



DRILLPITCH

FOOTBALL COACHING RESOURCES

Football Coaching Manuals, Drills, Tactics & Season Plans

For every coach · every age · every level

YOU COACH. WE HANDLE THE PREP.

Ready-to-run session plans, drills and tactics — skills, set pieces and full season programmes.

Instant PDF & EPUB download, plus an online reader with read-aloud.

drillpitch.com

Free coaching brochure · © 2026 DRILLPITCH

What is DRILLPITCH?

DRILLPITCH is a complete football coaching resource for grassroots and academy coaches, players and clubs. We give you professionally written, ready-to-run coaching manuals — the session plans, drills, tactics and set pieces you need to run great training, whatever the age or level of your players.

Every manual is built the same way: a clear objective, the organisation and equipment, step-by-step instructions, professional pitch diagrams, the exact coaching points to say, common mistakes to watch for, and progressions to make it easier or harder. No fluff, no filler — just sessions you can walk onto the pitch and run.

What you get with DRILLPITCH

- **A huge coaching library**
900+ football coaching manuals across every category, age group (5 to senior) and level (beginner to advanced) — skills, drills, tactics, set pieces, position masterclasses and full season plans.
- **Instant, flexible formats**
Every manual downloads instantly as a PDF and EPUB, and can be read in our online reader with read-aloud — on any device, at the training ground or at home.
- **Written to a professional standard**
Every session has a clear objective, organisation, professional pitch diagrams, step-by-step instructions, coaching points, common mistakes and progressions — ready to run.
- **Consultancy & club support**
One-to-one football consultancy and club packages for teams and academies that want tailored help beyond the manuals.

Everything in the Library

Whatever you need to coach, it's here. Our full library covers every skill, drill, tactic, formation, set piece and season plan — for every age from 5 to senior and every level from beginner to advanced.

Technical Skills & Drills

Finishing · Dribbling & 1v1 · First Touch & Turning · Ball Mastery & Coordination · Passing & Receiving · Range of Passing · Crossing & Delivery · Heading · Running with the Ball · Combination Play · Movement & Runs · Speed, Agility & Movement

Goalkeeping

Shot Stopping · Handling & Footwork · Distribution · goalkeeper-specific sessions for every age

Defending

Defending 1v1 · Defending as a Unit · Tackling & Interceptions · Pressing & Winning It Back · recovery and compactness

Midfield & Play Style

Passing & Vision · Box-to-Box Engine · Game Intelligence · Playing Out From The Back · Transitions · Attacking Overloads

Small-Sided Games

3v3 · 4v4 · 5v5 · 7v7 — each at Foundation, Development and Advanced levels, with full coaching layers

Set Pieces

Attacking Corners · Defending Corners · Attacking Free Kicks · Defending Free Kicks · Throw-Ins · Penalties

Formations

From 5-a-side to 11-a-side: 4-4-2, 4-3-3, 4-2-3-1, 3-5-2, 3-4-3, 5-3-2, 4-1-4-1, 4-4-2 Diamond, and many more — 25+ systems explained and coached

Positions

Goalkeeper · Centre-Back · Full-Back · Wing-Back · Defensive Midfielder · Central Midfielder · Attacking Midfielder · Winger · Second Striker · Striker

Season Plans & Programmes

Pre-Season Programmes · 12-Week Programmes · Striker's, Defender's, Midfielder's & Goalkeeper's Seasons — week-by-week

Styles & Academy

National Styles of the great footballing nations · Academy Series for foundation and youth phases

Every Age. Every Level.

DRILLPITCH is built for every player, whoever and wherever they are in their development. Every manual is organised by age group and ability level, so you always coach the right content at the right time — for boys and girls, men and women alike.

Age groups covered

Ages 5–8 · Foundation

First touch, dribbling, confidence and fun — keeping young players involved and loving the game.

Ages 9–12 · Development

Combinations, support play, scanning and the first tactical ideas.

Ages 13–16 · Youth

Position-specific skills, tactical understanding and match demands.

Ages 16–18, U21 & Senior · Advanced

Advanced technical work, pressing, transitions and full match-realistic coaching.

Three ability levels

Beginner — Simple, fun and full of touches — building the fundamentals.

Intermediate — Adding structure, combinations and decision-making.

Advanced — Tactical constraints, speed of play and match-realistic demands.

Inside Every Manual

Whether it's a single skill session or a full season plan, every DRILLPITCH manual follows the same clear, professional structure so you can pick it up and coach it straight away:

- **Objective** — What the session develops and why it matters.
- **Organisation** — Pitch size, players, equipment and set-up — everything you need to run it.
- **Professional pitch diagrams** — Clear, realistic diagrams showing players, movement, passes and runs.
- **Step-by-step instructions** — Exactly how the drill or game works, in plain language.
- **Coaching points** — The precise things to say and look for to develop your players.
- **Common mistakes** — What to watch for and correct.
- **Progressions** — How to make it easier or harder to suit your players.
- **Coach / squad version** — How to run it with a full squad.

Any device. Any time.

Every manual is available as an instant PDF download, an EPUB e-book, and in our online reader with read-aloud — so you can prepare at home, pull it up on your phone at the training ground, or listen on the way to the match. Buy once, keep it forever in your library.

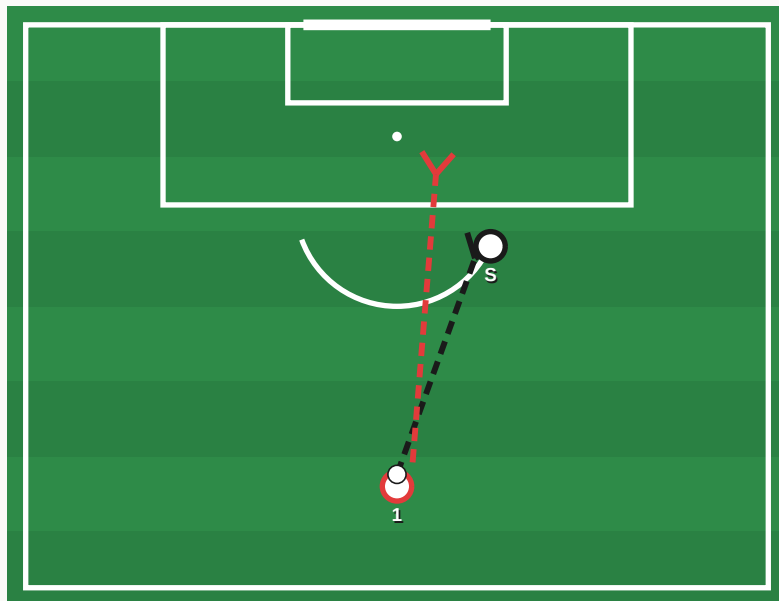
Example Drills From The Books

Five real drills, straight from our manuals — exactly as you'd coach them.

1. Passback Finish

From: Finishing & Shooting

Time: 10 min · Players: 2 (player + server)



Setup

Set a goal (two cones, 4 big steps apart). Server stands beside the goal, player starts 8 steps out with the ball.

Steps

1. Player passes firmly to the server.
2. Server sets the ball back one touch, slightly to the side.
3. Player arrives and side-foot passes the ball into the goal.
4. Swap the target corner every 5 shots.

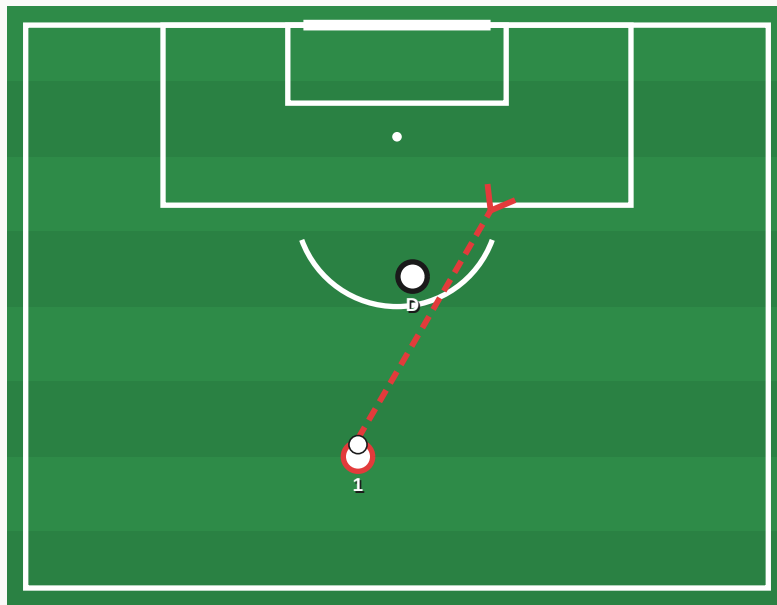
Coaching points

- Strike through the middle of the ball with the inside of the foot.
- Head steady, eyes on the ball at contact.
- Placement beats power.

2. Beat Your Man 1v1

From: Dribbling & 1v1

Time: 8 min · Players: 2 (attacker + defender)



Setup

Mark a 12 × 12 m grid with a small goal or gate to attack. Attacker starts with the ball, defender faces them.

Steps

1. Attacker dribbles at the defender at pace.
2. Use a feint to shift the defender's weight.
3. Explode past on the other side.
4. Attack the gate. Swap roles every go.

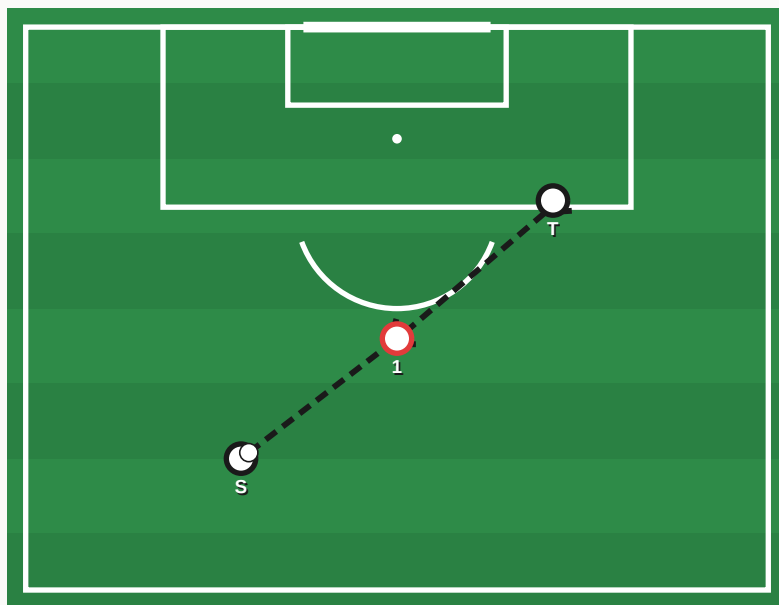
Coaching points

- Attack the defender's front foot.
- Change of pace is the real beater, not just the trick.
- Close control before and after the move.

3. Receiving on the Half-Turn

From: Passing & Receiving

Time: 10 min · Players: 3 (server, player, target)



Setup

Player between a server and a target, 10 m each side. Player must receive, turn and pass forward.

Steps

1. Server passes into the player's feet.
2. Player takes an open first touch across the body.
3. Player turns and passes forward to the target.
4. Rotate positions every 6 reps.

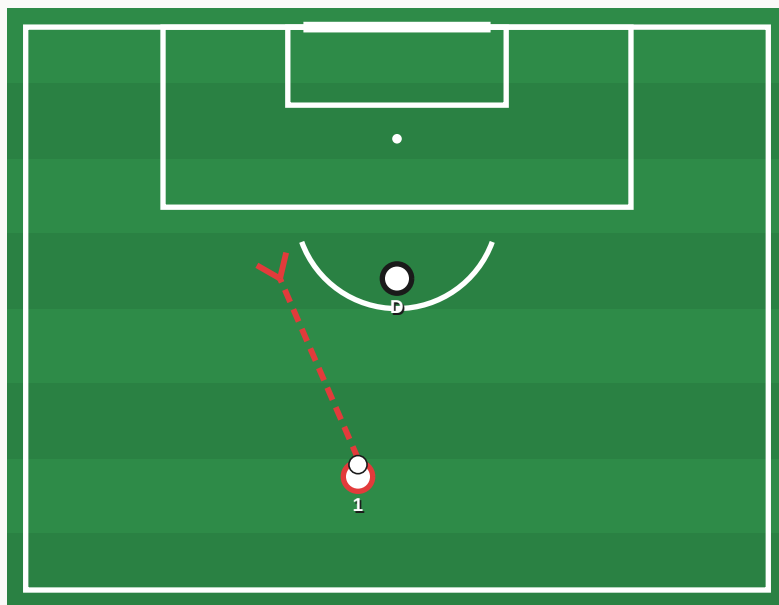
Coaching points

- Check the shoulder before receiving.
- First touch out of the feet, into the turn.
- Open the hips to play forward quickly.

4. Jockey & Delay 1v1

From: Defending 1v1

Time: 8 min · Players: 2 (defender + attacker)



Setup

A 15 × 10 m channel. Attacker tries to dribble to the end line; defender delays and forces them wide.

Steps

1. Defender closes down fast, then slows to jockey.
2. Show the attacker onto their weaker side.
3. Stay patient, don't dive in.
4. Win the ball or force it out. Swap every go.

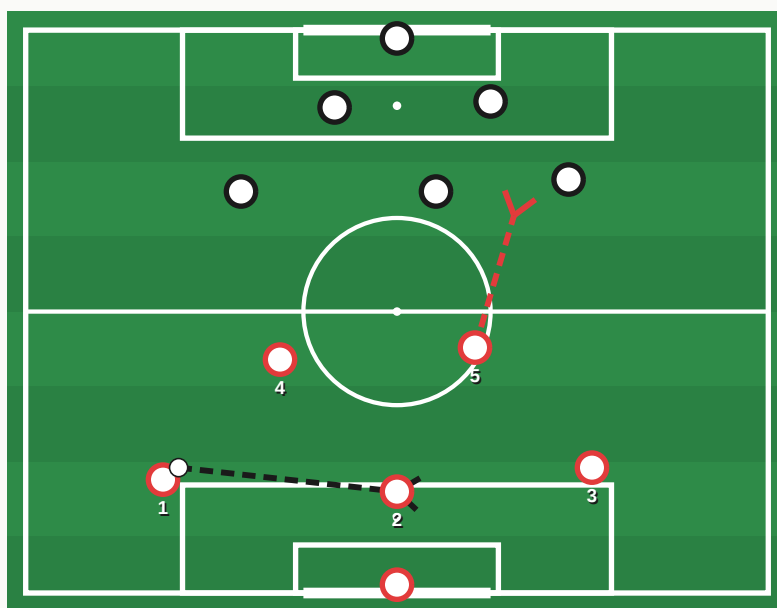
Coaching points

- Approach fast, brake early, stay on your toes.
- Side-on stance, low centre of gravity.
- Force play towards the touchline, not the middle.

5. 5v5 to Two Goals

From: Small-Sided Games — 5v5

Time: 8–12 min · Players: 5 v 5 + keepers



35 × 25 m

Setup

A 35 × 25 m pitch with a goal at each end and goalkeepers. Two teams of five. Normal rules — score in the opponent's goal.

Steps

1. Two teams; score in the opponent's goal.
2. Restart quickly when the ball goes out to keep tempo high.
3. Encourage combinations, not just dribbling.
4. Rotate players regularly so everyone stays involved.

Coaching points

- Support the ball at an angle either side.
- Scan before you receive.
- Press together the instant you lose it.

Tactics, Formations & Set Pieces

Every set piece, coached in detail

Set pieces win matches. We cover all of them, for attacking and defending: Attacking Corners · Defending Corners · Attacking Free Kicks · Defending Free Kicks · Throw-Ins · Penalties — with routines, roles and coaching points.

25+ formations, explained and coached

From 5-a-side to 11-a-side, we break down the game's systems — how they work, their strengths and weaknesses, and how to coach them: 4-4-2 · 4-3-3 · 4-2-3-1 · 3-5-2 · 3-4-3 · 5-3-2 · 4-1-4-1 · 4-4-2 Diamond · 4-2-2-2 · 5-4-1 and many more.

Position masterclasses for every role

Complete position-by-position coaching: Goalkeeper · Centre-Back · Full-Back · Wing-Back · Defensive Midfielder · Central Midfielder · Attacking Midfielder · Winger · Second Striker · Striker — the role, the movements and the responsibilities.

Tactical themes

Coach the modern game: Playing Out From The Back · Pressing & Winning It Back · Transitions · Attacking Overloads · Game Intelligence — the ideas that decide matches.

Full Season Plans

Take the guesswork out of a whole season. Our week-by-week programmes give you a structured development plan from the first day of pre-season to the final whistle.

- **Pre-Season Programme**

A complete six-week pre-season — fitness, sharpness and team building, session by session.

- **12-Week Programme**

A full term of structured, progressive sessions that build on each other week by week.

- **Striker's Season**

A whole season of position-specific development for your forwards.

- **Defender's Season**

Week-by-week defending development — individual and unit.

- **Midfielder's Season**

A season-long plan to build complete, all-round midfielders.

- **Goalkeeper's Season**

Dedicated goalkeeper development across a full season.

Who DRILLPITCH Is For

- ✓ Grassroots coaches who want great sessions without hours of planning.
- ✓ Academy and club coaches looking for structured, professional content.
- ✓ Parents coaching their child's team for the first time.
- ✓ Experienced coaches who want fresh ideas, drills and tactics.
- ✓ Coaches of boys and girls, men and women — every age from 5 to senior.
- ✓ Clubs and academies wanting resources across their whole coaching team.

Start coaching smarter today

Explore the full library, claim two free starter manuals, and see exactly how every session is built — no commitment. Everything is at drillpitch.com.

Visit drillpitch.com

The AI Coach's Assistant

Alongside the manual library, DRILLPITCH offers an optional AI Coach's Assistant — built to help you plan, adapt and coach smarter. It's a separate service you can add whenever you're ready.

- **The Coach's Assistant**

Plan sessions, answer coaching questions and get ideas tailored to your team, age group and level.

- **The Tactics Assistant**

Work through formations, game plans and tactical problems with an AI built for football.

- **The Drill Assistant**

Generate and adapt drills and small-sided games on demand for your specific needs.

- **Match Day support**

Help for match day — line-ups, in-game decisions and getting your team ready.

Always in your control

The assistant supports your coaching — but the coach's decision is always final.



Get Started Today

Everything you've seen in this brochure is ready and waiting at [drillpitch.com](https://www.drillpitch.com). Here's how to begin:

1 Explore the shop

Browse 900+ manuals by category, age and level — find exactly what you need in seconds.

2 Claim your 2 free manuals

Create a free account and download two starter manuals to see the quality for yourself.

3 Build better sessions

Download instantly as PDF or EPUB, or use the online reader — and get coaching.

4 Grow with DRILLPITCH

Add single manuals, bundles, season plans or club support as your needs grow.

www.drillpitch.com

Football coaching manuals, drills, tactics and season plans — for every coach, club and team.
You coach. We handle the prep.

The coach's decision is final.

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