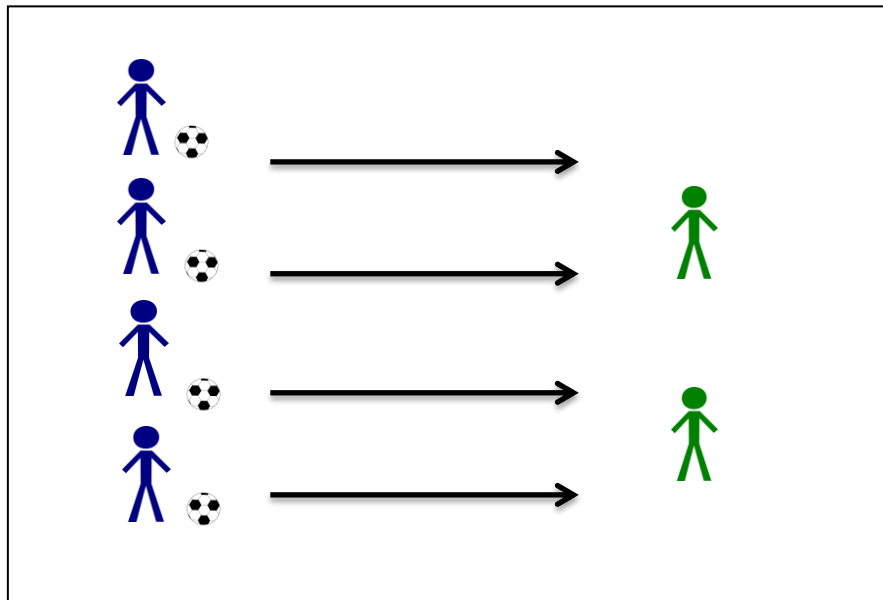


Fundamental Soccer Drills

Practice Guide: Ages 5 to 6

Topic: Dribbling

Activity: Alien Invasion



How to:

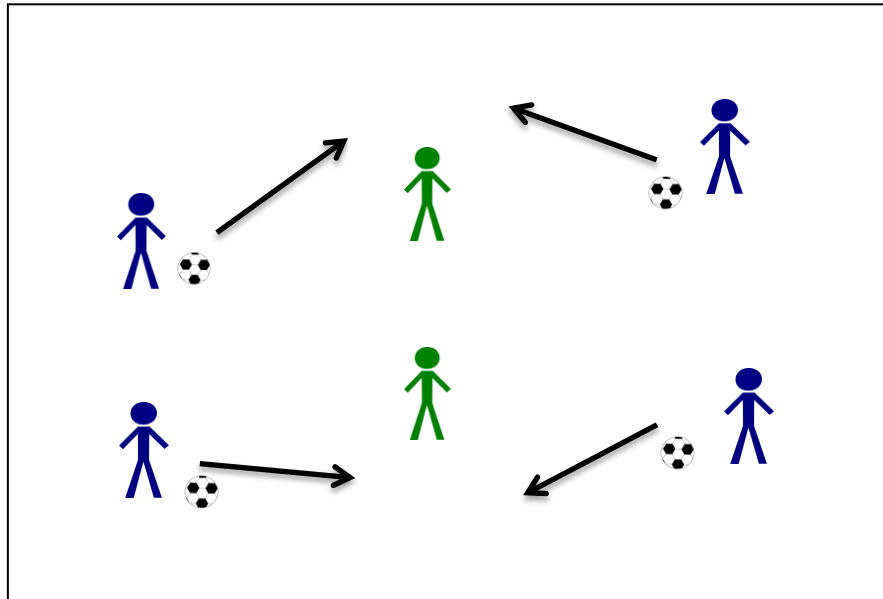
- The astronauts each have a ball
- The Aliens are positioned in the area to stop the rocket ships getting to the other side
- If caught, the astronauts become aliens

Coaching Points:

- Decision Making
- Ball Control
- Defense

Topic: Dribbling

Activity: Ball Monsters



How to:

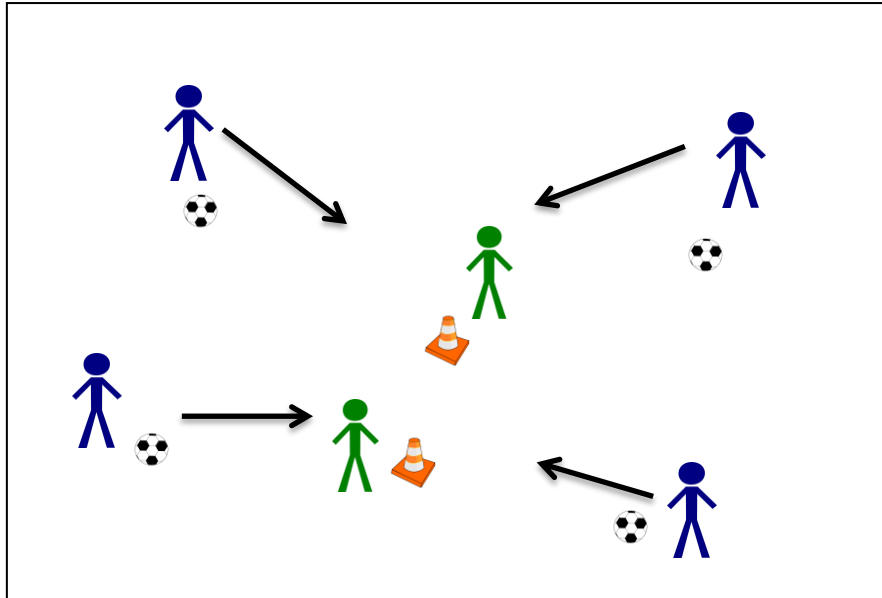
- All players have a ball each except the 2 Monsters
- Players try to stay away from being tagged by the monsters
- If tagged put ball above head, open legs and yell for help
- To free teammates must pass their ball through their legs

Coaching Points:

- Ball Control
- Kicking Accuracy
- Teamwork
- Decision Making

Topic: Dribbling

Activity: Cops and Robbers



How to:

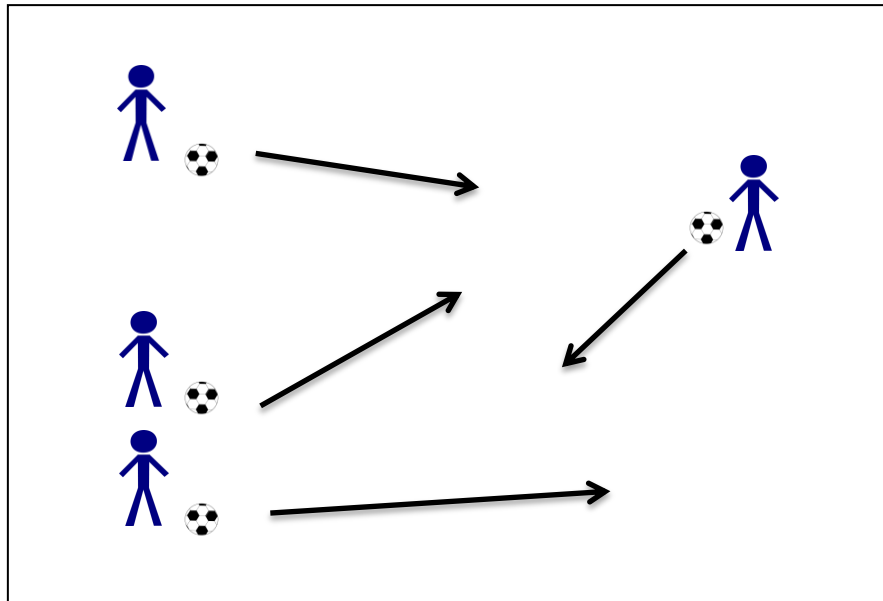
- Have a large area provided to the players
- 2-3 players are the "cops"
- Everyone else is a "robber" and has a ball
- Robbers knock over the cones, as the cops try to stand them back up

Coaching Points:

- Changes of direction and speed
- Eye/foot co-ordination
- Teamwork
- Passing the ball
- Speed

Topic: Dribbling

Activity: Body Brakes



How to:

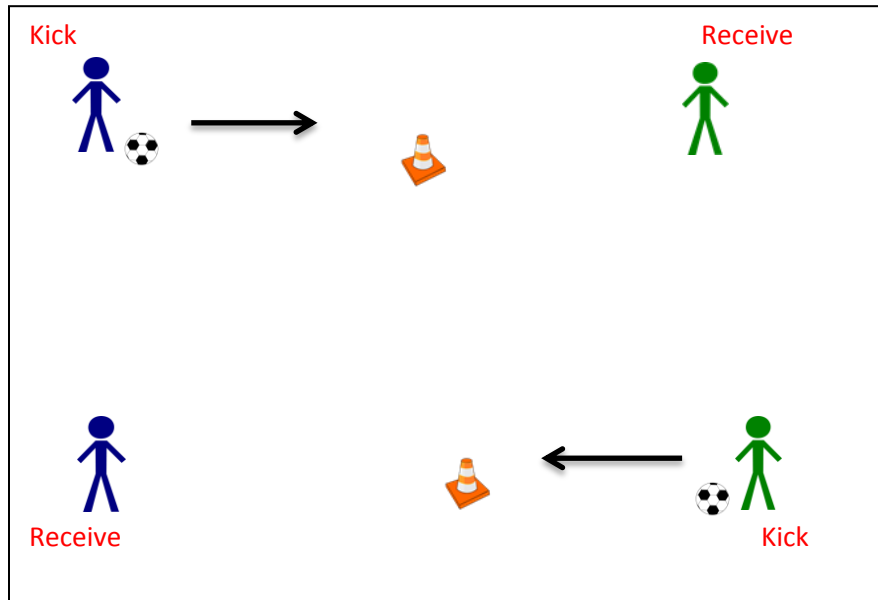
- All Players have a ball each and 'drive' around the field
- The car has two gears: fast and slow. Coach calls out the speed
- Coach will call a part of the body for the player to use as the brake to stop the ball

Coaching Points:

- Ball touches
- Speed
- Change of direction
- Control

Topic: Kicking

Activity: Battle Ship



How to:

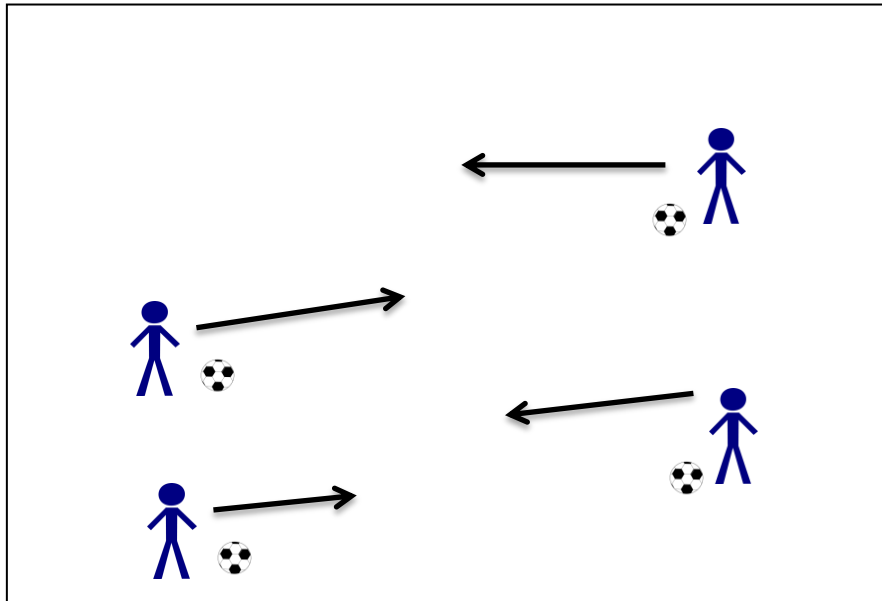
- Players pair up
- Player will kick the ball and try to knock the ball off the cone. "Ready, Aim, Fire!" If they hit the ball, they sunk the battle ship

Coaching Points:

- Proper kicking techniques: kick with laces, not toe
- Teamwork

Topic: Dribbling

Activity: Zombie Tag



How to:

- All players have the ball and dribble around trying to tag others while keeping control of the ball.
- If a player is tagged, they must hold the body part that was tagged.
- Once tagged 3 times, they must go to the hospital and perform a challenge (10 pushups, touch the goal post, etc.) to get back in the game.

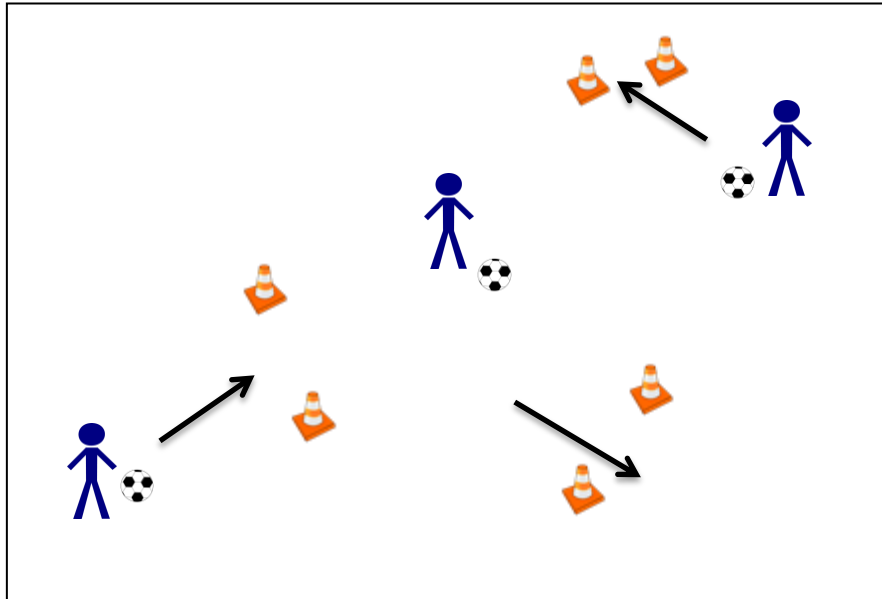
Coaching Points:

- Decision Making
- Ball Control
- Defense
- Ball Movement

Practice Guide: Ages 7 to 8

Topic: Dribbling

Activity: Gates



How to:

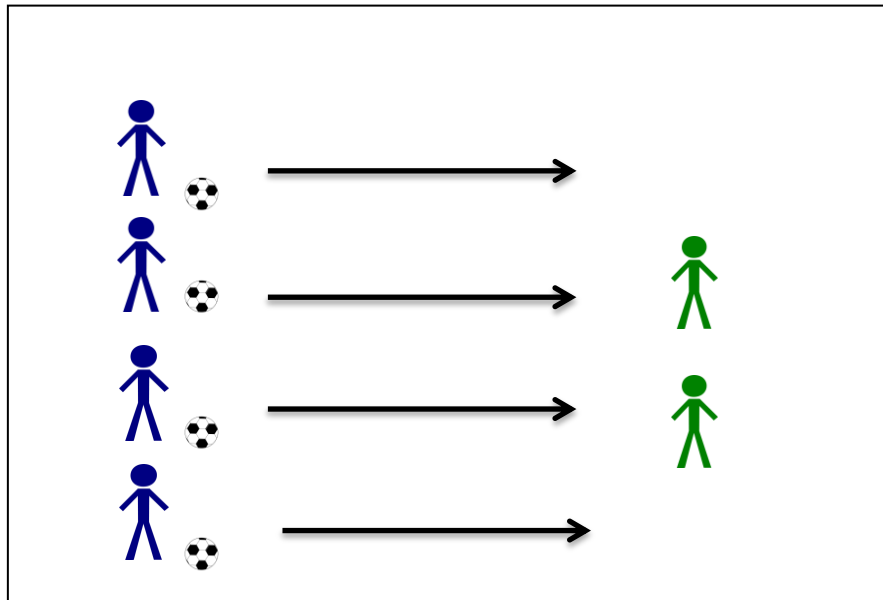
- All players have a ball each
- Cones are placed as gates all over the area for players to dribble through
- Coach sets challenge: how many gates can you get through, color sequence, turn in the gate, go through backwards, etc.

Coaching Points:

- Movement in various directions
- Use of different parts of foot
- Decision making

Topic: Dribbling

Activity: Alien Attack



How to:

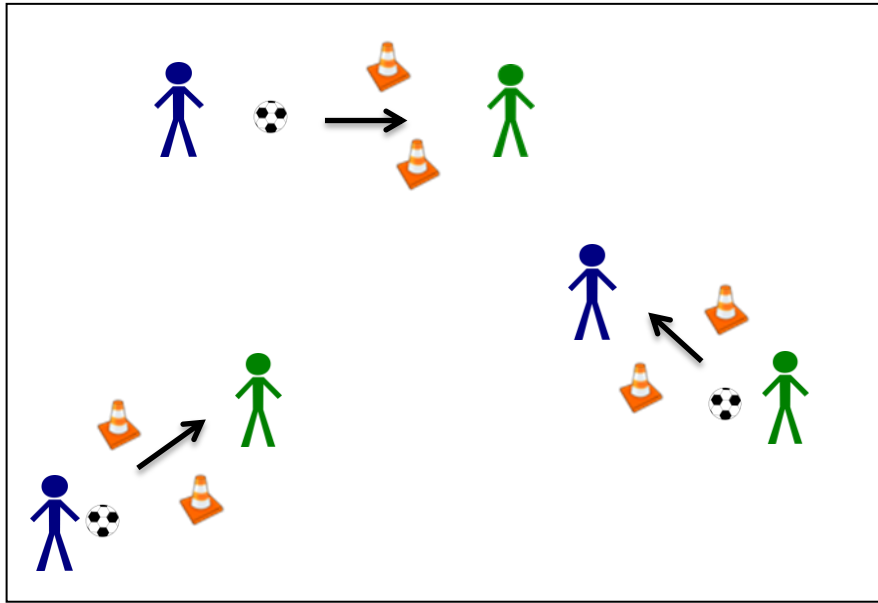
- All the players have a ball except 2-3 players are aliens
- Players try to stay away from the aliens by keeping their ball away
- If alien catches player, the player becomes an alien

Coaching Points:

- Decision making
- Movement in various directions
- Speed
- Footwork

Topic: Passing

Activity: Gates with Pairs



How to:

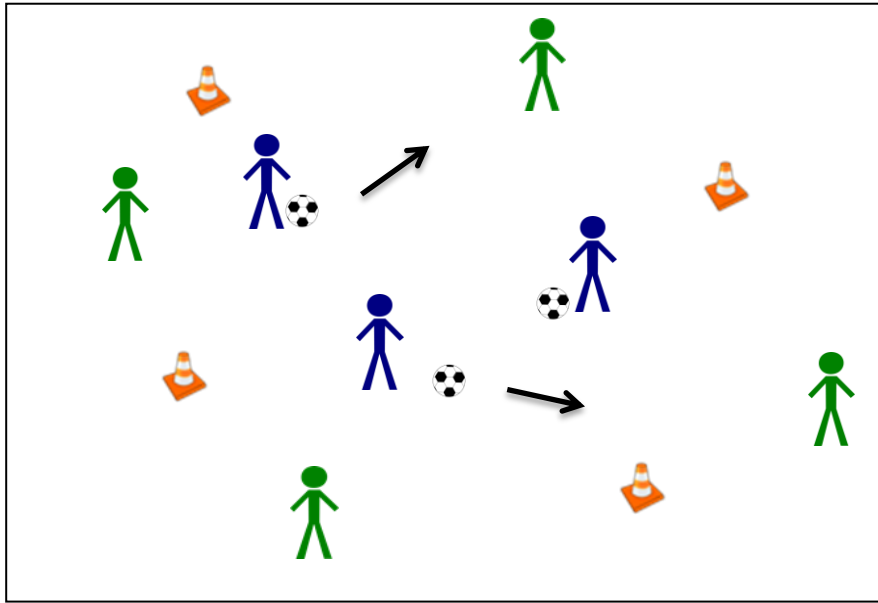
- Set out cones about 1 yard apart
- Players are divided into pairs
- The player that begins with the ball dribbles up to a gate, and pass the ball along the ground to their partner
- This partner then dribbles to another gate and returns the pass
- Coach can make it easier or harder: how many can you go through in a certain amount of time, passing with a certain part of the foot, switching feet, etc.

Coaching Points:

- Decision making
- Movement
- Teamwork

Topic: Passing

Activity: 1, 2 Pass



How to:

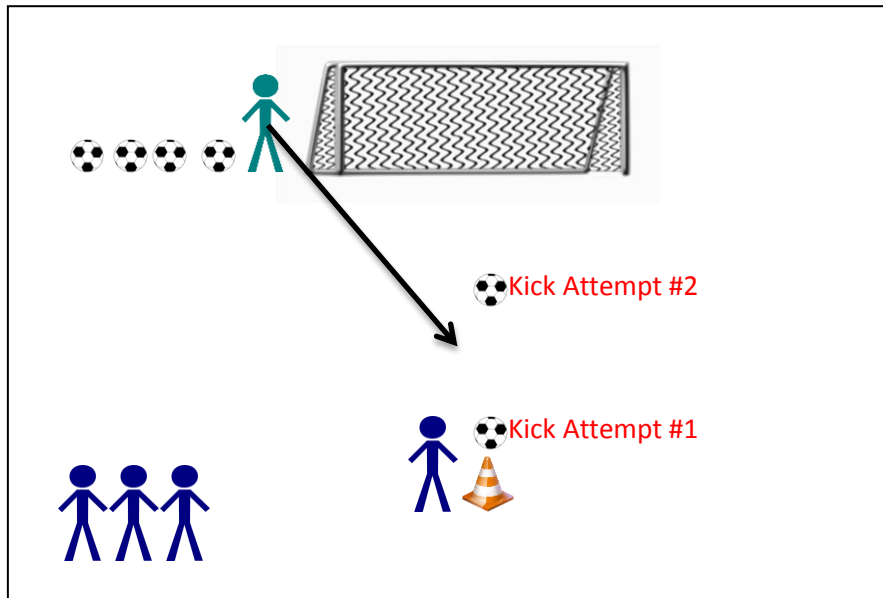
- Players in the middle start by dribbling the ball within the coned area and pass to a player on the outside as they wish
- The player who receives the pass makes a touch (control the ball) and then a pass back to the player in the middle
- Continue this process, and then swap the players after a few minutes

Coaching Points:

- Decision making
- Movement
- Teamwork
- Accuracy

Topic: Goal Scoring

Activity: Power and Finesse



How to:

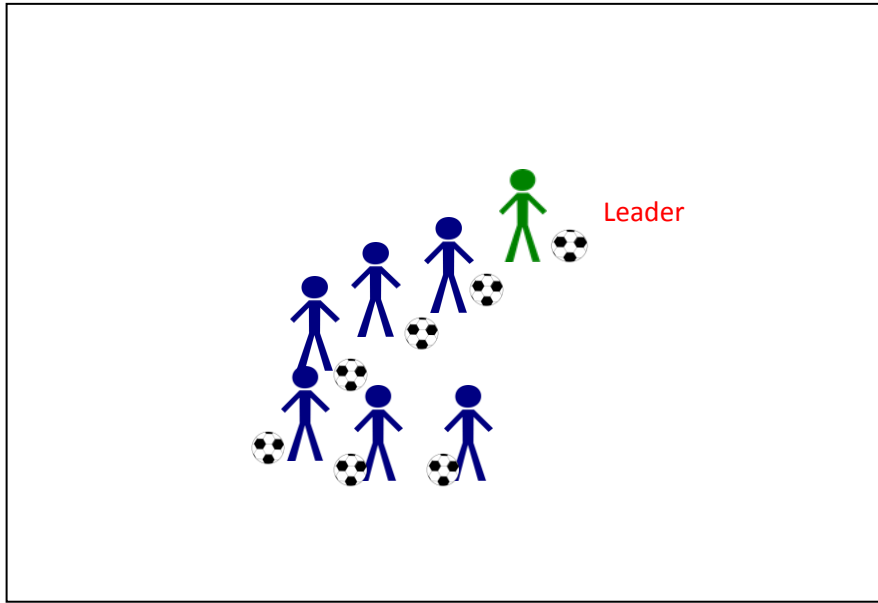
- Player takes one touch, rolled by the coach and then shoots the ball continuing their run to a short ball that again is being rolled out by the coach standing near the goal.
- If a player misses both shots, they are out. Play until one is remaining.

Coaching Points:

- Decision Making
- Ball Control
- Accuracy
- Speed

Topic: Dribbling and Ball Control

Activity: Follow the leader



How to:

- Each player has a ball, designate one player as the leader.
- Have them perform tricks and zig zags trying to fake out the followers.
- Switch the leader every so often

Coaching Points:

- Ball Control
- Movement
- Footwork
- Decision Making