

## Introduction

### Div 1 Goals

Teach the basics passing , goal kicks, throw ins etc. This div should be nothing more than a fun introduction to the sport. At this age it is hard to get the kids to focus on any one drill. So keep your drills short, fun and try to do drills that allow each kid to have a ball. The only main goal for this div is to have Fun!

### Div 2 Goals

The basics should be known. But it wouldn't hurt to touch base. Focus on first touch, receiving the ball into open space while looking for opportunities to create space. Focus on 1v1 we want each player to find their individuality in the sport. Teach them when to keep it and when to pass it to their teammates. Passing into space will be key in moving up the field. It is much easier to move on to a ball rather than have a ball pass to your feet, where you have to first control and then move on. Teach them the benefits of moving to the ball instead of waiting for the ball to come to them. Most importantly start teaching the kids to move off the ball creating space for their teammates to either pass to them or take the ball themselves. Hopefully we will see many 1v1 challenge.

### Div 3 Goals

This div is fine tuning div 2 and moving on. Making runs which is a player that does not have the ball running to a area of the field that opens space for the player with the ball and also gives the player with the ball option to make a play. Players should really understand that the most important player on the field is the player with out the ball. If nobody is moving to open space, and calling for the ball, the player with the ball has no options therefore stands a very good chance of losing the ball. Soccer is nothing more than a controlled game of keep away. You have to move if you want to keep the ball from the other team. Work on passing the ball backwards to create space and even switching fields. Nothing confuses a team more than when you come down the left and then change the direction of the ball and come down from the right.

### Div 4 Goals

This is where you start to see the players love and understanding of the sport. I recommend making a practice where you go to a high school game. Let them see first hand where they need to be to be a part of their high school team. Keep working on first touch and communication moving off the ball making runs. You could start developing set plays for corner kicks throw in.

### Summary

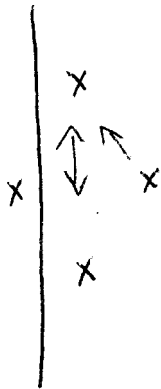
The most important thing to do is let the kids play. I recommend practicing for an hour. 30 min are done doing drills and the last 25-30 min is small sided scrimmages. You can do all the drills you want but the kids are going to learn the most by playing in games situations. Every practice it is important to ensure that each player is getting the most touches that time allows.

## Soccer Drills

### Throw-ins

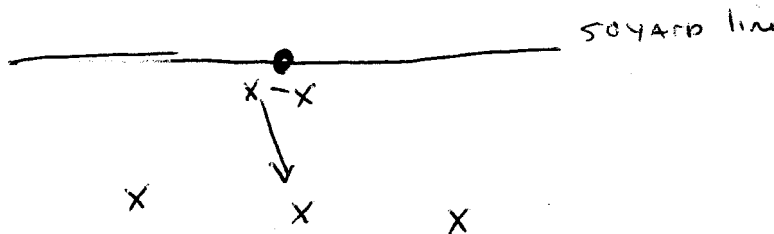
To properly throw the ball in your feet must stay on the ground, and the ball must directly go behind your head. The basic concept of a throw in is to put the ball back into play and hopefully to one of your teammates.

Goal: Teach player to give the player throwing the ball options, forward, backwards and sideways. For the older player I suggest teaching the player to move to the ball or away from the ball or switching with teammates to create space.



### Kick-off

A kick off is a way to keep possession, hopefully you only get to do a kick off one time! When you have the advantage of kicking the ball do not give it to the other team with out a fight. The ball only has to go 1 full rotation to be in play. Use this opportunity to pass it to your teammates rather than just give it to the other team.



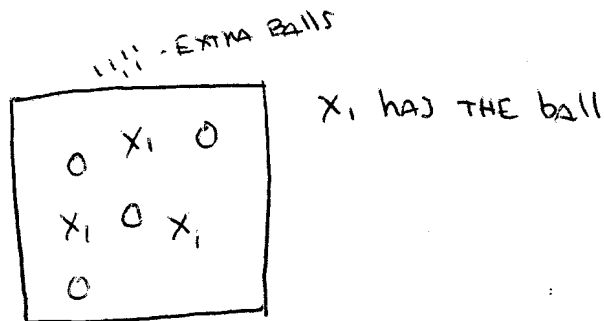
## Soccer Drills

### Dodgers and Hitters

15 x 15 grid 20 min small sided field

3 players start with a ball remaining balls are kept outside of grid. The 3 players with the ball are called the hitters. The hitters are to dribble the ball around the grid, trying to pass the ball into the dodgers. The dodgers are trying not to get hit by the ball, if a dodger is hit with the ball they are to get a ball and become a hitter.

Goal: the hitters are to work on keeping their heads up while looking for dodgers. Focus on passing with the inside of foot with a good pace.

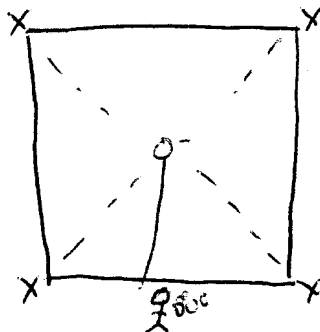


### Four Corners

30x30 grid 25 min with a min of 4 players

4 teams stand at each corner, with the coach on the outside of grid with balls. The coach plays the ball into the middle of the square and yells go. The first player to reach the ball and win it cleanly maintaining possession for 5 sec and passes the ball back to the coach wins a point. If someone steals the ball that player must attempt to hold possession for 5 sec before passing back to coach.

Goal: Teach the player to go after the ball aggressively with speed and determination and vigor.



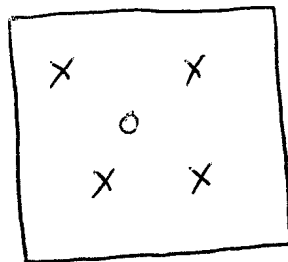
## Soccer Drills

### Freeze Tag

20x20 grid min of 4 to 6 players for 15 min

Select a player to be it. The other players dribble the ball around the grid. If a player is tagged the player then pick the ball up and holds it over their head. Another teammate has to dribble the pass the ball through their legs to become unfrozen.

Goal: keep the ball close, keep your head up

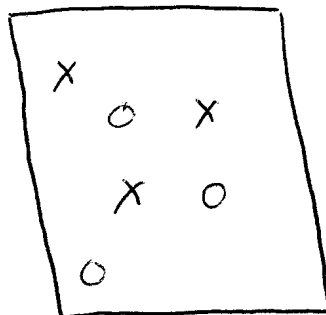


### Spreading out

20x20 grid for 5 to 10 min

Have 2 teams working on moving off the ball. The players are to throw the ball to each other. The player with the ball cannot move until they have thrown the ball to one of their teammates.

Goal: Teaches the player to spread out. Sometimes players think they have to be close to their teammates in order to get they ball. Because most players think they can throw the ball far this is a good drill to get them to understand that spreading out is the only way you open the field. After about 5 min continue with the drill but now they are passing to each other.

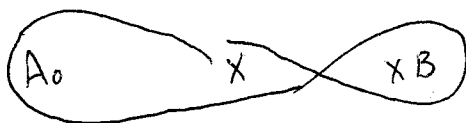


## Soccer Drills

### Conditioning and passing

Have groups of 3 players with 2 balls. The player in the middle runs around player A, as the player rounds the corner they are to call for the ball from player B, control and pass back. Continue to run around player B and call for the ball from player A. Continue for 3-4 min before switching players.

Goal: Helps condition the players without have them just run for no reason, teach the players to call for the ball.

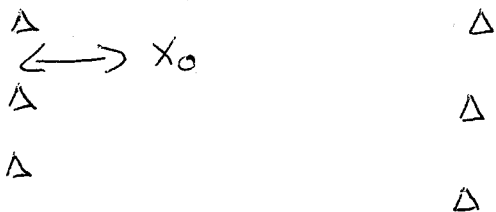


### Conditioning and ball skills

Cones spaced out 20 yards apart.

Players are to dribble the ball across to the other cones turn the ball around and go in the other direction. Do the same skill weather it be pulling the back with the top off the foot or the inside ect. For 3 min take a min break and continue with a different skill.

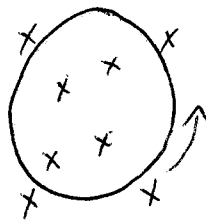
Goal: Conditioning, dribbling and changing directions



## Soccer Drills

### Monster

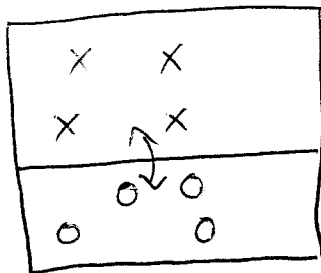
Have kids dribble around the circle, every 1-2 min blow whistle and have the kids change direction. Then have them enter the circle and dribble, call a players name and that player becomes the monster. The monster attempts to get the other players ball out of the circle. The last one with the ball becomes the monster. It would be wise to let everyone be the monster at least once!



### Keep your yard clean!

40x40 grid 15-20 min

Each player has a ball. The players try to pass the ball into the opposing team yard. Play small timed games of 3-5 min. After time is up the team with the fewest balls in their yard wins! You can also use this same idea in trying to teach players to clear the ball out of their defensive end.



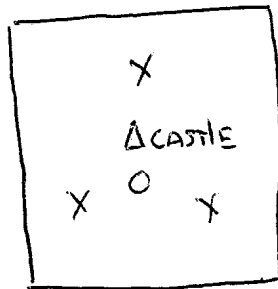
## Soccer Drills

### Guard the castle

12x12 grid min of 4 players for 15 min

3 players are trying to knock the cone down with one defender. Require players to complete a certain number of passes before they are allowed to knock down castle. (cone)

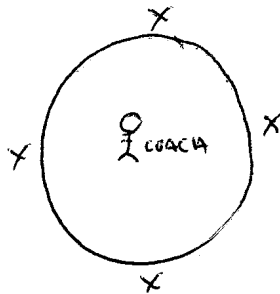
Goal : Teach players to get their heads up and find the pass. Pass with proper pace on ball and make sure players are moving around the grid to find open space. Let players know its ok to dribble the ball to space or beat defenders before making pass. Learn to make easy decisions when passing.



### Head/ Catch

The players are to run around the coach. The coach has the ball at all times. The coach will throw the ball (toss) at the players as if the player is going to head it. The coach then has the choice of either yelling head or catch. If the player does the wrong command they sit down. The last player standing wins!

Goal: Teaches player to pay attention to commands while focusing on the game.

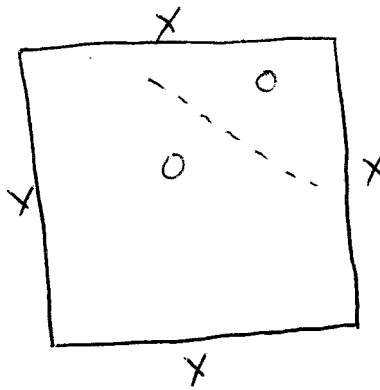


## Soccer Drills

### Spilt Defenders and Passing Game

18x18 grid min of 6 players for 20 min

2 teams work together on the outside grid while the 2 defenders work on the inside of the grid. The 4 players on the outside keep possession and keep the ball from the defender team inside the grid. The outside team scores when the ball is passed between 2 defenders (split) and is received by their teammates across the grid. If one of the players on the outside makes a mistake, then they and their partner become defenders.



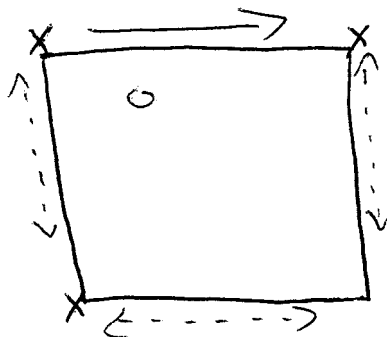
THE PLAYERS ON  
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TO MOVE TO GET OPEN

### Angle of Support

15x15 grid min of 4 players for 20 min

Have 3 players on the outside of grid with one player on the inside of grid (defender). The players on the outside of grid have to stay on the outside. They have to pass to their open team either forwards or across.

Goal: Teach the players to talk when they are open, looking up for open players and moving to open space. You can also focus on passing the ball to an open cone and telling someone to enter that space.

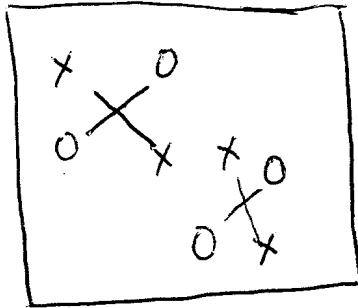


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