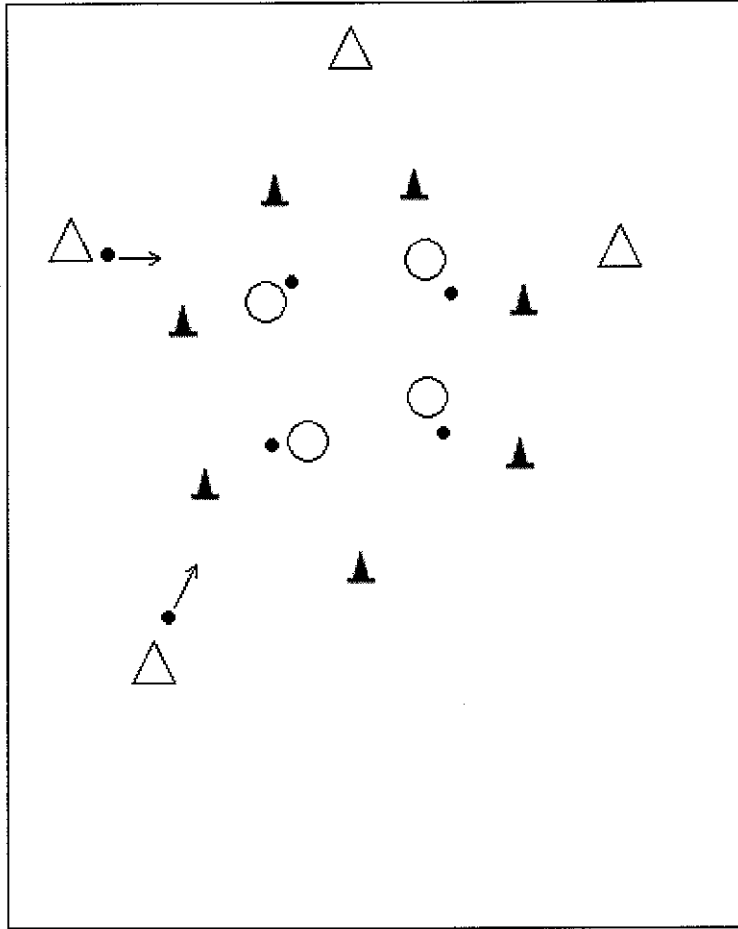


DODGE BALL



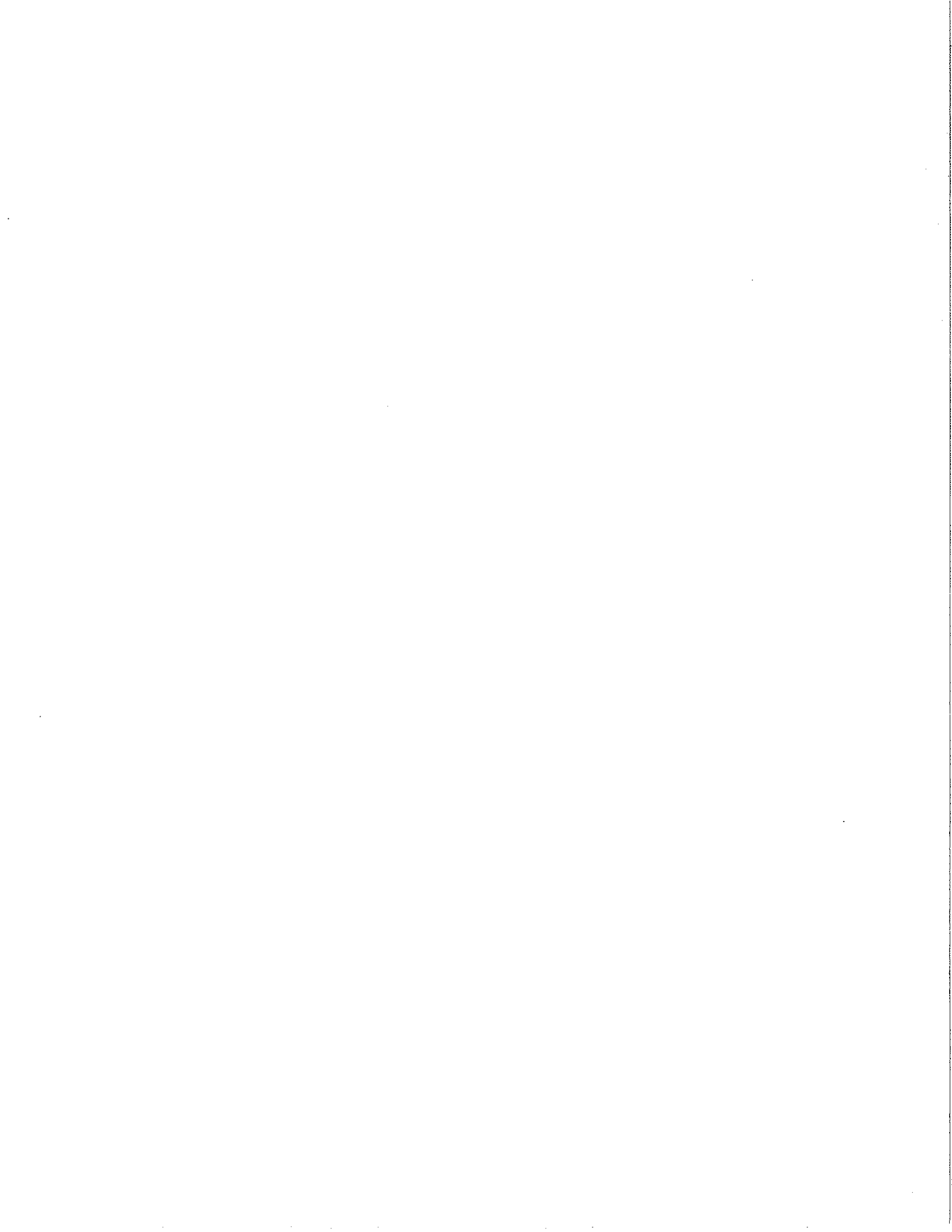
DODGE BALL- push pass and dribbling

Setup-Use cones to make a large circle.

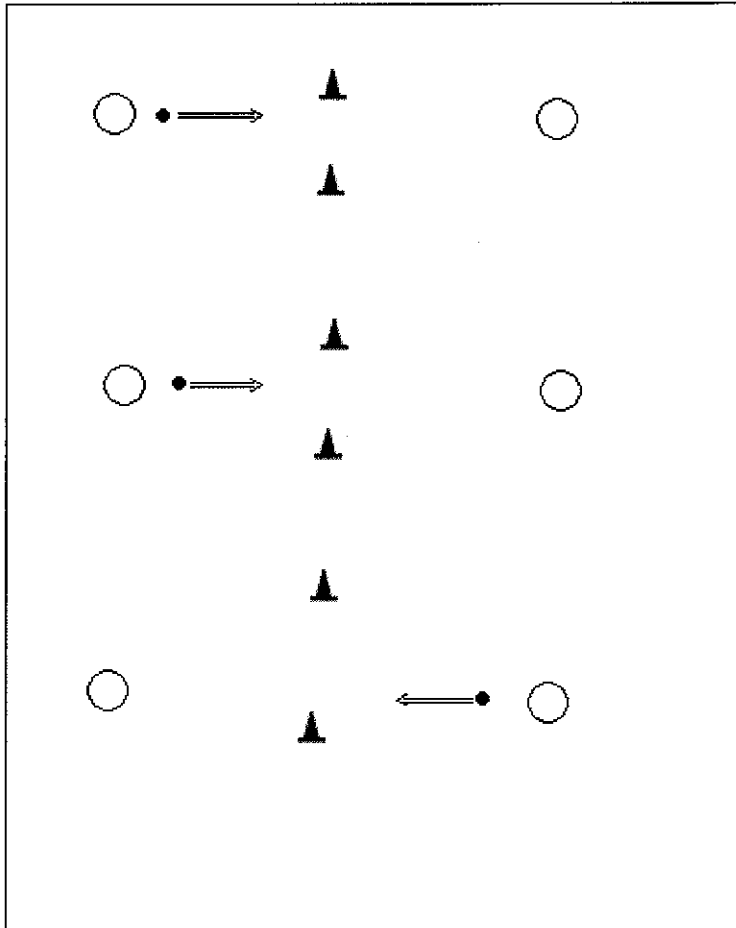
The Game- Players on the outside of the circle "push pass" the ball back and fourth to their partner who is also outside the circle and try to hit the players in the middle of the circle with the soccer ball. All passes must be on the ground.

Variations- Depending on the skill level, can start the players inside the circle without a soccer ball. Progress to players inside the circle must dribble a soccerball.

For younger players- Have parents on the outside, and turn it into a dribbling drill.



PASSING THROUGH GATES



PASSING THROUGH GATES

Setup- split group into pairs. Use cones to create gates about three yards apart.

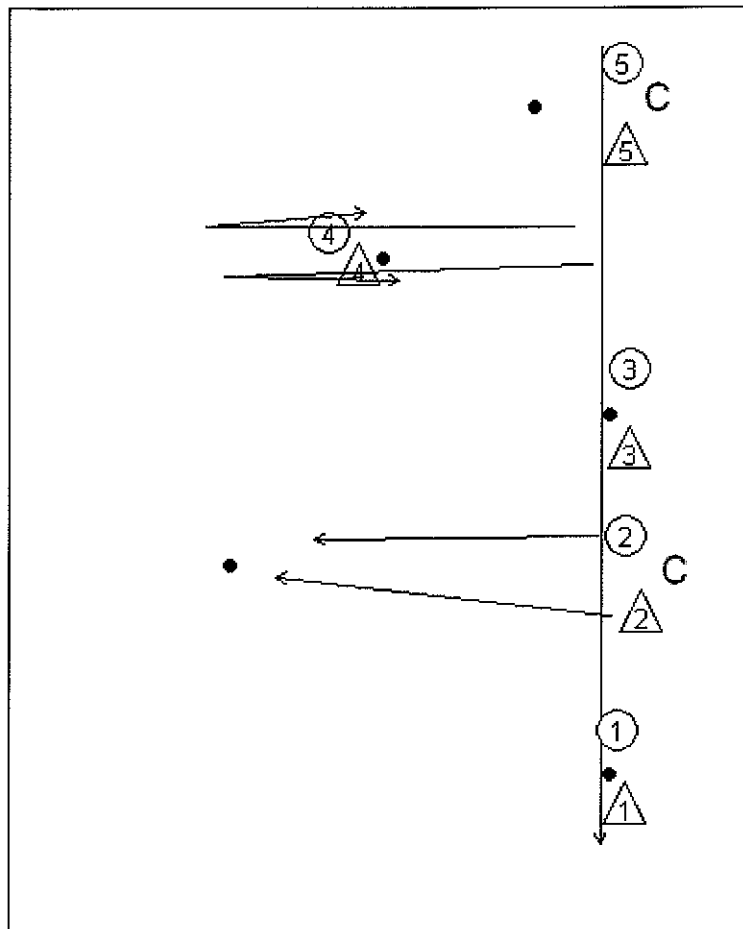
Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players

1v1 Dribbling with Fitness Twist



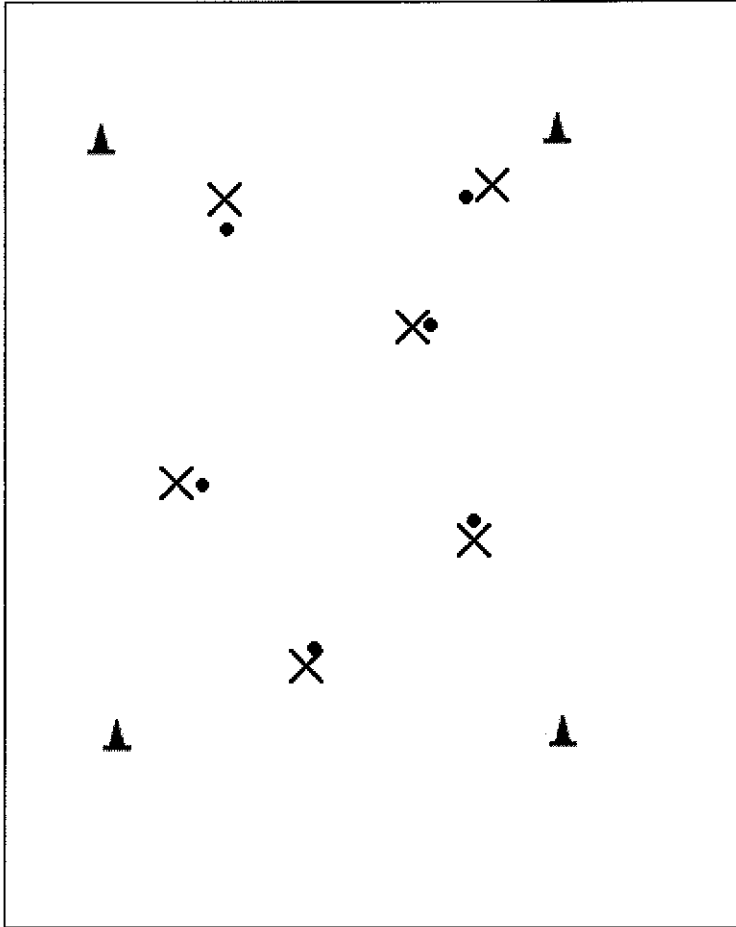
1v1 Dribbling with Fitness Twist

Set-up- Use or make a line on the field. Pair up players and have them sit indian style(legs crossed) and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them.

The Game- The coaches go around to each of the pairs and kicks the ball into the field. Once the ball is kick, the two players get up as fast as they can from indian sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again.

Player with most points wins.

NASCAR



Nascar fun dribbling drill for younger players

Set up- 4 -12 players in an area. Each with a soccer ball.

Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble there soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster

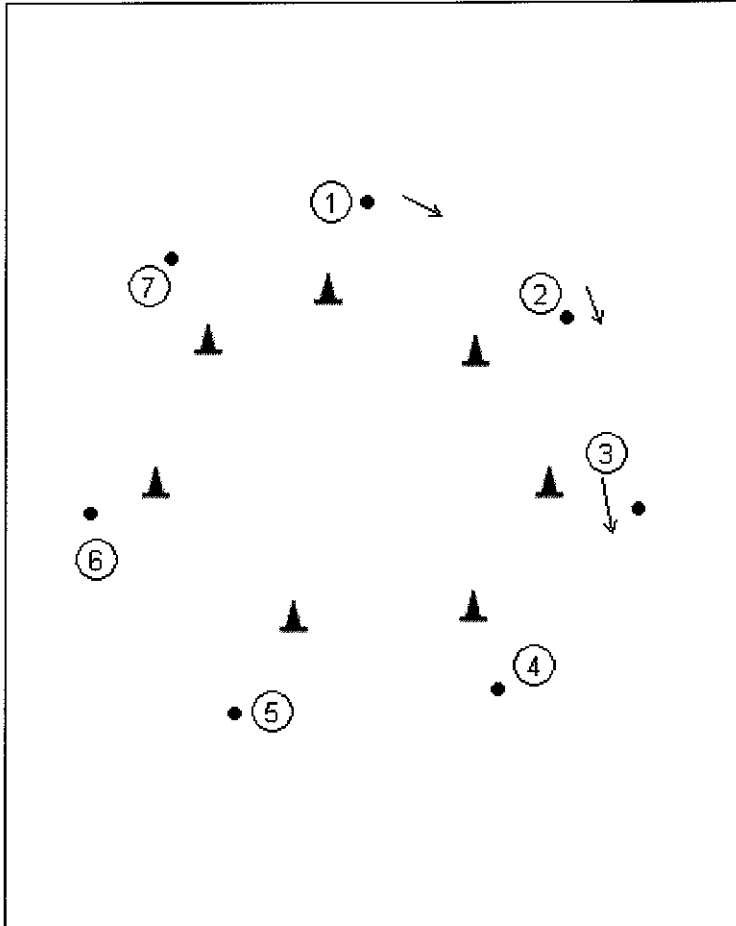
"fourth gear" - as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" haha

If two players balls touch "CRASH" -- five push-ups outside circles

Coach can yell "reverse" everyone has to reverse their race car.

SPEED RACER



SPEED RACER-Dribbling for younger players

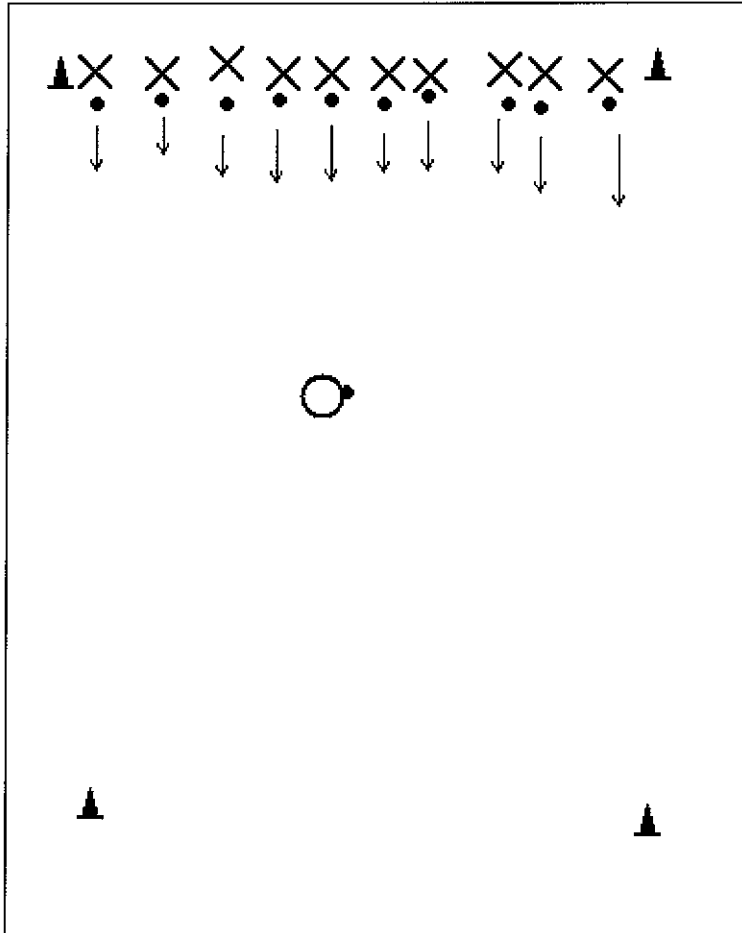
Create a large circle with cones.

Players find and stand next to Cone

On coaches whistle, the player race around the track and try to be the first one back to their cone.

Progression- tell players they can go in any direction. This will force them to keep their heads up

TAG variation



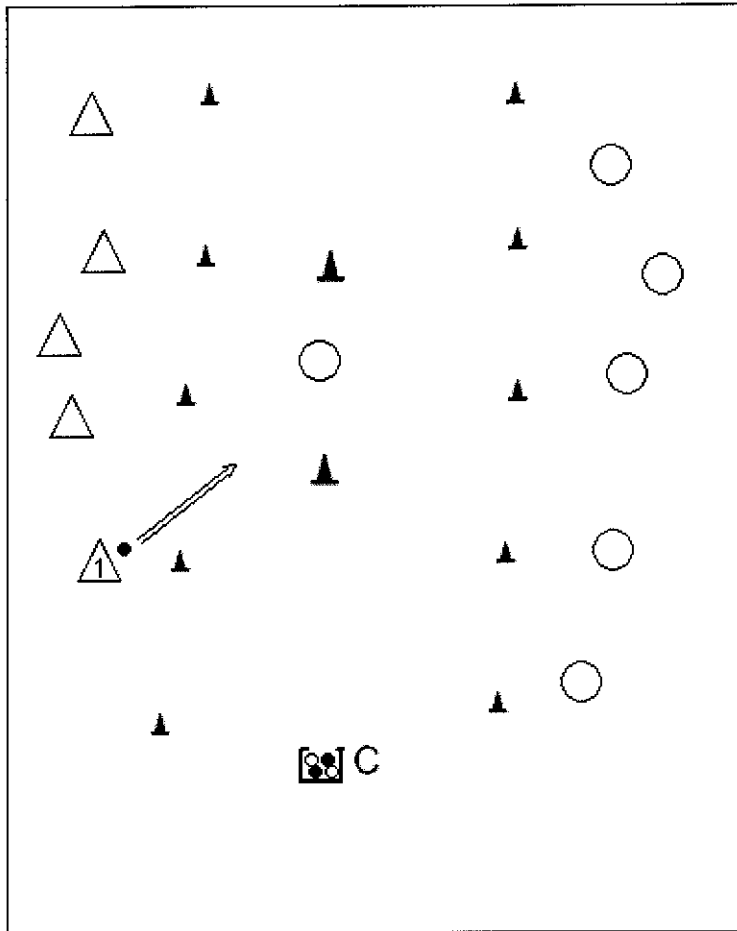
TAG- Dribbling with soccer ball (or start with no soccer balls and progress to dribbling with soccer ball)

Setup- create a grid 20 yards X 40yards. Start with one player in the middle holding a soccer ball under his/her armpit (this person is "it". The rest of the players line up one one end of the grid with a soccer ball at their feet.

The object of the game. ON THE COACHES WHISTLE, players dribble from one end of the grid to the other with out being tagged by "it". If a player is tagged they ALSO become "it". Dribblers stop when they get to the other end of the grid. In the beginning - it is 10 dribblers to one "tagger". The next time back it might be three taggers to 7 dribblers. Eventually the taggers outnumber the dribblers

COACHING POINTS - heads up, check with the ball and then explode.

THE SHOOTING GAME



THE SHOOTING GAME

Setup- create two lines about 30 yards apart. Use cones to make a goal in the middle.

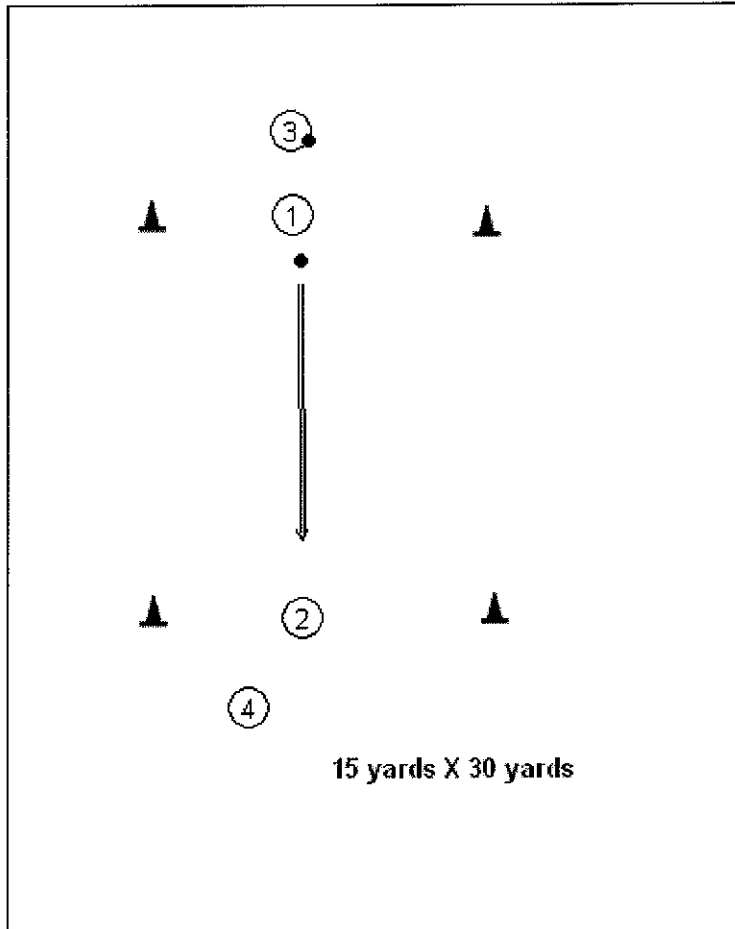
The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot, now becomes the keeper and Player 1 goes back with his team.

Eventually becomes a fast paced shooting game.

1 V 1



1 V 1

Set up a bunch of small fields / grids.
4 players at each field.

Object of the game is to dribble the soccer ball across the opposite line.

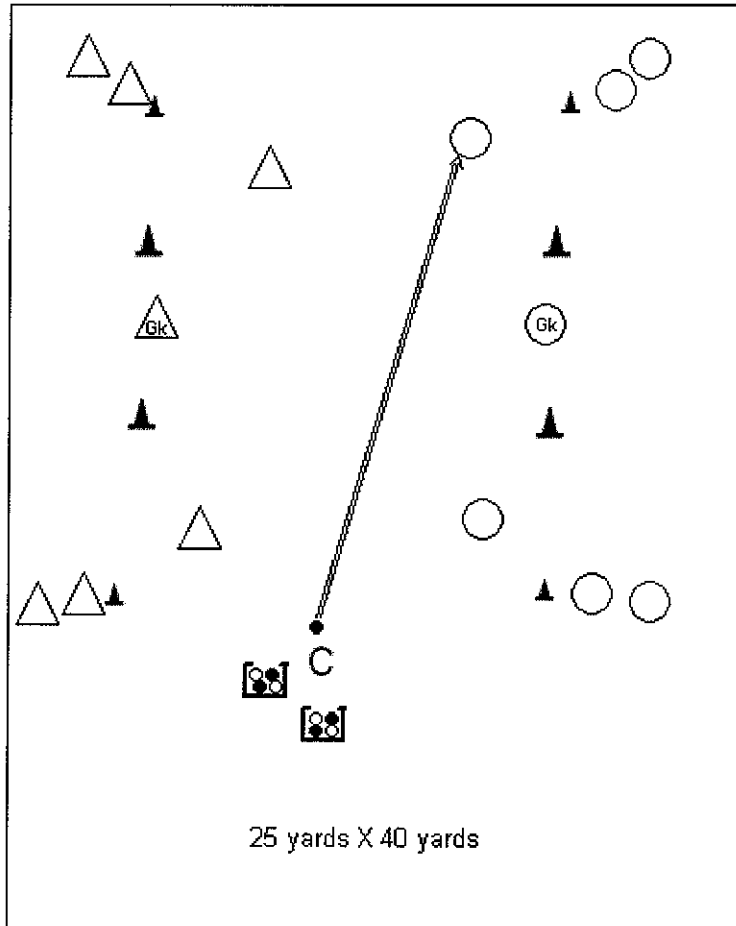
How to play- player 1 kicks ball to player 2. ONCE player 2 touches the ball, players 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

Variations- to score, player has to STOP the ball on the end line.
Play 2v2.

FOUR CORNER SHOOTING GAME



FOUR CORNER SHOOTING GAME

Setup- Field 25 X 40. Regular sized goals and goalies. Cones at each corner.

The Game- the coach serves a soccer ball to either of two far players. In this example he served it O. O can either "one touch shot", dribble and shoot, or pass to his team mate. Once there is a shot or ball goes out of bounds, the players leave the field and switch lines. Coach serves another ball to one of the far corners.

Coaching point keep the lines short and have plenty of soccer balls available

The Numbers Game

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 6 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, goals, alternate jersey, .

Setup:

Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Instructions:

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations:

Have more than one 1v1 going at the same time.
Call out two or more numbers to create a 2v2 or 3v3.

Coaching Points:

Encourage players to take on their opponent.
Encourage players to shoot when they have a chance of a goal.
Instruct the players to protect the ball when necessary.

Focus:

Technical Dribbling, Technical Turning, Technical Aggressiveness, Technical Shielding,
Tactical Attacking

Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic/high pressure situations while staying in control. It's a great warm-up to focus on dribbling with all parts of the foot.

Drill Info:

This is for ages U6, U8, U10, U12. Run this soccer drill with at least 8 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Start by making a grid approximately 20X20 yards. Split the team into two groups. Each player should have a ball. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the grid (half of the group on one side, the other half on the side next to the other group).

Instructions:

On the coaches command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Variations:

- restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

Coaching Points:

- focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- make sure players keep the ball at a close/safe distance. If the ball is too far in front of them they will most often hit another player or lose their ball.

Focus:

Technical Dribbling, Technical Turning, Tactical Vision

The Pirate Game - Curse of the Pug Net

This drill is a good drill that can be used to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.

Drill Info:

This is for ages U6, U8, U10, U12, U14, U16. Run this soccer drill with at least 8 players but no more than 20. This soccer drill should last approximately 20 minutes on a 1/2 field. Make sure you have the following equipment: cones, goals, alternate jersey, .

Setup:

Build a circle approximately the size of the center circle with a Pugg net in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions:

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pugg net in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Variations:

NONE

Coaching Points:

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.
Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Focus:

Technical Dribbling, Tactical Defending, Tactical Attacking, Tactical Support, Tactical Possession, Tactical Transition, Tactical Vision

Ouch!

This drill should be used with younger players (U6 and U8) to introduce dribbling, looking up and properly striking the ball at a target. AND IT'S FUN!

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 2 players but no more than 20. This soccer drill should last approximately 15 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball.

Instructions:

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN. * Make sure the players are striking the ball with the proper part of the foot.

Variations:

- * If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
- * Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points:

Focus:

Technical Dribbling, Technical Passing

Hitters and Dodgers

The Hitters and Dodgers soccer drill is a great warm-up and drill for younger players under 5 through under 9. This soccer drill is great for teach players to dribble and then getting their heads up to make a pass. This soccer drill is SO much fun and the younger age group players LOVE this soccer drill.

Drill Info:

This is for ages U6, U8, U10, U12. Run this soccer drill with at least 8 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".

Instructions:

Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

Variations:

None

Coaching Points:

Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.

Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

Focus:

Technical Dribbling, Technical Passing, Tactical Vision

Sharks and Minnows

This drill focuses on the U6 and U8 player and their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, alternate jersey, .

Setup:

Build a grid approximately 20X25 yards this field should be adjusted based based on the skill level and number of players participating. Each player should have a ball except for 2 sharks.

Instructions:

The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.

Guard the Castle

This drill is a great small sided game that focuses on passing in numbers up situations This is a fun drill and the kids will love it!

Drill Info:

This is for ages U6, U8, U10, U12. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 15 minutes on a small field. Make sure you have the following equipment: cones, alternate jersey, .

Setup:

Set up a grid that is 12 X 12 yards. Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle". If you do not have disc cones, a tall cone will work just as good.

Instructions:

It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

Variations:

- * Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- * If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- * Require players to complete a certain number of passes before they are allowed to knock down the castle.
- * Play 1v1 and focus on dribbling skills.

Coaching Points:

- * Instruct players to get their heads up to find the pass.
- * Make sure the players are passing the ball with proper weight on the ball.
- * Make sure players are moving about the grid in order to find open space. Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.
- * Make sure players are making the easiest decisions when passing.

Focus:

Technical Passing, Technical Receiving, Tactical Defending, Tactical Attacking, Tactical Support, Tactical Possession

The Greeting Game

This drill is specifically designed for younger players (U-6 and U-8). This drill will get the players moving, greeting each other, and a building block to introduce dribbling. Good for Camp activities for the younger players.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 10 players but no more than 20. This soccer drill should last approximately 10 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Build a grid that is 15X20 yards using cones. Each of the players get inside the grid.

Instructions:

All the players run around randomly inside the grid. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling.

Variations:

* Add Dribbling

Coaching Points:

* When dribbling, keep the ball close and don't run into other players.

Focus:

Technical Dribbling

Variations:

Players only use left foot to dribble.
Players use outside of feet to dribble.
Players use sole of feet to dribble.

Coaching Points:

Keep the dribblers under control and not panicked once the sharks get near them.
Inform players to keep the ball close within playing distance.

Focus:

Technical Dribbling, Technical Turning, Technical Shielding

Body Parts Warm-up Game

This soccer drill focuses on the younger player's dribbling skills and the ability to think quick on their feet while holding the ball close.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 2 players but no more than 18. This soccer drill should last approximately 15 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Create a grid about 15X15 yards. All the players should be inside the grid with a ball of their own.

Instructions:

The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, etc.

Variations:

none

Coaching Points:

- * Encourage players to constantly move and zig-zag while dribbling.
- * Keep Close possession.
- * Head up to avoid collisions.

Focus:

Technical Dribbling

Frogger

For U6 and U8 players. This drill will assist the younger player with dribbling under minimal pressure.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball except for 2 players who will be the FROGS.

Instructions:

All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.

Variations:

-

Coaching Points:

* Start getting the players dribbling to get their heads up to avoid the frogs.

Focus:

Technical Dribbling

Traffic Jam Dribbling Game

This game is just out right fun! The kids will have a blast playing this game. This drill is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.

Drill Info:

This is for ages U6, U8, U10, U12. Run this soccer drill with at least 8 players but no more than 20. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, flags, .

Setup:

Step off a grid approximately 30X30 yards. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid. Split the group into 4 even teams who start on the corners of the grid with 1 ball per group.

Instructions:

On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player. Once the player makes it through the traffic jam instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line. That player should immediately head towards the traffic jam with speed in attempt to get through the traffic jam first. At first don't keep score, simply let the players enjoy the close calls before playing the game. After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.

Variations:

For younger players it might be best to start with one or two players entering the traffic jam at a time.

Coaching Points:

Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.

Remind players to keep the ball close when entering the traffic area.

Focus:

Technical Dribbling

Fun Dribbling Warm-up

This is a fun warm-up game that is a great ice-breaker at the beginning of the season or the beginning of a camp to get the kids warmed up with a light, fun dribbling game. These exercises might be a bit advanced for the beginner soccer player.

Drill Info:

This is for ages U6, U8, U10, U12, U14, U16. Run this soccer drill with at least 6 players but no more than 20. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Create a grid that is approximately 20X20 yards. Organize the team into groups of two. Each group of two players needs one ball.

Instructions:

One player will work while the other player rests. Roll through each of these 3 exercises. While inside the grid, the player without the ball should stand with their legs spread apart. On the coach's command, the other player with the ball should dribble and play their ball through the legs of any of the players with their legs spread and run around the standing player and receive the ball on the other side. Each time the player successfully plays the ball between a set of legs that player gets a point. Have each player compare their score to their partner's score.

Next, have the player without the ball lay on their side. Now the player must dribble up to the player laying on their side, stop the ball, and flick the ball OVER the player laying on their side and jump over that player's legs. To avoid injury, instruct the players to ONLY approach the player from the backside. Again have the players count each time they successfully flick the ball over the human wall and compare their scores to their partner's score.

Finally, instruct the players without the ball to stretch their calf muscle by crossing their legs and leaning forward touching their hands to the ground. Their position should almost be a pushup position with their hands and feet on the ground like a bridge. Now, have the players with the ball pass the ball underneath the player making the bridge (between their feet and hands), and jump over the feet part of the bridge. Again, have the players count the number of times they successfully knock the ball under the bridge and jump over their feet. Have them compare their scores to their partner.

Variations:

NONE

Coaching Points:

- * Keep the players moving
- * Head up and aware of what's going on around them
- * Keeping the ball close
- * Using all parts of the foot to perform the exercises.
- * Have fun!

Focus:

Technical Dribbling

Extreme Tag

This is a FUN soccer drill that focuses on young soccer players dribbling skills and aids in player awareness. It is a great drill that causes players to change directions quickly to find space and avoid being tagged. This game is bit harder than Soccer Tag.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 4 players but no more than 12. This soccer drill should last approximately 10 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Create a grid approximately 20X20 depending on the number of players. Each player should have their own soccer ball.

Instructions:

With this drill, the players are dribbling around in the grid trying to avoid a tag from the other players. However, the tag must be made below the players knee in order to receive credit for the tag. Each successful tag below the knee will result in a point being awarded to the tagging player. If the player gets tagged, a point is subtracted from their total. The first player to 5 wins that round. Play a couple rounds depending on the length of time each game takes.

Variations:

NA

Coaching Points:

Make sure players are dribbling with their head up

Instruct players to find open space.

Players will want to leave their ball when being chased, so make sure the players keep their ball in close control.

Make sure the kids have FUN!

Focus:

Technical Dribbling

Monster Turns

This drill focuses on the U6 and U8 players dribbling skills. The added pressure allows the players to turn away from pressure while remaining in control of the ball.

Drill Info:

This is for ages U6, U8. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 15 minutes on a small field. Make sure you have the following equipment: cones, .

Setup:

Create a 20x25 yard grid. Adjust the size of the grid based on the number of players and the skill level of the players. All players should be in the box with a ball and 2 coaches will be the "Monsters" in the game.

Instructions:

Have the players dribble in the grid. To receive a point a player must dribble at the monster, execute a turn to get away from the monster without being tagged by the monster. Play for 30-45 seconds and play again and have each player to attempt to beat their own score.

Variations:

Use sole of foot to turn
Use inside of foot to turn
Use Outside of foot to turn

Coaching Points:

Players should keep the ball close within playing distance.
Players should accelerate to get away from the monster.

Focus:

Technical Dribbling, Technical Turning