

Red Light, Green Light - Age Group U6 and U8

Each player should have a ball and stand on the midfield or end line. The coach stands at the end and faces the kids. Coach yells green light and the kids should dribble under control towards the end line. When coach yells red light all the kids should stop the ball with the bottom of their foot. Anyone who didn't stop goes back to the beginning. Once at the end line, pull ball back and dribble as fast as they can back to the other end line.

Variation for older kids – coach raises their arm for red light and lowers it for green light. Object is to have the kids look up while dribbling.

Circle Keep-Away Passing Game

Drill Objective: This is a fun passing game for younger players that allows them to focus on the passing game while playing keep away.

Drill Setup: With cones, mark off a circle. Have each of the players position themselves just inside the circle, with 2 designated players in the middle holding a yellow penny (alternate colored jersey) in their hands.

Drill Instructions: 1. The two players in the middle will act as defenders while the rest of the players around the circle will play keep away from these defenders.

2. Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball to the defender. In this case, the current defender would just drop their yellow penny and join the attackers. The new defender will grab the yellow penny and hold it in their hand.

3. If the pass goes outside of the circle, the player that made the bad pass, or the player that did not properly trap the ball will take the place of the defender that has been in the middle the longest.

4. If the attacking players are able to put together 10 passes make the defenders do a quick lap around the circle (Lap of shame as we call it) or some other form of quick and fun punishment.

5. The attacking players can move about the circle.

Coaching Points: Clean, crisp passes. Good first touch into space or towards the next pass. Good communication. Fun.

Drill Variations: Change the size of the circle to fit your players age and skill level. Make the grid smaller to make the game harder for the attackers to keep possession, or make the grid larger to make the game a bit easier for the passers. Make the circle smaller for tighter and quicker passing. Limit the number of touches.

URL: <http://www.soccerxpert.com/soccerdrills/keep-away-passing-game.aspx>

Traffic Jam Dribbling Game

Drill Objective:

This game is just out right fun! The kids will have a blast playing this game. This drill is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.

Drill Setup:

Step off a grid approximately 30X30 yards. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid. Split the group into 4 even teams who start on the corners of the grid with 1 ball per group.

Drill Instructions:

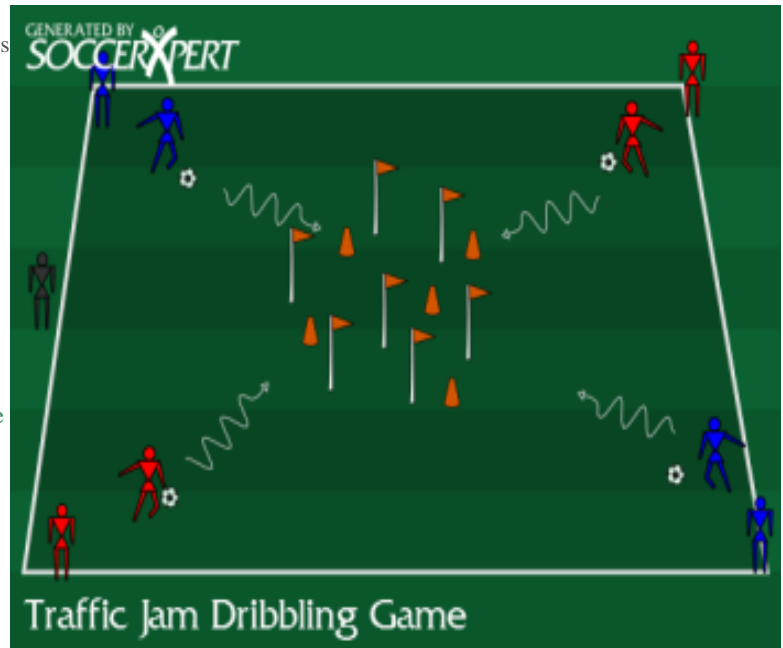
On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player. Once the player makes it through the traffic jam instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line. That player should immediately head towards the traffic jam with speed in attempt to get through the traffic jam first. At first don't keep score, simply let the players enjoy the close calls before playing the game. After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.

Drill Coaching Points:

- Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.

Drill Variations

- For younger players it might be best to start with one or two players entering the traffic jam at a time.



Four Corners Passing Game

Drill Objective:

The Four Corners Passing Game is a great soccer drill to focus on passing, changing the point of the attack, and timing of runs and passes.

Drill Setup:

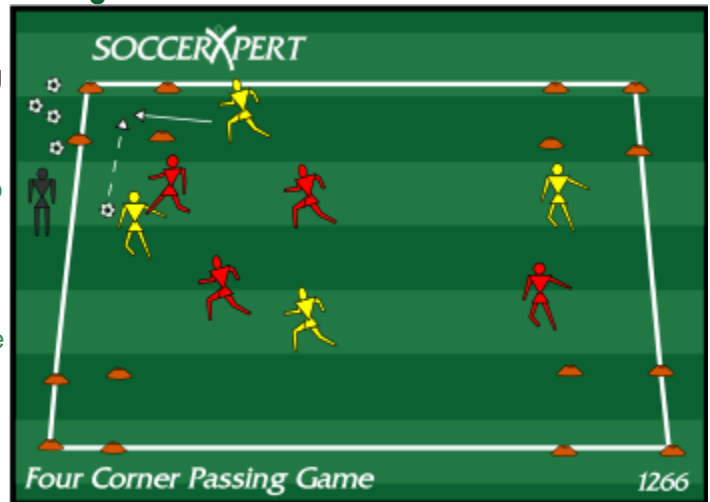
Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color.

Drill Instructions:

Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Drill Coaching Points:

- Focus on the weight and accuracy of the passing
- Make sure players without the ball are supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas



Drill Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.
- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.

URL: <http://www.soccerxpert.com/soccerdrills/id1266.aspx>

The Numbers Game

Drill Objective:

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.

Drill Setup:

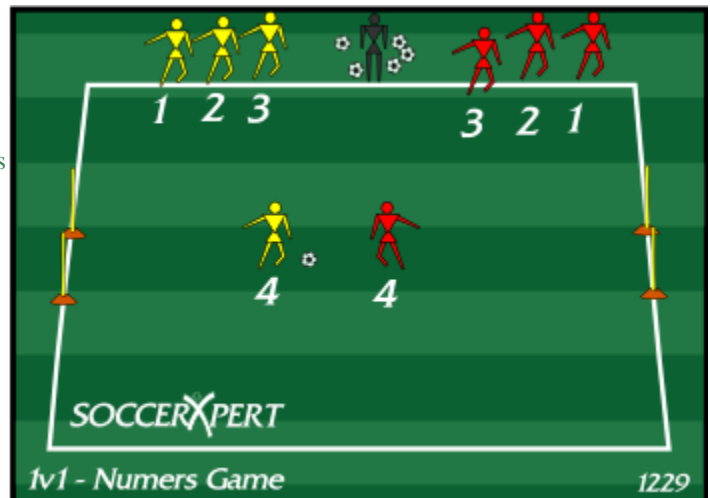
Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Drill Instructions:

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Drill Coaching Points:

- Encourage players to take on their opponent. Encourage players to shoot when they have a chance of a goal. Instruct the players to protect the ball when necessary.



Drill Variations: Have more than one 1v1 going at the same time. Call out two or more numbers to create a 2v2 or 3v3.

URL: <http://www.soccerxpert.com/soccerdrills/id1229.aspx>

1v1 50/50 to Goal Team Competition

Drill Objective:

The purpose of this [soccer drill](#) is to work on [soccer fitness](#), [scoring soccer goals](#), [soccer shooting](#), [soccer goalkeeping](#), and winning 50-50 balls. This is a [fun soccer drill](#) for the younger soccer player.

Drill Setup:

On a [full size training goal](#), place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Drill Instructions:

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.



The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Drill Coaching Points:

Players should be instructed to:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

URL: <http://www.soccerxpert.com/soccerdrills/1v1-to-Goal-Team-Competition.aspx>

Attack vs. Defence Shooting and Defending Drill

Drill Objective:

This drill is one that the kids love. The players will get to work on both attacking (shooting) and defending skills and if ran correctly, very fast paced.

Drill Setup: Create a grid that is as wide as the penalty box, and approximately 25-30 yards from goal. Place a goalkeeper in the goal and split the remaining players into two groups (Red and Yellow). The two groups will line up on opposite sides of the file on the cone set farthest from the goal. Make sure that every player has a ball.

Drill Instructions: On the coach's command, the first player in the Red group dribbles the ball with speed at the edge of the penalty box and quickly has a shot as they approach. Immediately after the Red player shoots, the first player from the yellow group dribbles at the penalty box as the Red player defends his attempt. After the Yellow player shoots, they immediately defend the next red player who is now attacking. Repeat this rotation throughout the drill.

Drill Coaching Points:

Attacking: Make sure the attack is quick, controlled and the player gets the shot off quickly. Put the shot on target even when under pressure. Dribble with speed.

Defending: Transition Quickly from Offense to Defense

URL: <http://www.soccerxpert.com/soccerdrills/id1278.aspx>



World Cup - Age Group U8 and Older

Break up into groups of 2. Use 1 less ball than teams. Let each group choose a country's name. The coach serves up the balls and the group who doesn't score is out.

Dribble Races

Put 2 cones about 20 yds from each other. Have 2 players with balls in the middle facing opposite directions. Set up as many sets of cones as you need for all the players to be in a group. On the coach's go, both players start dribbling with speed around the cones trying to catch their partner. They'll get 40 sec. Then try it again with 1 minute. Move the cones in a couple of yards. Repeat. If players are "caught," switch up the groups to have those that were the "catchers" to go against other "catchers."

Passing Competition

Put kids into groups of at least 4. Put 2 cones about 15 yds apart with at least 2 players behind each cone. Create as many groups as necessary. Have 1 ball for each group. Have the players with the ball take a touch and then pass to the person next to the other cone. That person should pass the ball back with several touches. Count how many in a row each group gets.

Variations: Allow only 2 touches, use only the left foot, use only the right foot, right touch then left touch pass, 1 touch.

Brazilian Passing Game – U8 & Up

X	O
O	X
X	O
O	X
S	

X = Cone with Player O= cone with player and ball S= Start position of players with balls

Very important to make sure when you start balls are staggered as above. Players will progress through the drill by passing the ball to the players without a ball and receiving a ball at the same time from the player on the other side that has a ball. Go all the way through the channel and then dribble back to the start. Objective is to get through the passing channel as quickly as possible with effective passes.

Coaching Points: Make sure ball is properly weighted so the player moving forward does not have to stop their run forward or deviate from the middle that much.

Quality passes to feet from the player running through

Using the correct feet for each pass for the player in the middle (left vs right foot)

Head up as the player progresses through

Make sure you pay attention on the outsides and pass as soon as the player releases the ball and makes eye contact with you.

Variations:

You can close the space or open the space up depending on age or speed of play to make it harder or easier

Add more players in the passing channel to make the players hold concentration longer and get a higher work rate/more endurance

Start Two touch and progress to making one touch passes for players in the middle.

You can add a goal at the end of the channel and get your goalkeeper involved by having the players finish with a shot on goal after the last pass.

Shuttle Runs Fitness Exercise– Dribble Pass

In soccer the shuttle run, often called doggies or yo-yo's, is a fundamental fitness training exercise to build soccer endurance. The shuttle run is a great fitness exercise to include in your soccer training since soccer is a constant stop-and-go sport. This movement represents an important soccer specific movement and is a great exercise to not only build speed, stamina, acceleration, and endurance, but by adding a ball it can also work on controlling the soccer ball at top speeds when your body's become tired and fatigued.

You will need the following to perform this exercise: cones or markers, a soccer ball, and a wall or a person to return the ball to you.

To set up the Dribble/Pass Shuttle Runs exercise mark off 6-8 cones 5 yards apart in a single line. Make sure the player has gone through a proper warm-up and stretch prior to starting this fitness exercise. Each player should perform approximately 4-5 sets.



To begin the exercise, the working player will start with the soccer ball on the first cone and dribble full speed to the first cone, cut the ball quickly and pass to the return player or wall and sprint back to the starting marker without the ball. The return player should stop the ball near the starting line where the working player should quickly gain possession and dribble with speed to the 2nd marker. This pattern should be repeated for each of the cones.

To add a little variation to the shuttle runs exercise, have the return player toss a ball to the working player as they are approaching the starting cone and the working player should quickly control the ball, finish their run to the starting line, and dribble to the next marker as before. A specific body part can be isolated by having the return player throw to a certain body part such as: thigh traps, chest traps, or traps with the feet.

URL: <http://www.soccerxpert.com/soccertips/id1231.aspx>

Dribbling at the Cone

Drill Objective:

This is a good soccer dribbling drill for young soccer players to learn to dribble without opposition. It is a great drill to introduce different fakes and fakes to gain an edge on the defender.

Drill Setup:

Build a grid that is 20X10 yards with a cone in the middle of the grid. This grid will be for 3 players, so build additional grids as needed depending on the amount of players.

Drill Instructions:

Position the players where 2 players are on one end line and 1 player is on the other end line. The first person in the group of 2 will start with the ball. This player will dribble at the cone, change the direction of the ball as he makes a move (fake) around the cone. After moving past the cone, the player should increase his speed to finish at the other side of the grid. He then lays the ball off to the other player who performs the same fake on the cone. Play continues until the coach introduces a new fake at the cone.

Drill Coaching Points:

Make sure the players move towards the cone with the ball under total control. Make sure there is a good change of direction at the cone. Make sure they sell the move to the cone. After passing the cone, make sure the player has a burst of speed.

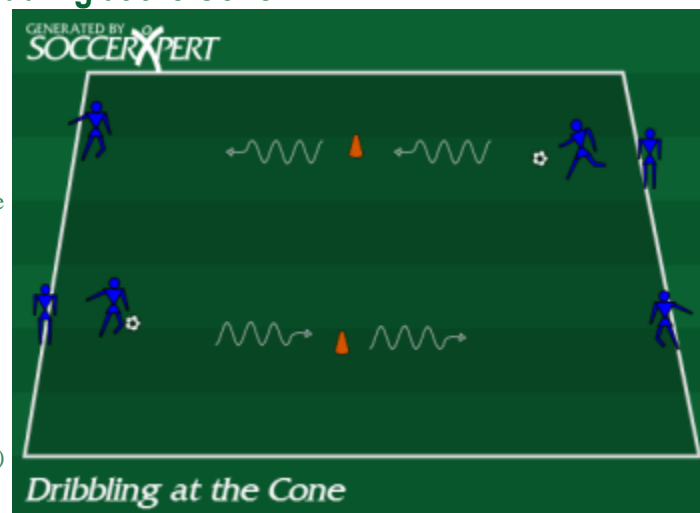
Drill Variations

Here are some moves to perform are:

- the scissors
- the swerve
- hard step, drop shoulder and change direction

Replace the cone with a defender.

URL: <http://www.soccerxpert.com/soccerdrills/id1269.aspx>



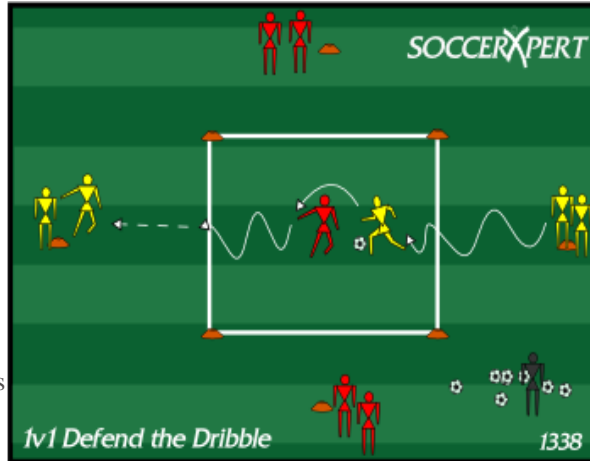
1v1 Defending the Dribble

Drill Objective:

The purpose of this drill is to isolate the defender to focus on the first defender and defending the dribble. This drills focus can be modified to focus on the first attacker taking on the defender.

Drill Setup:

1. Create a 10X10 grid with a cone placed 10 yards from the grid from each side.
2. Split the team evenly into 2 groups with alternate jerseys (red/yellow).
3. Line up each team on two of the cones on opposite sides of the grid facing the middle square.
4. Place one defender inside the middle grid. In our soccer drill diagram, the red player starts as defender, and the yellow team is the attacking team.



Drill Instructions:

1. The attacking team dribbles at the defender and attempts to dribble through the other side of the grid by beating the middle defender.
2. If the player successfully makes it through the grid and out the other side by dribbling, he then plays to the first player in the line he is facing.
3. This next player again takes on the defender in the middle.
4. If the defender wins the ball, or the ball is knocked out the sides of the grid, the player losing the ball becomes the defender.
5. The player who won the ball or forces the player out of bounds passes the ball to a teammate in line who now attacks the new defender in the middle in attempt to get through to the other side and pass to the next player in line.
6. The pace of this drill must be very fast and encourage players to take advantage of an off balanced defender.
7. The defender will have to transition quickly in order to get out of the middle.

Drill Coaching Points:

When defending 1v1's in soccer it is very important to focus on the following key elements:

1. Staggered stance with toes at a 45 degree angle.
2. Bent knees with weight on the balls of the feet.
3. Chest leaning over the toes.
4. Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
5. Ability to shuffle quickly.
6. Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards

Remember that the player closest to the attacker should be the player pressuring the ball. Players should sprint to close down space as quickly as they can, then when they get 5 yards from the attacker they should slow down and take steps backwards to match the pace of the attacker. During this time, the defender should slowly close down the space between the attacker and defender. Often proper pressure will cause the attacker to lose the ball.

One way to have players recall the proper way to defend is by the term "Quick, Slow, Sideways, Low".

Quick refers to the defender speed while closing down the attacker with the ball. This should be done at full speed sprint and note that it is often best to close down the ball when the ball is in flight.

Slow refers to the defenders ability to change of speed and direction required to start moving in the same direction of the attacker.

Sideways refers to the body positioning often used when defending. The defender should turn their body in a 45 degree angle to create the largest amount of defensive area.

URL: <http://www.soccerxpert.com/soccerdrills/1v1-defending-the-dribble.aspx>

Sneaky Fitness

Sneaky Fitness is a great warm-up game for players aged from six to 16.

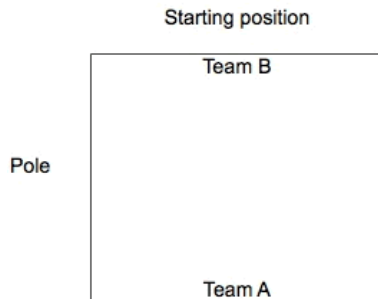
Number of players: Whole squad.

Equipment required: Training vests in two colours, cones to mark out the playing area.

Set-up: Create a playing area large enough for your players to move around safely. For twelve 10-year-olds, it should be about 20x15 yards. Place a pole or distinctive cone on each side of the playing area, about five yards from the sideline. Split your players into two teams.

Each player tucks a training vest into their waistband. Use a different colour for each team (e.g. team A has red vests, team B has yellow vests).

Send each team to opposite ends of the playing area.



How to play:

- On your command, players try to take a vest from a player on the other team and drop it on the ground.
- If a player loses his vest, he must run around one of the poles outside the playing area and rejoin the game, picking up his vest and tucking it into his waistband as he returns.
- Play for one minute. The winners are the team who have the most bibs when you call "time".
- Play best of three.

Steal the Ball

Age group: U6s to U10s.

Set-up: Create two playing areas. For team sizes up to six, 20 yards square is OK. If you have more than that (or your players are inexperienced) make the playing areas bigger. Split your players into two teams and give them numbers 1 to X (P1 to P4 in the image below). One team per playing area.

How to play: To begin with, your players pass the ball to each other in number order: 1 to 2 to 3 to 4 etc.

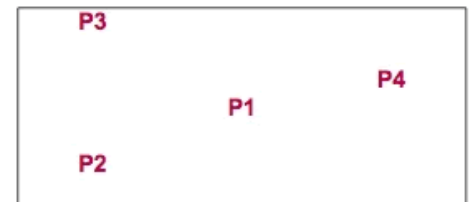
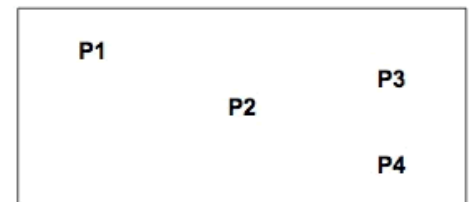
Tip: Encourage your players to move immediately after passing and tell them to use the whole of the playing area.

After a few minutes, call a number. The players with that number run into the other team's playing area and try to steal the ball. Whoever steals the ball first gets a point for their team.

When all the numbers have been called, the team with the most points wins.

Variations:

- Call two numbers.
- Play with two balls in each playing area and require the ball stealers to knock both balls out of the playing area to get a point.
- Award a bonus point if the ball can be stolen in less than five seconds.



Penalty Box Soccer - Age group: U7 upwards

Objective: To practice scoring goals and marking in the penalty area.

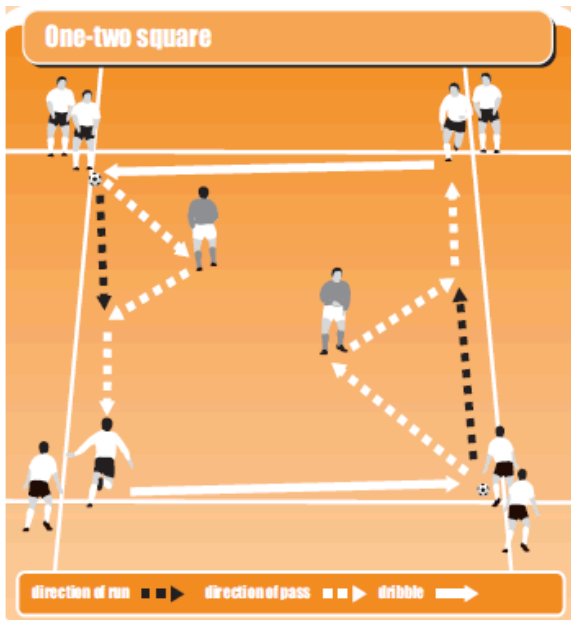
Set up: Use the penalty area of a full size pitch or a 30x20 yard grid. Two goals are required, one on each of the long sides of the playing area. You will need 8 to 10 players and two sets of bibs.

How to play: Two teams of three or four are in the penalty area with a keeper defending each goal. The game starts with the keeper of the one team throwing the ball to a team-mate. The game is decided by the first goal scored. The team that scores stays on the field and the losing team is replaced by a new team. To keep the game moving, keep plenty of balls in the goal and put a two-minute time limit on each game. If neither team scores in two minutes, both teams go off and two new teams restart the game. Make sure to balance the teams. The winner is the team with the most goals after 20 minutes.

Wall pass soccer warm down drill

Use this [soccer warm down drill](#) and teach your players the simple one-two or wall pass [soccer skill](#) at the same time.

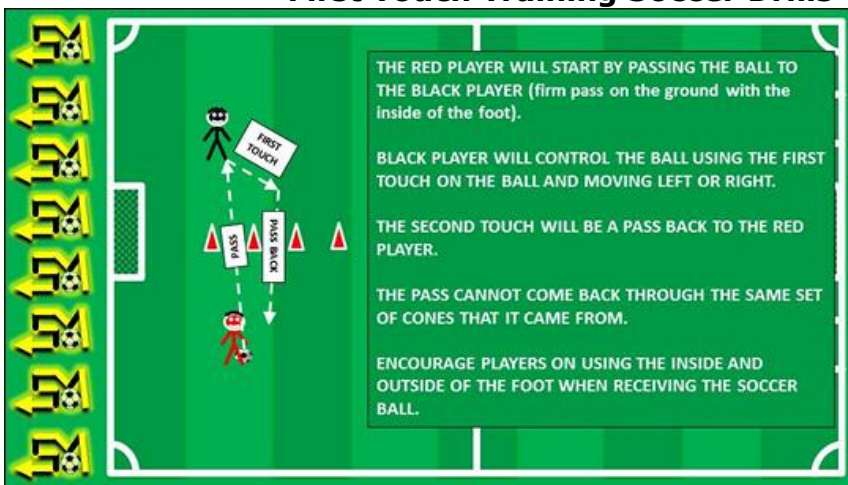
The one-two, or wall pass, is a great way to get past defenders without too much trouble. Done well, a series of one-twos can put your players into the penalty area with a good chance of a shot on goal and it is a good way to encourage more [passing](#).



Run the warm down drill

- Put two players inside the square and arrange the others around the four corners.
- The players on the outside must make one-two wall passes along the width of the square and [dribble](#) along the length of the square.
- Players should sidefoot pass to the wall passers who must make sure they control and pass back in to the running players, so they don't have to break their stride.
- Change the two wall passers regularly.
- The players must work for a set time period.

First Touch Training Soccer Drills - Quick Thinking - INTRO



- This first touch soccer drill will develop the player's first touch and passing skills.
- Player's main focus should be on using the correct technique to control the soccer ball and pass it back through a different set of cones.
- This first touch drill will also develop the mental part of the game as the player's will have to think about where they want to move and where they want to pass the ball back.

First Touch Training Soccer Drills - Quick Thinking - SET UP

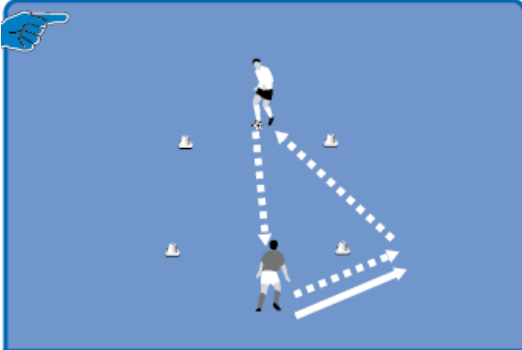
- Split the player up into groups of 2 players. Set up 4 cones in a straight line with about 1 meter/yard of space in between them. Each player will take a position on each side of the cones about 10 meters/yards away from the cones. One player will have a soccer ball to start with.

First Touch Soccer Drills - Quick Thinking - INSTRUCTIONS

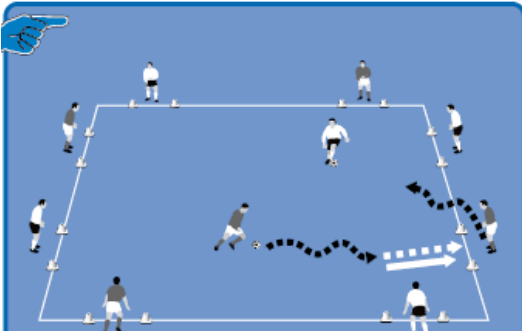
- Focus on using the correct technique for passing, ankle locked, toes up. Use both feet.

direction of run ⇨ pass ⇨ dribble ⇨

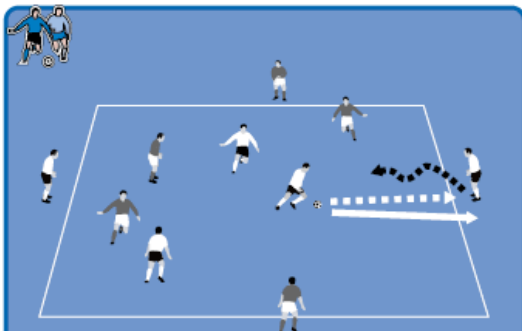
First touch soccer training drill



Get the players warmed-up with this simple passing and receiving drill.



The session promotes a positive first touch combined with dribbling skills.



In this 3 player possession game the teams can score points by switching places with the outside teammates.

If you want to improve the first touch of your players, this is a good soccer coaching drill to get them doing it properly. First touch is important so players can get the ball under control quickly, allowing them to make use of any space they have created.

• Soccer coaching drill tips

- Players should be on their toes and watching the movement of the ball as well as the movement of players around them in this soccer training drill.

They should be assessing where the space is appearing and which direction they should move the ball when it arrives at their feet.

A positive first touch sees the receiving player move the ball into space and, in doing this he creates more time to make the next decision.

Will the player pass or run with the ball? Where to?

Run the first soccer drill training session as a [warm-up drill](#). The players must take a touch to the side of their gate and pass back to their partner. The drill works continuously.

• Dribble and pass out

The players must dribble across the area and pass out to a teammate. The teammate must take a diagonal touch to the side of their gate and dribble quickly to a new teammate.

Play Out, Go Out possession game

Six players compete to keep possession 3 v 3 in the middle of the area. The aim is to pass out to a teammate and follow the pass out of the playing area. The receiving teammate must be positive on their first touch and come into the area.

600 touches footwork

Dribble around and for 30 seconds:

toe touches

between feet using the inside of the feet
exaggerated pendulum

roll back & forth using bottom of the foot

pull back w/ inside foot to bring ball from outside of outside foot

inside of foot touch behind other foot

scissors move w/out touching the ball

inside of 1 foot then the outside of the same foot, switch feet

roll over w/ foot both directions – inside & outside

triangles