

Peoria Park District Youth Soccer Practice Drills

Goals of practice:

- Keep everyone involved and active
- Stress everyone touching the soccer ball as much as possible in practice
- Do NOT scrimmage the entire practice
- Minimize down time
- Praise kids during practice
- Stress proper techniques for basic movements

Try to avoid line drills where kids have to wait to touch a ball

Practice Agenda:

Warm-up (10 min) jog, stretch, ball touches

Activity (15 min)

Review (2 min)

Drink Break (2 min)

NEW Activity (10 min)

Review (2 min)

Game (10 min)

Cool Down and discuss next meeting information (practice or game) (4 min)

Here are some drills to help you plan your practice schedule. There is additional websites listed at the back of the packet for useful information

The following symbols will be used for this packet:

Δ - player

O – player

• - soccer ball

▲ - cone

PASSING

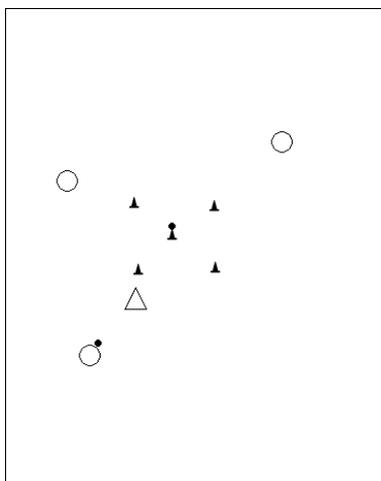
3 VS 1 VARIATION – PASSING

Ages – 6-13

Setup – Use flat cone and make a 3 yard by 3 yard grid. Put another flat cone in the middle of the grid and place a ball on top of the flat cone.

The Game – 3 attacking players against one defender. The 3 attacking players pass the ball to each other and score by knocking the soccer ball off the cone in the middle. No players are allowed in the grid.

Variations – Depending on the skill level, must complete a set number of passing before a shot. Make grid smaller so defender can defend easier which will force quicker and smarter passing.



PASSING THROUGH GATES

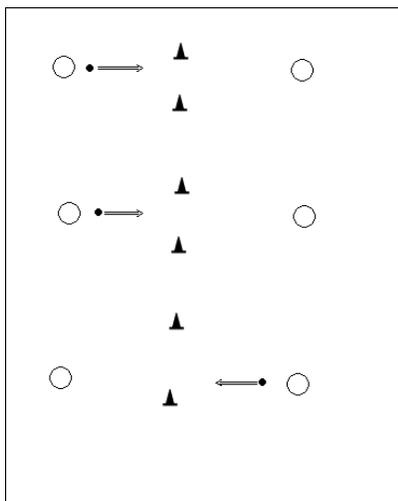
Ages – 6-12

Setup – 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

Play for 3-4 minutes.

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players



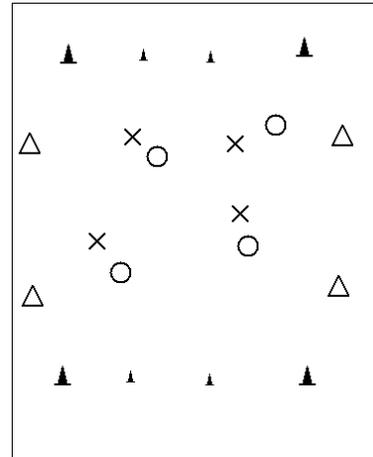
GIVE AND GO GAME

Ages – 8-13

Setup – regular sized 4v4 field. Three teams of 4.

The game – 4 v 4 game in the middle with 4 more players outside the field. The team in possession can use the players on the outside to score.

Play for 5 goals or 5 minutes then switch game up so team on the outside goes in the middle.



WALL PASS DRILL

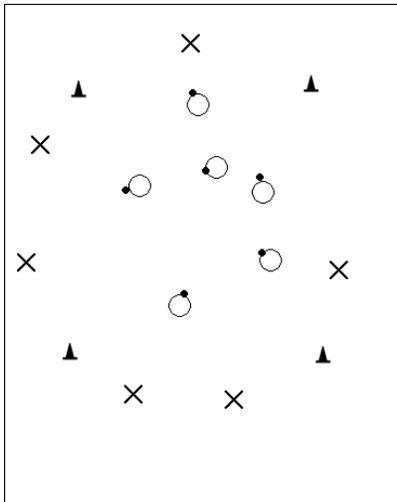
Ages – 8-14

Setup – Large field with 4-8 players inside the field with soccer balls and 4-8 players on the outside of the grid without soccer balls.

Drill – Players on the inside dribble towards players on the outside and perform a give and go pass.

Coaching points – Players inside switch directions.

Variations – Add defenders in the middle



THE BANK GAME- Passing with pressure

Ages – 10-14

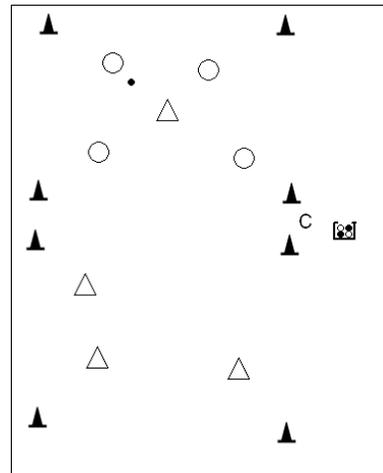
Setup – two teams of 4 or 5 players. Each in a 40 X 40 grid (adjustable).

The Game- the coach sends a soccer ball into O's teams grid. The opposing team sends 1 player to play as a defender. The O's try to connect 4 passes in a row without the defender stealing or kicking ball out of bounds. Each time a team accomplishes this, they can make 100 bucks. Once they make a hundred bucks, they have 2 choices. Go for another hundred bucks or bank the money. To bank the money, they have to send the soccer ball back into the opposing teams grid and **THEY** send a defender to try to steal the ball. If the ball goes out of bound or is stolen, the coach sends a ball into the others teams grid.

Progressions- send in more than 1 defender.

- make grids smaller

To make game easier- make grid larger and add a offensive player



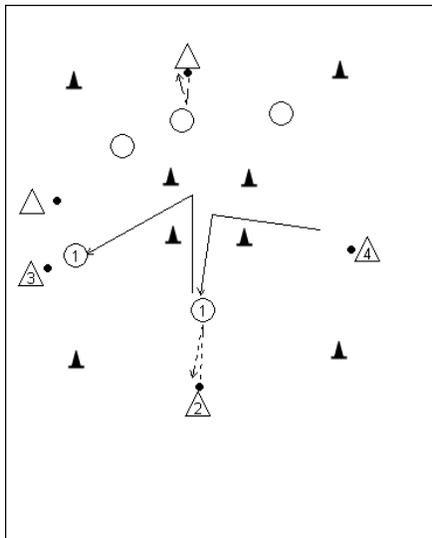
HEADING ACTIVITY

Ages – 11-13 SPECIFICALLY DESIGNED FOR THE OLDER AGED KIDS

Setup – One 30 yard x 30 yard grid with a smaller 3 yard X 3 yard grid inside.

The Activity- Two groups of players. One group of players on the outside grid with a soccer ball in their hands. The players on the inside of the grid (player#1) run or show to a player on the outside of the grid (player#2). Player #2 underhand tosses the ball to player #1 who showed for them. Player #1 heads the ball back to the outside player. Player #1 next runs into the smaller grid and looks to show for different player on the outside.

Coaching points – Eyes open, mouth shut. **Be the Hammer, not the nail.**



DRIBBLING

RED LIGHT, GREEN LIGHT

Ages – 6-8 This drill will focus on dribbling with the ball close in order to stop quickly.

Drill Info – This is for ages U6, U8. It is best ran with at least 4 players but no more than 10 players. The drill should be ran approximately 15 minutes on a small field. The coach will also make sure they have the following equipment: cones.

Setup – Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions – With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Variations – Have the players dribble with only the right or left foot.

Coaching Points – Make sure the players keep the ball close so they can stop quickly.

Focus – Technical Dribbling

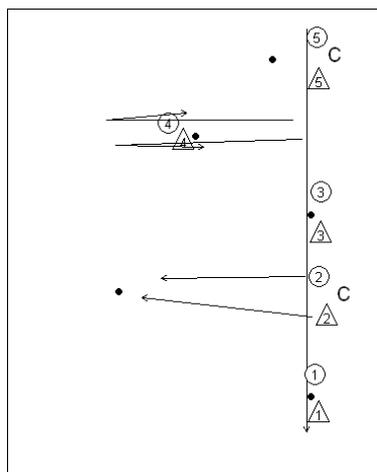
1 VS 1 DRIBBLING WITH FINESSES TWIST

Ages – 6-13

Set-up – Use or make a line on the field. Pair up players and have them sit indian style(legs crossed) and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them.

The Game – The coaches go around to each of the pairs and kicks the ball into the field. Once the ball is kick, the two players get up as fast as they can from indian sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again.

Player with most points wins.



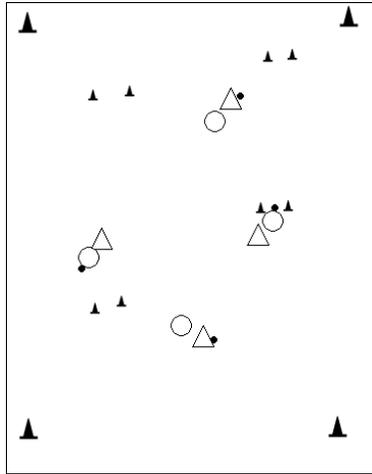
1 VS 1 DRIBBLING THROUGH GATES

Ages 6 – 13

Setup – Large field with a bunch of "cone gates" about one yard apart. Pair up players One of the two players needs a soccer ball.

The Game- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball. Play for a certain amount of time. 30 to 60 seconds. Cannot go through the same gate twice in a row. One point for each gate. If the other player steals the ball, he gives it back to attacker. When time is up, switch positions.

Player with most points wins.



KILLER WHALE- Dribbling and shielding

Ages – 6-10

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

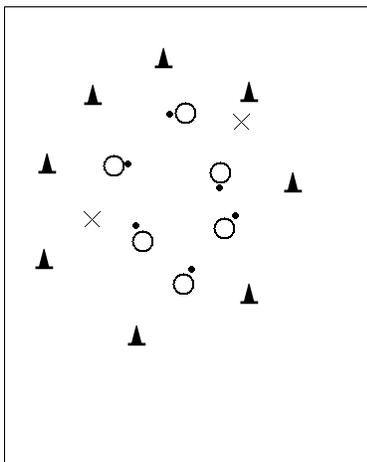
The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

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 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.

Use stop watch.

You can use one or two killer whales



NASCAR – fun dribbling drill for younger players

Ages – 6-13

Set up 4-12 players in an area each with a soccer ball.

Coach yells "Ladies and Gentlemen, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble their soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

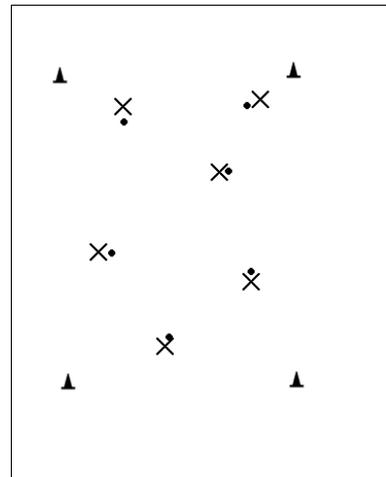
"third gear"-a little faster

"fourth gear" - as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" haha

If two players balls touch "CRASH" -- five push-ups outside circles

Coach can yell "reverse" everyone has to reverse their race car.



SPEED RACER –Dribbling for younger players

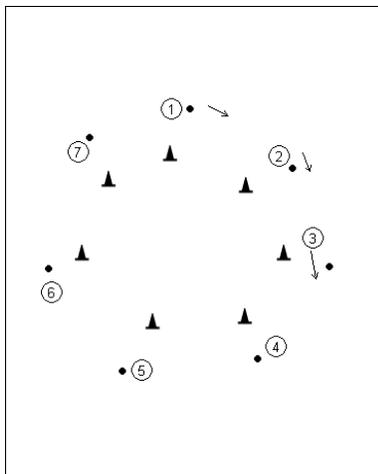
Ages – 6-10

Create a large circle with cones.

Players find and stand next to Cone

On the coaches 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

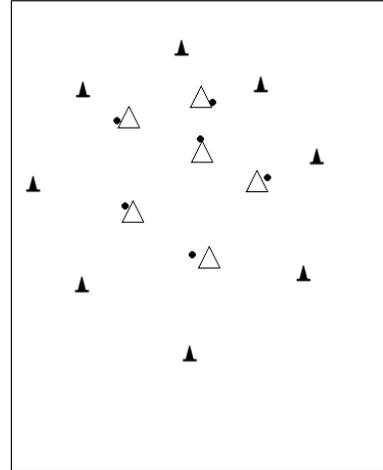


KNOCKOUT

Ages – 6-12

Setup – Create a large circle with cones. 4-18 players each with a soccer ball inside the circle.

Object of the game is for players to try to kick other soccer player's balls out of bounds while protecting his or her own soccer ball. Player who kicks out most wins.



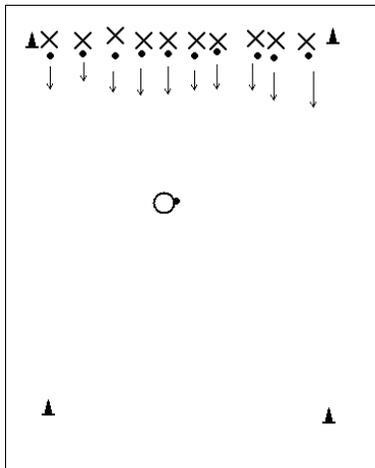
TAG – Dribbling with soccerball (or start with no soccer balls and progress to dribbling with soccerball)

Ages – 6-8

Setup – create a grid 20 yards X 40yards. Start with one player in the middle holding a soccer ball under his/her armpit (this person is "it". The rest of the players line up one one end of the grid with a soccer ball at their feet.

The object of the game – ON THE COACHES WHISTLE, players dribble from one end of the grid to the other with out being tagged by "it". If a player is tagged they ALSO become "it". Dribblers stop when they get to the other end of the grid. In the beginning - it is 10 dribblers to one "tagger". The next time back it might be three taggers to 7 dribblers. Eventually the taggers outnumber the dribblers

COACHING POINTS – heads up, check with the ball and then explode.



ATTACKING/DEFENDING

1 V 1

Ages – 6-13

Set up a bunch of small fields / grids.

4 players at each field.

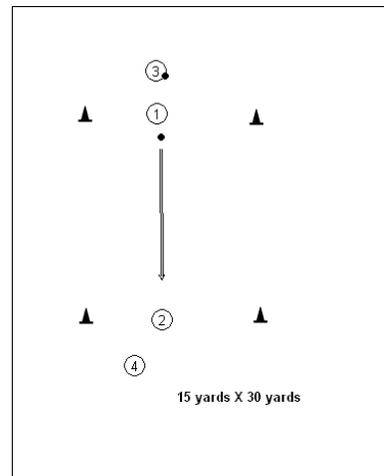
Object of the game is to dribble the soccer ball across the opposite line.

How to play – player 1 kicks ball to player 2. ONCE player 2 touches the ball, players 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 ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

Variations – to score, player has to STOP the ball on the end line. Play 2v2.



GET OUT OF HERE

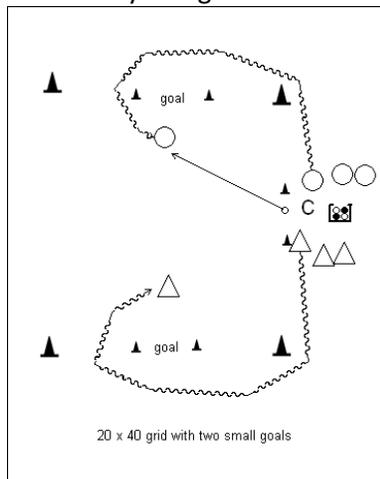
Ages – 8-13

Setup – Great game to work on all aspects of the game. Can be played 1v1, 2v2, or 3v3. Can be used to focus on offense, defense, techniques, tactics. Even though there are lines, game moves really quick.

THE GAME – Two lines of 3-5 players behind two cones. Coach in the middle with lots of soccer balls.

When the coach yells "go", the first players in each line sprints around the corner cones and around the goals and tries to be the first player into the playing area. The coach serves the ball to the first player into the playing area. From there, they just play a 1v1 small sided soccer game. If a goal is scored or the ball goes out of bounds, the coach yells "get out of here". The two players then have to sprint off the field coming off by the coach so that they don't collide with the next two players.

The coach yells "go" and the next two players go.



1 VS 1 VS 1 WAR

Ages – 8-13

Setup – Three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other

players try to defend or steal ball back.

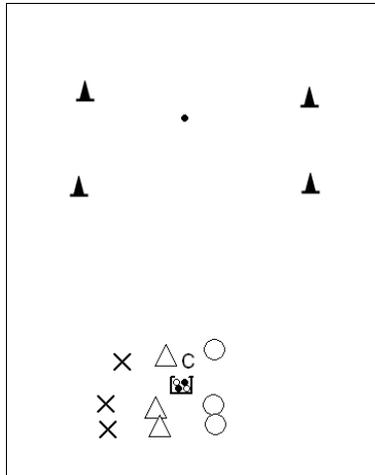
While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that.

Once a goal is scored, players hustle off to the outside and the coach punts another ball.

Great drill for finishing and reversing the ball away from pressure.

Adjust the field and goals accordingly.

Can start with 20 X 40 grid. Six foot goals.



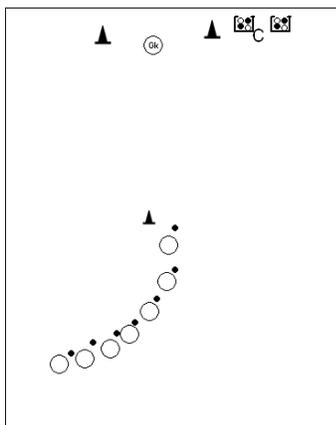
POWER FINESSE

Ages – 8-13

SETUP – A goal with a keeper, a coach with lots of soccer balls and a line of players.

The game- The first person in line take a shot from about 20 yards out. After he takes that shot, he head towards the goal and the coach serves him a ball in front of the goal for a finesse shot. If the player misses both shots, he sits. If he hit at least one shot, he gets a ball and goes to the end of the line and is still in the game. If he makes BOTH shots he gets to "challenge" any player in line. That player has to make both shots. If he does not, he is out until the next game.

Coaching points – Because there can be a long line in this game- play it at tournaments in between games to keep kids busy.



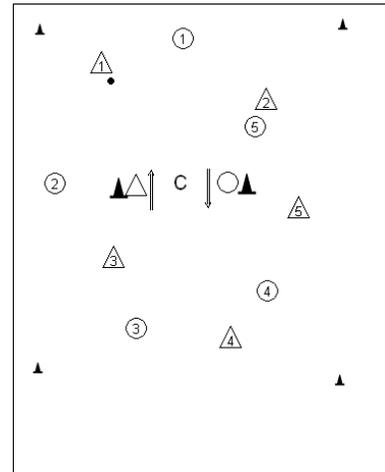
ONE GOAL SOCCER

Ages – 8-13

Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game – There are two teams. 5-8 players on each team. Each team is only allowed to score in only

one direction. This forces them to swing the ball around to the outside, similar to switching fields.
 Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch.



SHOOTING

BREAKAWAY SHOOTING GAME

Ages – 6-13

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

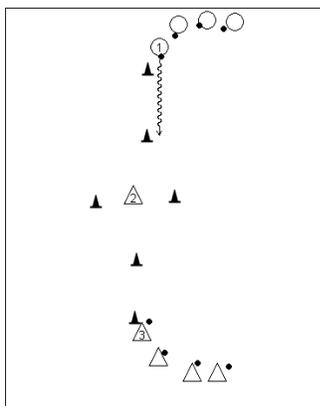
If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

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.



FOUR CORNER SHOOTING GAME

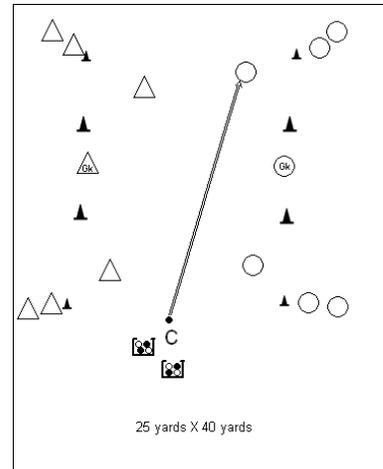
Ages – 6-13

Setup – Field 25 X 40. Regular sized goals and goalies. Cones at each corner.

The Game – The coach serves a soccer ball to either of two far players. In this example he served it O. O can either "one touch shot", dribble and shoot, or pass to his team mate. Once there is a shot or ball goes out of bounds, the players leave the field and switch lines.

Coach serves another ball to one of the far corners.

Coaching points keep the lines short and have plenty of soccer balls available



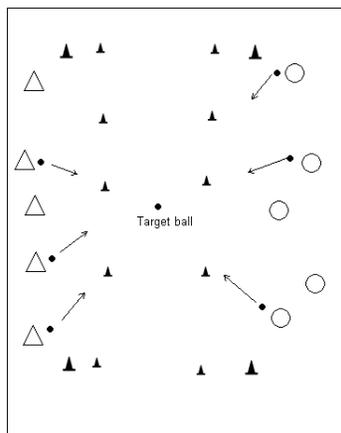
TUG OF WAR

Ages – 6-13

Setup – Create four imaginary lines with cones. The inside lines are 15-20 yards. Put a unique colored soccer ball(target ball)in the middle.

Players on each side try make the target ball cross the opposing teams line by kicking (push passing) their soccer ball at the target ball.

Trains power and accuracy.



Here are some websites for additional examples of games and drills.

<http://www.joesoccer.com/>

<http://www.coachingsoccer101.com/index.htm>

http://www.footy4kids.co.uk/soccer_drills.htm

<http://www.soccerxpert.com/>

http://www.y-coach.com/CD/Soccer_Drills.htm