

Drills for U6 and U8 Soccer

Example sample drills are available through US Youth Soccer along with other valuable coaching information.

The screenshot displays the US Youth Soccer website homepage. The browser window shows the URL <http://www.usyouthsoccer.org/index2.htm>. The website has a navigation bar with 'COACHES', 'PARENTS', 'PLAYERS', and 'REFEREES'. A dropdown menu is open under 'COACHES', listing various resources such as 'Workshop', 'Blog', 'Coaches Connection', 'Sample Training Activities', 'Success in Soccer', 'Coaching Awards', 'Download Center', 'Basic Playing Rules', 'Employment Opportunities', 'Help! I Volunteered to Coach!', 'Coaches Database', 'Tournament Database', 'National Youth License', 'Shop Online Store', 'Responsible Sports', 'Resource Center', and 'Recommended Reading'. The main content area features a '2011 US Youth Soccer ODP Championships' banner, a 'HEADLINES' section with news items, and a '2010-2011 National League Update' video player. A sidebar on the right promotes joining the community on Facebook and Twitter. The taskbar at the bottom shows several open applications including 'Gym Assistant', 'GateKeeper 2.0', 'US Youth Soccer', 'Inbox - Micro...', 'Coaches Infor...', and 'Sample Drills U...'.

To get to sample drills go to <http://www.usyouthsoccer.org/index2.html>

Highlight Coaches

Highlight Coaches Connection

Click on Sample Training Activities.

http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans.asp

Choose age group and specific area you would like to focus on for sample drills.