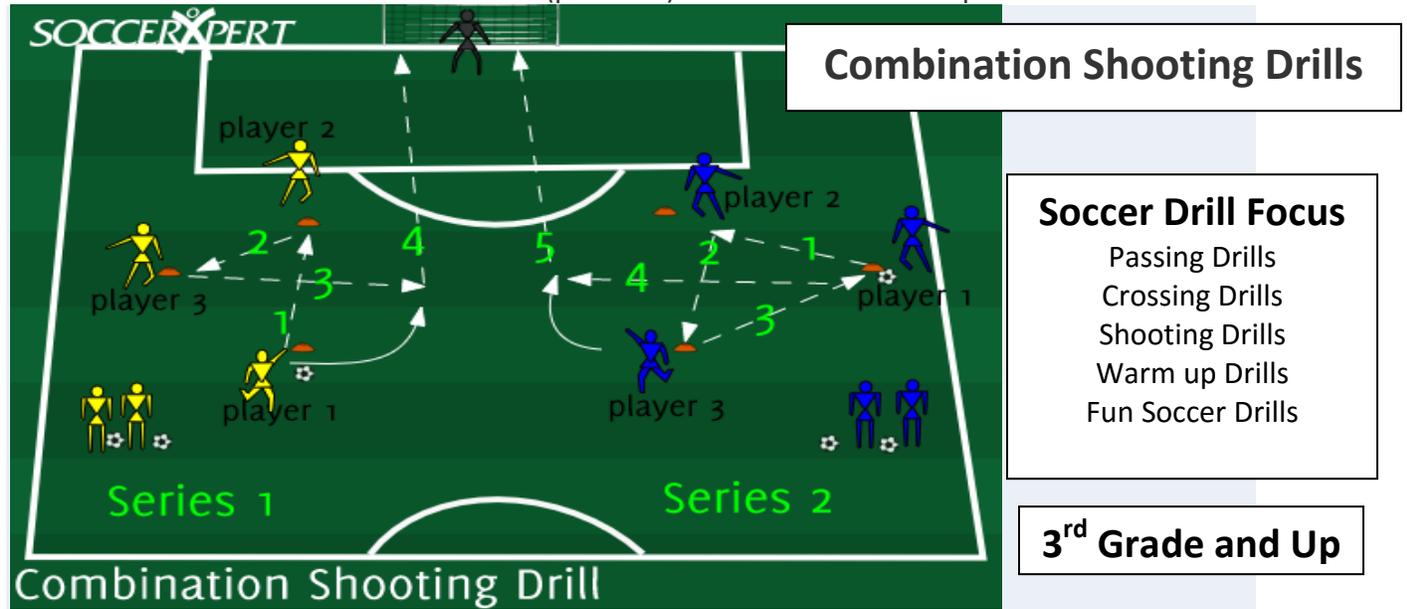


Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.

Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.



Setup

Create two fairly small triangles about 15 yards from each other and approximately 5 yards outside the penalty box. You can adjust the distance from the goal based on the age and skill level of your players.

Place a player on each cone with the remaining players lined up outside of the triangle area. You will only need a large supplies of balls per triangle.

Instructions

COMBINATION SERIES 1

Player 1 starts the first series by passing to player 2.
Player 2 passes to player 3.
Player 3 lays a ball into space near the top of the penalty box where player 1 can hit a first time shot on goal.

COMBINATION SERIES 2

Player 1 passes to player 2.
Player 2 then passes to player 3.
Player 3 returns the ball to player 1.
Player 1 lays off a ball into space for player 3 to hit a first time shot on goal.

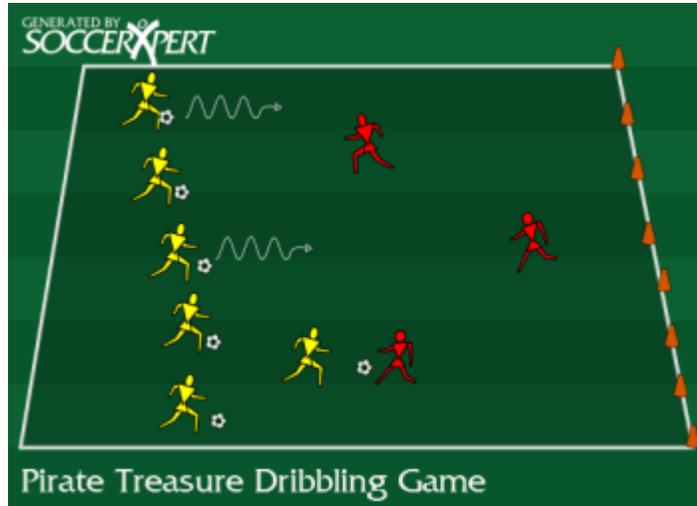
Variations

Switch sides the players shoot so players are shooting left and right footed.
Be creative and make up other combinations as they are limitless.

Coaches, focus on the following

Good passing combination to feet while playing in 1 touch.

Good fluid movement keeping the body under control
Finishing with a shot on target.
Focus on body mechanics when striking the shot



Soccer Dribbling Game – Pirate Treasure

Soccer Drill Focus

Dribbling Drills
Warm up Drills
Fun Soccer Drills

3rd Grade and Up

Setup

Create a grid about 30X30. Set up about 10 tall cones (the treasure) along one side of the grid. On the opposite side have each player (the pirates) start with a ball. 2-3 players will start inside the grid with an alternate color jersey on. They are defending the treasure (tall cones) along the side of the grid.

Instructions

On the coaches command, the pirates attempt to dribble past the defenders in attempt to take the treasure.

To take the treasure the players must knock down the cone with the ball.

Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball.

If the pirates lose the ball by the defenders, they must start back over at the original starting point.

Variations

Reduce or increase the size of the grid and/or the number of defenders based on age, skill level, and number of kids.

Coaching Points

Keep the ball close and in control.

Pick head up while dribbling so they can see where the defenders are.

Explode past the defenders and dribble with speed.



Circle keep-away passing game

Soccer Drill Focus

Passing Drills
Receiving Drills
Possession Drills
Defending Drills
Fun Soccer Drills

3rd Grade and Up

Setup

With cones, mark off a circle. Have each of the players position themselves just inside the circle, with 2 designated players in the middle holding a yellow penny (alternate colored jersey) in their hands.

Instructions

The two players in the middle will act as defenders while the rest of the players around the circle will play keep away from these defenders.

Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball to the defender. In this case, the current defender would just drop their yellow penny and join the attackers. The new defender will grab the yellow penny and hold it in their hand.

If the pass goes outside of the circle, the player that made the bad pass, or the player that did not properly trap the ball will take the place of the defender that has been in the middle the longest.

If the attacking players are able to put together 10 passes make the defenders do a quick lap around the circle (Lap of shame as we call it) or some other form of quick and fun punishment. The attacking players can move about the circle.

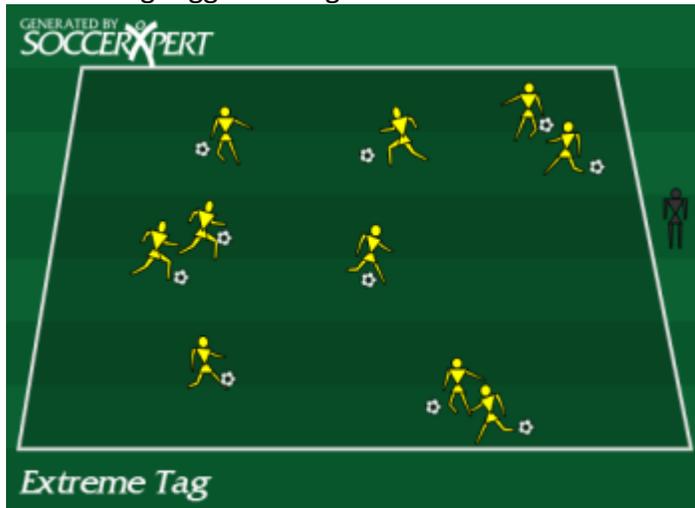
Variations

Change the size of the circle to fit your players age and skill level. Make the grid smaller to make the game harder for the attackers to keep possession, or make the grid larger to make the game a bit easier for the passers.

Make the circle smaller for tighter and quicker passing.

Limit the number of touches.

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.



Extreme Tag

Soccer Drill Focus

Dribbling Drills
Fitness Drills
Warm up Drills
Fun Soccer Drills

3rd Grade and Up

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 player's 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

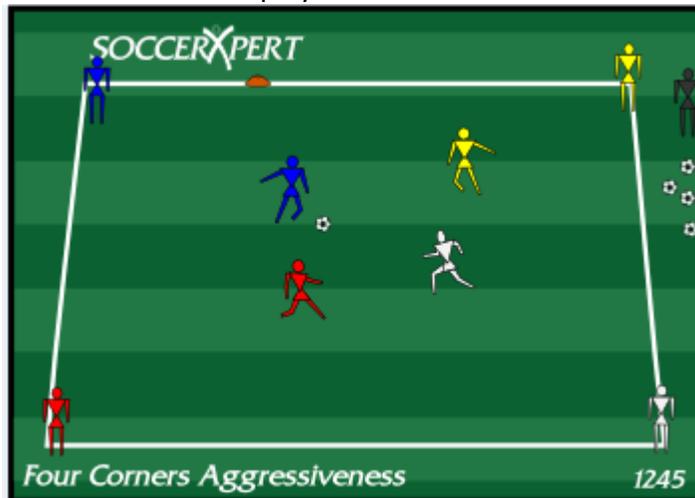
Make sure players are dribbling with their head up

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!

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.



Four Corners Aggressiveness and Fitness Drill

Soccer Drill Focus

Dribbling Drills
Receiving Drills
Fitness Drills

3rd Grade and Up

Setup

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

Instructions

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

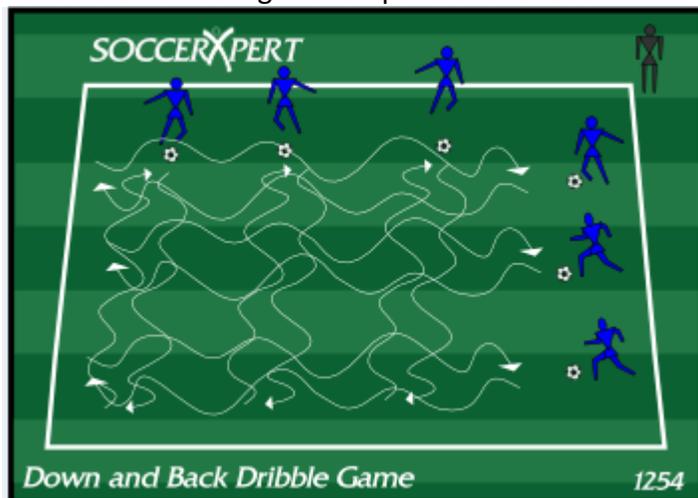
Variations

The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.

Coaching Points

Players should be taught to go after the ball aggressively with speed, determination and vigor.

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.



Down and Back Dribbling Game

Soccer Drill Focus

Dribbling Drills
Warm up Drills
Fun Soccer Drills

3rd Grade and Up

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 coach's 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)

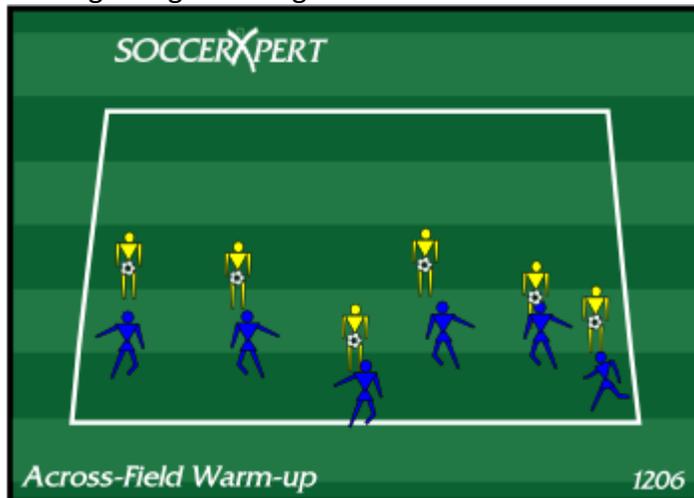
Have the player turn or cut when they reach the opposite side of the grid

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.

This soccer drill is mainly focused on technical skills during warm up. This is a great drill to do at the beginning of each game.



Across-Field Warm-Up

Soccer Drill Focus

Passing Drills
Receiving Drills
Heading Drills
Warm up Drills

3rd Grade and Up

Setup

Players are divided into pairs with 1 ball for each pair. Player 1 stands along the touchline, while player 2 starts about 5 yards away facing their partner. Player 2 will start with the ball.

Instructions

The player 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player 1 jugs forward and receives the ball and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

Volley the ball back to the thrower with the inside of the foot - alternating right and left.

Volley the ball back to the thrower with the instep (shoe laces) - alternating right and left.

Trapping the ball with the thigh and returning it to the thrower.

Trapping with the chest and returning it to the thrower.

Heading back to the thrower – should make the receiver do jumping headers as well.

Variations

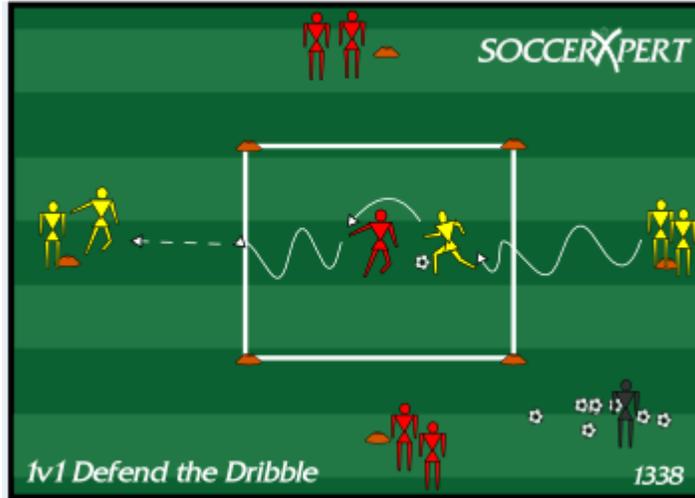
Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

Coaching Points

Good body positioning behind the ball.

Controlled touches before playing the ball back.

Getting a good warm-up.



1v1, defending the dribble

Soccer Drill Focus

Dribbling Drills
 Defending Drills
 Attacking Drills
 Fun Soccer Drills

5th Grade and Up

Setup

Create a 10X10 grid with a cone placed 10 yards from the grid from each side.

Split the team evenly into 2 groups with alternate jerseys (red/yellow).

Line up each team on two of the cones on opposite sides of the grid facing the middle square.

Place one defender inside the middle grid. In our soccer drill diagram, the red player starts as defender, and the yellow team is the attacking team.

Instructions

The attacking team dribbles at the defender and attempts to dribble through the other side of the grid by beating the middle defender.

If the player successfully makes it through the grid and out the other side by dribbling, he then plays to the first player in the line he is facing.

This next player again takes on the defender in the middle.

If the defender wins the ball, or the ball is knocked out the sides of the grid, the player losing the ball becomes the defender.

The player who won the ball or forces the player out of bounds passes the ball to a teammate in line who now attacks the new defender in the middle in attempt to get through to the other side and pass to the next player in line.

The pace of this drill must be very fast and encourage players to take advantage of an off balanced defender.

The defender will have to transition quickly in order to get out of the middle.

Coaching Points

When defending 1v1's in soccer it is very important to focus on the following key elements:

Staggered stance with toes at a 45 degree angle.

Bent knees with weight on the balls of the feet.

Chest leaning over the toes.

Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).

Ability to shuffle quickly.

Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards

Remember that the player closest to the attacker should be the player pressuring the ball.

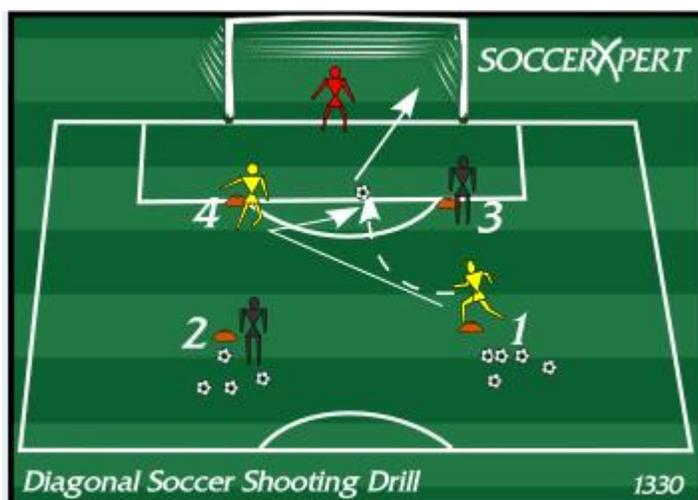
Players should sprint to close down space as quickly as they can, then when they get 5 yards from the attacker they should slow down and take steps backwards to match the pace of the attacker. During this time, the defender should slowly close down the space between the attacker and defender. Often proper pressure will cause the attacker to lose the ball.

One way to have players recall the proper way to defend is by the term "Quick, Slow, Sideways, Low".

Quick refers to the defender speed while closing down the attacker with the ball. This should be done at full speed sprint and note that it is often best to close down the ball when the ball is in flight.

Slow refers to the defenders ability to change of speed and direction required to start moving in the same direction of the attacker.

Sideways refers to the body positioning often used when defending. The defender should turn their body in a 45 degree angle to create the largest amount of defensive area.



Diagonal Soccer shooting

Soccer Drill Focus

Attacking Drills
Shooting Drills
Fun Soccer Drills

5th Grade and Up

Setup

Create a 10X10 grid just beyond on the edge of the 18 yard box. Divide the team into 2 lines on the far cones facing the goal. One player from each line steps to the cone near the 18 (this player becomes the player that lays the ball off to the player on the cone farthest from the 18).

Instructions

Player 1 passes a diagonal ball to player 4, player 4 has a touch and lays the ball off into space for player 1 to run onto the ball and hit a first time strike on goal. The shooting player (player 1) takes the place of the player that set up his shot (player 4), and player 4 shags the shot and switches lines.

Next, Player 2 passes a diagonal ball to player 3. Player 3 lays the ball off to player 2 who shoots first time on goal. Player 2 becomes the target player; the target player (player 3) shags the shot.

Make sure the players switch lines so they shoot with both feet.

Variations

Have the target player pick up the balls and toss them in the air for the shooting player to volley or half-volley

Coaching Points

Good controlled approach on the ball
Plant foot in good spot next to the ball
Shoot with the appropriate foot
Hit the ball on target

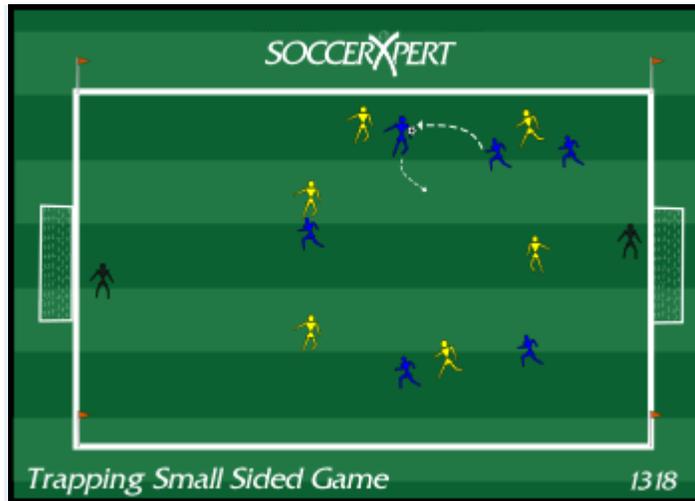
Coaching Points

Clean, crisp passes.

Good first touch into space or towards the next pass.

Good communication.

Have fun.



Soccer Control and Trapping

Soccer Drill Focus

Receiving Drills
Fun Soccer Drills

5th Grade and Up

Setup

Create a grid that is approximately 40X60 yards with goals on each end. Split the teams into 6v6 and place a goalkeeper in each goal.

Instructions

This is not your normal 6v6 game as this game is played with your hands. The play should follow this order: 1) player throws to a teammate 2) the teammate (receiving player) must control the ball to the ground 3) the receiving player then picks up his trapped ball and throws to a teammate. Players are not able to run while holding the ball. The opposition should attempt to intercept the ball by controlling the ball out of the air, or picking up a poorly trapped ball from the other team.

A goal can be stored at anytime from anywhere within the grid as long as the shot is taken from controlling the ball to the ground.

Variations

Change up the play by allowing players to 1) throw to a teammate; 2) teammate controls the ball to the ground; 3) then he passes the ball to the teammate; 4) the teammate receiving the pass picks the ball up and throws to another teammate.

Coaching Points

Focus on how and where to trap the ball

Make sure supporting players move off the ball to create space and avoid pressure.

World Cup Soccer Drill



Soccer Drill Focus

- Dribbling Drills
- Passing Drills
- Receiving Drills
- Crossing Drills
- Possession Drills
- Defending Drills
- Attacking Drills
- Shooting Drills
- Goalkeeping Drills
- Fun Soccer Drills

5th Grade and Up

Setup

Inside the penalty box, set up 4 groups of 3 players in alternate jerseys with a goalkeeper in a full size goal. The coach should have the full supply of soccer balls nearby.

Instructions

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.

Round 1:

3v9

3v6

3v3

last team to score is out.

Round 2:

3v6

3v3

last team to score is out.

Round 3:

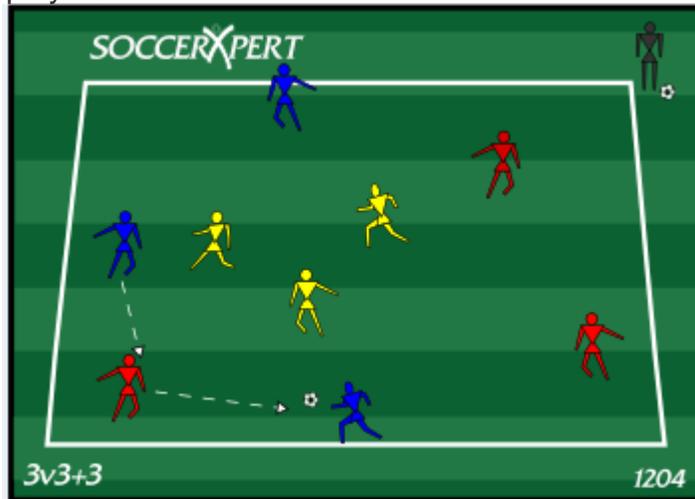
3v3

team to score first 2 goals wins the world cup.

Variations

n/a

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.



3v3 Plus 3

Soccer Drill Focus

Passing Drills
Receiving Drills
Possession Drills
Warm up Drills

5th Grade and Up

Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.

Adjust the size of the field to make it more or less challenging

Restrict the number of touches per player

Coaching Points

Good First Touch

Good Passes to Feet

Proper runs/angle of support

Facing the field

This 5v2 drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.



5v2 Rotating Defenders

Soccer Drill Focus

Dribbling Drills
Passing Drills
Receiving Drills
Possession Drills
Defending Drills
Attacking Drills
Warm up Drills

5th Grade and Up

Setup

Create a grid that is approximately 15X15 yards.

Place 5 attackers inside the grid in an alternate jersey.

The remaining players pair up as defenders behind one corner cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers.

The defenders immediately step into the grid and become defenders creating a 5v2 inside the grid.

The 5 attackers attempt to put together a set number of passes. If this is achieved the two defenders do pushups.

The attackers continue passing until the defenders win the ball, or the ball is knocked out of play.

Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)

Introduce splits (split defenders, defenders do 10 pushups every split)

Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

Vision

Appropriate use of 1st touch

Good passes to feet

Good decision making (make play easy)

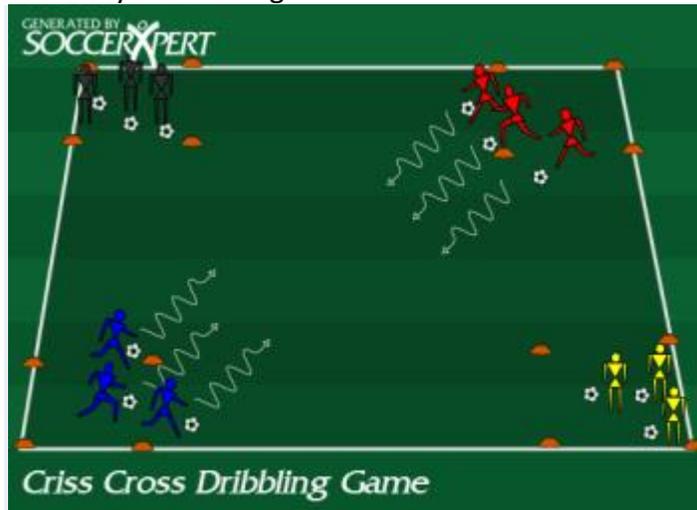
Changes in the direction and speed of play

Appropriate use of short or long passing

Good first touch towards space

Speed of play/decisions

This dribbling drill is geared towards the younger player. This will help players play with speed while keeping their heads up. Be warned, this drill can be dangerous for players who have a tendency of dribbling with their head down.



Criss Cross Dribbling Game

Soccer Drill Focus

Dribbling Drills
Fitness Drills
Warm up Drills
Fun Soccer Drills

5th Grade and Up

Setup

Create 4 - 7X7 yard grids by making a big 30X30 grid and sectioning off the corners of the larger grid. Create four different color teams of 3-6 players per team. Make sure you have enough balls for every player and assign each team 1 of the 4 grids. Number the teams 1 through 4.

Instructions

The coach should yell a pair of team numbers to start these teams “switch” (switch boxes with each other). Start off with only two groups working against each other as their objective is to dribble to their opponent’s grid as fast as they can and stop their ball in the grid. The first team with the entire team is in their opponents grid with their balls completely stopped is awarded a point. Remind players to keep their heads up and ball close since they are headed into oncoming traffic, players must be aware of players coming towards them.

Variations

Once the teams have conquered the control factor with 2 teams switching, make all 4 teams switch at once. Switching the groups diagonally will cause all 4 teams meet in the middle. This can get pretty messy, so make sure your players are ready for this before you attempt it.

Coaching Points

The key to this soccer drill is to keeping the ball close and head up. Once this is accomplished encourage the player to do it with greater speed.

