Add a goalkeeper and replace the mannequin with a defender.
- ▼ Change the angle of the passers (use the left and right sides of the pitch).
- ▼ Remember to rotate the finisher and passers.
- ▼ Increase the number of attackers and defenders.

WEEK3

(SELF-)CONFIDENCE

WARMING-UP ACTIVITY 1

THE PENDULUM

This activity is designed to build trust within a group.

PREPARATION

- The group forms a circle, with one person standing in the middle.
- The other participants form the circle around the person in the centre.

PROCEDURE AND RULES

- The person in the middle closes their eyes, crosses their arms over their chest, and relaxes
- The other participants position themselves to safely catch the person in the middle
- The person in the middle slowly and carefully leans backward, forward, or sideways, trusting the group to catch them securely
- After each round, a new person takes the middle position
- Emphasize that joking or not taking the activity seriously is unacceptable, as it can lead injuries and break the trust of the person in the centre
- The activity ends once every participant has had a turn in the middle



REFLECTION

Discuss with the group how they felt during the activity.

WARMING-UP ACTIVITY 2

TUNNEL SPRINT

This activity builds trust within the group and encourages teamwork.

PREPARATION

The group forms two lines facing each other, creating a “tunnel” with their arms extended forward. One person is chosen to sprint through the tunnel.

PROCEDURE AND RULES

- The chosen person runs towards the tunnel. As they approach, the group creates a “wave” by raising their arms above their heads in sequence, allowing the runner to pass safely through.
- The runner trusts the group to raise their arms in time to prevent collisions or injuries
- After each round, the runner is changed so that everyone gets a turn
- The activity ends once every participant has run through the tunnel



REFLECTION

Discuss with the group how they felt during this activity, both as the runner and as part of the group.

WARMING-UP ACTIVITY 3

ROCK, PAPER, SCISSORS – WITH CHEERING

This activity builds trust within the group and encourages teamwork.

PREPARATION

Pair up the participants to play rounds of “Rock, Paper, Scissors.”
No fixed teams are formed; everyone initially competes against one other person.

PROCEDURE AND RULES

- Two participants face off in a round of “Rock, Paper, Scissors,” playing until one person wins three points
- The loser of the round becomes a fan of the winner, cheering them on as they find a new opponent
- This process continues until only two participants remain
- The final two players compete in a grand finale, each supported by their respective “fan groups.”
- The game ends when one final winner is declared



REFLECTION

Discuss with the group how they felt during the cheering. Did the support boost their confidence?

EA FUTURE DRILL

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

WEEK 3 (SELF-)CONFIDENCE



TIP 1

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.

TIP 2

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.

TIP 3

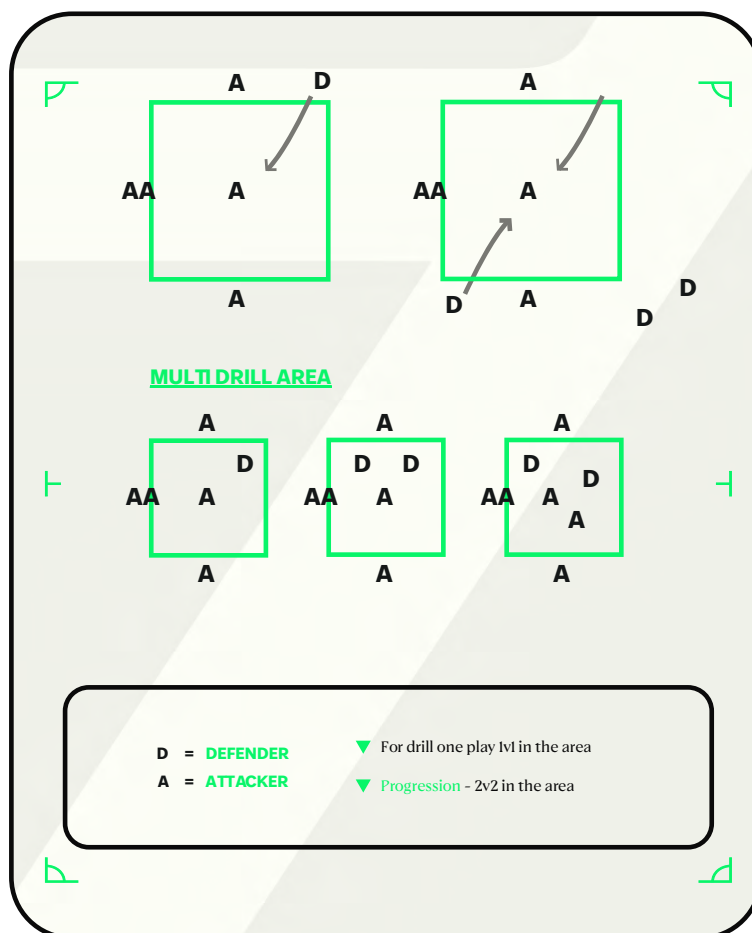
Control the ball and find space to create an angle for a pass to your teammate. Taking a touch before passing the ball creates space and maximises passing accuracy and efficiency. Or if the space and angle allow, you could use a no touch turn.

TIP 4

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

EA FUTURE DRILL

KEEP IT MOVING



WEEK 3 (SELF-)CONFIDENCE

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 spatial 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.

WEEK 4

CREATIVITY

WARMING-UP ACTIVITY 1

TRANSPORT WITHOUT HANDS

This game promotes creativity and teamwork as participants must work together to transport various items without using their hands. This encourages teams to brainstorm and implement creative solutions to succeed.

PREPARATION

- Mark a start and finish line, and divide the group into two teams
- Provide each team with various items (e.g., balls, cones, poles, etc.)

PROCEDURE AND RULES

- At the trainer's signal, each team must transport their items from the start to the finish line without using their hands. Other body parts and tools are allowed
- If an item is dropped or touched with hands, the team must start over
- The game ends when the first team successfully transports all their items to the finish line



REFLECTION

Discuss with the group what creative solutions they came up with.

WARMING-UP ACTIVITY 2

BALL OBSTACLE COURSE

This game challenges teams to collaborate creatively to move a ball through an obstacle course. This activity fosters teamwork and problem-solving.

PREPARATION

- Set up an obstacle course using cones, poles, or other barriers
- Mark a start and finish line and divide the group into two teams
- Provide each team with a ball

PROCEDURE AND RULES

- Each team must move the ball through the obstacle course without letting it touch the ground
- Every team member must handle the ball at least once before it reaches the finish line
- If the ball touches the ground, the team must restart the course from the beginning
- The activity ends when the first team successfully completes the course with the ball



REFLECTION

Discuss with the group what creative approaches they used to complete the challenge.

EA FUTURE DRILL

PLAYING THE THROUGH PASS

OBJECTIVE

This one is called Playing the Through Pass and the aim is to create a chance for your teammate with a perfectly judged through ball.

This will develop your decision-making, timing, and the weight of your pass.

EQUIPMENT

11 cones 2 defenders 1 ball
1 mannequin 1 goalkeeper
2 attackers 1 goal

WEEK 4 CREATIVITY



TIP 1

Start by scanning the pitch to be aware of the positions of your teammates and opponents, and the spaces available. Anticipate the striker's run.

TIP 2

Release the ball just as the striker runs forward, aiming a few meters in front so they can run onto the ball without breaking stride.

TIP 3

The weight of the pass is crucial. Too light, the defender could intercept, too heavy, the keeper could get there. Pass firmly with enough pace for the striker to reach the ball in between the defender and goalkeeper.

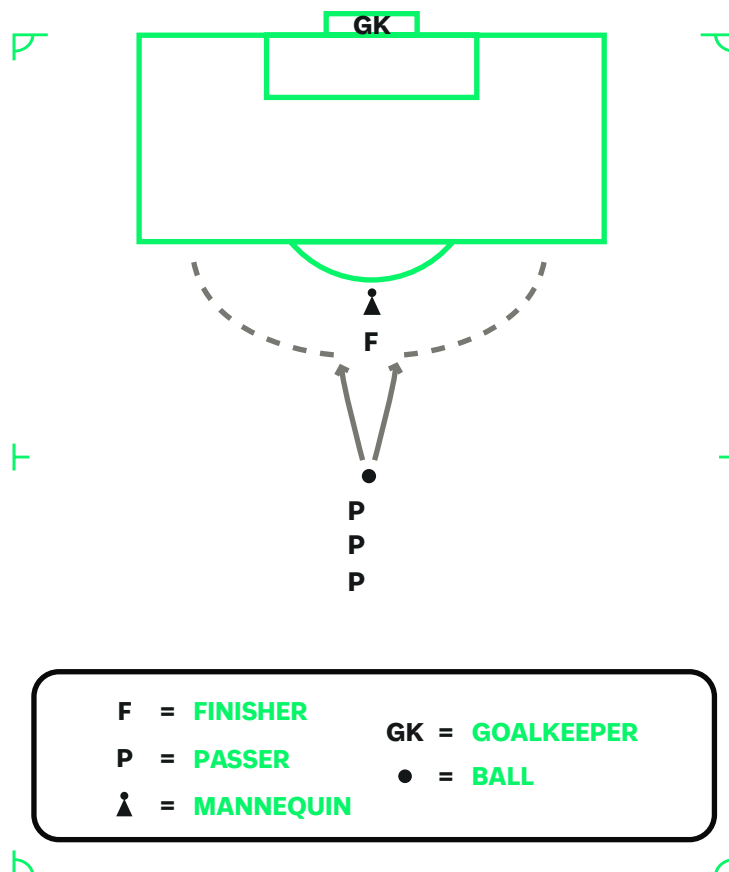
TIP 4

Finish the drill by getting a shot on goal. Shoot across the goalkeeper to increase your chance of scoring or creating a rebound.

EA FUTURE DRILL

PLAYING THE THROUGH PASS

WEEK 4 CREATIVITY



DRILL EXTENSIONS

- ▼ Add defenders and remember to rotate players.
- ▼ Alter the distances - make it smaller to increase challenge.
- ▼ First defender to track the run of the player who makes the initial pass.
- ▼ Increase players to create a 4v3 overload.

WEEK 5

RESPONSIBILITY

WARMING-UP ACTIVITY 1

PIGGY IN THE MIDDLE

This activity is a variation of the classic rondo game and promotes players to take responsibility for their teammates and support them.

PREPARATION

- Divide players into groups of five
- Four players form an outer circle, and one player stands in the middle
- Each group has one ball

PROCEDURE AND RULES

- The outer players pass the ball to each other while the player in the middle tries to intercept it
- If an outer player loses the ball, it's not them but their neighbour to the left who goes into the middle
- The game ends after a set time or when every player has had a turn in the middle



REFLECTION

Discuss with the group how it felt to take responsibility for a teammate and go into the middle on their behalf.

WARMING-UP ACTIVITY 2

BLIND OBSTACLE RUN

This activity emphasizes the importance of taking responsibility for another person's well-being while also building trust between participants.

PREPARATION

- Set up an obstacle course with hurdles and slalom paths
- Divide participants into pairs

PROCEDURE AND RULES

- One person in each pair closes their eyes and navigates the obstacle course guided by their partner's verbal instructions
- The blindfolded person must rely completely on their partner's guidance to complete the course
- Once the blindfolded person has finished the course, the roles are reversed, and the partner navigates the course blindfolded while being guided
- The activity ends when every participant has taken on both the "guide" and "blindfolded" roles



REFLECTION

Discuss with the group how they felt in each role, focusing especially on the guiding role. How did they manage the responsibility of leading someone safely?

EA FUTURE DRILL

BEAT AND CROSS

OBJECTIVE

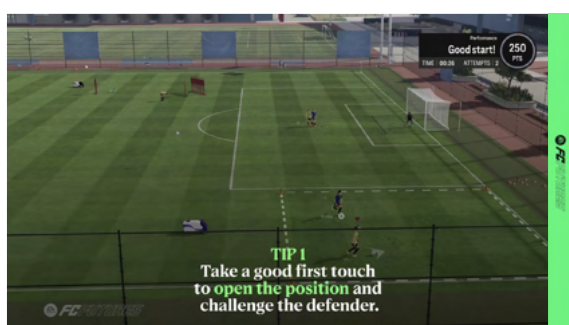
This one is called Beat and Cross and it's all about wing play.

Can you make space and then can you whip in a dangerous cross to create a chance?

EQUIPMENT

- 4 cones
- 3 attackers
- 2 defenders
- 1 goalkeeper
- 1 goal
- 1 ball

WEEK 5 RESPONSIBILITY



TIP 1

Take a good first touch to open up the space. This is crucial. This allows you to adjust your body shape to challenge the defender.

TIP 2

Assess the defender's position, decide whether you can beat them with trickery or pace. Try different skill moves and/or a change of speed to give yourself space to cross. Variety is key to keep the defender on their toes.

TIP 3

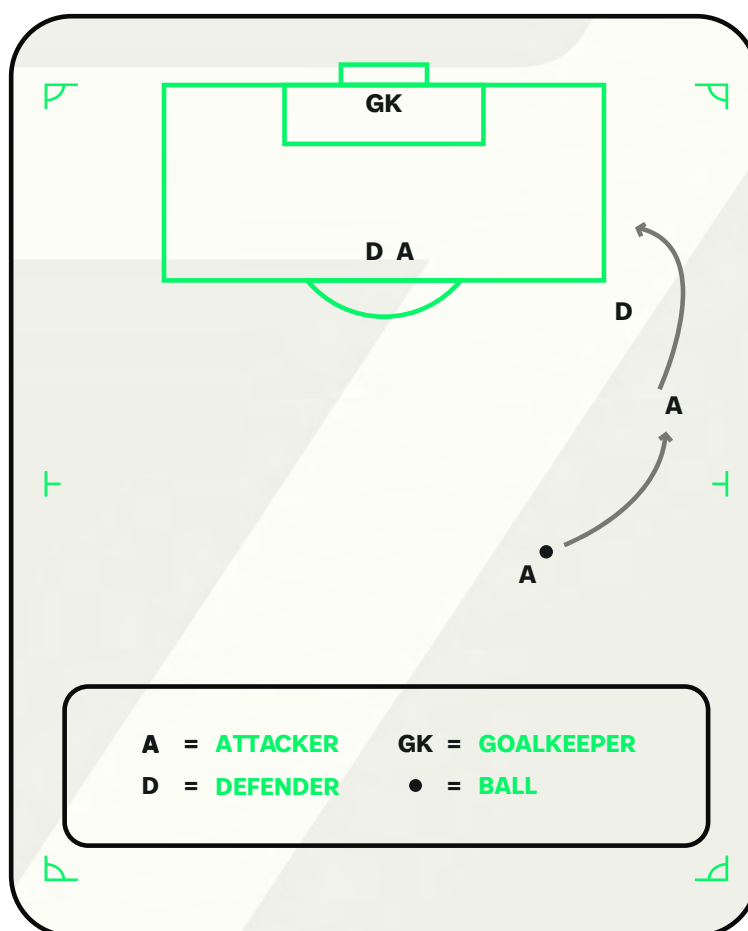
Lift your head to check the striker's movement and create uncertainty between defender and goalkeeper by crossing in between them.

TIP 4

The striker should be constantly scanning the defender's position to exploit space. Now's the time to get a run on them and attack the ball with power. React to the height of the ball to finish with your head, volley or control it to set up a chance.

EA FUTURE DRILL

BEAT AND CROSS



DRILL EXTENSIONS

- ▼ Use both sides of the pitch and vary the deliveries into the area.
- ▼ Add defenders / attackers and rotate the players.
- ▼ Build up to a 3v3 attacking phase.
- ▼ Add a target for the defenders to play out into.

WEEK 6

RESPECT & FAIRPLAY

WARMING-UP ACTIVITY 1

COMPLIMENT TAG GAME

**This activity is designed to teach children the value of respect.
By giving compliments, children learn to appreciate and respect one another.**

PREPARATION

Mark a playing field and select 1-2 taggers.

PROCEDURE AND RULES

- The taggers try to catch other players by tagging them
- Tagged players must stand still and can only be freed if another player gives them a compliment (e.g., "You're super fast!")
- Once complimented, the freed player can start running again
- The game ends when all players are tagged or the set time runs out



REFLECTION

Discuss with the group how they felt about giving and receiving compliments.

WARMING-UP ACTIVITY 2

SOCCER WITH CUSTOM RULES

**This activity fosters an understanding of rules, fairness, and respect.
By allowing children to set their own rules, the concept of fair play is encouraged.**

PREPARATION

Mark a field with two goals and divide the group into two teams.

PROCEDURE AND RULES

- The game starts as a normal soccer match
- When a team scores a goal, they can create a rule for the opposing team (e.g., "You can only score with your left foot.")
- The rule applies to the opposing team until the next goal is scored
- When the other team scores, they also set a new rule for their opponents. Their own previously established rule remains in effect
- With each new goal, the current rule for the opposing team is replaced by a new one
- Rules must be fair and feasible to promote respect and fair play
- The game ends after a set time or when a predetermined score is reached



REFLECTION

After the game, discuss with the group how they felt about creating and following the rules.

EA FUTURE DRILL

2V1 WAVES

OBJECTIVE

This is 2v1 Waves - a drill all about turning a 2v1 attacking advantage into a goal-scoring opportunity.

This shows you how to stay composed and choose the right options to score on goal.

EQUIPMENT

2 attackers 1 goal
1 defender 1 ball
1 goalkeeper

WEEK 6 RESPECT & FAIR PLAY



TIP 1

The attackers should keep a wide distance apart to give the defender a bigger distance to cover. The attacker without the ball should be available to receive the ball in an inside position.

TIP 2

Commit the defender, force them to make a decision. If they lunge in early, you can pass to your teammate in space or dribble past them and towards goal.

TIP 3

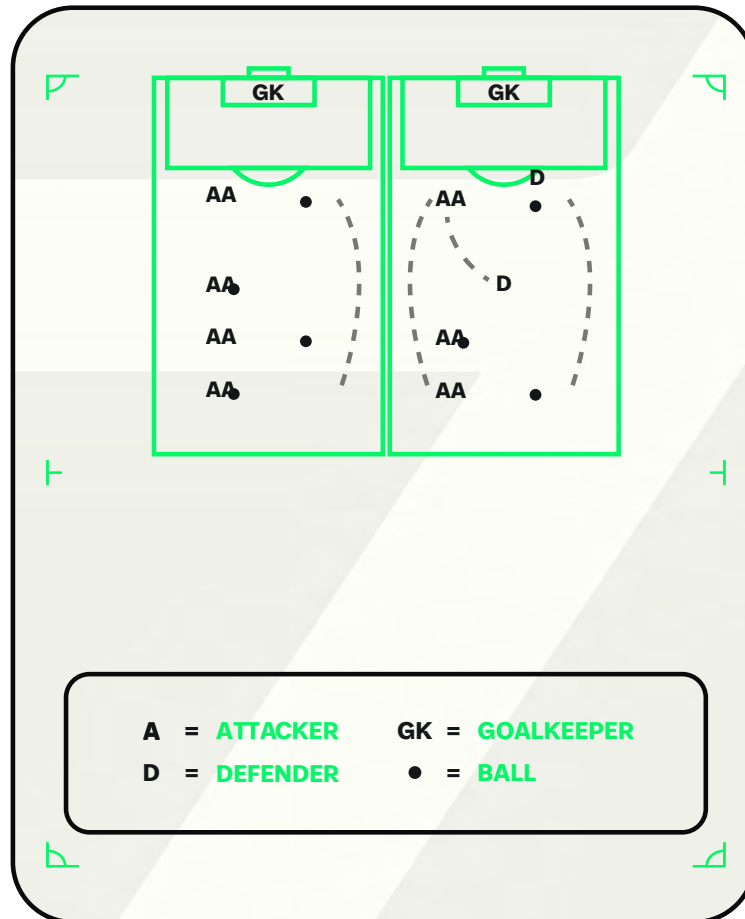
Make good decisions on when to shoot or pass. If the angle is tight, or a defender can block your shot, try to pass to a teammate and use the overload advantage. Be patient, stay composed, and choose the simplest route to the goal.

TIP 4

Shoot across the goalkeeper into one of the corners. This gives you a better chance of scoring or creating a rebound for your teammate.

EA FUTURE DRILL

2V1 WAVES



DRILL EXTENSIONS

- ▼ Rotate the players and take turns with the forwards to create waves of attacks.
- ▼ Add a defender, then add a recovering defender from behind to increase pressure.
- ▼ Increase numbers e.g. 3v2 with a recovering defender to make a 3v3.
- ▼ Add a target for the defenders to play out into.

WEEK 7

DISCIPLINE

WARMING-UP ACTIVITY 1

FREEZE DANCE

This activity helps participants learn discipline by practicing self-control and following rules.

PREPARATION

- Ensure there is enough space for participants to move freely
- Remove any obstacles that could pose a safety risk
- Have a device ready to play music (e.g., speaker, phone, etc.)

PROCEDURE AND RULES

- When the music plays, participants can move freely and dance however they like
- As soon as the music stops, all participants must immediately freeze in the position they are in
- Participants must remain still and wait until the music starts again
- When the music resumes, they can begin dancing again
- Anyone who moves while the music is paused is eliminated
- The game can end after a set time or when all participants have been “frozen” multiple times



REFLECTION

Discuss with the group how it felt to stay still and resist the urge to move.

WARMING-UP ACTIVITY 2

SILENT LINE-UP

This activity focuses on developing discipline through completing tasks without verbal communication.

PREPARATION

- Ensure there is enough space for all participants to move and line up comfortably
- Prepare a large rope for the variation

PROCEDURE AND RULES

- The group must line up in a specific order without speaking. For example, they might arrange themselves by height (from shortest to tallest).
- No talking is allowed during the entire process. Communication must be nonverbal (e.g., gestures, facial expressions, eye contact)
- Once the line-up is complete, check if the order is correct
- The task ends when the group successfully lines up in the correct order

VARIATION FOR OLDER PARTICIPANTS

- The group must use the rope to form various geometric shapes (e.g., a circle, square, or diamond) without verbal communication
- Participants must position themselves so that the rope is taut and forms the desired shape
- The task ends when the group accurately forms the geometric shapes



REFLECTION

Discuss the activity with the group. How did it feel to complete the task without speaking?

EA FUTURE DRILL

DRIBBLE CHALLENGE

OBJECTIVE

Dribble through the posts as quickly as possible, beat the defender and get a shot away in the box.

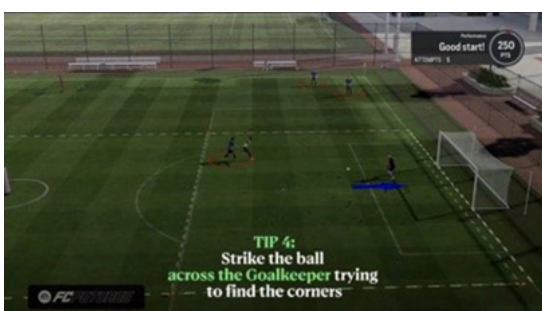
This drill is designed to improve your close control. As well as a bit of finishing.

EQUIPMENT

3 cones / mannequins / slalom poles
1 attacker

1 goalkeeper
1 ball

WEEK 7 DISCIPLINE



TIP 1

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

TIP 2

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.

TIP 3

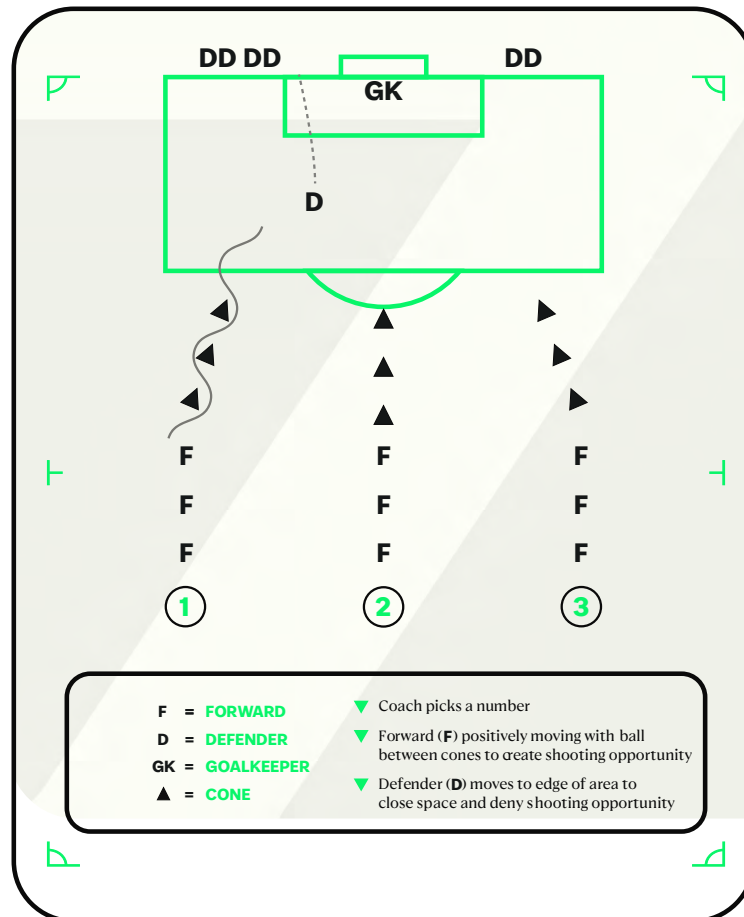
Try to create an angle to the defender that isn't directly square to them and the goal. This allows you more space and freedom to beat the defensive player, increasing your attacking options.

TIP 4

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.

EA FUTURE DRILL

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.

WEEK 8

GOAL SETTING

WARMING-UP ACTIVITY 1

ONE STEP AT A TIME

This playful activity helps children learn how to set and estimate their goals effectively.

PREPARATION

Mark a starting point and a finish line. The distance between the two should be challenging but achievable for the children to estimate the number of steps accurately.

PROCEDURE AND RULES

- Each child estimates how many steps they will need to reach the finish line. They can discuss their guesses as a group or make individual estimates
- The children start from the marked starting point and walk the estimated number of steps, aiming to match their estimate exactly
- Upon reaching the finish line, they check if their actual number of steps matches their initial estimate
- The activity ends when all children have reached the finish line



REFLECTION

Discuss with the group: What strategies did they use to estimate their steps? Were their estimates too high or too low?

WARMING-UP ACTIVITY 2

ONE STEP AT A TIME

This activity encourages children to assess their abilities realistically and set achievable goals. It fosters confidence in their performance and teaches them to set realistic and attainable objectives.

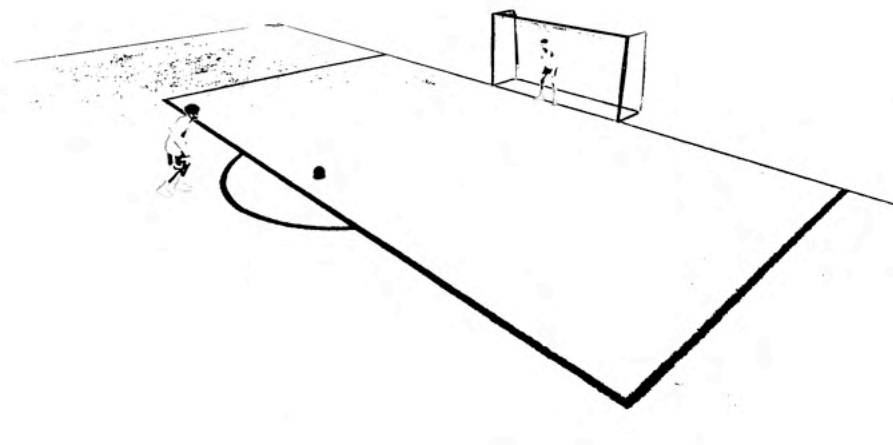
PREPARATION

Set up a goal, a ball, a cone to mark the penalty spot, and a goalkeeper (player or coach).

PROCEDURE AND RULES

- At the start, each child predicts how many goals they will score out of five penalty shots
- Each child takes five penalty shots in succession
- The activity ends after every child has taken their five shots

WEEK 8 GOAL SETTING



REFLECTION

Discuss with the children whether they met, exceeded, or fell short of their goals.

EA FUTURE DRILL

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

WEEK 8 GOAL SETTING



TIP 1

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.

TIP 2

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.

TIP 3

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.

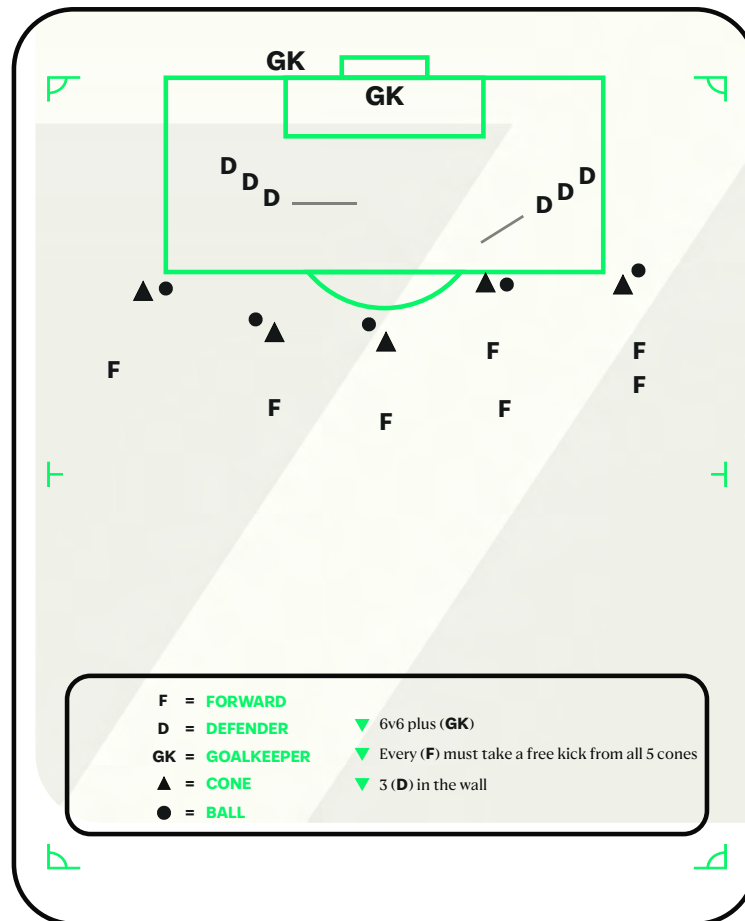
TIP 4

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.

EA FUTURE DRILL

FREE KICKS

WEEK 8 GOAL SETTING



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.



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HAVE FUN AND KEEP PLAYING
TOGETHER!

