

Start Every Practice

1. Run (2 minutes)
 - a. Run around the field (with or without a ball).
 - b. Run to the tree and back (with or without a ball).
 - c. Chase the Coach/Follow the Leader
2. Toe Taps or Bell Taps (2 minutes)
 - a. Toe Taps: Place one foot on top of the ball. Bring that foot back to the ground and quickly place the other foot on top of the ball. Continue alternating feet as quickly as possible for 30 seconds to 1 minute.



- b. Bell Taps: Spread legs and place the soccer ball between legs. Quickly pass the ball back and forth between left and right foot for 30 seconds to 1 minute. QR code
3. Dynamic Stretching (3 minutes)
 - a. Jumping Jacks
 - b. High Knees/Knee Hugs
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps
 4. Pass with a partner (3 minutes): [2 touch pass]
 - a. Have kids get in pairs. Kids will stand 5-15 feet apart from their partner. The first player will have a ball and pass to the second player. The second player will trap (stop) the ball and pass it back to player one. Continue passing and trapping for a few minutes.
 5. Spend the rest of the practice time working on other skills/games. Choose one skill to teach then one game to reinforce that skill. Look at the next pages for ideas.



Dribbling (Skill)

Simple:

1. Set 5-8 cones in a straight line. There should be about 3 feet between each cone.
2. Have the kids weave in and out through the cones without a ball.
3. Have the kids weave in and out through the cones with a ball.

Advanced:

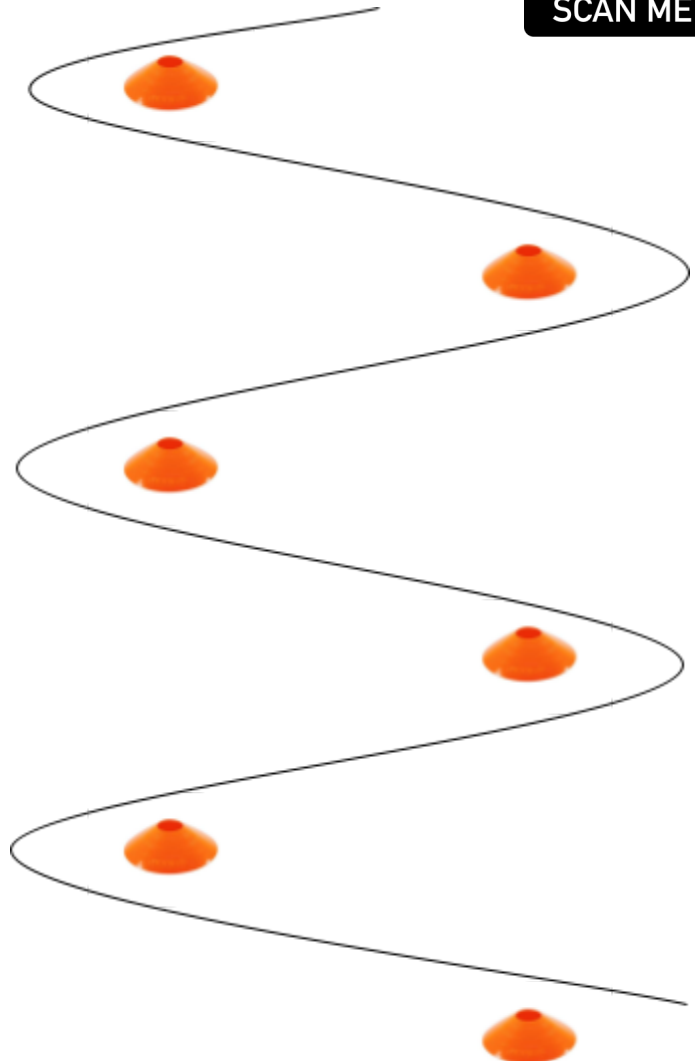
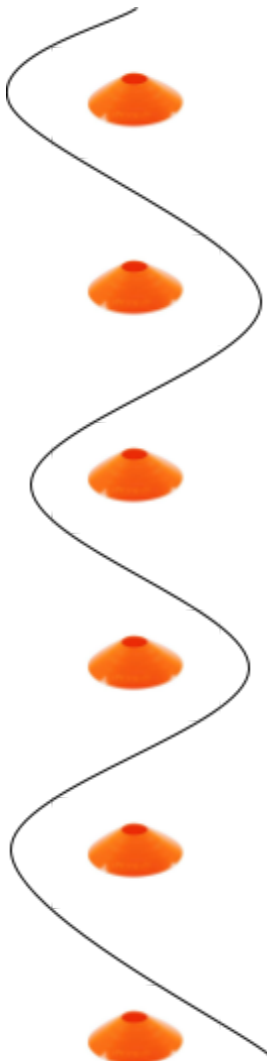
1. Make 2 lines of parallel cones. 3-4 cones per line. The rows should be offset. There should be about 3-4 feet between each cone.
2. Have the kids dribble with the inside of foot, outside of foot, just right, or just left foot.



SCAN ME

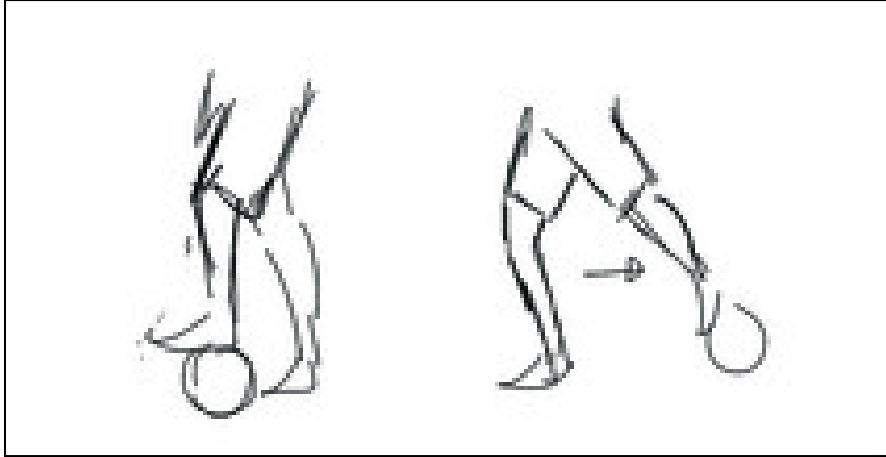


SCAN ME



Pullback (Skill)

1. Each player has a soccer ball.
2. The players will put one foot on top of the ball to control it.
 - a. To help balance, have the players hold their arms out to the side, like an airplane.
3. The player will roll the ball backward, turn around and dribble the ball.
4. Can play this game with Red Light/Green Light.



SCAN ME

(0:37-1:15)

Rollover/Walk the Dog (Skill)

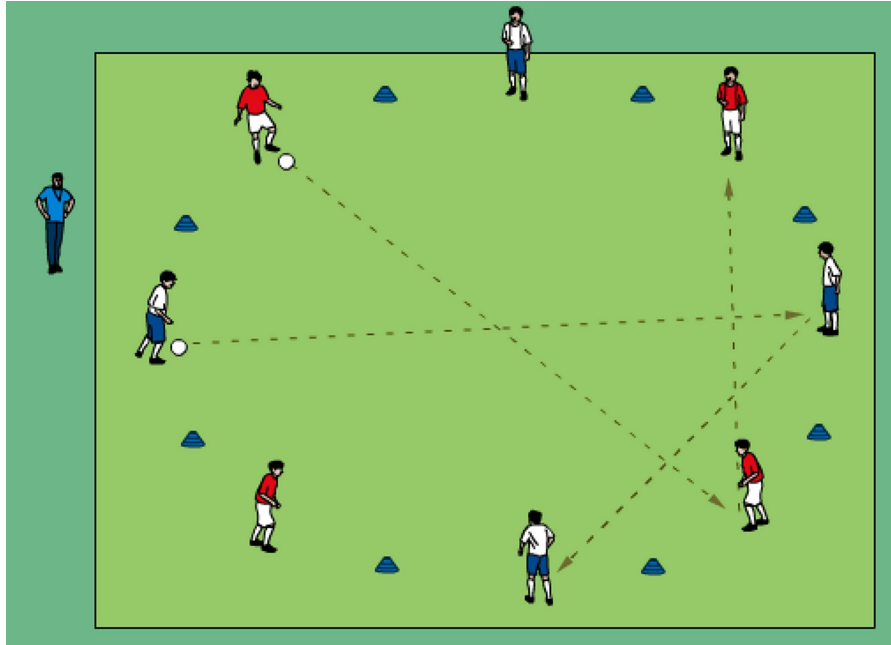
1. Each player has a soccer ball.
2. The players will start with one foot on the outside of the ball. They will raise their foot over the ball to the inside. As the foot is at the top of the ball, the players will use the bottom of their shoe/cleat to roll the ball to the side. Once the ball is moving try to keep the ball rolling by rolling the foot over the ball again.



SCAN ME

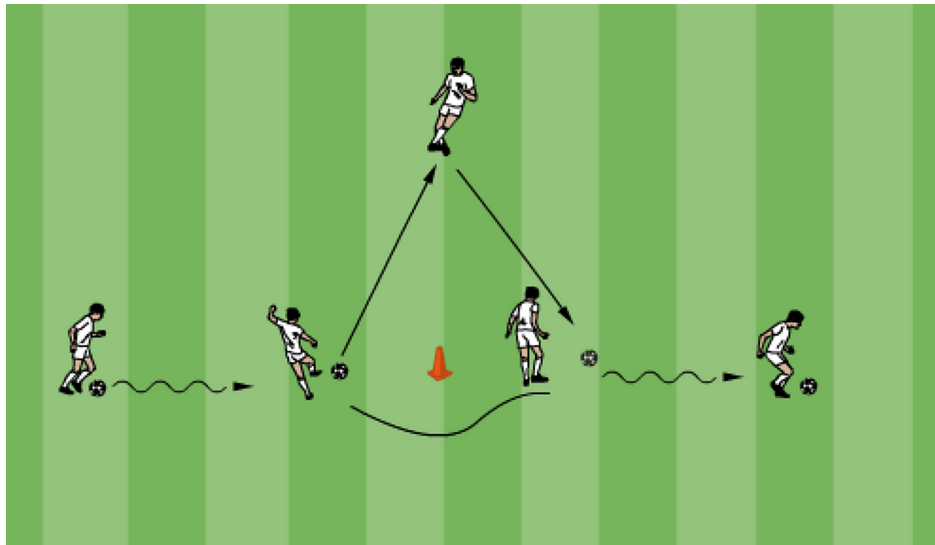
Pass with a Partner (Skill)

1. Everyone will stand 5-15 feet apart in a circle.
2. The first player will have a ball and pass to the second player. The second player will trap (stop) the ball and pass it to another player. Continue passing and trapping for a few minutes.
3. Add a second ball or a defender to make it harder.



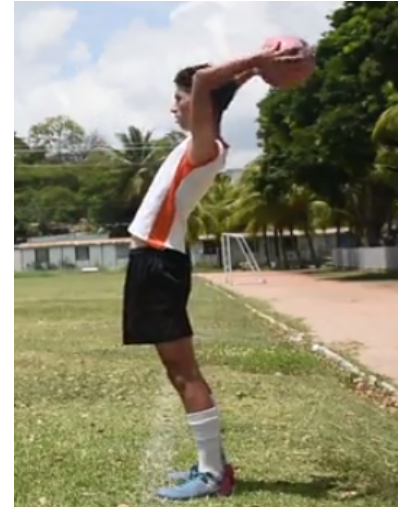
Give and Go (Skill)

1. Split the team in 2 groups. Line 1, 30-50 feet away from the goal. Line 2, 15-25 feet away from the goal and off to one side.
2. Player 1 will dribble toward the goal and pass to player 2. After they pass they will keep running toward the goal.
3. Player 2 will trap the ball and pass it to where player 1 is running.
4. Player 1 will trap the ball and shoot at the goal.
5. Players will switch lines. Repeat the drill 3-5 times for each person.



Throw In (Skill)

1. Have players get in pairs and stand 5-10 feet apart.
2. Teach the proper way to throw in - both hands on the soccer ball, bring the ball behind your head, keep both feet on the ground and throw the ball.
3. Player 1 throws to player 2's feet. Player 2 traps the ball then throws to player 1's feet. Continue until each person has thrown 5-10 times.



Step Over (Advanced Skill)

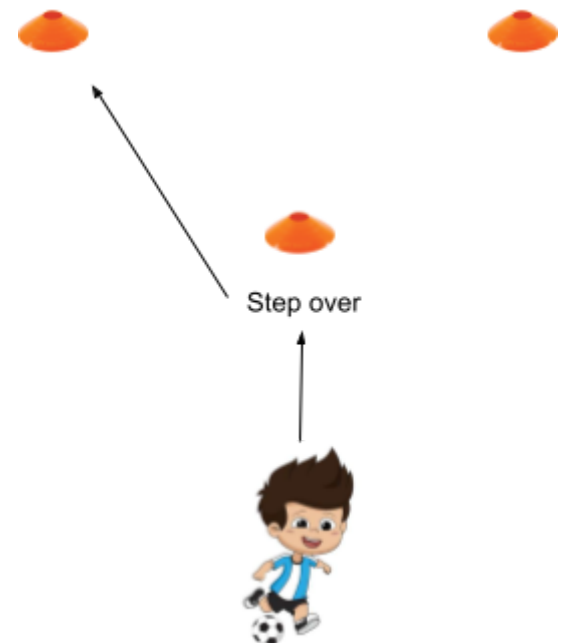
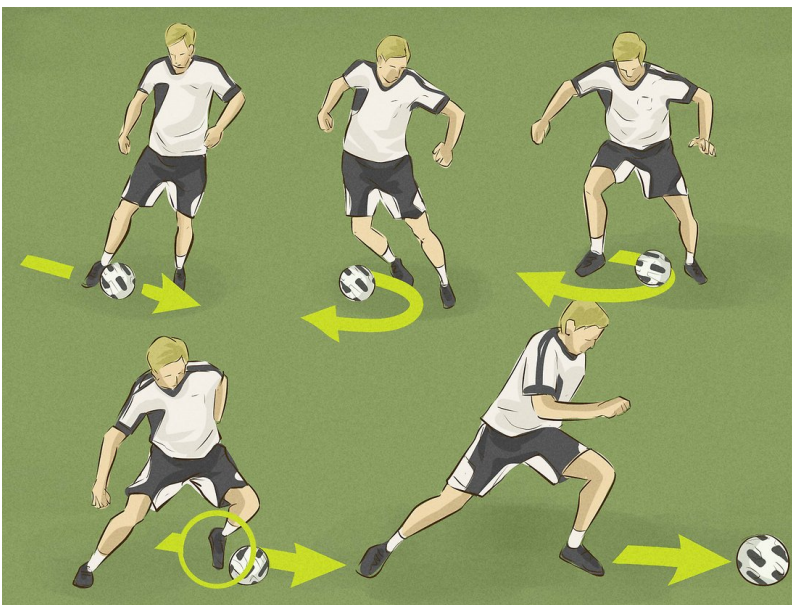
(Designed to help get past a defender)

Learn the Step-Over:

1. Place the ball on the ground. Pretend to kick the ball with the outside of your foot. Swing your foot around the ball and use your other foot to kick the ball the other way.

Full Speed:

1. Put three cones in a "v" shape 10-15 feet apart.
2. Place the ball 15-20 feet away from the first cone at the bottom of the "v". Dribble to the first cone at the bottom of the "v". Just before the cone, do a step over, faking one direction and dribbling the other direction to the cone.
3. Repeat the drill faking both directions. You can place a goal at the end of the drill to practice shooting.



“Hit the Coach” (Game)

Original Version:

1. The kids will each have a soccer ball.
2. The kids will chase the coach and try to kick their soccer ball at the coach.
3. If the coach gets hit by a soccer ball they will... (do something fun)
 - a. Make an animal noise (let the kids pick)
 - b. Make a funny face

Alternate Version: Play the same game but reverse roles. Have the kids... (do something funny) if they get hit by the ball.



Simon Says/Coach Says (Game)

1. Put the cones in a big square and have the kids stay inside the square.
2. Teach the kids how to play simon says/coach says.
3. Have the kids practice doing things with the soccer ball (you may have to demonstrate).
 - a. Dribble with your right foot
 - b. Dribble with your left foot
 - c. Dribble really fast
 - d. Dribble with the outside of the foot
(0:25-1:32)
 - e. Place one foot on the ball
 - f. Put your tummy on the ball
 - g. Dribble backward
 - h. Kick the ball in the goal



Red Light, Green Light (Game)

1. Teach the kids how to play red light, green light without a soccer ball.
 - a. Play with the kids running toward you on green and freezing on red.
OR
 - b. Place cones in a big square. Have the kids run around inside the cones on a green light and freeze on a red light.
2. Teach the kids how to play red light, green light with a soccer ball.
 - a. Play with the kids dribbling toward you on green. On a red light have the kids stop the soccer ball by placing their foot on top of the ball.
(3:50-4:45)
OR
 - b. Play with the kids dribbling inside the cone square. Kids will dribble on green light. On a red light have the kids stop the soccer ball by placing their foot on top of the ball.



Wiggle Dribble (Game)

1. Set the cones in a big square.
2. Each player will have a soccer ball. They must dribble through the square without touching any other player or other player's soccer ball. (This helps the kids see the field while dribbling.)
3. As the kids improve, make the square smaller or instruct them to move faster as they dribble.



Advanced:

1. Have the kids try to kick the other players' soccer balls outside the cones (6:00-6:30) without losing their soccer ball. (This helps with dribbling, keeping eyes up, and shielding.)

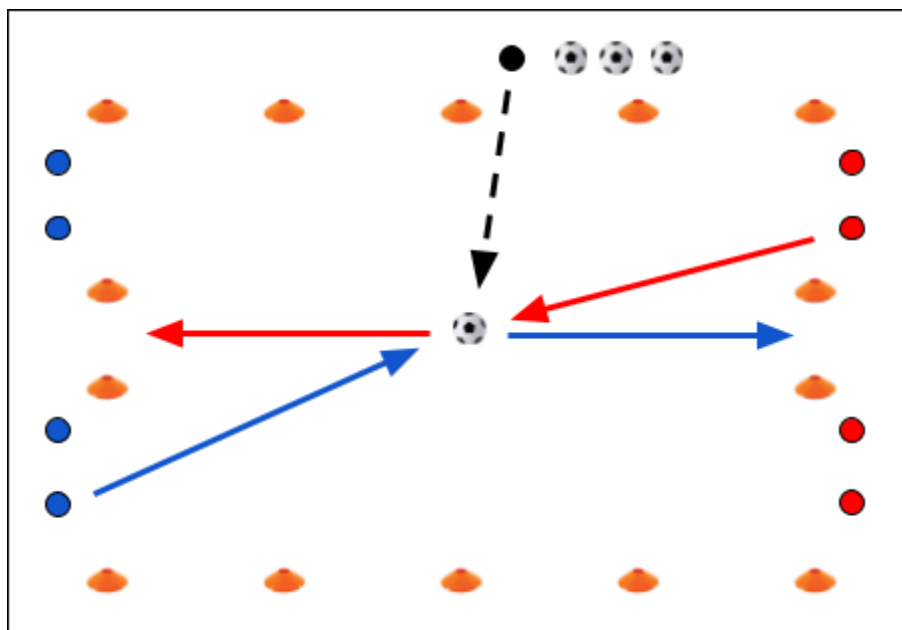
Numbers Game (Game)

1. Set cones in a square big enough for a 1 vs 1 with a goal on each end (goals can be cones).
2. Split the players up into 2 groups and line the players up by each goal. Assign each player a number.
3. Call out 2 numbers (1 number from each side). Those 2 players will run to the middle as the coach rolls the ball out onto the field.
4. The first player to get to the ball is offense and tries to score on the opponent's goal. The other player becomes the defensive player and tries to get the ball and score on the other goal. (Helps with defense, dribbling, and shooting).
5. End the round when a player scores or the ball goes out of bounds.



Alternate: Run the drill as a 2 vs 2 and call out 2 numbers from each side.

Key:



Tag/Dodge Tag (Game)

Tag: Without a ball

1. Set the cones in a big square.
2. Have one person be the tagger. The tagger will chase the kids around the square trying to tag anyone else. The player who gets tagged or runs outside the square is the new tagger.

Dodge Tag: Same as “tag without a ball” except everyone is it. You get points for dodging tags.

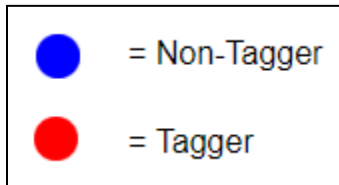
Tag: With a ball

1. Set the cones in a big square. All players (except the tagger) start in the square. Half of the players will have a soccer ball (6 player example: 1 tagger, 5 non-taggers, 2 soccer balls).
2. Have one person be a tagger (It will help if the tagger is wearing a different color). The tagger will try to tag a player that has a ball. If the ball goes outside the square or the tagger touches a player with the ball they get a point.
3. The non-taggers will try to pass the ball to another player who is not the tagger. Have the kids move around to get open for a pass.
4. Play for 1 minute then switch taggers.

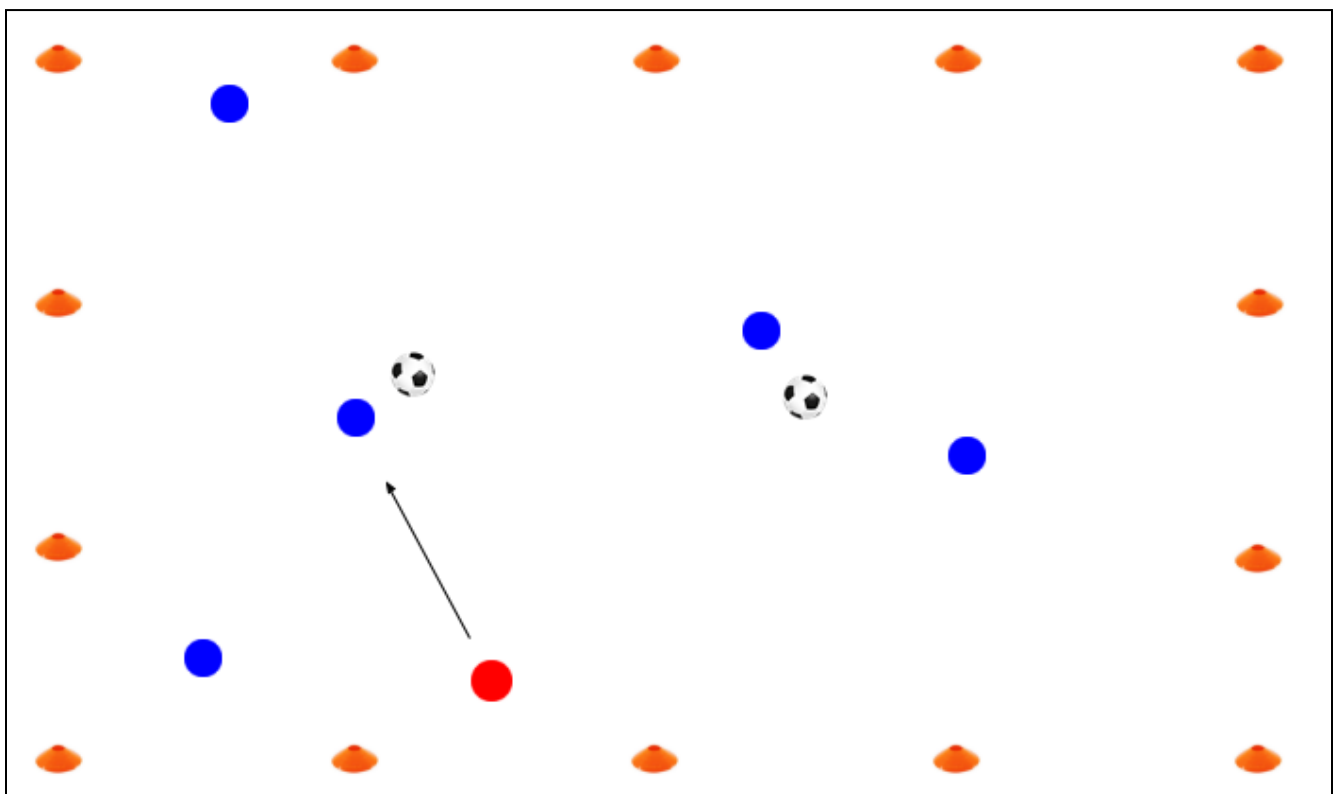
Tag: With a ball (alternate) - Same game but tagger must kick the ball outside the square

(Tag: With a ball Diagram)

Key:



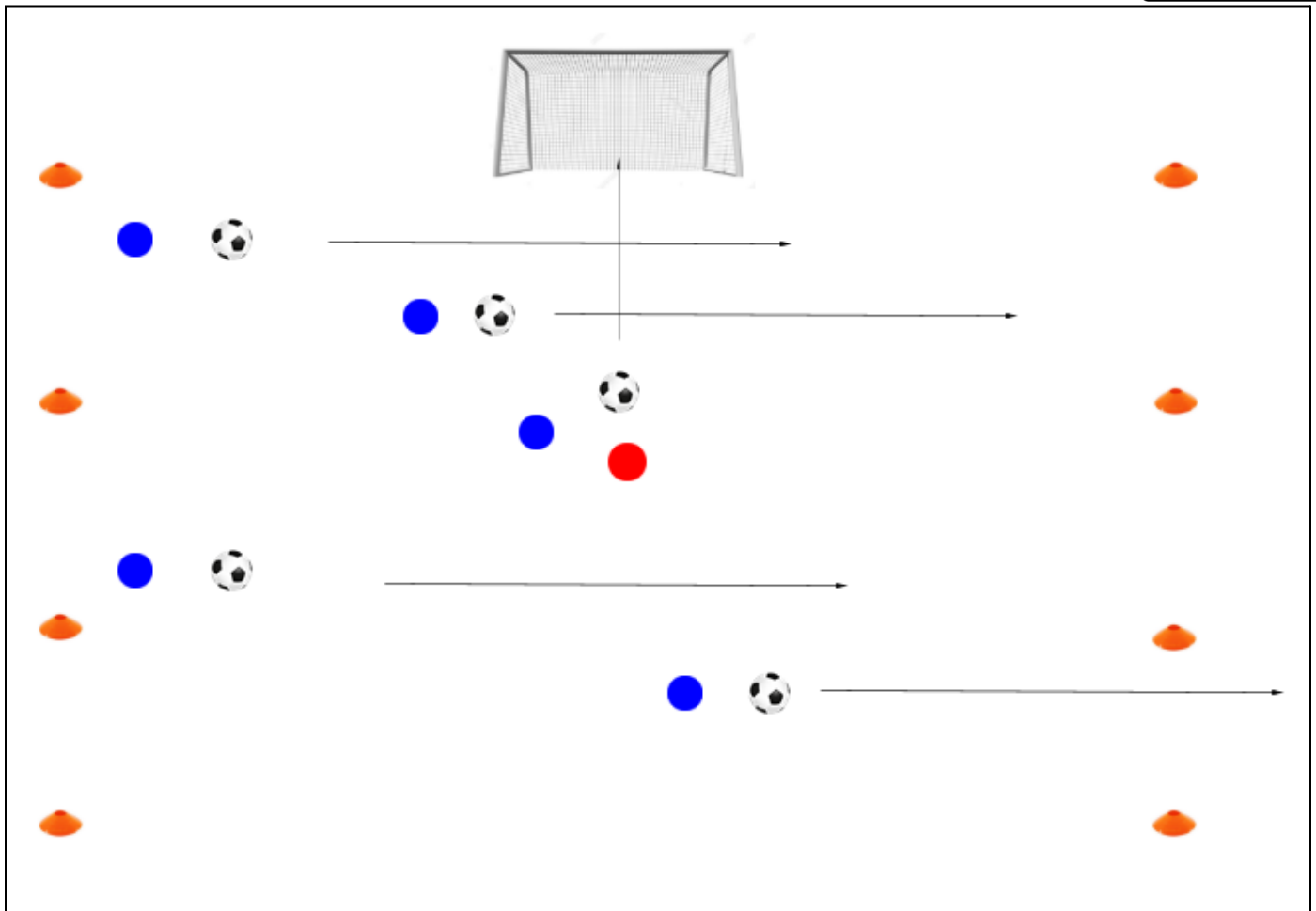
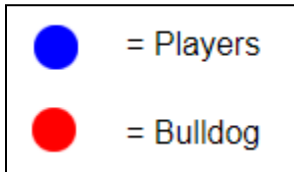
(6:30-8:20)



Bulldog (Game)

1. Make two parallel lines of cones 30-50 feet apart with a goal on one of the non-cone sides.
2. All players (except the bulldog) will get a soccer ball and line up on one set of the cones.
3. The coach or a player will be the "Bulldog." The "Bulldog" will be in the middle of the two sets of cones.
4. The players will all go at once. They will try to dribble to the other side of the field without the "Bulldog" stealing their ball. If they make it to the other side safe, they will wait until the next round starts.
5. The "Bulldog" will try to steal a player's soccer ball and kick it into the goal. If the "Bulldog" scores, the player who lost the ball will also be a "Bulldog" the next round. If the "Bulldog" misses the goal, the player gets a free pass to the other side.
6. Once everyone is across safe, or the "Bulldog" has scored, start the next round by having the players dribble to the other side.
7. Play until there is only one player with their soccer ball or no players with their soccer ball.

Key:



The Maze (Game)

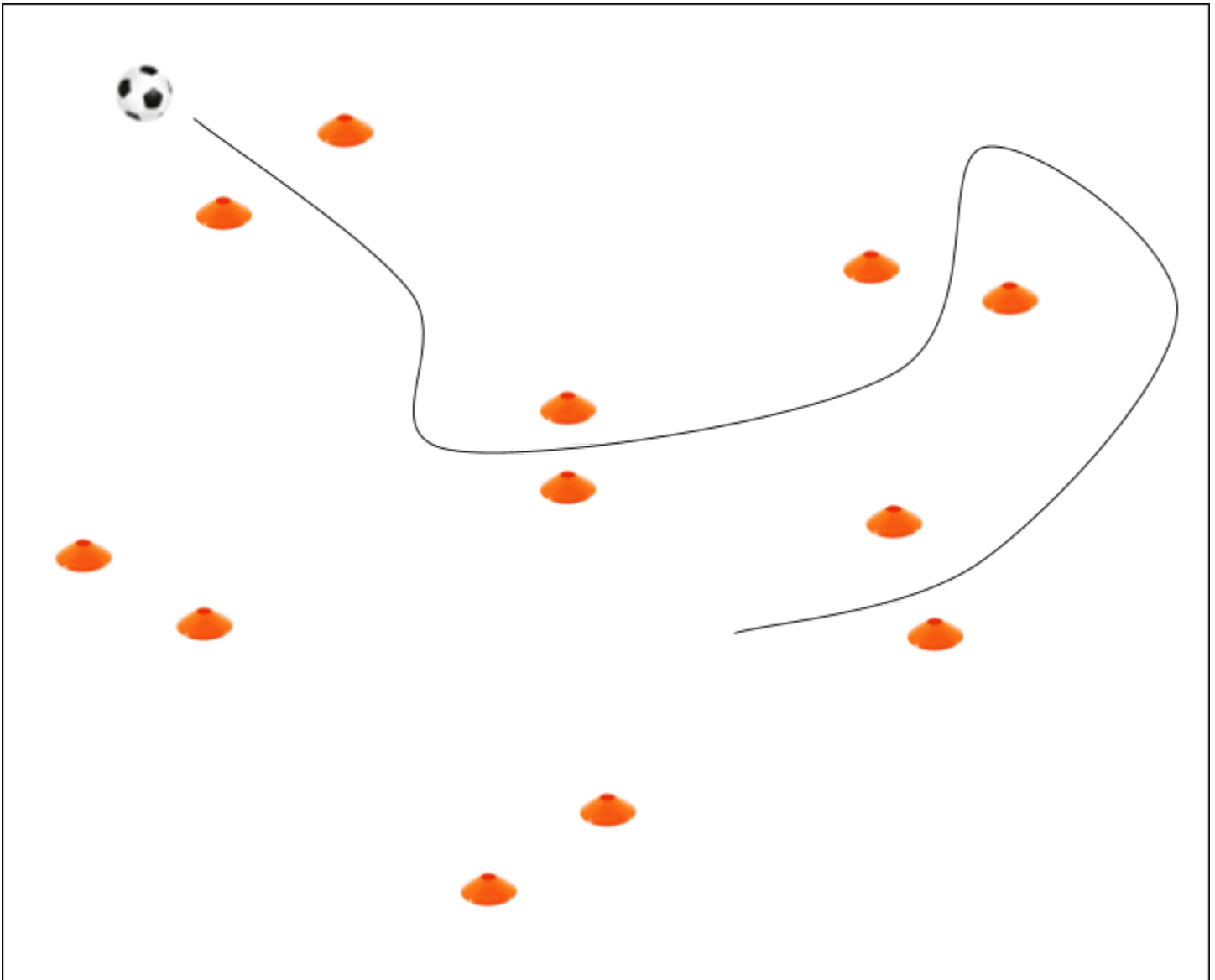
Simple:

1. Make a “gate” by placing 2 cones about 2-3 feet apart. Make 4-6 “gates.”
2. The players will each have a ball and all go at the same time. They will dribble the ball through the “gates” for 30 seconds to 1 minute. They can't dribble through the same “gate” twice in a row.
 - a. They get 1 point for every gate they dribble through.
 - b. If the ball hits a cone while going through the “gate” they do not get the point (optional).
3. To make it more challenging, have the kids do a pull-back through the “gates.”

(8:20-12:50)

Advanced:

1. The kids will be with a partner. They will pass the ball through the “Gate” for a point.



2 vs 2 (Game)

1. Have the players get in teams of 2. One team will be offense and one team will be defense.
2. Put something for the kids to pass to (player, coach, parent, or stack of cones) in the corners of the field opposite the goal.
3. Have the defenders get in position to defend the goal. They will try to stop the offense from scoring.
4. The offense will try to score on the defense.
 - a. If the offense scores, they win that round. Have 2 new defenders come on.
 - b. If the defense stops the offense and kicks the ball to the corner, they win that round. Have 2 new offensive players come on.
5. There are many ways to play this game.
 - a. 1 vs 1 or 3 vs 3
 - b. Have both teams start on the side. Roll the ball in the field. The first player to get there is the offensive team. The other team plays defense.

(12:50-15:57)

