

WARM-UP Activity

Retrieval

Each player gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by:

- 1) Picking ball up and running back;
- 2) Picking ball up and hopping back;
- 3) Running ball back and dribbling the ball back to the coach. The coach can walk around while the players dribble the ball back to them.



The Numbers Game

Each player has a ball dribbles around in an area while walking. The coach instructs the player that if he calls out “1”, the player needs to stop the ball and hop 5 times before resuming dribbling; “2” the player needs to ‘lay an egg’ and then keep going; “3” the player needs to do 5 toe touches with the ball before dribbling again; “4” the player needs to race to the coach. Make it fun, keep it simple. The coach then calls out a number, waits for the all the players to accomplish it before going to the next number. You can mix up the numbers, call the numbers quickly or slowly. For U6, you may want to only have three things; for U8 five things; for u10 eight things. You can also use the foot skills from previous weeks.

Dribble Math

All players have a ball and are inside a playing area. Players dribble around and when a coach calls out a number and players have to form groups of the size being called. The last group that forms, get to perform a fun light exercise like 5 touchups, German Jumping Jacks, etc. coaches can use real math problems and the players have to figure out the answer and then form a group.

DRIBBLING ACTIVITIES

Dribbling Contest

Put cones up in a line and have the players dribble the ball in and around the cones. Vary the spacing and stagger the locations. Kids love competition, so divide into two or three teams and have them race each other.

Snake / Follow the Leader

Each player has a ball. Choose a leader. Leader dribbles all around the field with the other players following in a line.

Stop & Go Variations

All players are inside an area dribbling. Each player has a ball. The coach whistles once, the players stop. The next whistle, the players go.

Variations: Race Cars – use various terms like Red light for stop; yellow light for dribble slow; green light for go; highway for dribbling fast. Animals – turtle for dribbling slow; cheetah for dribbling fast.

Knockout (U8 and up)

Every player has a ball and is inside a playing area. Players dribble around and when the coach gives the shout “Knockout”, players go and try and knock someone else’s ball outside the playing area. If a player gets their ball knocked out of the square and it stops rolling, they perform a “fun” exercise before going back in.

Bombers (U8 – U10)

All players have a ball at their feet and are inside a playing area, with the exception of a couple of players. Two-three players have a ball, but they hold it in their hands. They have to dribble their ball around basketball style while moving. They try and throw their ball and hit a ball that is being dribbled out of a circle or playing area. After a while, change the bombers until everyone has had a turn.

Leave It!

All players are inside an area dribbling. Each player has a ball. When the coach says “Leave It” they leave their ball and get somebody else’s. No tackling just being aware and the mentality to get another ball. Progress to nominating one or two players and when they leave the ball, everyone else has to leave their ball. This works on getting their heads up.



Retrieval Dribbling (U6-U8)

Each player gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players then bring the ball back by dribbling the ball. The coach can walk around while the players dribble the ball back to them.

Body Parts

All players are in a grid. They dribble the ball around inside a grid. The coach yells a body part and the players have to stop the ball with that body part. Example: Coach says "Elbow" then they players have to stop the ball with their elbow. Progress to having players watch one player and when they stop the ball and whatever body part they use to stop the ball, all other players have to do the same.

Numbers

This game is like Body Parts.

All players are in a grid. They dribble the ball around inside a grid. The coach yells a number and the players have to touch the ball with different body parts equaling the number called. . Example: Coach says "three" then they players have to touch the ball with three different body parts.

"Red Light - Green Light"

All players are in a grid. When the coach says "Green", the players all dribble their ball. When the coach says "Red", the players all stop the ball with the bottom of their foot.

Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc up. The coach now doesn't say anything, simply holds up a color and they players have to look up and react.

"Red Light - Green Light" Direction

All players gather on a line. The object is to dribble their ball from one line to the other line. The coach calls out either Green or Red light. Players dribble their ball and go when Green light is called and stop when Red Light is called.

If a ball is not stopped, then the player can go back even with the last player, but not all of the way back. Progress to the coach holding either a Green or Red cone, towel.

School of Fish

All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.

Everybody is It

All players have a ball inside a playing area. Players must keep their ball at their feet and try and tag as many people as they can in a specific amount of time. After time is up, ask players how many they tagged and challenge them by asking them to tag 2 more people for the next round. Another way it could be

played is to divide the team into two and have one team try and tag the other team and count how many they have tagged. Each team collects the total and the other team gets to go.

Dribble Tag

All players have a ball inside a playing area. Players must keep their ball at their feet. Make two-three players it and they hold a penny. If they tag someone then the person that was tagged is now "it".

Dribble Freeze Tag

All players have a ball and are inside playing area. Two-three players are it and are "Ice Monsters" The IM's try and tag as many people as they can. If a player gets tagged then they have to freeze, stand with a ball, hold the ball above their heads and spread their legs. To get unfrozen a "free" player must pass the ball underneath their legs, then they may put their ball down and become unfrozen.

Hospital Tag

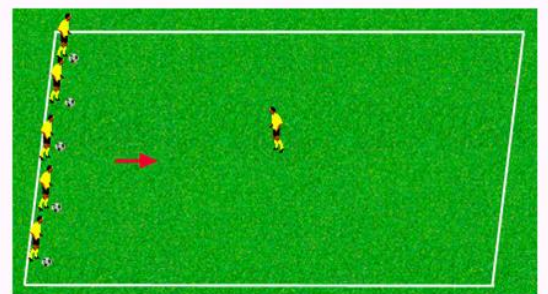
All players have a ball and are inside a playing area. Everybody's it. Players dribble around and try and tag another player. Wherever a player gets tagged, they hold that part of the body. When a player gets tagged three times, they go into the hospital which is a space by the coach and have to take some medicine before getting healed. Medicine could be: 5 touchups, jumping jacks, something fun-nothing serious like push-ups or sit-ups. Play for time. Another way is to have two players that are the only ones that can tag and see how many people they can put into the hospital.

The Blob

All players have a ball inside a playing area. Players must keep their ball at their feet. One player is it and tries to tag a person. Whenever a player gets tagged, they join arms with the person that is it, and the "blob" keeps growing until everyone is caught. You can have more than one player that is it.

Sharks and Minnows

All players have a ball and line up on a line facing a direction. One or two players do not have a ball. One of those who do not have a ball yell "Sharks and minnows" and that is the cue for all the players with the ball to try and dribble their ball to the other end of the square without letting the sharks steal their ball. If a shark steals a ball then they become a minnow and the minnow that had their ball taken becomes a shark. There are many different variations to use:



- A) Sharks steal ball and go to a goal instead of just stealing the ball.
- B) Minnows must control the ball in a goal area to encourage good ball control instead of just kicking the ball over the end line if a Shark gets close.
- C) Minnows could all have a tail (vest) hanging out of their shorts and the sharks have to.

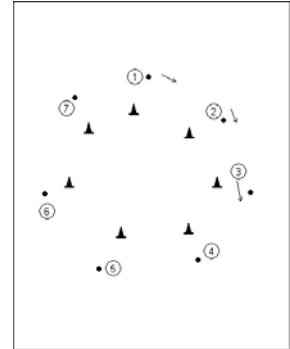
Through the Gates – Dribbling

Set out pairs of cones about 1 yard apart covering the total area approximately 20x20 yards. Each pair of cones represents a gate. Each child has a ball. Time how many gates the players can dribble through in 30 seconds. (Each child keeping track of his own count.) Go over coaching points such as (1) soft touches on the ball when dribbling, (2) heads up, (3) only go towards open gates. Repeat for another 30 seconds to look for improvement. Repeat.

Vary the exercise by having the players (1) only dribble with the outside of their feet; (2) dribble with their weaker foot only; or (3) do a foot skill as they go through the gate.

Speed Racer

Create a large circle with cones. Players find and stand next to Cone. On coach's whistle, the player race around the track and try to be the first one back to their cone. Progression- tell players they can go in any direction. This will force them to keep their heads up,



3 vs. 3/4 vs. 4 Endzone

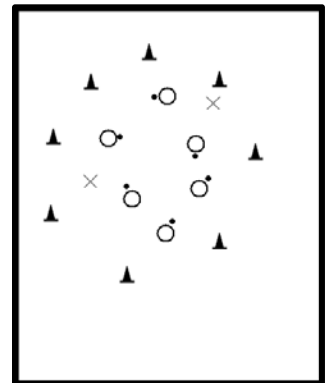
3v3 to 4v4 to an end zone. Two teams of 4. Each team attacks and end zone that is very skinny. Each team defends an end zone. When a team can dribble the ball into the opponent's end zone, they go a point.

Killer Whales

Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. One or two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

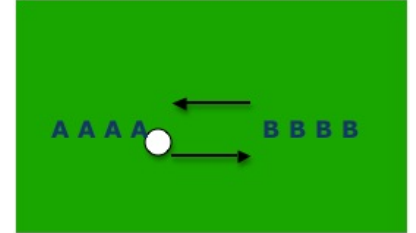
The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle. The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.



PASSING ACTIVITIES

Dynamic Line (U10)

Divide players into two groups. Players line up in a single line and face each other. Player A passes the ball to the Player B, and immediately goes to the end of the opposite line. Player B receives the ball and passes it to the player that now in front of Group A before going to the end of the opposite line. As the players increase in skill and understanding, the drill can move quickly. Start with the players close together; as they improve, increase the distance between the groups; encourage players to one-touch back to the next player.



Circle Passing

Have the players form a circle. One player has the ball and passes it to anyone in the circle, except for the players immediately to his right or left. The other player receives the ball and then passes it to another teammate. Variations: Increase/Decrease the size of the circle; add more than one ball; have the players call out the name of the person they are passing to.

Circle Passing #2

Create a circle around two central players where the outside players are about 5-7 yards from each other with a cone in the middle of the circle. (The number is not important, however, you want more players on the outside of the circle than on the inside.) The two central players should have a soccer ball each.

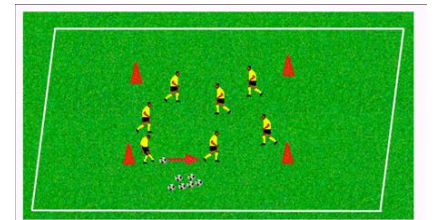
The central players begin the drill at the same time by passing to outside players on the opposite sides of the circle. The outside player returns the pass back to the central player who maintains his central positioning. The central player then receives the ball, dribbles around the cone and passes to another open outside player. Encourage players to play with their heads up scanning the field and communicating so that two balls do not get played to the same player.

Passing Pairs

Two players, 1 ball, passing back and forth down either wing. Inside players breaks into penalty area and receives a centering pass and shoots.

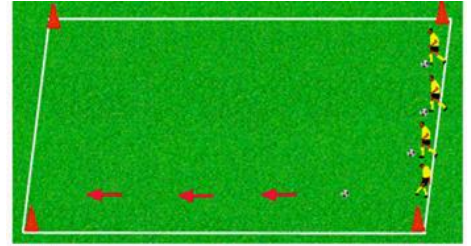
PacMan

All players get inside a very small square/circle without a ball except for 1-2 players who have a ball. A pile of balls is on the outside of the grid. They are to dribble their ball and when they get close enough, try and pass their ball and hit a player without a ball below the knees. Players that get hit by a ball grab a ball and then become it as well. Play until about half of the people have balls, half do not. Then start a new game. The reason for a small area is to keep the distance of passing minimal for safety reasons.



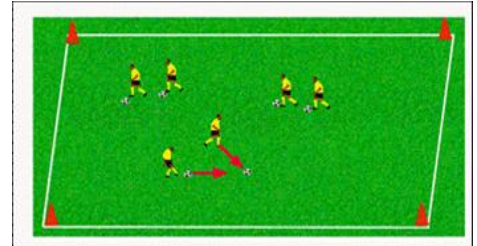
Edge of the World

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.



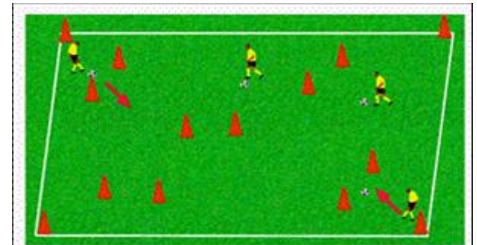
Marbles

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break". Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



Gates Passing

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



Gates with Blockers

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. The only difference now is that the coach or a couple of parents can stand in a gate and players have to go to another gate.

Gate Keepers

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

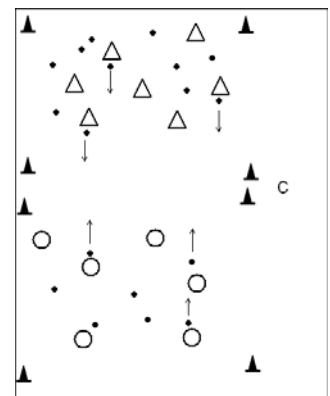
At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



Junkyard Soccer (Keep Your Yard Clean)

Divide the players into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach.

The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Variation: Give each team a point every time they can strike the ball past the back line of the playing area. Another variation is to require a pass to be made to a teammate before the ball can be struck back to the other half.



Passing Through the Gates

Split group into pairs. Use cones to create gates about three yards apart. Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points. (Make the game easier or tougher by adjusting the width of the gates or the distance between the two players.)

Hit the Coach (U6 or U8)

Each player has a ball and should stand shoulder-to-shoulder facing Coach who is about 5 steps away. On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to help & split into 2 games or even 3, so it is less crowded. Stay in a small area & have fun with this game. Play for about 5 minutes.

Before starting, tell the players that if they hit you 5 times (total) you will make the sound of their favorite animal, like a dog or a cow, etc. When you are hit 5 times, stop & let them choose a sound. Then start all over. Try to stop about every 60 seconds. You can adjust by changing the number of required hits to 3 or 4.

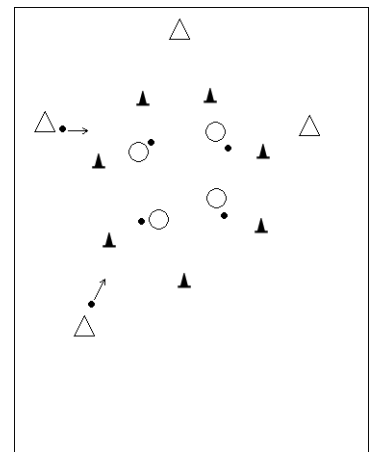
Cliffhanger

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.

Dodgeball

Setup cones to make a large circle. Players on the outside of the circle "push pass" the ball back and forth to their partner who is also outside the circle and try to hit the players in the middle of the circle with the soccer ball. All passes must be on the ground.

Variations- Depending on the skill level, can start the players inside the circle without a soccer ball. Progress to players inside the circle must dribble a soccer ball. For younger players- Have parents on the outside, and turn it into a dribbling drill.



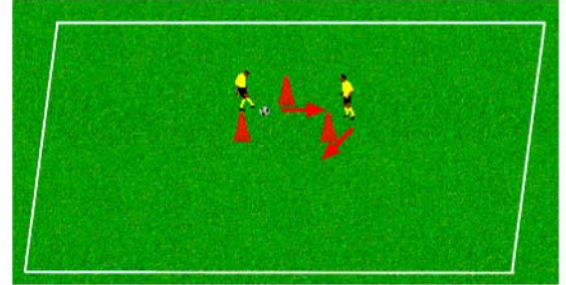
Keep Away

Players form a circle around another player. Players on the outside pass the soccer ball back and forth. The player in the middle attempts to get the ball. When defender gets the ball, he or she moves to the outside, and the person who passed it goes to the middle.

Receiving Activities

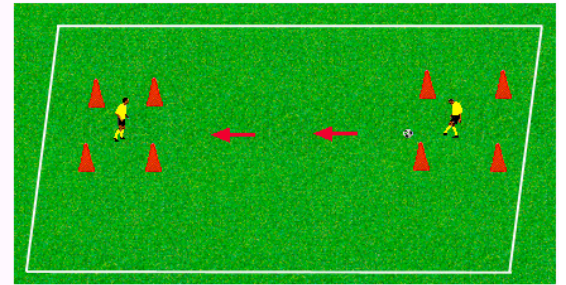
InterMilan

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and has one touch to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point.



Box to Box

Two players each go inside a square of about 5 x 5. Each box is anywhere from 10-30 yards apart depending on ability and space. The game is played with one ball. Each player takes a turn passing a ball into the other players box. The receiving player has one touch to receive the ball and one to pass it back to the other box. A player receives a point when they receive a pass from the opposite box and it **stays inside** the box. A bonus point is scored when they can successfully pass the ball into the opposite box.



A variation would be to have players pass the ball into the air to each other. Another variation is to require the player to take a touch outside the box to the side before they can pass.

Variation: Divide into teams, and have 4 boxes. The teams pass the ball, but only receive a point when a teammate passes the ball and a teammate receives the ball in one of the boxes.

Shooting Activities

Shooting Basics

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone. If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

Moving Goals

Two teams play a normal game except the coach and a helper or holding a rope, vest, large pole, etc between them. This represents a goal. The goal moves around and the two teams play around the goal and try and shoot the ball under the goal, which is constantly moving around the area. *For U6's each player has a ball and follows coaches around to try and score!*

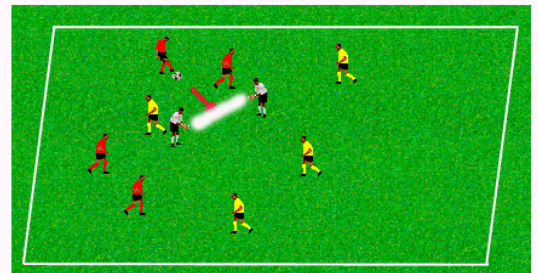
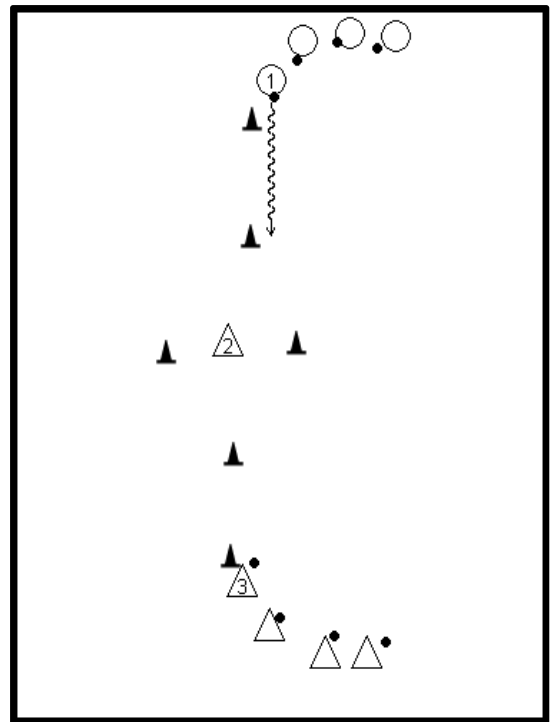
Shooting Marbles

Have the players form a circle around a flat cone; on the cone place a soccer ball. With the players about 5-7 yards away, have the players pass the ball across the field trying to knock the ball off the cone. More than one ball can be used at a time. Each time the player knocks off the ball, he scores a point. Put ball back and try again.

Variation: Have a cone between just two players; increase/decrease distance between players and ball.

Explode

Player stands 5 yards away from cone. Coach throws ball in air and runs to ball around cone before it bounces second time, controls ball, dribbles and shoots.



Small Sided Games

Get Out-ta Here

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.



Boss of the Balls

Play is simply 3v3 to 4v4 to small goals. The coach is in the middle of the field and on the side. Coach is the "boss of the balls". Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.



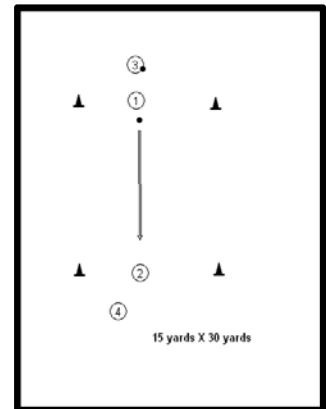
Split Field Model

Play is simply 3v3 to 4v4 to small goals. The coach creates two small sided fields and stands in between them to watch them play

1v1 or 2v2 Activities

1v1

Setup a number of small fields/grids for 4 players on each field. Player 1 kicks the ball to player 2. Once player 2 touches the ball, player 1 can enter the field and play defender. Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or the ball goes out of bounds, the players get off the field and switch sides so the next time player 1 will play offense. The game resumes quickly with the next two players.



Cat & Mouse

Two lines, one goalie. Attacker crosses goal area and tries to shoot. Defender stays on goal side and prevents shot.

Fruit Basket Upset

Form two teams, giving each team member a different number. Create a grid with at least two goals. The players can stand along the outside of the grid. Throw/roll a ball into the grid while calling out a number. The players with that number should run out and try to get the ball and score. The player that doesn't get the ball should go into defense mood and try to steal the ball and score as well. Variation: call two or three numbers at a time; keep the game moving

Goal

Two players have two balls. One ball is stationary and is considered the "goal." The other ball, the players try to kick into the "goal". Every time the ball hits the "goal" a point is scored. Give the players 30 seconds to see how many points they can score.

Remember, neither player has "control" the ball; it is whoever gets the ball. The player that doesn't have the ball should try to steal the ball from the opponent in order to score a point. The other player who has the ball is trying to keep it and score. Either person can score – it is whoever kicks the ball before the "goal" is hit.

Sudden Death

Instruct each player to take a ball and find a spot within a grid. On your first whistle the players begin dribbling around the penalty box taking care to stay within the confines of the grid and trying not to collide with one another. The next blow of your whistle is a signal for the game to begin.

The object of the game is to be the last remaining player within the grid with the ball. Any ball kicked out of the penalty box by another player or by simple mishandling is "sudden death" for that player. The player then leaves the penalty area until the next game and the remaining players in the box continue. Players are permitted to elave their ball unoccupied in trying to kick the bal lof another player out of bounds but should someone kick their ball away then they are

out of the game. As players are gradually removed from the game the playing area becomes less congested. Keep going to until only 1 player remains.

Points to emphasis: Instruct players to keep their eyes off of their feet as much as they can; encourage team-work (such as 2 players joining wits to knock out another); try any foot drills they've been taught; keep the ball close to their feet.