

1v1
BACK
DEFENSE

A photograph of soccer players on a green field. One player in a red jersey with the number 22 is in the foreground, looking back towards a group of other players.



4v2
KEEP AWAY
TRANSITION

A photograph of a soccer drill on a field. Several players in orange and blue jerseys are engaged in a 4v2 drill, with one player in a blue jersey in the foreground.



TOE
POKE
DEFENSE

A photograph of soccer players on a field. A player in a black jersey is in the foreground, looking towards a group of other players.



PRESSING
& PASSING
DRILL

A photograph of a soccer drill on a field. Several players in orange and black jerseys are engaged in a pressing and passing drill.



6 TIPS
FOR
STRIKERS
ARTICLE

A photograph of a soccer player's legs and feet in orange cleats, kicking a ball on a green field.



HOOP
SERIES
DRILLS
GOALKEEPING

A photograph of soccer players on a field. A player in a grey jersey is in the foreground, looking towards a goal.



**PASSING
LINES**

DRILL



**STRIKER
QUALITIES**

OFFENSE



**CREATE
BETTER
SHOOTERS**

ARTICLE



**TWO-TOUCH
PRESSING**

DRILL



2 v 1

DRILL



**DEPTH
PERCEPTION**

GOALKEEPING



**HIGHLY
EFFECTIVE
LADDER DRILLS**

ARTICLE



**ATTACKING
A HIGHBALL**

GOALKEEPING



**8 PASS
DRILL**

DEFENSE



**4 GATES
GAME**

OFFENSE



**4 BALL
GAME**

DRILL



**SHOULDER-
TO-SHOULDER
DUELS**

ARTICLE





TECHNICAL
DEVELOPMENT
TRAINING

ARTICLE

The graphic features a green soccer field with white lines. Three rectangular boxes are overlaid on the field, each containing a small illustration of a player. The background is a gradient from green to blue.



CRAZY
8's

DRILL

RECEIVE R, PASS L
RECEIVE ACROSS YOUR BODY

A man in a white soccer jacket with a USA crest is speaking. Behind him is a whiteboard with the text "RECEIVE R, PASS L" and "RECEIVE ACROSS YOUR BODY". The background is a gradient from white to blue.



4
PLAYER
CROSSING

DRILL

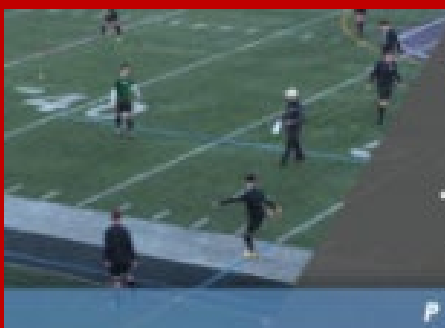
A wide-angle shot of a soccer field with a goal. Several players are positioned around the field, and a ball is in play. The background is a gradient from green to blue.



UNDERLAP
DRILL

OFFENSE

A group of players is on a soccer field, performing a drill. A ball is being passed between players. The background is a gradient from white to blue.



1 & 2 Balls
ONE
TOUCH

PASSING

A group of players is on a soccer field, performing a drill. A ball is being passed between players. The background is a gradient from green to blue.



COMBINATION
PLAY

ARTICLE

A wide-angle shot of a soccer field at night. The field is illuminated by stadium lights. The background is a gradient from green to blue.



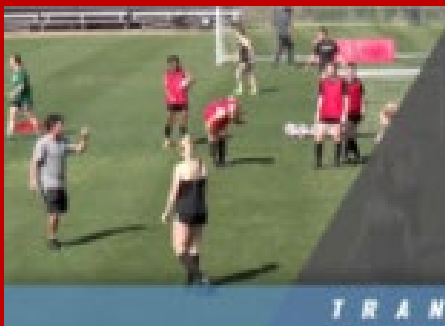
**STOP &
START
ACTIVITIES**

ARTICLE




**SHOOTING
PATTERNS**

DRILL



**2v1
TO
3v2**

TRANSITION



**SUCCESSFUL
RUNS**

OFFENSE



**THREE
GRID
GAME**

DEFENSE



**ROMEO
DRILL**

PASSING - RECEIVING



**FIVE
PLAYER
CROSSING**

OFFENSE




**6 GATES
GAME**

OFFENSE



**THE
BASICS
WORK**

PHILOSOPHY



**1v1 TO 2v2
DEFENDING
ACTIVITY**

DEFENSE



**1 TOUCH
1 DEFENDER**

DRILL



**DIVE-
VOLLEY**

GOALIE DRILL

GOALKEEPING



**FOUR
CORNERS**

P A S S I N G


A photograph showing three players in orange jerseys on an indoor soccer field. They are positioned at the corners of a square marked on the field, with a soccer ball on the ground. The background shows a large indoor facility with a high ceiling and some equipment.



**WALL
PASSING**

D R I L L

A photograph of an outdoor soccer field with several players in white jerseys. They are arranged in a circle around a central yellow cone, practicing passing the ball between themselves. The field is green and there are trees and a brick building in the background.



**1 TOUCH
DRIBBLE**

D R I L L

A photograph of an indoor soccer field with several players in yellow and blue jerseys. They are practicing dribbling the ball around cones. The field is blue and there are spectators in the background.



**HIGH BALL
FOOTWORK**

G O A L K E E P I N G

A photograph of a goalkeeper in a grey jersey and black shorts, performing a high ball footwork drill. He is in the air, kicking the ball with his right foot. The background shows an outdoor soccer field with a goal and some trees.



**UNITED
SOCCER COACH**

**ROLES
OF THE 1ST
DEFENDER**

D E F E N S E

A portrait of a smiling man in a light blue button-down shirt. To his left is the United Soccer Coach logo, which features a soccer ball and the text 'UNITED SOCCER COACH'.



**WHY PLAY
BACK 4**

D E F E N S E

A photograph of a man in a white shirt and black pants standing in front of a whiteboard. The whiteboard has a diagram of a soccer field with a '4-4-2' formation marked on it. The man is gesturing with his hands as if explaining something.




**NARROW
BACK 3**

DEFENSE



**PRESSING
MOVING
THINKING**

DRILL



**SUCCESSFUL
RUNS**

OFFENSE



**TEAM
SHAPE
& FORMATION**

OFFENSE



**COUNTER
ATTACK
STRATEGY**

ARTICLE



BUILDING THE ATTACK



BACK-FOUR SLIDING

ARTICLE



BACK 3 OPTIONS

DEFENSE



SET PIECE

DEFENSE



WINE GLASS

DEFENSE



INDIRECT FREE KICKS

DEFENSE



CREATING & SCORING GOALS

ARTICLE



**SETTING
GOALS**

ARTICLE



**OTHER-
CENTERED**

COACHING



**AVOID
BURNOUT**

COACHING



**DEVELOP
RELATIONSHIPS**

PHILOSOPHY



**HELPFUL
COMMITMENT
TOOL**

COACHING



**THE 3
R'S**

COACHING



UNDERSTANDING
CULTURE

COACHING



MENTORING
YOUR
LEADERS

COACHING



THE MOST
IMPORTANT
MOMENT

ARTICLE



5 TIPS
TO CONTROL
NERVES

ARTICLE



HOW TO
**BOUNCE
BACK**

ARTICLE




**ACCEPT
OR
CORRECT**

LECTURE




IDENTIFYING
**CUES FOR
ATHLETES**

INTERVIEW



ROADBLOCKS
TO
SUCCESS

ARTICLE



**TOUGH
CONVERSATIONS**

ARTICLE



**YOU CAN'T
CONTROL
THE FUTURE**

PHILOSOPHY



POSITIVE
& **NEGATIVE
CONSEQUENCES**

ARTICLE



**MENTAL
HEALTH
STRESSORS**

PLAYER SAFETY



**HELPING
ATHLETES
OVERCOME
PERFECTION**

PHILOSOPHY



**1 LIE
3 TRUTHS**

ARTICLE



**SELF-
AWARENESS
TEST**

ARTICLE



**DISCUSS
END
GOALS
DAILY**

PHILOSOPHY



**“WHY?”
GENERATION**

PHILOSOPHY



**CHANGE
THESE 3
WORDS**

ARTICLE



**5 P'S
TO PREVENT
BURNOUT**

ARTICLE



CoachesInsider
www.CoachesInsider.com

**ATHLETES'
VOICES**

PHILOSOPHY



**NO
EXCUSES**

ARTICLE



**CUSTOM
COMMUNICATION**

ARTICLE



**ACTING ON
YOUR
VALUES**

ARTICLE



(COVID-19)
**UPLIFT
YOUR TEAM**

ARTICLE





POTENTIAL
WILL GET YOU
FIRED

ARTICLE



COACHING
+
THANKSGIVING

ARTICLE



WARM
UPS

STRENGTH & CONDIT.



LATERAL
HIP STRENGTH/
ACL REHAB

STRENGTH & CONDIT.



A-SKIP
SERIES

STRENGTH & CONDIT.



SOCCER
**SPEED
DRILLS**

ARTICLE



**WEIGHT
ROOM
WORK FOR
THROW-INS**

S T R E N G T H & C O N D I T .