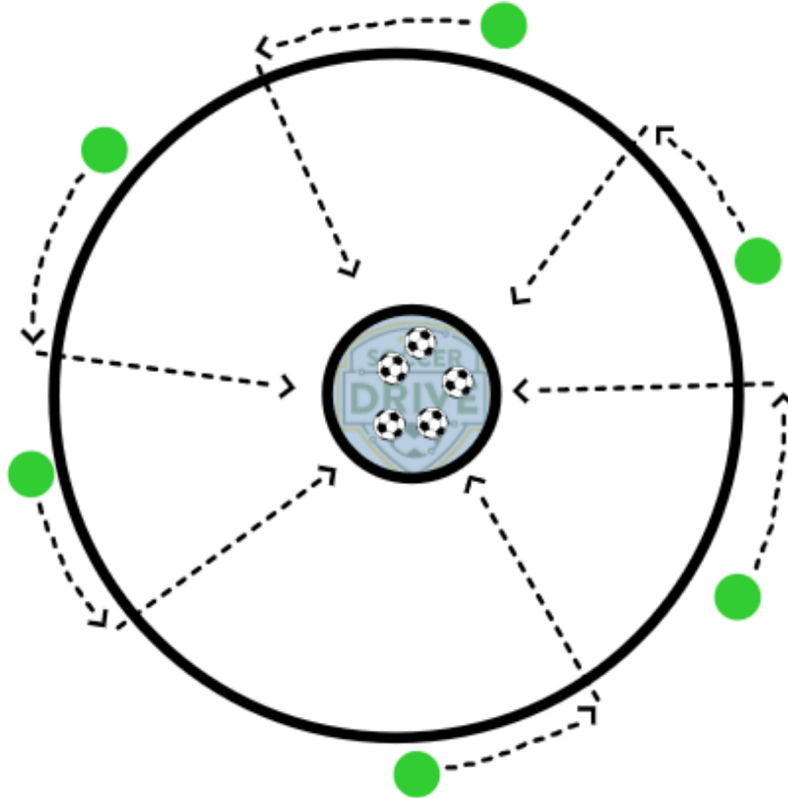


INSTRUCTIONAL U4

Saturday, August 19th, 2023

Musical Soccer Balls



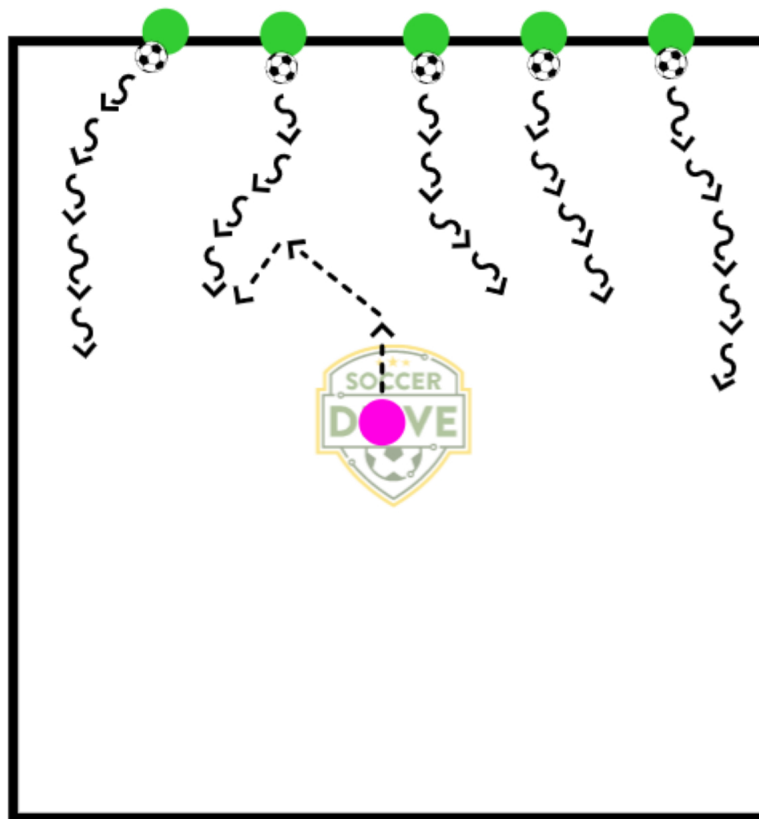
It is important to add some fun soccer drills into your routine, especially drills for the younger kids. Here is a soccer drill that keeps things fun but also works on reaction, agility, quickness, and speed. This animation uses 6 players but you can use anywhere from 3 or more. Place the soccer balls 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.

Crocs in the River - U6 Soccer Activity

Players Required: 6-15

Balls Required: 1 per player

Goals Required: 0



Set Up:

- On the small field, all players have a ball and start on one end line. The coach stands in the middle of the field.
- When the coach says 'go,' all the players (the swimmers) try to dribble from one end of the field to the other without getting their ball stolen by the coach (the crocodile).
- If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players do not become a croc with the coach - we want them to keep dribbling their soccer ball. Coaches - Be goofy and have fun!

Coaching Points:

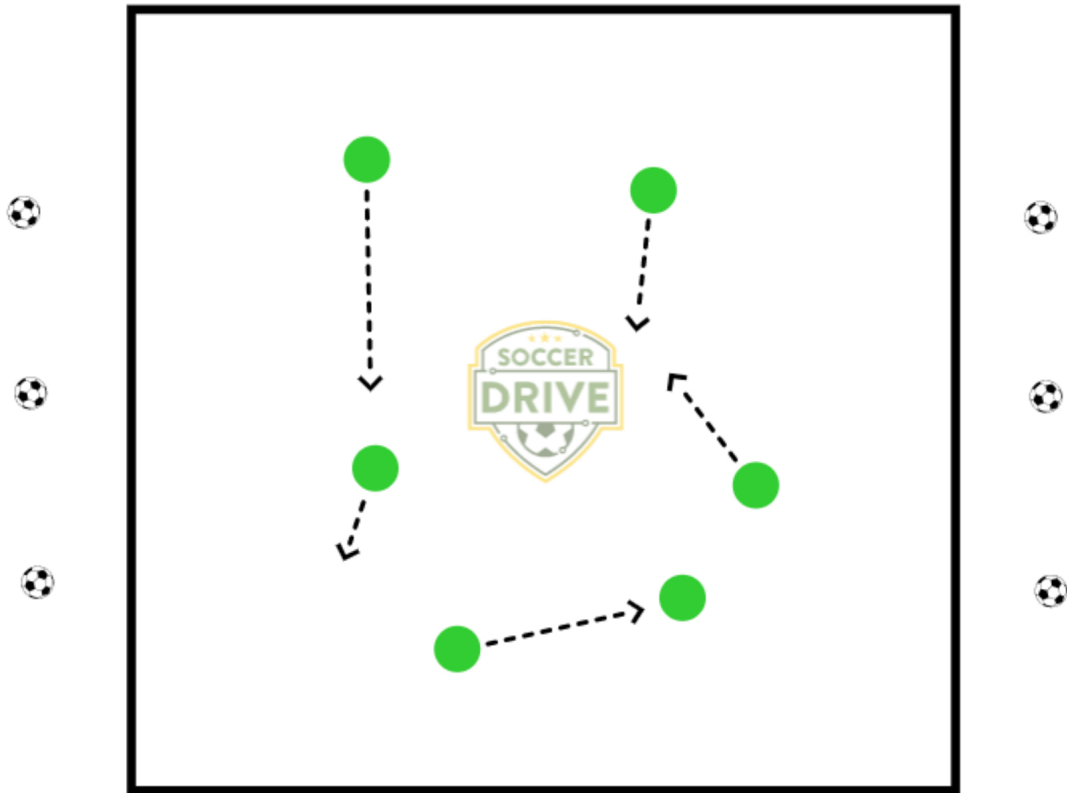
1. Wait and see where the Croc is going before you start dribbling.
2. If the Croc is busy with someone else, speed dribble while you can.
3. Try to avoid bunching up with the other swimmers. Find a lane of your own.

Progressions:

1. Every player picks his own animal to be and makes animal noises as he/she dribbles across. The coach must also roar as he chases.

Hospital Tag - U6 Soccer Activity

Players Required: 6-8



Set Up:

- Players start inside of the grid with soccer balls are outside.
- Inside the grid, you try and tag other people. If you tag them, they must hold the body part that got tagged and yell "ouch!"
- If they get tagged a 2nd time by someone else, they must hold that body part as well (so now holding two body parts).
- If they get tagged a 3rd time, they must run to a ball on the outside of the grid and get a ball (the hospital), pass the ball between their feet 4 times and then they can reenter the game will no more injuries.

Progression:

- After a few rounds, every player now must dribble a ball while tagging people. If they get tagged three times, they must do 6 toe-taps with their ball to get better.

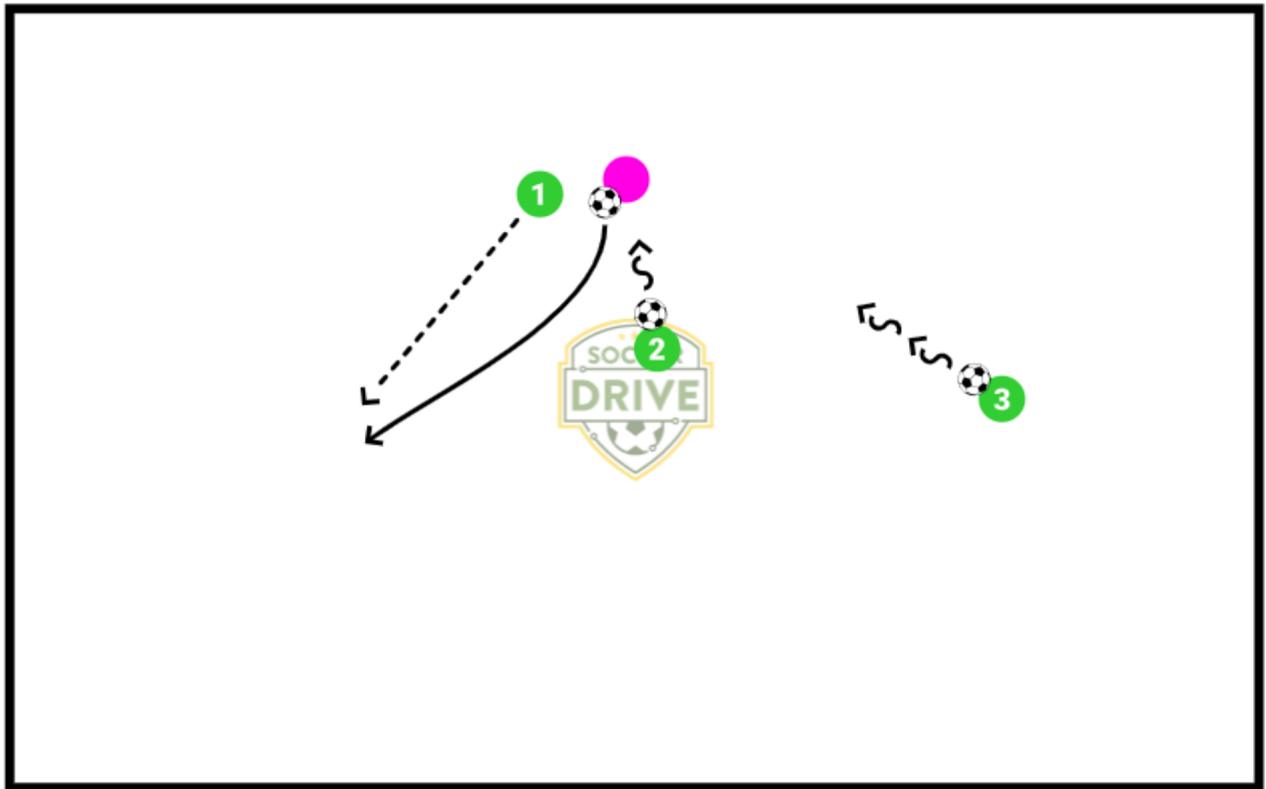
Coaching Points:

Encourage players to be thinking about how they can tag people without getting tagged themselves. What can they do with their bodies to "duke" people out?

Back to Coach

Players Required: 3-6

Goals Required: 0



Set Up:

- There are 3-5 players in the drill, every player has a ball.
- One at a time, the players hand their ball to the coach who tosses their ball in a different direction while telling them how to bring the ball back.
- Ways to ask the players to bring it back: running (with ball in hand), skipping, hopping. Using only their elbows touching the ball. Using only their knees etc.

Coaching Points:

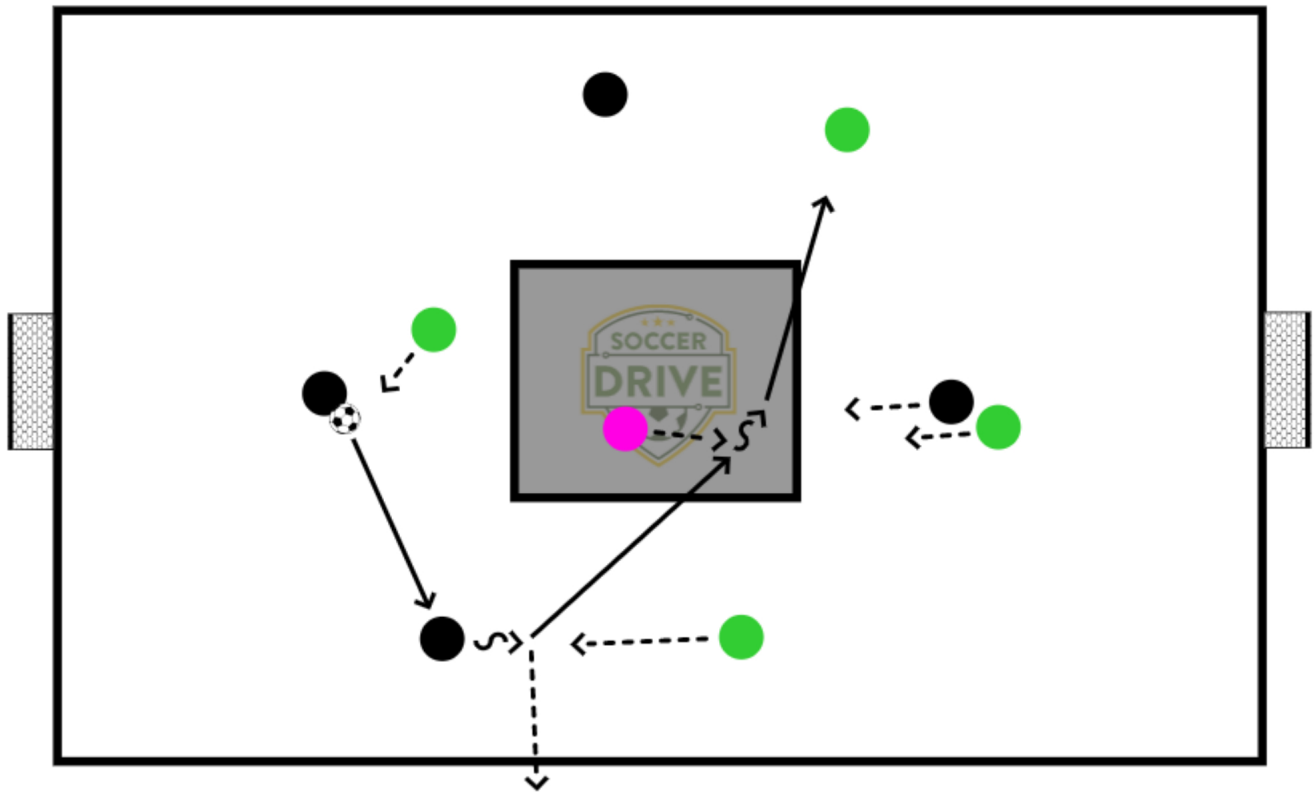
- Have fun, and be creative with the actions.
- Encourage players to think about how they can bring the ball back, only using the body parts you've said they could use. Don't let them break the rules that you give.

Progressions:

- Give them ways to bring the ball back that are more soccer specific: dribbling the ball, dribbling using only the bottom of their feet, using only the inside of their feet etc.

Monster in the Middle!

Players Required: 9



Set Up:

- Play 4 v 4 on a 30 x 20 yd field with a 5 x 5 yd “cave” in the middle where the coach stands. Players must avoid playing the ball in or through the cave. During play, if a player enters the cave, that player is captured by the monster (coach) for 10 seconds. All other rules for the game are straight soccer rules.

Coaching Points:

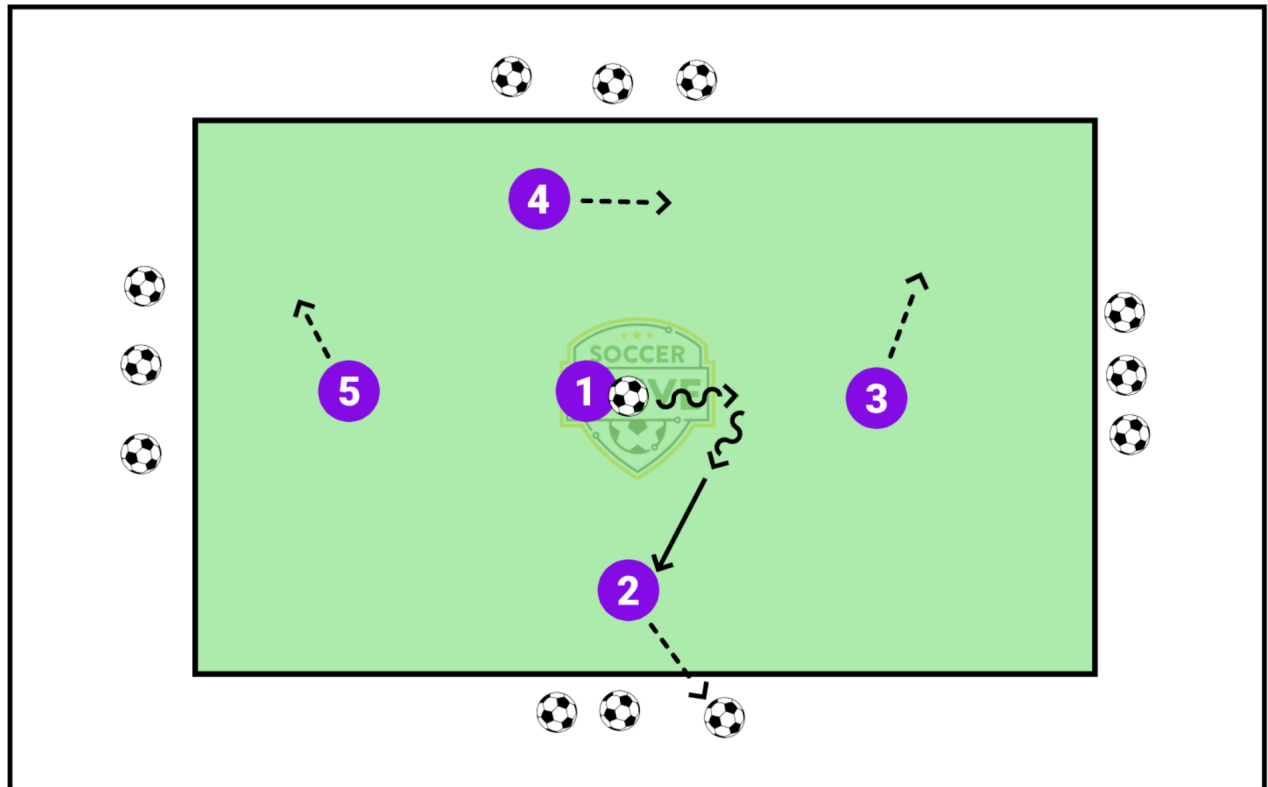
- Encourage players to look for space away from the monster, as well as the opposition.
- Players need to be constantly moving to find new space, as the middle of the field is closed.

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:

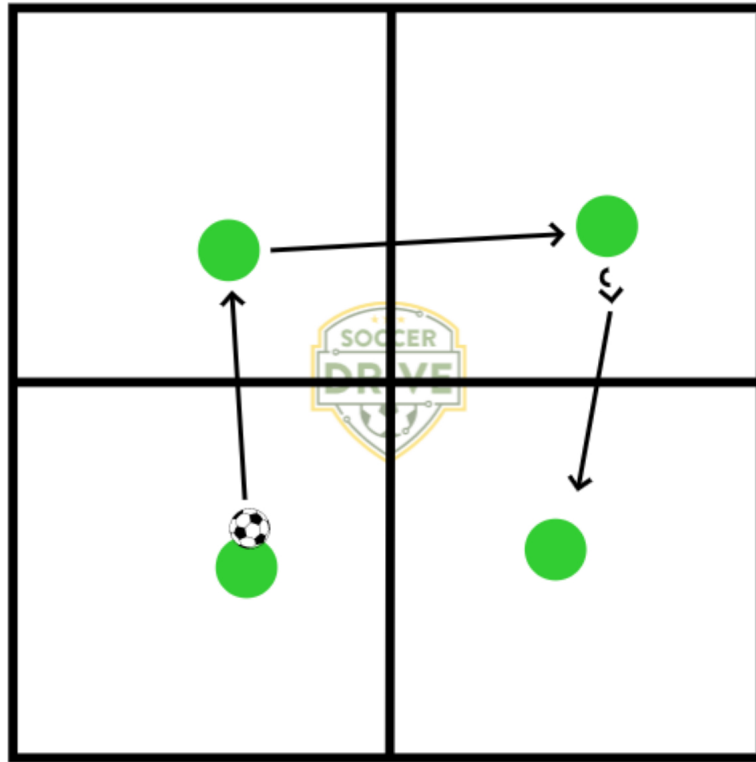
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Coaching Points

- 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?

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:

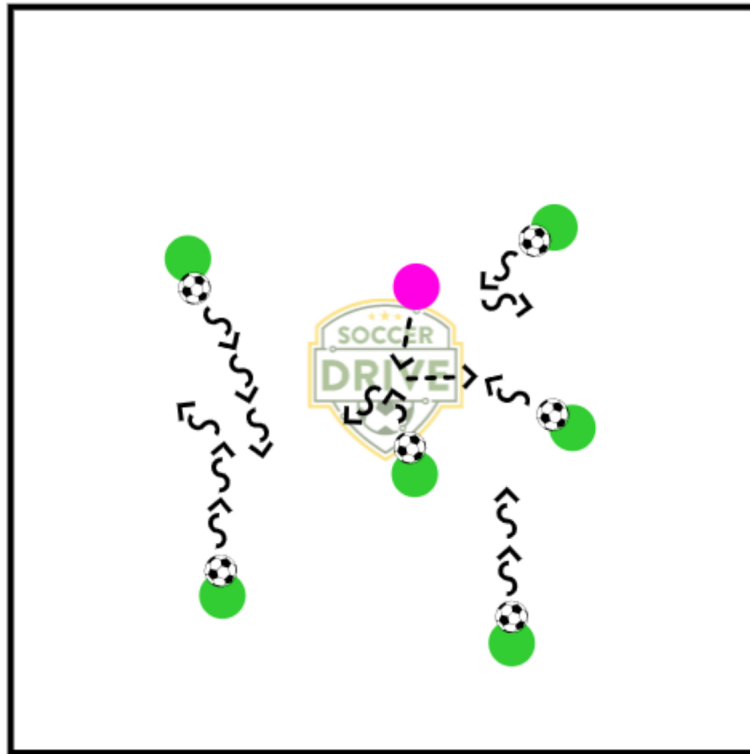
- Have players go counter-clockwise.
- Have players create a figure 8 with the passing.

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.

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.

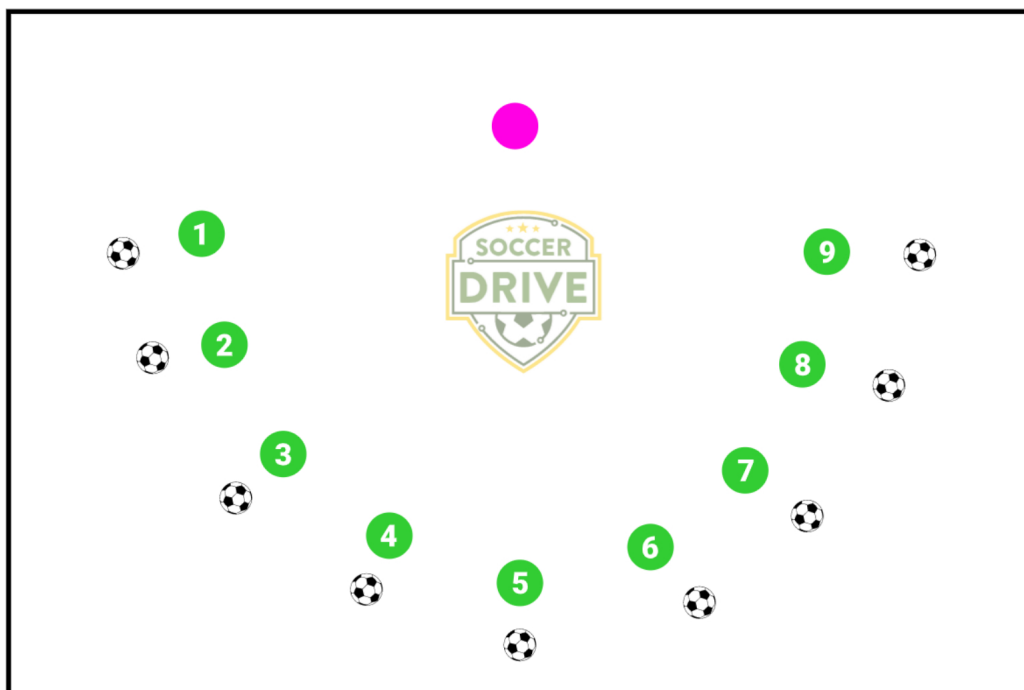
Coaching Points:

- 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.

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I can do this, can you?

Players Required: 8-
10



Set Up:

- Start with no one having a ball and joining coach in the middle of your grid. Tell the players: “I can do this! Can you?” and touch your nose. All players will touch their nose. “Good, good! Now I can do this, can you?” Hop on one foot and give the players time to copy. Praise the ones who are trying.
- Keep progressing to different movements, getting more complicated each time. Some examples are: Summersault, ribbit while jumping like a frog, walk like a bear etc.
- Add a ball. After 7-8 different movements without a ball, each player gets a ball and comes back. Play the same game, but movements now involve the ball. Examples are: alternate feet while touching ball with bottom of feet, pass ball between feet, kick ball using top of foot, throw ball in air and catch it etc.

Coaching Points:

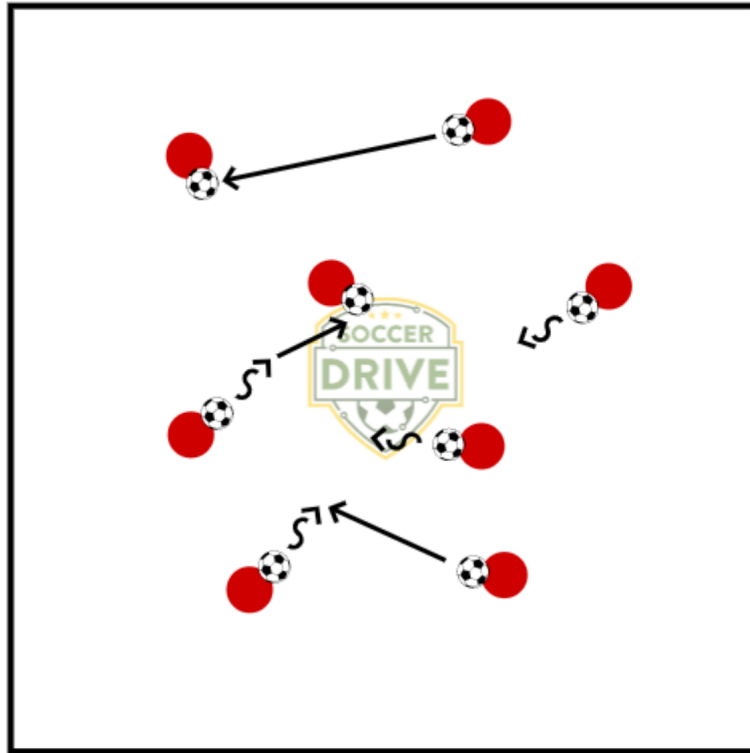
Have fun! This game is all about developing coordination and getting players used to moving a ball. Be goofy and creative.

Ball Tag

Players Required: 8

Balls Required: 8

Goals Required: 0



Set Up:

- Every player has a ball. The object is for players to hit other players' soccer balls with their own. If they can do so, they get a point.
- Keep playing for 1 minute. Ask players how many points they got, and ask them to beat their own score.
- Play several rounds. You can also play elimination rounds where players must leave the game if their ball is hit.

Coaching Points:

- To be accurate, use the inside of their foot to strike the ball.
- Stress timing of pass. Can you pass to where the other ball is going, not where it was?
- Use your peripheral vision while dribbling to see where you want to go next.
- Can players dribble the ball to better set up their next pass?