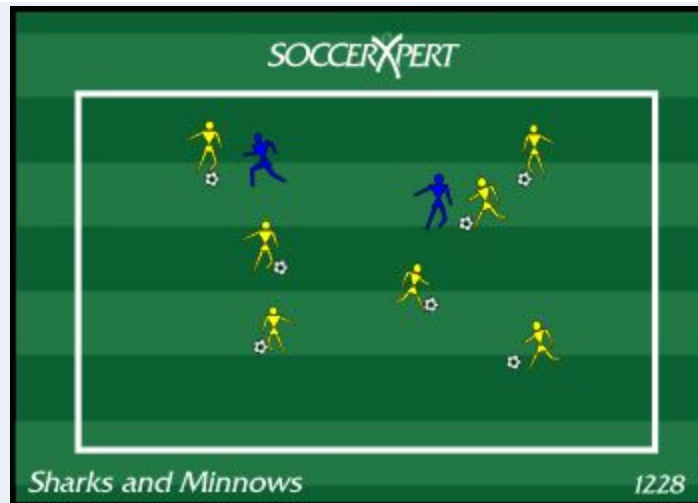


Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1**

Sharks and Minnows FUN Youth Soccer Drill



Setup

1. Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating.
2. Two players are designated the SHARK start in the middle of the grid without a ball.
3. The remaining player starts with a ball on one of the end lines.

Instructions

1. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
2. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.
3. The last minnow standing wins the competition.

Variations

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Coaching Points

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests (optional)
- Soccer Practice or Training Balls

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

- Dribbling Skills

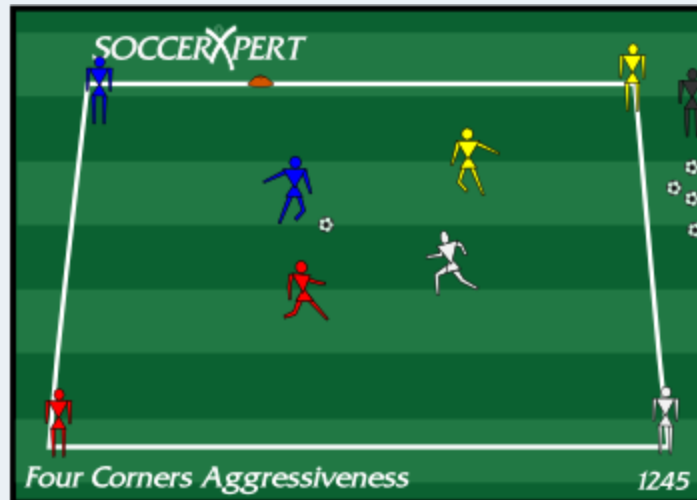
Division: U6

Applicable Weeks: 2,3

Division: U8 Applicable Weeks: 1,2,3

Four Corners – Play it back to coach

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.



Setup

1. Create a grid that is 30x30 yards.
2. Create 4 teams and have them stand at each of the four corner cones.
3. The coach positions himself outside the grid near the middle of 2 side cones with an abundant supply of soccer balls.

Instructions

1. The coach plays a ball into the center of the grid and shouts out a command (such as "GO") to begin play.
2. The first player in each of the 4 lines must sprint after the ball in an attempt to reach the ball first.
3. Once a player wins the ball cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach.
4. If any player steals the ball from the person in possession, that player then attempts to hold possession for 5 seconds.
5. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach.
6. The first team to reach 5 points wins.

Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.

Coaching Points

- Players should be taught to go after the ball aggressively with speed, determination and vigor.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests (optional)
- Soccer Practice or Training Balls

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Fitness Drills](#)

Division: U6

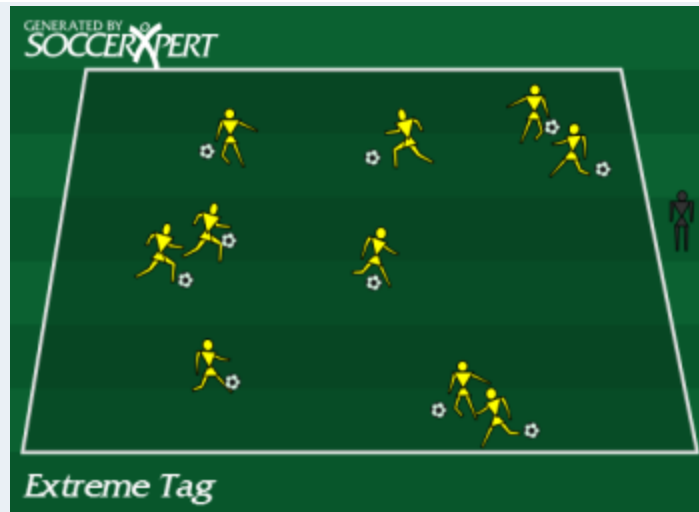
Applicable Weeks: 2,3

Division: U8

Applicable Weeks: 1,2,3

Extreme Tag

This is a fun soccer drill that focuses on young soccer players dribbling skills and aids in player awareness. It is a great drill that causes players to change directions quickly to find space and avoid being tagged. This game is bit harder than Soccer Tag.



Setup

Create a grid approximately 20X20 depending on the number of players. Each player should have their own soccer ball.

Instructions

With this drill, the players are dribbling around in the grid trying to avoid a tag from the other players. However, the tag must be made below the players knee in order to receive credit for the tag. Each successful tag below the knee will result in a point being awarded to the tagging player. If the player gets tagged, a point is subtracted from their total. The first player to 5 wins that round. Play a couple rounds depending on the length of time each game takes.

Variations

NA

Coaching Points

- Make sure players are dribbling with their head up
- Instruct players to find open space.
- Players will want to leave their ball when being chased, so make sure the players keep their ball in close control.
- Make sure the kids have FUN!

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

- Soccer Dribbling Drills
- Soccer Fitness Drills
- Soccer Warm-up Drills

Division: U6

Applicable Weeks: 2,3,4,5,6

Division: U8

Applicable Weeks: 1,2,3,4,5

World Cup Soccer Drill

The World Cup Soccer Drill is a great shooting game for kids of all ages. The World Cup Soccer Drill is a great game to work on game like situations with number down situations.



Setup

Inside the penalty box, set up 4 groups of 3 players in alternate jerseys with a goalkeeper in a full size goal. The coach should have the full supply of soccer balls nearby.

Instructions

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.

Round 1:

3v9

3v6

3v3

last team to score is out.

Round 2:

3v6

3v3

last team to score is out.

Round 3:

3v3

team to score first 2 goals wins the world cup.

Coaching Points

good team work
quick passes
take shots/chances
have fun

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Crossing/Finishing Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

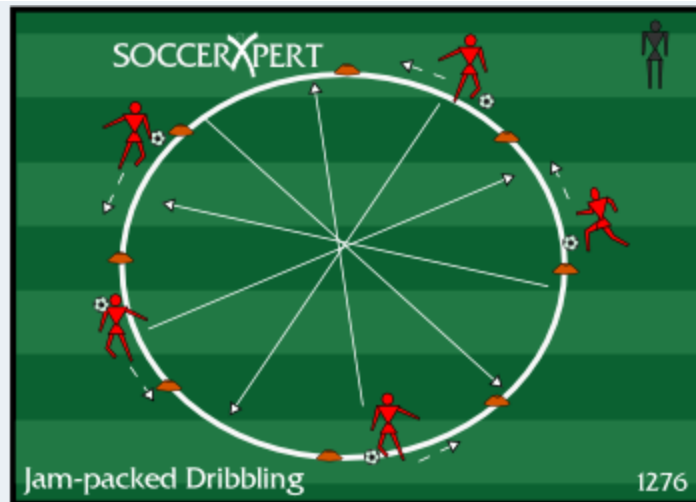
Division: U6

Applicable Weeks: 2,3

Division: U8 Applicable Weeks: 1,3

Jam-Packed Soccer Dribbling Drill

This soccer dribbling drill will give players confidence while dribbling through congested areas on the soccer field.



Setup

To begin this drill, create a circle with disc cones that is approximately 20 yards in circumference. Make sure each player has a ball, and instruct them to line up around the outside of the circle.

Instructions

Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction. The coach should inform the players to listen for certain queues and perform those actions once the coach shouts the command. These commands are:

- JOG - players should dribble at a comfortable speed
- FULL SPEED - players should dribble at their top speed
- CUT - players should cut the ball in the other direction and travel in the other direction around the circle
- CROSS - all players should cut across the grid avoiding contact with other players or other players balls.

Variations

Think of other commands to add to the 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.
- Have players start playing with their arms up and out for balance and shielding
- Instruct players to dribble with both feet and all parts of the foot.
- This is a fun soccer drill, so make sure to HAVE FUN!

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

Soccer Drill Focus

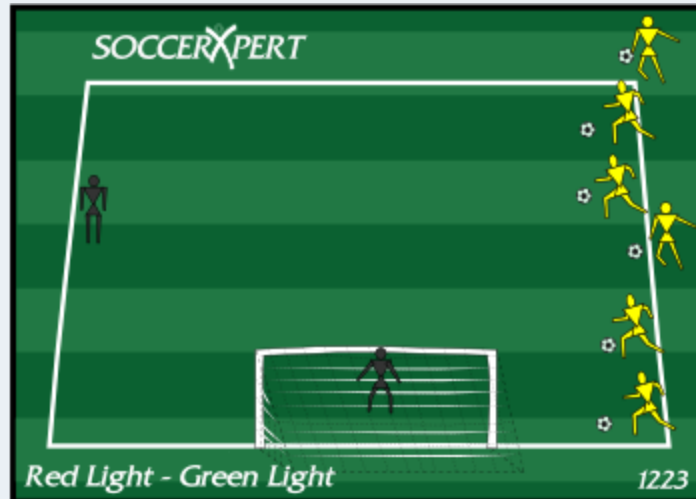
- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 Applicable Weeks: 2,3

Division: U8 Applicable Weeks: 1

Red Light, Green Light

This soccer dribbling drill is for U6 and U8 Players. This drill will focus on dribbling with the ball close in order to stop quickly.



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.

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

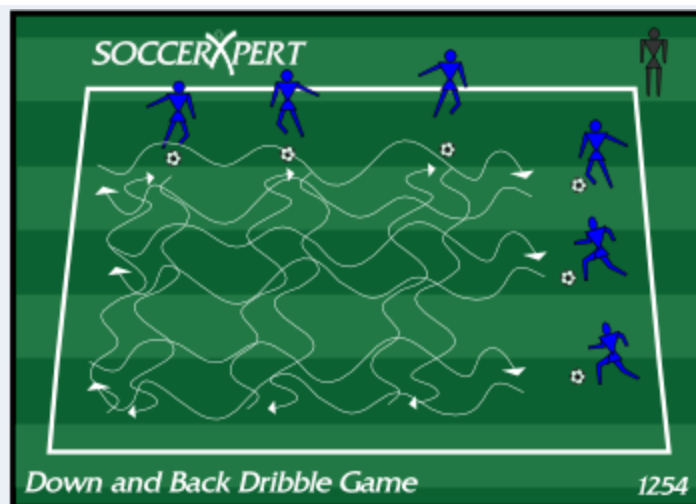
- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1**

Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic/high pressure situations while staying in control. It's a great warm-up to focus on dribbling with all parts of the foot.



Setup

Start by making a grid approximately 20X20 yards. Split the team into two groups. Each player should have a ball. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the grid (half of the group on one side, the other half on the side next to the other group).

Instructions

On the coaches command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Variations

- Restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

Coaching Points

- focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- make sure players keep the ball at a close/safe distance. If the ball is too far in front of them they will most often hit another player or lose their ball.

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1,3**

Dribbling warmup

This soccer drill is a great warm-up drill that allows players to work on touching the ball with all parts of the foot. If you want to improve players footwork and dribbling skills this is a good start to each practice.



Setup

Either use the center circle of the field or build you a circle with cones. Each player needs to have a ball and start inside the circle.

Instructions

1. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes.
2. Have the players juggle for 1 minute using feet only trying to alternate from right to left.
3. Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
4. Have players juggle with their thighs and feet for 1 minute. Again instruct players to switch feet while juggling.

5. Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.
6. Now instruct the players to juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet. Do this for 1 minute.
7. Now have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

Variations

N/A

Coaching Points

- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

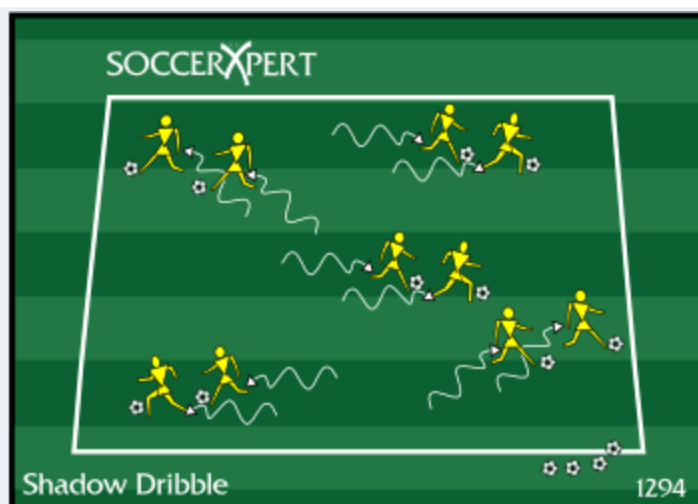
- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1**

Shadow Dribbling

This soccer dribbling drill uses partners who do not attempt to gain possession of the ball, but adds extra pressure as the following dribbler attempts to imitate the lead dribblers every move.



Setup

Create a small grid approximately 20X20 yard grid. Instruct players to pair up each player with a ball.

Instructions

The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

Variations

n/a

Coaching Points

- lift head, eyes up

- close control
- control of body movements
- use all parts of their feet while dribbling (inside, outside, top, bottom).
- change of direction
- change of pace
- find space
- dribble with speed
- encourage players to be creative

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6

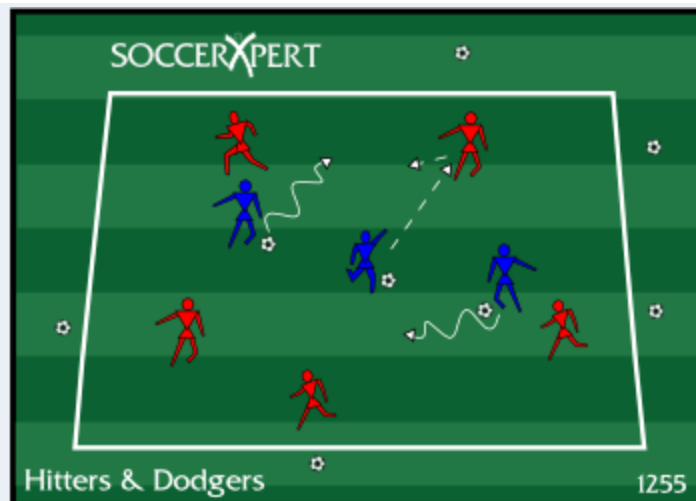
Applicable Weeks: 2,3,6

Division: U8

Applicable Weeks: 1,2

Hitters and Dodgers

The Hitters and Dodgers soccer drill is a great warm-up and drill for younger players under 5 through under 9. This soccer drill is great for teach players to dribble and then getting their heads up to make a pass. This soccer drill is SO much fun and the younger age group players LOVE this soccer drill.



Setup

With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".

Instructions

Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

Variations

None

Coaching Points

- Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.
- Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

Soccer Drill Focus

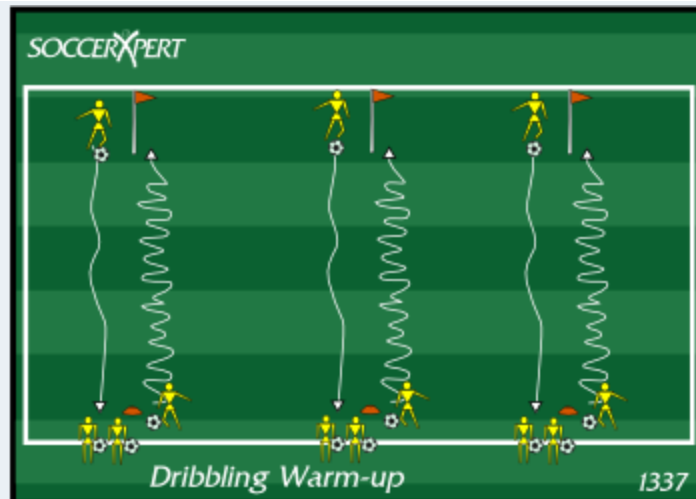
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1**

Dribbling Warm-up Drill

This is a great **dribbling warm-up drill** that will get players many touches on the ball in a short time.



Setup

For this **dribbling warm-up drill**, the players should be in a small line with a flag or training stick about 10 yards in front of them. Create enough groups where players work in groups of 3-4 players. Each player needs a soccer ball in this dribbling warm-up drill.

Instructions

The first person in each line will perform a dribbling skill to the flag, dribble around the flag and dribble back to the beginning line. When the player is 1/2 way to the flag, the next player begins. This should keep all of the players in the group moving at all times.

Perform the following skills for 3-5 minutes each:

1. Foundation side-to-side while moving forward(bell touches)
2. Foundation side-to-side while moving backwards
3. Foundation on top of the ball while moving forward
4. Foundation on top of the ball while moving backwards
5. Roll with the bottom of the foot while facing left
6. Roll with the bottom of the foot while facing right
7. Outside-Inside dribble (outside right, inside right, outside left, inside left)
8. Outside-Outside-Inside same as above, but touch outside twice

Variations

N/A

Coaching Points

- Focus on close control
- Quality touches
- Control body movements
- Lift head while dribbling

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6

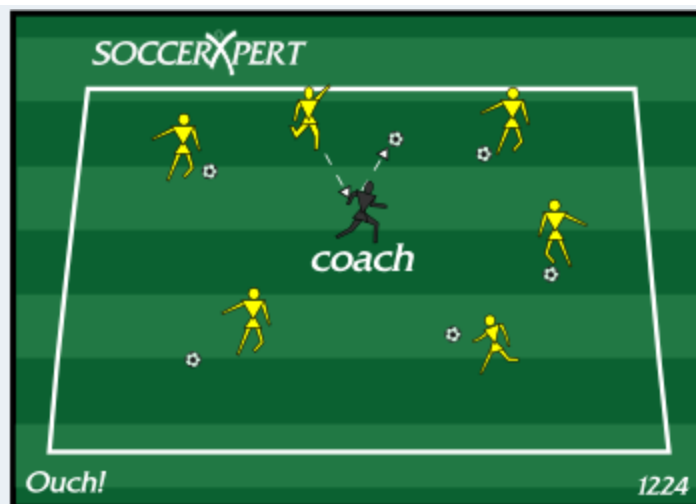
Applicable Weeks: 2,3,6

Division: U8

Applicable Weeks: 1,2

Ouch!

A FUN soccer drill for younger players (U6, U7, and U8) to introduce dribbling, looking up and correctly striking the ball at a target. And best of all, it's a fun soccer game for the players and coach!



Setup

1. Build a grid 20X30 (may adjust if too large or small).
2. Every player begins in the grid with a ball.
3. The coach and assistant coach start in the grid without a ball.

Instructions

1. The coaches jog around in the grid and players try to kick their balls and hit the coaches.
2. The players get a point each time they hit the coach.
3. The coach should yell OUCH each time they are hit to make the game FUN.
4. For younger players, the coach can walk around their knees.

Variations

- If the players are struggling to hit the coach, the coach should stop for a couple of seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.

Equipment Required

- Disc Cones
- Soccer Practice or Training Balls

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

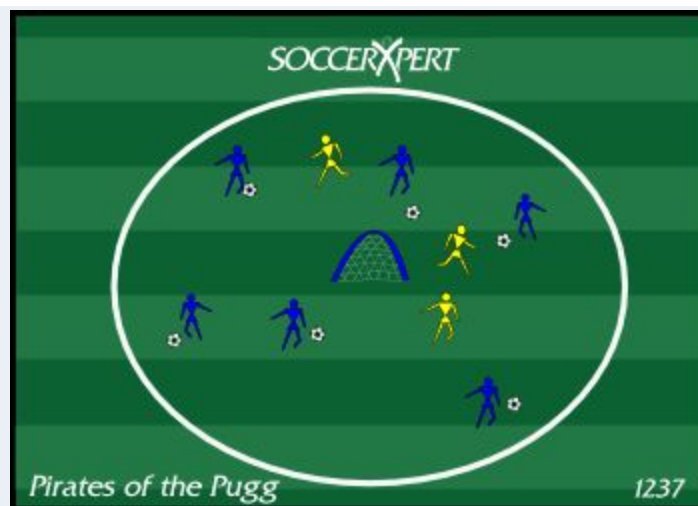
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 Applicable Weeks: 2,3,4,5

Division: U8 Applicable Weeks: 1,3,4

Pirates of the Pugg

This soccer dribbling drill is a great soccer drill using a Pugg Goal that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on proper dribbling technique in traffic which requires vision and awareness. The coach can also focus on the transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Setup

1. Build a circle approximately the size of the center circle. The actual size of the circle will vary depending on the age and skill level of the players.
2. Place a Pugg Goal (or 2 cones) in the middle of the circle.
3. All players start in the playing area.
4. Dedicate 9 players with the ball, and 3 players without a ball are the "Pirates."

Instructions

1. Instruct the "Pirates" without the ball to defend the players with the balls.

2. Once the Pirate wins the ball, they attempt to score on the Pugg Goal in the middle of the circle.
3. If the Pirate scores the goal, that player becomes a Pirate.
4. Play continues until the last player with the ball wins.
5. If the pirates have a hard time getting started, the coach can help the pirates at first.

Variations

- N/A

Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Pugg Goal or Mini Soccer Goal

Drill Target Ages

- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)

Division: U6

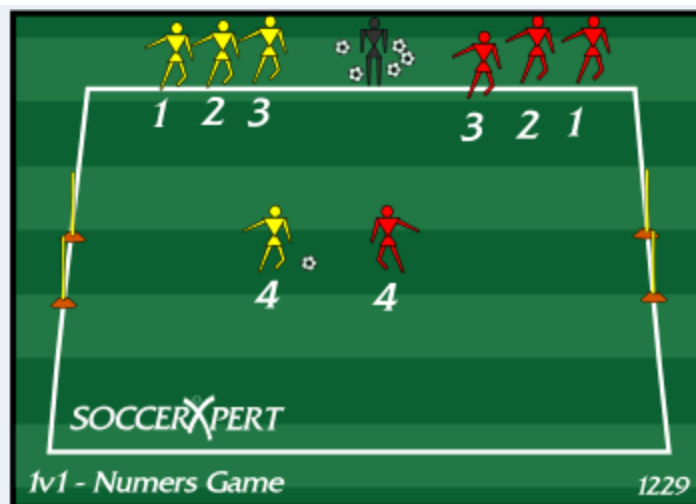
Applicable Weeks: 2,3,4,5

Division: U8

Applicable Weeks: 1,3,4

The Numbers Game

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



Setup

1. Create a small 1v1 field approximately 15X20 with two small goals on each end line.
2. Split the group into two even teams and assign a number to each player in each team. For instance, if you have 5 players in each team, number off 1-5 in each team.
3. One group wears an alternate jersey.

Instructions

1. The coach plays a ball into the area and calls out a number.
2. Those players assigned to that number sprint onto the field and play a 1v1.
3. The game continues until a team scores a goal or the ball goes out of bounds.

Variations

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

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.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Training Sticks or Agility Poles
- Pugg Goal or Mini Soccer Goal

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U6

Applicable Weeks: 2,3,4,5

Division: U8

Applicable Weeks: 1,3,4

1v1 50/50 to Goal Team Competition

This 1v1 soccer drill focuses on soccer fitness, scoring goals, shooting, goalkeeping, and winning 50-50 balls. This is a fun soccer drill for the younger soccer player.



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.

Instructions

1. On the coach's command, the first player from each team should sprint around the cone in front of their line.
2. As the players approach the cone, the coach plays a 50/50 ball in the middle of each cone.
3. The two players fight for possession and quickly attack the goal.
4. The players battle each other for the ball, and either player can score a goal after winning possession.
5. Award the team scoring the goal a point.

6. The first team to 10 points wins.

Variations

- N/A

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.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Full Size Goal

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Fitness Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 **Applicable Weeks: 2,3**

Division: U8 **Applicable Weeks: 1**

The Flag Game - Dribbling in Tight Spaces

This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling.



Setup

Create a grid that is approximately 10X25 yards. Randomly scatter flags within the grid. To begin the drill, add two less flag than the number of players you have. Each player should begin inside the grid with a ball.

Instructions

Instruct the players to dribble around freely inside the grid avoiding other players and flags. The congestion of the players and flags will cause the player to constantly look up to check their surroundings. When the coach yells "STOP", each of the players must race to a free flag as quickly as possible. The first player to reach the flag 5 consecutive times wins the game.

Variations

- Reduce the number of flags.
- Instead of keeping score, make the players do some *minor* form of punishment like push-ups, star-jumps, sit-ups. Make sure the action is age appropriate.
- Restrict the players to only use a certain part of the foot or dribbling technique.

Coaching Points

- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6 Applicable Weeks: 2,3

Division: U8 Applicable Weeks: 1,3

Simon Says - Youth Soccer Drill

This soccer dribbling drill is for U6 and U8 players. This drill focuses on dribbling and keeping close control for quick instructions. This is a fun soccer drill that also works on listening skills for the younger player.



Setup

1. Create a 20X30 grid with cones.
2. Position the players inside the grid.
3. Each player with a ball.

Instructions

1. Play Simon Says with the team as the players dribble in the grid.
2. If a player does something they are not supposed to, issue them a GOTCHA.
3. See who gets the least number of gotchas.

4. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball, etc.
5. Also, try to throw in a trick or two like kick the ball as far away as you can.

Variations

- Without ball
- With ball in hand
- With ball

Coaching Points

- Have players do actions like clapping in between their legs and skipping to increase body awareness.
- Focus on dribbling skills and keeping the ball close and under control.
- Focus on players listening skills.

Equipment Required

- Disc Cones
- Soccer Practice or Training Balls

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Warm-up Drills](#)

Division: U6

Applicable Weeks: 2,3,4,5,6

Division: U8 Applicable Weeks: 1,2,3,4,5,6

4v4, To Lines or Small Goals

In Soccer, 4v4 is the smallest version of a full-sided game. While on the attack, to be successful in a four vs. four matches, players must penetrate via the pass, dribble, or shot; players must provide support to the player with the ball, and players need to create width to the field. On the defensive side of the field, players must provide pressure to the ball, delay the attack, cover for the player pressuring the ball, and balancing the field of play. This 4v4 practice focuses on all aspects of the match including attacking, defending, passing, receiving, support, penetration, and spreading the field.



Setup

To set up this **4v4 soccer drill**:

1. Create a grid that is approximately 40 X 25 yards.
2. Create a small goal (about 8 feet wide), or allow the players to attack the end line.
3. Since the field is longer than it is wide, the dimensions of the playing field create an emphasis on passing in the game.
4. There is a premium on playing the ball forward early.

Instructions

Each team has either a line to defend OR two small goals to defend. Scoring is achieved by:

- Stopping the ball anywhere along the line.
- Stopping the ball in either small goal.

Variations

- Depending on the age and skill level of the players, you can adjust the field size to maximize the effectiveness of the workout.

Coaching Points

Offensively:

- Vision - players should be able to look up and read the game with their eyes since the number of players are limited. Player's heads should be on a constant pivot.
- Communication - make sure players are communicating both verbally and non-verbally.
- Support - make sure players are using the entire playing area (width and length) to get into good supporting angles. Create passing options that allows the receiving players the most time and space.
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Changes in the direction and speed of play
- Create goal scoring opportunities

Defensively:

- Good Defensive Principles - pressure, cover, balance
- Get as many people behind the ball as possible
- Good communication

Equipment Required

- Disc Cones
- 9" Tall Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Pugg Goal or Mini Soccer Goal

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Heading Drills](#)
- [Soccer Fitness Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)

Division: U6

Applicable Weeks: 2,3,4,5

Division: U8

Applicable Weeks: 1,3,4

1v1 Competition

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.



Setup

1. Place a cone about 25 yards from the goal.
2. Split the team into 2 teams with each group wearing alternate jerseys.
3. Place a keeper in the goal.
4. The defending team starts by the goal with a large supply of balls.
5. The other team attacks by starting at the cone 25 yards from goal.
6. Each team plays for 5 minutes.

Instructions

1. The 1st defender plays a ball into the 1st attacker and steps out to defend.
2. The attacker attempts to beat the defender.
3. Award a point to the attacking team for each goal scored.
4. After scoring a goal, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues.
5. Each team attacks for 5 minutes and defends for 5 minutes.
6. The team with the highest goal count wins.
7. Play 2 games awarding a winner after each match.
8. If each team wins a match, play another round to break the tie.

Variations

- Play 2v2

Coaching Points

Offensive:

- Attack defender with speed
- Quick explosion to get away
- Try to get behind the defender
- Shoot at any half-chance.

Defensive:

- Close down quickly
- Force the attacker to the weak side
- Break it down
- Close the attacker down.
- Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Full Size Goal

Drill Target Ages

- U4, U-4, Under 4, 4 and Under
- U5, U-5, Under 5, 5 and Under
- U6, U-6, Under 6, 6 and Under
- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

4v3 Attack vs. Defense

This attacking soccer drill is a great drill to focus on finishing. Since the attackers have the numerical advantage, they should learn how to exploit their advantage and finish with a shot on goal.



Setup

1. Set up a 30 X 30 grid with one side playing to goal.
2. Coach assigns 3 defenders who wear an alternate jersey.
3. The attackers begin with the ball.
4. Place a keeper in goal.

Instructions

1. Instruct the players to exploit their numerical advantage and finish with a shot on goal.
2. Attackers should move the ball looking for the open player and holes in the defense.
3. Defenders should attempt to break-down the attack and to gain experience in how to cover a man-down situation.
4. Defensive players should complete a pass to the coach to end the attack.
5. The coach should then give the ball back to the attackers to build the attack again.

Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

Coaching Points

Offensive:

- Quickly switch the point of attack to off-balance the defense.
- Play quick both physically (1 and 2 touch) and mentally (think ahead).
- Make sure the players are attacking at the appropriate times

Defensive:

- Contain the play and keep the ball in front of the defense.
- Early pressure and do not allow space behind the defenders.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Full Size Goal

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

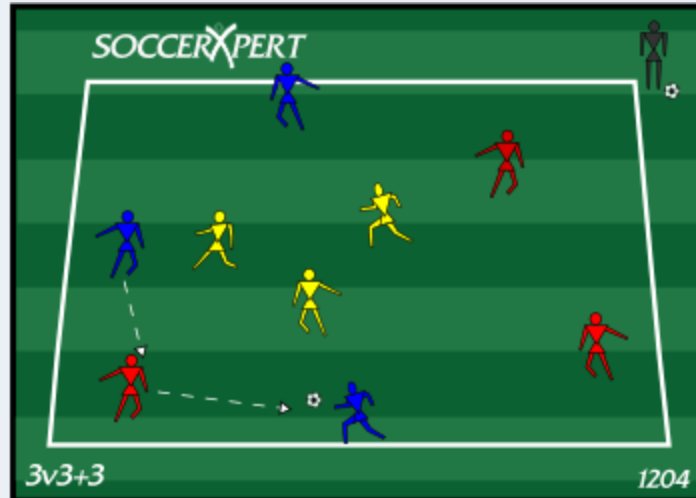
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Crossing/Finishing Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
-

Division: U10

Applicable Weeks: 1,2,3,4,5

3v3 Plus 3

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.



Setup

1. Start with building a 20x20 grid.
2. Create 3 teams of 3.
3. Each team should be a different color (one team yellow, red, and white).

Instructions

1. Instruct the yellow team to be defense first.
2. The other two groups, red and white, are responsible for keeping possession among the 2 groups.
3. If the defending team (yellow) wins the ball, the team who made a mistake becomes the defending team. For Example, if red has a bad first touch into the defender (yellow), then the red team would become defense, and the yellow and white teams keep possession from the red team.
4. Any ball played out of the grid is considered a loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

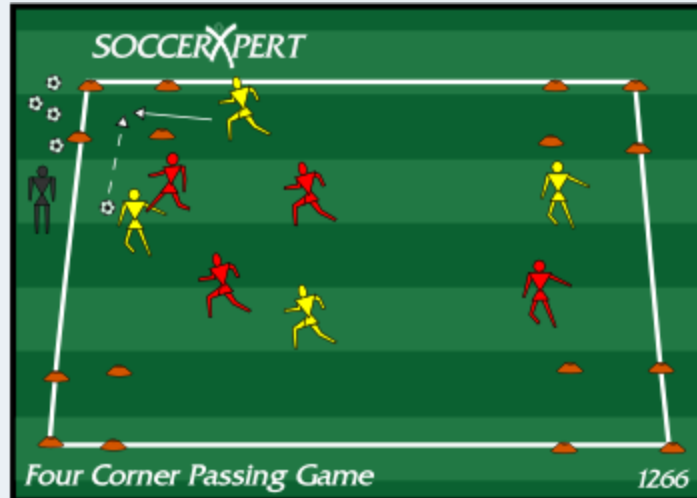
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Crossing/Finishing Drills](#)
- [Soccer Fitness Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Warm-up Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

Four Corners Passing Game

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.



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.

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.

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.

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 Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under

- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

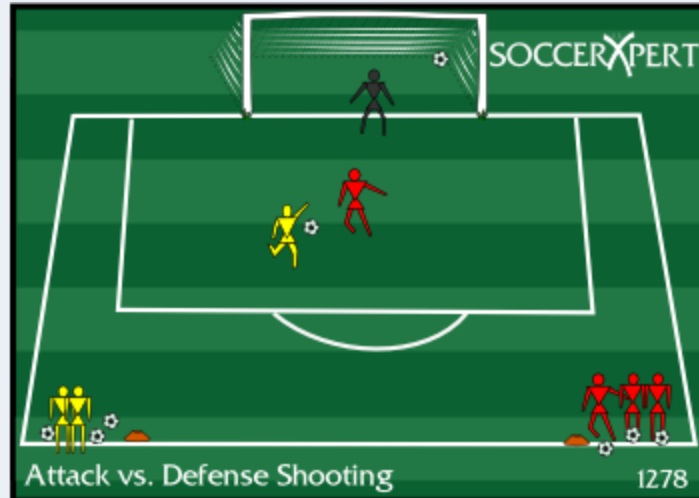
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)

Division: U10

Applicable Weeks: 1,2,3

Attack vs. Defense Shooting and Defending Drill

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.



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 field on the cone set farthest from the goal. Make sure that every player has a ball.

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.

Variations

NONE

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

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

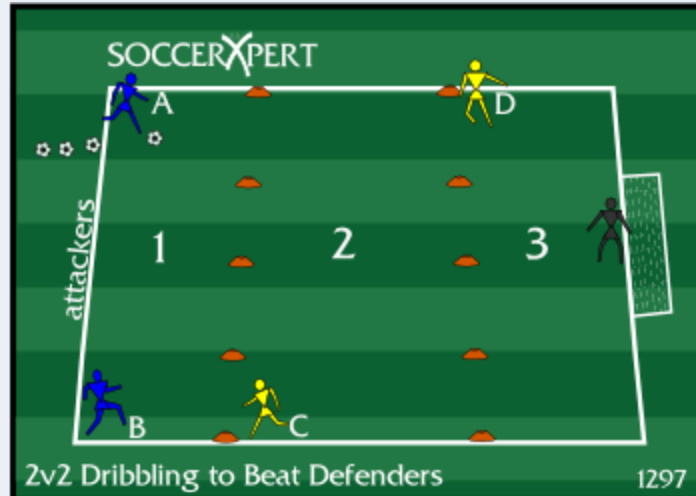
- [Soccer Dribbling Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3

2v2 Dribbling to Beat the Defender

This drill helps players recognize when to dribble, pass, or get off a shot once the first defender is beaten.



Setup

Create a 30X10 yard grid and divide it into 3 10X10 grids. Two attackers start at the top of the grid with one defender should start on the side of the 1st middle line, and another defender starts on the opposite side of the next line. A goal with a goalkeeper should be placed at the end line. You can also use a [Pugg Goal](#) in place of the larger goal and goalkeeper.

Instructions

Instruct player "A" to pass to player "B" and attack the goal on the opposite goal line. Player "C" and "D" become active when the 1st pass is made from Player "A" to player "B". Player "C" is limited to grid "1" and player "D" is limited to defend in grid "2". Player "A" and "B" must combine efforts and the player in possession must be willing to take more risks. The supporting player must offer good support angles and distance to the player in possession. A shot can be made once a defender has been beaten. Coaches should encourage players to beat the defender and finish with a shot.

Variations

- Use the [Pugg Goal](#) in place of the larger goal and goalkeeper
- Remove grid restrictions on defenders.

Coaching Points

- Approach when on the dribble
- Changing direction to beat the defender
- Change pace after change of direction go get past defender
- Supporting player must help player in possession

- Finish with a shot

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

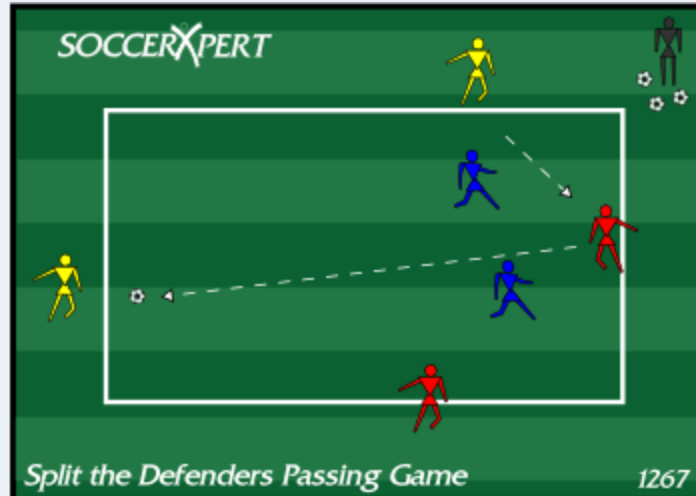
- [Soccer Dribbling Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

Split the Defenders Passing Game

This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.



Setup

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Instructions

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Variations

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Coaching Points

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)

Division: U10

Applicable Weeks: 1,2,3

1 v 1 to Goal

1 v 1 to Goal is a great soccer drill to improve goal scoring. This drill focuses on beating the last defender, staying in control of the ball and finishing with a good shot on goal.



Setup

Create a 12 X 5 yard grid just inside the penalty box and assign 1 defender to this grid. Have a goalkeeper play in the goal. Place a cone 7 or 8 yards outside the grid where the remaining players must start with a ball.

Instructions

The defenders job is to stop the attackers from getting through the grid and out the other side while being restricted to only defending within the grid. The attacker's role is to simply beat the defender and get a shot on goal. The attacker must attack out the back of the cones and not out the sides of the grid. Rotate the defenders every 1 to 2 minutes.

Variations

- If the attacking player is stopped by the defender, the attacker quickly becomes a defender attempting to stop the next attacker in line.

Coaching Points

- Good Control and keeping the ball close.
- Good Shot on Goal.
- Beating the defender with speed.

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

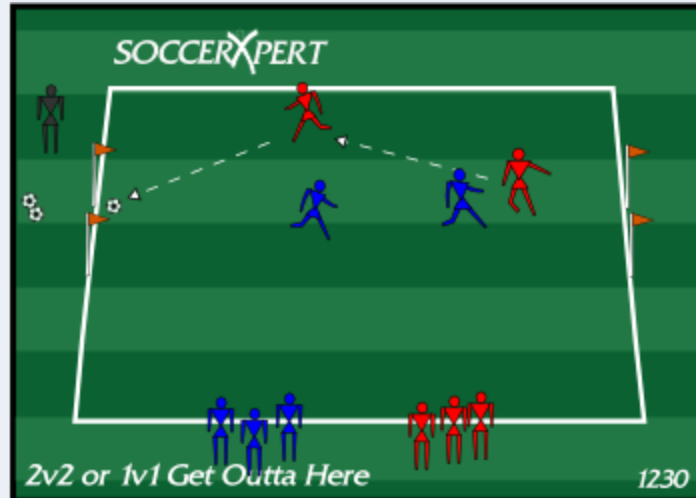
- [Soccer Dribbling Drills](#)
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- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

2v2 or 1v1 - Get Outta Here

This drill is a very fast paced 1v1 or 2v2 game that focuses on aspects of the small sided game such as dribbling, passing, and scoring.



Setup

1. Set up a 25 x 15-yard grid. You can adjust the size of the field based on the skill level of the players.
2. Place training sticks or a small goal at each end.

Instructions

1. Players line up on each side.
2. The coach stands on the other sidelines with a supply of ball.
3. The coach plays a ball in the grid, and the first person from each line plays 1v1.
4. If a player scores, they stay on, and the other person leaves.
5. If the ball goes out of bounds, both players are "outta there," and a player from each team quickly enters the grid.
6. A ball is immediately played back into the game.
7. This is a very fast-paced game.

Variations

- Increase the field and progressing to the 2v2 then a 3v3.
- Limit touches during the 2v2 or 3v3 game to encourage passing.
- Enforce limitations such as beating a player before passing to encourage players taking on defenders.

Coaching Points

- Promote good small group passing, early support, good skills to beat defenders and taking shots.

Equipment Required

- Disc Cones

- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Training Sticks or Agility Poles
- Pugg Goal or Mini Soccer Goal

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

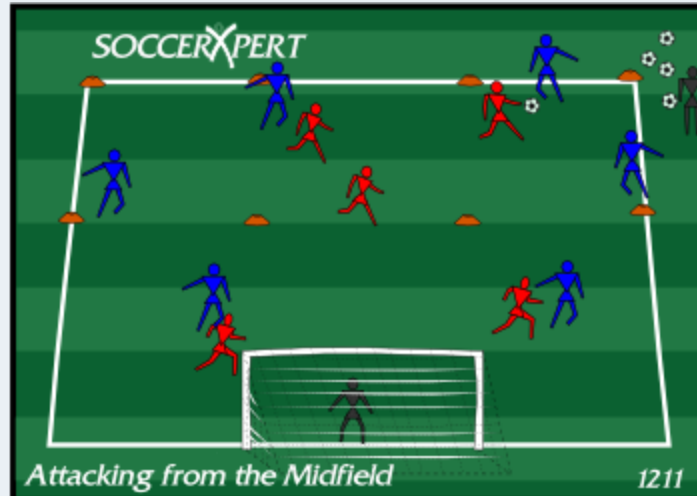
- [Soccer Dribbling Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Fitness Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

Attacking from the Midfield

This attacking soccer drill focuses on building an attack from the midfield and focuses on the midfield players getting forward into the attacking third.



Setup

1. Divide a full field into thirds using cones. This drill uses the middle third and attacking third of the field.
2. Place a keeper in the goal.
3. In the defensive third, 2 defensive players play against 2 attacking players.
4. In the middle third, 4 attacking midfield players play against 3 defensive midfield players.
5. The defensive players wear an alternate jersey.
6. The play begins with the coach on the sideline.

Instructions

1. The coach starts the play by serving a ball into the attacking midfielders.
2. The attacking mid players look to penetrate and immediately by playing into an attacker in the attacking third.
3. Restrict players to remain in their assigned third of the field except for the midfielder advancing the ball to the attacking third.
4. The midfielder player that passes to an attacker in the attacking third joins this area and play 3v2 (in the attacking third).
5. If the defensive players win the ball, they should play keep-away from the attacking team.
6. The coach should have an ample supply of balls and can restart the series at any time.

Variations

- Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- Increase or decrease the number of players.
- Change the numbers to focus on offensive attack or defensive shape.

Coaching Points

- Proper spacing and angles to receive passes (support).
- Good movement from attackers checking into the midfield players.
- Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- Quickly swing the ball through the midfield to take advantage of number up situations.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Full Size Goal
- Soccer Practice or Training Balls

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

4V4 With 5 Goals Inside The 18

This 4v4 finishing drill is one of my favorite soccer finishing drills as it works on every aspect of finishing inside the 18-yard box. This drill focuses on soccer finishing skills such as chipping, crossing, heading, finishing and composure in the 18.



Setup

1. Set up 4 small goals with training sticks or Pugg Goals on the 4 corners of the penalty area.
2. Place a keeper in the big goal.
3. Split a team into 2 teams of 4.
4. The coach should be at the top of the penalty area with an abundant supply of soccer balls.

Instructions

1. The blue team is trying to attack goals 1 and 3 and defend goals 2 and 4.
2. The red team is trying to attack goals 2 and 4 and defend goals 1 and 3.
3. A goal scored in the small goals counts as 1 point.
4. Both teams can score in the big goal protected by the keeper, but only with a header or volley.
5. Scoring in the big goal counts as 2 points.
6. When the keeper makes a save, they should return the ball to the coach who begins play with either a pass to a team or create a 50/50 ball.

This game does an excellent job of working on spacing and runs as well as finishing, communication, and vision. The blue player might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1.

Variations

- You can limit their touches to 1-touch or 2-touches.
- You may add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first-time for an opportunity on the big goal.

Coaching Points

- Creating finishing opportunities
- Switching the point of attack
- Vision of surrounding players (both offensively and defensively)

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Training Sticks or Agility Poles
- Pugg Goal or Mini Soccer Goal
- Full Size Goal

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

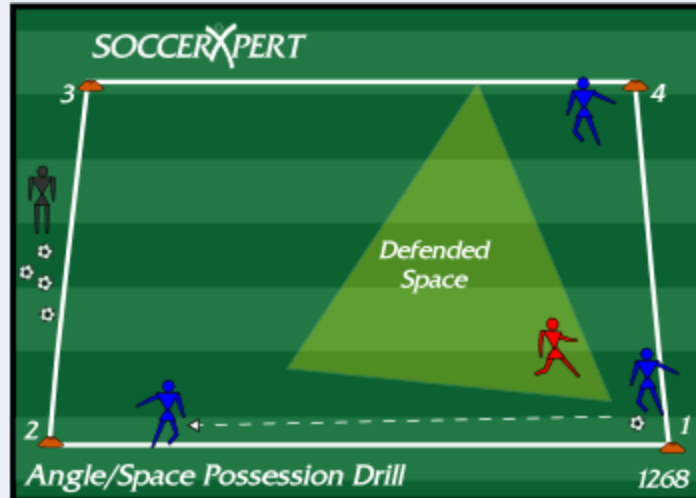
- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Heading Drills](#)
- [Soccer Crossing/Finishing Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

Angle of Support Possession Drill

This soccer passing drill is a great drill for teaching young players angle of support and spacing.



Setup

Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations

- Play in 1 or 2 touches.
- Add a defender

Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under

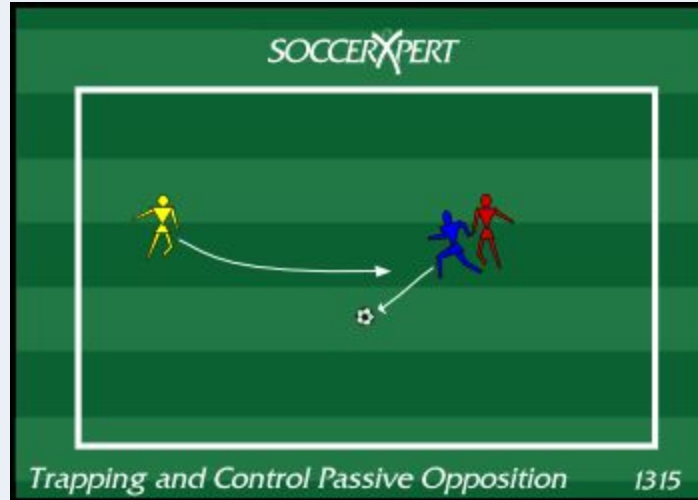
Soccer Drill Focus

- [Soccer Dribbling Drills](#)
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Warm-up Drills](#)

Division: U10

Applicable Weeks: 4

Soccer Trapping Drill



Setup

Set up players into groups of three. One server, one receiver working on control and trapping, and one player as a passive defender. Server is 10 yards from the receiver and defender.

Instructions

The server plays a ball into the receiving player. The passive defender stands close enough to touch the receiving player and tries to distract the receiving player. The passive defender should not attempt to win the ball at this point. The server should play to chest, thigh, or feed at specified by the coach. Serves to the chest and thigh should be thrown, and trapping with the feet should be served by the feet.

After the ball is trapped and under control, play back to the server and repeat.

Variations

- Allow the defender to apply minimal pressure.
- Increase defensive pressure

Coaching Points

[How to Trap with the Chest](#)

[How to Trap with the Thigh](#)

[How to Trap with the Inside of the foot](#)

[How to Trap with the Outside of the Foot](#)

[How to Trap with the Instep of the Foot](#)

[How to Trap with the Sole of the Foot](#)

Drill Target Ages

- U7, U-7, Under 7, 7 and Under
- U8, U-8, Under 8, 8 and Under
- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

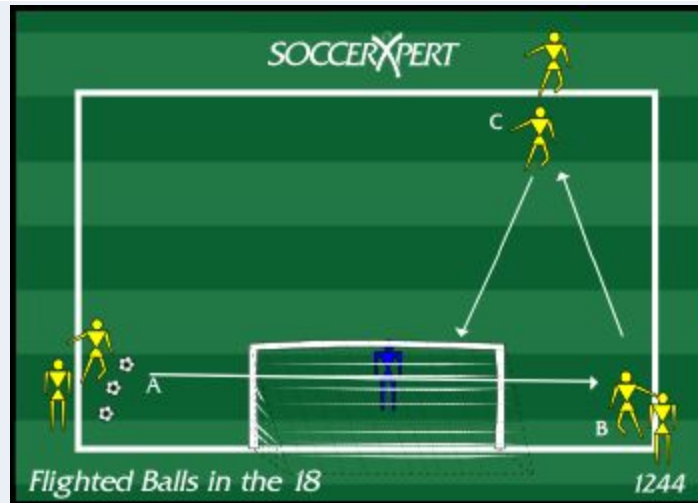
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Warm-up Drills](#)

Division: U10

Applicable Weeks: 4,5,6

Flighted Balls in the 18

This soccer drill is designed to focus on chipping, trapping and shooting inside the 18. If you need your team to feel more comfortable inside the penalty box, you have to practice there.



Setup

1. Divide the team into 3 equal lines.
2. Group A is on one corner of the penalty box near the end line with an ample supply of soccer balls.
3. Group B is on the other corner of the penalty box near the end line.
4. Group C is at the top of the penalty box the semi-circle.
5. A goalkeeper in the goal.

Instructions

1. The first player from Group A serves a flighted ball across the face of the goal to Group B.
2. The first player from Group B takes the ball out of the air with a good control touch and passes the ball to Group C.
3. Group C then takes a shot on goal.
4. The players should rotate A, B then C.

Variations

- Restrict the number of touches (one-touch)

Coaching Points

- Focus on quality of flighted balls, control touches and shots.
- Players should learn to be more comfortable in front of the goal and focus on finishing the ball.

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Full Size Goal

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under
- U17 and Older

Soccer Drill Focus

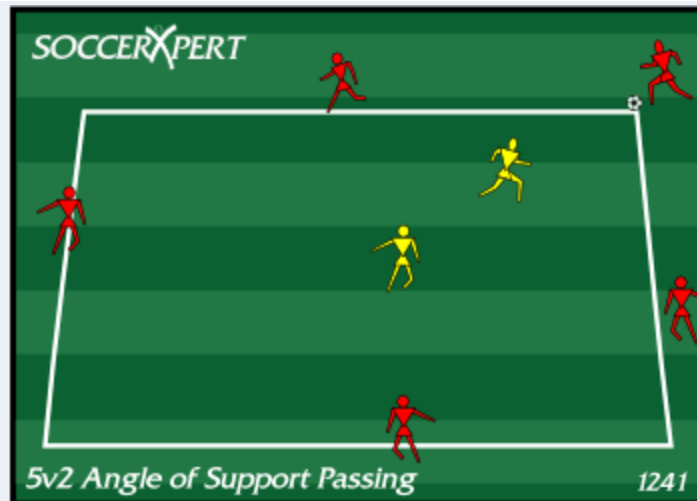
- [Soccer Receiving & Turning Drills](#)
- [Soccer Crossing/Finishing Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 4,5,6

5v2 Angle of Support Passing Drill

The purpose of this soccer passing drill is to focus on players angle of support, the weight of passes and the quality of 1st touch.



Setup

1. Create a grid approximately 12x12 or 10x10 yards depending on the skill level of the players.
2. Put 2 defensive players inside the grid in one color and the remaining 5 players along the outside of the grid.
3. Make sure you have a good supply of soccer balls to keep the drill flowing.

Instructions

1. Instruct the 2 defensive players to stay inside the grid and attempt to break up any passes from the 5 outside players.
2. Outside players play keep away from the 2 inside players in an attempt to complete 10 consecutive passes.

Variations

- Limit the outside players touch to 2-touches.

Coaching Points

The coach should focus on:

- Angle of support
- Angle of passes
- Weight of passes
- Quality of 1st touch
- Playing on toes
- Early support
- Good communication

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
- U14, U-14, Under 14, 14 and Under
- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

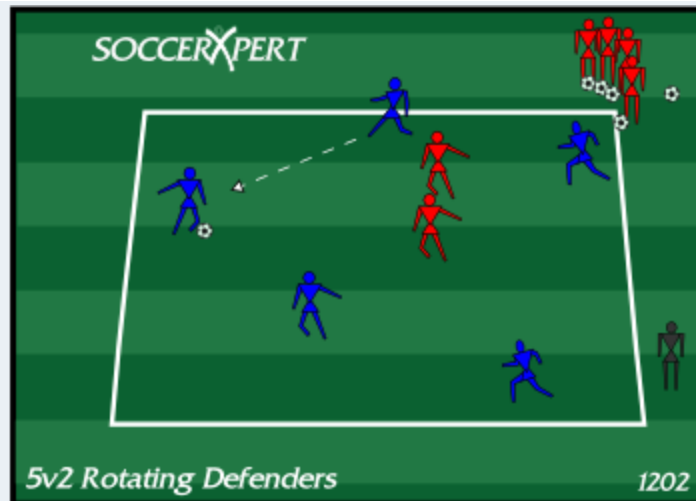
- [Soccer Passing Drills](#)
- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Warm-up Drills](#)

Division: U10

Applicable Weeks: 4,5,6

5v2 Rotating Defenders

This 5v2 drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.



Setup

1. Create a grid that is approximately 15X15 yards.
2. Place 5 attackers inside the grid in an alternate jersey.
3. The remaining players pair up as defenders behind one corner cone with the supply of balls.

Instructions

1. The first pair of defenders passes a ball into the 5 attackers.
2. The defenders immediately step into the grid and become defenders creating a 5v2 inside the grid.
3. The 5 attackers attempt to put together a set number of passes. If this is achieved the two defenders do pushups.
4. The attackers continue passing until the defenders win the ball, or the ball is knocked out of play.
5. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

- Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)
- Introduce splits (split defenders, defenders do 10 pushups every split)

- Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch towards space
- Good decision making (make play easy)
- Speed of play/decisions

Equipment Required

- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Disc Cones

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
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Soccer Drill Focus

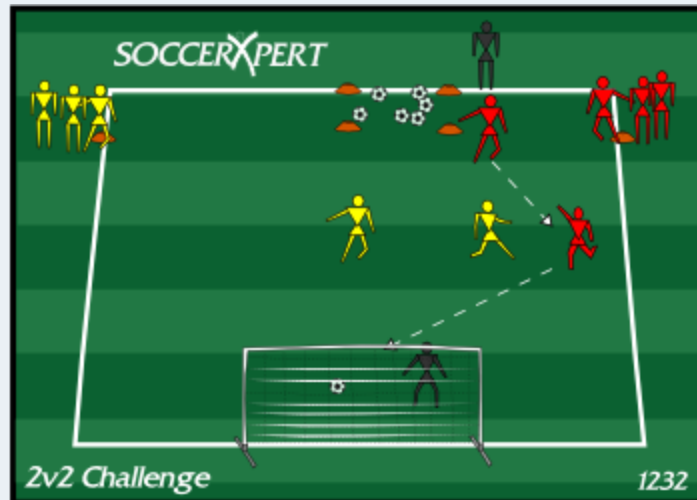
- [Soccer Dribbling Drills](#)
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- [Soccer Heading Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Warm-up Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4,5

2v2 Challenge

This 2v2 soccer drill focuses on putting players in 2 vs. 2 situations while attacking the goal. The dynamics of the games works on transitioning, and fitness demands on the players can be intense at times.



Setup

1. Split the group into two teams with a keeper in goal.
2. Place two cones approximately 20-25 yards from goal about 30 yards apart.
3. Instruct one team to line up behind one cone and the other team line up behind the other cone. Don't worry about lines as these players will be involved very quickly.
4. Create a 5X5 yard about 10-15 yards past the two cones, and place all the balls in this box.

Instructions

1. Have 2 players from each team enter the playing area.
2. To start the game, assign one team to defend and one team to attack.
3. The attacking team goes to goal, while the defensive team attempts to shutdown the attack.
4. If the defensive team wins the ball, they must quickly dribble the ball to the square and leave the ball. At this time, two new teammates from their team step out and get a ball from the square and start attacking the goal. The two original attackers that lost the ball must sprint back to their line freeing up 2 new defenders to step out and defend.
5. If a player shoots and the keeper saves it, or the shot misses the goal, the shooter must quickly get their missed shot and dribble it back to the 5X5 box. That player will then goes to the end of their team's line and await their turn again. Once the shooting player dribbles back into the 5X5 box, his team can send in another man to even up the match at 2v2. In

the meantime, the other team sprints to the 5X5 box attempting to catch the team who just missed a shot in a man-down situation.

6. If a team scores a goal, they receive a point, the defensive player closest to the ball must dig the ball out of the goal, and return the ball to the 5X5 box. In the meantime, the attacking team is sprinting to the 5X5 box attempting to tack advantage of a man down situation.
7. First team to 10 wins.

Variations

- Limit players touch.
- Keep track of off sides.
- Play with 3v3 or 4v4.

Coaching Points

- Build attack quickly and off balance the defender.
- Quick transition between defense and offense

Equipment Required

- Disc Cones
- Scrimmage Pennies/Vests
- Soccer Practice or Training Balls
- Full Size Goal

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
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- U15, U-15, Under 15, 15 and Under
- U16, U-16, Under 16, 16 and Under

Soccer Drill Focus

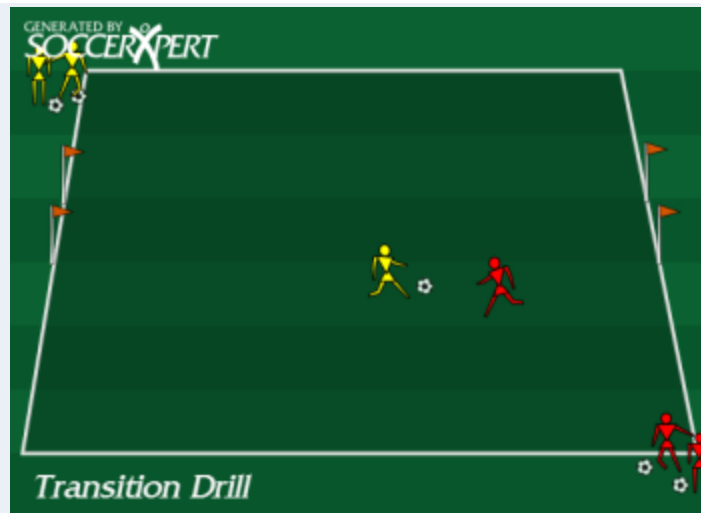
- [Soccer Dribbling Drills](#)
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- [Soccer Receiving & Turning Drills](#)
- [Soccer Possession Drills](#)
- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)
- [Soccer Shooting Drills](#)
- [Soccer Goalkeeping Drills](#)

Division: U10

Applicable Weeks: 1,2,3,4

Transition Drill

This drill is designed to be played at a quick pace. This dynamic game will allow you to focus on transition from offense to defense.



Setup

Create a grid that is 15X15 and set 2 goals on either end approximately 1 yard apart. Split the team into 2 teams (Red and Yellow).

Instructions

One player from each team will begin the match playing a simple 1v1 game to goal. Play is continuous until the ball goes over the end line or a goal is scored. The defender is out, and the first player in line at the end at which the ball goes through the goal or over the line should immediately attack the opposite goal against the remaining player. The play continues until one player scores 5 goals.

Variations

Play 2v2 or 3v3

Coaching Points

Help players early identify transition situations and take advantage of those situations whether they are defending or attacking. The quicker the player can recognize the situations, the easier it is for them to exploit their options.

Drill Target Ages

- U9, U-9, Under 9, 9 and Under
- U10, U-10, Under 10, 10 and Under
- U11, U-11, Under 11, 11 and Under
- U12, U-12, Under 12, 12 and Under
- U13, U-13, Under 13, 13 and Under
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Soccer Drill Focus

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- [Soccer Defending Drills](#)
- [Soccer Attacking Drills](#)