

THE 4-WEEK AT-HOME PLAN

Striker and defender tracks for a four-sided SoccerYards field

Four weeks, three sessions a week, about 30 minutes a session. Every session is built for an enclosed four-sided field, where the ball stays live and the reps keep coming. Run the striker track, the defender track, or alternate them week to week.

About 30 minutes per session | 3 sessions a week | Striker + defender tracks

This plan is training guidance, not a coaching certification, medical advice or a performance guarantee. Warm up before every session, stop if anything hurts, and adjust the volume to the player's age and fitness. Players under 13 should train with adult supervision.

The four weeks

Week 1 — Touch volume

Build the habit and bank clean repetitions. Volume before intensity.

Session 1: Get the reps flowing

Two-Touch Tempo → Rebound Finish

Log your touch count. This is your baseline for the month.

Session 2: Shape and stance

Jockey the Channel → Two-Touch Tempo

Slow the defending reps down. Correct shape first, speed later.

Session 3: Finish the week

Rebound Finish → Block the Shooting Lane

Finish with 10 free shots. Log shots and goals.

Week 2 — Turning and pressure

Add a defender or a time limit so every rep has consequence.

Session 1: Turn and go

Back-to-Goal Turn & Shoot → Two-Touch Tempo

Weak foot gets equal reps this week. No skipping it.

Session 2: Front-foot defending

Block the Shooting Lane → Recovery Sprint & Clear

Time the recovery sprints. Consistency beats one fast rep.

Session 3: Live duels

1v1 to Finish → Jockey the Channel

Keep score out loud. Competition is the point.

Week 3 — Speed of decision

Shorten the time between receiving the ball and doing something with it.

Session 1: Two-touch maximum

Back-to-Goal Turn & Shoot → Wall Cross & Far Post

Cap every finish at two touches. Reset if it takes three.

Session 2: Second balls

Defend the Second Ball → Recovery Sprint & Clear

React to the rebound, do not wait for the bounce.

Session 3: Tight-space battles

1v1 Contain to Win → 1v1 to Finish

Quarter-field only. Shrinking the space is the whole drill.

Week 4 — Match speed

Put the month together at full speed and re-test week one's numbers.

Session 1: Finishing under fatigue

Wall Cross & Far Post → Rebound Finish

No rest between rounds. Log shots and goals honestly.

Session 2: Defend the whole field

Recovery Sprint & Clear → Defend the Second Ball → 1v1 Contain to Win

Full field, full effort. Two-minute breaks only.

Session 3: Re-test and play

Two-Touch Tempo → 1v1 to Finish

Repeat the week-one touch count, then finish with a real game.

Striker drills

Rebound Finish

First-time finishing off a live ball | 8 min | 1 player | Starter

FIELD SETUP

- Play toward one goal, with the opposite side wall behind you.
- Stand roughly 8–10 steps out from the goal, square to it.
- Keep 3–4 balls at your feet so a miss never ends the set.

RUN THE DRILL

1. Pass the ball firmly into the side wall at a slight angle.
2. Take the rebound first time and strike at goal — no settling touch.
3. If the shot rebounds off the wall or frame, hit it again immediately.
4. Do 10 with your strong foot, then 10 with your weak foot.
5. Rest 30 seconds. Repeat for three sets.

COACHING POINT

Head steady, ankle locked, hit through the middle of the ball. Speed of contact matters more than power.

WHY FOUR SIDES HELP

The wall plays the pass back at game speed, so one player can train first-time finishing with no server.

Back-to-Goal Turn & Shoot

Receiving under pressure, turning, finishing | 10 min | 1–2 players | Building

FIELD SETUP

- Start with your back to the goal you are attacking, mid-field.
- Use the far wall as your server (or a partner behind you).
- Mark your starting spot with a shoe or cone so reps stay identical.

RUN THE DRILL

1. Play the ball off the wall behind you and check toward it.
2. Receive with the back foot and open your body in one movement.
3. Take one directional touch away from where a defender would be.
4. Shoot low and across before your third touch.
5. Alternate turning left and right. 8 reps each direction.

COACHING POINT

Look over your shoulder before the ball arrives. The turn should be decided before the first touch, not after.

WHY FOUR SIDES HELP

Four walls mean a bad first touch stays inside the field, so the rep continues instead of ending in a chase.

Two-Touch Tempo

Touch volume and repetition speed | 6 min | 1 player | Starter

FIELD SETUP

- Stand about 5 steps off a side wall, facing it.
- Clear the area between you and the wall.

RUN THE DRILL

1. Pass into the wall, control with one touch, return with the second.
2. Keep a continuous rhythm — count your touches out loud.
3. 60 seconds right foot only, 60 seconds left foot only.
4. 60 seconds alternating feet, then 60 seconds inside/outside of one foot.
5. Rest 60 seconds and repeat the block twice.

COACHING POINT

Small, quick touches. The goal is the number of clean contacts in four minutes, not how hard you strike it.

WHY FOUR SIDES HELP

The rebound wall is the reason this drill runs unbroken — nobody stops to fetch the ball.

1v1 to Finish

Beating a defender, then finishing | 10 min | 2 players | Advanced

FIELD SETUP

- Attacker starts at the halfway point with the ball.
- Defender starts 3 steps in front of the goal being attacked.
- Play the full width of the field — walls are in play for both players.

RUN THE DRILL

1. Attacker drives at the defender at match speed.
2. Use one move to commit the defender, then attack the space behind.
3. Finish inside 6 seconds — count it out loud.
4. If the defender wins it, they attack the opposite goal immediately.
5. Swap roles every rep. First to 5 goals.

COACHING POINT

Attack the defender's front foot. If the finish takes longer than six seconds, the move was too slow.

WHY FOUR SIDES HELP

Enclosure keeps a 1v1 alive after the first attempt, so both players get a defensive and attacking rep every time.

Wall Cross & Far Post

Arriving late, finishing a moving ball | 8 min | 1-2 players | Building

FIELD SETUP

- Set your start point at the far corner of the field.
- Attack the goal from wide, using the side wall as the server.

RUN THE DRILL

1. Play the ball diagonally into the side wall near the goal.
2. Sprint onto the rebound as it cuts across the goalmouth.
3. Finish first time — side foot for placement, laces for power.
4. 6 reps from the right, 6 from the left.
5. Two rounds, with a 45-second rest between them.

COACHING POINT

Time the run so you are moving when you strike it. Standing still at the far post is the most common miss.

WHY FOUR SIDES HELP

The angle of the wall creates a repeatable cross without a second player having to serve.

Defender drills

Jockey the Channel

Body shape and delaying an attacker | 8 min | 2 players | Starter

FIELD SETUP

- Use one half of the field, wall to wall.
- Attacker starts on the halfway line with the ball; defender 4 steps away.
- Defender's job is to force the attacker into a side wall.

RUN THE DRILL

1. Defender approaches at speed, then slows in the last two steps.
2. Get side-on with the inside foot forward and knees bent.
3. Shepherd the attacker toward the nearest wall — never square up flat.
4. Win the ball or force it out of play within 8 seconds.
5. Swap roles. 6 reps each.

COACHING POINT

Slow feet on the approach, quick feet in the duel. If your chest is square to the attacker, you get beaten either way.

WHY FOUR SIDES HELP

The side wall becomes a second defender, which is exactly the shape you want a young defender to learn to use.

Block the Shooting Lane

Closing distance and blocking shots | 8 min | 2 players | Building

FIELD SETUP

- Attacker sets up 8–10 steps out from goal with 4 balls.
- Defender starts on the goal line.
- No tackling — this drill is about the block, not the challenge.

RUN THE DRILL

1. Attacker takes a touch to set up a shot.
2. Defender sprints out and gets set as the attacker's foot goes back.
3. Front the ball with a low, wide stance — do not turn away.
4. Recover to the goal line after every attempt.
5. 8 shots, then swap. Two rounds each.

COACHING POINT

Arrive stopped, not sliding. A defender still moving forward when the ball is struck gets nutmegged.

WHY FOUR SIDES HELP

Blocked shots stay in the field, so the defender must immediately react to the second ball — like a real box.

Recovery Sprint & Clear

Getting back goal-side and clearing under pressure | 7 min | 1-2 players | Building

FIELD SETUP

- Start on the attacking goal line, facing away from the goal you defend.
- A ball is placed (or played) toward your own goal.

RUN THE DRILL

1. On the call, sprint the length of the field to reach the ball.
2. Take the ball on the run — do not stop over it.
3. Clear high and wide off the far wall, then reset.
4. 6 reps with 30 seconds rest between them.
5. Round two: clear with the weak foot only.

COACHING POINT

Check over your inside shoulder while you run. The best defenders know where the attacker is before they reach the ball.

WHY FOUR SIDES HELP

A full-length sprint fits inside the field, so the conditioning happens in the same space as the technique.

1v1 Contain to Win

Winning the ball cleanly in a tight space | 10 min | 2 players | Advanced

FIELD SETUP

- Use a quarter of the field, boxed in by two walls.
- Attacker starts with the ball inside the box; defender starts adjacent.
- Attacker scores by getting out of the box under control.

RUN THE DRILL

1. Defender presses immediately to take away the turn.
2. Stay touch-tight but do not dive in on the first move.
3. Win the ball with the front foot as the attacker's touch gets big.
4. Rounds of 30 seconds, then swap roles.
5. Six rounds each. Track wins out loud.

COACHING POINT

Patience wins duels. Tackle the touch, not the player.

WHY FOUR SIDES HELP

Two walls shrink the space and force decisions faster than an open yard ever will.

Defend the Second Ball

Reacting to rebounds and loose balls | 8 min | 2 players | Advanced

FIELD SETUP

- Both players start level, 10 steps from the goal being defended.
- One ball, played hard into the wall behind the goal area.

RUN THE DRILL

1. As the ball hits the wall, both players react to the rebound.
2. Defender's job: get body between attacker and the ball first.
3. Shield, then clear off the side wall or turn out of pressure.
4. Attacker's job: score inside 5 seconds.
5. 10 reps, alternating who starts on the inside shoulder.

COACHING POINT

First step wins the second ball. Read the angle off the wall before it bounces, not after.

WHY FOUR SIDES HELP

Rebounds happen constantly inside an enclosed field, which is the exact scenario this drill trains.

Session log

Write down touches, shots and goals after every session, or log them at socceryards.com/training. Repetition is the whole point — seeing the numbers stack up is what keeps a player going back out.

Date _____ Touches _____ Shots _____ Goals _____

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