



Clean your room

Soccer Drill Focus

Dribbling Drills
Possession Drills
Defending Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

Setup

Create a grid that is approximately 15 X 15 yards.

You should adjust the size of the grid depending on the size, skill set, and number of players.

One player is designated as the person to clean the room.

Every player other than the room cleaner needs a ball.

Instructions

Start by having the players dribble around in the grid.

The coach should release the room cleaner into the grid.

The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.

The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.

The room is "clean" once they have all of the balls out of the grid at one time.

The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.

If a player is struggling to clean their room, release a 2nd room cleaner to assist.

Variations

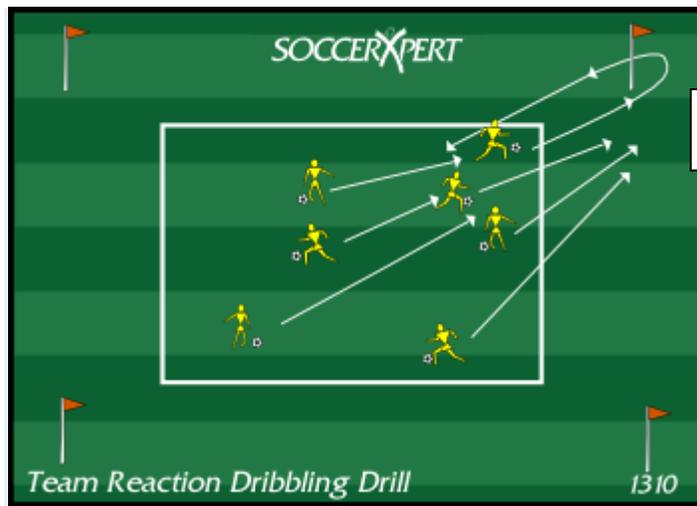
Start with 2 room cleaners (defenders).

Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.

Coaching Points

good team work
take shots/chances

quick passes
have fun



Team Reaction Dribbling Drill

Soccer Drill Focus

Dribbling Drills
Fitness Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

Setup

Create a small grid approximately 20X20 yard grid. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Instructions

Instruct the players to dribble inside the grid using the entire grid. When the coach calls out a player's name, that player picks which of the four flags they want to dribble around and quickly dribbles around that flag. The entire team must also dribble with speed around the same flag as quickly as possible. The last player back into the grid must do push-ups or sit-ups.

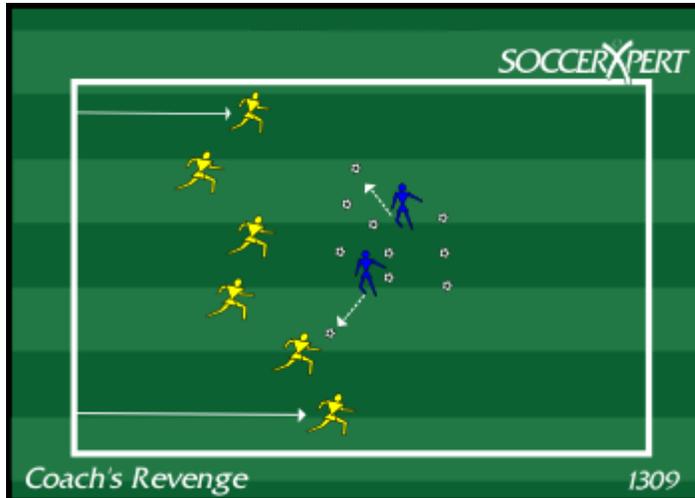
Variations

Assign the player's numbers and call out the player's number rather than their name. Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

Coaching Points

- Lift head, eyes up
- Close control
- Good control of body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- Change of direction
- Change of pace
- Find space
- Dribble with speed

This drill is designed to be a fun soccer drill. It will focus a bit on young player's agility while dodging balls kicked at them, and is a great ice breaker or a fun warm-up game at the beginning of practice.



Coach's revenge

Fun soccer drill,
Youth soccer coaching drills

Soccer Drill Focus

Passing Drills
Fitness Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

Setup

Create a grid approximately 25X30 yard grid (the size of the grid can be adjusted depending on the age and number of players). Have all of the teammates spread out on one of the end lines without a ball. The coach or coaches should be in the middle of the grid with every ball.

Instructions

On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle. The Coach attempts to hit the players as they pass from the knee down.

If a player is struck by the coach's pass, those players collect the balls and join the coach's in the middle of the grid attempting to hit the remaining players.

The last player standing wins!

Variations

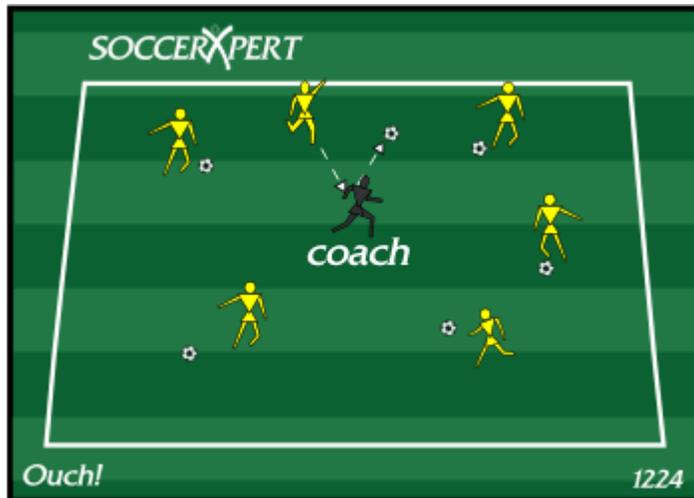
N/A

Coaching Points

Players must sprint from one side of the grid to the other.

Players should lift their head to avoid being struck with the ball.

Encourage players to have fun!



OUCH!

Soccer Drill Focus

Dribbling Drills
Passing Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

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.

Variations

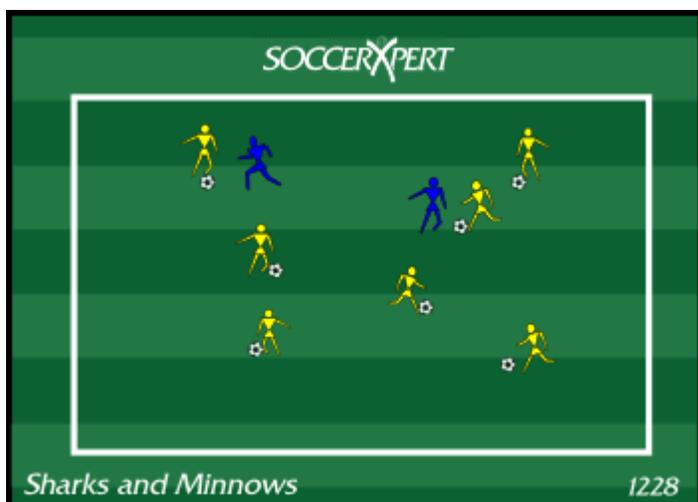
If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.

Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points

Encourage players to get their head up and look for the coaches while dribbling.

Make sure the players are striking the ball with the proper part of the foot.



Sharks & Minnows

Soccer Drill Focus

Dribbling Drills
Fun Soccer Drills

K Grade and Up

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

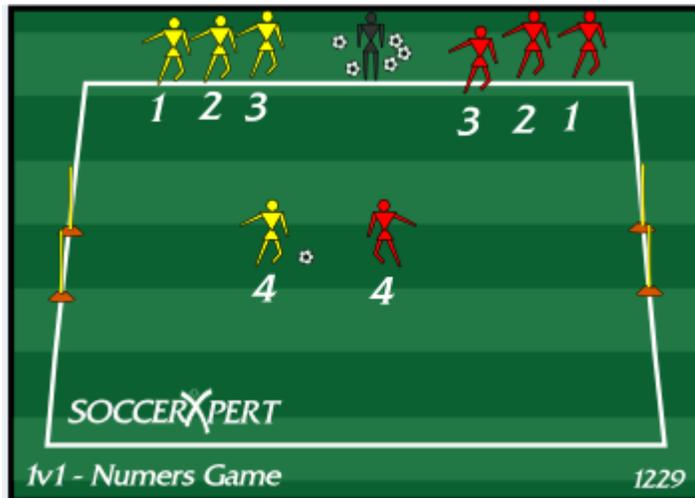
The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2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

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.



Numbers Game

Soccer Drill Focus

- Dribbling Drills
- Receiving Drills
- Defending Drills
- Attacking Drills
- Shooting Drills
- Goalkeeping Drills
- Fun Soccer Drills

K Grade and Up

Setup

Create a small 1v1 field approximately 15X20 with two small goals on each end line. 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.

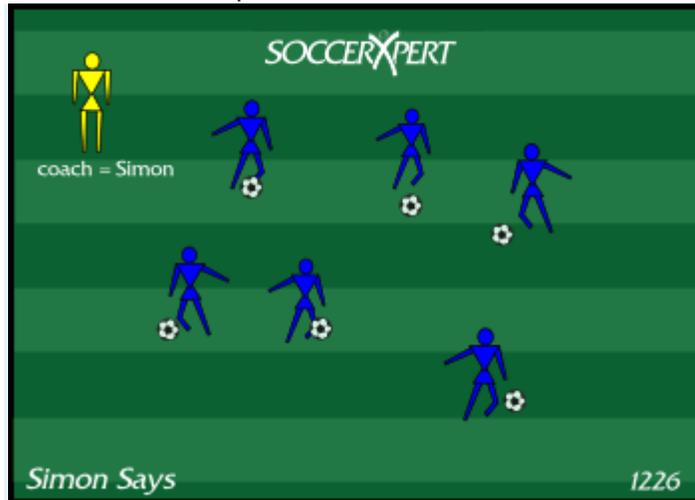
Variations

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.

This soccer dribbling drill is for U6 and U8 players. This drill focuses on dribbling and keeping close control for quick instructions. Also works on listening skills for the younger player.



Simon Says

Soccer Drill Focus

Dribbling Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

Setup

Outline a 20X30 grid with cones. Each of the players need a ball.

Instructions

Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.

Variations

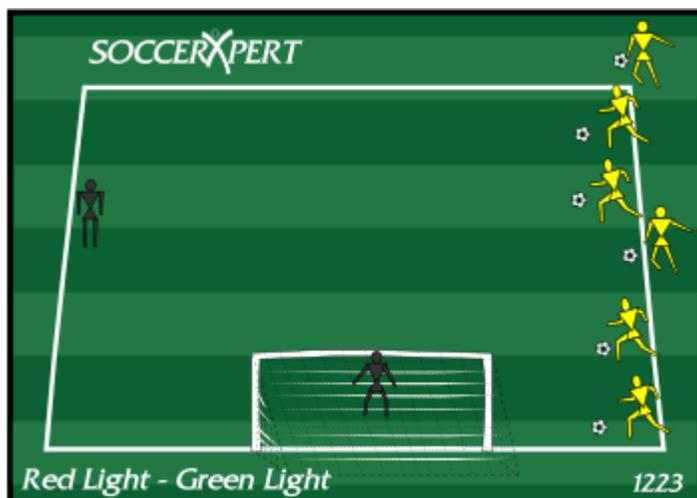
Without ball
With ball in hand
With ball

Coaching Points

Have players do actions like clapping in between their legs and skipping to increase body awareness.

Focus on dribbling skills and keeping the ball close and under control.

Focus on players listening



Red Light, Green Light

Soccer Drill Focus

Dribbling Drills
Warm up Drills
Fun Soccer Drills

K Grade and Up

Setup

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions

With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Variations

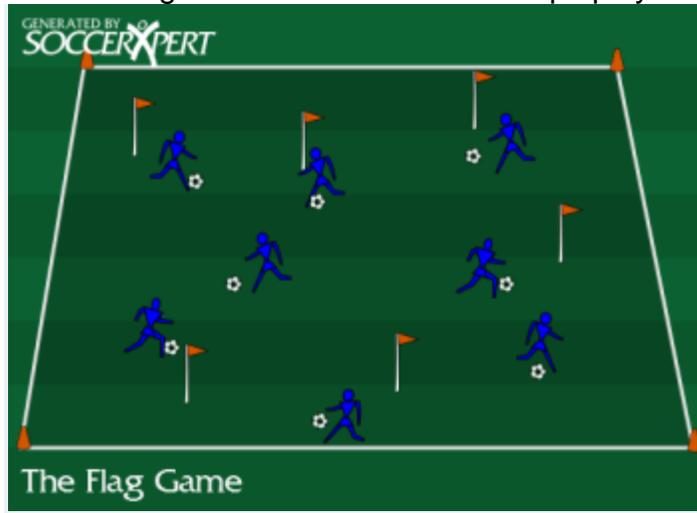
Have the players dribble with only the right or left foot.

Coaching Points

Make sure the players keep the ball close so they can stop quickly.

The Flag Game - Dribbling in Tight Spaces

This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling.



The Flag Game

Soccer Drill Focus

Dribbling Drills
Warm up Drills
Fun Soccer Drills

1st Grade and Up

Setup

Create a grid that is approximately 10X25 yards. Randomly scatter flags within the grid. To begin the drill, add two less flag than the number of players you have. Each player should begin inside the grid with a ball.

Instructions

Instruct the players to dribble around freely inside the grid avoiding other players and flags. The congestion of the players and flags will cause the player to constantly look up to check their surroundings. When the coach yells "STOP", each of the players must race to a free flag as quickly as possible. The first player to reach the flag 5 consecutive times wins the game.

Variations

Reduce the number of flags.

Instead of keeping score, make the players do some *minor* form of punishment like push-ups, star-jumps, sit-ups. Make sure the action is age appropriate.

Restrict the players to only use a certain part of the foot or dribbling technique.

Coaching Points

Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.

Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.

Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

1v1 50/50 to Goal Team Competition

The purpose of this soccer drill is to work on soccer fitness, scoring soccer goals, soccer shooting, soccer goalkeeping, and winning 50-50 balls. This is a fun soccer drill for the younger soccer player.



1v1 50/50 to Goal Team Competition

Soccer Drill Focus

- Dribbling Drills
- Fitness Drills
- Shooting Drills
- Goalkeeping Drills
- Warm up Drills
- Fun Soccer Drills

1st Grade and Up

Setup

On a full size training goal, place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Instructions

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal. The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Variations

N/A

Coaching Points

Players should be instructed to:

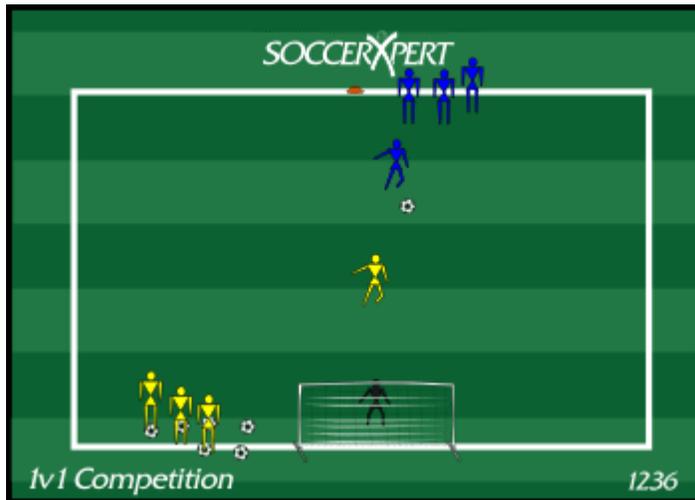
Sprint at top speed around the cone

Battle and win the 50/50 ball

Quickly attack the goal once possession is won.

Continue to fight for the ball when defending. Have fun!

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.



1v1 Competition

Soccer Drill Focus

- Dribbling Drills
- Defending Drills
- Attacking Drills
- Shooting Drills
- Goalkeeping Drills
- Fun Soccer Drills

1st Grade and Up

Setup - Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 yards from the goal. 1 team defends by the goal, and the other team attacks by starting at the cone 25 yards from goal. Each team plays for 5 minutes.

Instructions-The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

Variations-Play 2v2 - make players "beat" the defender before shooting (no 25 yard bombs)

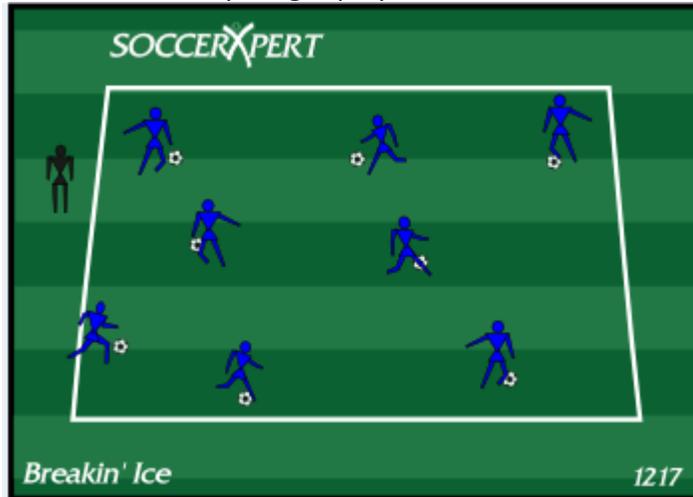
Coaching Points

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance.

Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start

stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

This soccer 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.



The Greeting Game

Soccer Drill Focus

Warm up Drills
Fun Soccer Drills

1st Grade and Up

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 players 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.

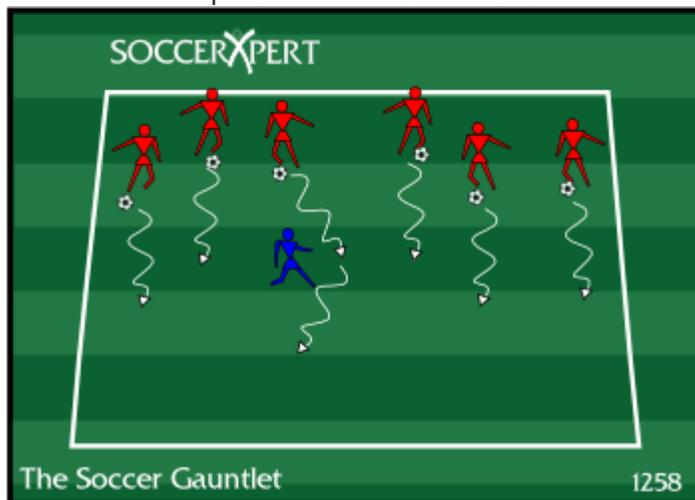
Variations

Add Dribbling

Coaching Points

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

The primary focus of THE SOCCER GAUNTLET is centered around good dribbling technique in traffic which requires vision and awareness.



The Soccer Gauntlet

Soccer Drill Focus
Dribbling Drills

1st Grade and Up

Setup

Make a grid approximately 20x15 yard. Instruct one defender to stand inside the grid without a ball. The remaining players will start on the end line with a ball.

Instructions

On the coach's command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

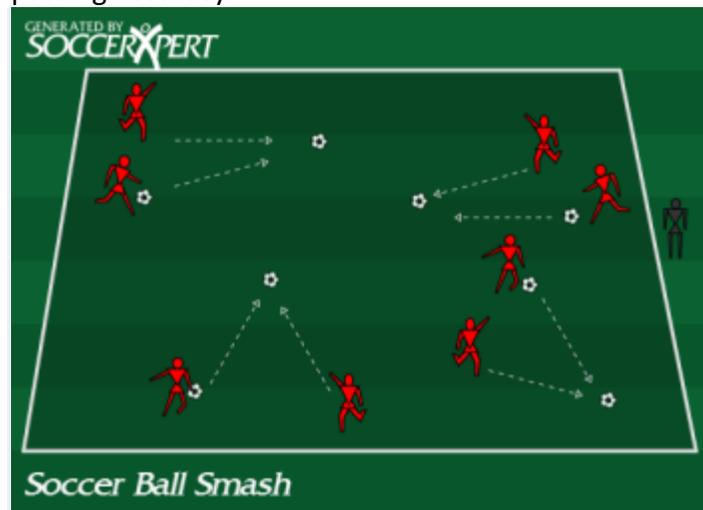
Variations

Limit the foot the attacker can dribble with

Coaching Points

- Keep the ball close to the dribbler
- Stay in control of your body and ball
- Keep your eyes up to avoid pressure
- Dribble into space avoiding pressure
- Dribble with speed when in open space

This soccer drill will focus on the player who is just learning to pass, as this drill will focus on passing accuracy.



Soccer Ball Smash

Soccer Drill Focus

Passing Drills
Fun Soccer Drills

1st Grade and Up

Setup

Set up a large grid approximately 40X50 yards. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

Instructions

Instruct player 1 to pass his ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponents ball, they collect a point.

The first player to 5 wins that match.

Variations

Alternate the groups and repeat.

Limit players to passing with certain parts of the foot: inside, outside, instep

Coaching Points

Make sure the players are striking the ball with the correct surface of the foot.

make sure the weight of the pass is good

watch the plant foot to make sure it is pointing to it's target.

