

Dribbling

“Frogger” - one box outlined with cones about 10-12 yards wide. Players start on each of the 4 sides of the box and on coaches go, the players dribble across the box focusing on controlled and speed dribbling. Players turn once they get to the “imaginary line” and get a point each time they get a point. Games are to 12 and players scream “Frogger” when they reach 12.

“Driving School” - box 20 x 15 with all players inside with a ball. Coach is the “Driving Instructor” and signals information to the players; Go, slow down, speed up, stop, turn left, turn right, go backwards etc. Great way to teach different ways to turn, cut right and left etc. For more advanced groups, add step overs and moves that are more complicated.

Play for two minutes then make it competitive by adding “Simon Says” to the mix. Simon will be your driving instructor for the day. Players that turn or stop etc without Simon saying it will be out. When out, give them something fun to do like holding the ball on their foot, or teaching them a trick.

“Math Dribble” - Each player with a ball dribbles in a small area (20 x 15) avoiding other players. On direction from coach they form into groups such as “2” or “2+1” - great for first practice when they may not know each other’s names. Once in group have them introduce themselves.

“Body Parts” - Players dribble and stop the ball with the sole of their foot and listen to the “body part” called out by coach. Ex. Freeze - “Elbow”

“Air Ball” - Players dribble ball and listen for “Up” from coach. When they hear “Up” they pick the ball up and throw above their head and stop the ball with their laces and continue dribbling. You can add “switch” where players stop their ball and race for someone else’s. Add other commands like “turn” etc.

“Shadow Dribble” - In pairs - one player dribbles while the second player copies the player and tries to do the exact same thing. Reverse roles. Add players to make it harder and more fun.

“Everybody’s It” - Each player has a ball and is it. As they dribble, players try to tag each other and get 1 point each time. Players cannot leave ball and ball must always be moving.

“Pac-Man” - One player with ball is “Pac-Man” with the others inside a marked 20 x 15 grid. Pac-man tries to tag the other players with the ball (dribbling). As players get tagged, they grab a ball and game continues until last man. Also known as “Last Man Standing”

“Knock-Out” - Each player has a ball and tries to keep their ball in play while trying to knock other players balls out. Once the player’s ball is kicked out or if they dribble out of the grid, they are out. Variation - player comes from outside without a ball and tries to “knock-out” a ball. Players who lose their ball join the attack until last player remains.

“Crab Tag” - 3 players are assigned the Crab duty and line up on all fours (backwards like a crab) in the middle of the field. Players have a ball and try to get from one side of the field to the other (20 x 20 grid). If a crab gets you, you become a crab.

“Freeze Tag” - One player is it without a ball and tries to tag the players who have a ball. If they are tagged, they freeze and open their legs to make a bridge and pick up their ball. To get unfrozen a player with a ball must avoid being tagged and dribble the ball through the bridge. Keep the area small so that the player who is it can try to get everyone.

Passing

“Spud” - All players group together in a circle with one player who is it with a ball in hand. When they throw the ball up, everyone disperses and gets as far away as possible. When the player settles the ball with their feet, they yell “Spud” and all players freeze and make a bridge with their legs. The player with the ball tries to pass the ball between the legs. If successful, that player becomes it, if not regroup and rethrow. Variation: Have 3 or 4 players with a ball so that everyone is involved and gets a chance.

“Score” - Pair players up with one ball and a gate/goal that is 3 yards apart. The players try to pass the ball back and forth between the gate/goal as many times as possible in 1 minute. Players should be 5 yards back from the gate/goal. Balls that hit the cone do not count. Variations: Make it 1 touch, Right foot only, Left foot only, Alternate left and right foot. As the players get better, back them up so they are 10 feet away or close the gate/goal to 2 yards or even 1 yard.

“2 Up, 1 Down” - Divide teams into two equal groups. One team has two balls in hand that they throw back and forth as a group and try to hit the ball of the team that has the one ball on the ground. Make sure the ball on the ground is different from the other two balls. When the team hits the ball, they switch roles and now pass the ball with their feet while avoiding the two balls in the air.

“Kamikaze” - Mark a grid 20 x 15 with players scattered around. Assign 3 players with bibs/vests as the Kamikazes and have them next to the coach who will have 5 balls. Coach kicks a ball in and the 3 Kamikazes try to knock the ball out of the grid as fast as possible while the other players pass the ball away from them. Once the ball is either knocked out or passed out, the 3 Kamikazes must exit the grid (at any point) before the coach serves in another ball. Count the passes of the group inside before it gets knocked out. After the 5 balls are used, collect and start again with 3 new Kamikazes.

“Gate Game” - set goals all around a 20 x 20 grid 3 yards apart varying in direction. Pair up players with one ball. Give the players one minute to try to pass through the goals. Their goal is to get through all the goals before going through another one. Variation: Add one player with a bib/vest who is it and tries to block the players from passing forcing the players to be aware of their surroundings.

“Passing Relay” - divide players into 3 groups of 4 (okay if one group has more). Have two players stand 10 yards across from the other two. One player has a ball and starts on the coaches signal. Player passes across to the other player on their team and follows their pass. Player receiving ball passes back across and follows their pass. The players keep score and try to complete as many passes in 1 minute. Variation: Make it one touch, add a 3 yard goal in the middle (can reduce size based on success), and increase size to 15 yards.

Receiving

“Ladder Game” - Divide teams into groups of 4. Create a ladder with cones (6 rungs). Each rung is 2 yards apart. One player has a ball in hand and throws the ball to the other who knocks the ball with their foot. If the player catches the ball, they move to the next rung and so on. If ball is dropped, they go back to the beginning. When they get through all 6 rungs, they earn 1 point for the team. Play games to 7.

Progression: Foot (inside, outside or lace), Thigh (or Thigh then foot), Chest then foot or thigh, Head. Can be head then foot depending on talent level. Last one is anything but they cannot do the same thing twice. Game will be very competitive and loads of fun.

“Hand Ball” - divide into two equal teams with bibs/vests. One ball is used and thrown to each other. Players cannot run with ball but can pivot. If ball touches the ground, the team defending gets it. Score by headers into a goal with no goalkeepers. Ideally, have the players receive the ball with a body part before catching emphasizing receiving. Ex. Player A throws to player B who receives off chest and then catches it.

“Four Corners” - Prepare a grid with 4 cones in a 10 yard square. 2 players start at the cone where the ball is. Ball is passes from one cone to the next with the player following the pass and replacing the player. Once the ball gets around the cones without going on the inside earns a point. Variation: Go counter clockwise, add the “switch” so as players are playing, coach yells “switch” and they go the other way. Limit touches to 2, then 1 based on talent level. Should have two grids going as they race to 7.

Defending

“Individual vs. Team Defending” - Set 3 x 3 yard goals up and divide the team into to equal groups with bibs/vests without soccer balls. One team starts 20 yards away from the 3 goals, the other team stands across from one player and can only tag that player. If an odd #, the coach gets to play. On the coaches signal, the players try to run and get through any of the 3 goals without being tagged. Count the # of goals scored and then switch. Play a round of 3. This is 1v1 defending.

Progression: Same game except now the players can be tagged by any player as they try to score a goal. This reinforces team defending and will be more challenging, but less work for the team defending. Play a round of 3.

“4 Corners” - Defending players start with ball on each side of goal post. Attackers are 20 yards from them in 2 lines. Defender passes to the attacker and then tries to stop them from scoring. If the defender wins the ball, they try to dribble through a 3 yard goal setup between the two attacking lines. As soon as a goal is scored or ball goes out, the other defender passes the ball to the attacker and then tries to stop them. Individuals keep points with first one to 7.

Shooting

“Power” - place groups into two equal teams (A and B) who are 20 yards from goal. Coach rolls ball out with no goalkeeper to player A who hits the ball first time with laces and tries to score. Coach then rolls ball to Player B who tries to score with “power.” Players who miss the goal, gather their ball, give to coach and return to line. Play games to 15. Variation: Add a goalkeeper. Have balls bouncing and give players 2 touches but still scoring goals with laces.

“Finesse” - Same set up as “Power” but players try to hit corners using the inside or outside of their foot. Put a cone 3 yards from goal post on both sides. Players that score gain 2 points and 1 point if in middle of goal. Variations: same as “Power”

“Power - Finesse” - Same set up as “Power and Finesse” except now each player gets two balls. The first ball is “power” with the second ball “finesse.” The coach rolls the first ball out and waits a few seconds and rolls out the second ball but a bit slower. Individuals keep score and play to 15. Same variations as “power” and “finesse.”