

K-3rd Grade Soccer Drills

- 1) **Tag:** Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. Version 2: Players must tag other players' knees. (6 minutes)
- 2) **Hospital tag:** Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal the injuries of all the little soccer players so they can continue playing the game. (8 minutes)
- 3) **Body Part Dribble:** In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (8 minutes)
- 4) **Red light/Green light:** All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. (8 minutes)
- 5) **Pirate Ship:** Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: Scrub the deck-players must roll the ball back and forth with the sole of their foot, then coach can ask them to do this while moving all around the Pirate Ship deck. Hoist the sail- players can knock the ball back and forth between their feet (foundation), then dribble all around the Pirate Ship deck as fast as they can. Walk the plank-players must do toe touches on their soccer ball, then dribble all around the Pirate Ship deck as fast as they can. Shark attack-Coach (aka: „Shark“) runs after players and they have to try and dribble their soccer ball into the 6x6 (safe shark cage) before the „shark“ catches them. (8 minutes)
- 6) **Sailing Ships:** All Players have a ball inside the 15 x 20 yd grid. The Coach (ship's captain) is outside of the grid. The players start sailing around the ocean and change their speed based on the weather; high winds = go fast!, No wind = go very slow. Hurricane = dribble in a circle. Rogue wave = go backward. Each round, add a new direction, combine movements, or make up your own.