

Soccer Drill: Gates Dribbling



Skills:
Dribbling, Ball Control

Number of Players:
5+

Age:
10u and under

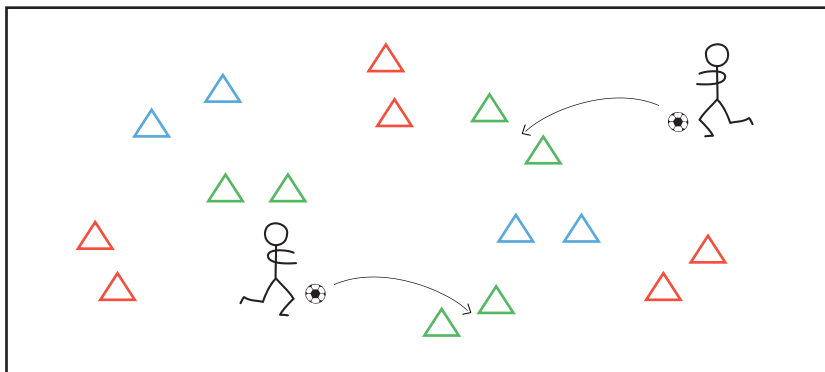
Equipment:
Cones and soccer balls
(size 3 or 4, depending on age)

Setup:

Use cones to set up a rectangular grid that is 30 yards by 50 yards. Then, place cones randomly throughout the grid at about an arm's length distance to serve as your gates. You will want to have as many gates as you have players.

How To Play:

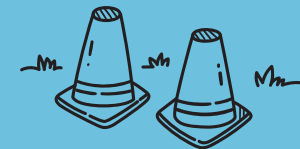
Select a set time period (e.g., 1 minute), then have players see how many gates they can dribble through in the allotted time. After time has elapsed, ask them how many they dribbled through.



Notes:

Tell players they aren't allowed to go through the same gate twice in a row. Encourage them to use small touches, keep the ball close, and keep their heads up while dribbling.

Soccer Drill: Clean Your Backyard



Skills:
Chipping, Defense, Clearing

Number of Players:
4 or more players

Age:
10u and under

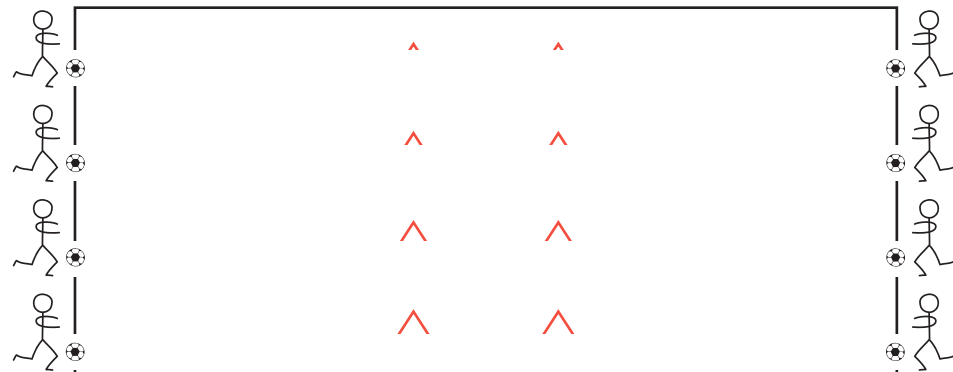
Equipment:
8 cones and as many balls
as there are players

Setup:

Use four cones to mark a large space about 40 yards by 30 yards. Next, use four more cones to make a 5-yard moat that runs down the middle of the playing area. The two sides on either side of the moat are the backyards.

How To Play:

Select a set time period (e.g., 1 minute), then have players see how many gates they can dribble through in the allotted time. After time has elapsed, ask them how many they dribbled through.



Notes:

Tell players they aren't allowed to go through the same gate twice in a row. Encourage them to use small touches, keep the ball close, and keep their heads up while dribbling.

Soccer Drill: Pinnie Snag Tag



Skills:

Agility, Protecting the Ball, Dribbling

Age:
All

Number of Players:

Works best with at least 5

Equipment:

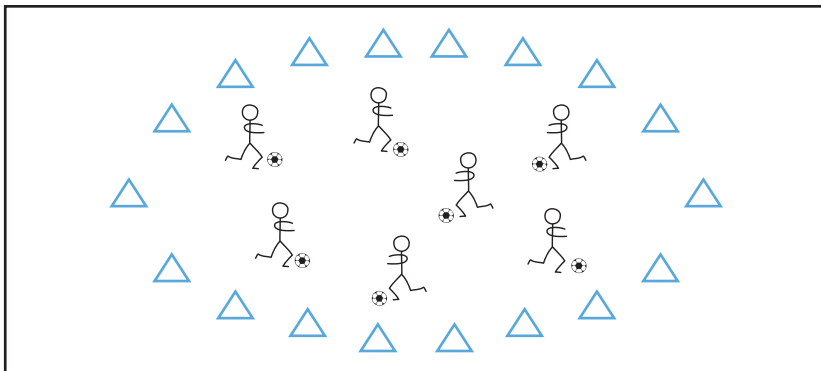
Cones, enough soccer balls and pinnies for each player

Setup:

Use cones to set up a circular playing area. The larger the playing area, the easier the game will be and the longer it will take. The more condensed the playing area, the harder the game will be and the quicker it will go.

How To Play:

You can play this as a warm-up game without balls or as a drill with balls. Every player gets a pinnie, which they must tuck into the back of their shorts with a LONG tail coming out. In the version without balls, everyone steps into the playing area and attempts to steal pinnies. Once your pinnie is stolen, you are out of the game. The winner is the last player to still have a pinnie. In the version with balls, every player steps into the playing area with both a pinnie in their shorts and a ball at their feet. If your ball gets kicked out of the playing area or your pinnie is stolen, you are out. Last player standing wins!



Notes:

Make sure the player's pinnie tail is not too short and their shirt isn't covering it. You'll also want to make sure players aren't using their hands to hold their pinnies in place. Some players tend to "hide" and not move. As the coach, you can instruct players that they must be moving at all times. If they aren't, let them know you will go into the playing area and start poking balls away.

Soccer Drill: Moving Triangle Passing



Skills:

Passing, Moving Off the Ball, Through Balls

Age:
10u and up

Number of Players:

6 players

Equipment:

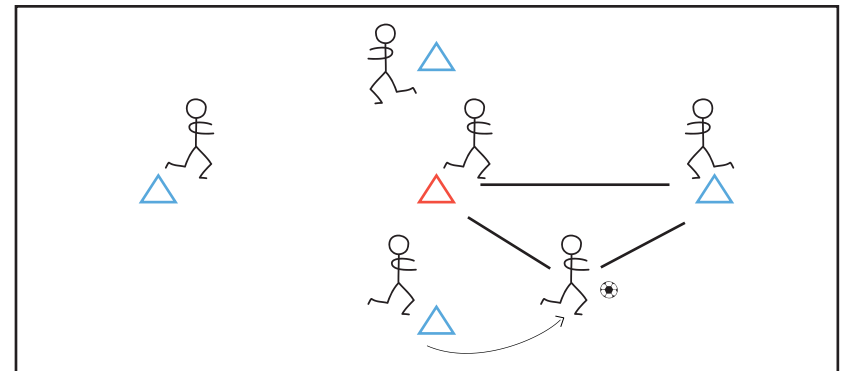
5 cones and 1 ball

Setup:

Set up a diamond shape using four cones that are at least 10 yards from one another. Place one additional cone in the middle at an equal distance from all the other cones.

How To Play:

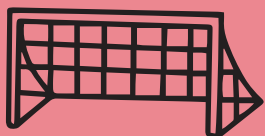
The ball starts at one of the points of the diamond. That player makes a pass to the player to their right on the outside and then moves toward them. The player to the right immediately passes the ball back to that player, who has now run about halfway between them and the cone at which they started. Once receiving the ball back, the original passer passes the ball to the player in the central cone, completing the first triangle. The player on the central cone now passes a through ball to the player who was standing on the outside cone during the first triangle. That player is en route to the next outside triangle when receiving that through ball. This begins the second triangle. The play continues this way, all around the diamond.



Notes:

Make sure players are making good, clean, crisp passes. You can choose to allow two touches per player for less skilled teams or one touch passing for more skilled teams. Make sure that players understand that through balls should be leading passes as opposed to playing balls directly to the runner's feet.

Soccer Drill: Lightning Shooting



Skills:
Shooting, Striking From a Distance

Age:
10u and up

Number of Players:
8 to 12

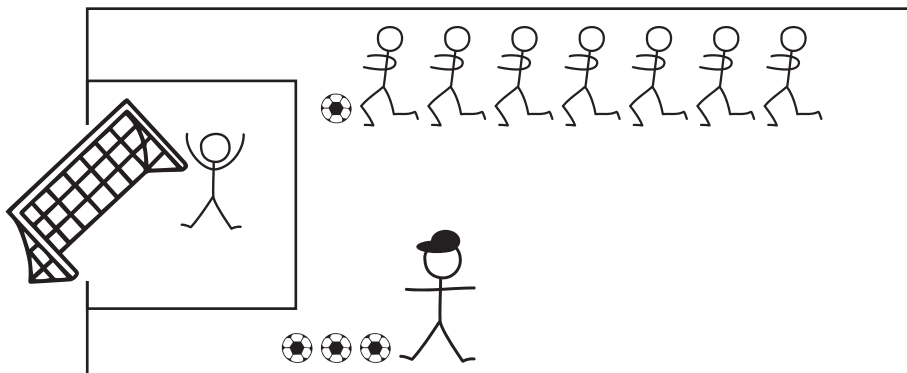
Equipment:
A full-size goal, many soccer balls

Setup:

To start, select one player to begin in the goal while the remaining players form a line outside the penalty area. The coach should stand beside the goal area with several balls at their feet.

How To Play:

To begin, the coach plays a ball out to the first player in line at the penalty area. That player gets one touch to shoot the ball. If they score, they join the back of the line. If scored on, the goalkeeper is out and the next player in the line becomes the keeper. If a player misses their shot, they become the keeper. If you make a save, you rejoin the line. The last player standing wins!



Notes:

Remind players to shoot with their laces, keep their body over the ball, and approach it at an angle. Also remind players to get into goal as quickly as possible following a missed shot since the next player does not need to wait to shoot their shot.

Soccer Drill: Sharks and Minnows



Skills:
Dribbling With Head Up

Age:
8u and under

Number of Players:
Many!

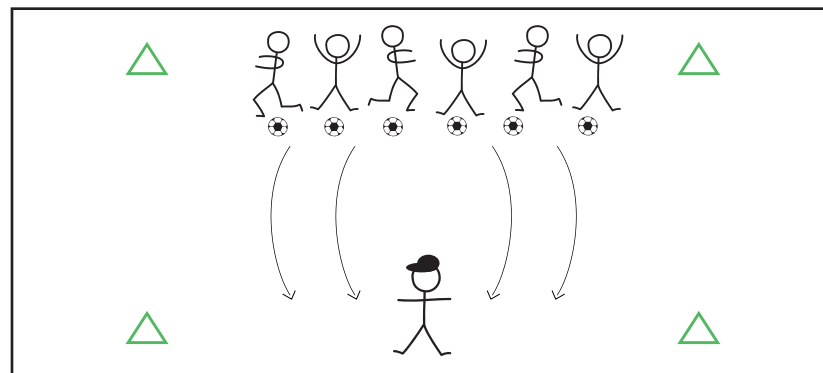
Equipment:
As many soccer balls as players

Setup:

Create a playing area that is wider than it is long—about 30 yards by 20 yards.

How To Play:

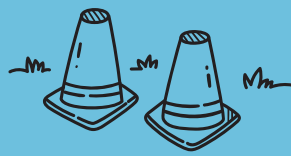
All the players, aka Minnows, start down one end of the field, and the coach, the Shark, stands in the middle. When the coach says “Go!” all the players must try to dribble across from one end to the other without having their ball stolen. Once a player’s ball gets stolen, they also become a Shark. The game ends when all the Minnows are now Sharks.



Notes:

Encourage players to keep the ball close and keep their head up while dribbling. If a player knocks the ball out of the playing area, have them do toe touches to get back into the play.

Soccer Drill: Juggling Horse



Skills:

Ball Control, Volleying, Juggling, Communication, Teamwork

Age:

10u and up

Number of Players:

Minimum of 3

Equipment:

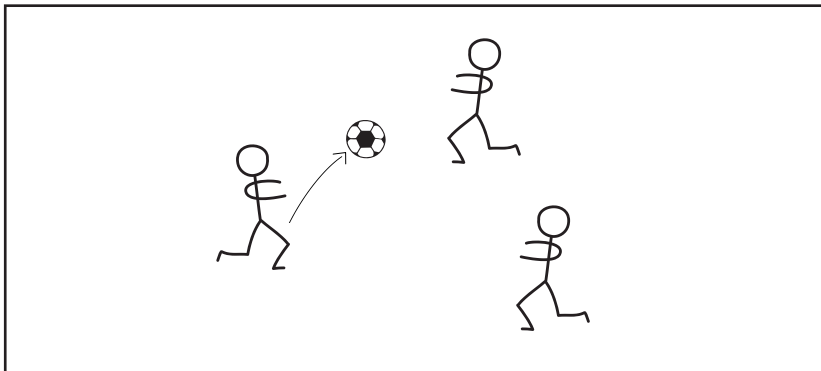
Soccer ball

Setup:

Have three or more players set up in close proximity to one another with a ball between them.

How To Play:

Divide kids up into different teams with three or more players on each team. Each team works together to keep the ball in the air using their thighs, feet, or chest. Kids over 12 can also use their head. Every time the ball touches the ground, the team gets a letter. The first team to spell out HORSE loses.



Notes:

Encourage players to limit touches to 1 or 2 before volleying to a partner. Remind players to stay on their toes and communicate with one another. For younger, less experienced players, allow one bounce in between juggles.

Soccer Drill: 2v2 With 4 Goals



Skills:

Defending

Age:

10u and up

Number of Players:

As few as 4, you can have more teams of 2 ready to sub in

Equipment:

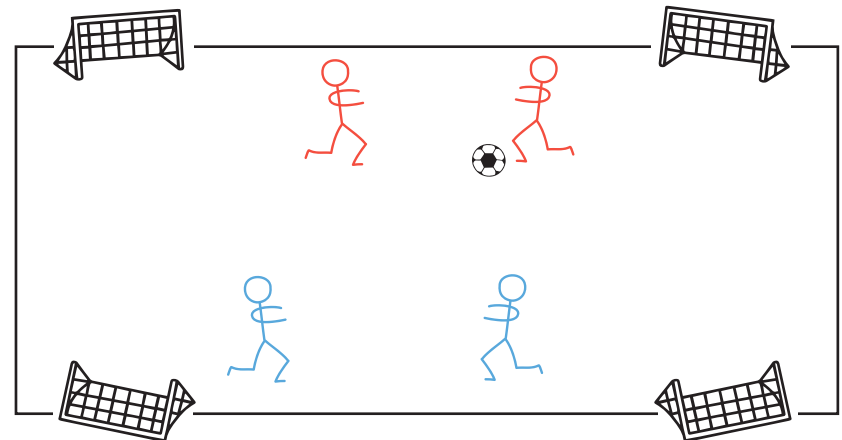
Cones, a soccer ball, pop-up goals

Setup:

Use cones to create a 20-yard by 15-yard playing area. Place a pair of small pop-up goals (or you can use more cones) at each line for a total of 4 goals.

How To Play:

Teams of two defend two of the goals at a time while trying to attack the opposing teams' goals.



Notes:

Encourage players to get low, make the field small, and go for the steal. Tell players that goals must be scored from knee height and lower only.

Soccer Drill: Catch and Release



Skills:
Goalkeeping, Catching a Wide
Range of Shots, Distributing
Them Quickly

Age:
All

Number of Players:
1

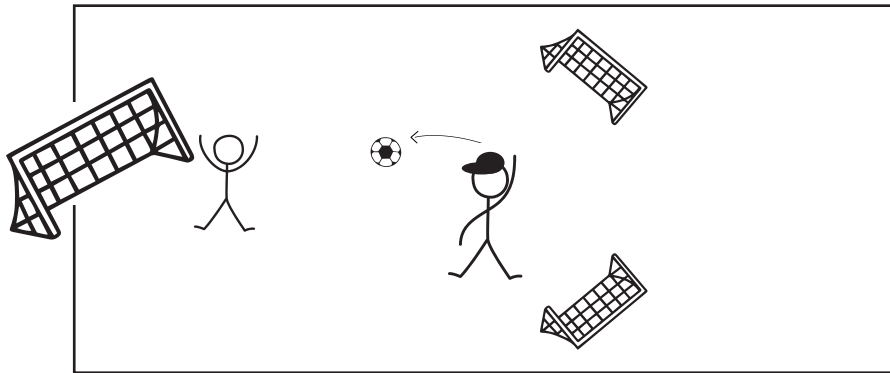
Equipment:
1 large age-appropriate goal
and 2 smaller pop-up goals;
soccer balls

Setup:

Use a square playing area with one large goal in the middle on one end and two smaller goals on either side of the other end.

How To Play:

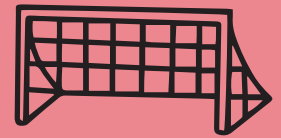
The coach throws balls to the goalkeeper, who is standing in the middle of the big goal. The keeper makes the save and then immediately distributes the ball to one of the corner nets.



Notes:

Try to throw a variety of balls to the keeper to keep them on their toes.

Soccer Drill: Musical Footballs



Skills:
Dribbling, Speed, and Agility

Age:
8u and under

Number of Players:
5 or more

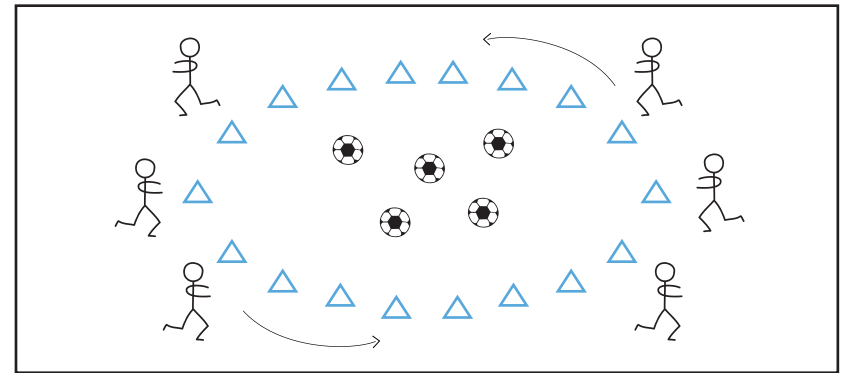
Equipment:
Cones, soccer balls

Setup:

Lay cones out in a circle to form the playing area. Have players spread out around the perimeter of the circle. Place one less soccer ball in the middle than there are players.

How To Play:

Play music and have players jog around the perimeter of the circle. Once the music stops, players must race into the middle and retrieve a ball. The player that doesn't have a ball is out. Continue until just one player remains.



Notes:

If you don't have access to music, you can have players begin jogging at the sound of the whistle and then retrieve a ball at the sound of the next whistle.