

# U8 Soccer Practice Plans BYSA 2023

## Spring

Monday, March 20th, 2023

### Tempo 2 vs 2 to Goal

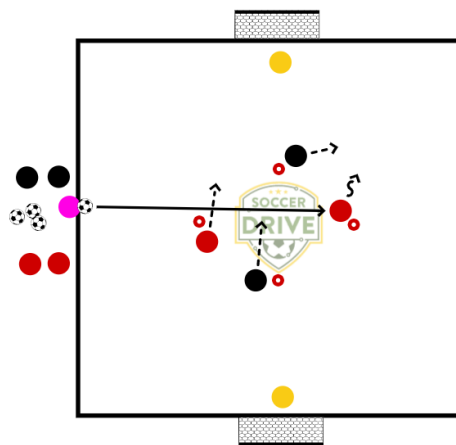
**Players Required:** 10-12

**Balls Required:** 2

**Goals Required:** 2

**Set Up:**

- Make a 35 x 35 yard grid with large goals on the end lines.
- Each goal has a goalkeeper.
- Attackers start on the two cones on the halfway line, one defender starts at the cone in each half.
- Play starts when the coach plays a ball to one of the attackers.
- Attackers can score in either goal.
- If the defenders win the ball, they can work together to make 4 passes in a row, which will count as a goal.
- Rotate the next four players in upon completion.

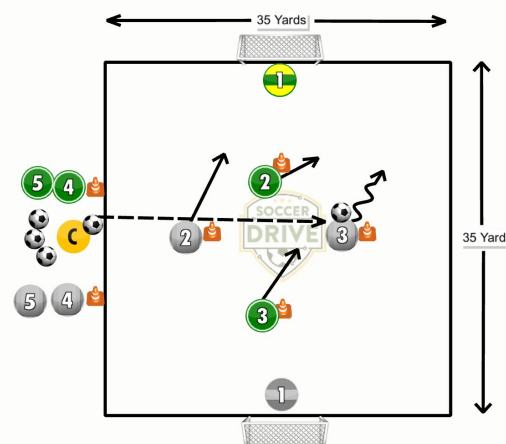


**Coaching Points:**

1. Attack at speed before the 2nd defender can recover.
2. Look for 2 v 1 combinations versus the 1st defender.
3. If both defenders get behind the ball, attack the other goal.

**Progressions:**

1. Progress to 3 v 3.



# Double Goals

Players Required: 10

Balls Required: 1

Goals Required: 2

## Set Up:

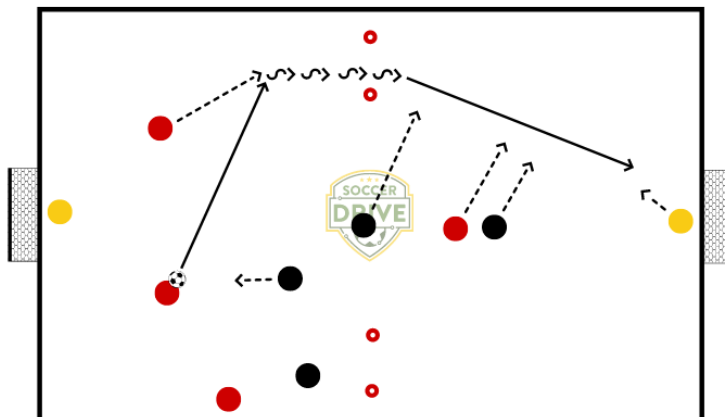
- Play 4 v 4 on a 30 x 20 yard field. Normal rules for soccer.
- Add gates (3 yards wide) on both sides of the field at the midfield line.
- Teams can score a point by passing or dribbling through either gate, and another point by scoring on the big goal.
- Players can score on the big goal without going through a gate first.

## Coaching Points:

1. Scan the field as you wait to receive the pass.
2. When receiving on the flank, look to take your first touch forward.
3. Feint an attack towards one goal, then switch the ball quickly.

## Progressions:

1. Allow the team in possession to attack both goals.



# Last Ball Wins

Players Required: 10

## Topic:

Ball Striking

## Explanation:

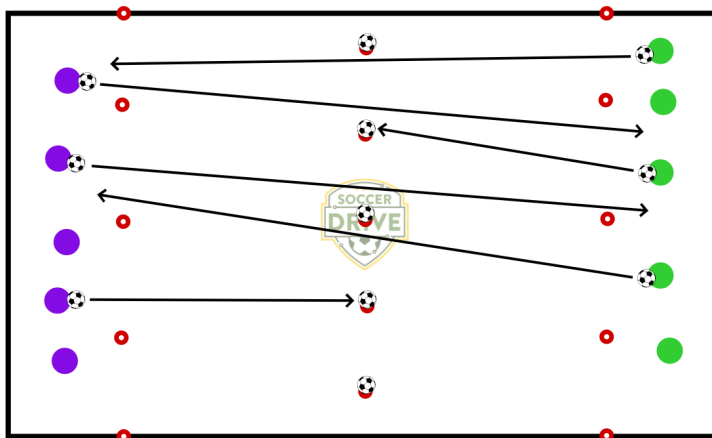
The players are divided into two teams and are placed on opposite sides of the field. Each team starts with three balls and can only shoot from behind a line of cones. However, they can go over the line to retrieve a ball. The aim is to knock footballs off the central cones (when balls are knocked off, they can then be retrieved and used). The winning team is whoever knocks the final ball off the cone.

## Coaching Points:

1. Check the target one more time before you shoot.
2. Use the inside of the foot for accuracy.
3. Approach the ball at a 45 degree angle.

## Progressions:

1. Vary the distances of passes, giving both teams some targets that are closer and further away.



# 2 vs. 2 Defending the Shot

Players Required: 13-15

Balls Required: 2

Goals Required: 2

## Set Up:

On the same 36 x 20 field, split teams into two lines, one on each post. All balls start with the Feeder.

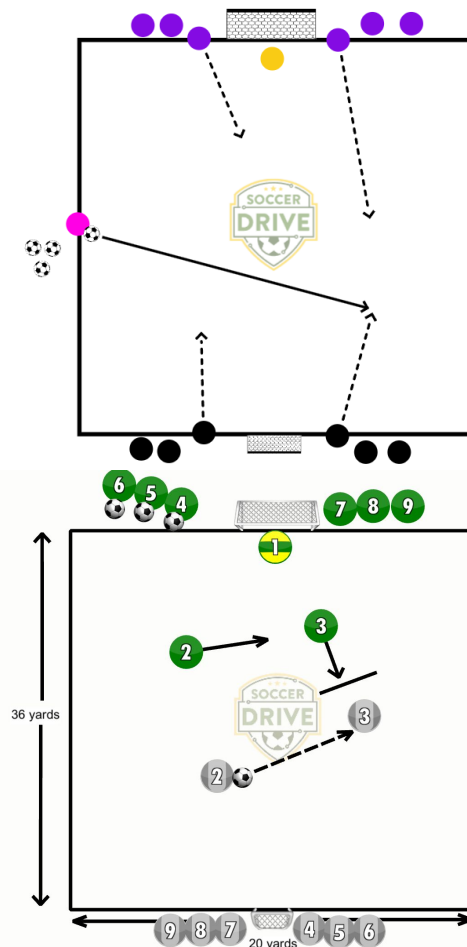
- The game starts with a pass from the Feeder to either attacker. Play 2 v 2, with attackers trying to score on big goal. Defenders attack the small goal when they win ball. Also, the defenders can use their GK to keep possession.
- Once the ball is out, players return to their own lines and new players come on.
- Play for 2-3 minutes, and keep score. Then the teams switch sides and play continues.

## Coaching Points:

1. The 1st defender needs to get to attacker quickly in order to deny the shot.
2. The 1st defender must control their speed so as not to get beat 1 v 1.
3. The closer the defenders are to their own goal, the closer they must be to each other.

## Progressions:

1. Both teams attack large goals with GKs.



# Attack the Cone Dribbling Skills

Players Required: 4-8

Balls Required: 4

Goals Required: 0

## Set Up:

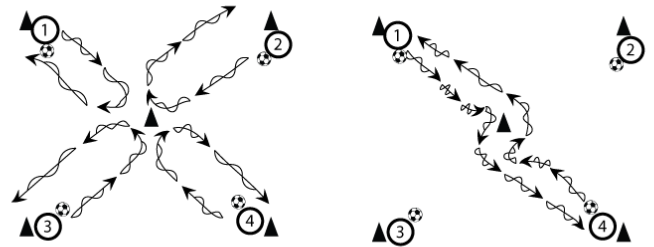
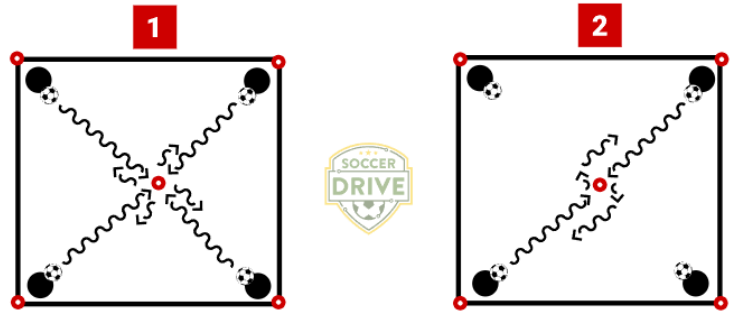
Cones are placed in each corner and in the center of the field. A player is stationed at each corner with a ball. In the first sequence, all four players dribble the ball up to the cone, turn, and dribble back to their original position. In the second sequence two players opposite of each other go at the same time, as the other two await their turn. Both players perform the same move at the cone and keep dribbling over to the opposite cone.

## Coaching Points:

1. Maintain close control of the ball the entire time.
2. Accelerate after you make a turning or dribbling move.
3. Keep your head up and read the other player to avoid collisions.

## Progressions:

1. As the drill continues, players should push themselves to go a little bit faster.



# 2 vs. 2 Tournament

Players Required: 16-24

Balls Required: 4-6

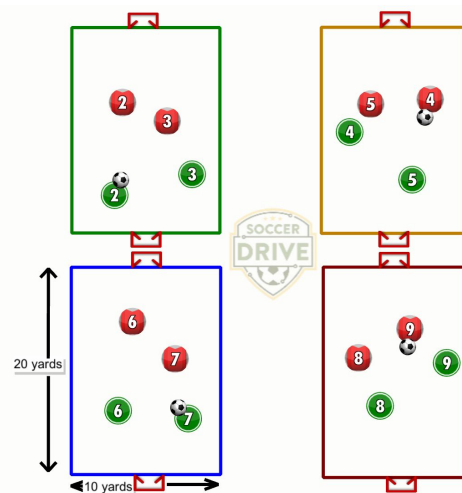
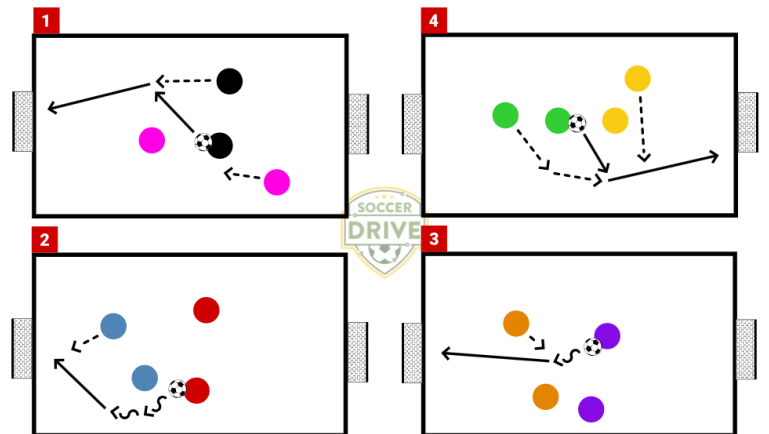
Goals Required: 8-12

## Set Up:

Make four fields of 20 x 10 yards with small goals on each end line. Eight teams play 2 v 2 on each field. On balls out of play, use a kick-in to re-start the game. Games are four minutes long. After each game, the winning team gets promoted up a field, while the losing team get relegated down a field. The team that wins on Field 4 stays, as well as the team that loses on Field 1. Play as many games as you wish (4-5 is usually good). If two teams tie, go to a shootout or play rock-paper-scissors to find the winner.

## Coaching Points:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



# Go At Them!

Players Required: 8-10

Balls Required: 2

Goals Required: 0

## Set Up:

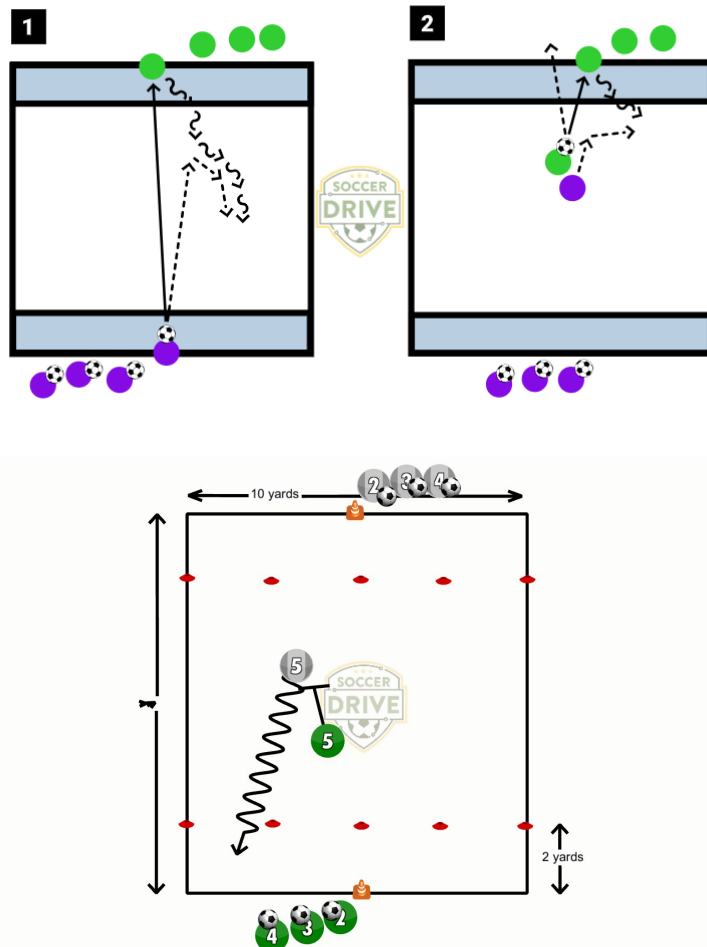
Two teams start on the end lines of a 10 x 16 yd field, with a 2yd end zone on each end. The defending team begins play with a pass to the first attacker, creating the 1 v 1. Goals are scored by dribbling into the opponent's end zone. If the attacker gets into trouble, they can pass back to the next person in their line. When he does, that attacker goes off and it's 1 v 1 again with the new attacker versus the same defender. After a goal is scored or the ball goes out of bounds, the players return to their lines. The team that was in possession now becomes the defending team and plays the next ball in. Play for 5 minutes and keep score.

## Coaching Points:

1. Use body feints to sell a dribbling moves and get the defender off balance.
2. Accelerate away from the defender after performing dribbling move.
3. Once past the defender, take the dribble into his path in order to shield the ball from him.

## Progressions:

1. Each time a back pass is made to a teammate, it brings him onto the field along with a defender. Play goes to 2 v 2, 3 v 3, etc.



# 1 vs. 1 Defending the Shot

**Players Required:** 9-12

**Balls Required:** 2

**Goals Required:** 2

## Set Up:

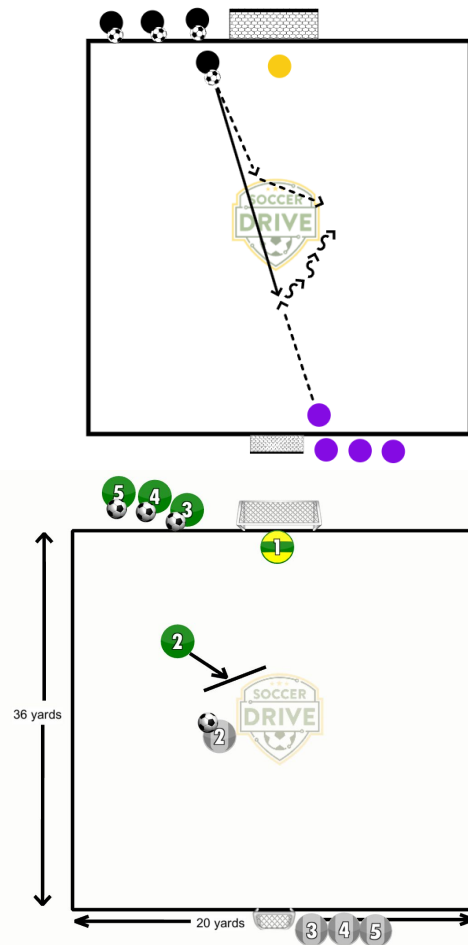
The two teams line up on opposite end line. One team defends a large goal with a GK, while the other defends a small goal with no GK. The defending team starts with all of the balls. The game begins by with the defender passing the ball across to the opposing attacker, and following the pass onto the field. play continues 1 v 1 to completion. Play is over when the ball goes out of bounds. Upon completion, the attacker and defender go back to the end of their same line, and next ball gets played in. If the attackers are scoring too quickly from long range, add a rule that attackers can only score when past the halfway line of grid. Play for two minutes and have teams keep score. Switch the balls over and play for another two minutes, but continue with the current score.

## Coaching Points:

1. The defender needs to close the distance while the ball is still rolling.
2. Angle the run and force the attacker away from the goal and/or onto their weaker foot.
3. Do not to dive into a challenge. Keep your body between the ball and the goal and force a mistake.

## Progressions:

1. Progress to 2 v 2.





# 1 vs. 1 Transition

Players Required: 8-10

Balls Required: 3

Goals Required: 2

## Set Up:

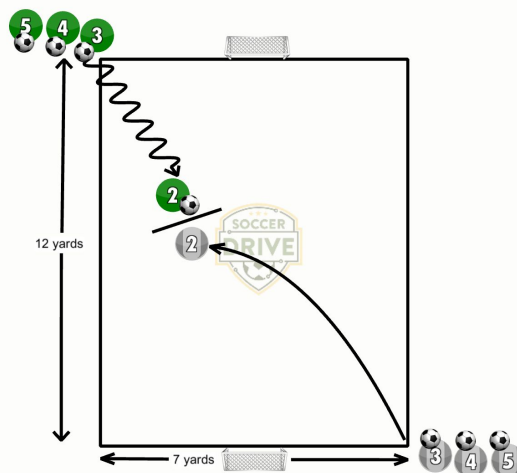
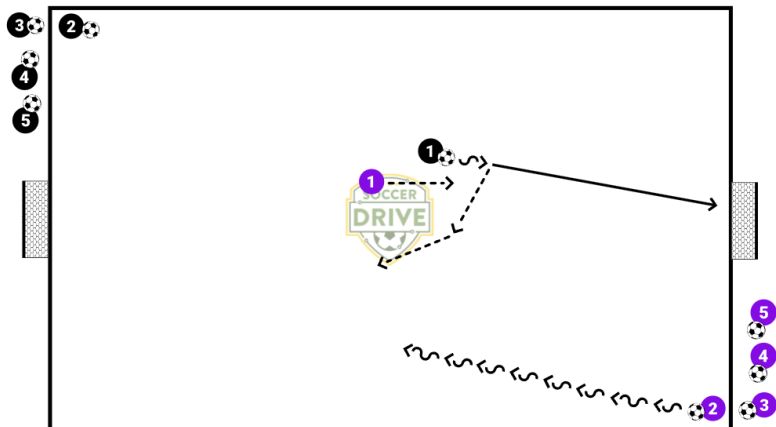
Two teams line up in the corners of the small field, diagonally across from each other. Small goals are set up at each end of field. Every player has a ball, and each player will attempt to dribble across the field and finish in the small goal. Immediately after shooting, each player will try to defend the next attacker from the other team. The new attacker may not leave the end line until the previous shot crosses the goal line or is kicked out of bounds. When players are done defending, they get the ball and return to their same line.

## Coaching Points:

1. Immediately transition to defense after you strike your shot.
2. First deny the shot, then pressure the ball to force a mistake from the attacker.
3. Whether you tackle or not depends on how well the attacker controls the ball.

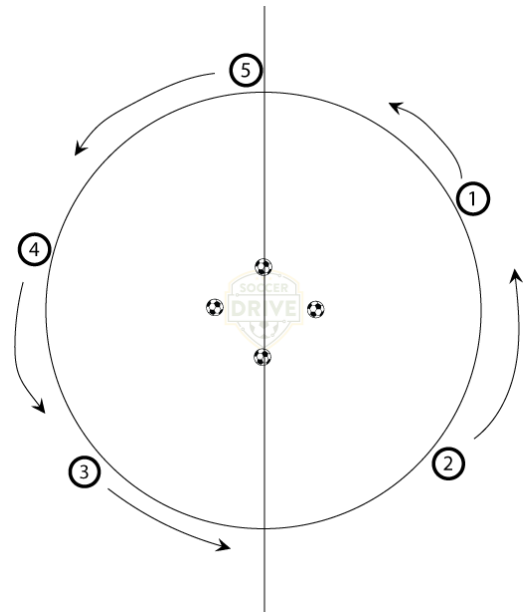
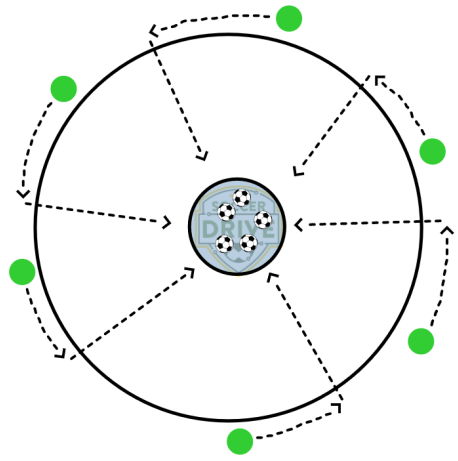
## Progressions:

1. The attacker can leave the end line when the shot is struck.



# Musical Soccer Balls

It is important to add some fun soccer drills into your routine, especially drills for the younger kids. Here is a soccer drill that keeps things fun but also works on reaction, agility, quickness, and speed. This animation uses 6 players but you can use anywhere from 3 or more. Place the soccer balls in the middle of the circle and make sure you have one less soccer ball than you have players. The players start on the outside of the circle and they are not allowed to go into the circle until the whistle blows. On the whistle, the players can sprint to the soccer balls. Because there is one less soccer ball, one player will be left without a ball. The player without the ball is then removed from the game. Every round you will need to remove one soccer ball.

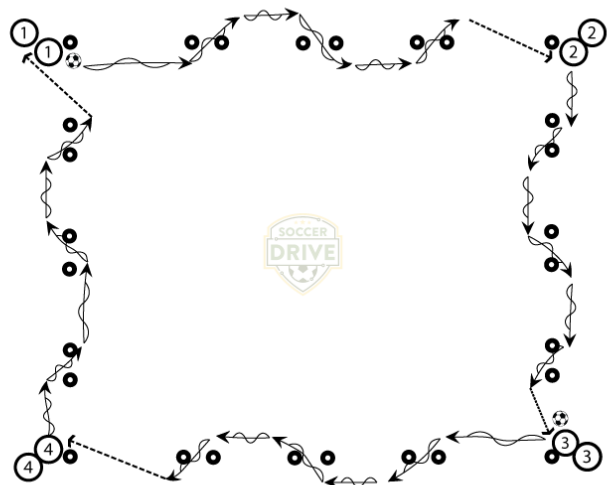
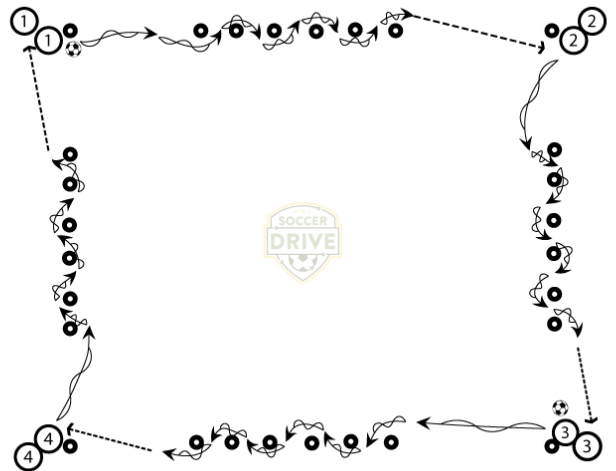
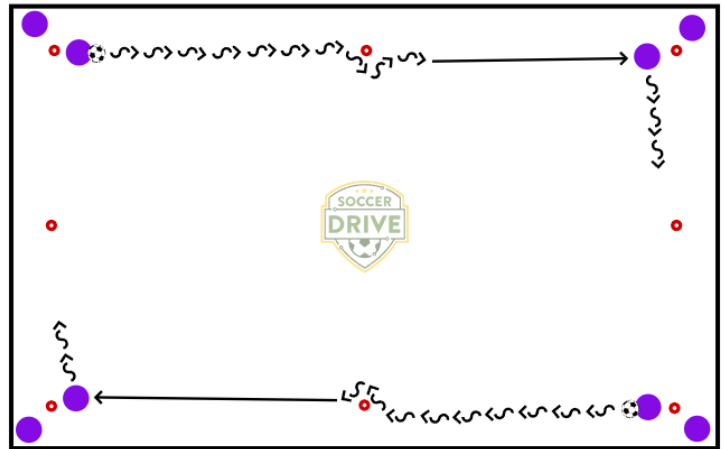


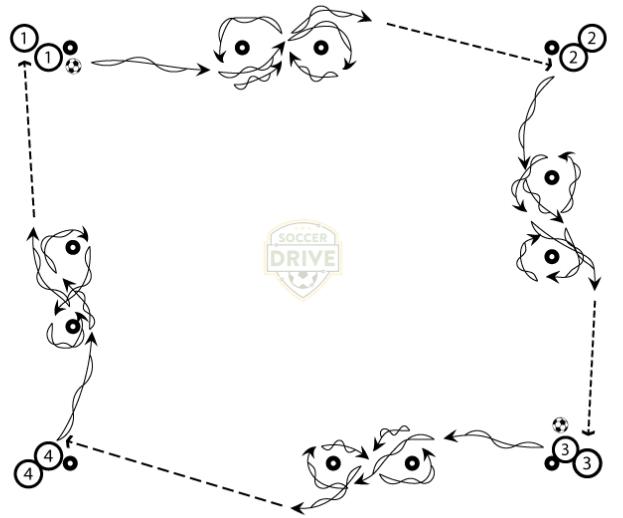
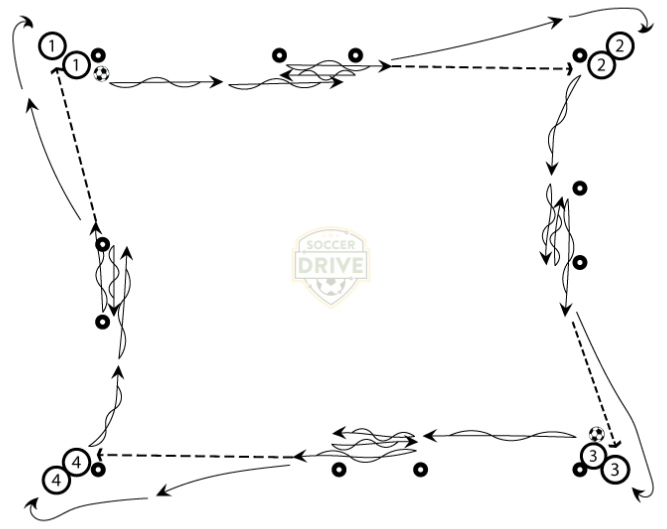
# Four Square Dribbling Series - Soccer Dribbling Drill

Players Required: 8-10

## Set Up:

Eight cones are placed around the outside of the field. The players start in the four corners of the field, and two of the players - a pair that is diagonally across from one another - start with a ball. On the whistle, they dribble to the next cone, perform a dribbling move, and then pass to the player in the next corner. Various dribbling moves can be practiced, and the drill should run in both directions.



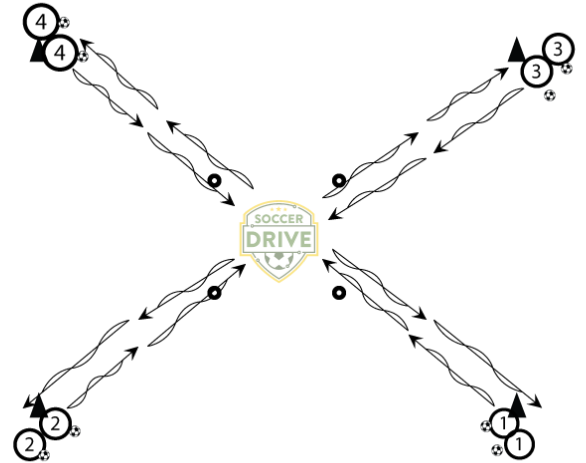
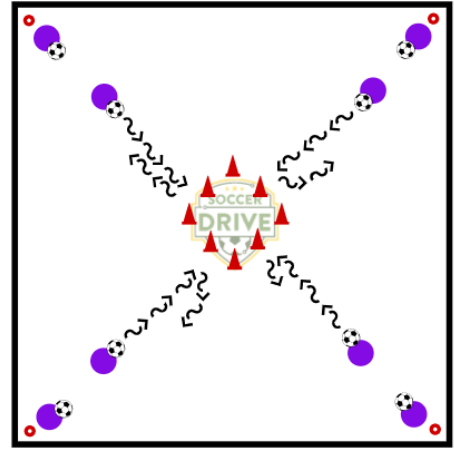


# Toe Taps in Box

Players Required: 8

## Set Up:

Two players start in each corner of the box and each player has a ball. On the whistle, the first player from each line will dribble the ball up to the cones, tap the top of the ball with their feet ten times, and then dribble back to their corner. Once they get back to their line the other player takes their turn. The drill is continuous so keep the players moving until the second whistle. Players should always maintain good ball control and work on quick toe taps as they it becomes easier.

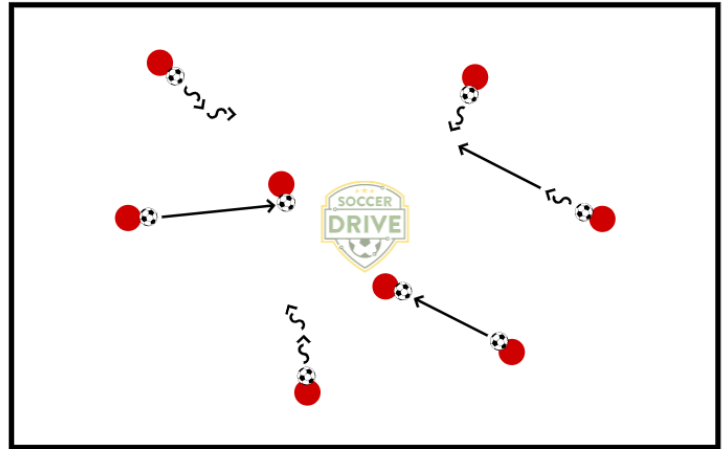


# Controlled Crazyiness

Players Required: 8-12

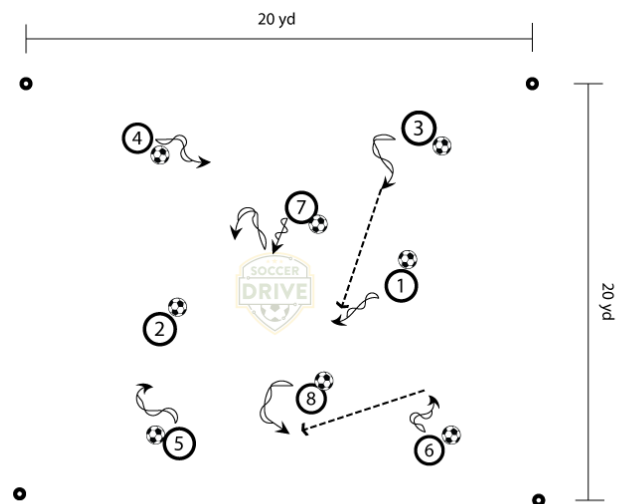
## Set Up:

- Every player is in the grid with a ball. When the coach starts the game, everyone tries to pass their ball and hit someone else's ball. Regardless if they hit or miss, they track down their own ball, dribble around in the grid, and try again.
- Every time you hit another ball with your own, you get a point. However, if your ball is struck by someone else's, you lose a point.
- Play for 1 minute. Stop to make a coaching point and play again.



## Coaching Points:

- Players need to keep the ball close to their body with tight touches and be willing to turn often.
- Encourage the players to try using different parts of their feet to turn. When it looks like someone is about to hit your ball, try changing direction quickly to get away and get someone else's.
- Use open ended questions during the breaks between rounds:
  - When should the length of our touches change at different points in the game? (small/tight touches when turning and dribbling in a tight space, longer/looser touches when there is space in front of you so you can run faster)
  - Why is it important to complete a turn in as few touches as possible? (more touches take more time. The quicker you can turn direction, the more difficult it will be for someone to hit your ball)
  - Where should our eyes be looking when dribbling? (Up...use peripheral vision to see your ball, so your focus is what is around you.)



# 1 vs. 1 Ladder

**Players Required:** 2

**Balls Required:** 1 per pair

**Goals Required:** 0

## Set Up:

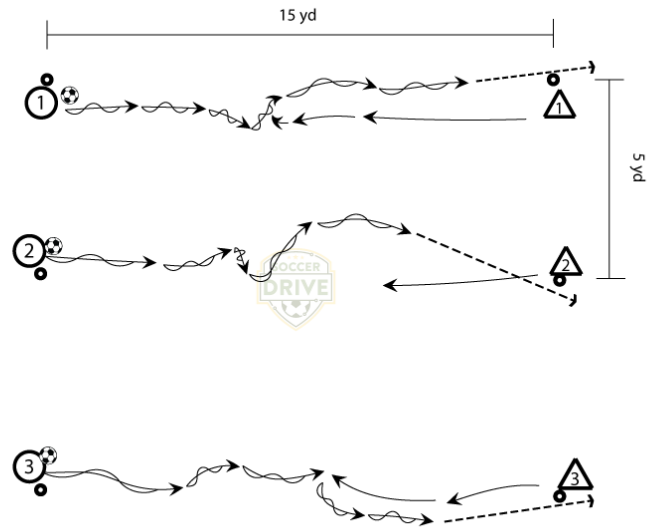
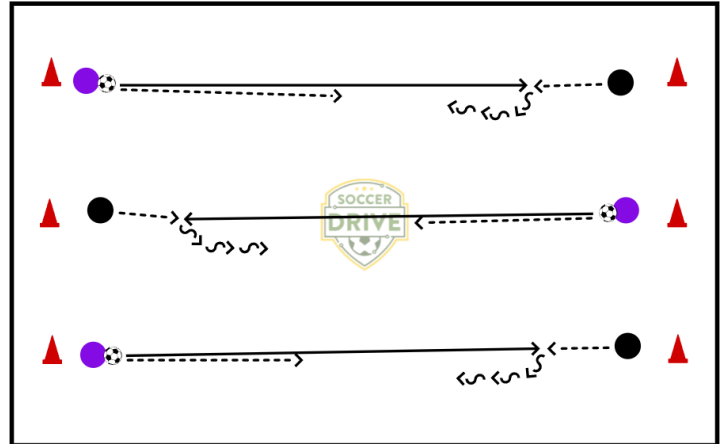
The players are in pairs with a ball, set up between two cones. When the coach says 'go,' the player with the ball dribbles towards their opponent, trying to beat him 1 v 1 and touch the cone with his ball. If the defender wins the ball, they try to score by touching the other cone with the ball. The game continues for 45 seconds. After this, rotate the players so that they all have new partners.

## Coaching Points:

1. Use dribbling and feinting moves to get the defender to move out of your path.
2. Accelerate after your move to leave the defender behind.
3. Once past the defender, shield the ball from tackles from behind.

## Progressions:

1. Allow the attackers to score at both cones.



# Minions - Soccer Activity for Kids

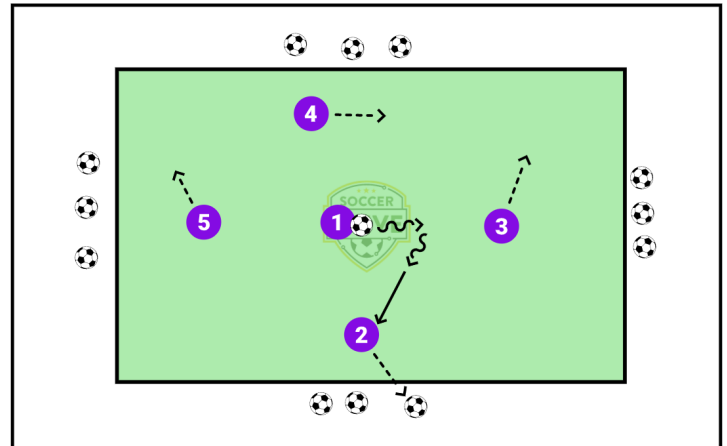
Players Required: 4

Balls Required: 4

Goals Required: 0

## Set Up:

- One player has a ball, and all the others do not.
- Object is for player to hit other players below the knee with their ball. If a player gets hit, they have to get another ball and join as a minion.
- Play until there is one player left. Start a new game with the winner being the new minion.
- If a player is hit above the knees, it doesn't count.
- If players aren't being hit fast enough, make grid smaller, or add a coach minion into the game.



## Coaching Points:

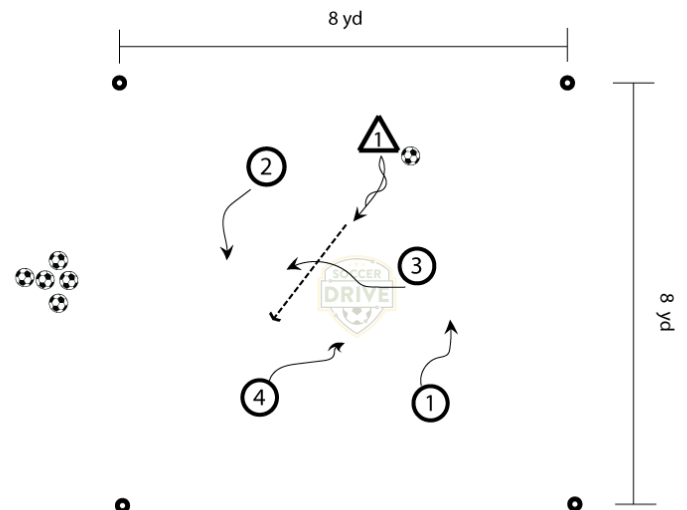
- 1.
- 2.
- 3.

## Progressions:

1.
  - 
  -

## Coaching Points

- To be accurate, show players how to use the inside of their foot to strike the ball.
- Stress timing of pass. Can you pass into the space where the person is running into?
- Use peripheral vision while dribbling to see where you want to go next.
- Can players dribble the ball to better set up their next pass?





# 1 vs. 1 to Small Goals

**Players Required:** 8-10

**Balls Required:** 2

**Goals Required:** 2

## Set Up:

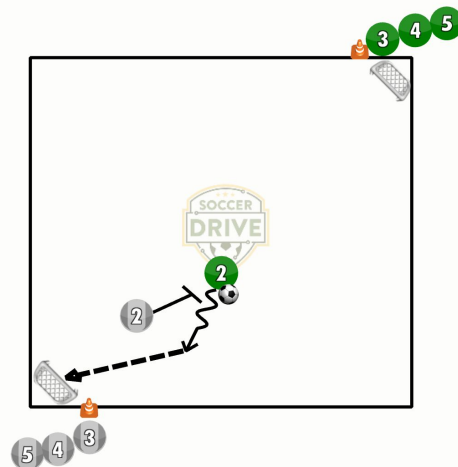
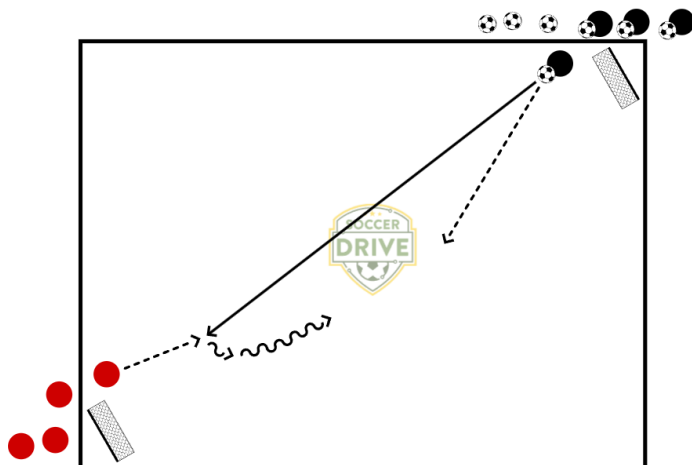
The players start in opposite corners of the field, diagonally across from each other. A small goal is set up in both corners. The defending team starts with the soccer balls. The game begins with a pass across the field from the defender to the attacker. The attacker takes on the defender 1 v 1. If the defender wins the ball, he tries to score in the other goal. After 3-5 minutes, the balls are switched over to the other team and the players switch roles. Teams keep a running tally of the goals they score.

## Coaching Points:

1. The attacker's first touch should make the defender move in that direction.
2. Attack the defender at speed and get him back on his heels.
3. It may take two or three dribbling/feinting moves to beat a good defender.

## Progressions:

1. Progress to 2 v 2.



# Triangle Tag

Players Required: 2

Balls Required: 2

Goals Required: 0

## Set Up:

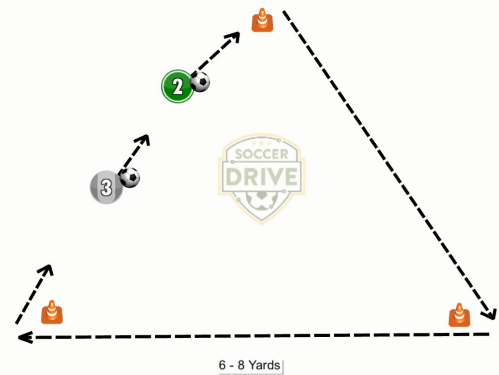
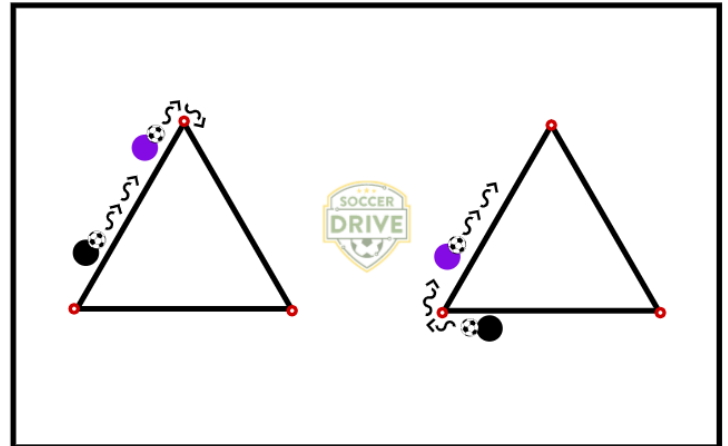
- Make an equilateral triangle out of three cones. Each side is 6-8yds long. Assign two players to each triangle.
- The players start on two points of the triangle
- On the coach's signal, players run clockwise with the ball and try to tag the player in front of them.
- Repeat the game with the other player chasing. Then rotate players to new triangles and partners.

## Coaching Points:

- Keep all players active with short rest periods.
- Encourage dribbling with different parts of the foot.
- Note the differences between running with the ball and changing direction.

## Progressions:

- Play tag without a ball.



# Rock, Paper, Scissors, Dribble

Players Required: 8

## Topic:

Dribbling

## Explanation:

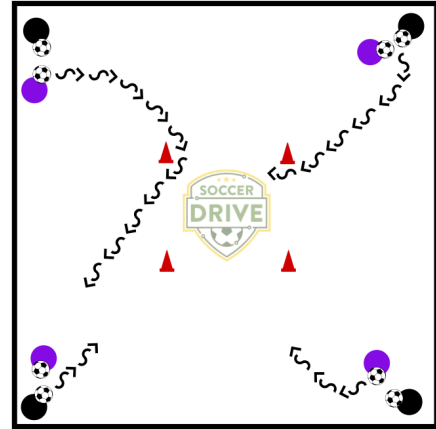
In each corner of the field, the players find someone to play rock, paper, scissors against. The winner gets to dribble into the center and around the cone to move to the next corner. The player who goes around the most cones in a set time limit wins.

## Coaching Points:

1. When running with the ball, touch it with the shoelaces.
2. Reach around the outside of the ball to cut it sharply.
3. Look up between dribble touches.

## Progressions:

1. Add a change of direction when dribbling around the cones.
2. Race to be the first player around the area 3 times.



# The Network - Athletic Movements Soccer Drill

Players Required: 4

## Set Up:

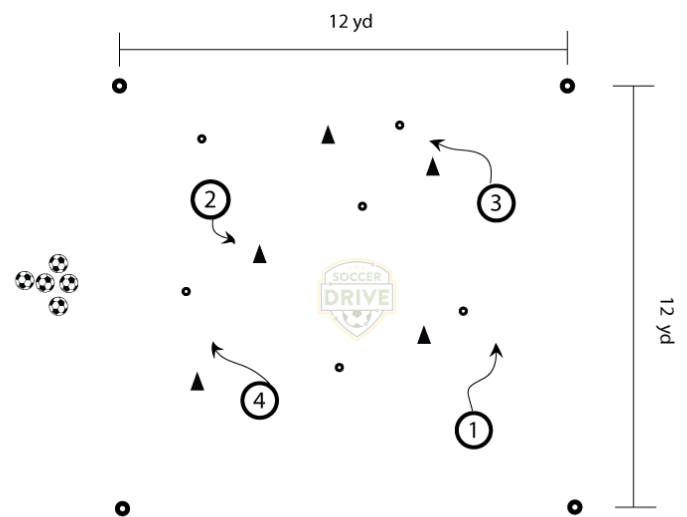
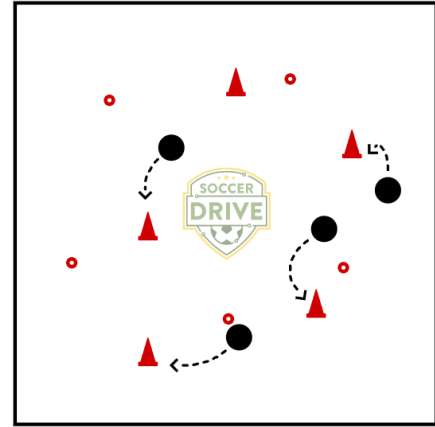
- Place 5 cones, and 5 pennies on ground spread out around grid.
- Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can:
  - touch hand to cones/pennies.
  - touch foot to cones/pennies
  - two-footed jump over cones/pennies
  - Make up new combinations. Think of gross motor movements, and make more complicated with each progression.

## Coaching Points:

- Introduce different types of turns using different surfaces of the feet: Inside/outside/bottom
- Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.
- Use peripheral vision while dribbling to see where you want to go next.

## Progressions:

- Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.



# 1v1 Line Soccer

**Balls Required:** Many

## Goal:

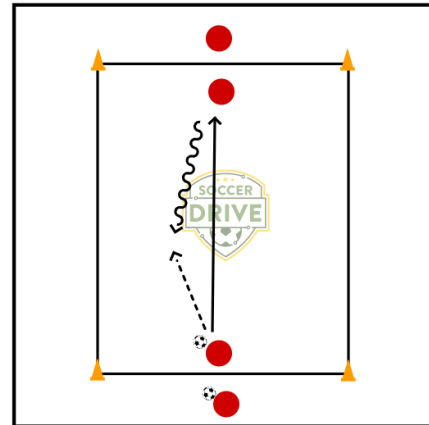
- Improve the ability to beat an opponent in a 1v1 situation.

## Equipment:

- Balls, cones, bibs.

## Content:

- Grid 8 yards wide, 16 yards long.
- Groups of players on each side of grid.
- Defender passes the ball to the attacker and the 1v1 starts.
- The attacker tries to beat the defender and dribble over the end line to score.
- Switch side after turn.



## Coaching:

### Attacker:

- Receive the pass correctly; close or further from the foot depending on the distance to the incoming defender.
- Make speed, dribble with laces or outside foot.
- Look over the ball when dribbling or use peripheral vision.
- When you get closer to the defender, keep the ball closer to your foot
- Make your move at the right moment. Not too far away or too close to the defender.
- Explode after the move and shoot as quickly as possible.

### Defender:

- Approach the attacker quickly, slow down when getting close.
- Stand in an angled position, low in the knees, elbows bent.
- Move feet quickly with little steps and force the attacker to the sideline.
- Win the ball back at the right moment.
- Explode after winning the ball and score as quickly as possible.

## Game:

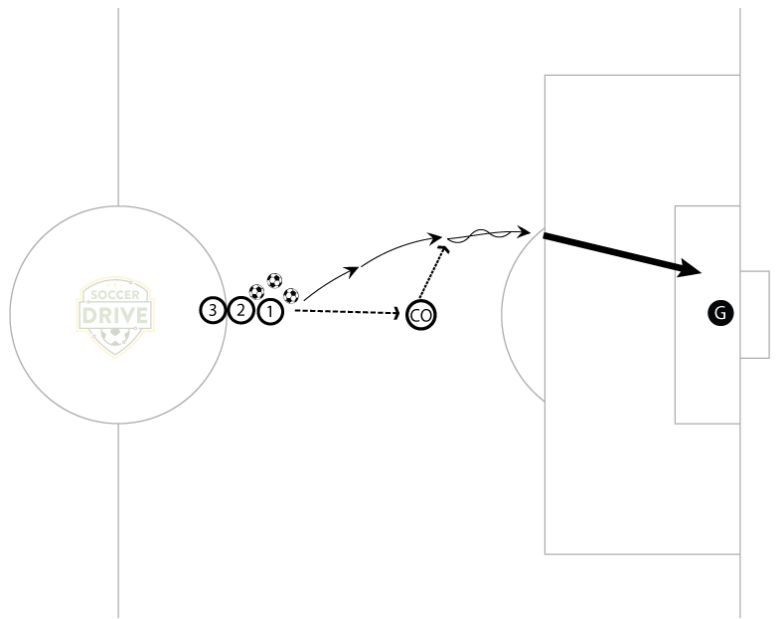
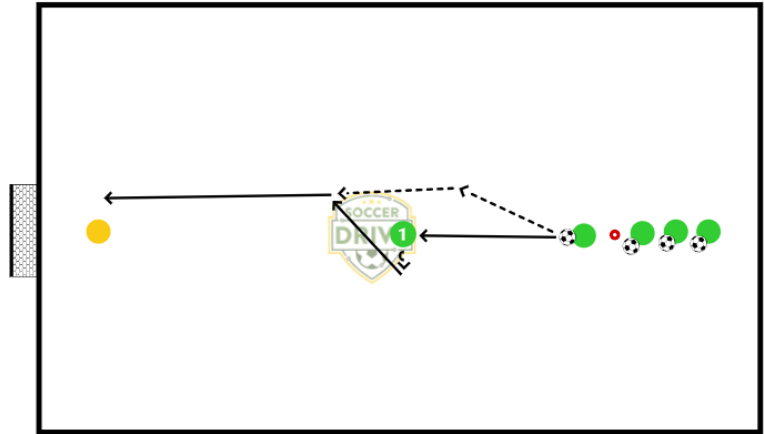
- Make two teams and keep track of the score.

# Midfield Give & Go #1

Players Required: 6-12

## Set Up:

A line of shooters starts 35 yards from goal. A target player (Player 1) starts about 25 yards from goal. The shooter starts the drill with a pass up to Player 1. Player 1 turns away from the shooter as he runs to goal. He then fakes a shot and slides the ball over to the shooter to finish. After shooting, that player becomes the target for the next shooter.



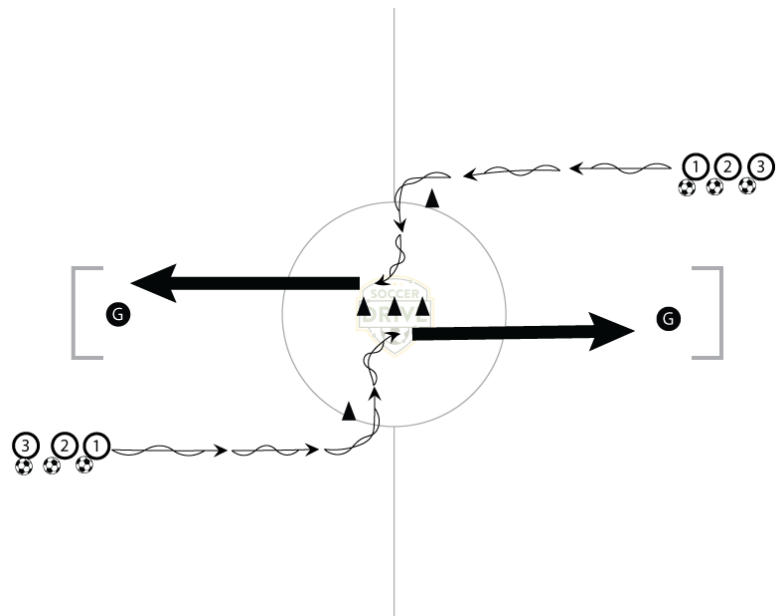
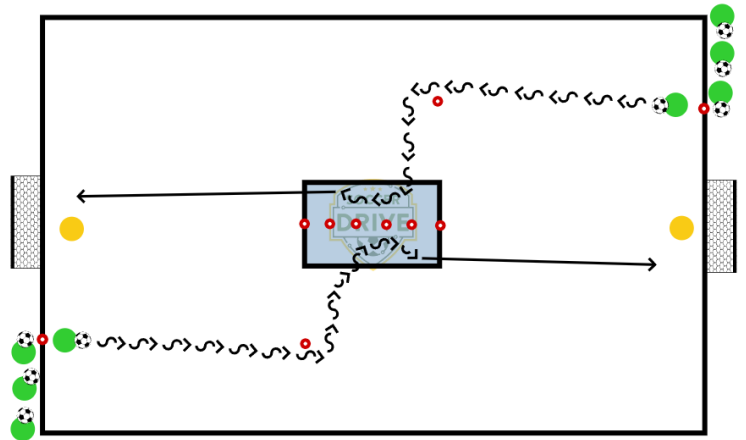
# Cut N Shoot

Players Required: 10-14

Goals Required: 2

## Set Up:

Two lines of players dribble out from the end line and cut sharply around the first cone, set 10 yards away from the end line. From there, they dribble into the small central zone and cut sharply to goal, just in front of the cones. After finishing on goal, they join the line on the opposite end line.



# Receiving Back to Goal

Goals Required: 6-8

## Set Up:

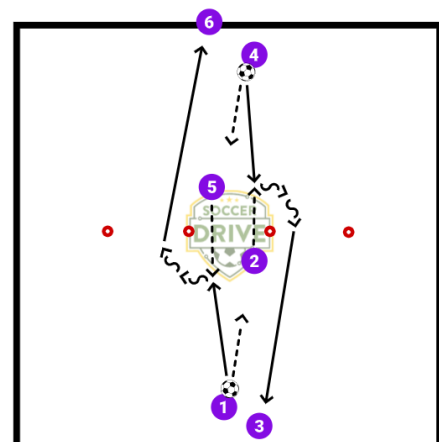
Players run up to the cone line to receive a pass and then touch the ball to the outside in order to turn back to their own line. Once they turn, they pass the ball to the next person in line. And so during the sequence, a player will pass a ball and run out, receive a ball and then turn and pass.

## Coaching Points:

- Shoulder check
- Timing of movement
- Angle of 1st touch
- Weight of 1st touch

## Progression:

Disguise before turning



# Triangle Control

**Players Required:** 3

**Balls Required:** 1

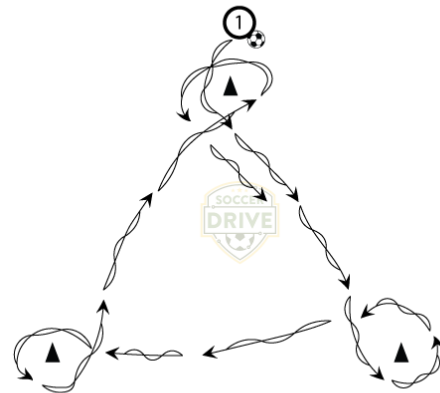
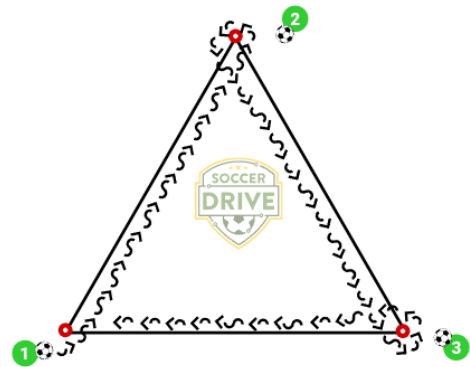
**Goals Required:** 0

## Set Up:

This is a simple soccer drill that emphasizes ball control. Set up three cones as shown about 10 - 15 yards apart. Players should be divided into groups of three. There are two parts to this drill: The first part requires players to dribble the soccer ball the entire time. On the whistle, the first player dribbles the ball around each of the cones. Players need to go around the cones on different sides to work on control with both feet. They should also work on using the inside and outside of their feet. Have players maintain control for 1 minute, and then blow the whistle to start the next player. This gives players one minute of dribbling time with a two minute rest. Have each player do three repetitions before moving to the next part. Part two includes a passer in the middle of the triangle. The drill works the same but now the player with the ball must perform a give and go between each cone. After one minute, the dribbler switches into the middle to become the passer and the passer gets a one minute rest before his next dribbling run.

## Coaching Points:

1. Use the shoelaces when running with the ball.
2. Reach around the ball in order to cut it sharply.
3. Look up in between dribble touches.





# Passing, Receiving and Support Play - Part 3

Players Required: 8-10

## Session Set-Up

10 x 10 grid and 30 x 20 grid

Supply of Footballs

Cones

## Session Detail

### Practice 1: Passing and Receiving Square.

Players pass and receive around the square and follow their pass to follow the sequence. Players should look to play off minimal touches (2 touch). On coaches command change the direction of the practice.

### Practice 2: Positional Passing Practice.

Play starts with Player 1, who plays forward pass to Player 2. Player 2 plays out wide to Player 3, who then plays forward to Player 4 at the top of the practice. The practice is continuous, and so Player 4 restarts each sequence in the opposite direction each time he receives.

## Coaching Points/Topics

Pass selection, weight, accuracy

Body shape to receive

Direction of 1st touch

When and where to support

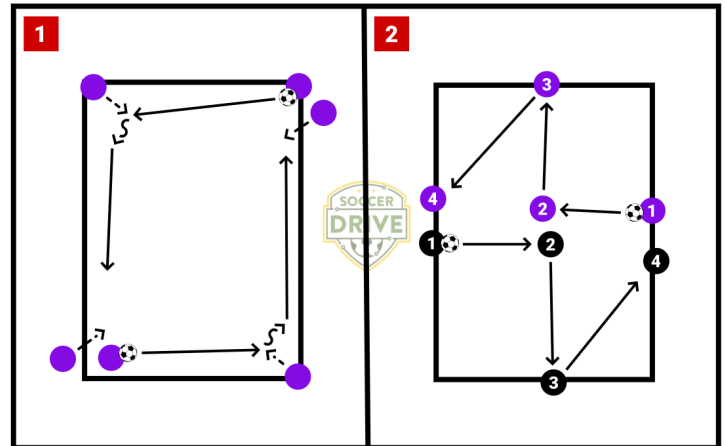
Awareness of next pass and direction of play

Power, speed of pass

Running speed to next cone

Communication

Concentration, alertness to next play or pass



# Throw, Throw, Go

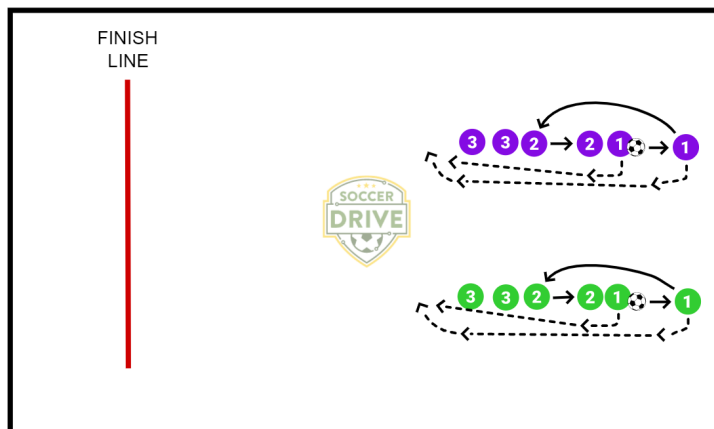
Players Required: 10-20

## Topic:

Throw-ins, agility

## Explanation:

Each team creates a ladder made up of three pairs of players (Pairs 1, 2, and 3). The two players throw the ball to each other once before throwing it up the ladder to the next pair. Then they run to the end of the ladder to make the next rung. The teams race to the finish line and must go back to the start if they drop the ball.

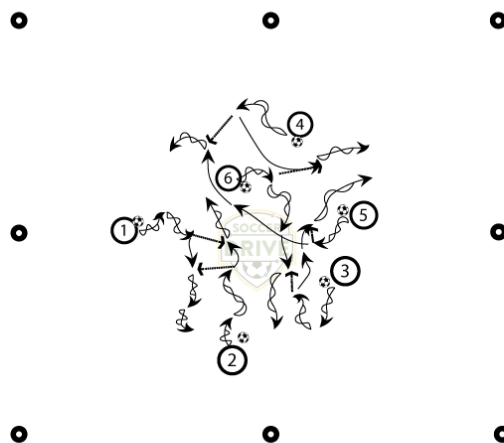
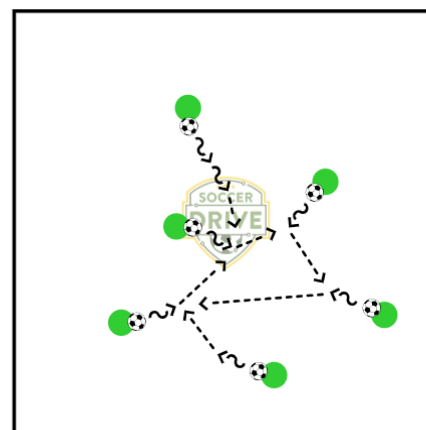


# Give & Take Warm Up Drill

Players Required: 6-8

## Set Up:

This is a great warm up dribbling drill for young soccer players. Every player will start with a ball inside an area designated by the coach. On the whistle, the players dribble their ball, changing directions and being as creative as possible. On the next whistle the players will leave their soccer ball and find a free soccer ball as quickly as possible. Once they find a new ball, they will start over with the dribble, being creative and changing directions. Once again on the next whistle they will leave their ball and find a new one.



# Hot Potato

Players Required: 4

## Set Up:

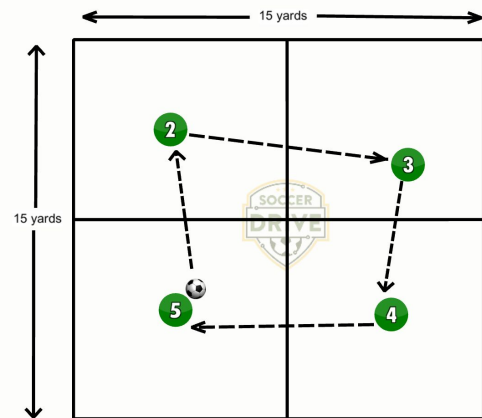
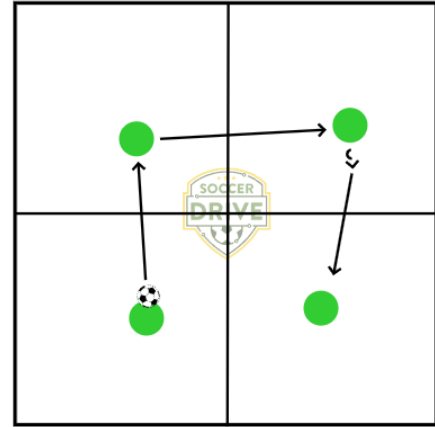
Divide a 15 x 15 yard grid into four areas with one player in each area. Coach yells “hot potato!” to start the game and the players have to pass clockwise around grid. Each successful pass of the potato gets a point. If the ball goes outside the intended area on a pass, then the score resets to zero. Try to see how high of a score each group can get. Repeat game and ask groups to beat their high score

## Progression:

- Have players go counter-clockwise.
- Have players create a figure 8 with the passing.

## Coaching Points:

- Encourage the use of the inside of the foot while passing to the next grid (Toe up, heel down)
- Encourage players to open up their body when receiving. Receive the ball with the inside of the foot in the direction you want to do next.

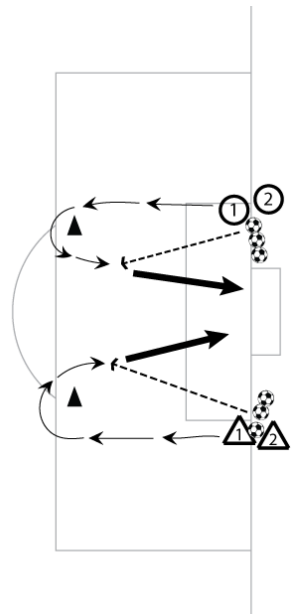
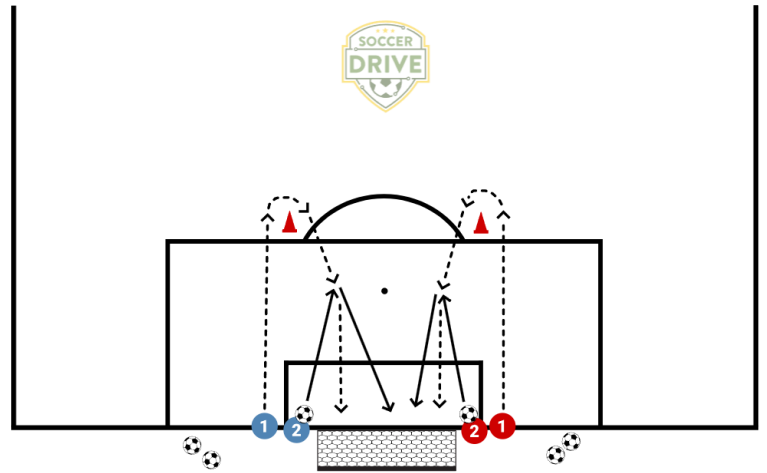


# Touch the Net Shooting Race

Players Required: 4

## Set Up:

Young players will love this game. Split players into two teams and have them line up on the side of the net with three soccer balls for each team (coaches can choose the amount of balls, this drill shows three). All players will start on the goal line as shown. The shooting players will run around their assigned cone, receive a pass from the passing player, shoot the ball, and then run back to the net and touch the goal post next to their line. Each player will repeat this as many times as there are soccer balls. The first player to score with all of their balls and touch the goal post wins. If a player's shot misses the goal then they are disqualified for the round.



# Reaction Competition

Players Required: 2

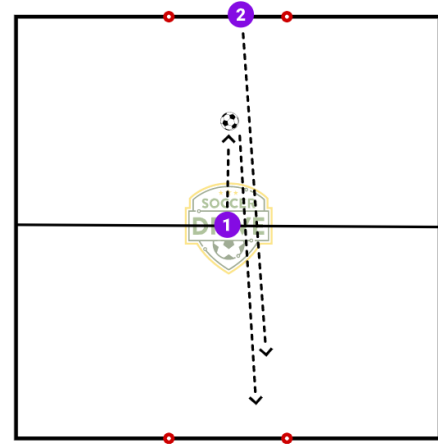
## Set Up:

A ball is placed between Player 1 and Player 2. Player 1 starts on his feet, Player 2 starts in a push up position. Player 1 comes up to the ball, and as soon as he grabs it, Player 2 can jump up and chase him. Player 1 must get to the opposite end line before being touched. Upon completion, the players switch places. If a large group is playing, lines can rotate to create new matchups.

Progression: Both players are standing at the start.

## Coaching Points:

- Fun, Meaningful Competition
- Improves various types of speed:
- Anticipation
- Transition
- Reaction
- Acceleration
- Max Speed

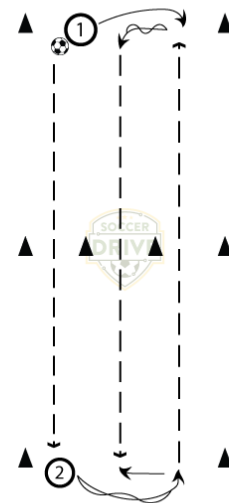
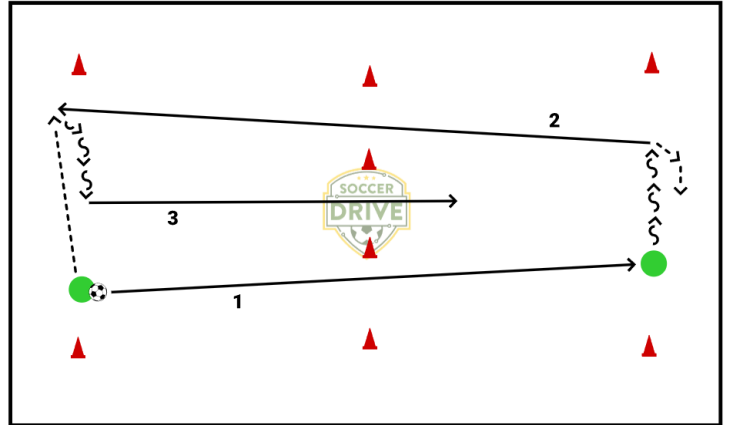


# Passing Accuracy

Players Required: 2

## Set Up:

Set up the cones as shown in the diagram. The players should be a 10 - 20 yards apart, depending on their skill level. The players pass the ball back and forth with the receiver choosing which pair of cones to pass the ball through by running to that space and calling for the ball. encourage the players to use as few touches as possible during the drill, and to make their runs early.



# Throw-In Challenge

Players Required: 8

## Topic:

Developing Positive Behaviours Through Play And Praise

## Explanation:

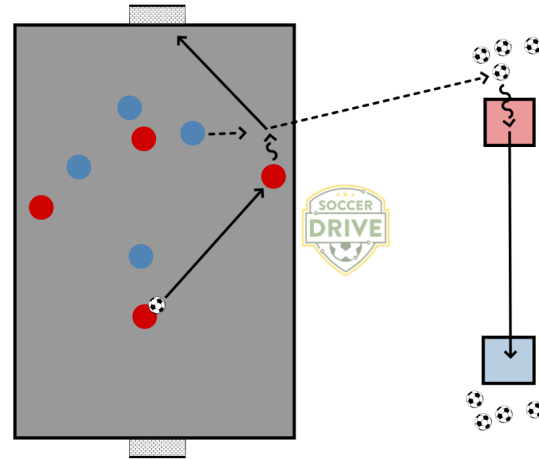
When a player is sent to the scoreboard they will take part in a throw in challenge. A successful throw in will result in getting points on the scoreboard for their team. This gives players the opportunity to work on their throw in technique and receive feedback and coaching points from their coach at the scoreboard. As with all Scoreboard Soccer games, players who demonstrate the most positive behaviours (scanning, shooting, tackling for example) will increase their teams chances of winning the game. Small sided games with a scoreboard to encourage, highlight and reward positivity.

## Coaching Points:

1. Use a run up when throwing rather than be stationary.
2. Use your full range of motion. Take the ball way back behind the head and follow thru.
3. Try not to bend forward at the waist on the follow thru. It brings the back foot off the ground.

## Progressions:

1. Throw from a further distance.
2. Make the scoring zones smaller.

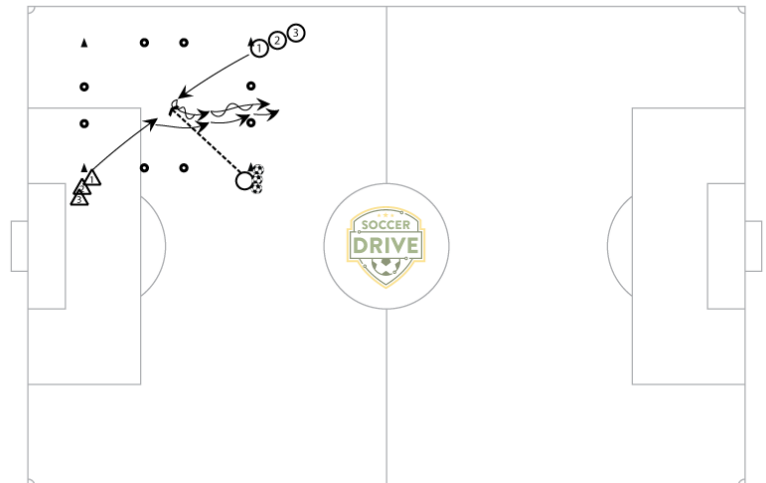
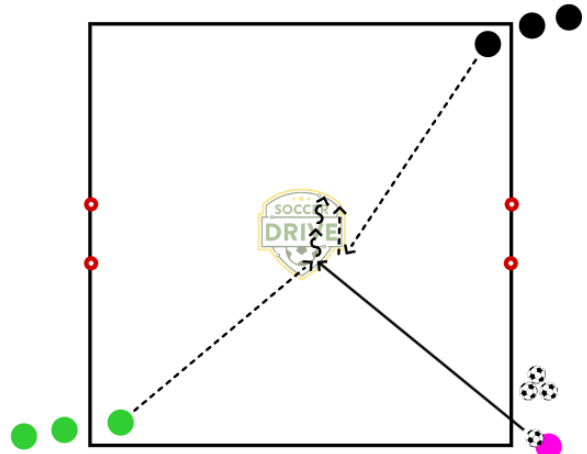


# Who can get the ball first

Players Required: 6-8

## Set Up:

Two teams are set up in opposite corners of the small field. Small goals are placed on opposite end lines. To begin the game, the Feeder plays the ball out into the center of the field, and the players release from the corners with his first touch. From there, the players try to win the ball and beat their opponent 1 v 1. Play continues until a goal is scored or the ball has been played off the field. Teams keep score during the game, and games are played to three goals.



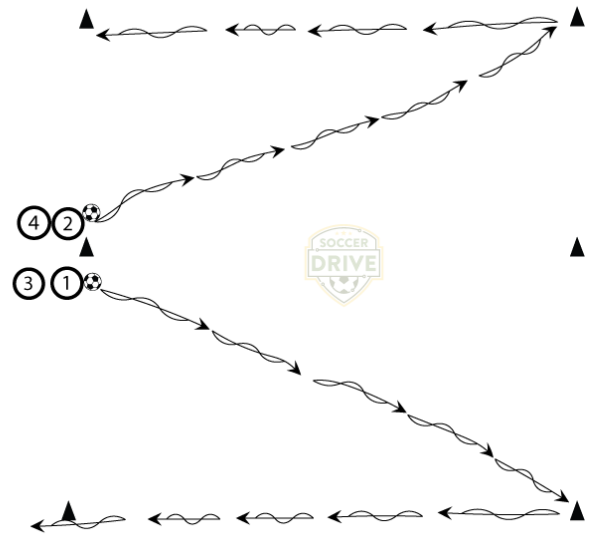
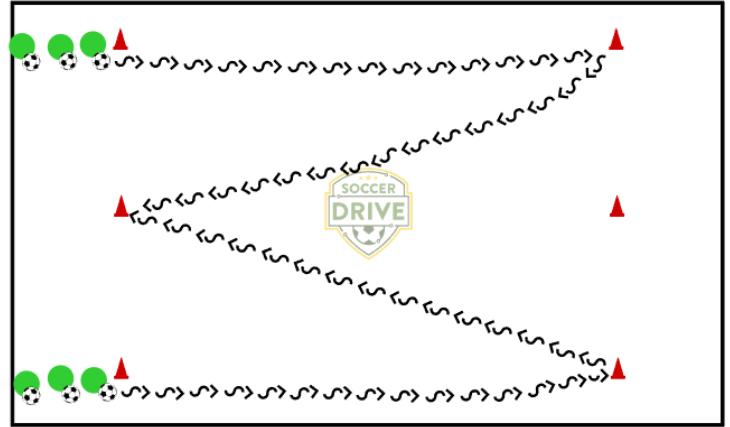


# W Shape Dribbling Skills Practice

Players Required: 6-8

## Set Up:

Cones are set up so that players will dribble in a pattern that creates a giant "W". Two players start at the same time and avoid contact as they travel in opposite directions. Coaches can have players work on a variety of skills when changing direction, and can put more and more players on the field at the same time.

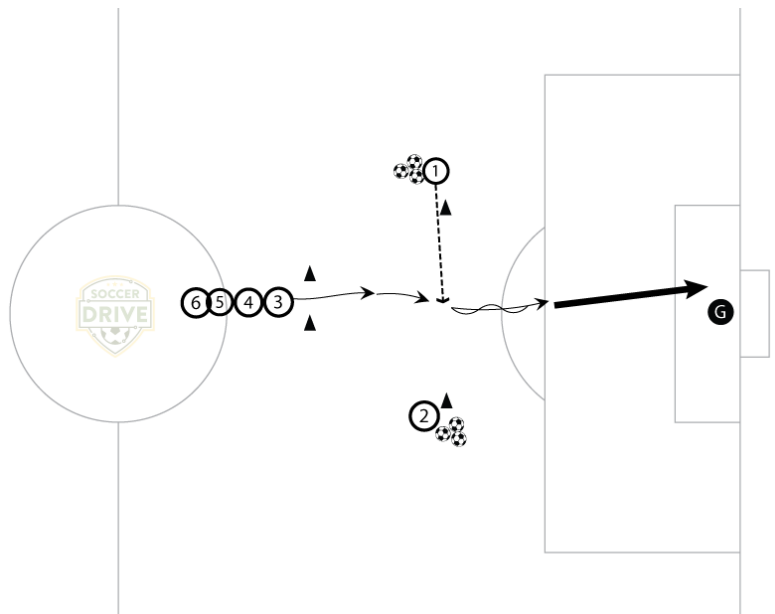
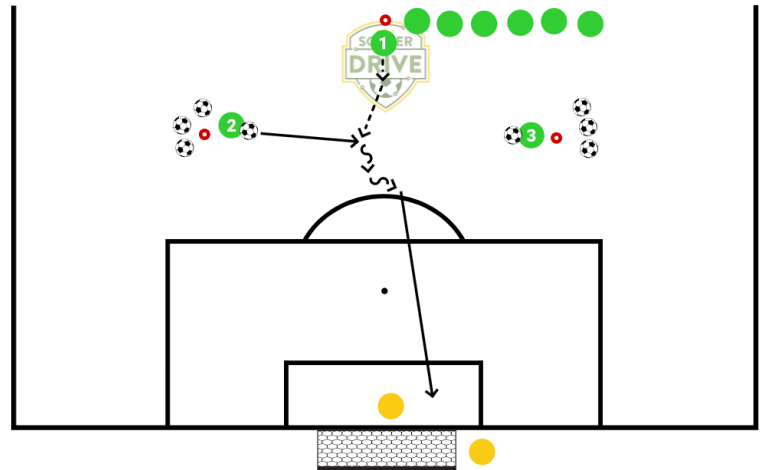


# Shooting Coordination

Players Required: 12-16

## Set Up:

A line of shooters starts at the cone behind Player 1. Players 2 and 3 are stationed at cones to feed passes to the shooters. Player 1 starts the drill by running to goal and calling for the pass from either of the two feeders. After finishing, the shooters return to the shooting line. Players 2 and 3 rotate out of the feeder spots every two minutes. GKs should switch out after 3-5 shots.



# Circle Passing

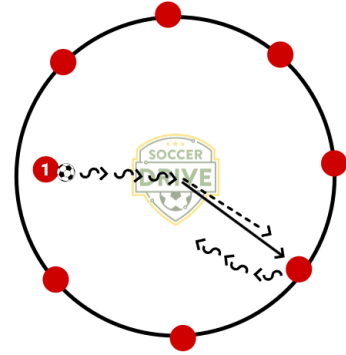
**Players Required:** 8-10

**Balls Required:** 1

**Goals Required:** 0

## Set Up:

The players are placed in a circle about 20 yards in diameter. Player 1 dribbles to the center of the circle, then stops to pass the ball to a player of their choice. As they pass the ball, they call out the player's name who they are passing to. Player 1 then follows their pass to switch with that player. The player who received then dribbles to the center of the circle, calls out a name and passes to the next player. The drill continues in this manner. As players become more comfortable you can add a second ball to make it more challenging.



## Coaching Points:

1. Look up for a target as you dribble in.
2. Make eye contact with the player you are passing to.
3. Accelerate out of the circle after you pass.

## Progressions:

1. Add a passing combination between the two players as they switch in and out.

# Freeze Tag

Players Required: 6-8

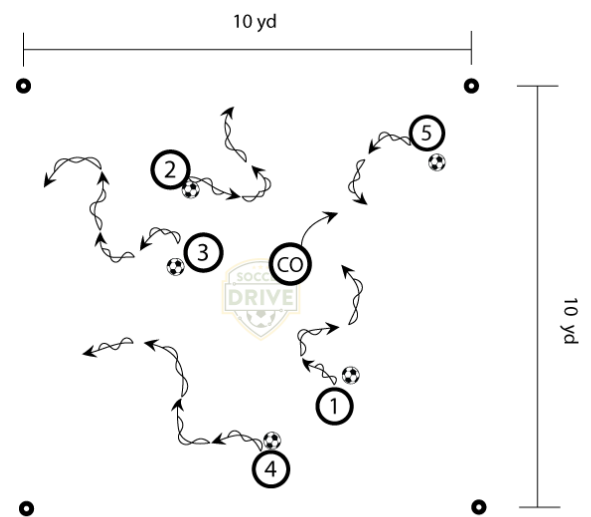
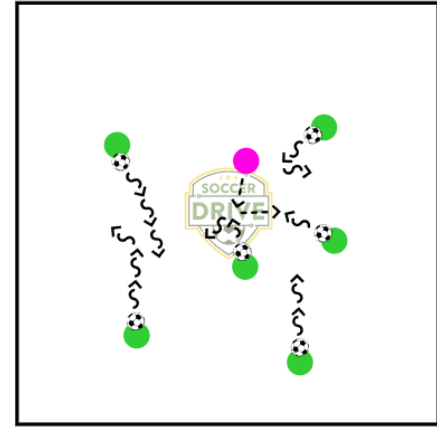
## Set Up:

- Every player has a ball inside of the grid. The coach(es) are it and try to tag the players who must keep control of their ball. If a player gets tagged, they have to touch the ball with the bottom of their foot (alternating) six times before they can start playing again. Play for 30-45 seconds, make a coaching point, and then restart game. Play many rounds. If a player dribbles their ball out of bounds, they have to perform the special activity as if they got tagged.

**Progression:** Change activity that a player has to do when they get tagged.

## Coaching Points:

- Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger.
- Compliment players that are using their peripheral vision to dribble.
- 

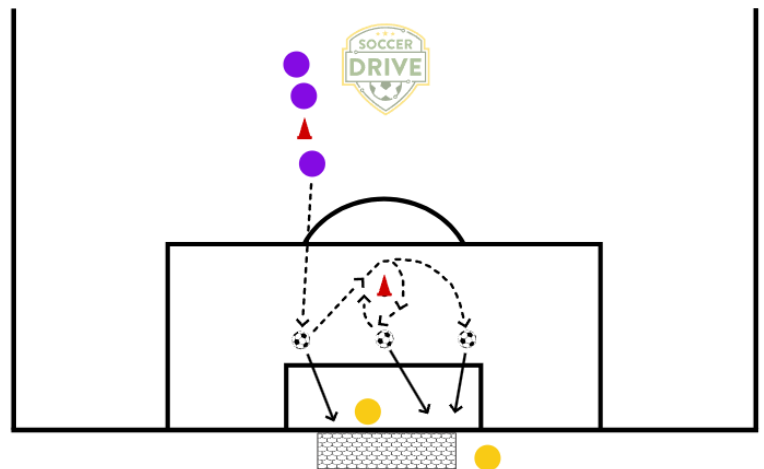


# Three Quick Shots

Players Required: 6-8

## Set Up:

Three balls are set up outside of the six yard box, and a line of shooters is set up outside of the penalty area. The shooter runs in to finish the first ball, and then circles around the center cone. After circling the cone, the player shoots the second ball, then circles again to finish the third ball. After the third shot, the player circles the cone one more time on his way back to the shooting line.



# Head to Head Shootout Soccer Drill

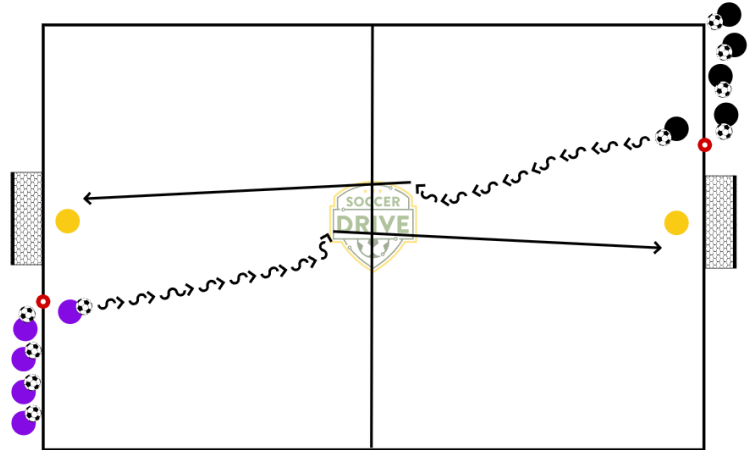
Players Required: 12-16

Goals Required: 2

## Set Up:

Two lines of players compete in a shooting race. The first player in each line starts at the same time, dribbling in from the end line and shooting BEFORE they cross the half-field line. The next player in line must wait until the previous shot is struck before starting his dribbling run. The first team to score five goals wins. After shooting, player retrieve their own shots and return to their shooting line. The GKs should switch ends after each game.

\*Note: The line that the players must shoot from can be moved forward for younger age groups.

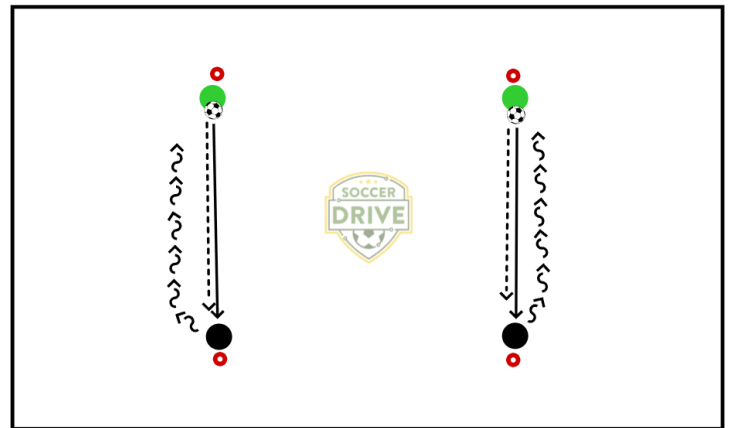


# Pass and Attack

Players Required: 2

## Set Up:

Players are set up in pairs in between two cones, placed ten yards apart. One player passes to the other and then runs at him as he receives. The player receiving takes his first touch away from the defender as he comes in and then dribbles to the other cone. Once he reaches the cone, the players switch roles. Ball and body feints should be used to get the defender to slow down and/or go the wrong way.



# Unopposed Technique Training

Players Required: 2

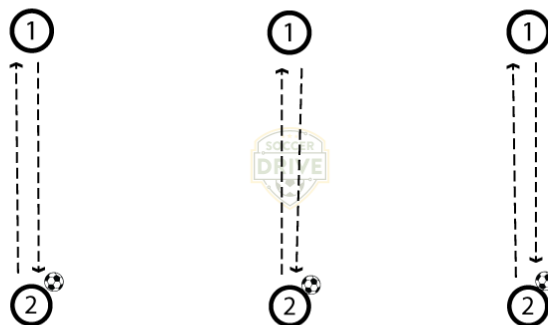
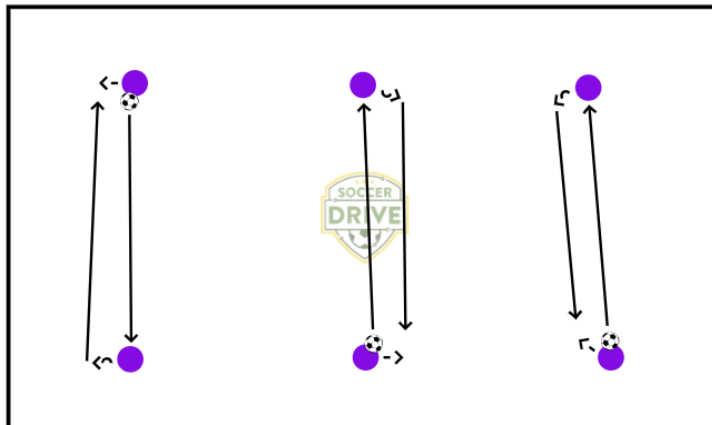
## Set Up:

- Place players in pairs, about 10 yards away from each other, with one ball per group to work on different techniques:
  - Passing back and forth. 2-touch. Get a point for each completed pass, but must take 2 touches (1 or 3+ touches don't get a point)
  - Passing back and forth. 1-touch only. Get a point for each completed pass, but only counts if 1 touch. If there is a bad touch and the ball goes out of the area, both players chase down the ball and continue playing 10 yards apart from each other.
- Repeat each round of technique, and ask pairs to try and beat their scores from before.

**Progression:** Everyone gets a ball, and is now juggling by themselves. How many juggles can they get? Can they beat their score?

## Coaching Points:

- For passing: toe up, heel down. Strike ball in equator and use inside of foot to maintain accuracy.
- Stress that players stay on their toes so they can adjust quicker to mistakes. Try to get their chest over the ball when they are striking it.

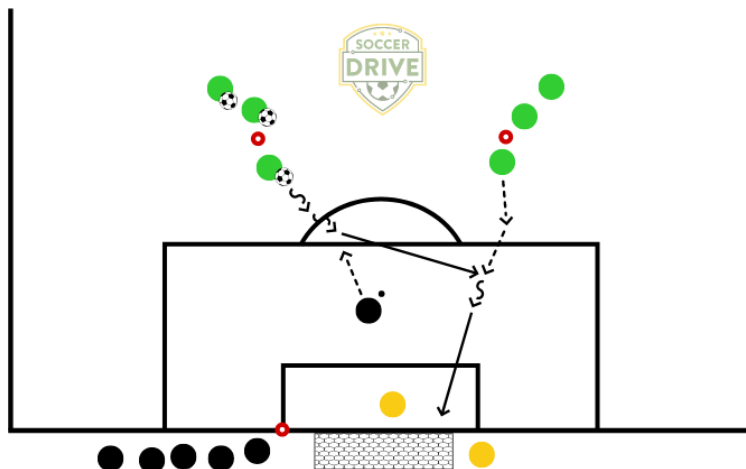


# Basic 2 vs. 1 Attack

Players Required: 12-16

## Set Up:

Two lines of attackers start 25-30 yards from goal. A line of defenders start at the end line, near the post. The attackers go 2 v 1 to goal, and the drill begins with the attackers' first touch. After ten minutes, the players switch roles. Attackers should go to both lines during the drill.

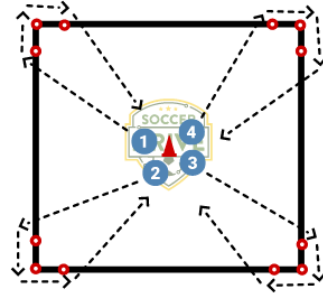


# 4 Corners

Players Required: 4

## Set Up:

This is a drill to work on conditioning and agility. The four players start on the central cone, waiting for the signal to go. On the signal, they sprint out to a corner, run around the cones and back into the center. As the drill progresses, the coach can ask player to run in and out of the cones, run in a figure eight pattern, etc.

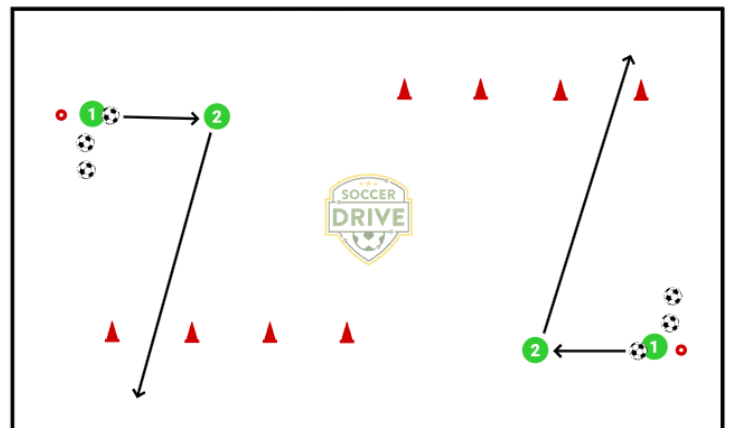


# Ball-Control Warm Up

Players Required: 2

## Set Up:

A line of cones is set up 10-15 yards away from the players. During the drill, Player 1 passes the ball square to Player 2, who strikes first time passes thru the cones. Player 1 selects a different target before each pass. The players switch places after all of the balls have been played.

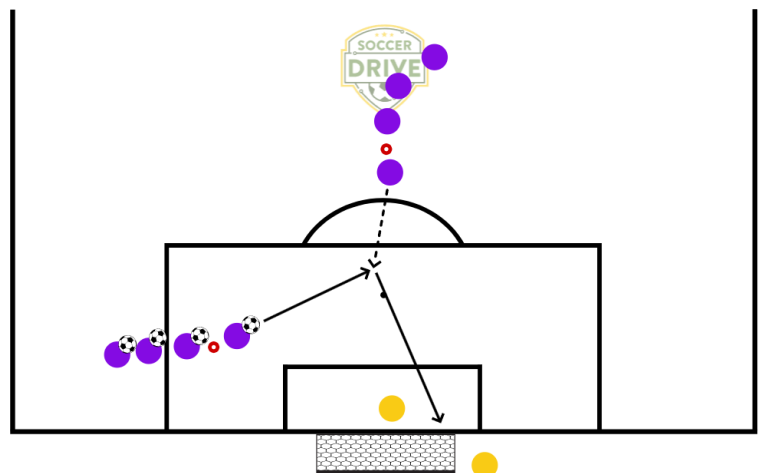


# Passers and Shooters

Players Required: 10-16

## Set Up:

Two lines of players are set up in and around the penalty area. The passing line starts inside of the penalty area, off to the side. The shooting line starts in the center, just outside of the 'D'. The passer sets the ball back for the shooter as he runs in and finishes. The players then switch lines. After five minutes, the passing line is moved over to the other side of the field. The shooting line can also be moved by the Coach.

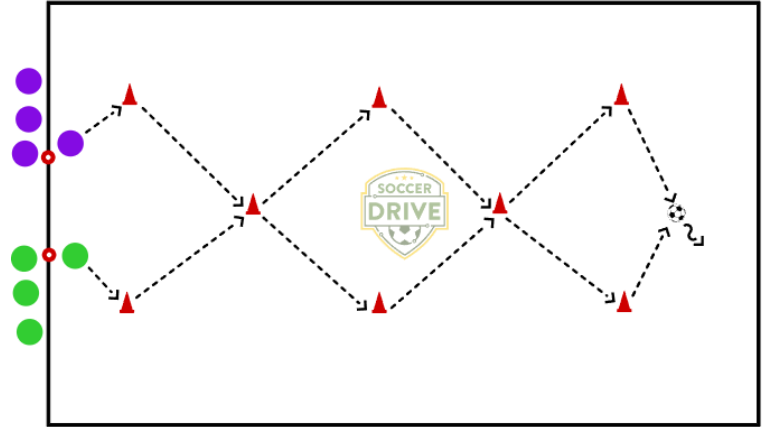


# Agility Practice

Players Required: 6-8

## Set Up:

Three lines of cones are set up on the field as shown. Two players race from cone to cone to see who can get to the ball first and win it. After a player wins the ball, he sets it back up in the center for the next pair of players. Players jog back to the lines after each repetition is complete.



# Groups of 4

Players Required: 12

## Set Up:

There are three teams of four players. One team will be goalkeepers, one team will be the passers, and one team will be the shooters. Each of the passers will have a ball. One by one, the passers will send the shooters to goal, who will attempt to score on the four GKs. Make sure the goalkeepers know to call out "MINE!" when saving the ball, so that they don't collide with other goalkeepers. The teams rotate after the four shots, and the team with the highest goals coring total wins the round.

