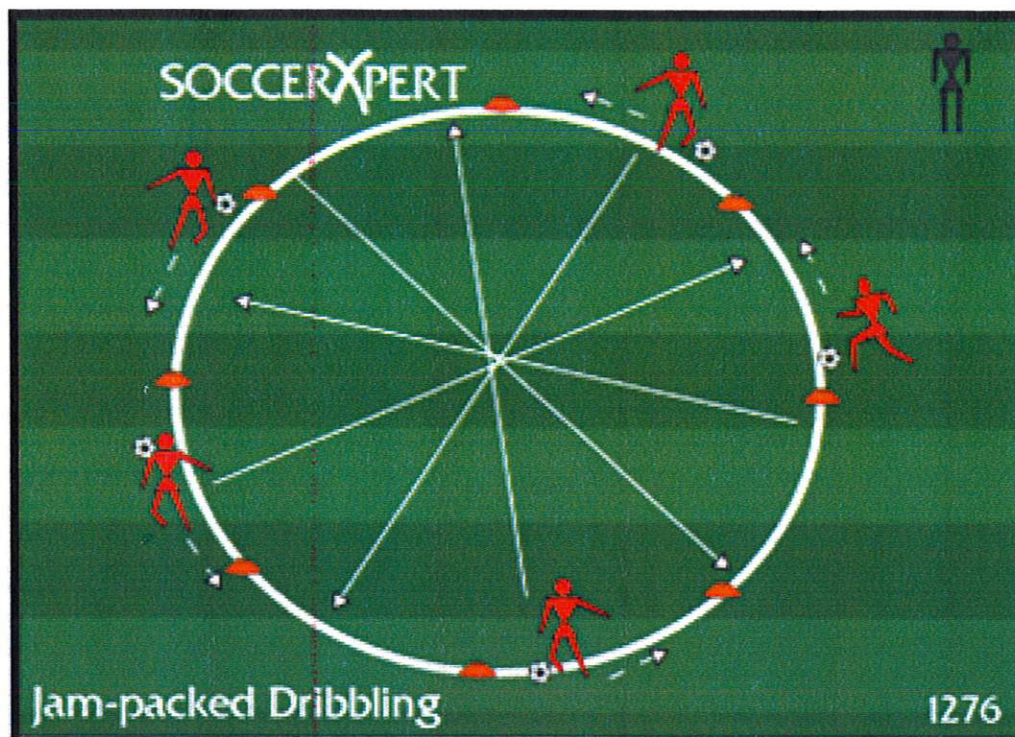


YMCA Jr. Mav's Soccer Go To Drill Guide



Jam-Packed Soccer Dribbling Drill

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



Drill 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.

Drill 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:

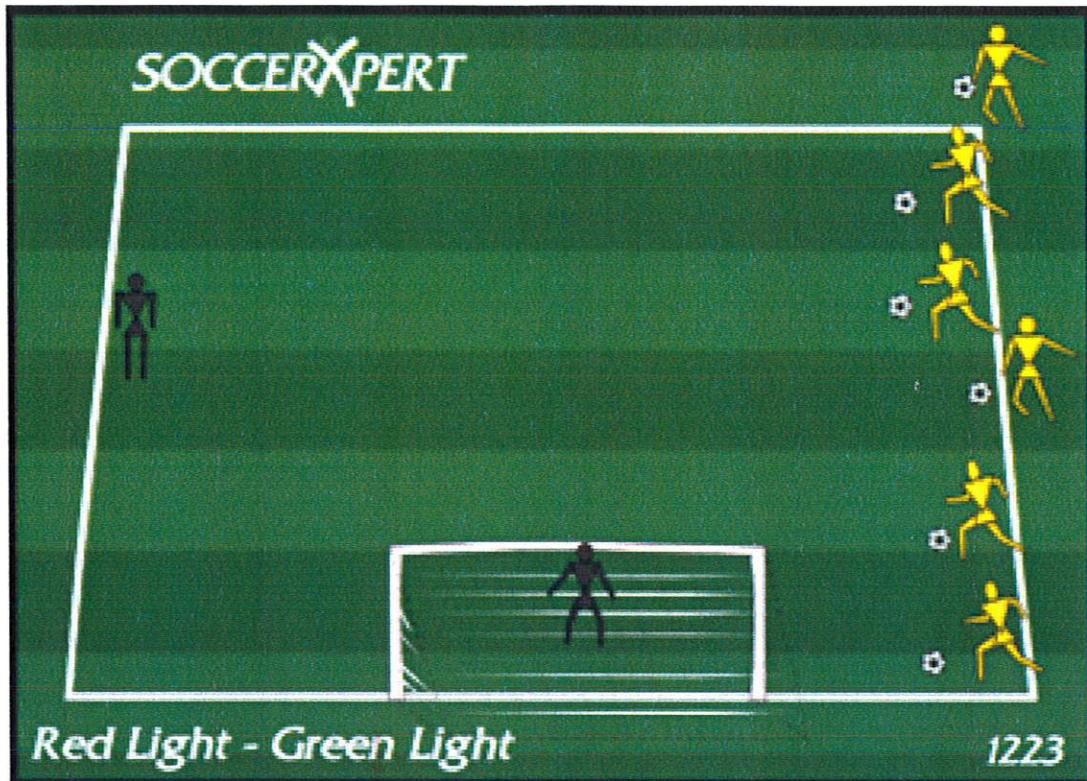
- JOG - players should dribble at a comfortable speed
- FULL SPEED - players should dribble at their top speed
- CUT - players should cut the ball in the other direction and travel in the other direction around the circle
- CROSS - all players should cut across the grid avoiding contact with other players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

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!

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.



Drill Setup:

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Drill 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.

Drill Coaching Points:

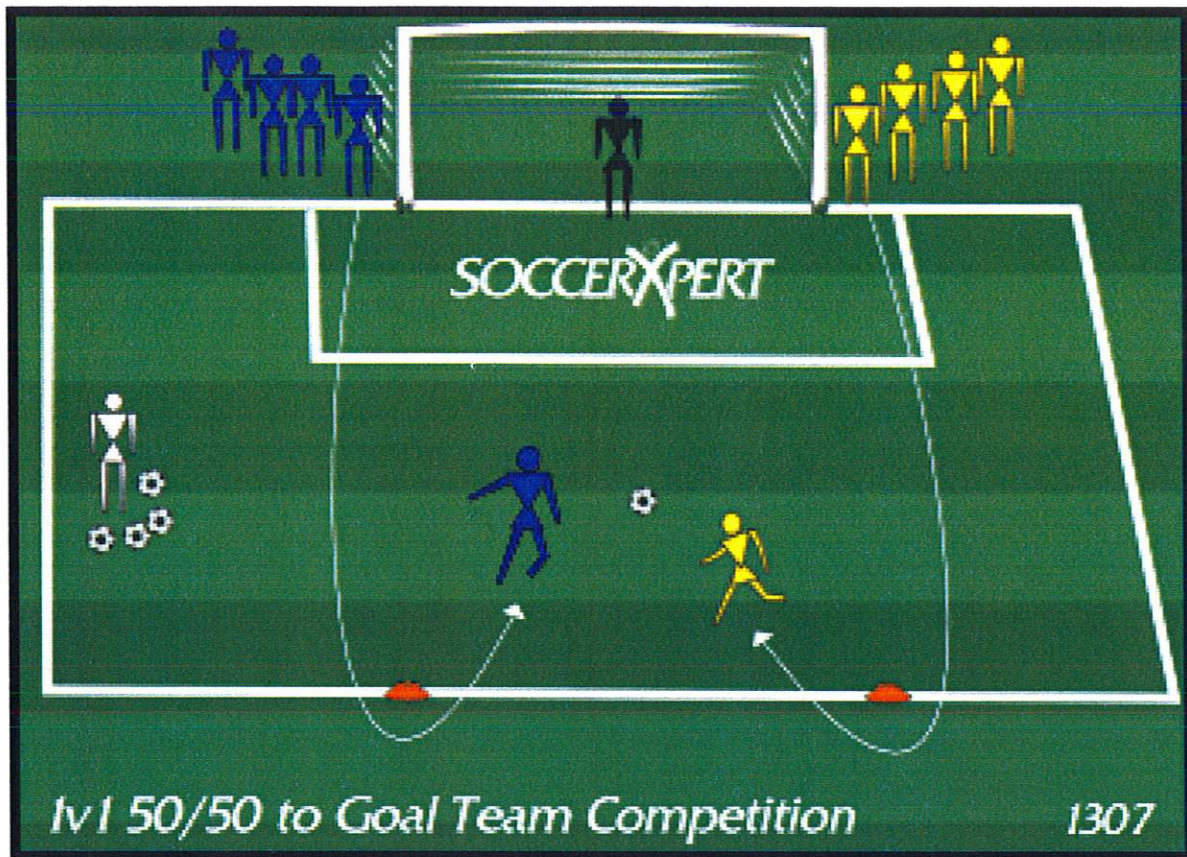
Make sure the players keep the ball close so they can stop quickly.

Drill Variations

- Have the players dribble with only the right or left foot.

1v1 50/50

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



Split the players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Drill Instructions:

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

The players should battle each other for the ball and either player can score a goal once possession is won.

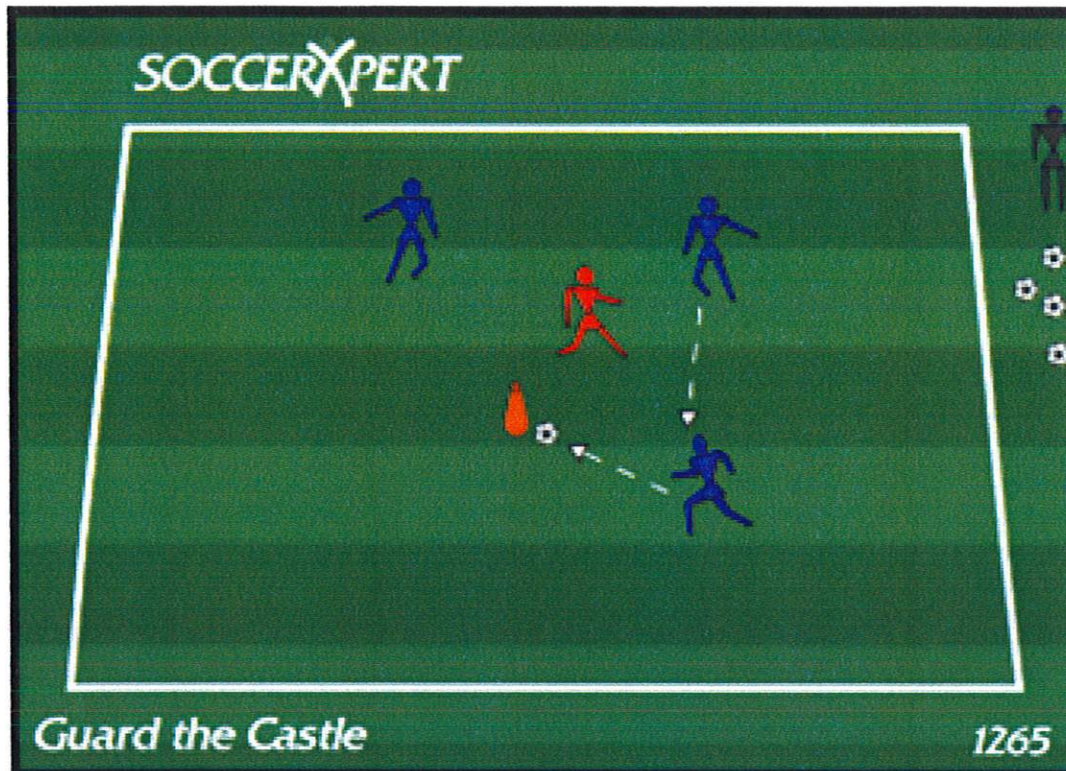
Players should be instructed to:

- 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.

Guard the Castle

Drill Objective:

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!



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.

Drill 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.

Drill 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.

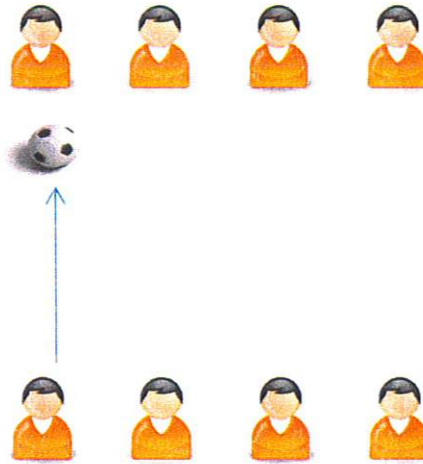
Make sure players are making the easiest decisions when passing.

Drill Variations

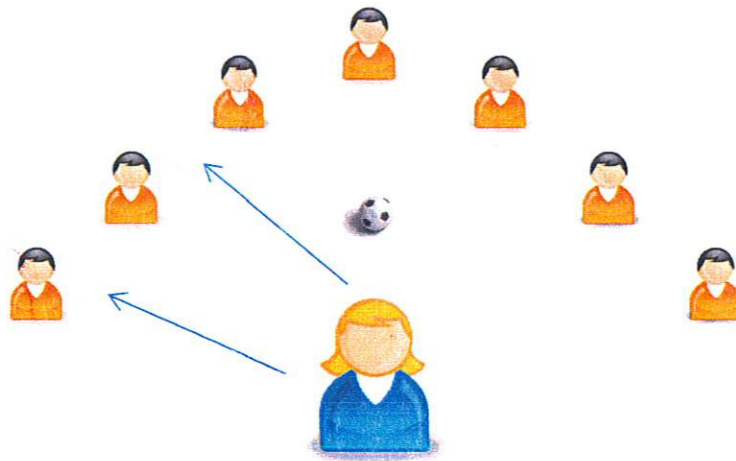
- Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- Require players to complete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

Passing Drills:

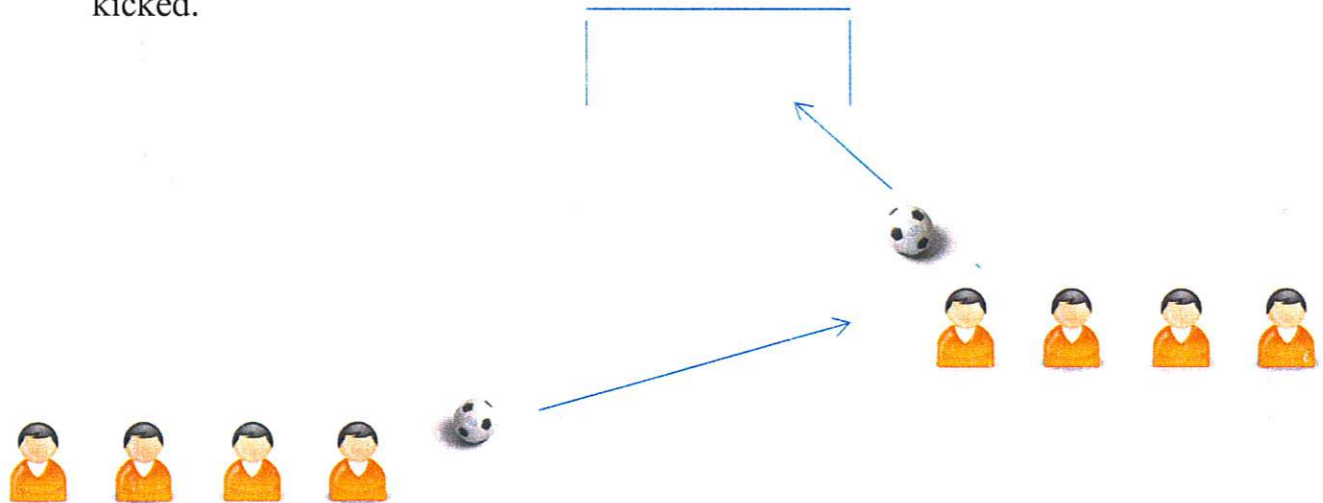
1 Players line up opposite each other and pass.



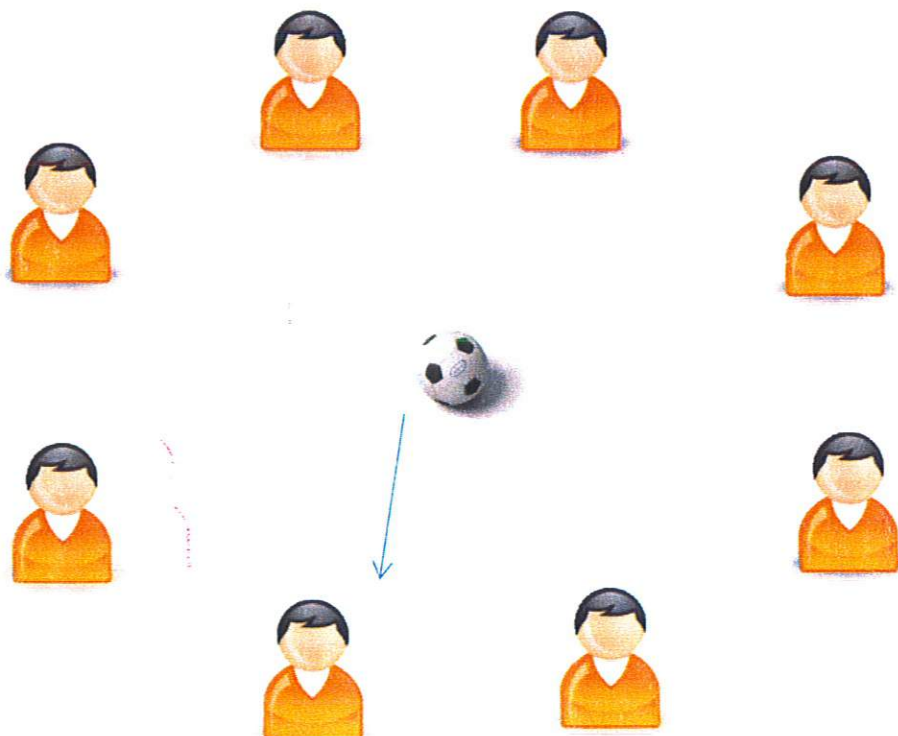
#2 Coach passes to each player in turn.




3 Player from side 1 passes to player on side 2. Player on side 2 stops pass then directs ball to goal and score a goal. Player from side 2 then rotates to the end of the line on side 1. After passing the ball, player from side 1 rotates to the end of the line on side 2. Continue rotation until all players have passed and kicked.



4 Play "hot potato" or "keep away".

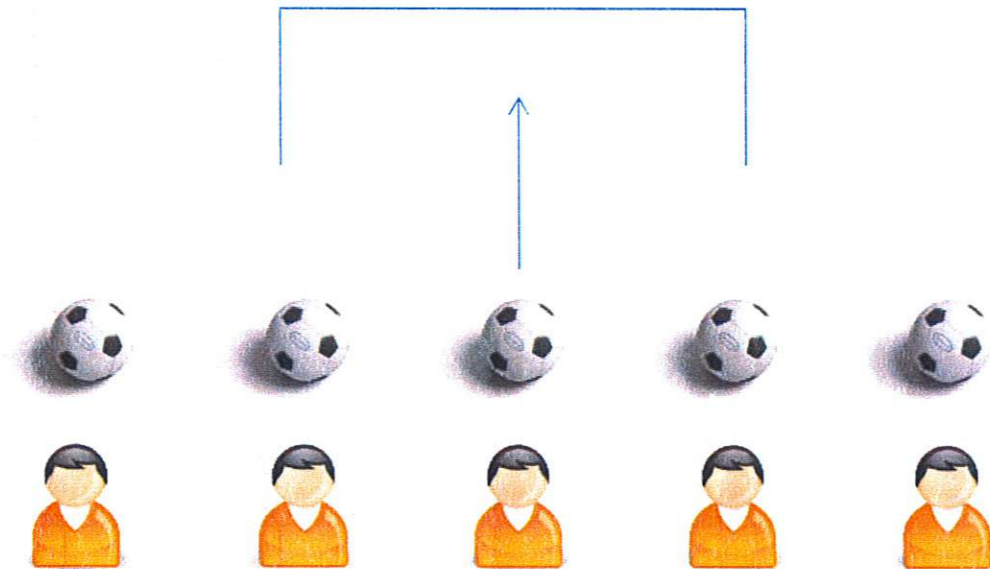


Dribbling Drills:

#1 Players dribble around  cones.



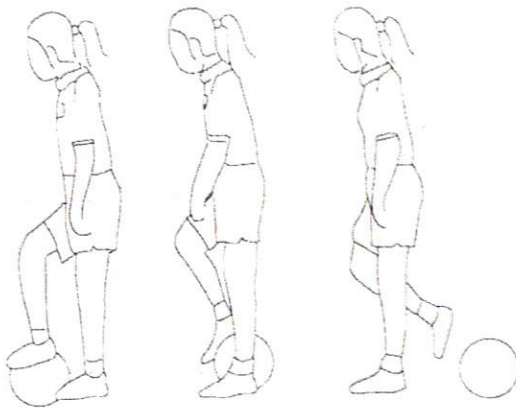
2 Players dribble one at a time from center of field to goal. Kick ball into goal and return to middle line.



SIMPLE SOCCER MOVES FOR PRESCHOOLERS

The following are "moves" or ways to "beat" opponents. Preschoolers are capable of completing these "moves" and generally like to go home having learned a new "trick". Some children will become capable of using a "move" to change direction and then speed away from their opponent.

It is best to practice these yourself to become semi-proficient before teaching them to children.



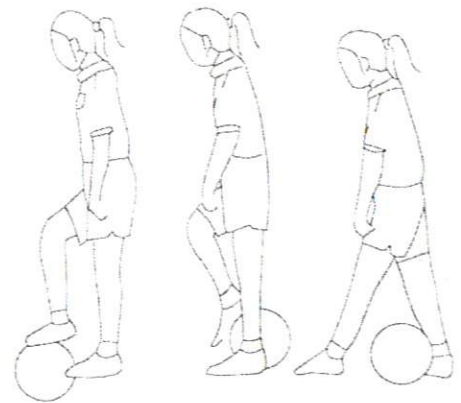
The Drag Back

The Drag Back

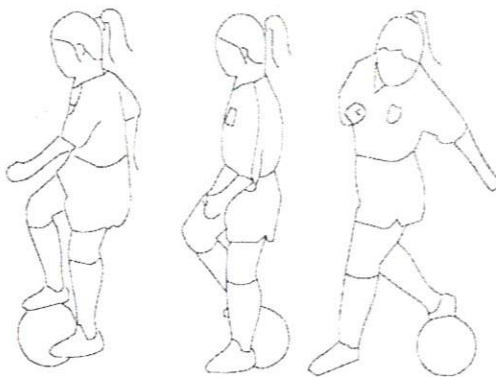
Drag the ball back behind you by putting your foot on top of the ball and move it backwards, putting the ball behind you.

The Super Drag Back

Do the same as the drag back except turn your foot sideways and down to stop the ball from rolling back far. You may then proceed to do it again if necessary or to continue on in another direction.



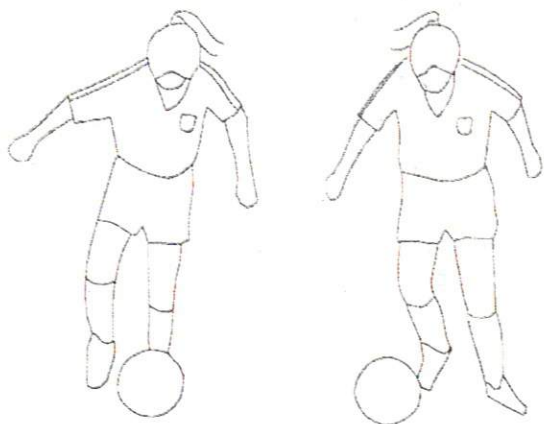
The Super Drag Back



The "L" Move

The "L" Move

Drag the ball back with the bottom of your foot, then play it with the inside of your foot behind your standing foot. For left footers, the ball will make a letter "L", for right footed players, the "L" is backwards.



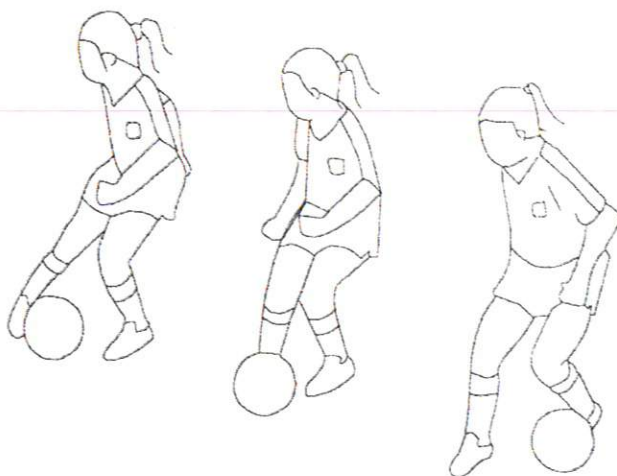
Inside Outside

The Inside Outside or Zig Zag Move

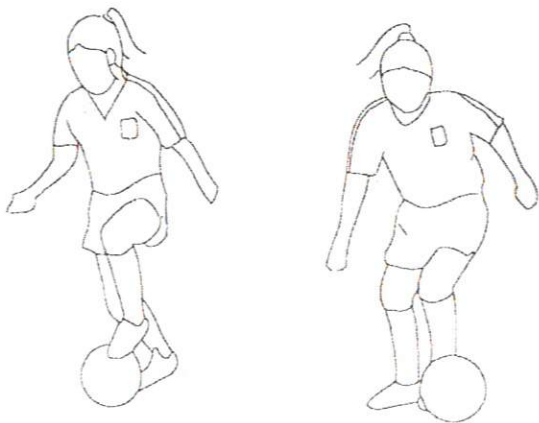
Play the ball forward with the inside of the foot, then with the outside of the foot change the angle at which the ball moves forward. This will produce a zig zag pattern when repeated several times. It is important to speed up once you have changed direction, so that you will get away from potential opponents.

The Cut Back

In this move, play the ball to your side, then cut the ball back across your body with the inside of your foot without following through once you cut the ball.



The Cut Back



The "V" Move

The "V" Move

Drag the ball back with the bottom of the foot, then push the ball out again at a different angle with either the inside or outside of the foot, depending on which direction you would like to proceed. Speed up once you play the ball.

TRAFFIC COP

GOAL: *Change directions and stop as quickly as possible when the traffic cop signals.*

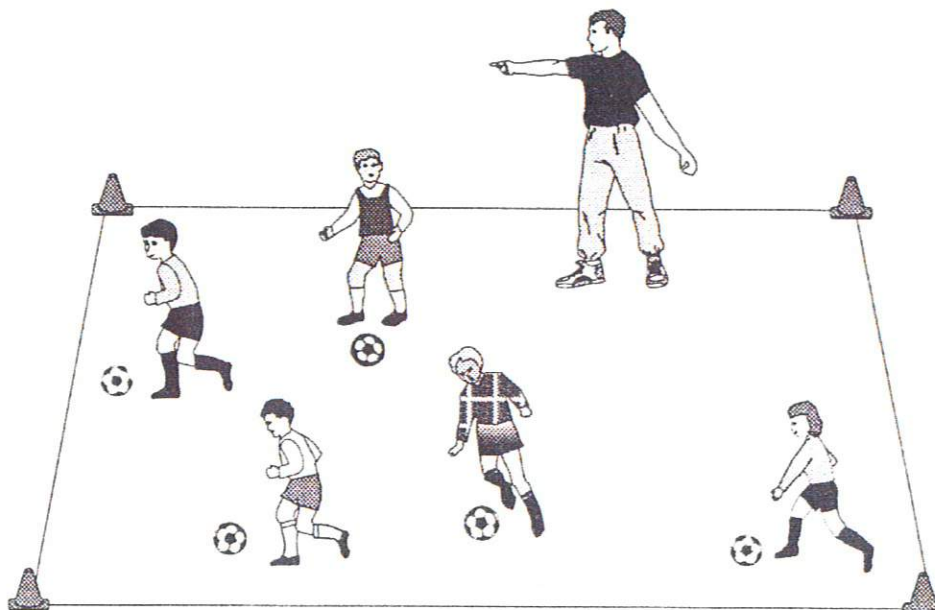
HOW TO PLAY: Explain the job of a traffic cop to the children, and ask them to pretend their balls are cars. Ask the children to dribble their ball (car) in each direction that you (the traffic cop) point to. Change directions two or three times and have the children put their foot (parking brake) on the ball when you put your hand up to stop them.







NOTES: The objective is for the children to learn to dribble the soccer ball while looking up from the ball and reacting to visual stimulus. Initially most of the children will not look up from their balls. It is tempting to continually tell them to stop or change direction, particularly when you find that some kids will end up in the next state unless you tell them to stop or change direction. A tip that usually works is to praise loudly the first players to change direction on your visual signal. The other children will also want to be praised (for looking up from the ball) and will start to respond to your signals.

Four Year Olds - Most will find it difficult at the start, but by playing it regularly they will develop the habit of looking up from the ball.

Five Year Olds - Similar to four year olds except they tend to adapt to the game quicker. Continual praise for those who turn or stop quickly keeps them eager to play. This is an excellent game to start each session. If they seem to lose enthusiasm for the game, a group challenge works well. Ask the group if the whole team can stop within five seconds of the signal, four seconds, etc.

SOCCER KIDS' SKILLS: Dribbling, ball control



	each
	0
	4
	0
4 years	
5 years	

PARKING BRAKE

GOAL: Stop the rolling ball as quickly as possible by putting the foot on top of it.

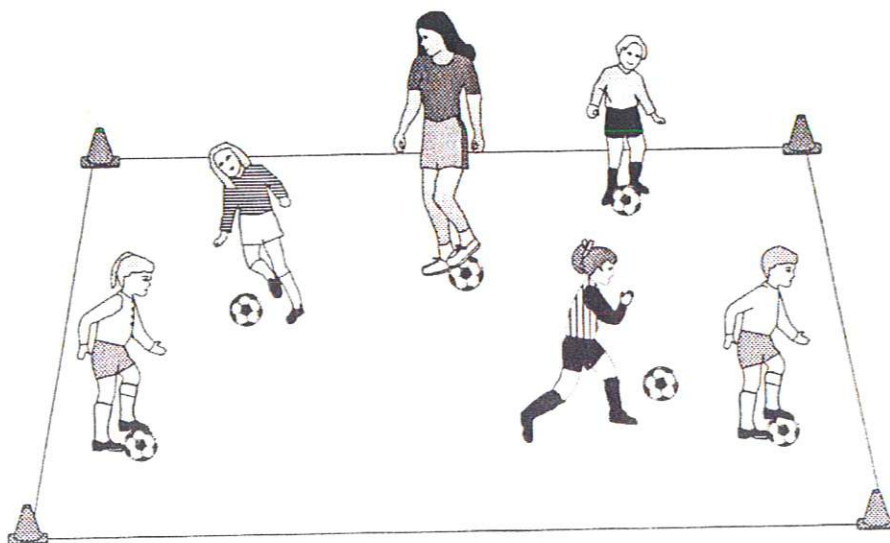
HOW TO PLAY: Start the game by asking the children to put a foot on their ball. This is their parking brake. The children kick their own ball away and must run after it using their "parking brake" on the rolling ball before the coach yells "stop". Repeat several times.







NOTES: The ball rolls better on a harder surface. On grass the ball may stop before the children have a chance to put a foot on the ball. If this happens, the children will still learn how to stop the ball. You may help by kicking a ball to each player so that they may practice with a rolling ball.

Four Year Olds - Most will need plenty of repetition to help with mastering the skill.

Five Year Olds - Most will master the skill early and will become bored with too much repetition. Some may experiment by using the side of the foot to stop the ball.

SOCCER KIDS' SKILLS: Ball Control



	each
	0
	4
	0
4 years	
5 years	

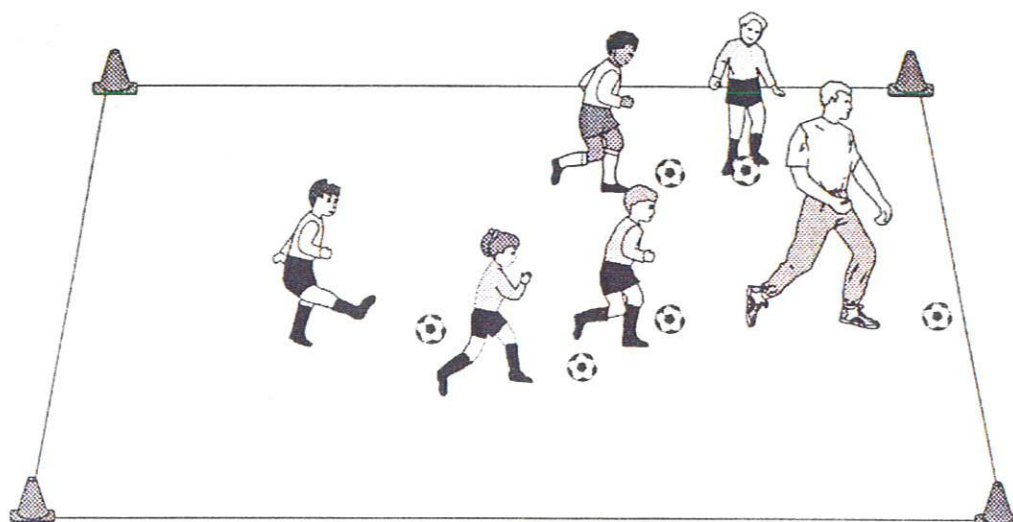
ROAD TRIP







GOAL: Use a variety of soccer skills, i.e., dribbling, stopping and turning, while traveling to a chosen destination.

HOW TO PLAY: Each player has a ball and travels along a variety of routes to a destination (for example, to the beach). The roads have varying speed limits and obstacles, including: roadworks, accidents and traffic cops. Coaches instructions include: speed-up, slow-down, stop and turn around.

NOTES: Be creative, for example, "there's a dinosaur in the road!" Ask the players where they want to go today. Allow the children to suggest the obstacles.

SOCCER KIDS' SKILLS: Dribbling, control, stopping, turning.



	each
	0
	4
	0
4 years	
5 years	

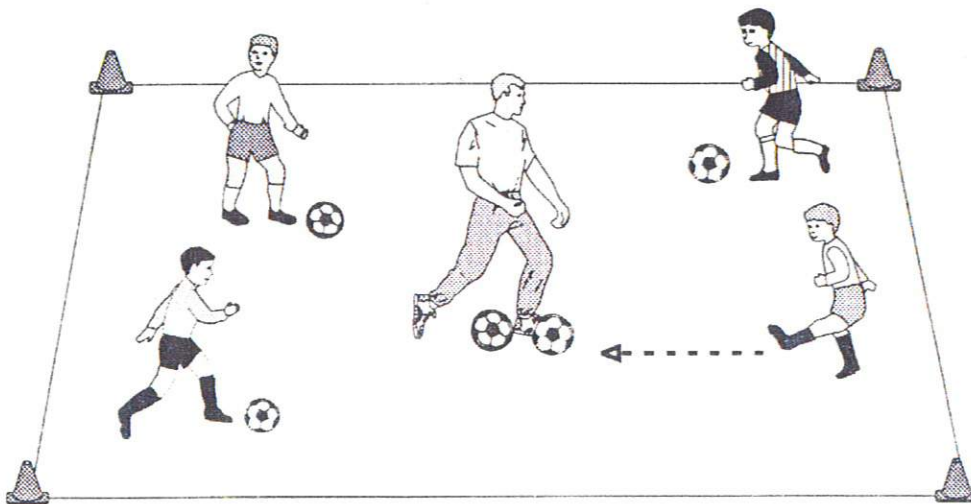
BUMPER CARS

GOAL: Bump their "bumper cars" (ball) against your "brand new car" (ball).







HOW TO PLAY: Explain what bumper cars are and ask the children to pretend their ball is a bumper car. The children try to bump their car into your "brand new car". Dribble your ball around the playing area and ask the children to see how many different parts they can knock off your car by kicking their ball against yours.

NOTES: Move away from the children who are having plenty of success. Dribble towards those children who need to experience success. Encourage the children to take small kicks and to keep their head up from the ball to see where they are going. The game itself will teach them when to change direction with the ball. In this game you, the coach, must have a ball for yourself. At the end of the game when the coach's "car" is totally "smashed up", it is a good idea to bring the children together and recap the different parts of your "car" that they broke. Ask them who broke each part and encourage them to say "we did" in response.

SOCCER KIDS' SKILLS: Dribbling, turning with the ball, ball control



←-----
Ball Movement

	each
	0
	4
	0
4 years	
5 years	

SHARKS AND FISHES

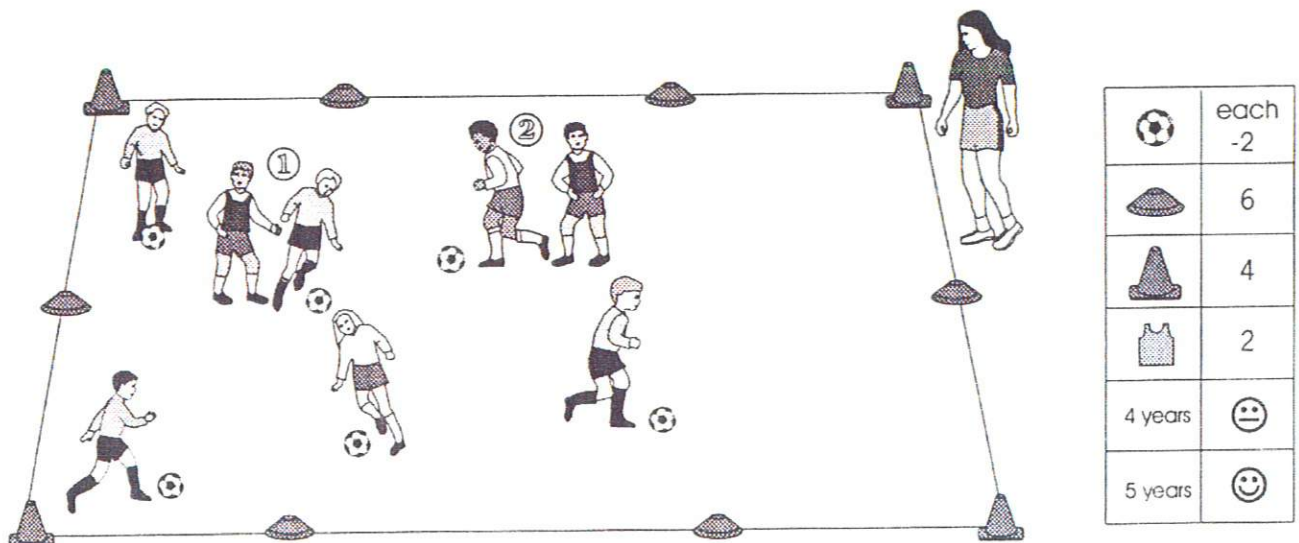
GOAL: Keep the ball away from players (sharks) who are trying to steal the ball.

HOW TO PLAY: Two players are given pennies and become sharks. Their job is to kick the other players (fishes) balls out of the playing area (swimming pool). Players try to stay in the pool. If their ball is kicked out, they retrieve it and go back in to the pool. Rotate sharks.

NOTES: If their balls are kicked out encourage them to bring the balls back into the swimming pool. Try to let everyone who wants to, have a turn as shark. Explain and demonstrate what shielding is (i.e., turn sideways towards the shark and keep the ball on the opposite side of the body from the shark). Some four and five year olds may not want to participate because other children may kick away their balls. Encourage participation while at the same time remaining sensitive to the fact that some children may not want to join in.

Many four year olds and some five year olds find it difficult to stay within the coned boundaries of the "swimming pool". While it is fine for them to participate outside the area, it is important that you do not allow them to stray too far for both safety reasons and achieving the objectives of the game. For five year olds who need a challenge, designate children as winners if they are inside the pool at the end of a certain time period. One minute is enough. However, it is a good idea to end the time period when a high number of children will have success by being inside the pool.

SOCCER KIDS' SKILLS: Dribbling, stealing (tackling), and shielding, i.e., keeping the ball on the other side of the body away from an opponent. See the diagram below of shielding by players #1 and #2.



BULLDOG

GOAL: Dribble and keep possession of the ball while avoiding the "bulldog".

HOW TO PLAY: Players line up at one end with one ball each and try to dribble to the opposite end (home) by avoiding the "bulldogs". The bulldog attempts to kick the ball out of the play area. Any player who loses the ball becomes a bulldog. The players wait on the opposite line to get past the increased number of bulldogs. The coach says "go" each time. Repeat until there is only one player left.

NOTES: Boundaries start to become important in this game.

SOCCER KIDS' SKILLS: Dribbling, shielding

