

Soccer Drills

- Important facts:
 - Vastly varying skill and talent development.
 - Very short attention span (about 10 seconds)
 - Get on their level.
 - They attend for FUN.
 - Small groups are best. 3v3 is ideal. Maximize playing time.
- Focus:
 - Learn basics of the game: goals, lines on the field, purpose of playing.
 - Learning how to run with and without a ball.
 - Learn how to pass a ball.
 - Learn how to protect a ball.
- Drills:
 - **Pick up – Individual.**
 - Purpose: To teach players how to walk and run while controlling the soccer ball.
 - Overview: Player runs to opposite corner to pick up item while dribbling.
 - Process: From starting point, players take turns moving (walk/run) to opposite side of field to pick up an object and return with object. Object could be cones with different numbers or letters on them, shirts, water bottles etc. To have fun, use letters then try to spell something with the letters brought back, or use numbers and select one number to be the winning number.
 - Progression: Players start without a ball in order to understand the drill. As players master each step they will progress from walking with the soccer ball to running with the soccer ball.
 - **Mountain driver – Individual.**
 - Purpose: To teach players how to control the soccer ball while moving at angles.
 - Overview: Weave through cones with a ball.
 - Process: Set cones in a straight line with 3-4 feet between each cone. Have players start at one side and weave between cones maintaining possession of the ball.
 - Progression: Players start without a ball in order to understand the drill. As players master each step they will progress from walking with the soccer ball to running with the soccer ball. Also the number of touches needed to move around cones will decrease.
 - **Four corners – Four Players.**
 - Purpose: To teach players how to space the field and pass a short distance.
 - Overview: One player in each corner, upon command passes to a corner.
 - Process: There are a multitude of different variations allowed. One way is to have 4 players stand in a square. Using one ball players take turns passing to another player called out by coach. Another more fun version, use 9 cones create a 4-square grid. Label each square a different room in the house and assign one player to each room.

Using one ball the coach calls out a room and the player with the ball passes to the called out room.

- Progression: Start with four players passing to each other unobstructed. As skill increases add defenders in each room.
- **Close ball**
 - Purpose: To teach players how to pass accurately to an open space or object.
 - Overview: Each player passes the ball to a cone to see who gets closest.
 - Process: Players line up facing a cone and each player has a ball. Upon direction from coach, players kick their own ball towards the cone trying to be the closest to the cone without passing the cone.
 - Progression: As skill increases, obstacles can be added and the distance varied to increase difficulty. Running while dribbling the ball also can be added to vary the exercises.
- **Kick out 1v1v1v1**
 - Purpose: To teach players how to maintain possession of the soccer ball.
 - Overview: Each player has a ball and tries to kick out the other players.
 - Process: Have all players stay in a confined area each player with one soccer ball. Upon command, players will dribble around confined area and attempt to kick out of bounds another player's ball. Players are forced to protect their own ball while stealing another's.
 - Progression: As number of player's decreases, playing area also decreases.
- **Pirate 1v4, 1v5**
 - Purpose: To teach players how to steal from a player with a ball and to defend possession.
 - Overview: One player without a ball tries to steal a ball from the other players.
 - Process: Four or five players start on one sideline and upon command dribble across the field to the opposite sideline. One player without a ball starts in the middle of the field and attempts to steal a soccer ball from dribbling players. When a player has their ball stolen, they become a pirate and join the first pirate in the middle. Play continues until all players have become pirates.
 - Progression: As number of pirate's increases, teamwork becomes increasingly important for pirates and dribbling becomes more difficult for non-pirate.
- **3v3 games with two goals no keepers.**
 - Purpose: Fun opportunity for players to incorporate skills.
 - Overview: Scrimmage with two teams of three versus three.
 - Process: Divide players into equal teams of three vs. three and conduct a scrimmage. Goal keepers are not permitted. Players use opportunity to use dribbling and passing skills in a game situation.

Station One (1)

Pick up – Individual.

Purpose: To teach players how to walk and run while controlling the soccer ball.

Overview: Player runs to opposite corner to pick up item while dribbling.

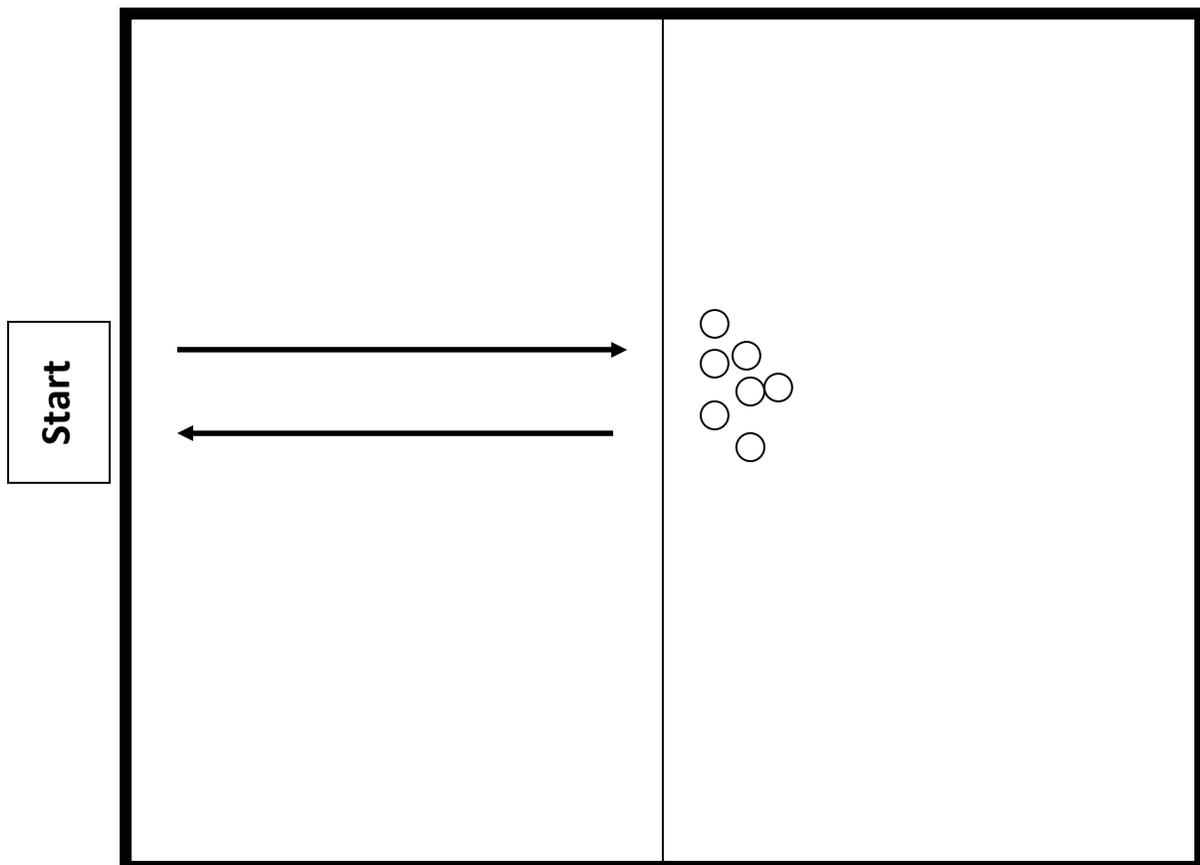
Process: From starting point, players take turns moving (walk/run) to opposite side of field to pick up a Frisbee and return. Object could be cones with different numbers or letters on them, shirts, water bottles etc. To have fun, use letters then try to spell something with the letters brought back, or use numbers and select one number to be the winning number. As players develop control, they can increase speed from walking to running while dribbling the soccer ball.

Progression:

Players first walk through exercise without ball.

Walk while kicking soccer ball.

Jog while dribbling.



Station Two (2)

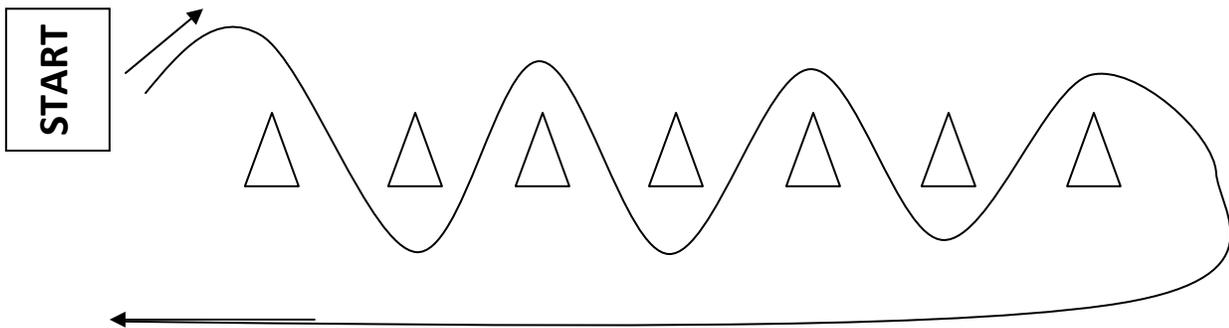
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Purpose: To teach players how to control the soccer ball while moving at angles.

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Station Three (3)

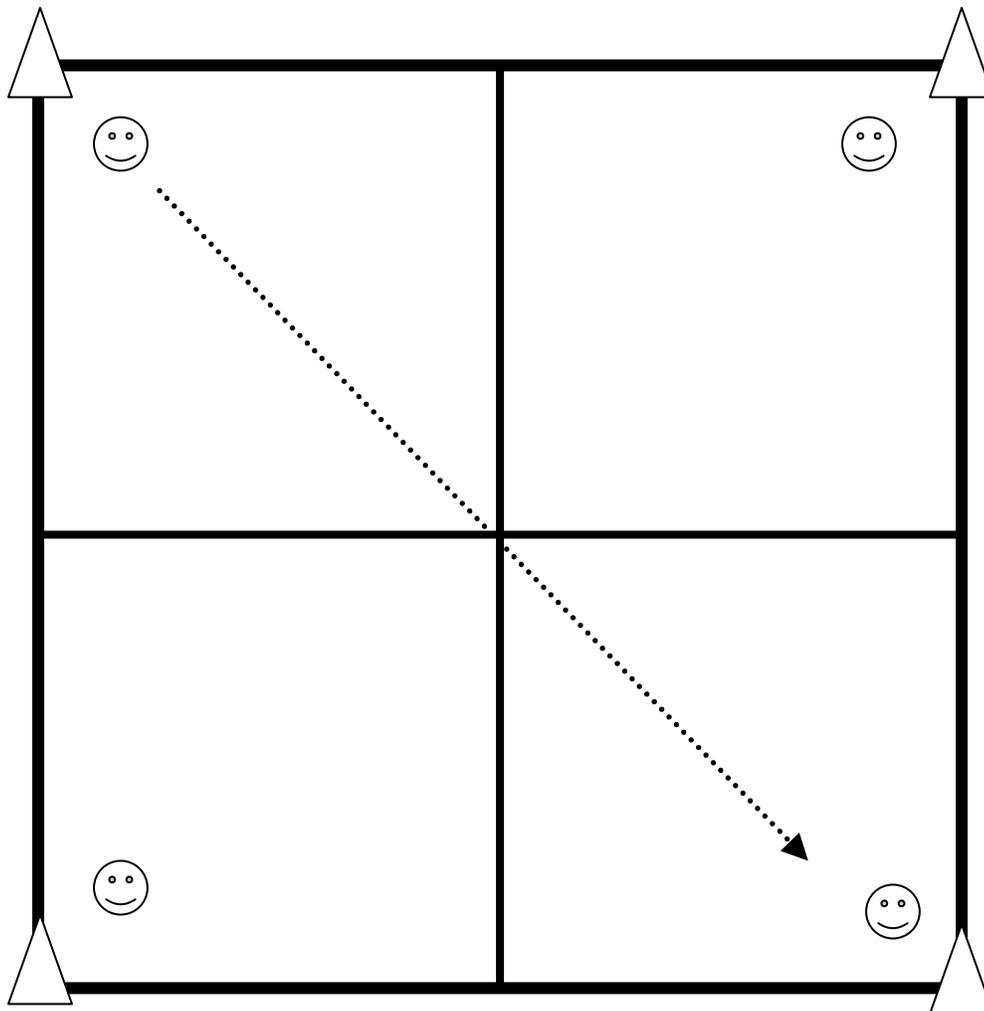
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Station Four (4)

Close ball

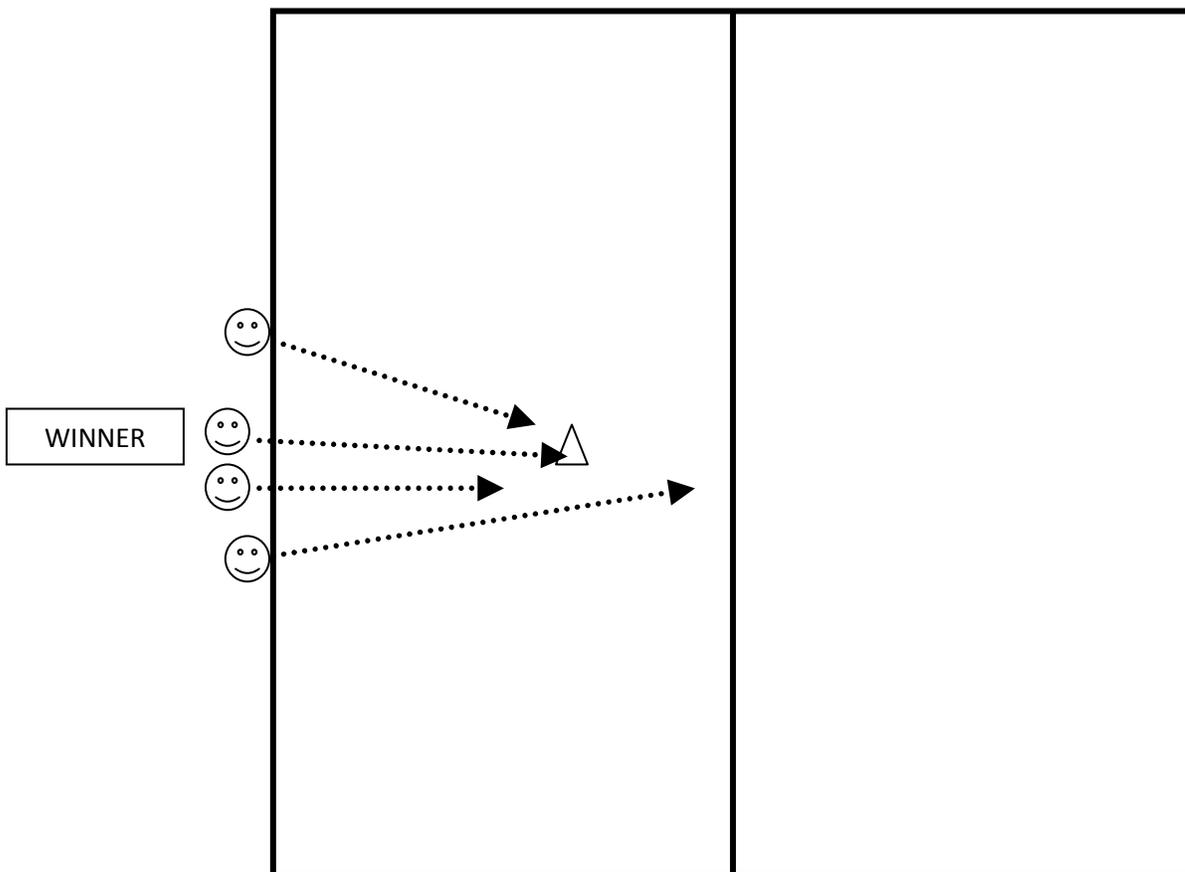
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Progression: As skill increases, obstacles can be added and the distance varied to increase difficulty.

Running while dribbling the ball also can be added to vary the exercises.



Station Five (5)

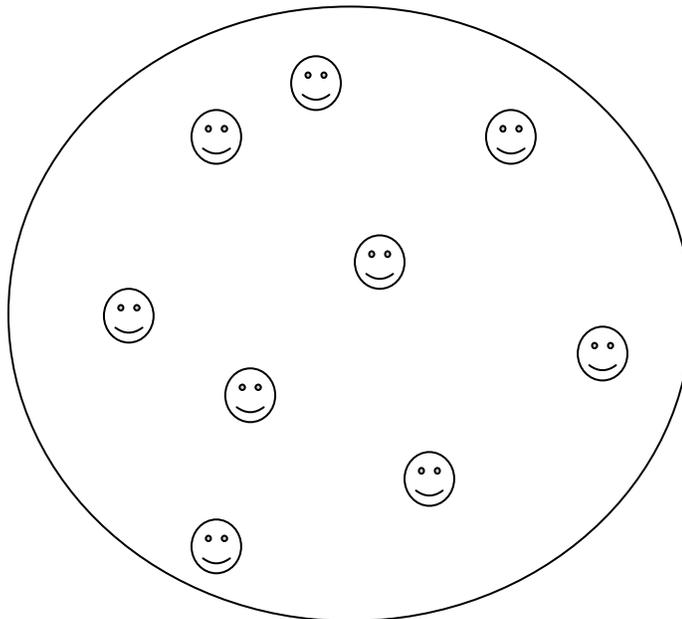
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Purpose: To teach players how to maintain possession of the soccer ball.

Overview: Each player has a ball and tries to kick out the other players.

Process: Have all players stay in a confined area each player with one soccer ball. Upon command, players will dribble around confined area and attempt to kick out of bounds another player's ball. Players are forced to protect their own ball while stealing another's.

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Station Six (6)

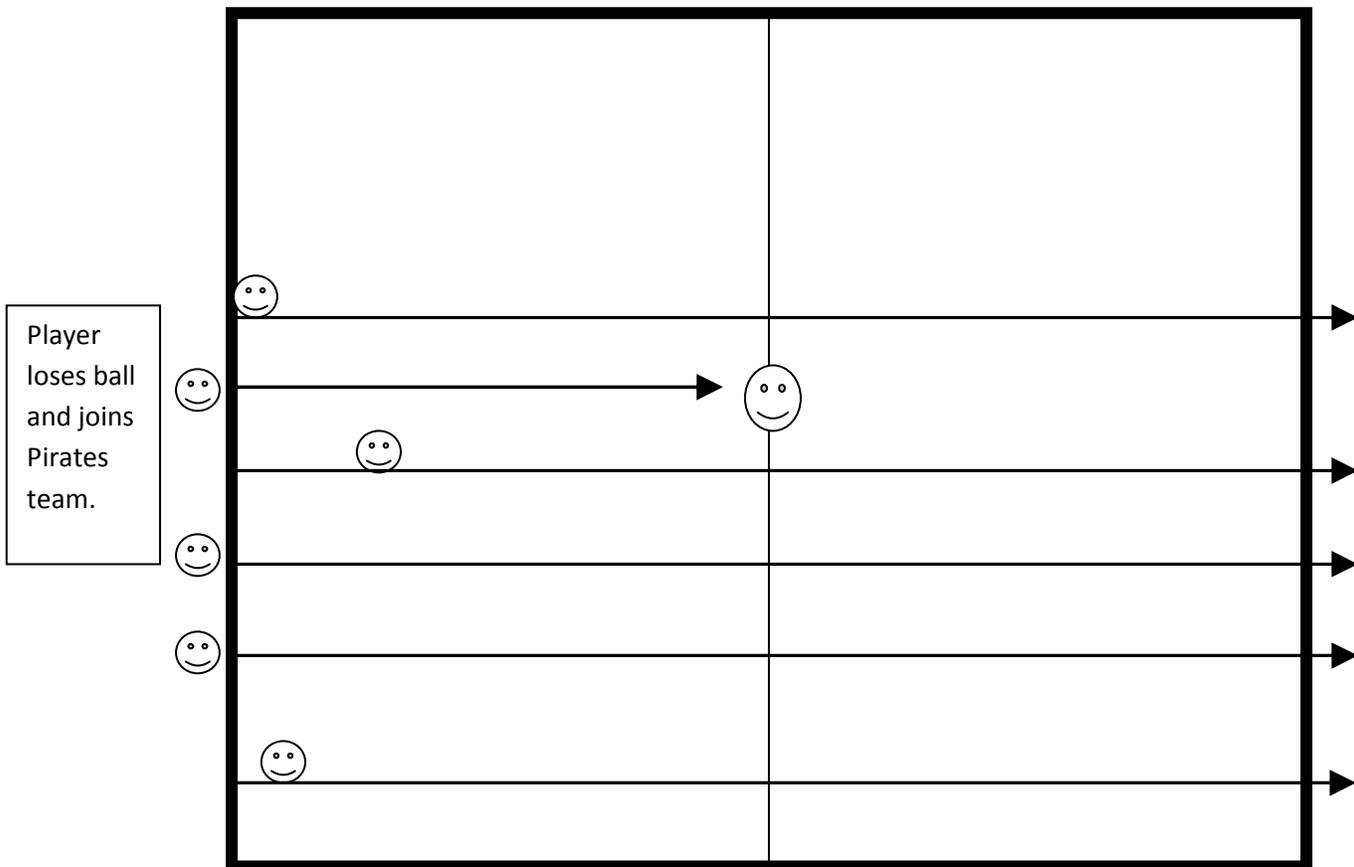
Pirate 1v4, 1v5

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Process: Four or five players start on one sideline and upon command dribble across the field to the opposite sideline. One player without a ball starts in the middle of the field and attempts to steal a soccer ball from dribbling players. When a player has their ball stolen, they become a pirate and join the first pirate in the middle. Play continues until all players have become pirates.

Progression: As number of pirate's increases, teamwork becomes increasingly important for pirates and dribbling becomes more difficult for non-pirate.



Station Seven (7)

Cardiovascular Exercises

This is an opportunity to enjoy running. Examples are

Races across field

Running longer distance, for instance around the field two/three times

Sprinting half of the field

REMEMBER, make it FUN!!

Station Eight (8)

Stretching Exercises

Station Nine and Ten (9, 10)

3v3 games with two goals no keepers.

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Overview: Scrimmage with two teams of three versus three.

Process: Divide players into equal teams of three vs. three and conduct a scrimmage. Goal keepers are not permitted. Players use opportunity to use dribbling and passing skills in a game situation.

