

LEGEND



Player



Attacker



Defender



Coach



Goalkeeper



Cone



Goal



Player Movement



Pass or Shot



Player Dribbles with Ball

DYNAMIC WARMUP

Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run



DRIBBLING DRILLS

BRING IT HOME

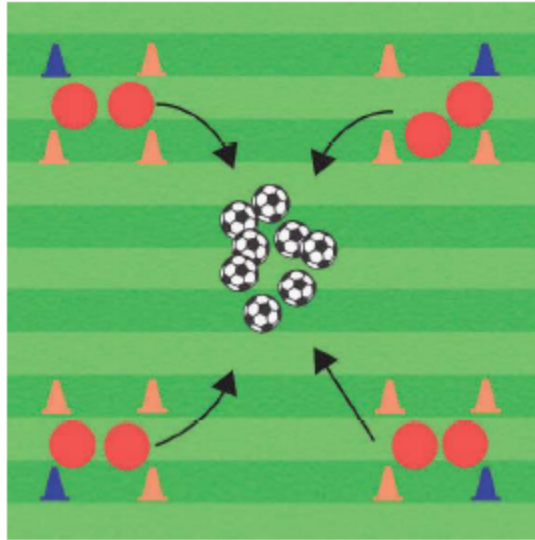


PURPOSE:

Young players learn to secure the ball and dribble it under control to a specified area.

SETUP:

Create a 15 yard wide by 20 yard long grid and then create a 4 yard by 4 yard square in each corner. Put all the balls in the center of the grid.



Players secure a ball and dribble it back home,

INSTRUCTIONS:

1. Divide players into four teams and assign each team a corner square.
2. Coach blows whistle or says "go."
3. Players rush to center of the field, secure a ball and dribble it back to their home square.
4. Once all the balls are gone players can steal from other teams.
5. Team that ends up with the most balls wins.

COACHING TIPS:

- Encourage cooperation among teammates.
- Another way for players to get a ball back to their home square would be to pass it to a teammate by pointing the toe to the side and striking the ball with the inside of the foot.

DEMOLITION DERBY

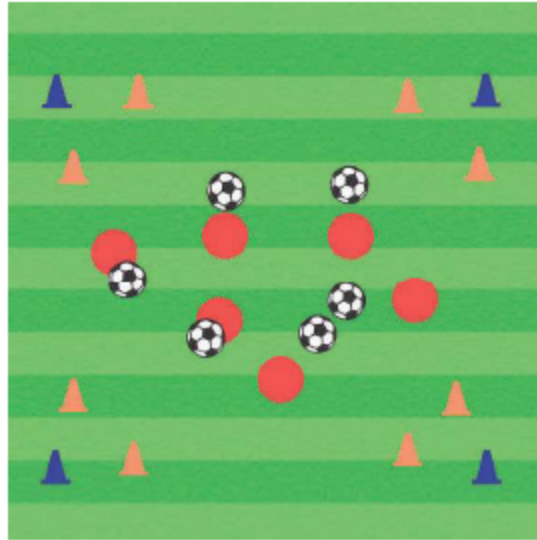


PURPOSE:

Dribblers must protect their own ball while also trying to steal balls from other players.

SETUP:

Create a 15 yard wide by 20 yard long grid and put a goal in each corner.



Players must protect their ball while also trying to steal balls and score.

INSTRUCTIONS:

1. All players are on the field with a ball.
2. Coach says "go" or blows whistle.
3. Players protect their soccer ball while trying to kick the other soccer balls into one of the 4 goals.
4. If a player's ball gets stolen and kicked into a goal, that player must do 5 toe taps before they can get their ball from the goal and re-enter the game.

COACHING TIPS:

- Players should use soft touches (baby touches) with the outside and inside of their foot to keep the ball close and protected from other players.
- Players should use longer touches with the laces when they need to get away from another player.

RACE TO THE BALL

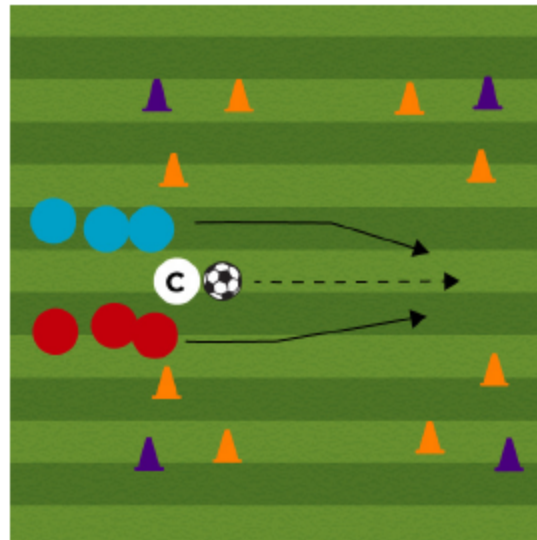


PURPOSE:

Young players learn to dribble around and past defenders.

SETUP:

Create a 15 yard wide by 20 yard long grid and put a goal in each corner.



Players race to gain control of the ball and then score.

INSTRUCTIONS:

1. Divide players into two lines along the sideline. Coach stands in-between the lines.
2. Coach serves a ball onto the field and the first player in each line race to gain control and score it in one of the goals on the field.
3. After a goal or 15 seconds, play is over.

COACHING TIPS:

- Players should use the inside, outside or bottom of the foot to turn the ball, change direction and go to another goal away from the defender.



PASSING & RECEIVING DRILLS

ENDLINE PASSING

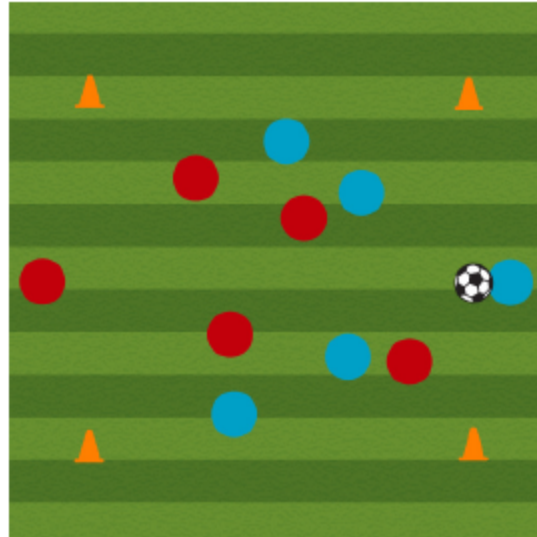


PURPOSE:

Improves passing and receiving skills as well as the ability to spot and execute a through-pass.

SETUP:

Create a 20-yard square playing area.



First team to get all its players on the endline wins this drill.

INSTRUCTIONS:

1. Divide players into two teams. Put one player from each team at opposite endlines. The remaining players go into the field.
2. Object is for players in the field to get the ball and pass it to their teammate at the endline.
3. When this is accomplished the passing player joins the teammate at the endline.
4. First team to get all of its players to the endline wins.

COACHING TIPS:

- For a pass to count as successful it must be controlled by the player at the endline.
- As players get more familiar with the drill making the playing area smaller is a great way to get them to play faster and pass more accurately.

KEEPAWAY

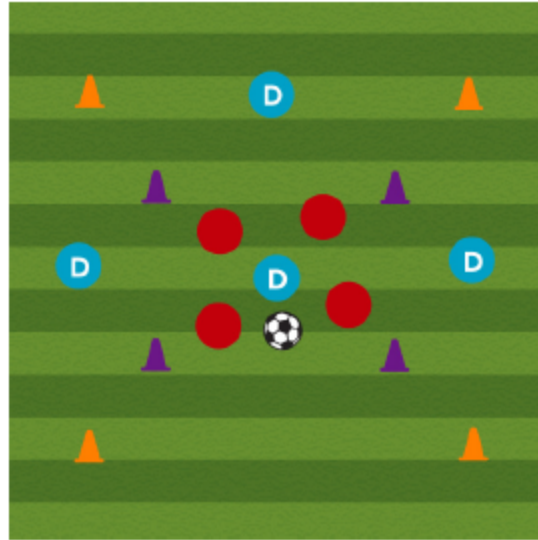


PURPOSE:

This drill focuses on the core skills of ball control, passing/receiving, support play and ability to keep possession.

SETUP:

Create a 20-yard square. Then mark out a 15 yard square within it.



Offensive players pass the ball while a growing number of defenders try to gain possession of it.

INSTRUCTIONS:

1. Divide players into two teams. The passing team plays in the smaller area while the other team, the defenders wait outside in the larger area.
2. The game begins with one defender entering the smaller playing area and trying to take the ball away from the passing team.
3. After 30 seconds, a second defender is added to make the game 4v2. Thirty seconds later, a third defender and so on.
4. Count the number of successful passes the passing team makes in two minutes. The teams then switch roles.

COACHING TIPS:

- Encourage passers to scan the pitch before making a pass.
- A receiver's first touch should be away from pressure.

PASSING PAIRS

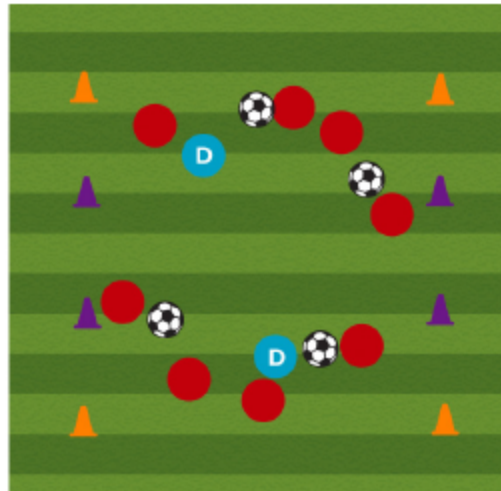


PURPOSE:

Players practice their passing and receiving skills while protecting the ball from active defenders.

SETUP:

Create a 15 yard wide by 20 yard long grid. Put a goal at each end.



Pairs of players pass the ball while defenders try to steal it.

INSTRUCTIONS:

1. Divide players into pairs and select one pair to be on defense. All pairs but the defensive pair get a ball.
2. Offensive pairs pass the ball back and forth while the defenders try to steal the ball and score a goal.
3. Offensive players can steal the ball back from the defensive player.
4. If a defender puts a ball into the goal, that passing pair become defenders.

COACHING TIPS:

- On short passes, players should be using the inside of the foot with toes pointing up. On long passes, players should use the laces with the toe pointing down.
- To receive a pass, the player should use the inside of the foot with toe pointing up. He or she should strive to softly cradle the ball with the foot.

PASSING & RECEIVING DRILLS

DRILL #9 – INSIDE THE FOOT

Skill Level: Beginner

Purpose:

This is the primary passing area used by soccer players and should be learned properly at an early age.

Setup:

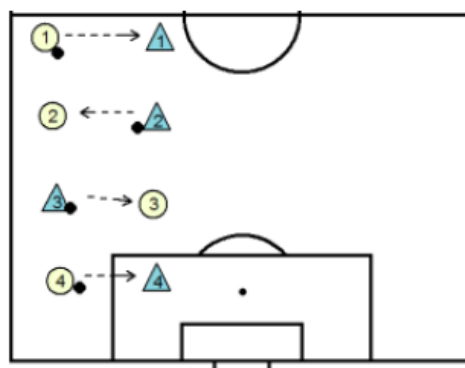
Have two rows of players line up across from each other about 8 to 10 yards apart, depending on their skill level.

Execution:

1. With the players facing each other, they must pass the ball back and forth, focusing on: passing the ball using the instep of their foot and stopping the ball for ball control.
2. Have the players complete 10 passes each back and forth.
3. To provide them with more experience with different players, have one line rotate so they have the chance to pass with other players.

Coaching Tips:

- This is a basic skill to learn for younger players (nonetheless important), and the drill itself is just as basic.
- Players will soon learn the appropriate area they need to contact the ball and continue working on pass reception and ball control.



Players will learn the basics of passing the ball using the proper foot technique.

DRILL #10 – HIT THE RUNNER

Skill Level: Beginner

Purpose:

This is a similar drill to long pass control and learning to pass receive on the run, but this one focuses on how to pass properly to players that are running.

Setup:

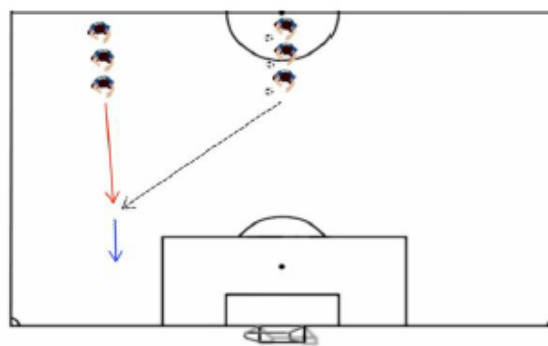
Two lines - one with passers and one with runners. You can have two separate groups for this if you have the numbers.

Execution:

1. Explain that each player needs to lead the runner with the pass in order for them to get it in stride.
2. Show them how much harder it is to receive the ball if it is behind you than in front of you.
3. As the runner takes off, the player will have to try and gauge the speed of the runner and send a pass to that player.
4. The runners should try and vary their speed - not always running as fast as they can, but sometimes just jogging and other times maybe just standing still in the line.

Coaching Tips:

- Although the focus of this drill is passing, it is beneficial to make sure the runners are also working on their pass control skills by stopping the ball and gaining control.



As the marbles game helped players learn stationary accuracy, this drill will help them learn to pass accurately to a player that is moving.



SHOOTING DRILLS

CORNER ATTACK

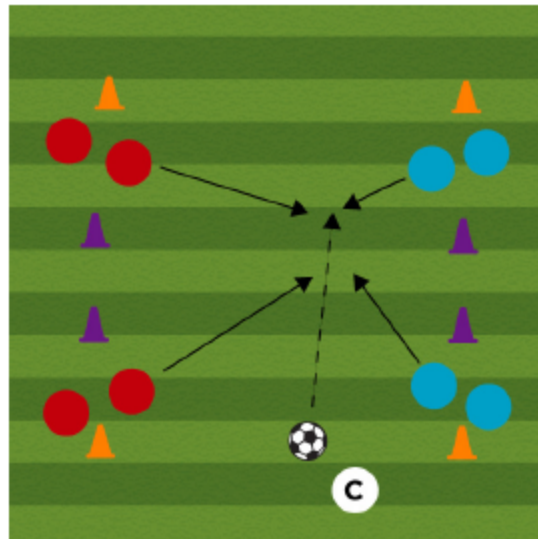


PURPOSE:

Players get familiar with shooting off the dribble and with making moves to get open for a shot.

SETUP:

Create a grid that is 15 yards long by 20 yards wide. Put a goal at each end.



Teams play 2 vs. 2 in this shooting drill.

INSTRUCTIONS:

1. Divide players into two teams. Then divide each team into two lines – one in each field corner of the goal the are defending.
2. Coach is at midfield with all the balls. Coach serves a ball to one of the corners and first player from each line runs onto the pitch to play 2 vs. 2.
3. Play ends on a goal, shot or out of bounds and next four players go.

COACHING TIPS:

- Players should be running fast with the ball and using both long and short touches. They should also have their heads up scanning the field.
- When a player gets past a defender they should touch the ball in the direction of the goal to set up their shooting foot for an accurate kick.

DRILL #24 – THE BIG KICK

Skill Level: Beginner

Purpose:

Players should learn the proper shooting technique early on so they can build power as they gain experience with the game.

Setup:

You need a couple of nets or goals and two lines of players equipped with balls.

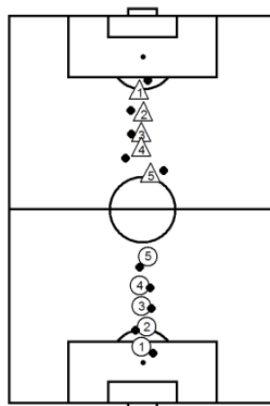
Execution:

1. Show the players how to go through the proper shooting form by planting foot, creating a contact point and then following through.
2. Have the players do this and get them to kick the ball at the net. Most younger players will want to try and kick the ball hard, but get them to slow down and try to keep things under control so they can learn to kick properly.
3. You can ensure the players that they will learn to kick it harder once they learn how to kick it properly.

Coaching Tips:

Ultimately this is a drill that teaches kids the fundamentals of shooting the ball. Power and accuracy will come down the road.

Often times, younger players will simply stride into the ball when they are running in order to kick it. While the intent is good, learning to do this properly starts with learning the proper stationary kick.



This simple drill helps players learn to control their kick and shot towards the net.



DEFENSIVE DRILLS

CLOSE DOWN

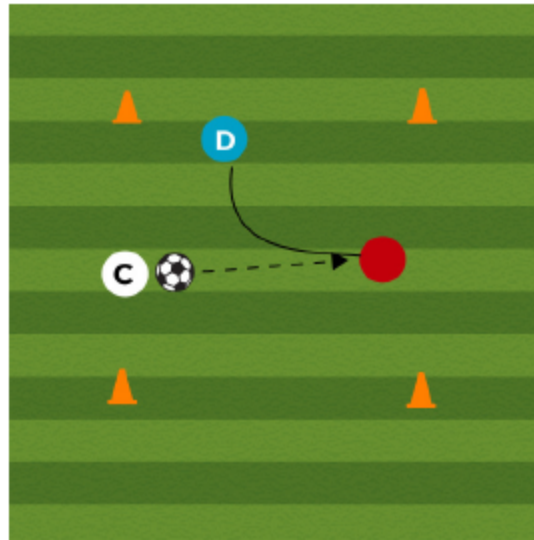


PURPOSE:

Defenders work on stopping an attack when outnumbered.

SETUP:

Create a grid that is 20 yards long by 10 yards wide.



Defender closes down on offensive player after he receives a pass.

INSTRUCTIONS:

1. There is a server, a receiver and a defender. The coach can be the server if need be.
2. Coach serves the ball to the receiver and defender rushes in and closes down on receiver attempting to prevent the return pass to the server.
3. The defender only moves after the receiver has touched the ball.

COACHING TIPS:

- On the close down, defender should start with good strides and end with short steps.
- Defender should also show the attacker the side he wants him to go, which would be toward the defender's best foot.

STOP THE ATTACK

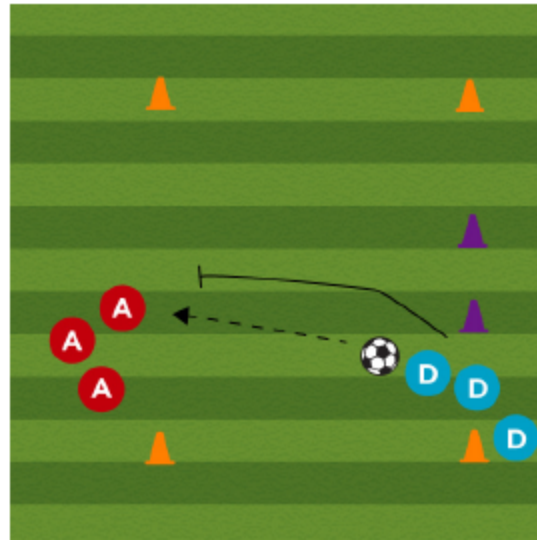


PURPOSE:

Defenders practice individual tackling and defensive skills.

SETUP:

Create a 20-yard square with a goal at one end.



Defender closes down on attacker and tries to prevent him or her from getting a shot off.

INSTRUCTIONS:

1. Put a line of defenders by the goal and a line of attackers at the opposite endline.
2. First defender serves the ball to first attacker and they go one-on-one as the defender tries to stop the attacker from shooting on goal.
3. Defender wins if he or she steals the ball or keeps the attacker from shooting for 10 seconds.
4. Attacker gets a point if they can get a shot at goal.
5. Attacker goes to defender line and defender goes to attacker line.

COACHING TIPS:

- The defender should be trying to "jockey" the attacker – that is, prevent the player from playing forward or sometimes sideways by keeping in front of him or her and by keeping the body between the attacker and the goal.

2 V 1 TO THE GOAL

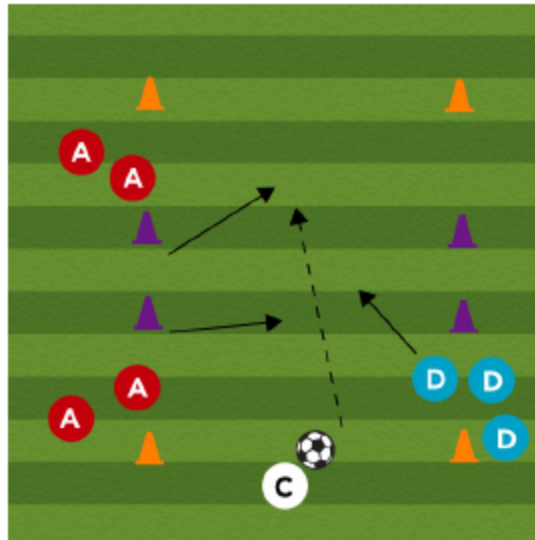


PURPOSE:

Defenders work on stopping an attack when outnumbered.

SETUP:

Create a grid that is 15 yards long by 20 yards wide. Put a goal at each end.



One defender attempts to stop two attacking players from scoring.

INSTRUCTIONS:

1. Divide players into three lines – two attackers and one defender.
2. Coach serves the ball onto the field and first person from each line runs out and plays.
3. Players play 2 vs 1 until a goal is scored or the ball goes out of bounds.
4. Switch attacking and defending lines after a period of time.

COACHING TIPS:

- Keys to defending in a 2 vs 1 situation include: defensive player should “hold the center,” delay by playing the passing lane and the press when the time is right.
- If the defender gets a chance to win the ball, they should take it.



GAME DRILLS

4 V 4 GAME

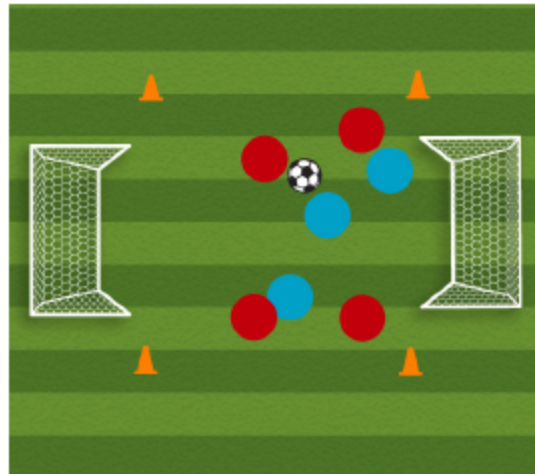


PURPOSE:

Players practice defending as well as dribbling, passing and shooting.

SETUP:

Mark off two playing fields that are approximately 15 yards wide by 20 yards long. Put a goal at each end.



Two teams play 4 on 4.

INSTRUCTIONS:

1. Divide your players into teams of three or four and play a scrimmage game. You can play on two fields or have all of your players on one field depending on how many you have.
2. Play for 10 minutes.

COACHING TIPS:

- Defenders should be in a good defensive stance – with a low center of gravity (knees bent, butt lower) and their arms out.

SCORING ZONE SCRIMMAGE

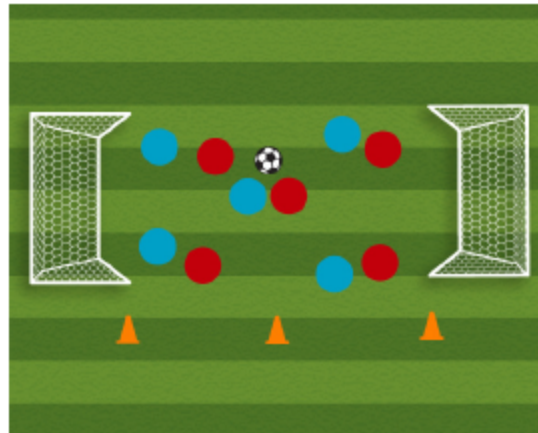


PURPOSE:

Players practice defensive and offensive fundamentals in a game-type situation.

SETUP:

- Mark off a grid that is approximately 20 yards long by 20 yards wide. Put a goal at each end. You can make the goal using cones if needed.
- Put a cone at the half line. Also put a cone on the sideline



Players divide into two teams and scrimmage against each other.

INSTRUCTIONS:

1. Divide your players into two equal numbered teams.
2. There are no goalies.
3. Players can only score from the scoring zone which is from the cone to the goal it is in front of.

COACHING TIPS:

- Require all players to defend, play tough defense and block shots.
- Good off the ball defending comes down to two things: staying in a good position and the defender staying with their man
- On offense, players must play together using effective passing and dribbling and off-the-ball movement to get the ball into the scoring zone. Only within that zone can shots be taken.