

# ***Soccer Drills and Practice Plans***

Your Guide to Better Soccer Coaching!

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## Introduction – How to Use this book!

Soccer coaches are constantly on the lookout for drills and skills that are going to make their players better. Further, being able to put those drills together with a practice plan to reinforce those skills makes it all the more effective. That's going to be the goal of this guide.

### Practice makes perfect

We have all heard that saying, and it really is true. Repetition of skills is the best way to get your players to perform better. Knowing what to do when the opportunity presents itself is one of the hallmarks of a good player. The more you practice, the more inclined your players are to do the right thing at the right time. Skill development is essential to having a good soccer team.

Practicing the drills included in this book are going to help your players continue to develop their playing habits and improve their overall skill level. We have divided this book into three different skill areas that you can focus on:

- Ball Control
- Passing and Shooting
- Soccer Tactics

The drills included in this book will range in skill / age level based on their difficulty. Some of the more advanced drills you certainly aren't going to use for U-8 or U-6. Likewise, the more basic skills, like kicking the ball and receiving it, aren't going to be reinforced if you are at a U-17 level of soccer.

Each drill's skill level will be denoted by the following symbols:

**Beginner** (U-8 and under):



**Intermediate** (U-8 to U-14)



**Advanced** (U-14 and up)



## **Planning practices**

After you have a few more drills under your belt, it is important to structure those drills into an effective practice. We will also include 25 different practice plans to use throughout a season. Each of these practice plans will be geared towards a specific skill or set of skills and each will continue to build off one another.

You don't have to use all of the practice plans! We have included several different ones so you can choose the ones that work best for you and your team. As a coach, you will probably only choose the ones where your team needs the most attention. With our practice plans, you can simply print the ones you want off your computer and you will be ready to go!

## **Ready to go!**

The first section of this book will be the various drills, divided into three separate sections. Then you will notice those drills included in the practice plans we have provided for you in the second half of the book.

Once you have gone through this book, you will be armed with a number of great drills and an idea of how to implement them for your team! Then, you watch as their skills get better and you become more confident as a coach!

## **Best of luck!**

## Ball Control and Defensive drills

Ball control could be the most important element of the game. In order to score goals on the field, you need to be able to get and maintain the ball. This involves shielding it, dribbling it, and using different skills to do so. In this section, we will take on some of the soccer skills that are going to help your team improve in this area. **Make sure you look for symbol indicating what age group the drills are for!**

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### Put your foot down

Stopping the ball is the first step in gaining control of it.

**What you need** – Depending on the number of coaches you have, you might be able to run more than one line. All you need is a ball, and your players in single file lines facing you about 10 yards away.

**How this drill works** – You need to roll the ball toward your players and they need to stop it by putting their foot on top of the ball. This is actually more difficult than it sounds for many kids – and that is why it is important to do it.

You can vary the difficulty of this drill as kids get the hang of things: make them go to their right or left to stop the ball, and you can roll the ball harder.

**Results** – After repeating this drill time after time, you will notice a significant increase in the ability of your players to stop and control the ball before moving on.



### Short dribble

Dribbling is another skill that must be mastered. Aside from kicking the ball downfield, this is the way to move the ball into opposing territory.

**What you need** – In this drill you can set up a couple of lines with an area of about 10 yards to work with. This will be a shorter dribble

**How this drill works** – In the first line, you need to get players to work the ball back and forth between their feet, over 10 yards. This will help them dribble the ball in a short area, and also build up the dexterity in both of the feet. You can shorten up the area if you want, and you can also ask the kids to try and keep their head up as they try to dribble the ball in that area.

**Result** – With a little bit of repetition, your players will soon master the skill of dribbling in a short area, using both feet to handle the ball.



### **Long Dribble**

As a child is bursting down the field and they have to be able to carry the ball with them. The short dribble requires too much attention and lacks speed.

**What you need** - Set up two lines, and extend the area that the players dribble the ball from 10 yards to 40 yards.

**How this drill works** – In order to build the long dribbling skills of your players they need to be taught to kick the ball far enough ahead of them, in stride, so they can take a few full strides when they run. Coaches should start out by getting kids to use their dominant leg and to kick the ball and then run after it. Once kids can simultaneously kick and run (dribbling), then you can try it with their non-dominant leg.

**Results** – Kids will naturally learn to kick the ball far enough in front of them so they can run with the ball, rather than have to short dribble the ball ahead of them – taking much longer.



### **Stop, turn and dribble**

This puts a couple of the skills together into one drill that will help them learn the basics of soccer.

**What you need** – Set up a pylon (or two for two stations), and have the children line up facing the coach.

**How this drill works** - Roll the ball (or kick it) to the players, have them stop it and turn to go outside the pylon and then short dribble for 5 yards. To make it more difficult, have the players stop the ball and then turn to their non-dominant side.

Working both sides will help the players learn to go either direction to get out of trouble when opposing players attack them.

**Result** – The players will be able to control the ball better, and then they will be also be more confident in stopping the ball and then taking off with it down the field.



## **Spaceman**

Getting rid of the 'pack' mentality is important early in soccer. Spacing between players is a good skill to learn.

**What you need** – Give all of the kids in the group a soccer ball. Place 4 pylons equal distance apart, creating a squared area of about 25 yard by 25 yards.

**How this drill works** – Give the kids a ball and have them make sure they are equal distance between each other to start. They should be about 10 to 12 feet away from one another. When the coach blows the whistle the players must dribble the ball around the inside of the pyloned area.

Players must try to maintain that 10 to 12 feet between all of the other players on the field. The only way they are going to be able to do this is to keep their heads up and make sure they know where the other players are. Coaches should emphasize the importance of spacing when players are passing and trying to move the ball.

**Results** – Your players will gain the skill of dribbling with their heads up (seeing the field), and also making sure they maintain appropriate space between each other.



## **Stuck in the mud (game)**

This incorporates the game of frozen tag with the ability of the players to keep control of the ball.

**What you need** - You will need three or four players that are going to dribble around to try and tag players (who are also dribbling).

**How this drill works** – Players will be able to have a little fun by playing a game that forces them to use the skills they have learned, combined with a game that children love to play.

Players need to keep control of their ball and elude the taggers. If they are caught, they must wait standing with their legs open and their arms out. Other players still in the game must put a ball between the players' legs in order to set the player free.

This works on skills like dribbling, keeping the head up, and gives the kids a chance to exercise their skills while playing a game.

**Result** – Fun!



## Finger Game

This is continued learning and reinforcement of dribbling with your head up.

**What you need** - Place four cones in a 30 yard by 30 yard area. Give all of the players inside the square a ball. The coach will be in the middle of the square.

**How this drill works** – All of the players should be evenly spaced out, with the ball, ready to dribble. When the coach blows the whistle, the players will dribble around the square, maintaining space and keeping their head up.

At different intervals the coach will hold up his or her hand and display a certain number of fingers. The players must shout out the number of fingers the coach is holding up. Players who don't see it, or aren't looking up at the hand, are eliminated. After eliminating a few players, you can make the square smaller, emphasizing shorter ball control skills.

**Result** – Players are going to continue to develop their ball control skills. Along with that players will get the knack for being able to dribble the ball with their heads up.



## Truck and trailer

More ball control skills but this time it forces a player to mimic the direction of the person in front of them.

**What you need** – Two players are partnered together with two balls.

**How this drill works** – You might think this drill is simple, but it can actually be used at all levels. It is far more difficult than a coach might think, but it develops excellent ball control skills.

As a truck and trailer would do, one must follow the other. The player in front must dribble the ball, change directions, move around, sprint, run, etc... the player behind is the trailer and must keep within a few short paces of the truck.

This forces a player to watch what the player ahead of them is doing, but also to maintain control of the ball so they can follow the player close enough. To complicate the drill further, add a tandem trailer!

**Results** – Another ball control drill that will help players learn to work in close quarters and to quickly react to what others are doing and still keep control of the ball.





## Shielding the ball

Players will have to learn to shield the ball from defenders, while maintaining control

**What you need** – Players should be paired up with someone close to their own skill level and one ball should be given per pair.

**How this drill works** – The player with the ball will use a combination of their short dribble and their long dribble to keep the ball away from the other player. When the coach blows the whistle, the player with the ball has to stop the ball, keep control and get their body in between the opponent and the ball.

The object is not for the defender to take the ball, but rather for the ball carrier to maintain control of the ball, and to get their body in the way of the defender to protect it. To do this effectively, they will need to have their head up and on a swivel to identify the direction the player is coming from. If the defender can touch the ball with a toe, then the two players switch sides.

**Result** – Those controlling the ball will learn to control under pressure and to shield themselves from defenders when in tight.



## Body part control

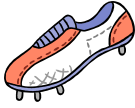
Players must begin to learn how to stop and control the ball with other parts of their body – including their head, chest, midsection, inner thigh and inside of the foot / ankle.

**What you need** – Players can be in two lines, with coaches tossing, rolling or throwing balls from on each side.

**How this drill works** – Coaches should challenge the players to control the ball when it comes to them from a variety of directions and speeds. Learning to get into position, and cushioning the ball is extremely important.

Coaches should toss the ball so it reaches the player at a variety of angles, with the player needing to determine how they are going to receive and control the ball. They are going to need to learn how much cushion to give the ball, and with what part of the body to control it with when in the air.

**Result** – The ball comes to players at a variety of different angles – it doesn't always come in a nicely-wrapped pass. This drill will help them learn to control the ball no matter where the ball comes from.

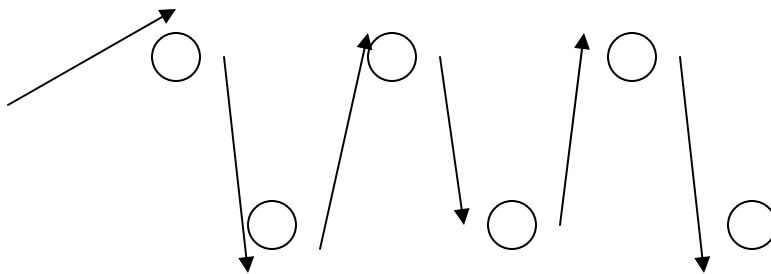


## Z Turns

Players should learn to gain control of the ball and maintain it while changing direction.

**What you need** – You will need to set up a pylon course that will facilitate players moving from side to side (see diagram). Two lines can be set up so players can get more repetition.

**How this drill works** – Players will need to dribble with both feet in this drill and keep control of it as they negotiate a course similar to the one below:



Players will need to use both feet to keep their ball under control, and they should try to negotiate the entire course with a few stops as possible.

**Result** – Better ball control, and improvement using both feet to dribble.



## Control on the run

Players need to learn to be able to control the ball (from a pass, throw in, or deflection), while they are on the run.

**What you need** – All you need is a line of players that are ready to get into a full sprint and looking for the ball to come to them.

**How this drill works** – Once the players are ready to run, they can take off at a sprint with the player looking back at the coach. The ball is going to come at them either as a pass, a lob, or even just a deflection making the ball tough to gather and control.

**Result** – Players are going to be at a slow jog or run a lot during a game of soccer. The ball doesn't always come to them nicely, so they need to learn how to control the ball while they are going full speed.



## Sharks and Minnows

A great game for players to learn to keep their head up and keep control for the older players.

**What you need** – Give all of the players except two or three, a ball to control and dribble around a given area.

**How this drill works** – This drill is to help players continue with their ball control skills while having a little bit of fun playing a game. The two or three players without balls are going to try and take the balls away from the other players that are trying to maintain control.

If a player has their ball taken away, then they go on the offensive and try to take away the ball from other players. Put something on the line and have players that finish up without a ball do laps, line or maybe even pushups.

**Result** – anytime you play a game like this one, your players will gain a little bit of conditioning, but they also have a chance to continue honing their skills in a fun way.



## Quick control

Being able to change directions and get your bearing to control the ball when the pace is fast is a good skill for players to learn.

**What you need** – One player should be in the middle of a circle of five or six other players. Each circle should have three balls.

**How this drill works** – With the player in the middle, they must keep their head on a swivel and listen for their players calling to them to receive a pass. Once a player in the circle calls (to your right, left, behind!) then the player in the middle must turn in their direction and get into a ready position to receive a pass.

The players in the circle are very important in this drill. They need to give the player a variety of passes to try and control. This will develop the quick reaction skills. You can vary the difficulty of the drill by increasing the speed in which players call out their direction – or, add another ball.

**Result** - Players will be able to make quick decisions when they hear their players call for passes, and to control them quickly.



## Fighting Roosters

Keeping the ball from someone who is trying to get it is a fundamental ball control skill for older players

**What you need** – Pair players up of similar skill ability. Give them two balls between the pair.

**How this drill works:** Each player has a ball and they are moving about a relatively small area (10 x 10 yards). During this drill, each player has to maintain control of their ball, but tries to touch the other player's ball with the toe of their foot.

Players will have to maintain control of their own ball during this drill, and cannot gain a point for touching the other person's ball if theirs isn't controlled. Players should be working on keeping their head up, focusing on the ball and then trying to get into their opponent's space to touch their ball.

**Result** – Your players will become more aware of what is going on around them. They will have to keep their ball under control, but still score points on the other players by touching it.



## Target Man

Creating space to receive and control a pass is crucial for ball control at higher levels.

**What you need** – One player (you can use goalies) will be in the passing line, another in the receiving line and another in the defending line.

**How this drill works** – The player in the receiving line will need to spring out from the middle of the practice field to the side, with the defender in tow (about 20 yards away from the passers). At this point, the passer will kick the ball to the target man (receiver). The receiver must create an area for him or her to receive the pass and keep the defender from intercepting it.

This is an important element of ball control. One of your players has the ball and is trying to pass it to another teammate. If it is intercepted, you lose ball control.

**Result** – Players will learn to shield the defender from the ball to allow the pass to come to them unimpeded.



### **Catch the tiger's tail**

This drill is like Fighting Roosters, but there is only one ball. Creating space and using your arm to create a zone around you are skills players should be working on in this drill.

**What you need** – Match players up with similar skills. Give them one ball between the pair.

**How this drill works** – This is a way for players to feel real defensive pressure as their opponent doesn't have a ball this time while they are trying to get it. The defender doesn't try to take the ball away, but they do try to do any of the following: cause a loss of control, to nudge the ball away from their opponent, or to simply touch the ball with their toe.

Coaches shouldn't be afraid to let players go for a couple of minutes, and then insert coaching tips when the whole group is listening. Try to emphasize using the arms to keep a player at a distance, using the body to create a barrier for the defender, and to maintain ball control and keeping the head up.

**Result** – This is a great drill for players because each side will compete with each other to get control of the ball. Players should switch up each time the defender contacts the ball, and keep score in the match.



### **Long pass control**

Often players will need to control the ball off of a long pass from midfield into the attacking zone.

**What you need** - One line of passers (or just the coach passing with two stations of players).

**How this drill works** – The pass receivers will streak down the side of the field and the passer from the middle will kick the ball deep to the player going down the field. The player receiving the pass will have to control the pass either in the air or off of the bounce.

It is important to stress the different ways that a player can try to corral the pass (head, chest, thigh, etc.). To make the drill more of a challenge, add a group of defenders to follow the player down the field.

**Result** – Better long pass control for your team.



### **One on one's**

One on one skills are important to develop – both for ball control and for ball handling.

**What you need** – Pair players up with opponents of equal skill. Give each player an area of about 10 yards wide by 20 yards long. Put a small goal (pylons) at the end of each side.

**How this drill works** – This is a good old-fashioned game that pits two players against one another. This is just a microcosm of the game situation that needs to be understood and perfected for players to get to the top of their game.

The players need to get the ball away from each other and try to get it into their opponent's goal. Players must be no further than a couple of steps (uncontested) away from their opponent's goal in order to score. Kicks from the other side of the playing area do not count as goals.

Emphasize keeping the ball protected, good ball control, and dribbling skills.

**Result** – Players will be able to build their one on one skills and get the feeling of playing in a tense game situation.



### **One touch, one bounce (juggling)**

This is a drill that builds a player's body and eye coordination, and their ball control skills.

**What you need** – Each player gets his or her own ball, and they need an area of about 5 yards by 5 yards.

**How this drill works** – Many veteran soccer players will be familiar with this one – mainly because they have probably done it since they were kids. But, it is a great ball control drill. Have the player contact the ball with an area of their body (instep, knee, toe) and kick the ball (touch) about waist height. Then the player needs to let the ball bounce on the ground. Then they hit the ball again with one of the areas of the body, let it bounce, and so on. Do this 20 times.

Increase the difficulty over time by increasing the number of touches in a row (2 touches, one bounce, 3 touches, one bounce, etc.) Alternate feet.

**Result** – Excellent ball control skills built over time.



## Head control

Players need to be able to use their heads to control the ball when it is up in the air.

**What you need** – You need partners paired up with a ball.

**How this drill works** – Using several different types of passes, the players need to learn to control the ball using their heads. It is one thing for the player to leap up and head the ball forward, backward or in any direction it springs from their head.

But, it is clear that the head is a valuable tool to control the ball when it is up high. This is what players need to work on. Using their head to direct the ball to their feet where they have more control.

To do this, each player tosses or softly kicks the ball in the air for the other player to get under and use their head to control.

**Result** – Players will learn to use their head not only to advance or retreat the ball, but to control it at their feet.



## Break the concentration

Being aware of the action around you is important to keeping control of the ball.

**What you need** – Four passers staggered over a 20-yard straightaway. Each of the passers has a ball. There will be one dribbler at the start of the 20 yards.

**How this drill works** – The object of the game is to try and break the concentration of the player dribbling the ball along the 20-yard course. The passers will kick their ball towards the player dribbling the ball at half pace down the field.

The ball carrier should attempt to dodge (or field, if they can) the balls that are being kicked at them. All of this while maintaining control of the ball. What this requires is good ball control skills, keeping the head up, and good dribbling.

**Result** – There are a lot of distractions during a game, and a player must be able to maintain their focus and be able to react quickly to the certain situations during the game. They'll learn that in this drill, or they will get hit with the ball.

## Passing and Shooting

Now that ball control is mastered, your players need to know what to do with the ball to either advance it, or to score with it. Passing and shooting are the next skills that the players are going to have to practice. Accuracy and proper technique are important in both areas, and the drills that you see in this next chapter are going to help your players excel in these areas.

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### Inside the foot

This is the primary passing area used by soccer players and should be learned properly at an early age.

**What you need** – Have two rows of players line up across from each other about 8 to 10 yards apart, depending on their skill level.

**How this drill works** – This is a basic skill to learn for younger players (nonetheless important), and the drill itself is just as basic. With the players facing each other, they must pass the ball back and forth, focusing on: passing the ball using the instep of their foot and stopping the ball for ball control.

**Result** – Players will soon learn the appropriate area they need to contact the ball and continue working on pass reception and ball control.



### Marbles game

Passing accuracy is important to maintain control of the ball.

**What you need** – Put together four or five players in a group and give them each a ball.

**How this drill works** – The first player will ‘pass’ the ball, about 10 yards in front of them. Then, the next player tries to ‘pass’ the ball to hit the other ball. Then the next player and the next player, with each player trying to aim for and hit person’s ball previous to them.

**Result** – With players using their proper passing skills, they will develop proper distance and accuracy each time they try to get the ball to hit the person before them.





### **Passing circle (1<sup>st</sup> level)**

Players will need to learn to be aware of a pass coming from them at any time.

**What you need** – Create two or three circles of players with one ball for each circle.

**How this drill works** – At first, you should use one ball for this drill, but as players get better, you can add two, or even three balls.

With players around in a circle, one player starts off by passing it to a teammate within the circle. The player receiving the pass must stop the ball, and then pass it to another player. As players get better at this drill, the passes will become quicker, and the players will need to be more aware of what is going on in order to receive the pass.

As mentioned earlier, you can increase the level of difficulty by adding a second ball, and if the players are up for it – a third ball. Proper passing and pass reception is important.



### **The Big Kick**

Players should learn the proper shooting technique when they are young, so they can build power as they gain experience and age.

**What you need** – You need a couple of nets (or goals set up), and two lines of players equipped with balls.

**How this drill works** - Often times, younger players will simply stride into the ball when they are running in order to kick it. While the intent is good, learning to do this properly starts with learning the proper stationary kick.

Go through the proper shooting form – planting foot, contact point and then the follow through with the kids and get them to kick the ball at the net. Most kids will want to try and kick the ball hard, but get them to slow down and try to keep things under control so they can learn to kick properly.

You can ensure the players that they will learn to kick it harder once they learn how to kick it properly. Watch their progress, and you can even mark how far a child can kick the ball as the year progresses.

**Result** – Ultimately this is a drill that teaches kids the fundamentals of shooting the ball. Power and accuracy will come down the road.



### **Hit the runner**

Similar drill to the learning to pass receive on the run, this one focuses on how to pass to players that are running.

**What you need** – Two lines; one with passers and one with runners. You can have two separate groups for this if you have the numbers.

**How this drill works** – First, explain that you need to lead the runner with the pass in order for them to get it in stride. Show them how much harder it is to receive the ball if it is behind you than in front of you.

As the runner takes off, the player will have to try and gauge the speed of the runner and send a pass to that player. The runners should try and vary their speed – not always running as fast as they can, but sometimes just jogging and other times maybe just standing still in the line.

Make sure the runners are also working on their pass control skills (stopping the ball, and gaining control).

**Result** – As the marbles game helped players learn stationary accuracy, this drill will help the player learn to pass accurately to a player that is moving.



### **Target Shooting (1<sup>st</sup> level)**

Learning accuracy is a great tool for kids to learn at an early age. Finding the range is essential in scoring goals.

**What you need** – Set up a series of goals (maybe three or four) so players can get the most chance at shooting for the targets. Divide the players up into groups at each net.

**How this drill works** – Set up a target (it could be a pylon, a box, or a device that knocks over when a player hits it) inside the goal. Each player will have a chance to hit the target from about 10 yards out.

Each rotation that the players go through, you move the target to a different area of the net – so they have to adjust their shooting. The next step is to move the players back a bit so they have to kick the ball harder to get it to the target.

**Results** – Players will learn to develop a ‘range’ for certain areas of the net. As they get older, the difficulty level of this drill will change, and the areas they have to hit will be more advanced.



### Three-step passing drill

Rarely do soccer players ever use just one skill over and over again. Learning to use skills simultaneously is key to increasing their level of play.

**What you need** – You can have two lines of players that can participate in this drill. A coach will be needed at each line to conduct the drill.

**How the drill works** – Getting a pass, controlling it, and then making another pass to a player is something that will happen with regularity during the games. Players have to be able to make these transitions quickly to take advantage of certain situations.

The coach will pass the ball (from many angles and heights), and the player must stop the ball, control it, and then make a pass back to the coach.

In order to make the drill more difficult, you might consider adding another line to have running players receiving the passes so the player has to stop, control and then hit a moving target.

**Result** – Players would start to put together several skills at once. They will be able to use their skills simultaneously during a game.



### Target Shooting (2<sup>nd</sup> level)

Hitting targets on the ground is easy (1<sup>st</sup> level), but players need to start hitting parts of the net.

**What you need** – You will need to have a way to cordon off a section of a full sized net for players to aim at. You can divide the team into two groups.

**How this drill works** – This is pretty straightforward. Attach your target or target area to the net (or define the area the players have to hit) and then the players need to hit that area. Start these drills at 15 yards, move the target around, and then you can move the players back as they get better.

This drill will lead directly into the third level of target shooting when you can add in a goalkeeper if you want to, in order to take shots from the players.

**Result** – With the variation in shooting areas, your players will start to really fine tune their accuracy skills.



## Soccer Tennis

Proper form and control when kicking the ball is crucial to maintain the ball control and knowing where the ball is going to go.

**What you need** – Create a 20-yard by 20-yard area and then divide it in half with a rope. Put 5 players on each side of the rope.

**How this drill works** – Sometimes if the ball is bouncing around and players run up to the ball, they get so excited about the chance to kick the ball that their coordination goes out the window. In this game of soccer tennis the idea is to get players to prepare to kick the ball, and then to kick it accurately to the other side of the net.

The play starts with the ball being kicked (lofted) over the rope to the other side. A player must approach the ball, prepare to kick it, and then kick it accurately to the other side of the rope. If a player kicks it outside of the 20x20 area, then the other side scores a point.

**Result** – The anxiety of approaching the ball, preparing and kicking will dissipate over time. The more time one spends on this drill the more comfortable they will become in getting the ball.



## Passing circle (2<sup>nd</sup> level)

Add a few more balls and the players will have to know exactly where the ball is going to, and coming from.

**What you need** – Get the players into groups four to six players. Add three balls to the circle.

**How this drill works** – Now, instead of only having one ball in the circle for players to track, you have three. This places an emphasis on keeping your head up (while you are passing and receiving), accurate passes and good control with the ball.

If you want, you can jack this up a bit and tell the players they have to keep the control of the ball for no longer than the time it takes to stop it, control it and then pass it away again. This places a little ‘game-like’ stress on them and forces them to focus on their skills.

**Result** – Better passing, receiving and more awareness of the players.



## Distance Passing

Being able to judge how much leg you need to put on a pass is key.

**What you need** – Have two lines – one for pass receivers and another for passers. The line with the passers will need to have soccer balls.

**How this drill works** – Have the pass receivers start off at about 10 yards away and the passers must hit them with a pass. This is the simple part of the drill.

Next, have the receivers go to 20 yards away, then 40, then even 60 yards to see how accurate your players can be. They will soon understand what kind of kicking power is needed for the different lengths.

**Results** – Your players will be able to more accurately judge how much power each pass requires, and they will build leg strength for longer kicks. This is also a good opportunity for pass receivers to hone their skills.



## Give and go passing

This is a basic passing play, but also teaches players how to receive a pass, gain control and then make another pass right away.

**What you need** – Have players split into pairs for this drill. Give them each a ball.

**How this drill works** – The give and go is one of the basic, but most often used and effective types of passes in soccer. This is when one player passes it to another, only to receive a return pass from that player right away.

In this drill, one player starts with the ball, they make a good pass to their partner and then start running toward the goal waiting to receive the return pass. The partner must control the ball and make the return pass quickly.

To make the drill slightly more challenging, you can put a defender on the starting player. You can also vary the passing length and you can allow the player to try and make a return pass without stopping the ball for control. They can try to make the pass immediately after getting it from the starting player.

**Results** – Players will learn and understand the value of gaining control of the ball and then making a quick pass.



### **Three on two keep away**

Keeping control of the ball and making good passes is important – especially when they are under pressure from defenders.

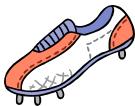
**What you need** – Create three or four different 20x20 yard areas with pylons. Separate into groups of 5 at each station. Three players will be on offense and two on defense.

**How this drill works** – Inside the 20x20 area, the three offensive players have to try and keep the ball away from the two defenders. This will require good ball control and good passing skills on the part of the offense in order to keep the ball away from two defenders.

This is also an excellent drill for defensive players to hone their defensive tactics (drills to come), and to put a great deal of pressure on the offensive players.

If a player makes a bad pass, or loses the ball to one of the defenders, they must then take a position on the defense. The game continues with a new player on the offensive side.

**Results** – This is more like a mini game for players to get involved in and they are preparing more for game situations.



### **Two on Twos**

This puts players in a competitive situation to build on their passing, shooting and ball control skills.

**What you need** – Put four player of relatively similar skill together and have them split into two teams of two. Create a small field (10 yards by 40 yards long) with smaller goals.

**How this drill works** – Put two players together and pit them against two other teammates and you have the right mix for some great competition among the team.

As a coach, you can watch the each game, and point out coaching areas for each player. Instruct them on shielding the defender from the ball, making passes on the run and aiming the ball when they shoot.

**Result** – This is a great way to build healthy competition and also have players continue to develop their game skills.



### Passing circle (3rd level)

Add a few more balls and the players will have to know exactly where the ball is going to, and coming from. Now it is going to get really crazy!

**What you need** – With this drill you might want to add a few more players so there are more passing options. 8 to 10 players is probably good.

**How this drill works** – Now, instead of only having three balls in the circle for players to track, you have five. This places an emphasis on keeping your head up (while you are passing and receiving), accurate passes and good control with the ball.

If you want, you can jack this up a bit and tell the players they have to keep the control of the ball for no longer than the time it takes to stop it, control it and then pass it away again. This places a little ‘game-like’ stress on them and forces them to focus on their skills.

Take it one step further for advanced players and you can restrict them to making with a certain foot.

**Result** – Better passing, receiving and more awareness of the players. Alternating feet will help players develop skills to pass with both feet.



### Equalizer

This is a glorified game of keep away, but it has a twist.

**What you need** – In one half of the field, put 6 players versus 6 players. Each side will have a goal.

**How this drill works** – The drill is played just like a regular game, however there is something distinctly different about it. Once one team scores, then they cannot score again until the other side scores.

The team that has the lead must continue to pass the ball around the field with 6 players, keeping it away from the other team, and defending against the other team scoring – **but they are not allowed to score**. So, they have to wait and play defense and pass the ball around until the other side can score a goal.

**Result** – Along with getting closer to full game play, this forces the team that has the lead to work as a team and to focus on passing the ball accurately and working on skills like shielding and ball control.



### **Target Shooting (3rd level)**

Hitting targets on the ground is easy, and hitting the net without a goalie is not that tough either. Now you get work on a real goalie.

**What you need** – Divide the team into two sides and have a goalie in each net.

**How this drill works** – Now that you have a goalie, they players need to pick a target in the net and try to foil the goalie in net. Start these drills at 15 yards, and then you can move the players back to build shooting skill and accuracy from various distances..

To add variation to this drill, you can put the targets up and have players try to hit them while the goalie is in the net. Another thing that can be done is moving the shooting alley from the center, to the right or the left.

**Result** – With the variation in shooting areas, your players will start to really fine tune their accuracy skills. Increasing the distance in the players' kicks will also start to build good leg strength.



### **Rotating passing square**

Players are moving during a game more often than not, and they need to use their passing and receiving skills while on the run.

**What you need** – You need to set up a square with four pylons. The pylons should be about 10 yards apart to start, and then you can move them 20 yards apart. Four players should be at each square, with one player starting at each corner. One player will start with a ball.

**How this drill works** – Players will run around the outside of the square, while making passes, controlling them and then continuing to run. The player passing the ball must pass it across the square to the opposing side and as the players start moving, they will be running to get to the passes, they must control it, and then pass it across again.

The idea is to get players to learn to pass and receive the ball while they are running. You can increase the speed of the drill as players get better, and you can penalize players (push ups or sprints), if they lose control of the ball.

**Result** – Player will build skills when they begin passing on the run and receiving the ball.





## Head pass triangle

Learning to make passes with the head is an excellent skill for your players to learn.

**What you need** – Put three players together in a triangle shape. You might want to set up pylons so the players stay at a specific spot. Each group of three players gets a ball.

**How this drill works** – With each player at his or her pylon, or simply in the shape of a triangle, the first player tosses the ball up to player two, who has to head it to player three. Then player three has to head the ball over to player one. Player one will head the ball, and then player two catches it.

As the players get a little more comfortable with the drill, you can get them to go two times around, or even three, eventually building up to the point where they can go around and around.

Coaches should watch the proper technique of the head pass, and that players are passing under control.

**Result** – Since head passes can be extremely valuable in soccer, this drill is great for giving players an additional skill to use.



## Shooting Box

This drill works on a player's shooting and awareness during a game.

**What you need** - Divide players into teams of 5 , with one goalie. Cordon off a 25-yard by 25-yard area to do this drill.

**How this drill works** – Each side will have a goal area, with a goalie minding the net. Two players from each team will play two on two, while the other two players on the team will cover goal lines between the corner flags. Each side will have one player.

If the ball is kicked and misses the net, the players on the end lines will attempt to get the ball back to their players inside the shooting box.

**Result** – The overall result will be more shooting practice on the goalie, and it will keep players into the game as they watch for the ball on the goal line.



## Heading ladder

Heading the ball is important in soccer. Controlling your head passes is also important, and knowing where the ball is going is crucial.

**What you need** – Each player should have a ball of his or her own to do this drill. Or, you can split the players into pairs.

**How this drill works** – To start, the player will toss the ball above them and head it and then catch it. Then they will toss the ball up and head it twice in a row, then catch it. Three times, then catch it. This goes on until the player loses control, then they start back at one head again.

You can do this with two players and they have to head the ball back and forth until they lose control. They have to try and direct the ball to their partner so they can keep the game going.

**Result** – Player will build their heading skills and they will also gain further control over where they head the ball.



## Passing relay

Making quick, targeted passes is a great skill for your team to develop. This relay will reinforce that element.

**What you need** – Set up a course of alternating pylons in a slalom-type course. Players should also be staggered so the passes have to go through the middle of the pylon to get there.

**How this drill works** – With the players staggered, the passes will need to go between the two pylons. The object of this drill is to make the passes through the pylons, as quickly and accurately as possible up the course and then back.

The team that does the course the quickest wins the relay.

**Result** – This is a great drill for passing accuracy and for learning to pass quickly after gaining control.

## Soccer Tactics

Tactics in soccer can be anything from shooting tactics to running such things as in-direct kicks, corner kicks, penalty kicks and throw-ins. Soccer has several different tactics that need to be learned for teams to be successful. This chapter goes through many of those tactics that are going to help make your team better!

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### Head to the goal

This will be the younger children's first real introduction to using their head to direct the ball.

**What you need** – You can set up two goal areas and two single file lines with each of the lines. A coach will be needed at each station to toss the ball to the kids.

**How this drill works** – Coaches should toss the ball up and the players should attempt to direct the ball towards the goal. At first, contacting the ball with their head is the most important thing, but as they get more accustomed to the drill, they should be able to direct the ball at the goal.

**Result** – The result should be a player's ability to use their heads to direct the ball toward the net. If they can score a goal or two this way you have certainly done your job.



### Caterpillar

This game helps players with building teamwork and quick thinking and reactions skills.

**What you need** – You need to put together teams of 3 to 5 players and they need to hold on to each other in single file by the shoulders or the waist.

**How this drill works** – This is a game of tag, with the front of each caterpillar trying to tag the back end of the other caterpillar. The front of the caterpillar has to direct the team to tag the other players, but also needs to be aware of the other caterpillars trying to tag it.

**Result** – The players will understand that in order to be successful they must work together as a caterpillar – this builds a sense of teamwork among them.



### **King of the Ring**

Player will continue to work on dribbling the ball, controlling the ball, and also trying to be aggressive and get the other players ball.

**What you need** – Cordon off an area of about 20-yards by 20-yards and give each player a ball inside that area.

**How this drill works** – The players inside the box must keep their ball moving at all times. They must dribble the ball around the inside of the box, while trying to knock their ball away from other players in the square.

The players will be removed from the ring if they leave their ball to kick another ball out, or if they let their ball come to rest for any more than just a few seconds. As you continue to remove players from the game, the last one standing wins.

**Result** – Younger players will continue to work on their basic dribbling and ball control skills, while getting competitive with their attempt to knock the ball away from the other people in the ring.



### **Pig in the middle**

This game will help players pass around other players – similar to a game situation.

**What you need** – Divide the team into groups of three players each. Give each group one ball. The threesome should stay in an area of about 20-yards by 20-yards.

**How this drill works** – You have probably played the game hundreds of times yourself – there is one player in the middle and two players on either side. The players on the outside are to pass the ball between each other in a way to try and keep it away from the person in the middle.

They can pass the ball high, low, or they can take a few steps within their box to make the player in the middle move. Once the player in the middle steals one of the passes, then the player that passed the ball that was intercepted must be the pig in the middle.

**Result** – This game helps players develop the skills to pass the ball around defenders. It also helps defenders learn to gain position in order to try and steal the ball.



### **Keep your spacing**

It is essential for kids to learn that they need to stay some distance apart in order to make the game flow easier.

**What you need** – You can let the kids play a mini game within a 20-yard by 20-yard area. One ball for this game.

**How this drill works** – Instead of it being a ‘real’ game, players have to play the game with their arms outstretched. They cannot touch another one of their players with their hands or arms outstretched. It is OK for the players to touch the opposition.

If a player does touch his or her own teammate, then you should treat it as a regular infraction and the other team will get the ball.

**Result** – Kids are often controlled by the ‘pack mentality’ when they are playing games like hockey, soccer or even basketball. If you can get them to create some space between each other, they will begin to understand the advantages of player spacing and how it can help their team.



### **The basic throw-in**

Sometimes the skill of throwing the ball into play is overlooked by coaches. Once players learn the basics, then they will build on that for years to come.

**What you need** – Two separate lines – one for throwing in, and the other for pass reception.

**How this drill works** – After teaching the players the proper method of throwing the ball in, you can then put them into this drill. Have the players receiving the ball stand about 5 to 7 yards away (young kids aren’t going to be able to throw the ball that far).

The throwing player will then try to throw the ball to the pass receiver, and they have to stop the ball and then dribble it forward.

You can add another element to the drill by setting up targets for the players to toss to – at different distances and different angles to the player.

**Result** – Your players will get a beginning lesson on the throw-in, and how doing it well can give you an advantage in the game.



## Passing with a defender

When the offense is in the defenders area, the defense usually plays a little tighter. To advance the ball, you need to be able to get the ball to a player in the offensive zone.

**What you need** – You will divide the team into three lines: one for passing, one for receiving and one for defending.

**How this drill works** – The passer will be in the defensive zone, and the receiver will be streaking into the offensive zone. The defender will cover the pass receiver in this drill.

The passer must try to get a pass into the receiver at a place where the defender cannot get to it. The receiver must see where the pass is headed and create a space for him or her to receive the pass without the defender getting in the way; then they need to receive the pass and control it.

The defender will do what they can to get into the passing lane and disrupt the pass.

**Result** – This will help players work on passing, receiving and defending, in a game-like scenario. Making passes while being covered by defenders is a great skill for a team to learn.



## Don't go offside

Learning the offside rule is one of the best things you can instill in players at a young age. It is quite often a reason why goals are called back in games.

**What you need** – Have one defender and two forwards (or strikers as they may be). They should be around the goal area.

**How this drill works** – The offside call is made when an offensive player is deeper than the deepest defender (aside from the goalie) without the ball going there first.

So, in this drill the defender sets the pace as her or she will move forward and backward in the defensive area, and the offensive players need to react to where the defender is on the field so they do not put themselves offside. You can add to this drill by having a ball kicked into the area – with players still keeping in mind the offside rule.

**Result** – Your players will be more aware of keeping onside during a game.



## Corner kick challenge

Attacking and defending on a corner kick are two areas that happen quite often during the course of a game.

**What you need** – At both goals you can set this drill up: one goaltender, three offensive players and three defensive players.

**How this drill works** - This drill pits the offense against the defense and allows for both sides to try to work for the ball in this common game situation.

The offense has the slight advantage in that they have the kick coming in from the corner and all they need to do is collect the ball and kick it to the net. The defense has to prevent the offense from making a play on the ball and must get it out of the defending zone.

For each kick, the offense must be wary of not putting themselves offside waiting for the ball to enter the defending area. You can give each side a point for succeeding in their effort. The losing team has push ups or laps.

**Result** – Your team will learn how to successfully attack and defend on the corner kick.



## Pass recognition

Choosing the right person to pass to is crucial in maintaining ball control.

**What you need** – One line of players will be at the center circle to pass the ball. You will also have three players that will be pass receivers. Two defenders will patrol the defensive area.

**How this drill works** – The player in the circle will have to find the right person to pass to in order to avoid the defenders.

The three pass players will start in three different areas: one 10 yards downfield to his left, one player right in front of the goal crease, and one 10 yards downfield to the right. The player on the left will come back towards the passer, the player on the goal crease will move along the front of the goal crease, and the player on the right will move downfield to the corner.

The defenders will try to cover this area, and the passer will have to determine which pass will be the most effective.

**Result** – Players will learn to read the defense and recognize the best pass.



## Tackling drill

Tackling is a skill that must be learned in order to steal the ball away from the ball carrier and disrupt his or her movement.

**What you need** – Divide the team into two groups, then create two lines. One side has the ball, the other side is going to execute the tackle.

**How this drill works** – Note: Players need to understand the best way to tackle in order to avoid penalty or injury. Giving them the right instruction is crucial for this drill to be a success.

One player will streak down the sideline with the ball and the defender will attempt to get into a position to make the tackle. They cannot contact the player before they contact the ball – **the ball must be contacted first.**

The player must know the best times to make a tackle: just before a pass, once the player has dribbled forward, or when they are stopping to turn with the ball. This increases the chance of contacting the ball first.

**Result** – With practice, there will be increased ability to execute a tackle and to help steal the ball.



## Defensive coverage

Learning to cover the offensive players is important to preventing goals during the course of the game.

**What you need** – You can have two players on defense and three players attacking. One goaltender can be used in this drill.

**How this drill works** – Defenders need to learn the proper positioning when they are defending a player from the opposition. They need to remember to stay between the player and the goal, and to be in a position to get between the passer and the offensive player when a pass is attempted.

The attackers simply move the ball around with one another while the passes are being made. There is no attempt to shoot the ball at this point, instead the defenders are working on maintaining the proper defensive position.

**Result** – Increasing the awareness of the defensive players as to their appropriate defending position when the offense is there.





### Throw-in choice

In most cases, offensive players will be defended during a throw-in and the thrower needs to find the right player to pass to.

**What you need** – You can have one player throwing the ball in, and three attackers with three defenders.

**How this drill works** – Similar to the pass recognition drill of earlier, the offensive players should be finding different areas to go to in order to provide options for the player throwing the ball in. One player should be streaking to the downfield to the offensive zone, another should be breaking directly away from the thrower, and another breaking toward the thrower.

Then the thrower must make the right decision based on where the defenders are.

**Result** – Same as pass recognition, players will be able to identify the areas to throw to when defenders are in certain positions.



### Corner kicks tactic

This is a basic tactic for your team to learn on the corner kick.

**What you need** – You will need to set up two defenders and three offensive players with one person kicking the ball in from the corner.

**How this drill works** – One offensive player will start on the far side of the goal crease, one in the goal area, and another at the front of the goal area. The kicker will decide which one to kick the corner pass to.

If he or she kicks it across the goal area, the offensive player should one time the ball towards the net. If the pass is to the player in the crease, they should merely attempt to redirect or deflect the pass toward the net. If the pass goes to the player in front of the crease, they should one-time the pass towards the goal.

You can add more players into this drill if you want, to make it more difficult and to provide more options to the person in the corner.

**Result** – More practice and the effective corner kick strategy is going to help you score a few more goals in your game.

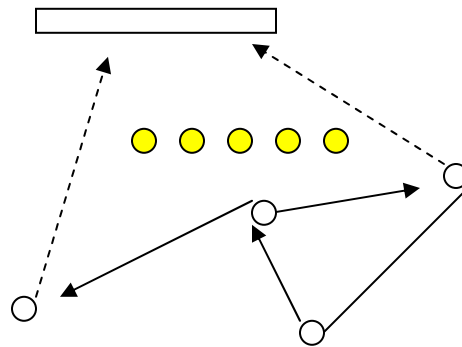


### Free kick to score

Often times you get a chance to kick the ball on an in-direct kick that happens just outside the goal area – but you still can use it to try and score.

**What you need** – Five players need to line up in the wall position to defend the kick. The offense will have three players to try and execute a few different plays.

**How this drill works** - First, an offensive player will line up directly in front of the wall. This can be a decoy for the kick right to the net, but they can also be used to pass the ball to the third player waiting to kick the ball at the net. (See the diagram below):



You can use this set up to run several different play, including passing it back to the kicker and moving around the wall, or just straight back to the kicker to kick again to kick once the wall has separated.



### Pass recognition 2

Add a few more players and a few defenders and you make for an interesting opportunity to read a defense.

**What you need** – You will have the passer in the center circle, but this time you will have five passing options and five defenders.

**How this drill works** – You can have the players on each side to the opposite things. One goes deep, the other is short and the player at the goal crease stays the same. Now there are five options for the passer and they need to pick the best one to move the ball into the offensive zone.

**Result** – This is a more advanced pass recognition drill for your players to learn.

## **Running a Practice – Use the Practice Plans!**

This is the section where we have constructed 25 general practice plans that you can follow. They are a **minute-by-minute** structured practice that you can take to run your practices. But, before we begin, here are a few tips on using the practice plans, and practices in general.

- The practice plans are a guide for your practices – you don't have to use them all, and you can substitute other drills in to each plan if you want.
- While we provide one drill in the practice plans per time slot, you can add drills as you see fit to work with your team.
- It is important for repetition and skill development to keep players moving – so if you can have several stations of the same drill at one time.

### **Running a good practice!**

Keeping players moving while having the right amount of instruction is key. That's why we have helped you out with running the practices by including these practice plans.

#### **More practice tips**

- Have enough conditioning time included in all of your practices. Soccer is a game that is constantly on the go and you need to make sure your players are in great shape. They won't like the extra time included in the practice plans for conditioning, but it will improve their game performance.
- Take enough time during the practice to make sure that proper instruction is given. While our drills keep the practice going, they are placed with the belief that players are being given instruction during this time as well. It takes only doing something twice to develop a bad habit, but seven times to develop a good habit – instruct properly first!
- Give ample rest times and water times. Don't overlook these in the practice plan. Good rest time and replenishing fluids is going to help the body rejuvenate and prevent long-term injuries.
- Keep the practices fun! You don't want players to lose interest because things are too intense. Make sure – especially at younger ages that the children are having fun. That is what keeps them in soccer programs for the years to come.

**Following are practice plans for you to use in your practices !**

## Practice Plan #1

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Z-turns	10	Place an emphasis on maintaining control of the ball
:45 to 1:00	Target Man	12	Body position and shielding is key
1:00 to 1:10	Throw in choice	33	Watch for how many proper passes there are
1:10 to 1:20	Corner kicks tactics	33	Keep the players focused on their responsibility
1:20 to 1:30	Don't go offside	30	Get the defenders moving around
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on learned tactics
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Finger Game	8	Keep the head up to see the number
:45 to 1:00	Soccer Tennis	20	Control of the kicks is important
1:00 to 1:10	Rotating Passing Square	24	Speed and control with good passes
1:10 to 1:20	Equalizer	23	No scoring without the other side scoring to match
1:20 to 1:30	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
1:45 to 1:55	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
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:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Z-turns	10	Place an emphasis on maintaining control of the ball
:45 to 1:00	Soccer Tennis	20	Control of the kicks is important
1:00 to 1:10	Rotating Passing Square	24	Speed and control with good passes
1:10 to 1:20	Equalizer	23	No scoring without the other side scoring to match
1:20 to 1:30	Shooting box	25	Keep the outside players in the game
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Tackling drill	32	Proper form is important to prevent injury
1:45 to 1:55	Fighting Roosters	12	Both players must maintain control of their own ball
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Rotating Passing Square	24	Speed and control with good passes
:45 to 1:00	Equalizer	23	No scoring without the other side scoring to match
1:00 to 1:10	Head pass triangle	25	Controlled passes
1:10 to 1:20	Tackling drill	32	Proper form is important to prevent injury
1:20 to 1:30	Conditioning	-	Sprints on the lines
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
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:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Z-turns	10	Place an emphasis on maintaining control of the ball
:45 to 1:00	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:00 to 1:10	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:10 to 1:20	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
1:20 to 1:30	Conditioning	-	Sprints on the lines
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		
1:45 to 1:55	Scrimmage		
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching



<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Finger Game	8	Keep the head up to see the number
:45 to 1:00	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:00 to 1:10	Distance passing	21	Good passes and received under control
1:10 to 1:20	Fighting Roosters	12	Both players must maintain control of their own ball
1:20 to 1:30	Tackling drill	32	Proper form is important to prevent injury
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
1:45 to 1:55	3 on 2 keep away	22	Ball control is key
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Don't go offside	30	Get the defenders moving around
:35 to :38	Water break	-	-
:38 to :45	Throw in choice	33	Watch for how many proper passes there are
:45 to 1:00	Corner kick challenge	31	Who can score more points?
1:00 to 1:10	Quick Control	11	Players need to keep their head up
1:10 to 1:20	Head pass triangle	25	Controlled passes
1:20 to 1:30	Break concentration	15	Players need to focus on the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Z-turns	10	Place an emphasis on maintaining control of the ball
1:45 to 1:55	3 on 2 keep away	22	Ball control is key
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Finger Game	8	Keep the head up to see the number
:35 to :38	Water break	-	-
:38 to :45	Soccer Tennis	20	Control of the kicks is important
:45 to 1:00	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:00 to 1:10	Distance passing	21	Good passes and received under control
1:10 to 1:20	Head pass triangle	25	Controlled passes
1:20 to 1:30	Free Kick to score	34	Try all of the different plays
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Equalizer	23	No scoring without the other side scoring to match
1:45 to 1:55	Conditioning	-	Sprints on the lines
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

Time	Drill	Pg.	Coaching Tips
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Rotating Passing Square	24	Speed and control with good passes
:35 to :38	Water break	-	-
:38 to :45	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
:45 to 1:00	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:00 to 1:10	Break concentration	15	Players need to focus on the ball
1:10 to 1:20	Shooting box	25	Keep the outside players in the game
1:20 to 1:30	Conditioning	-	Sprints on the lines
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		
1:45 to 1:55	Scrimmage		
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
:35 to :38	Water break	-	-
:38 to :45	Tackling drill	32	Proper form is important to prevent injury
:45 to 1:00	Fighting Roosters	12	Both players must maintain control of their own ball
1:00 to 1:10	Break concentration	15	Players need to focus on the ball
1:10 to 1:20	Soccer Tennis	20	Control of the kicks is important
1:20 to 1:30	Finger Game	8	Keep the head up to see the number
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Z-turns	10	Place an emphasis on maintaining control of the ball
1:45 to 1:55	3 on 2 keep away	22	Ball control is key
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Don't go offside	30	Get the defenders moving around
:45 to 1:00	Throw in choice	33	Watch for how many proper passes there are
1:00 to 1:10	Corner kick challenge	31	Who can score more points?
1:10 to 1:20	Defensive coverage	32	Watch for proper defensive positioning
1:20 to 1:30	Passing w/ defender	30	Good passes, good reception and good defensive coverage
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Shooting box	25	Keep the outside players in the game
1:45 to 1:55	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Z-turns	10	Place an emphasis on maintaining control of the ball
:45 to 1:00	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:00 to 1:10	Quick Control	11	Players need to keep their head up
1:10 to 1:20	Throw in choice	33	Watch for how many proper passes there are
1:20 to 1:30	Don't go offside	30	Get the defenders moving around
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Watch for offside
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Equalizer	23	No scoring without the other side scoring to match
:35 to :38	Water break	-	-
:38 to :45	Break concentration	15	Players need to focus on the ball
:45 to 1:00	Quick Control	11	Players need to keep their head up
1:00 to 1:10	Shielding ball	9	Good position to keep the ball from defender
1:10 to 1:20	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
1:20 to 1:30	Corner kicks tactics	33	Keep the players focused on their responsibility
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on corner kick tactics for the scrimmage
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching



<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Soccer Tennis	20	Control of the kicks is important
:45 to 1:00	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
1:00 to 1:10	Break concentration	15	Players need to focus on the ball
1:10 to 1:20	Head pass triangle	25	Controlled passes
1:20 to 1:30	Passing w/ defender	30	Good passes, good reception and good defensive coverage
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Free Kick to score	34	Try all of the different plays
1:45 to 1:55	Tackling drill	32	Proper form is important to prevent injury
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Soccer Tennis	20	Control of the kicks is important
:45 to 1:00	Shooting box	25	Keep the outside players in the game
1:00 to 1:10	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:10 to 1:20	Quick Control	11	Players need to keep their head up
1:20 to 1:30	Fighting Roosters	12	Both players must maintain control of their own ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	One on ones	14	Ball control
1:45 to 1:55	Corner kicks tactics	33	Keep the players focused on their responsibility
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Finger Game	8	Keep the head up to see the number
:35 to :38	Water break	-	-
:38 to :45	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
:45 to 1:00	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:00 to 1:10	Free Kick to score	34	Try all of the different plays
1:10 to 1:20	Passing relay	26	Crisp passes and quick reaction
1:20 to 1:30	Conditioning	-	Sprints on the lines
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
:35 to :38	Water break	-	-
:38 to :45	Defensive coverage	32	Watch for proper defensive positioning
:45 to 1:00	Free Kick to score	34	Try all of the different plays
1:00 to 1:10	Corner kicks tactics	33	Keep the players focused on their responsibility
1:10 to 1:20	Throw in choice	33	Watch for how many proper passes there are
1:20 to 1:30	Don't go offside	30	Get the defenders moving around
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Watch for offsides
1:45 to 1:55			Use tactics in strategy drills
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Z-turns	10	Place an emphasis on maintaining control of the ball
:45 to 1:00	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:00 to 1:10	Body Part Control	9	Use all parts of the body to control
1:10 to 1:20	Fighting Roosters	12	Both players must maintain control of their own ball
1:20 to 1:30	Break concentration	15	Players need to focus on the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
1:45 to 1:55	Finger Game	8	Keep the head up to see the number
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	One on ones	14	Ball control
:35 to :38	Water break	-	-
:38 to :45	Target Shooting (2 <sup>nd</sup> or 3 <sup>rd</sup> )	19-24	Vary the distances and angles
:45 to 1:00	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
1:00 to 1:10	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:10 to 1:20	Distance passing	21	Good passes and received under control
1:20 to 1:30	Body Part Control	9	Use all parts of the body to control
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Throw in choice	33	Watch for how many proper passes there are
1:45 to 1:55	Corner kicks tactics	33	Keep the players focused on their responsibility
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Corner kicks tactics	33	Keep the players focused on their responsibility
:35 to :38	Water break	-	-
:38 to :45	Corner kick challenge	31	Who can score more points?
:45 to 1:00	Free Kick to score	34	Try all of the different plays
1:00 to 1:10	Defensive coverage	32	Watch for proper defensive positioning
1:10 to 1:20	Passing relay	26	Crisp passes and quick reaction
1:20 to 1:30	Throw in choice	33	Watch for how many proper passes there are
1:30 to 1:35	Water break	-	-
1:35 to 1:45	<b>Scrimmage</b>		
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Finger Game	8	Keep the head up to see the number
:35 to :38	Water break	-	-
:38 to :45	Soccer Tennis	20	Control of the kicks is important
:45 to 1:00	Rotating Passing Square	24	Speed and control with good passes
1:00 to 1:10	Distance passing	21	Good passes and received under control
1:10 to 1:20	Quick Control	11	Players need to keep their head up
1:20 to 1:30	Corner kick challenge	31	Who can score more points?
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Corner kicks tactics	33	Keep the players focused on their responsibility
1:45 to 1:55	Don't go offside	30	Get the defenders moving around
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching



<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Finger Game	8	Keep the head up to see the number
:45 to 1:00	Shielding the ball	9	Get proper position
1:00 to 1:10	Quick Control	11	Players need to keep their head up
1:10 to 1:20	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:20 to 1:30	One on ones	14	Ball control
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Z-turns	10	Place an emphasis on maintaining control of the ball
1:45 to 1:55	3 on 2 keep away	22	Ball control is key
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	3 on 2 keep away	22	Ball control is key
:35 to :38	Water break	-	-
:38 to :45	Target Man	12	Body position and shielding is key
:45 to 1:00	One touch, one bounce	14	Try to work the players up to two touches, three, etc.
1:00 to 1:10	Body Part Control	9	Use all parts of the body to control
1:10 to 1:20	Shooting box	25	Keep the outside players in the game
1:20 to 1:30	Conditioning	-	Sprints on the lines
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Play with same rules as Equalizer (23)
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Rotating Passing Square	24	Speed and control with good passes
:45 to 1:00	Passing Circle (2 <sup>nd</sup> or 3 <sup>rd</sup> )	20-23	Good passes and keep your head up
1:00 to 1:10	Break concentration	15	Players need to focus on the ball
1:10 to 1:20	Shooting box	25	Keep the outside players in the game
1:20 to 1:30	Equalizer	23	No scoring without the other side scoring to match
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Corner kick challenge	31	Who can score more points?
1:45 to 1:55	Don't go offside	30	Get the defenders moving around
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching

<b>Time</b>	<b>Drill</b>	<b>Pg.</b>	<b>Coaching Tips</b>
00 to :10	Dribbling, kicking and ball control warm up	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Midsection, legs, groin, and lower back
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Target Man	12	Body position and shielding is key
:35 to :38	Water break	-	-
:38 to :45	Don't go offside	30	Get the defenders moving around
:45 to 1:00	Pass recognition (2 <sup>nd</sup> or 3 <sup>rd</sup> )	31-34	Players need to make the right passes
1:00 to 1:10	Shooting box	25	Keep the outside players in the game
1:10 to 1:20	One on ones	14	Ball control
1:20 to 1:30	Corner kick challenge	31	Who can score more points?
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Corner kicks tactics	33	Keep the players focused on their responsibility
1:45 to 1:55	Throw in choice	33	Watch for how many proper passes there are
1:55 to 2:00	Cool down	-	Shooting, skating and other stretching