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Soccer Drill Detail

3
Rating

3756
Views

Guard the Castle

This drill is a great small sided game that focuses on passing in numbers up situations This is a fun drill and the kids will love it!

Soccer Drill contributed by:
Chris Johnson

Drill Info:

This is for ages U6, U8, U10, U12. It is best ran with at least 4 players but no more than 16 players. The drill should be ran approximately 15 minutes on a small field. The coach will also make sure they have the following equipment: cones, alternate jersey, .



Setup:

Set up a grid that is 12 X 12 yards. Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle". If you do not have disc cones, a tall cone will work just as good.

Instructions:

It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

Variations:

- * Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- * If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- * Require players to complete a certain number of passes before they are allowed to knock down the castle.
- * Play 1v1 and focus on dribbling skills.

Coaching Points:

- * Instruct players to get their heads up to find the pass.
- * Make sure the players are passing the ball with proper weight on the ball.
- * Make sure players are moving about the grid in order to find open space. Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.
- * Make sure players are making the easiest decisions when passing.

Focus:

Technical Passing, Technical Receiving, Tactical Defending, Tactical Attacking, Tactical Support, Tactical Possession

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Soccer Drill Detail

4.5

Rating
4970 Views

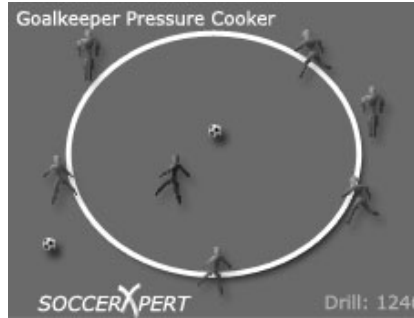
Goalkeeper Pressure Cooker Shooting and Passing Drill

This soccer drill is a good drill to give your keeper a great workout while working on passing and shooting with accuracy.

Soccer Drill contributed by:
Chris Johnson

Drill Info:

This is for ages U10, U12, U14, U16. It is best ran with at least 5 players but no more than 10 players. The drill should be ran approximately 0 on a small field. The coach will also make sure they have the following equipment: cones, .



Setup:

Set up 10 players in a circle around the center circle or outline a center circle with cones. Have the keeper stay inside the circle and give one of the attackers around the circle a ball.

Instructions:

Players around the circle must keep the ball moving with one-touch passes. At any time a player can shoot at the goalkeeper. The goalkeeper must constantly anticipate a shot and react quickly. After fielding a shot, the goalkeeper returns the ball to one of the players around the center circle.

Variations:

* While warming up the keeper, instruct the players to pass balls in rather than taking shots.

Coaching Points:

* Focus your attention on the keeper and their work ethic. Their feet must be constantly moving them in position to stop every possible shot. The keeper must react quickly to EVERY ball that is playable by the keeper.

Focus:

Technical Passing, Technical Shooting, Technical Goalkeeping, Physical Goalkeeper

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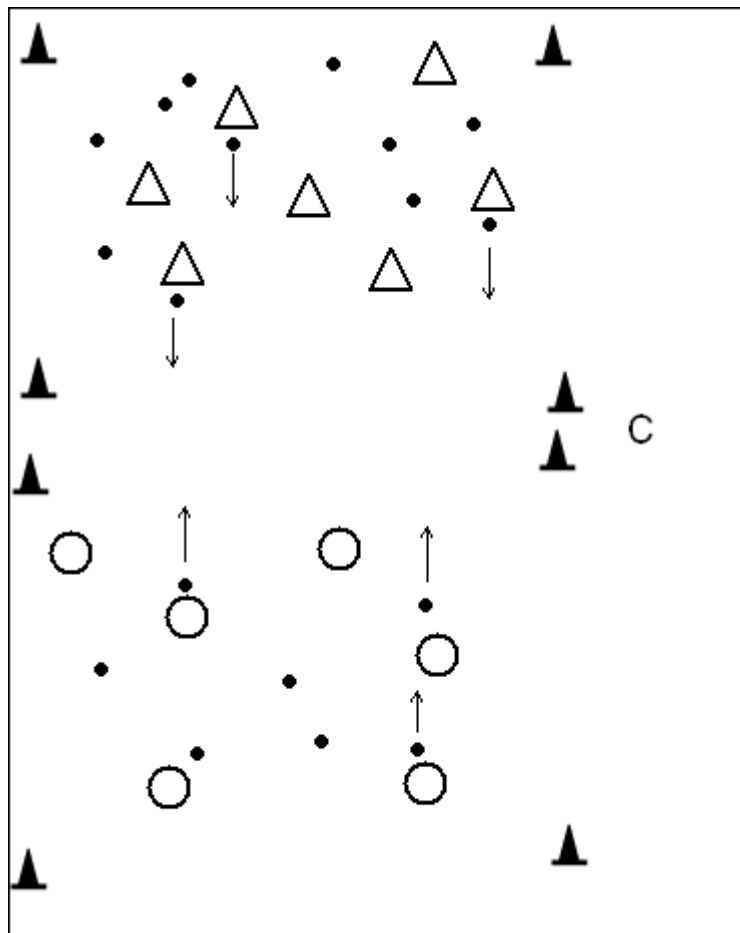
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Coaching Soccer 101



Keep your yard clean

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Keep your yard clean

The object of the game is to keep your yard clear of soccer balls. Good drill for passing practice.

The set up. Two 40x40 grids next to each other.

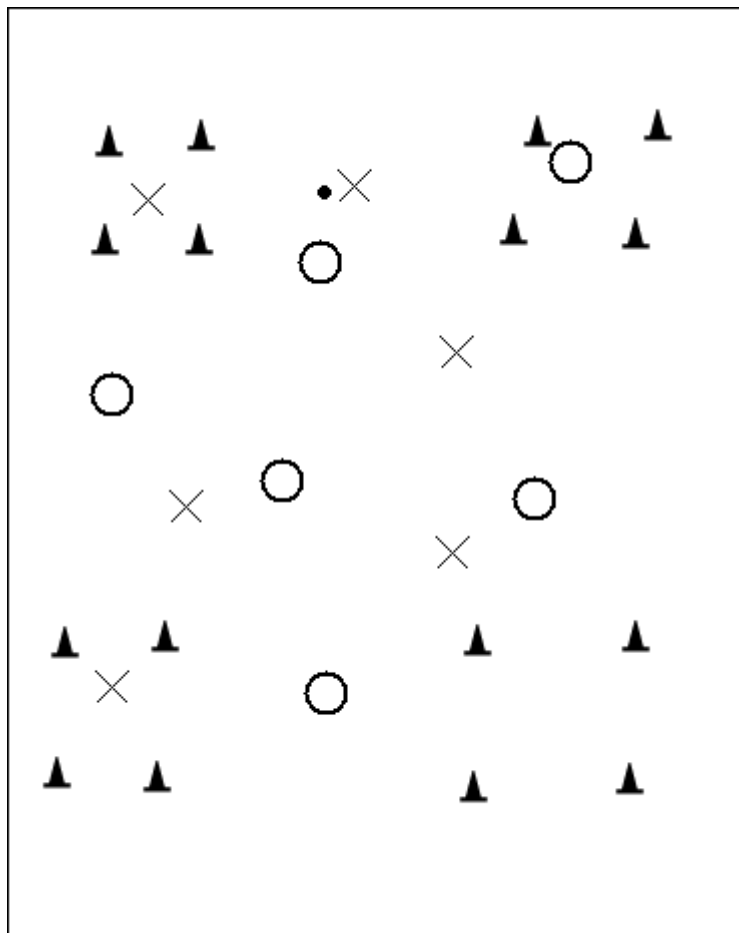
The Game- two equal teams, one in each grid. Each player has a ball to start the game. On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins. Coaching points-tell the players what type of pass they have to use. LEFT FOOT ONLY ? Deductions for balls too high. Have each coach stand behind grids to keep balls in play

Coaching Soccer 101



FOUR CORNERS GAME

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FOUR CORNERS GAME- passing

Setup- Create four grids. Each Grid about 5'x5'. and about 40 yards apart from each other. There is no "out of bounds". Two teams of 4 to 8 players.

The object of the game- is to score points by passing a ball to a teammate who is inside one of the four corners. Each team can score in any corner but cannot score in the same corner twice in a row..

This is a tactical game for older players.

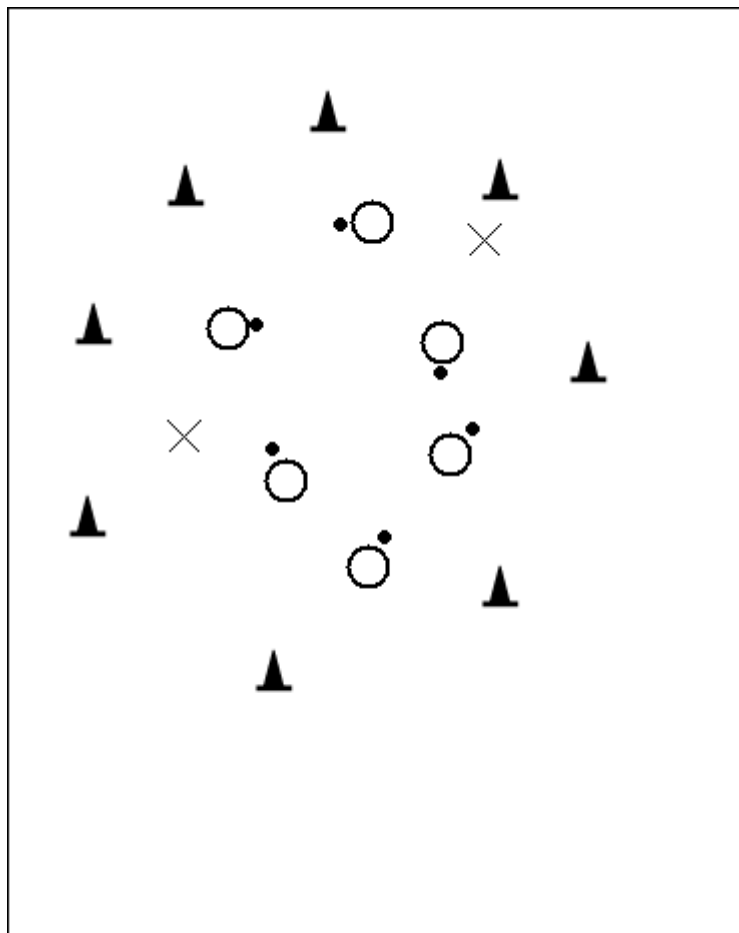
Progression- the pass must be a give and go to his teammate.

Coaching Soccer 101



KILLER WHALE

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KILLER WHALE- Dribbling and shielding

Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle.

The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.

Use stop watch.

You can use one or two killer whales

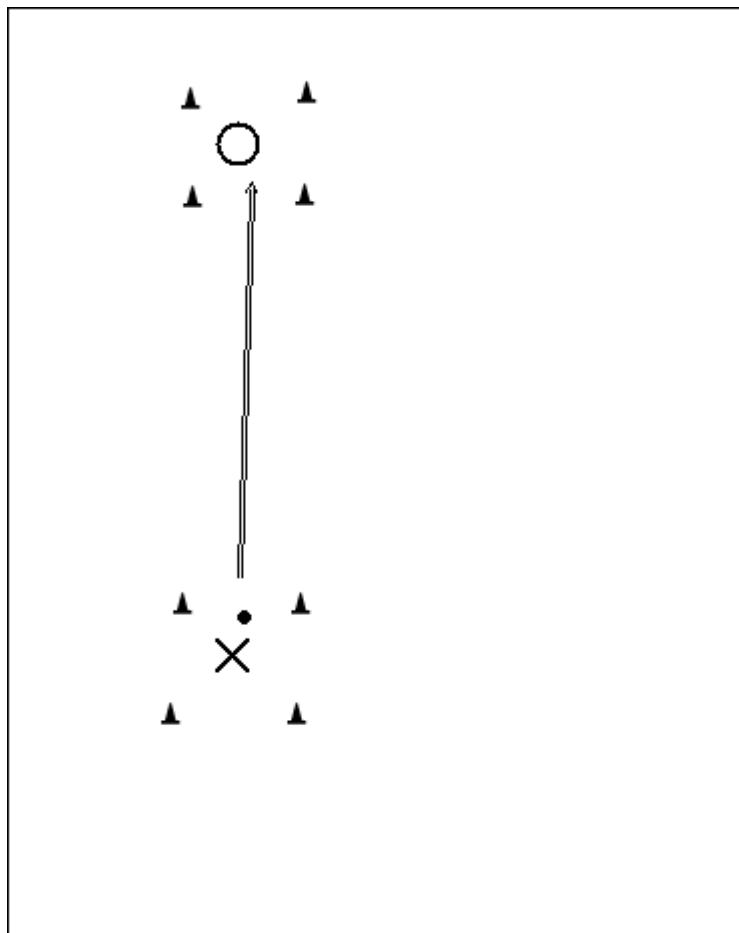
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RECEIVING DRILL

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RECEIVING DRILL

Setup- two small grid 2 yards X 2 yards about 15 - 20 yards apart.

The Drill- Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

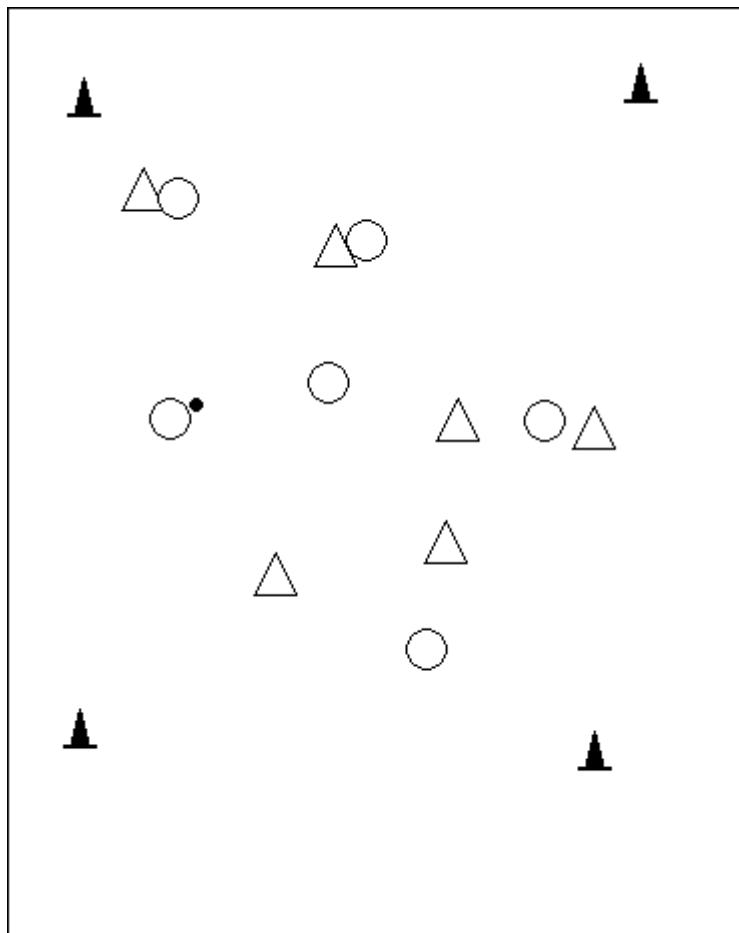
Variations- Must receive ball within "2 touches" or players serving the ball may "baseball throw" the ball to challenge player collecting the ball.

Coaching Soccer 101



SPREAD OUT

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Spread Out

Set up- two teams in field with one soccerball.

The game- to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

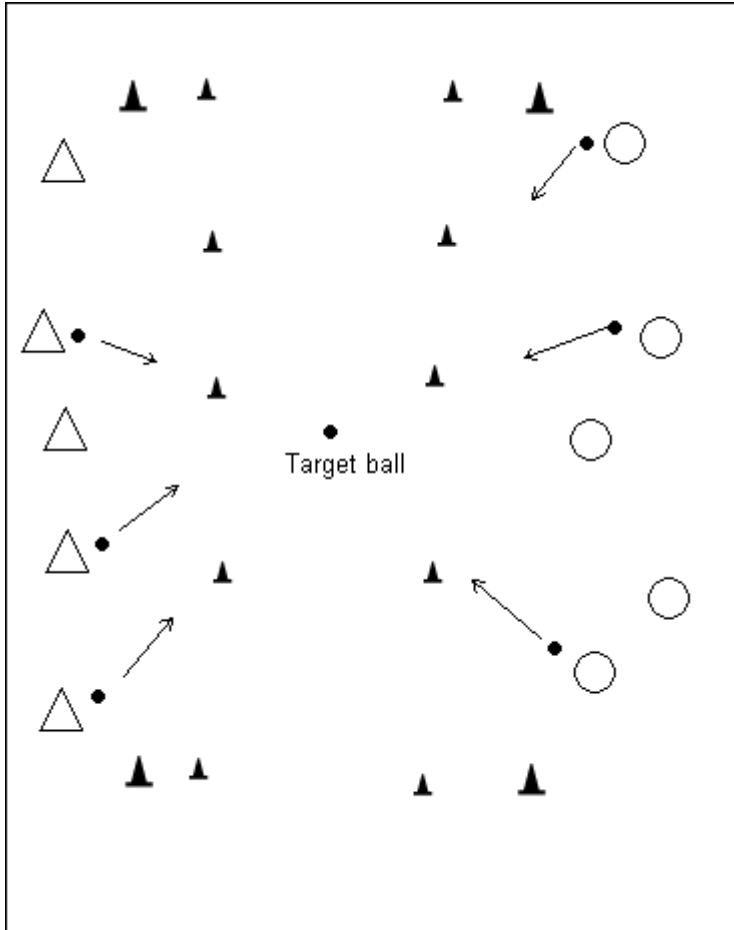
Progress to a soccer style game of keep away

Coaching Soccer 101



TUG OF WAR

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TUG OF WAR- Push pass

Setup- create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball(target ball)in the middle.

Players on each side try make the target ball cross the opposing teams line by kicking(push passing) their soccer ball at the target ball.

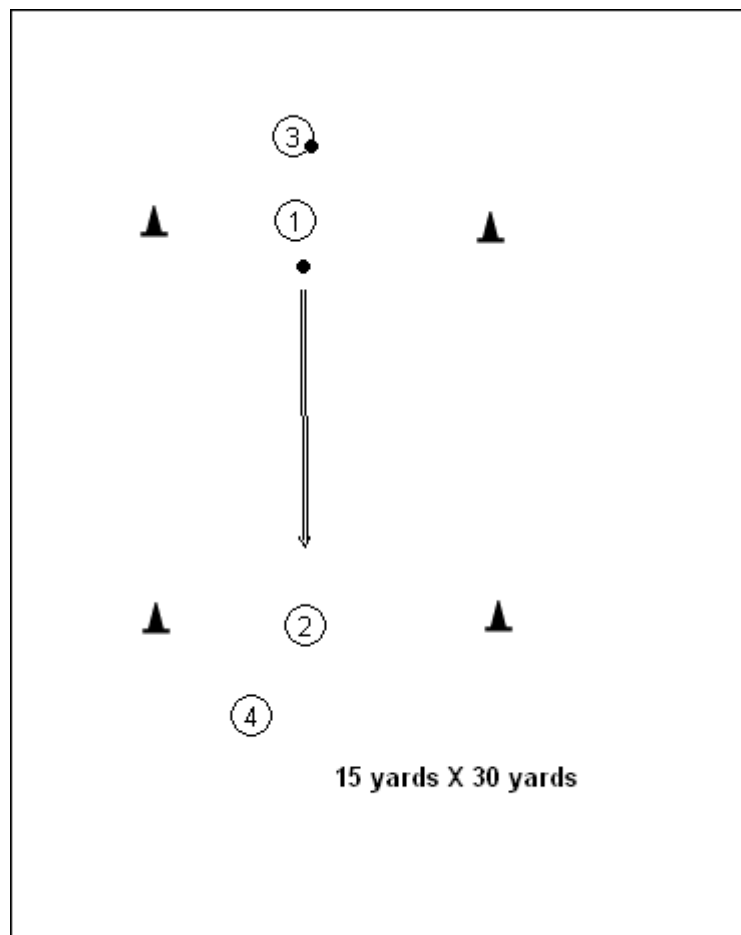
Trains power and accuracy.

Coaching Soccer 101



1 V 1

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1 V 1

Set up a bunch of small fields / grids.
4 players at each field.

Object of the game is to dribble the soccer ball across the opposite line.

How to play- player 1 kicks ball to player 2. ONCE player 2 touches the ball, players 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

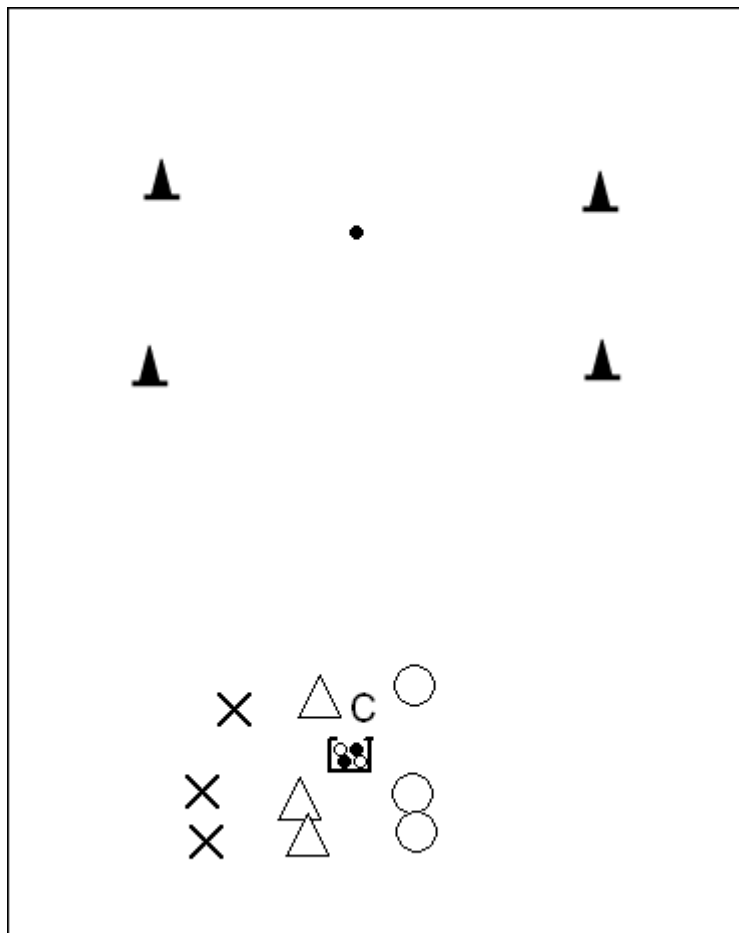
Variations- to score, player has to STOP the ball on the end line.
Play 2v2.

Coaching Soccer 101



1v1v1 WAR

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1v1v1 WAR

Three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back.

While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that.

Once a goal is scored, players hustle off to the outside and the coach punts another ball.

Great drill for finishing and reversing the ball away from pressure.

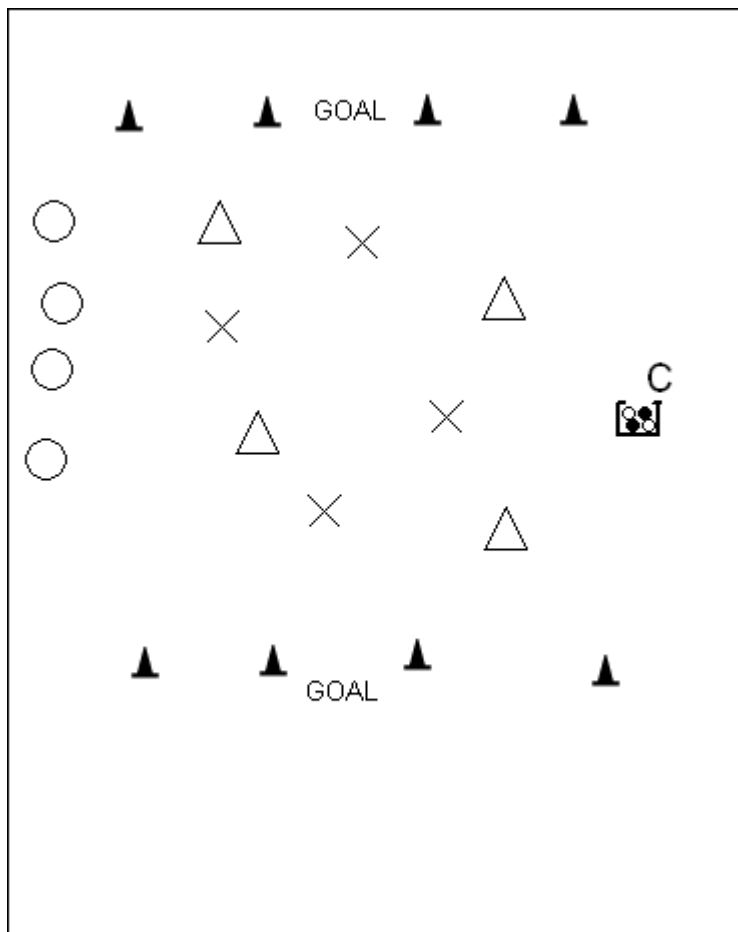
Adjust the field and goals accordingly. Can start with 20 X 40 grid. Six foot goals.

Coaching Soccer 101



4V4V4 "Get out of here"

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4V4V4 "Get out of here"

Set up- 30 X 50 field with small goals. Three teams of four. Two in the field, one off.

The game- play a regular 4v4 game. If the ball goes out of bounds, the team standing off the field yells "get out of here". And the team that kicked the ball out of bounds leaves the field and the new team comes on. Or if there is a score, the team that is standing off the field yells "get out of here" and the team that the goal was scored on leaves the field and the new team comes on.

Keep track of time and score.

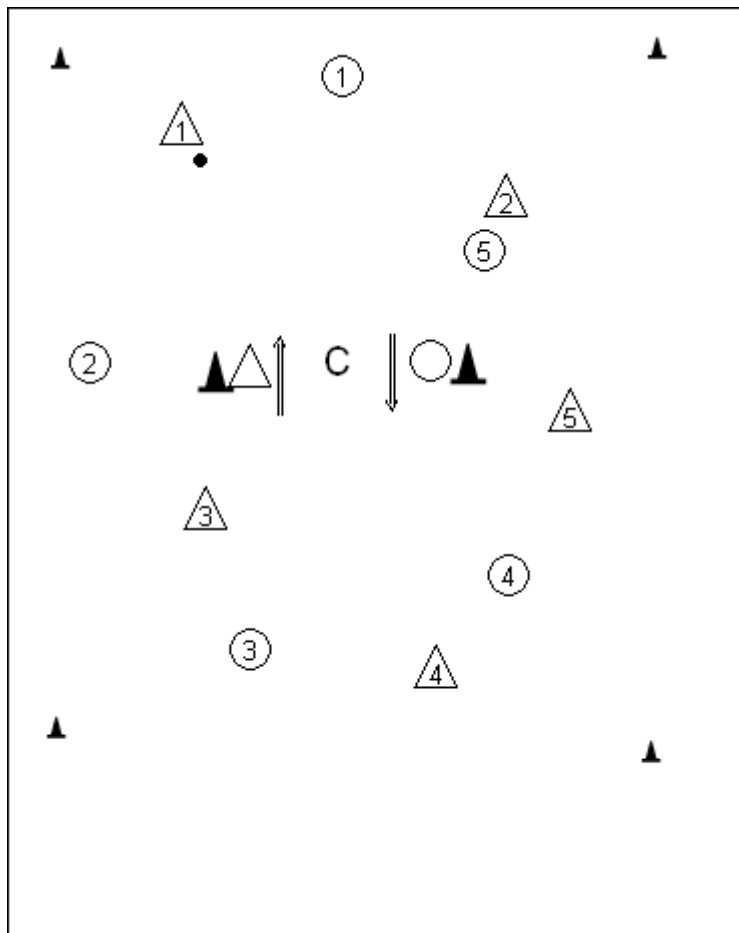
Coaching points- regular soccer game. Good for offense as well as defense. Make sure you have lots of soccer balls to keep play going.

Coaching Soccer 101



ONE GOAL SOCCER

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ONE GOAL SOCCER

Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game- there are two teams. 5-8 players on each team. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.

Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch.