



Match Play League Soccer Drills

Colonial Baptist Church
Sports Ministry

Level 1

Table of Contents

<i>Introduction</i>	<i>5</i>
<i>Practice 1</i>	<i>6</i>
Thirsty?	7
<i>Practice 2</i>	<i>8</i>
Peer Pressure	9
<i>Practice 3</i>	<i>10</i>
Billy the Boot...	11
<i>Practice 4</i>	<i>12</i>
Brotherly Love	13
<i>Practice 5</i>	<i>14</i>
Don't Sin!	15
<i>Practice 6</i>	<i>16</i>
Sin in Our Lives!	17
<i>Practice 7</i>	<i>18</i>
God's Forgiveness	19
<i>Practice 8</i>	<i>21</i>
Our Body: Many Functions	22
<i>Practice 9</i>	<i>23</i>
Sanding Rough Edges	24
<i>Practice 10</i>	<i>25</i>
Making an Impression	26
<i>Attack!</i>	<i>27</i>
<i>Basic Shooting</i>	<i>28</i>
<i>Body Part Dribble</i>	<i>28</i>
<i>Bowling</i>	<i>29</i>
<i>Bowling with your Head</i>	<i>30</i>
<i>Clean Your Room</i>	<i>31</i>

<i>Cone Weaver Relays</i>	31
<i>Confined Dribbling</i>	32
<i>Corner Kicks</i>	32
<i>Cross and Shoot</i>	33
<i>End Line Passing</i>	34
<i>Freeze Tag</i>	34
<i>Gate Passing</i>	35
<i>Give and Go Shooting</i>	36
<i>4 Goal Scrimmage</i>	36
<i>Half Field Scrimmage</i>	37
<i>Head / Catch</i>	38
<i>Juggling</i>	38
<i>Kick Off</i>	39
<i>Lane Soccer</i>	40
<i>Last Man Out</i>	40
<i>Link Tag</i>	41
<i>Lose Your Shadow</i>	42
<i>Marbles</i>	42
<i>Nigerians</i>	43
<i>Numbered Passing</i>	43
<i>Ouch!</i>	44
<i>Partner Bowling</i>	44
<i>Pass Between the Legs and Shoot!</i>	45
<i>Pass Minimum Scrimmage</i>	45
<i>Passing Tunnel</i>	46
<i>Power Finesse</i>	47
<i>Red Light – Green Light</i>	48
<i>Sharks and Minnows</i>	48
<i>Small Sided Scrimmage</i>	49
<i>Snake in the Grass</i>	49
<i>Steal the Bacon</i>	50
<i>Team Possession</i>	50
<i>Throw Ins</i>	51

<i>Two Touch Passing</i>	51
<i>Weave to Shoot</i>	52
<i>World Cup</i>	52

Dear Coaches,

Thanks so much for taking the plunge and committing to leading a team in our Colonial Soccer League. The hardest thing about our ministry is finding men and women who are willing to make time to invest in the lives of kids and families in pursuit of the glory of God and the furtherance of His kingdom so we are so thankful for your leadership and service.

Enclosed you will find instructions for conducting 10 structured practices, including instructions for each drill. This material can be used in its entirety, as supplemental, or not at all, it is totally up to you. We just want to provide you with as much information and support as possible! Therefore you choose what if any you would like to implement into your practice routine.

Detailed instructions are given for each drill that is in the practice outlines. You will find these instructions towards the back of the manual. They are in alphabetical order so you can find them easily. There will also be a note with each drill on the practice schedule as to what page to go to for each individual drill.

Again thank you for being on the front lines of the great work that we are privileged to see God doing through sports ministry at Colonial. We promise to encourage you and support you any way that we possibly can to make your service enjoyable and pleasing to you and our Lord.

Many Thanks,

Colonial Sports Ministry Team

Practice 1

Introduction	5 minutes
<ul style="list-style-type: none">+ <i>Introduce yourself as well as any other coaches. Give a little information about yourself and your soccer experience (if applicable).</i>• <i>Have your team pass a ball around and the person with the ball introduces him/herself and tells an interesting fact about themselves.</i>	
Head Catch (page 38)	5 minutes
Body Part Dribble (page 28)	5 minutes
Two Touch Passing (page 51)	2 minutes
Gate Passing (page 35)	3 minutes
Water and Devotions	8 minutes
Kick Off Instruction (page 39)	5 minutes
Steal the Bacon (page 50)	10 minutes
4v4 Small Sided Scrimmage (page 49)	15-20 minutes

Practice 2

Freeze Tag
(page 34)

5 minutes

Juggling
(page 38)

5 minutes

Lose Your Shadow
(page 42)

5 minutes

Throw In Instruction
(page 51)

5 minutes

Water and Devotions

8 minutes

Partner Bowling
(page 44)

5 minutes

Bowling
(page 29)

10 minutes

Full Team Small Field Scrimmage
(page 49)

15-20 minutes

Practice 3

Link Tag (page 41)	5 minutes
Confined Dribbling (page 32) + Teach moves if possible.	5 minutes
Snake in the Grass (page 49)	5 minutes
End Line Passing (page 34)	5 minutes
Passing Tunnel (page 46)	10 minutes
Water and Devotions	8 minutes
Basic Shooting (page 28)	3 minutes
Give and Go Shooting (page 36)	5 minutes
5v5 Pass Minimum Scrimmage (page 45) + Transition to no restriction small sided scrimmage for the last 5 minutes.	10-15 minutes

Practice 4

Confined Dribbling (page 32) + Teach Scissors if possible.	5 minutes
Nigerians (page 43)	10 minutes
Marbles (page 42)	5 minutes
Last Man Out (page 40)	5 minutes
Water and Devotions	8 minutes
Power Finesse Shooting (page 47)	5 minutes
Half Field Scrimmage (page 37)	10 minutes
4 goal Scrimmage (page 36)	10 minutes
Ouch! (page 44)	5 minutes

Practice 5

Body Part Dribble (page 28)	5 minutes
Cone Weaver Relays (page 31)	5 minutes
Numbered Passing (page 43)	5 minutes
Team Possession (page 50)	5 minutes
Water and Devotions	8 minutes
Corner Kick Instruction (page 32)	5 minutes
Cross and Shoot (page 33)	5 minutes
Lane Soccer (page 40)	10 minutes
Full Team Small Field Scrimmage (page 49)	10-15 minutes

Practice 6

Red Light Green Light <i>(page 48)</i>	5 minutes
Lose Your Shadow <i>(page 42)</i>	5 minutes
Juggling <i>(page 38)</i>	5 minutes
Attack! <i>(page 27)</i>	10 minutes
Water and Devotions	8 minutes
Head Catch <i>(page 38)</i>	5 minutes
Bowling with your Head <i>(page 30)</i>	5 minutes
Pass Between the Legs and Shoot <i>(page 45)</i>	5-10 minutes
World Cup <i>(page 52)</i>	10-15 minutes

Practice 7

Freeze Tag <i>(page 34)</i>	5 minutes
Confined Dribble <i>(page 32)</i> + Practice the Cruyff, Scissors, and Double Scissors if possible.	5 minutes
Snake in the Grass <i>(page 49)</i>	5 minutes
Clean Your Room <i>(page 31)</i>	10 minutes
Water and Devotions	8 minutes
Steal the Bacon <i>(page 50)</i>	10 minutes
Weave to Shoot <i>(page 52)</i>	5 minutes
3v3 Small Sided Scrimmage <i>(page 49)</i>	10-15 minutes

Practice 8

Link Tag <i>(page 41)</i>	5 minutes
Body Part Dribble <i>(page 28)</i>	5 minutes
Partner Bowling <i>(page 44)</i>	5 minutes
Bowling <i>(page 29)</i>	10 minutes
Water and Devotions	8 minutes
Attack! <i>(page 27)</i>	10 minutes
Pass Between the Legs and Shoot <i>(page 45)</i>	5 minutes
4 Goal Scrimmage <i>(page 49)</i>	10-15 minutes

Practice 9

Head Catch <i>(page 38)</i>	5 minutes
Marbles <i>(page 42)</i>	5 minutes
Last Man Out <i>(page 40)</i>	5 minutes
Clean Your Room <i>(page 31)</i>	10 minutes
Water and Devotions	8 minutes
Sharks and Minnows <i>(page 48)</i>	10 minutes
Give and Go Shooting <i>(page 36)</i>	5 minutes
4v4 Small Sided Scrimmage <i>(page 49)</i>	15 minutes

Practice 10

Freeze Tag
(page 34)

5 minutes

Marbles
(page 42)

5 minutes

Sharks and Minnows
(page 48)

10 minutes

Water and Devotions

8 minutes

Bowling
(page 29)

10 minutes

Head Catch
(page 38)

5 minutes

World Cup
(page 52)

10-15 minutes

Ouch!
(page 44)

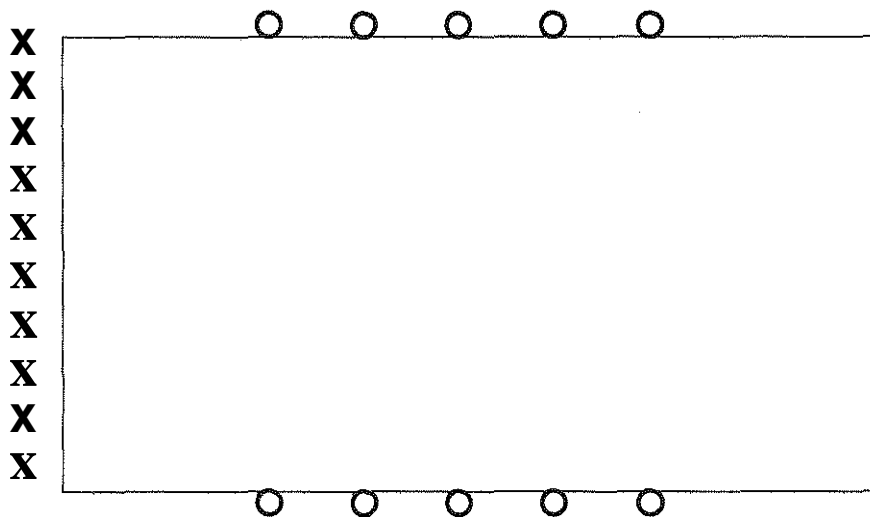
5 minutes

Attack!

***This game needs to be watched over and enforced very strictly!

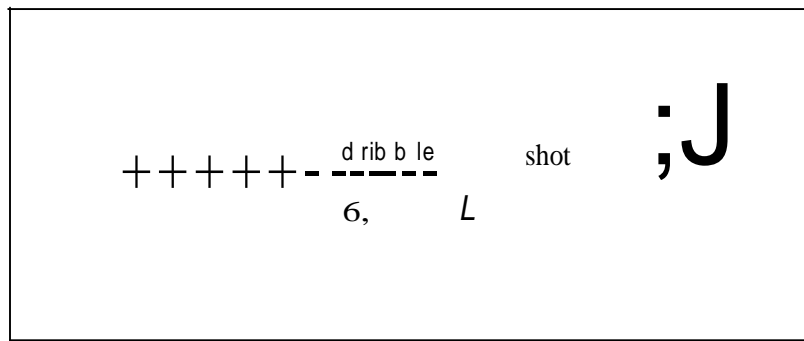
- + Using cones, set up an area that is -15 x 30 yards (bigger or smaller depending on the amount of players, skill level, etc.)
- + Divide your players into 2 teams.
- + Have one team go to the starting line without balls. These are the runners.
- + Have the other team line up on the side lines, each with a ball.
- + The object of the game is for the runners to make it from the starting line to the finish line without getting hit by a ball.
- + As they run, the passers along the outside will try to hit the runners with a pass.
 - o Their pass **must** be below the waist. If it is not, they must sit out for the rest of the game. (This makes sure that they know to keep it low so that nobody gets hurt!)
 - o The passers must stay behind the sidelines. Again, if they do not follow directions then they must sit out for the rest of the game.
- + If the runners get hit by a ball, they are out and must go out of the game and juggle amongst themselves until the next game.
- + After all the balls have been kicked and all the runners are either out, or to the other side, the passers must retrieve their balls and set back up for the next round.
- + At the sound of the whistle, the runners try to again make it back to the original starting line without getting hit by a ball.
- + This continues until there is only one runner left, who is the winner.
- + Switch the runners and passers and repeat so that both teams get a chance to be runners and passers.

Initial Set-Up



Basic Shooting

- + Place one cone 7-15 yards away from a goal (varies depending on age and skill level of kids)
- + If no goals are available, form one using cones or flags.
- + Place another cone -7 yards back from the first cone.
- + Have your line up behind the far cone. They are to dribble towards the goal and shoot before they get to the second cone.
- + *Make sure they get their ball before getting back in line!*
- + Let the team go through the line several times.

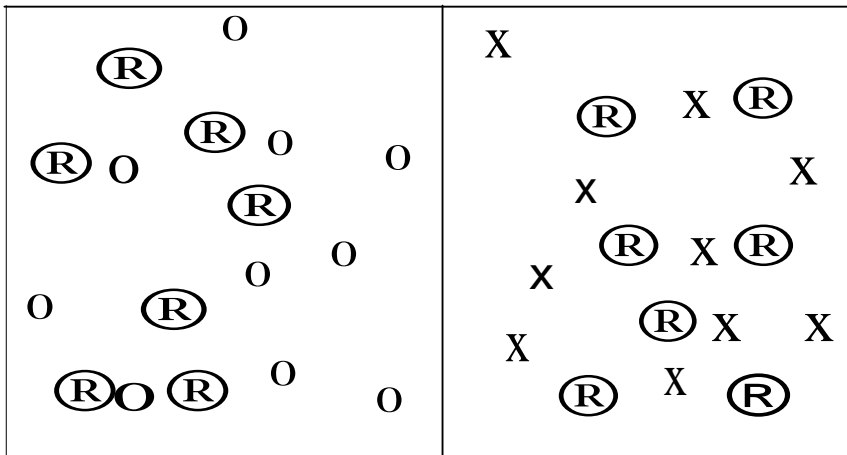


Body Part Dribble

- + Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
 - + Have your players spread out, each with a ball, within the cones.
 - + At the sound of your whistle the players are to begin dribbling within the area trying to keep the ball close and avoid collisions.
 - + You will randomly call out body parts such as, "elbow", "head", "knee", etc. The players have to stop the ball with whatever body part you call out.
 - + Blow the whistle again and the players will continue dribbling until the next body part is called out.
- * This is a good and fun way to get your kids warmed up!
- * You may have a "penalty" for the last one to stop their ball. With the younger kids you may have the last one do 5 star jumps. With the older kids you may have him do 5 push ups or sit ups.

Bowling

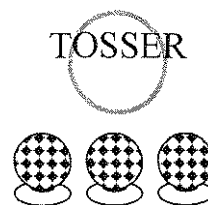
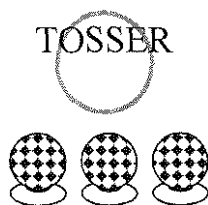
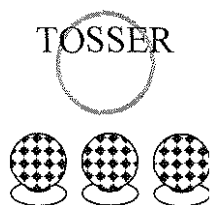
- + Using cones, set up a field that is divided into halves as if you were playing dodge ball. (No goals are needed for this game).
- + Using tall cones, randomly set up 7 cones in each team's half. Place a boundary circling each cone that goes out -1 yard in each direction.
- + Divide your players into 2 teams and have them go to opposite sides of the field, each team with 4 balls.
- + At the sound of the whistle each team tries to knock down the cones in their opponents half, while defending the cones in their own half. The players may go anywhere in their half, but may not go inside the circles surrounding the cones.
- + If a ball goes out of bounds, a player may go out of bounds to retrieve the ball but must enter back into their own half.
- + The team that knocks down all of the other team's cones first wins\
- + (If the game is taking too long, set a time limit. The team who has knocked down the most cones when you call time wins.)



- Ⓡ Tall Cone with Boundary
- x Team A
- o Team B

Bowling with your Head

- + Depending upon the number of players you have, divide your players equally into 3 teams of 5-7 players.
 - + Have 1 player from each team designated to be the tosser.
 - + The tosser has 3 cones in front of him with a ball set on top of each cone. The tosser also has a ball in his hand.
 - + The rest of their line stands behind a cone that is 10 feet from the line of cones and balls.
 - + At the sound of your whistle, the tosser tosses the ball to the first player in line. That player then tries to head the ball down, aiming for one of the three balls in front of him.
 - + The tosser then collects the ball and tosses it to the next player in line.
 - + The 3 teams are simultaneously competing to get their balls knocked off first.
 - + The first team to knock off all 3 balls wins.
- ***To make this game more difficult, you may want to spread out the 3 balls that they are aiming for.



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Clean Your Room

- + Using Cones, form a rectangular field that is divided into two halves with a midfield line.
 - + Divide your players into 2 teams, place one team on each half of the field.
 - + Give each team at least 5 balls to begin, more may be added depending on your numbers.
 - + At the sound of the whistle to start the game, each team passes their balls to their opponent's side of the field. (When making the field, you want to give them plenty of space so that most of the passes stay in bounds. This will also make it more of a challenge for the players to keep their "rooms" clean.)
 - + The point of the game is to try to keep the balls off of your team 's half and get them into the other team's half.
 - + After a predetermined amount of time, blow the whistle and have everyone freeze. Stop and count the number of balls each team has on their half.
 - + The team with the least amount of balls on the other half wins.
- ** You may make this more challenging by having each player dribble around a central cone or juggle 3 times before passing the ball back to the other side.

Cone Weaver Relays

- + Divide your players into 2 or 3 teams, depending on the number of players.
- + Set up a straight line of cones with -1yd between each cone. The line can be anywhere from 6 cones to 10 cones depending on the age and skill level of your players.
- + Have each team line up behind the first cone with 1 ball per team.
- + The first player in each line will weave through the cones until they get to the end, they will then round that cone and sprint back with the ball (not weaving on the way back). If they miss a cone they must go back and do it right before continuing.
- + When the player gets back to the starting line he lays the ball off to the next person in line who will begin his weave. (They must be behind the first cone for the lay off to occur!).
- + After each player is finished they sit down behind their team until the whole team finishes. The first team to finish wins.
- + Repeat relay and then add a new aspect: after they round the last cone they must then turn around and pass the ball to the next player in line, who will then begin their weaving.

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Confined Dribbling

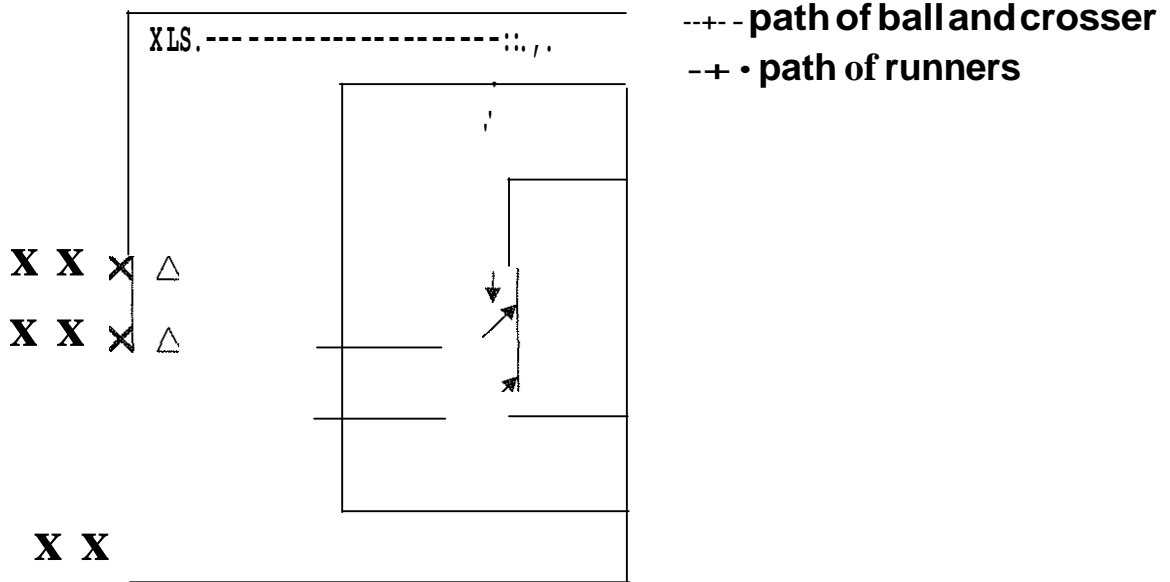
- + Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
- + Have your players spread out, each with a ball, within the cones.
- + At the sound of your whistle the players are to begin dribbling within the area trying to keep the ball close and avoid collisions.
- + You may call out commands such as "tum" and have your players perform a 180 turn such as a cut or a sole turn.
- + You may also use this time to have everyone freeze while you teach them a new move. At the sound of your whistle they will then continue and perform this new move every time you call it out.
- + Once your players have acquired a variety of skills, you may make it harder by making 2 whistles a stop and go, 3 whistles a stepover, etc. *Be creative!!!*
- * This drill may be modified and used in many different ways to meet your team's specific needs
- * Emphasize keeping the ball close and under control. Also emphasize a short sprint after each move as if getting away from an opponent.

Corner Kicks

- + A corner kick is awarded to a team when:
 - o The ball goes over the defending team's end line, having last touched a member of the defending team.
- + Procedure:
 - o The ball is placed by the attacking team inside the corner arc at the nearest corner to the location the ball went out.
 - o The ball is kicked by a player on the attacking team.
 - o The kicker may not touch the ball again until another player has touched it first.
- + Instructions.
 - o Make sure the kicker keeps his ankle locked when kicking the ball.
 - o Have them aim for the top of the 6 yard box, preferably in the air (when possible).
 - o The kicker may also play a short pass on the ground to someone on their team who may then take a shot or cross it into the box.
 - o Have the rest of the attacking team pushed up to try to get a header into the goal or to shoot it when they get control of the ball. You may also want to add defense after a bit of practice.

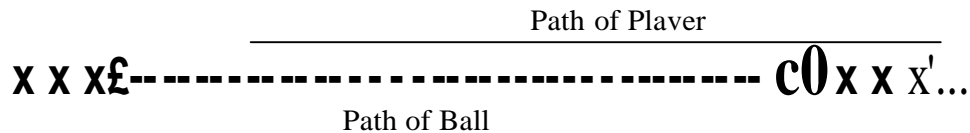
Cross and Shoot

- + Set up using 4 cones as shown below. Place balls beside the two outside cones.
- + Have your team line up in 4 equal lines behind each cone.
- + One of the outside players will begin by dribbling the ball down the line towards the corner. Once he gets near the corner he will cross the ball into the box.
- + While the outside player is dribbling, one person from each middle line will make a curved run and end up in the box to receive the cross and shoot.
- + Next, the other line will send a player down the other side and two more people from the middle lines will make runs to meet it.
- + Continue switching sides, making sure that each side always has balls available.
- + After each player's turn, have them rotate 1 spot clockwise.
- + Emphasize trying to get to the ball before it touches the ground.
- + You may also want to include a keeper in this drill.



End Line Passing

- + To set up, place two cones -5 yards apart.
- + Divide your players into 2 groups. Have each group go to a cone.
- + The players will pass back and forth using 2 touches, following their pass with a sprint to the back of the opposite line. (Make sure that they sprint a little to the side of the path of the ball because the ball will be passed back quickly.)
- + This is meant to be a quick, on your toes drill that emphasizes passing at came speed.
- + You probably will want to divide your team up further and have two groups going at once so that they get more touches on the ball.
- + You may then progress to 1 touch passing, emphasize control and composure with passes that stay on the ground. (You may want to move the cones closer together for 1 touch passing.)



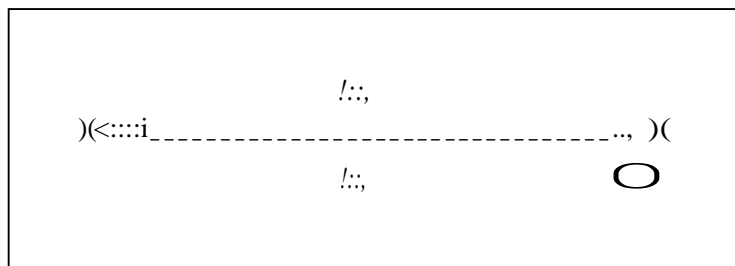
Freeze Tag

- + Set up a large grid with cones and have the players dribble in the grid.
- + After a couple minutes, take the ball away from 1-2 players and give them a penny. They become "it."
- + The "it" players will run around and try to touch the balls of the dribblers. If a player's ball gets touched by an "it" they must freeze with their legs spread and the ball over their head.
- + In order to get unfrozen another dribbler must dribble the ball through his/her legs.
- + Occasionally switch the "it" players and see which "its" can get the most players frozen at once.

Gate Passing

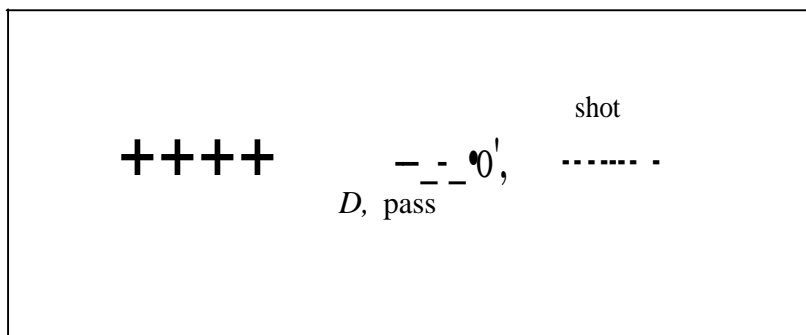
- + Divide your players into pairs; each pair has 1 ball.
- + Spread out the partners – 10-15 yards (closer or farther depending on skill level).
- + In the middle of each pair, make a goal -3 yards wide.
- + Have the partners pass back and forth trying to pass between the gate.
- + For each pass that goes through the gate the pair gets a point.
- + The object is to see which pair can get the most points in a given amount of time (30 seconds – 1 minute).

*This can also be done to practice shooting with the laces. Have them take a step, shoot with their laces, and follow through towards the gate. Emphasize control and keeping the ball low.



Give and Go Shooting

- + Place one cone 7-12 yards away from a goal (vary depending on age and skill level of kids).
- + Place one cone centered with the goal at the edge of the penalty box (-18 yards from the goal).
- + Have your team line up behind the far cone.
- + Have either the coach or a player stand - 7 yards from the cone between the cone and the goal. They are the "target player".
- + Each player in line will have a ball. They are the shooters. The first shooter in line will pass the ball to the target player and run to either side of the target player. The target player will receive the ball and lay it off diagonally towards the goal for the shooter.
- + The shooter will run onto the ball and have 2 touches (I touch to make it more difficult) to shoot the ball at the goal.
- + *Make sure the shooter retrieves his ball before getting back in line!*
- + Continue through the line occasionally changing the target player.
- + You may also want to restrict which side the shooters run to in order to utilize both feet (ex. left only or right only).
- + You also may want to include a keeper on this drill.



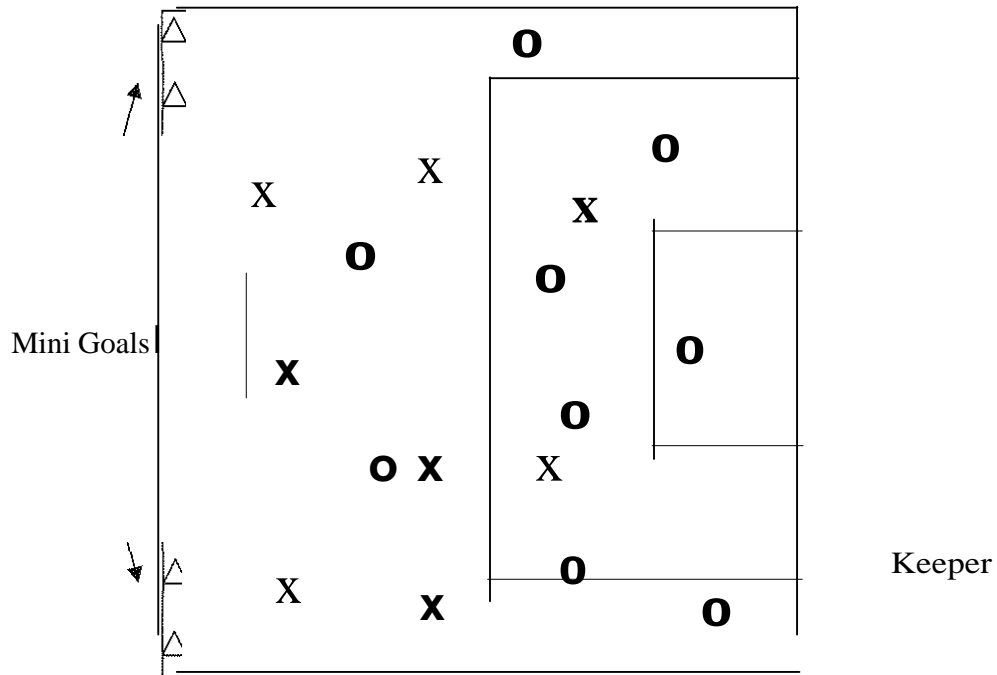
- x - player in motion
- o - target player
or coach
- - path of ball
- ... - path of player

4 Goal Scrimmage

- + Set up an area of -40x40 yards with 4 small goals at each corner.
- + Divide your players into 2 teams, giving one team pennies.
- + Each team will defend 2 goals while attacking their opponent's two goals.
- + Emphasize spreading out and pulling defenders over to one side, then crossing it to the other for an open goal.

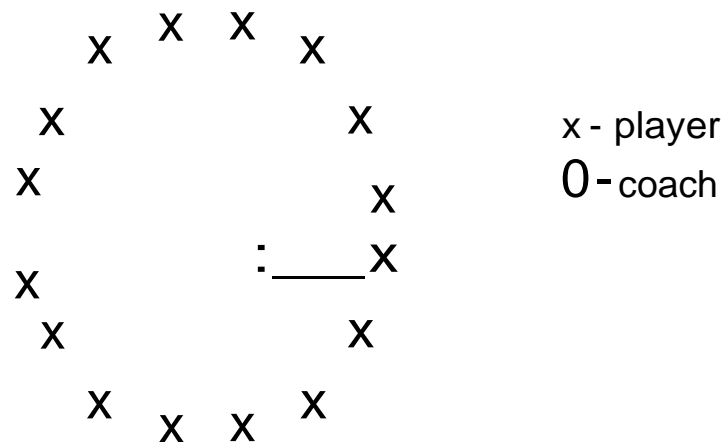
Half Field Scrimmage

- + Set up 2 small goals – 1V2 yards wide on each side of the midfield line.
- + Divide your players into 2 teams and give one team pelmies.
- + One team will defend the big goal (with a keeper) while the other team will defend the 2 small goals.
- + Have them scrimmage. Halfway through have the teams switch ends to defend so that each team has a chance to defend the large goal and the small goals.



Head / Catch

- + Have your players stand in a circle around you.
- + Start with the ball in your hands and toss the ball to a player saying either, "head" or "catch".
- + Your player must either head the ball back to you or catch the ball and toss it back to you, depending on the command.
- + If the player does the wrong command they must sit down until everyone gets out and a new game begins.
- + Move around the circle giving each player a turn, keep going until everyone is sitting down.
- + Once the players get a feel for the game switch it up – they must do the opposite of the command that you give them. (If you say "head" they must catch the ball and vice-a-versa.)
- + You may include 2 coaches going around the circle at the same time and vary your speeds to make the game more difficult. (You may also wish to split your team into 2 and appoint a player to be the tosser to make things go faster.)



Juggling

- + Have each player spread out with their own ball.
- + Start out by having each player drop the ball from their hands and volley it back up with their feet, catching it each time.
- + Next have them drop the ball to their thighs juggling it back up to their hands and catching it each time.
- + Once they have practiced this, have them try to get two touches before catching the ball.
- + Slowly progress having them juggle with only their feet, then adding their thighs, head, and so on.

Kick Off

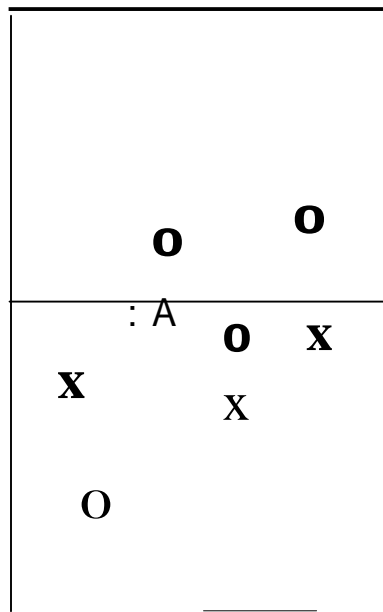
- + Instruct your players on how to do a correct kick off.
- + Tell them when a kick off is used: at the beginning of each half and after a goal is scored (if they score a goal the other team kicks off, if the other team scores then they kick off).
- + Instruct them on how to do a proper kick off:
 - o All players must be on their half of the field.
 - o The opponents to the kick off must be outside of the center circle (where applicable).
 - o The ball must be stationary on the center mark at the time of the kick off.
 - o You must wait for the referee to give the signal (usually done by blowing his whistle).
 - o The first touch on the ball must be going forward (usually a short tap forward).
 - o The kicker cannot then touch the ball until another player has touched it first.

Generally a kickoff goes as follows:

- + One player taps the ball very slightly forward over the midfield line. Another player standing beside him then plays the ball back to one of the midfielders who begins the attack.
- + Have your players practice this so that everybody is familiar and comfortable with the kick off!

Lane Soccer

- + Set up a scrimmage field to the size of your choice. (You may want to have 2 so that you can have 2 scrimmages going on at the same time.)
- + Divide the field vertically into 3 equal size rectangles.
- + Divide your team up so that you have at least 1 person in the two outside lanes and 2 people in the middle lane.
- + These players scrimmage normally except they are not allowed to go outside of their zone.
- + Emphasize looking wide and getting open quickly!
- + (You may choose whether or not you want keepers).

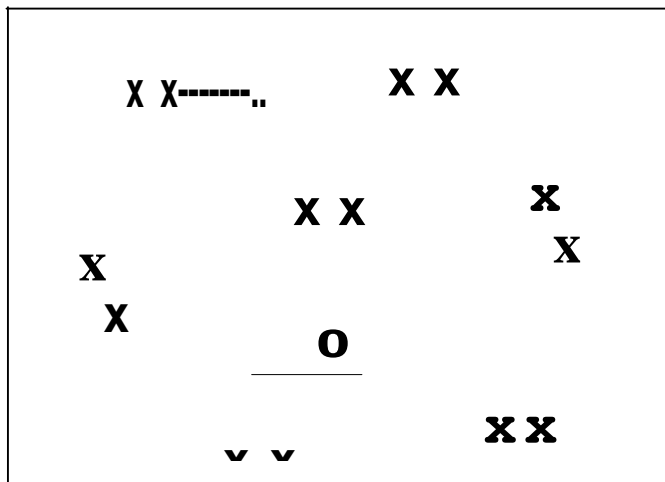


Last Man Out

- + Have all of your players stand at a line about 15 yards from a pile of balls. You will have one less ball than the number of players in your group.
- + At the sound of your whistle, the players will all run and try to get a ball and start dribbling back to the line.
- + The player left without a ball tries to steal a ball from another player running back.
- + The player left when all the balls get over the line is out.
- + Place the balls back, again with one ball short of the number of players.
- + Repeat until you have one winner.

Link Tag

- + Have your team pair up, link arms and spread out in a previously marked off area.
- + Choose one pair to split up and appoint one as the tagger and one as the runner.
- + Have the tagger hold a penny in his hand and chase after the runner.
- + The runner runs from the tagger and at any point can link up with a linked pair to be safe.
- + When the runner links with a pair the person on the other side of the pair then becomes the runner.
- + To make this more challenging you may appoint 2 taggers and 2 runners.
- + The game continues until you feel that your players are adequately warmed up (-5-8 minutes)



o - tagger
- runner
xx - linked partners

Lose Your Shadow

- + Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
- + Have each player partner up with one ball between the two of them.
- + One player will start with the ball and the other one will follow as his/her "shadow".
- + At the sound of the whistle the players with the balls will dribble within the confined area with their shadows following. The object is for the dribbler to "lose their shadow."
- + After a given amount of time (-30 sec.) blow your whistle. When the whistle blows everyone is to freeze. If the shadow can reach out and touch their partner they win. If not, the dribbler wins.
- + Have the partners switch who is the dribbler and who is the shadow and repeat the drill.
- + Keep going until each partner has gotten a chance to be the dribbler and the shadow 3 times.

Marbles

- + Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
 - + Have your players spread out, each with a ball, within the cones.
 - + At the sound of your whistle all the players will begin dribbling within the given grid.
 - + The object is for each player to keep control of their ball while at the same time trying to knock other player's balls outside of the grid.
 - + Players are out if their ball goes outside of the grid, whether mis-dribbled by them or kicked out by another player.
 - + If a player gets out they must retrieve their ball and juggle outside of the grid until the game is over.
 - + This game can be repeated 2-3 times as time allows.
- *To make this game more difficult, make the size of the grid smaller.

Nigerians

- + Divide your players into two teams. Have everyone on one team get a ball and form a large circle, facing the inside of the circle.
- + Have the other team stand in the middle of the circle.
- + At the sound of your whistle your players will all check to an outside player.
- + Have the players make eye contact and call out the name of the person that they are checking to. The outside player will pass them the ball and the inside players take two touches to pass the ball back to the outside player.
- + The player will then go back through the center and check to a different outside player, repeating this until time is called.
- + When time is called (1-2 minutes), the players on the inside and outside switch positions.
- + Repeat the drill.
- + After time is called, have them switch again so that the original inside players are back on the inside. This time have them do the same thing, but one-touch the ball back to the outside players.
- + After time, switch and repeat the drill.
- + Every time that the original inside players return to the inside of the circle, give them something new to do as they check to the outside players. The order normally goes 2-touch, 1-touch, volleys, headers, jump headers (the ball is thrown a little higher so that they players must jump in order to head it back to the outside players).

Numbered Passing

- + Depending on your numbers, divide your players into 2-3 groups with 5-10 players in each group.
- + Have them count off so that each player has their own number.
- + Player #1 begins with the ball. They are to pass it to player #2, player #2 to player #3, and so on. Once the ball gets to the last player in the group, they pass the ball back to #1.
- + The players without the ball must continue moving on the jog. If you see someone walking you may give them a penalty such as 5 crunches, 5 star jumps, etc.
- + The groups are to continue moving through the sequence until you call time (2-3 minutes).
- + The point of this game is to emphasize getting open and showing up for your teammates, passing on the move, and moving off your pass.
- + Make sure that the player in line to get the ball next shows up for the ball and calls for it before the ball is passed to them!
- + Also be sure that after each pass, the passer then takes a short 2-3 step sprint off the ball.

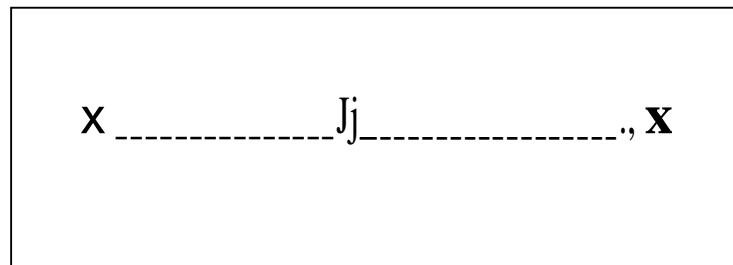
Ouch!

(Coaches get to play too!)

- t** To play this game, divide your players into 2 teams and give one team pennies.
- t** Have them play keep away in a confined area.
- t** After they have begun to play keep away, you jump in. The object is for the team who has the ball to try to hit you with it, while the other team is trying to protect you from getting hit.
- t** When one team wins the ball, they become offense and the other team transitions to protecting you.
- t** Each time you get hit, the team who hit you gets a point.
- t** Play until they (or you!) get tired ☺.

Partner Bowling

- t** Divide your players into pairs; each pair has 1 ball.
- t** Spread out the partners - 7-8 yards (closer or farther depending on skill level).
- t** Place one tall cone in the middle of each pair.
- t** Have the partners pass back and forth trying to hit the cone.
- t** If the cone gets knocked down the pair gets a point and they must run to set it back up and continue passing.
- t** The object is to see which pair can get the most points in a given amount of time (30 seconds – 1 minute).



Pass Between the Legs and Shoot!

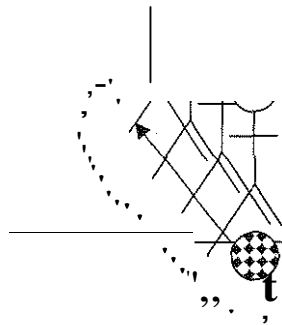
- + Place one cone centered with the goal about 20-25 yards away from the goal (closer or farther away depending on age and skill level).
- + Have your players partner up and form a single line behind the cone with all the balls beside the cone.
- + One pair will go at a time. Have one partner stand with their back to the goal with their legs spread apart.
- + Their partner will pass a ball between their legs and run onto it as the attacker trying to score.
- + The player with their legs spread will then turns around and chases down the attacker to try to defend them and keep them from scoring.
- + After their turn is up, the partners get in the back of the line and the next time they are up, they switch who was attacking and who was defending.
- + You may want to use a keeper for this game.

Pass Minimum Scrimmage

- + Set up a field, either full size or smaller.
- + Divide your players into 2 teams and have them scrimmage normally.
- + All the rules are the same except they must complete 5 passes before a shot can be taken.
- + If the other team gains control of the ball at any point, a team's passes start back at !.
- + You may want to make the required number of passes lower or higher depending on the age and skill level of your players.

Passing Tunnel

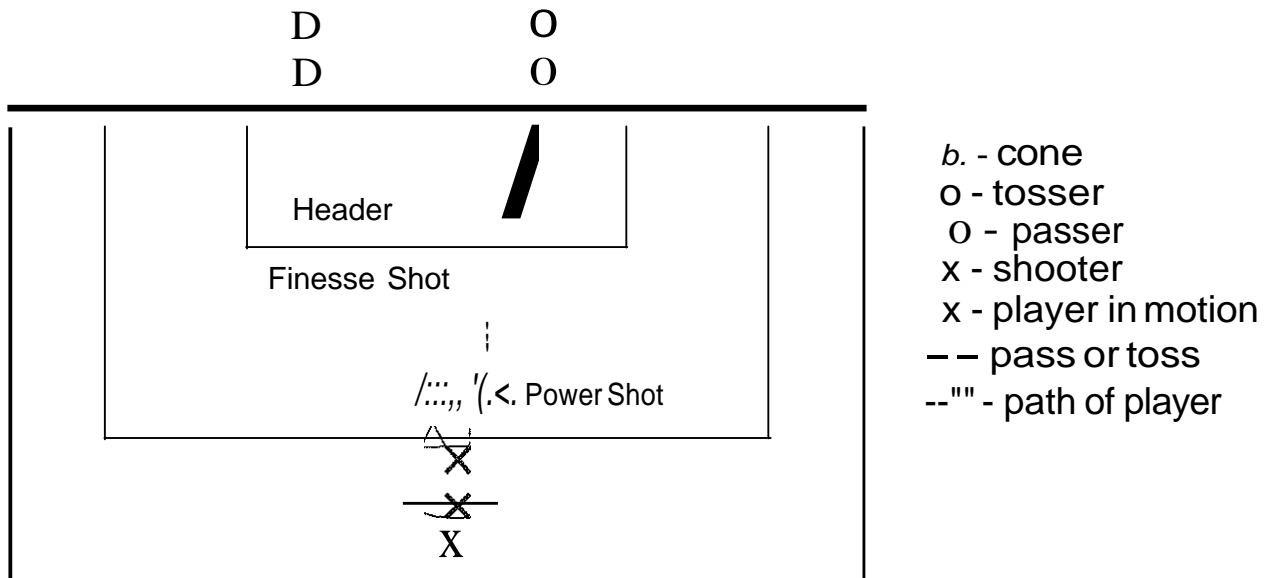
- + Using cones form a starting line and finish line -20 yards apart.
- + Divide your kids up into groups of 5-7 (depending on number of players).
- + Have each team spread out and line up with one person standing on the starting line and the rest in line behind him.
- + Have everybody turn around so their backs are to the finish line. Have the players hold on to the shoulders of the person in front of them and spread their legs out to make a tunnel.
- + The player standing in the back of the line on the starting line begins with a ball between his legs.
- + At the sound of the whistle the player in the back of the line lets go of the shoulders in front of him and attempts to pass the ball through the tunnel of legs on his team.
- + If it does not make it or the ball gets stuck the players in the tunnel can help out (only using their feet) to get the ball to the front of the line.
- + The passer then grabs hold of the person's shoulders in front of him. Once the ball makes it through everyone the person on the other end of the line will dribble the ball to the back of the line. He will then pass it through the tunnel and grab on to the shoulders in front of him. This process repeats as the line slowly begins to creep backwards towards the finish line. Have them continue through the line until their line makes it to the finish line. (You may need to make the finish line closer to the starting line until they get the hang of this).



Power Finesse

- + Place one cone at the top of the penalty box. Go towards the goal -2-3yds and place another cone there.
- + Have your team split up into 3 lines. One line at the cone at the top of the box and one line on each side of the goal. Assign one side of the goal to be passers and the other side to be throwers. You may want to switch this up occasionally to encourage the use of both feet.
- + Each line needs a group of balls beside it.
- + The player at the top of the box will begin by taking a few touches and shooting the ball before they get to the first cone. They will then immediately sprint towards the passing line. The passing line will pass them a ball that should get to them a little outside the 6 yard box. The shooter has one touch to shoot that ball. They then run towards the tossing line who will toss them a ball to head into the goal.
- + After this everyone involved will rotate one spot to the right. (For example, the passer goes to the tossing line, the tosser goes to the shooting line, and the shooter goes to the passing line.)

This cycle should run smoothly once the players get the hang of it. Make sure the players at the end of the tossing and passing lines get the balls out of the back of the net to redistribute among the lines.



Red Light - Green Light

- + Form a starting line and a finish line – 20- 30 yards apart from each other.
 - + Each player has a ball, except the one player designated to be the "light."
 - + The players start at behind the starting line and the light turns his back from the group and shouts, "GREEN LIGHT!"
 - + The players start to dribble as fast as they can towards the light.
 - + The light then turns around and calls, "RED LIGHT!", the players must stop their ball and freeze.
 - + The light (or the coach) catches the players still moving (or whose ball is still moving) and sends them 5 steps back for the younger kids or back to the starting line for the older kids.
 - + The first player to cross the finish line is the winner and becomes the new light.
 - + This can be continued as long as desired.
- * With younger kids you may want to first play this game without balls and then incorporate the balls after a couple rounds.

Sharks and Minnows

- + Using cones set up a rectangular grid -15yds x -25yds.
 - + Have each player on your team get a ball and stand at one of the end lines (the shorter sides are the end lines). These players are the minnows.
 - + Pick 2-3 players to be sharks and give them pennies. Instruct them to stand inside the grid.
 - + The object is for the minnows to dribble from end line to end line without getting tagged by a shark.
 - + If they get tagged then they must sit down wherever they are tagged and become seaweed. The seaweed become taggers as well and can move their upper body but must stay seated.
 - + The players who make it to the other end wait for your whistle and then try to make it back across the "ocean". Now they are avoiding the shark's tags as well as the seaweed.
 - + Keep going until 1 minnow is left. They are the winner!
- * To make this game a little more advanced and fun, have the sharks try to steal the minnow's balls and kick them out of the grid to get them out. In this version the minnows that lose their balls become crabs and can move around using the "crabwalk" to try to kick the dribblers balls out of the grid.

Small Sided Scrimmage

- + Set up a group of smaller fields using either small goals or cones to mark off a goal. The sizes will depend on the number of players that you are putting on each team.
- + Have your team divide up into smaller teams; you may do 8v8, 5v5, 3v3, 2v2, etc.
- + Allow your teams to play each other for short time periods (-5 minutes). After each game, switch your teams around so they are constantly playing against new teams.

***You may also do a full team scrimmage on a smaller field. This emphasizes ball control and working in tight spaces.

Snake in the Grass

- + Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
- + Have your players spread out, each with a ball, within the cones.
- + Appoint one player to be the snake - they will not have a ball.
- + At the sound of the whistle everyone begins dribbling around the grid as the snake attempts to steal the ball from the players and kick their ball out of the grid.
- + If a player's ball gets kicked out of the grid, that player is then "out" and must go retrieve their ball and juggle outside of the grid until the game is over.
- + Players are also called out if they dribble outside of the grid.
- + The game continues until the snake has gotten all of the players out except for one.
- + The last player left wins!
- + You may repeat this game 2-3 times as time allows, choosing a new snake each time.

* To make this game more difficult, add 2 snakes and/or make the grid smaller.

Steal the Bacon

- + Using cones form a small field with goals at each end.
- + Divide your players into 2 teams. The teams line up on opposite sidelines facing each other.
- + Have each team count off starting from 1 so that each player has his own number that corresponds to a player on the other team.
- + Either place a ball in the center of the field between the two teams or be ready to throw/volley the ball in as you call out a number.
- + Call out a number at random and the player from each team that has that number will run to the middle to try to win the ball and take it to score on their goal.
- + The player who does not win the ball initially becomes the defender and tries to deny his opponent a goal.
- + If the defender wins the ball back he/she may take it and score on his/her own goal.
- + The ball is dead once a goal is scored or if it goes out of bounds.
- + Repeat this process with other numbers until everyone gets at least one chance to go.

You may call out multiple numbers at once such as "2, 4, & 7", "3-6", or "all numbers."

Team Possession

- + Set up a square grid appropriate for the size of your team.
- + Divide your players into 2 teams and give one team pennies to wear.
- + Have your players spread out on the field and give one team the ball to start with.
- + Your players will basically play keep away within the grid. If the ball goes out, the team that touched it last forfeits the ball to the other team.
- + The object is to get 5 passes in a row without the other team gaining possession at any point (it is okay if the other team touches or tips the ball, as long as they don't gain possession).
- + If a team completes 5 passes in the row it counts as a goal. Continue going for an allotted amount of time and see which team can get the most goals!

**Depending on the age and skill level of your players, you may have them get more or less passes to equal one goal.

Throw Ins

- + Instruct your players on a legal throw in.
- + Tell your players that in a throw in they must hold the ball with both hands, bring it up over their head, and then back forward as they release the ball. Make sure they arch their backs as they bring the ball behind their head. As the players release, make sure that they are extending their arms fully in front of their heads.
- + Points to include:
 - o Foot positioning is a matter of preference. Some like to stand with their feet square while others like to have one foot a little in front of the other one.
 - o A short run may be taken to give the player momentum, but both feet must be on the ground when the throw is made.
 - o The ball must be held and thrown with both hands.
 - o The ball must go back over the players head before the throw is made.
- + Have your players partner up and practice this throw back and forth to each other until they are comfortable doing a correct soccer throw in.

Two Touch Passing

- + Have your players divide up into pairs; give each pair 1 ball.
- + Spread the partners apart -7-10 yards and have them try to pass the ball back and forth using only 2 touch each time.
- + Emphasize controlling the ball on the first touch and then making a good solid pass on the second.
- + Also emphasize touching the ball so that it goes a little in front of them on the first touch. If the ball is stopped directly at their feet they will feel that they need to step back before kicking it to get momentum.

Weave to Shoot

- + Set up two lines of cones (one even with each goal post) that the players will weave through about 10 yards out from the goal.
- + Have your players get in 2 equal lines at the back of the line of cones.
- + Start on one side and have the player weave through the line of cones, take a couple touches, and then shoot on the goal. You may want a keeper for this activity.
- + Alternate lines emphasizing shooting with both feet.
- + After a player has shot, they must retrieve their ball and go to the back of the other line.

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World Cup

- + To begin, mark off an area in front of the goal that is – 10 yards x 10 yards (bigger or smaller depending on the number of players).
- + Have your players each get a partner and stand in the designated area.
- + At the sound of the whistle you will play a ball into the players.
- + Each team will try to score while at the same time trying to keep the other teams from scoring.
- + When a team scores they go off the field and wait outside of the grid. They are safe.
- + Throw another ball in to let the players continue. Keep going in this manner until all but 1 team has scored. The last team in the grid that hasn't scored is out and the teams that scored come back on.
- + Repeat again until there is only one team left and have them go out.
- + Keep going in this manner until you are left with 2 teams at the start of the round. The first team to score wins.
- + It is important to note that if a player shoots and it clips another player, the goal counts for the last player to touch the ball before it goes in the goal.