

## Preparation for Tunnel Ball

You will need a marked-out area as shown in the diagram by the white lines. The kids will need a soccer ball each and you will need to get as many parents to help you as possible. The more mum's and dad's that participate the better the drill will work for their kids (tell them this!)



## Explanation

The parents will be standing inside the area, spread apart from one another with their legs together.

The kids will be next to you and on your command will dribble (kick) their soccer ball in and out of where their parents are standing still. This is a good time to get some coaching points in.

When you shout "tunnel ball" the parents will open their legs wide and the young players have to kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.

## progression

When coaching youth soccer remember to be patient and if something isn't working be prepared to change it.

A nice little progression for this game can be to get the kids to crawl through the adults legs after they have kicked their ball through. Kids love getting dirty and being mischievous and this will add a little fun to the game.

## coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball between the parents legs.

## Preparation for **Animal Hunt**

You will need a marked out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need to explain to them that they are in the jungle looking for wild animals!



## Explanation

So the kids have a soccer ball at their feet and you have told them that they must dribble the soccer ball toward the animal noise they hear. The animals will be four willing parents. Ask four parents to each stand on a separate corner of the marked out area. Tell each parent what animal noise they will need to make. For example, you could have a monkey, lion, bear and an elephant.

As a soccer coach you will talk to the young kids and say "now it is time to go find the elephant". The parent will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.

## Progression

To make this soccer drill more fun get the kids to do the animal impressions too. You could also get the kids to bring in cuddly toys of animals that the parents will hold up. If you want to win the kids over sit them all down for 2 minutes at the start of the session and talk about their favourite animals and be really enthusiastic.

## Preparation for **Body Parts**

You will need a marked out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need one too to show them what to do.



## Explanation

This soccer game is about getting the kids to use different parts of their body to balance on the soccer ball. On your command the young kids will dribble their ball around the area. Once you shout out a part of the body (e.g. foot) the kids have to stop dribbling and put that part of their body on the ball.

When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back.

## Progression

To make this drill more fun get the kids to do animal impressions. For example, tell the kids to sit and the ball and act like a chicken. Perhaps they could put the ball between their legs and hop like a kangaroo. Use your imagination and keep it fun.

## Preparation for **Sleeping Bear**

You will need the kids lined up next to one another with a soccer ball each at their feet. The coach or a parent will act as the sleeping bear down the other end of the marked out area.



## Explanation

This game is all about getting the kids to take little touches of the soccer ball. The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping bear (who will be pretending to sleep talk) will respond with either one-o'clock, two-o'clock, three-o'clock or four-o'clock.

If the bear says three-o'clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear. The bear will then wake-up and chase the kids back to where they started. Don't be too scary though or they will cry!

## Preparation **Foxes and Chickens**

Depending on the number of kids playing you will need to set-up a grid that the young players will not try and leave. You will need some pinneys, enough soccer balls for one-each and some helpful parents!



## Explanation

The aim for this soccer drill is for the young players to get the tail (pinney) from the parents. The parents act as the chickens and the kids are the foxes. The parents will need to put a pinney half tucked into the back of their pants/shorts. The kids have to chase after them and remove the pinney (acting as a tail). Once the kids have all of the pinneys the game ends. If there is a really fast parent then all of the foxes can aim to get the last chicken's tail!

## progression

A useful progression to this drill is to play the first game without soccer balls and then introduce them into the second game. This will help the young players understand what they have to do.

Once the kids are comfortable with the parents having the tail see if the kids can be the chickens for a while. This drill can be used for older players by having all chickens and foxes dribbling a ball as a fun warm up game to any session.

## Preparation **Pirates of the Caibbean**

Take a look at the simple layout of the drill below. To set-up you will need a cone for the kids to stand behind to begin. You will then need colored pinneys (or cones) down the other end to act as the treasure!



## Explanation

To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island.

The kids will need to go one at a time and pick up **one** piece of treasure (cone/pinney) and bring it back to the pirate ship.

1. To get the young 3 and 4 year old's to understand this game, play the first round without soccer balls.
2. The second time they should kick a soccer ball down with them.

## Progression

A nice little progression to this and other kids soccer drills is adding cones leading up to the treasure so the kids have to weave in and out of them before getting to the end. By placing the cones down the young players have to dribble the soccer ball in different directions - not just straight.

You could also encourage a race parallel with each other to see who can get the most treasure in the quickest time!