ALICANTE FOOTBALL ACADEMY

TRAIN WITH PURPOSE





FREE PRINTABLE TRAINING PLAN

INDIVIDUAL FOOTBALL TRAINING PROGRAM

Your next touch. Your next step.

6	18	12
WEEKS	EXAMPLE SESSIONS	ILLUSTRATED DRILLS

Solo technical practice | About 30 minutes per full session
Shorter options, simple equipment and printable progress sheets.

Make your extra practice count.

Training alone is easier when you know what to work on. Without a clear goal, it is easy to repeat the same comfortable moves and finish without knowing what changed.

We built this individual soccer training program to give you a clear next step: choose a focus, practise with purpose and keep a simple record. Follow the six-week example at a pace that fits your football.



WHO CAN USE IT?

Youth and adult outfield players can adapt these activities to their experience. Children need an adult to choose a suitable space and shorter, playful tasks. The written durations are examples, not age-based targets.

FIND IT QUICKLY	PAGES
Choose your route, equipment and session length	3-5
Set your starting scores	6
Follow the six-week programme	7-9
Learn all 12 individual football drills	10-15
Personalise practice and apply it in games	16-17
Print your training and progress sheets	18-19
Questions and next steps	20-21

Start today: read pages 3-5, then use the baseline session on page 6. Keep this PDF beside your training area so you can check each drill.

Build the week around your football.

Use these two questions before choosing extra sessions.

1 / HAVE YOU ALREADY HAD A BUSY FOOTBALL WEEK?

Yes: rest, or choose one short technical session if you feel fresh.
No: consider two or three sessions on separate days. Leave room for recovery.

2 / CAN YOU KEEP THE MOVEMENT CONTROLLED?

Yes: use the full example on page 5 if it suits your age and schedule.
No: choose the short version, fewer rounds or one playful activity. Repeat the easier version until it feels comfortable.

YOUR WEEK	A USEFUL CHOICE
Two club sessions + a match	Start with one short extra session, or none when tired.
One club session + a match	Consider one or two short sessions around recovery.
Little organised football	Use up to three separate practice days if manageable.

LET THE PLAYER SET THE PACE

The 18-session sequence may take longer than six weeks. Skip extra practice when tired or sore. Avoid demanding extra work before a match. Never double a session to catch up.

A ball. A safe space. A clear target.

YOU NEED	HOW TO USE IT
One suitable football	Use the ball size recommended for your age and competition.
4-8 flat markers	Mark gates, boxes and turning points. Soft substitutes are fine.
Timer + this PDF	Time the rounds and write down one useful score.
Safe wall or rebounder	Needed for D05, D07 and D08. See exact alternatives below.
Optional secured goal	D12 also works as a controlled pass through a cone gate.

CHOOSE YOUR SPACE

Small area: D01 needs about 2 x 2 m; D02-D04 need about 4 x 3 m.
Passing: allow 3-6 m plus safe space beyond the target.
Slalom / finishing: allow around 10 x 3 m plus a clear run-off area.

NO WALL? USE THIS MAP

D05: stand 1 m behind the box. Roll the ball gently forward by hand, step alongside and stop it inside the box with your foot.
D07: use D11 instead.
D08: mark a receiving spot. From 1 m behind it, hand-roll forward, step alongside, then use the D08 foot instructions to guide it through the side gate.

DIAGRAM KEY

Player · Ball · Marker · Move / carry · Pass / return

Diagrams are not to scale. Self-rolls rehearse contact, not receiving an incoming pass.

One clear structure. Two useful lengths.

BLOCK	FULL	SHORT	WHAT YOU DO
Warm-up	5 min	5 min	Easy movement, mobility and gentle ball work.
Main practice	18 min	6 min	Full: all 3 listed drills. Short: first listed drill.
Personal focus	4 min	4 min	Repeat the day's focus drill. See page 16 for timing.
Easy finish	2 min	2 min	Walk and move comfortably. Let the pace settle.
Log	1 min	1 min	Record actual minutes and one useful observation.
EXAMPLE TOTAL	30 min	18 min	Allow more time for setup or extra recovery.

HOW TO RUN A SIX-MINUTE DRILL

Complete **4 rounds of 45 seconds of controlled practice + 45 seconds of rest/reset**. Practice time includes safe retrieval between attempts. Use reset periods to rest, change feet and move to the next drill. Shorten practice or rest longer when needed.

YOUR FIVE-MINUTE WARM-UP

0-2 min: walk, then easy jogging and gentle side steps.
2-3 min: comfortable ankle circles, shallow squats and hip turns.
3-5 min: easy dribbling and light touches with both feet.

Keep it technical: no maximal sprints or powerful shooting. Set markers out first. Stop for pain, dizziness or unusual symptoms; seek appropriate advice. This plan is not injury rehabilitation.

Measure the same task, the same way.

Use Session 1 as a baseline. Repeat the same checks in Sessions 9 and 18.

A CHECK SESSION REPLACES NORMAL PRACTICE

Warm up for 5 minutes. Use up to 6 minutes per test, resting and retrieving between attempts. Finish with 2 easy minutes and 1 minute to log. Allow about 26-30 minutes; if you need longer, split the checks across days.

01 / PASSING ACCURACY

Place a **1 m gate 4 m from a starting line**, with clear space behind it. Pass a stationary ball along the ground: 10 attempts with each foot. A success passes fully between the markers without touching them. Retrieve and reset after every attempt. Record each foot out of 10.

02 / DIRECTIONAL FIRST TOUCH

Stand **3 m from a wall**. Put a 1 m gate to your left, its centre 1 m from your receiving spot. Pass straight to the wall, then use your right foot to take the return through the gate in one touch. Mirror the setup for your left foot. Take 10 valid returns each side. A success clears the gate without touching a marker and stays within two steps. Repeat feeds that bounce or miss your receiving spot; note repeats.

03 / CONTROLLED SLALOM

Place **five cones 1.5 m apart**. Start 1 m before the first cone. Weave through all five, turn 1 m beyond the last, and weave back. Start the clock at the first ball movement; stop when the ball crosses the start line. Take two attempts with a 60-second pause. Use the same timer or video method each time. Record time and cone touches / misses. Compare clean attempts; an untimed clean route is also useful.

MAKE YOUR RESULTS COMPARABLE

Record the setup and conditions on page 19. No wall? Use the D08 self-roll on page 4 for check 2 and label it. Keep the same version each time. These are personal records, not selection standards.

Learn the movement. Find control.

Each normal session uses the format on page 5. Drill instructions are on pages 10-15.

NO.	MAIN DRILLS	4-MINUTE FOCUS	QUALITY TARGET
1	Baseline checks	Page 6 replaces the normal session	Record your starting point
2	D01 + D03 + D06	D06 / firm ankle, accurate pass	First touch stays close
3	D02 + D04 + D05	D05 / soften the return	Comfortable pace
4	D01 + D05 + D06	D05 / receive inside the box	Repeat week 1 distances
5	D02 + D03 + D09	D09 / controlled weaker-foot pass	Use the easier option if needed
6	D04 + D10 + D11	D11 / settle before passing	Move into clear space

WEEKS 1-2 / COACHING NOTES

Week 1: use each drill's standard setup at an easy pace. Read the instructions before starting the timer. Week 2: keep the same space and improve the number of controlled actions.

YOUR NEXT STEP

At the end of Session 6, choose one focus: passing, receiving or dribbling. Use the guide on page 16.

Connect the touch to the next action.

Each normal session uses the format on page 5. Drill instructions are on pages 10-15.

NO.	MAIN DRILLS	4-MINUTE FOCUS	QUALITY TARGET
7	D05 + D07 + D08	D08 / touch towards the gate	Prepare your body early
8	D03 + D09 + D12	D09 / accuracy before speed	Controlled final contact
9	Repeat checks	Page 6 replaces the normal session	Use your baseline setup
10	D06 + D07 + D11	D11 / pass after a controlled carry	Move after your pass
11	D02 + D08 + D10	D08 / leave through the chosen gate	Keep the next touch reachable
12	D04 + D09 + D12	D12 / pick a target before moving	Both sides get practice

WEEKS 3-4 / COACHING NOTES

Week 3: keep the standard versions while learning D07, D08 and D12. After the Session 9 checks, compare quality as well as scores. Week 4: change one drill variable only when the standard version feels reliable.

WHEN TO PROGRESS

Progress rule: use the harder option next time only if rounds 3 and 4 each had no more than one control error. Errors include a missed target, cone contact or extra recovery touch. Change one variable; otherwise repeat the same level.

Make the practice more personal.

Each normal session uses the format on page 5. Drill instructions are on pages 10-15.

NO.	MAIN DRILLS	4-MINUTE FOCUS	QUALITY TARGET
13	D05 + D08 + D11	Your focus drill / page 16	Change one thing at a time
14	D03 + D06 + D09	Your focus drill / page 16	Keep your useful technique cue
15	D04 + D10 + D12	Your focus drill / page 16	Prioritise clean actions
16	D06 + D07 + D08	Your focus drill / page 16	Repeat your chosen difficulty
17	D01 + D03 + D11	Your focus drill / easy version	Finish fresh for the checks
18	Final checks	Page 6 replaces the normal session	Compare like with like

WEEKS 5-6 / COACHING NOTES

Week 5: use your chosen focus drill in the four-minute block. Week 6: repeat it. Keep Session 17 easy. In Session 18, return to your original test setup.

YOUR NEXT STEP

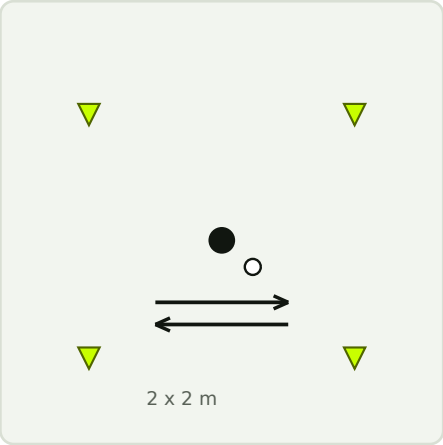
Keep the same pace and improve your accuracy. Change only one variable at a time.



INDIVIDUAL SOCCER TRAINING DRILLS

D01 Roll, set, touch

Feel the ball under both feet.



1. Roll the ball across your body with the sole of your right foot.
2. Set it with the inside of your left foot, then make two gentle inside-foot touches.
3. Reverse the sequence. Stay balanced and keep the ball inside the box.

Cue: Soft knees. Light contact. Do not stand on the ball.

Score: Count complete sequences without leaving the box.

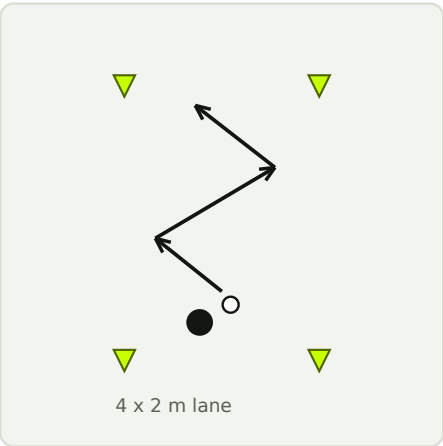
Easier: Walk through each contact with a pause.
Harder: Join the contacts smoothly without the pause.

SETUP
2 x 2 m box

Alternate the starting foot every sequence.

D02 Inside-outside carry

Guide the ball while moving.



1. Start at one end of the lane.
2. Use the inside, then the outside of one foot to travel forward with small touches.
3. Stop before the end marker, turn slowly and return. Keep the ball inside the lane.

Cue: Use the ankle to guide the ball. Keep it within one step.

Score: Count lane lengths completed without losing the ball.

Easier: Walk and allow an extra settling touch.
Harder: Use a slightly narrower lane at the same pace.

SETUP
4 x 2 m lane

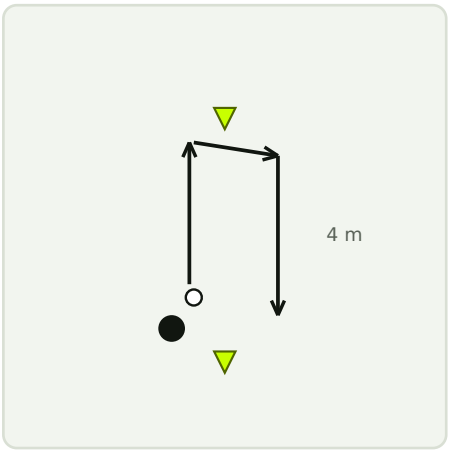
Rounds 1 and 3: right. Rounds 2 and 4: left.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

INDIVIDUAL SOCCER TRAINING DRILLS

D03 Turn and carry away

Change direction with control.



1. Carry the ball towards the far marker.
2. Before reaching it, use the inside of your foot to cut the ball back towards the start.
3. Turn your body, take a controlled touch away and repeat at the other marker.

Cue: Slow before the turn. Keep the next touch reachable.

Score: Count turns made without touching a marker.

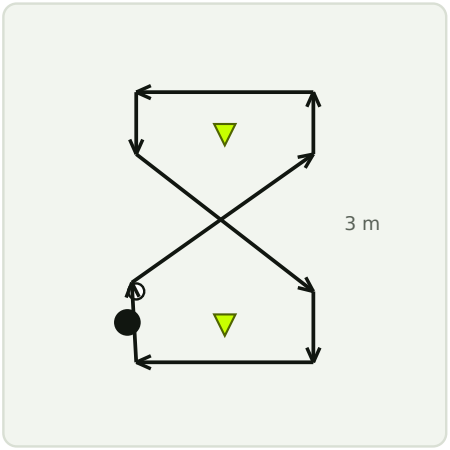
Easier: Stop the ball before making the turn.
Harder: Use an outside-foot cut instead of the inside cut.

SETUP
Two markers, 4 m apart

Rounds 1 and 3: right. Rounds 2 and 4: left.

D04 Figure-eight dribble

Control the ball around a turn.



1. Begin beside the first marker.
2. Dribble around it, cross between the markers and circle the second in the opposite direction.
3. Continue the figure eight, using both feet to keep the ball close.

Cue: Small touches around the marker. Look into the next space.

Score: Count full figure eights with no marker contact.

Easier: Increase the gap to 4 m and walk.
Harder: Reduce the gap to 2 m without increasing speed.

SETUP
Two markers, 3 m apart

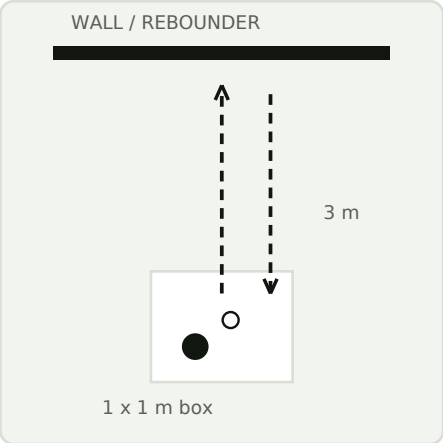
Use both feet. Reverse your starting direction each round.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

INDIVIDUAL SOCCER TRAINING DRILLS

D05 Receive inside the box

Cushion a returning pass.



SETUP
1 x 1 m box, centre 3 m from wall

1. Pass gently to a safe wall from inside your box.
2. As the ball returns, meet it with the inside of your receiving foot.
3. Withdraw the foot slightly so the ball stays in the box. Set it and pass again.

Cue: Relax the receiving leg. Avoid a rigid rebound.

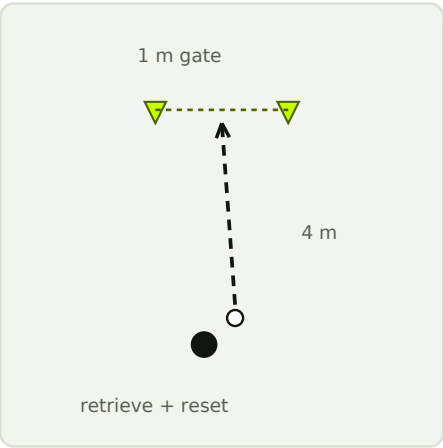
Score: Count returns controlled inside the box in one touch.

Easier: Use a slower pass. No wall: follow the self-roll steps on page 4.
Harder: Make the box 0.8 x 0.8 m at the same pass speed.

Receive right in rounds 1 and 3; left in rounds 2 and 4.

D06 Pass through a target

Improve ground-pass accuracy.



SETUP
1 m gate, 4 m from start line

1. Place a stationary ball behind the line.
2. Put your standing foot beside it and point towards the gate.
3. Pass through the gate with the inside of your foot. Retrieve the ball and reset. A wall behind the gate is optional.

Cue: Firm ankle. Follow through towards your target.

Score: Count passes through the gate without marker contact.

Easier: Move the start line to 3 m.
Harder: Narrow the gate to 0.8 m; keep the distance.

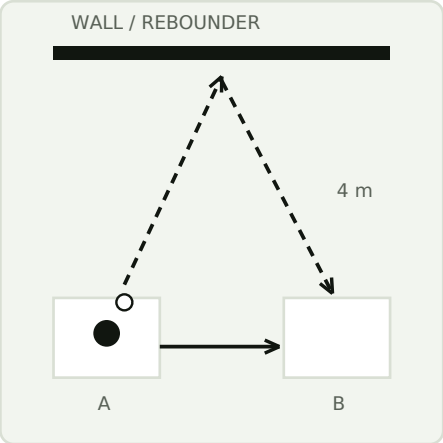
Rounds 1 and 3: right. Rounds 2 and 4: left.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

INDIVIDUAL SOCCER TRAINING DRILLS

D07 Pass, move, receive

Change position after a pass.



1. Stand in box A. Mark a wall target halfway between the two boxes.
2. Pass diagonally to it, then move sideways to box B to receive the rebound.
3. Control in B. Pass to the same target and move back to A. Use gentle passes.

Cue: Move as the ball leaves. Face the return before receiving.

Score: Count returns controlled inside the opposite box.

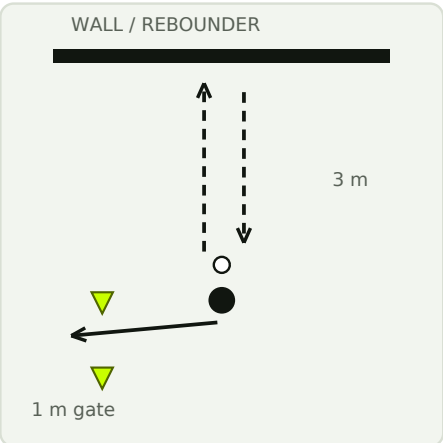
Easier: Bring box centres closer. No wall: use D11.
Harder: Reduce each box to 0.8 m while keeping pass speed.

SETUP
Two 1 m boxes, centres 2 m apart; wall 4 m away

Use the receiving foot nearest the return; practise both directions.

D08 First touch through a gate

Direct the ball into the next space.



1. Pass straight to the wall.
2. Open your body as the ball returns. Use the opposite foot to touch across your body through the side gate.
3. Follow the ball, stop it and return to your starting spot.

Cue: Choose the exit before the ball arrives.

Score: Count one-touch exits that stay within two steps.

Easier: Widen the gate. No wall: use the self-roll steps on page 4.
Harder: Narrow the gate to 0.8 m at the same pass speed.

SETUP
Stand 3 m from wall; 1 m gate centred 1 m to your side

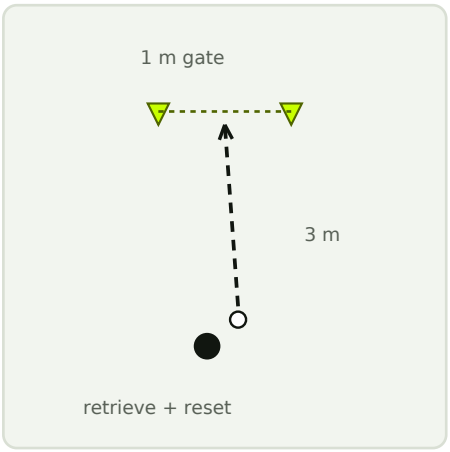
Gate left / right foot in rounds 1 and 3; mirror in 2 and 4.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

INDIVIDUAL SOCCER TRAINING DRILLS

D09 Weaker-foot accuracy

Give your less confident foot useful practice.



SETUP
1 m gate, 3 m from start line

1. Place the ball behind your starting line.
2. Pass along the ground through the gate using your less confident foot.
3. Retrieve and reset. After a miss, check your standing foot and ankle before the next attempt.

Cue: Copy a simple, balanced contact. Keep the pass comfortable.

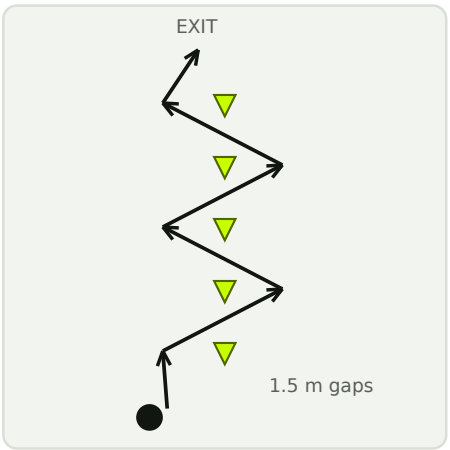
Score: Count successful weaker-foot passes and total attempts.

Easier: Use a 1.5 m gate or move the line closer.
Harder: Keep the gate width and move the line to 4 m.

Use your less confident foot in all four rounds.

D10 Slalom and controlled exit

Connect close control to a forward carry.



SETUP
Five markers, 1.5 m apart; 1 m clear at each end

1. Start 1 m before the first marker.
2. Weave between all five using both feet.
3. After the last marker, carry 1 m into clear space, slow down and turn. Weave back to the start. Keep the pace controlled.

Cue: Look towards the next gap. Avoid chasing a long touch.

Score: Count out-and-back routes with no touched or missed cone.

Easier: Increase gaps to 2 m, or use D04 in a small space.
Harder: Reduce gaps slightly while keeping the same pace.

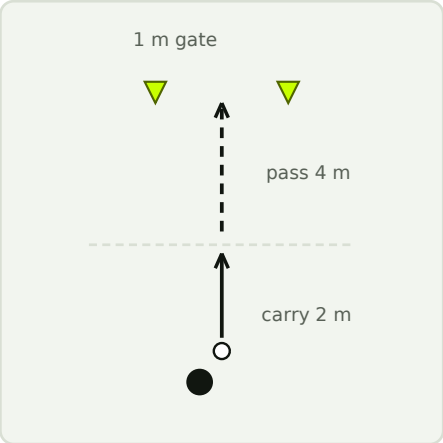
Use both feet; enter on the opposite side each round.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

INDIVIDUAL SOCCER TRAINING DRILLS

D11 Carry, settle, pass

Prepare the ball for an accurate pass.



SETUP
1 m gate; start 6 m away, passing line 4 m away

1. Carry the ball 2 m towards your passing line.
2. Set it just behind the line with a small touch.
3. Pass through the gate, retrieve and return to the start.
Keep the final touch close enough for a balanced pass.

Cue: Prepare the ball before looking for power.

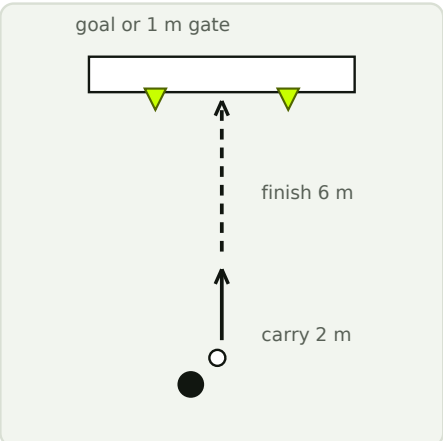
Score: Count passes that clear the gate without marker contact.

Easier: Stop the ball fully at the passing line.
Harder: Pass from a slow roll without first stopping the ball.

Rounds 1 and 3: right-foot pass. Rounds 2 and 4: left.

D12 Carry and finish accurately

Choose a target and make a controlled final contact.



SETUP
Start 8 m from a goal or 1 m gate; finish from 6 m

1. Choose a low target in a secured goal, or use a 1 m cone gate.
2. Carry the ball forward 2 m, then take a balanced shot or firm ground pass from the 6 m line.
3. Retrieve safely and reset. Keep people clear of the target area.

Cue: Accuracy first. Use a controlled contact, not maximum power.

Score: Count target hits and total attempts for each foot.

Easier: Move closer and use an inside-foot ground pass.
Harder: Choose a smaller target without increasing power.

Rounds 1 and 3: right. Rounds 2 and 4: left.

Each drill: 4 x (45 sec practice + 45 sec rest/reset). Use fewer rounds when needed. Practice time includes safe ball retrieval between attempts.

Pick one thing to improve.

Use the focus listed in weeks 1-4. In weeks 5-6, choose one route below.

YOUR PRIORITY	FOCUS DRILL	ONE CUE TO KEEP
Pass accuracy	D06 or D09	Standing foot towards the target; firm ankle.
First touch	D05 or D08	Prepare your body; keep the next touch reachable.
Close control	D03 or D04	Small touches around the turn; balanced body.
Carry into a pass	D11	Set the ball for the action that follows.
Controlled finishing	D12	Choose a target and use a balanced contact.

YOUR FOUR-MINUTE FOCUS BLOCK

Complete **2 rounds of 60 seconds of practice + 60 seconds of rest/reset**. Use one foot in each round when relevant. D09 uses the less confident foot in both. For D07 and D10, work in both directions. Shorter practice is fine.

LET YOUR POSITION GUIDE THE CHOICE

Defender: receive, set and pass with D05 + D11.
Midfielder: receive into space and move after passing with D08 + D07.
Wide player / forward: carry, change direction and finish with D03 + D12.
Your position suggests a priority; every player benefits from the basics.

EXPLORE MORE INDIVIDUAL TRAINING DRILLS >

Take one action into the game.



Academy match image. Solo drills rehearse technique; games add opponents, teammates and changing information.

YOUR NEXT TEAM SESSION

Choose one action from your solo work. Tell your coach what you are practising and look for an appropriate moment to use it.

Receiving: check the space before the pass and prepare your body.

Passing: choose a useful target, then move to offer support.

Dribbling: recognise when to carry, release the ball or protect it.

AFTER TRAINING, ANSWER THREE QUESTIONS

1. Where did the opportunity appear?
2. What did you see before your action?
3. What would you keep or change next time?

KEEP THE BENEFITS IN PERSPECTIVE

A fixed cone route cannot recreate an opponent. Solo practice helps you repeat a movement; team training and games help you learn when and why to use it. A higher drill score is useful feedback, but it does not prove better match decisions.

Your 18-session training log.

Record what you actually did. A rest day or shorter session can be the right choice.

Player:

Start date / chosen focus:

SESSION	DATE	MINUTES / DRILLS / VERSION	ONE USEFUL NOTE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

Useful notes: target hits / attempts, a control error, your chosen cue, or why you shortened the session. Sessions 1, 9 and 18 use the check sheet on page 19.

Keep the context with your scores.

Player:

Ball / surface:

Gate widths / distances:

Wall or self-roll / timing method:

CHECK	START / S1	MIDPOINT / S9	FINISH / S18
Date			
Passes: right foot / 10			
Passes: left foot / 10			
First touch: right / 10			
First touch: left / 10			
Slalom attempt 1: sec / errors			
Slalom attempt 2: sec / errors			

Errors = touched or missed cones. Note unusable wall feeds and repeated attempts below. Compare clean slalom routes using the same timing method. If conditions changed, record that before judging the numbers.

Conditions / changes / repeated feeds:

What became more reliable?

My next useful adjustment:

Keep the plan useful.

Do I have to train three times every week?

No. Three sessions form the example sequence. Club sessions, matches, school and recovery come first. Use fewer sessions or take longer than six weeks.

Can I use these individual football drills at home?

Yes, when the surface and space are safe. Use D01-D04 in a small area. Check the equipment map on page 4 before trying wall passes or finishing.

What if I do not have a wall or goal?

Use the exact no-wall substitutions on page 4. D06, D09 and D11 only need a gate. Replace the goal in D12 with a cone gate and a controlled ground pass.

What if I miss a week or my scores stay the same?

Resume with an easier familiar session. Check whether your setup and timing were consistent. Keep one focus, ask your coach for feedback and repeat useful practice.

Can younger players use the programme?

Yes, with suitable adult guidance. Use a suitable ball, shorter distances and playful challenges. A few good minutes may be enough; 18 minutes is not a minimum.

AFTER SESSION 18

Compare your records, choose one next priority and repeat a useful block. For a longer view of your training, explore our year plan.

OPEN THE 52-WEEK FOOTBALL TRAINING PLAN >





TRAIN WITH PURPOSE

BUILD THE HABIT. BRING IT TO THE GAME.

Keep your focus clear. Practise the action. Record what changed. Then use what you learn with your coach and teammates.

At Alicante Football Academy, our wider training environment combines morning football training, UEFA-qualified coaching and team development. Explore the programme if you want to take your next step with us.

EXPLORE ALICANTE FOOTBALL ACADEMY >

APPLY TO THE ACADEMY >

Training supports development. Selection and club opportunities depend on your level and the needs of each club.