**WARM UP ~ Dribbling/Ball Control**

Use any combination of the following exercises for a good dribbling warm up. Start with a stationary ball then allow players to move with the ball.

Ball touches: touch top of ball with ball of foot. Switch feet. Continue. Who can do 25 touches first?

Ball drags/pushes: using sole of foot, ball is moved backward or pushed forward.

Ball lifts: player tries to lift a stationary ball off the ground. Scoop ball with top of foot or try rolling ball onto the toe.

Ball rolls: use sole of foot to roll ball from side to side.

Circles: player guides a ball in a small circle using inside or outside of one foot. Also try **figure-eights**.

Cuts: dribble forward several steps, cut the ball 180 degrees back using the inside or outside of the foot.

In-betweens: use inside of feet to knock ball back and forth.

Inside-outside: using one foot ball is touched with the inside of foot then with the outside. Switch feet.

Push-stop: ball is pushed forward with top or side of foot then stopped with sole.

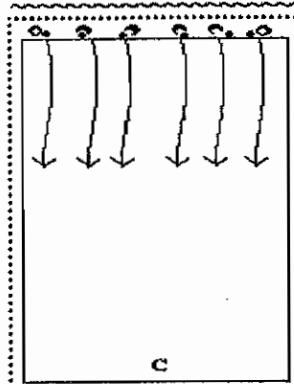
Pull-push: ball is dragged back quickly with sole of foot, then pushed forward with top or outside of the same foot.

Scissors: one foot steps over or around ball, the other foot carries the ball in the opposite direction. Use outside of foot to push the ball.

Try to demonstrate movements or find someone who can.

Perform muscle stretches in between exercises as needed.

FUN NOTE: Play a Simon-says game while practicing movements.

**RED LIGHT - GREEN LIGHT ~ Dribbling Control**

Organization: All players with a ball each line up on end-line of a rectangular area.

Description: When the coach calls "Green Light" the players advance forward. When the coach yells "Red Light" players must stop with a foot on top of the ball. If a player isn't in immediate control, they have to go to the back of the pack. First player across finish line is winner. When everyone finishes, set up again and play coming back the other direction.

Progression

- Use hand signals to signify stop or go. This will require players to look up as they dribble.
- Require players to dribble with only one foot (ie. left foot only). Have the winners of the first few rounds work on the weak foot in the following rounds.

Things to say to players:

- "Keep the ball close" - be ready to stop and control it.
- "Stop the ball with the sole of the foot" - balance over the other foot.

Fun Notes: Vary your voice. Vary the time between stop and go. If a player "wrecks" (ie. doesn't stop in time) give him/her a tow truck ride to the back.

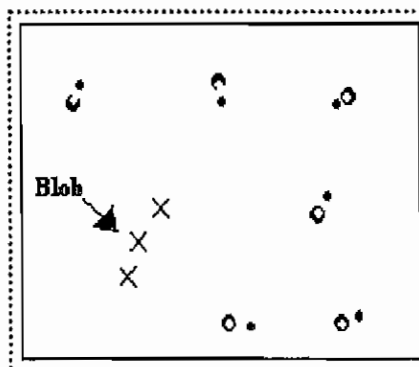
BLOB TAG ~ Dribbling game

Organization: All players with a ball except two. Playing area is a circle or grid about 20 yards wide.

Description : All players are inside the grid. The two players without a ball form a blob by holding hands. (Coach should be part of blob for younger players). The blob moves freely and tries to kick any player's ball out of the grid. If a player's ball leaves the grid he/she joins the blob. The last player dribbling is the winner.

Progression

- Play toward a goal, one dribbler at a time.
- Make the grid smaller.

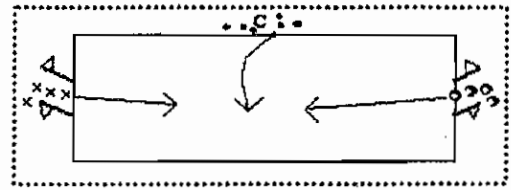
**Things to say to players:**

- "Stay away from the blob" - that's the purpose of the game.
- "Don't get trapped in a corner" - keep moving into space.
- "Keep control of the ball" - don't kick it too far away.
- "Work together" - the blob must work as a team. They must stay together and communicate.

NUMBERS GAME ~ Shooting, dribbling, defense

Organization: Two teams on a small field with 2 goals

Description: Each player gets a number. When the coach plays a ball in he/she yells a number, the corresponding player(s) enter the field and play soccer. The remaining players defend the goal (optional). Use of the hands also is optional. The round ends when a goal is scored, when the ball goes out of bounds, or after a minute has elapsed.

**Progression**

- Put two balls into play at the same time.
- Require players to pass at least once before a shot can be taken
- Scrimmage with them continuing play with same ball
 - taking throw-ins/kick-ins

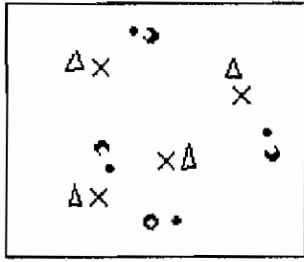
Things to say to players:

"Don't bunch around the ball" - spread out, pass.

"Follow the shots" - there is always the chance for a rebound or deflection.

Fun Notes

Play with animal names instead of numbers. Instead of 1, 2, 3 give players names like frogs, cows, elephants, etc.

STAR WARS ~ Dribbling

Organization: Two teams. Each player on one team has a ball. Each player on other team defends a cone.

Description: On coach's command players with a ball try to knock over cones defended by the other team. When a cone is knocked over, the player defending it kneels next to it--that planet has been destroyed. Play continues till all cones are knocked over. Teams switch roles. Coach times how long it takes team to knock down all cones. Have players stretch between rounds.

Things to say to players:

- "Go for the cone" - whenever there is an opening.
- "Keep the ball close" - dribble in control until ready to fire

Tip:

- Allow players to retrieve their own ball if it leaves the grid: 1. It's exercise for them and 2. Through repetitious play they will figure out when to kick it hard and when not to kick it hard.

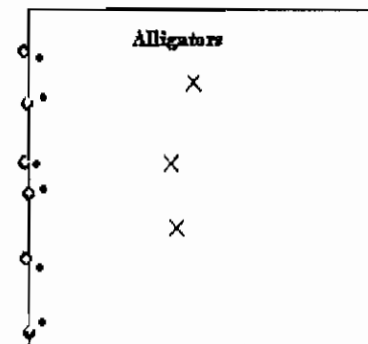
Fun Notes

- Each player is a favorite character from the Stars Wars movie.
- Coach gives dramatic play-by-play commentary.

ALLIGATOR SWAMP ~ Dribbling

Organization: Two teams in an area 15 x 15 yards. One team is the alligators. Players on the other team start with a ball on the endline.

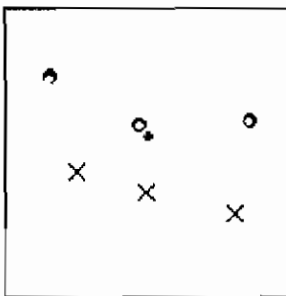
Description: The "alligators" start in the middle of the swamp. As players on the endline try to dribble safely across the swamp, the alligators try to kick the balls out of the swamp. If a player's ball leaves the swamp they become an alligator, or they become an alligator the next round. The last player dribbling is the winner. Dribbling players stop when they reach the end of the grid. Repeat going the other direction once all the alligators have returned to the center of the swamp.



Progression: Have alligators begin on their hands and feet (with back facing ground) and progress to standing and running. Vary the width and/or length of the grid. A narrower grid makes it more difficult for dribblers.

Things to say to players:

- "Push the ball into space." - Find space behind an alligator.
- "Keep the ball close." - Don't kick-and-run! Keep control.
- "Try lifting the ball." - Get the toe under the ball and gently lift it over the leg of the alligator. Continue dribbling.

CANADA**MEXICO****BORDER CONTROL ~ Dribbling game**

Organization: Two teams. One ball. Rectangular playing area without goals (roughly 20 by 15 yards).

Description: Both teams start in the USA. One team tries to dribble the ball over the border to Mexico. The other team tries to get the ball into Canada. A point is scored when a player dribbles the ball over the border in a controlled manner. Kick-and-run is outlawed by border control.

Progressions

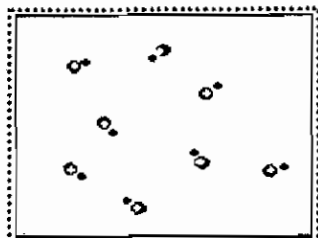
- "Immigration check": player must stop the ball on the endline for a point.
- "Play with two balls. Continuously feed balls back into play.

Things to say to players:

- "Dribble into open space" - teach players to look for open space behind defenders.
- "Keep control of the ball" - when crossing the border.
- "Pass the ball if a teammate is open for a pass" - passing is more efficient than dribbling.

Fun Notes:

- "Stamp" the players passport upon success (high five, pat on the head, etc.).
- "Change the countries, teach geography.



WARM UP ~ Dribbling/Ball Control

Use any combination of the following exercises for a good dribbling warm up. Start with a stationary ball then allow players to move with the ball.

Ball touches: touch top of ball with ball of foot. Switch feet. Continue. Who can do 25 touches first?

Ball drags/pushes: using sole of foot, ball is moved backward or pushed forward.

Ball lifts: player tries to lift a stationary ball off the ground. Scoop ball with top of foot or try rolling ball onto the toe.

Ball rolls: use sole of foot to roll ball from side to side.

Circles: player guides a ball in a small circle using inside or outside of one foot. Also try **figure-eights**.

Cuts: dribble forward several steps, cut the ball 180 degrees back using the inside or outside of the foot.

In-betweens: use inside of feet to knock ball back and forth.

Inside-outside: using one foot ball is touched with the inside of foot then with the outside. Switch feet.

Push-stop: ball is pushed forward with top or side of foot then stopped with sole.

Pull-push: ball is dragged back quickly with sole of foot, then pushed forward with top or outside of the same foot.

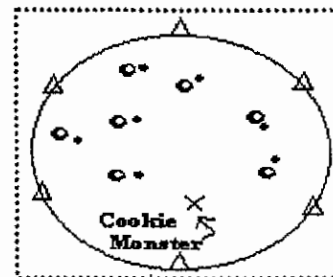
Scissors: one foot steps over or around ball, the other foot carries the ball in the opposite direction. Use outside of foot to push the ball.

Try to demonstrate movements or find someone who can.
 Perform muscle stretches in between exercises as needed.
FUN NOTE: Play a Simon-says game while practicing movements.

COOKIE MONSTER ~ Dribbling and ball-tackling

Organization: Every player has a ball except one--the cookie monster. Playing area is a circle (20 yards in diameter).

Description: The balls are the cookies. The one player without a ball is the "cookie monster." The monster tries to steal the cookies. If a player loses his or her cookie then that player switches places with the monster. If a player's ball goes outside the circle, he/she must do three push-ups (or another exercise) before re-entering the game. Play continues non-stop. Have the monster hold a cone or pinnie, so other players know who to watch out for.



Progression

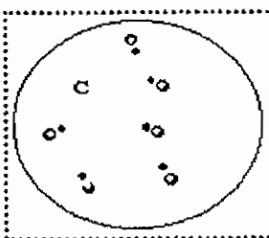
- Play for one minute. The monster at the end of one minute has to perform 10 jumping jacks.
- Have multiple monsters.
- Practice specific dribbling technique (inside of foot only, etc.)

Things to say to players:

"Keep your body between the monster and the cookie" - use your body to protect the ball.

Fun Notes:

Ask each player what their favorite cookie is?
 Act as a play-by-play announcer.



PIN THE TAIL ~ Dribbling Skills

Organization: All players with a ball in a circle (15 - 20 yards diameter). Coach prepares to be a moving donkey.

Description: The coach is the donkey. Players try to hit the donkey with a ball (below the knees). Play until you can't run anymore. Find nearby parents to be donkeys.

FUN NOTES:

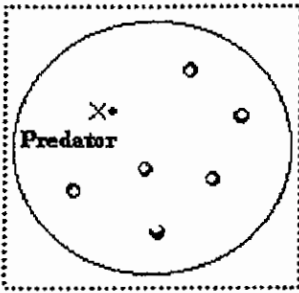
Taunt the players!
Be dramatic!
Roll around on the ground when hit.

Variations

- Players use left foot only to move and kick the ball.
- Players must hit coach with inside of the foot pass.

Things to say to players (while running for your life):

- "Keep the shots low" - passes on the ground only.
- "Keep the ball close" - dribble to set up a shot. Don't kick and



PREDATOR ~ Dribbling, passing

Organization: All players in a circle 15 - 20 yards diameter (square grid also works). Balls placed near the circle.

Description: All players start inside a defined area. One player, the predator, has a ball. The predator tries to "hit" other players with the ball by kicking it at them below the waist. If a player is hit, he/she gets a ball and becomes another predator. Play continues till only one player is left. Vary the size of grid.

Progression

- All players have a ball. Only predator can hit players. Consider having predators identify themselves by carrying a cone or other object (pinnie, ball, whatever).
- Play with two teams. Time how long it takes for one team to hit all players on other team.
- Play with two teams. Once a ball leaves the area it can not be brought back in. See if either team can hit all the other players before all the balls leave the area.

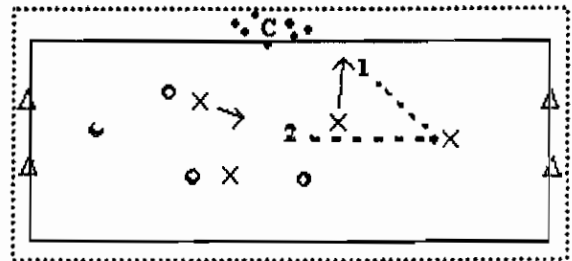
Things to say to players:

- "Get close to your target"
- players will use dribbling skills to narrow in.
- "Go for the kill" - don't give up.

FREEZE GAME (SCRIMMAGE) ~ "Coachable moments"

Organization: Two teams play a regular scrimmage on a field 25 by 30 yards with two goals.

Description: Coach yells "Freeze" at anytime and players immediately stop moving. Coach yells freeze when something excellent or incorrect occurs. Try to recreate the good or bad play. Have players re-do the play while defenders are still frozen



Progression

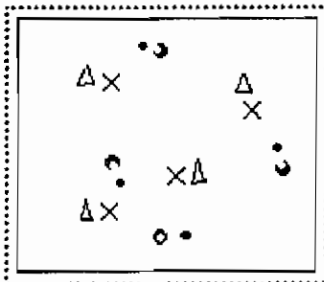
- Vary the field size. A large field will require players to run more. A smaller field encourages better passing and ball control. A narrow field is easier for defense. A short field will increase number of shots.
- Make the goals wider, play with goalkeepers.
- Play with restrictions.

Things to say to players:

- "Freeze means freeze" - if a player keeps moving after the command have them do five push-ups.

Important Note: many players learn by seeing or doing. Try To use the "freeze" scrimmage to show players what to do.

Recreate good or bad plays. Try to **paint a picture** for players to see.



STAR WARS ~ Dribbling

Organization: Two teams. Each player on one team has a ball. Each player on other team defends a cone.

Description: On coach's command players with a ball try to knock over cones defended by the other team. When a cone is knocked over, the player defending it kneels next to it--that planet has been destroyed. Play continues till all cones are knocked over. Teams switch roles. Coach times how long it takes team to knock down all cones. Have players stretch between rounds.

Things to say to players:

- "Go for the cone" - whenever there is an opening.
- "Keep the ball close" - dribble in control until ready to fire

Tip:

- Allow players to retrieve their own ball if it leaves the grid: 1. It's exercise for them and 2. Through repetitious play they will figure out when to kick it hard and when not to kick it hard.

Fun Notes

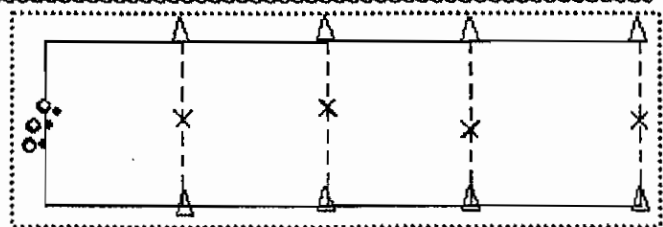
- Each player is a favorite character from the Stars Wars movie.
- Coach gives dramatic play-by-play commentary.

DEFENDER ON A WIRE ~ Dribbling, tackling

Organization: One defender starts between two cones. Line of attackers 10 yards away.

Description: Player at front of line tries to dribble past defender who can not leave the "wire" between the cones. Switch the defender once every player has had a chance to dribble.

Optional: end with a shot on goal. Set up several defender in succession. Keep the line to a minimum by adding more grids.



Things to say to players:

For the dribbler:

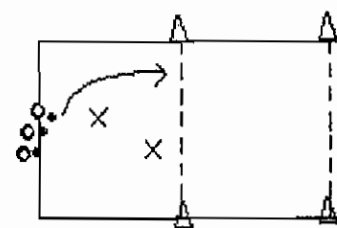
- "Fake one way, go the other" - try to "sell" the defender.
- "Accelerate past the defender" - don't delay. Go for it.

For the defender:

- "Stay on the balls of your feet" - Keep balanced, ready to react.
- "Don't swipe at the ball" - Get in a position to stop the player from going forward. Move your feet!

Progression

- Allow defender to come off (forward) wire, but can not cross line if dribbler crosses
- Keep score for each player's defensive efforts. Point for each player stopped. Can also give points for each grid cleared.



DRIBBLING 1 V 2 ~ Dribbling against opponents, block tackling

Organization: Two defenders start in two adjacent grids 10 by 10 yards. A line of attackers (keep line to a minimum).

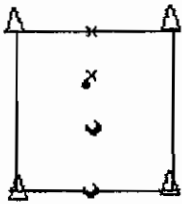
Description: The first player in line tries to dribble past two defenders, one at a time. Each of the defenders is positioned in a grid (10 x 10 yards). If the defender wins the ball, they must clear the opposite line, or forces the dribbler out of bounds, the dribbler becomes the defender in that grid. The defender goes to the end of the dribbling line.

Progression

- Vary the size of the grid. Larger is easier for the dribbler.
- Require defenders to hold hands.
- Have players end with a shot on goal.
- Allow the two defenders to travel freely in either grid.

Things to say to players:

- "Go at the defender" - try to keep the defender in the middle of the grid. The dribbler should avoid getting trapped on one of the sides of the grid.
- "Change your pace" - to accel past the defender.
- "Don't reach for the ball" - encourage defenders to step into the tackle. Get body weight close to the ball.
- "Don't hold back" - go for the ball! Step into the whole tackle. Be determined.

**ONE VS. ONE GAME ~ Dribbling, tackling, fitness**

Organization: 4 players per group. Grid optional. At least one ball per group.

Description: Two players from each group face each other 10 - 15 yards apart. These players act as the goals for the 1 v 1 match. The other two play 1 v 1 in the middle area for one minute. A player scores a point if the ball is kicked between the player's legs. Play with or without boundaries.

Things to say to players:

- "Keep extra balls nearby" - to keep play going
- "Go for the goal" - beat the defender and shoot. Shoot when you have an open target.
- "Practice dribbling moves" - try something new, take chances.
- "Use your body to protect the ball" - if the defender tries to move in.

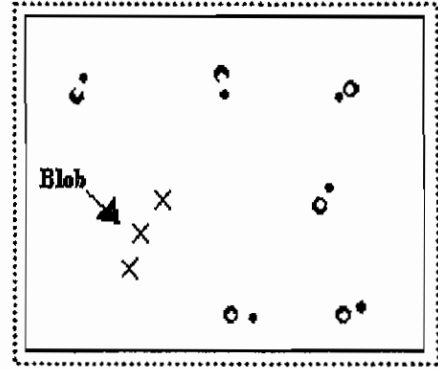
BLOB TAG ~ Dribbling game

Organization: All players with a ball except two. Playing area is a circle or grid about 20 yards wide.

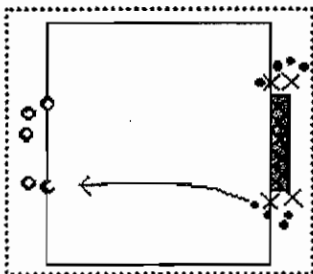
Description : All players are inside the grid. The two players without a ball form a blob by holding hands. (Coach should be part of blob for younger players). The blob moves freely and tries to kick any player's ball out of the grid. If a player's ball leaves the grid he/she joins the blob. The last player dribbling is the winner.

Progression

- Play toward a goal, one dribbler at a time.
- Make the grid smaller.

**Things to say to players:**

- **"Stay away from the blob"** - that's the purpose of the game.
- **"Don't get trapped in a corner"** - keep moving into space.
- **"Keep control of the ball"** - don't kick it too far away.
- **"Work together"** - the blob must work as a team. They must stay together and communicate

**BRING IT ON ~ Defending, receiving, and shooting (1 v 1)**

Organization: Two lines: one line forms 20 yards out from the goal. The other line forms at the endline (at side of goal).

Description: Player "X" at the front of the line near the goal kicks the ball out to Player "O" at the front of the shooting line. Player X plays defense while Player "O" tries to dribble and score on goal (1 v 1). Players switch lines after each turn. Keep things moving quickly with the next pair.

Progression

- Have defensive player punt ball to start play (or throw it in).
- Have defensive player pass ball out to start play.
- Play 2 v 2 or 3 v 3.

Things to say to dribbler:

- **"Get behind the ball"** - when receiving it. Keep the ball in front of your body. Get it in control on the ground.
- **"Advance with speed"** - move quickly to goal.
- **"Beat the defender once"** - then go for goal.

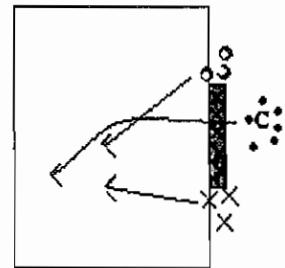
Things to say to defender:

- **"Close the space"** - between you and ball.
- **"Stay goal-side: between the ball and the goal"** - at all times
- **"Don't dive in. Don't lunge."** - as the defender nears the ball they should slow down and stay in control.

TURN AND BURN ~ Dribbling, tackling and shooting

Organization: Players form two lines on either side of the goal posts. A goalkeeper in goal (optional).

Description: A server positioned behind the goal, plays a ball into the field 15 to 20 yards from the endline. At the moment the ball is served, the two players at the front of each line race to the ball. Both players try to win the ball and score on the same goal. The player who gets to the ball first tries to beat the other player and score. The other player then defends, if he/she wins possession of the ball, he/she then tries to score. Each line is a team. Keep score.

**Things to say to players:**

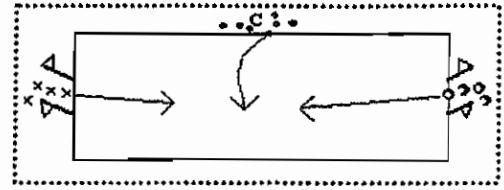
- **"Go for the goal"** - discourage players from dribbling away. **"Stay goal-side"** - defender should always try to stay between the goal and the ball. **"No turn"** - instruct defenders to make it hard for the dribbler to turn and face the goal.

Important note about the "shoulder charge": when running at the ball, players can use their upper bodies and shoulders to gain (and keep) possession of the ball. This is legal only if the player is going straight for the ball. The arm can not be extended.

NUMBERS GAME ~ Shooting, dribbling, defense

Organization: Two teams on a small field with 2 goals

Description: Each player gets a number. When the coach plays a ball in he/she yells a number, the corresponding player(s) enter the field and play soccer. The remaining players defend the goal (optional). Use of the hands also is optional. The round ends when a goal is scored, when the ball goes out of bounds, or after a minute has elapsed.

**Progression**

- Put two balls into play at the same time.
- Require players to pass at least once before a shot can be taken
- Scrimmage with them continuing play with same ball
- taking throw-ins/kick-ins

Things to say to players:

"Don't bunch around the ball" - spread out, pass.
 "Follow the shots" - there is always the chance for a rebound or deflection.

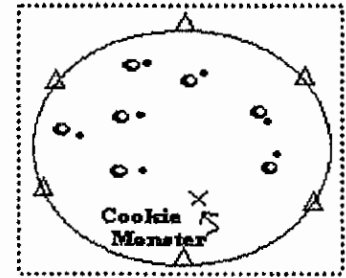
Fun Notes

Play with animal names instead of numbers. Instead of 1, 2, 3 give players names like frogs, cows, elephants, etc.

COOKIE MONSTER ~ Dribbling and ball-tackling

Organization: Every player has a ball except one--the cookie monster. Playing area is a circle (20 yards in diameter).

Description: The balls are the cookies. The one player without a ball is the "cookie monster." The monster tries to steal the cookies. If a player loses his or her cookie then that player switches places with the monster. If a player's ball goes outside the circle, he/she must do three push-ups (or another exercise) before re-entering the game. Play continues non-stop. Have the monster hold a cone or pinnie, so other players know who to watch out for.

**Progression**

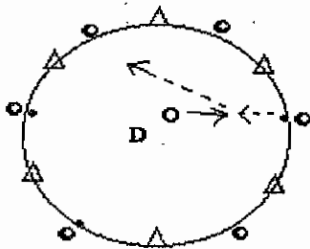
- Play for one minute. The monster at the end of one minute has to perform 10 jumping jacks.
- Have multiple monsters.
- Practice specific dribbling technique (inside of foot only, etc.)

Things to say to players:

"Keep your body between the monster and the cookie" - use your body to protect the ball.

Fun Notes:

Ask each player what their favorite cookie is?
Act as a play-by-play announcer.

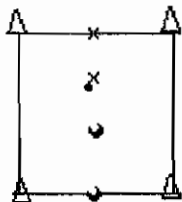
**GLADIATORS ~ 1 v 1 Dribbling, defending**

Organization: players in a circle. Every other player with a ball. Two players in the center of the circle.

Description: the two players in the center play 1 v 1. One player is identified as offense the other defense. Offensive player calls for a ball, goes to, receives and tries to pass it to a player on the outside of the circle without a ball. Play continues for 45 - 60 seconds, then rotate new players in.

Things to say to players:

- "Call the person's name when you want him/her to pass you the ball" - this helps avoid confusion.
- "Be ready" - players on the outside of the circle have to be ready to respond.
- "Use your body to protect the ball" - offensive player should try to keep body between ball and defender.

**ONE VS. ONE GAME ~ Dribbling, tackling, fitness**

Organization: 4 players per group. Grid optional. At least one ball per group.

Description: Two players from each group face each other 10 - 15 yards apart. These players act as the goals for the 1 v 1 match. The other two play 1 v 1 in the middle area for one minute. A player scores a point if the ball is kicked between the player's legs. Play with or without boundaries.

Things to say to players:

- "Keep extra balls nearby" - to keep play going
- "Go for the goal" - beat the defender and shoot. Shoot when you have an open target.
- "Practice dribbling moves" - try something new, take chances.
- "Use your body to protect the ball" - if the defender tries to move in.

**BERMUDA TRIANGLE ~ Dribbling, passing (2 v 2)**

Organization: players work in pairs as teams (2 v 2). Three cones in triangle 10 yards apart act as goals.

Description: players score a point by hitting any of the three cones with the ball. Play continues non-stop for two minutes. Either team can score. There are no out-of-bounds.

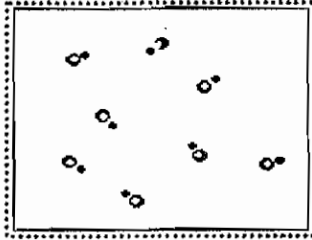
Variations: play 3 v 3 with four cones.

Things to say to players:

- "Go for the open cone" - with only two defenders, one cone should always be open.
- "Don't try to dribble past two defenders" - pass the ball to other teammate.

Fun Note:

This is an excellent passing and moving-off-the-ball game. Have the winners play each other after each round. Acknowledge good decisions. Praise good passing! Use player's names often.

**WARM UP ~ Dribbling/Ball Control**

Use any combination of the following exercises for a good dribbling warm up. Start with a stationary ball then allow players to move with the ball.

Ball touches: touch top of ball with ball of foot. Switch feet. Continue. Who can do 25 touches first?

Ball drags/pushes: using sole of foot, ball is moved backward or pushed forward.

Ball lifts: player tries to lift a stationary ball off the ground. Scoop ball with top of foot or try rolling ball onto the toe.

Ball rolls: use sole of foot to roll ball from side to side.

Circles: player guides a ball in a small circle using inside or outside of one foot. Also try **figure-eights**.

Cuts: dribble forward several steps, cut the ball 180 degrees back using the inside or outside of the foot.

In-betweens: use inside of feet to knock ball back and forth.

Inside-outside: using one foot ball is touched with the inside of foot then with the outside. Switch feet.

Push-stop: ball is pushed forward with top or side of foot then stopped with sole.

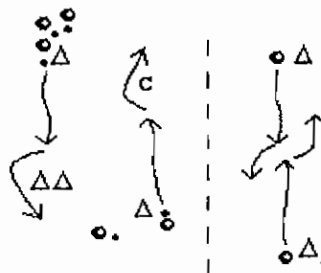
Pull-push: ball is dragged back quickly with sole of foot, then pushed forward with top or outside of the same foot.

Scissors: one foot steps over or around ball, the other foot carries the ball in the opposite direction. Use outside of foot to push the ball.

Try to demonstrate movements or find someone who can.

Perform muscle stretches in between exercises as needed.

FUN NOTE: Play a Simon-says game while practicing movements.

**DRIBBLING FAKES ~ Basic dribbling moves**

Organization: each player with a ball.

Description: players learn basic dribbling moves by using the following progression.

1. Teach/Demonstrate move. (Break into basic movements-- 1, 2, 3).
2. Let players practice on their own.
3. Have them dribble at a cone (or another player with a ball) and try the fake.
4. Have coach be defender (passive). Repeat steps 3 and 4.
5. Have a player be the defender.

Have players show you their moves. Encourage creativity.

Dribbling Fakes

Shoulder Drop: player steps and drops shoulder one-way, takes the ball the other direction.

Fake Kick: player approaches defender, fakes a kick, dribbles around defender.

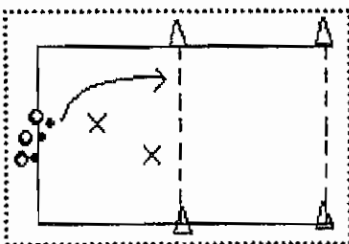
Step Over: player steps over, brushing the grass in front of ball (insides to outside), with one foot, takes the ball with the outside of the other foot in the other direction.

Cut Back: player cuts the ball with the inside of the foot and quickly pushes the ball past the defender.

Things to say to players:

"Go slow at first" - get comfortable with the move.

"Explode past the defender" - changing pace is crucial.

**DRIBBLING 1 V 2 ~ Dribbling against opponents, block tackling**

Organization: Two defenders start in two adjacent grids 10 by 10 yards. A line of attackers (keep line to a minimum).

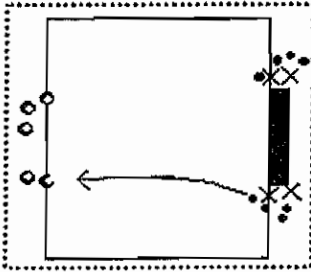
Description: The first player in line tries to dribble past two defenders, one at a time. Each of the defenders is positioned in a grid (10 x 10 yards). If the defender wins the ball, they must clear the opposite line, or forces the dribbler out of bounds, the dribbler becomes the defender in that grid. The defender goes to the end of the dribbling line.

Progression

- Vary the size of the grid. Larger is easier for the dribbler.
- Require defenders to hold hands.
- Have players end with a shot on goal.
- Allow the two defenders to travel freely in either grid.

Things to say to players:

"Go at the defender" - try to keep the defender in the middle of the grid. The dribbler should avoid getting trapped on one of the sides of the grid. "Change your pace" - to accel past the defender. "Don't reach for the ball" - encourage defenders to step into the tackle. Get body weight close to the ball. "Don't hold back" - go for the ball! Step into the whole tackle. Be determined.

**BRING IT ON ~ Defending, receiving, and shooting (1 v 1)**

Organization: Two lines: one line forms 20 yards out from the goal. The other line forms at the endline (at side of goal).

Description: Player "X" at the front of the line near the goal kicks the ball out to Player "O" at the front of the shooting line. Player X plays defense while Player "O" tries to dribble and score on goal (1 v 1). Players switch lines after each turn. Keep things moving quickly with the next pair.

Progression

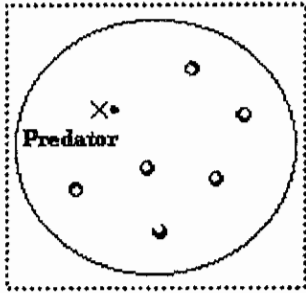
- Have defensive player punt ball to start play (or throw it in).
- Have defensive player pass ball out to start play.
- Play 2 v 2 or 3 v 3.

Things to say to dribbler:

- "Get behind the ball" - when receiving it. Keep the ball in front of your body. Get it in control on the ground.
- "Advance with speed" - move quickly to goal.
- "Beat the defender once" - then go for goal.

Things to say to defender:

- "Close the space" - between you and ball.
- "Stay goal-side: between the ball and the goal" - at all times
- "Don't dive in. Don't lunge." - as the defender nears the ball they should slow down and stay in control.



PREDATOR ~ Dribbling, passing

Organization: All players in a circle 15 - 20 yards diameter (square grid also works). Balls placed near the circle.

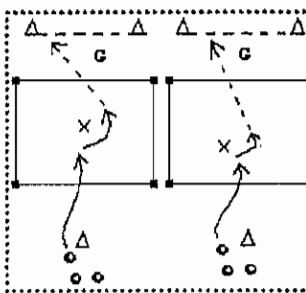
Description: All players start inside a defined area. One player, the predator, has a ball. The predator tries to "hit" other players with the ball by kicking it at them below the waist. If a player is hit, he/she gets a ball and becomes another predator. Play continues till only one player is left. Vary the size of grid.

Things to say to players:

- "Get close to your target"
- players will use dribbling skills to narrow in.
- "Go for the kill" - don't give up.

Progression

- All players have a ball. Only predator can hit players. Consider having predators identify themselves by carrying a cone or other object (pinnie, ball, whatever).
- Play with two teams. Time how long it takes for one team to hit all players on other team.
- Play with two teams. Once a ball leaves the area it can not be brought back in. See if either team can hit all the other players before all the balls leave the area.



DEFENDER DOWN ~ Dribbling, change of pace

Organization: defender in a square grid 10 x 10 yards. Players in line with a ball (make a couple grids, so as to limit the number of kids standing in line).

Description: player at front of line tries to dribble by defender and shoot on goal. When coach yells "down" the defender must quickly sit on the ground, then get back up and resume defending. The offensive player tries to capitalize on this momentary advantage. Switch defenders regularly.

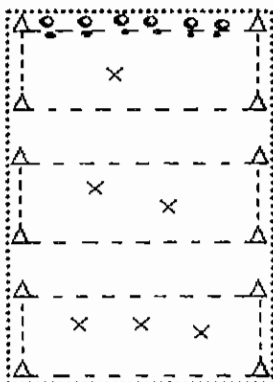
Things to say to players:

- "Keep control of the ball." - Go slow until ready to burst past defender.
- "Explode past the defender." - Push the ball into the open space behind the defender. Proceed quickly.

Progression

- Require defender to start on the back-line of the grid.
- After player shoots, he/she becomes the defender. Keep play moving quickly.

Fun Notes: Make the dribbler successful. A bigger grid allows more space for dribbler. You can also lengthen the time the defender is "down" by requiring an additional exercise (a push up, sit up, summersault, etc.). Make it fun, be creative.



DRIBBLING 1, 2, 3 ~ Dribbling, tackling

Organization: six defenders positioned as in diagram. Remaining players with a ball at the edge of the grid.

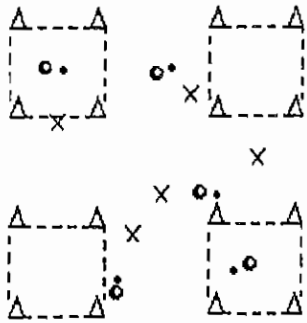
Description: on coach's command players try to dribble through the defenders to the other side of the grid. Defenders must stay in their respective zones. If a defender wins control of the ball, he/she switches with the player who lost the ball.

Variations

- Have coaches/parents be defenders.
- Require defenders to hold hands (blob version).
- Require defenders to play in a crah position.

Things to say to players:

- "Move quickly into space." - behind the defenders.
- "Don't get trapped by the sideline." - think ahead before going forward.



VOLCANO ISLAND ~ Dribbling, tackling

Organization: two teams. Each player on one team has a ball. Each player on the other team acts as a defender (sharks). Four islands are set up in a large rectangular area (30 x 20 yards).

Description: dribblers try to get from island to island without losing the ball. The defenders can not go onto the island. They are sharks. Each dribbler gets a point for landing safely on an island. Sharks get a point for stealing the ball and they become the offensive player. Dribblers can not stay on island for more than five seconds otherwise the volcano erupts and he/she loses all points.

Things to say to players:

"Keep moving" - or the volcano will blow.

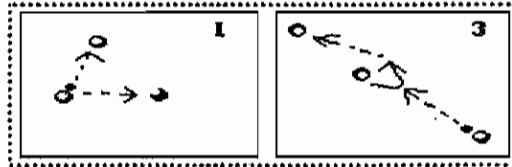
"Watch out for the sharks"
- look for openings between defenders. Swim fast.

Progression: play a team keep-away version with one or two balls.

WARM UP ~ Passing (kicking with the inside of foot)

Organization: Groups of three with one ball per group.

Progress through several of the following exercises.



Triangle passing: players form a triangle and pass the ball around. Start with small triangle--players 2 to 3 yards apart and gradually move players out to 10 yards apart. Play **one or two-touch passing**.
Through the legs: one player stands in the middle with legs spread apart. Other two try to pass ball through this player's legs.
Turn and Pass: have players in a line. Middle player receives ball, turns and passes.

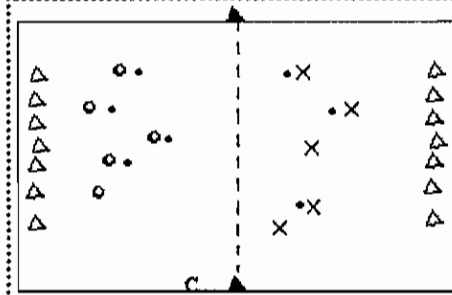
Things to say to players:

"Keep the ball moving" - the ball shouldn't stop.
 "Stay on the balls of your feet" - move to receive the ball.
 "Pretend you're at soccer practice" - encourage players to look and act like soccer players!
 "Contact the ball with the inside of the feet."
 "Point your toe up" - for accuracy and power; for younger players telling them to point their toe, helps them lock their ankle.

FUN NOTES:

Keep players in a defined space. Acknowledge good passes.
 Have competitions. Which group can get 15 passes first?
 Also, try to get players engaged in practice. Keep things moving quickly. Be ready to move to the next activity.

STORM THE CASTLE ~ Passing game



Organization: two teams in an area with a distinct midline. Lots of cones, and lots of balls.

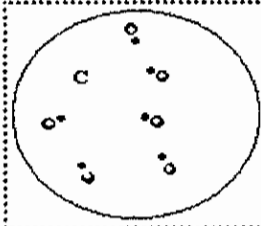
Description: Five to ten cones are set up in a line on each side of center-line. Players try to pass the ball and hit the other team's cones with a soccer ball. All soccer balls are in play at the same time. Players move freely in their half of the field. If a player hits one of the opponents cones with a ball, the player who hit it is allowed to cross the line and retrieve the cone. The team to get the most cones to their side wins.

Progression: Play without retrieving cones. Team wins when all the opponents cones have been knocked over by soccer balls (when the castle has been destroyed). Play without the midline. Players can go anywhere.

Things to say to players:

"Keep the balls low" - players are not allowed to kick the ball in the air. "Don't always use your toe to kick the ball" - use the proper passing form. "No guarding the cones" - players should be encouraged to stand behind the cones or to go on the attack.

PIN THE TAIL ~ Dribbling Skills



Organization: All players with a ball in a circle (15 - 20 yards diameter). Coach prepares to be a moving donkey.

Description: The coach is the donkey. Players try to hit the donkey with a ball (below the knees). Play until you can't run anymore. Find nearby parents to be donkeys.

FUN NOTES:

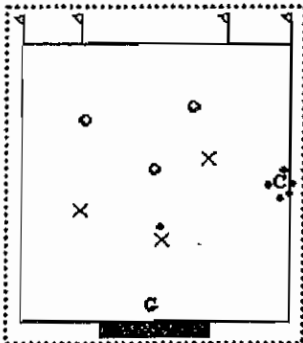
Taunt the players!
 Be dramatic!
 Roll around on the ground when hit.

Variations

- Players use left foot only to move and kick the ball.
- Players must hit coach with inside of the foot pass.

Things to say to players (while running for your life):

- "Keep the shots low" - passes on the ground only.
- "Keep the ball close" - dribble to set up a shot. Don't kick and

NUMBERS UP ~ Scoring, passing, support

Organization: two teams. Offensive team has 1 - 2 more players than the defensive team. Use a half-field with three goals. Play 3 v 2, 4 v 2, or 4 v 3.

Description: the offensive team (O's) try to score on the one big goal. The defenders (X's) try to pass the ball through either of the small two goals (each 3 to 5 yards wide) at the end of the grid. Play starts off of a punt from the goalie or throw from the coach. Switch player's roles after a while.

Progression: offensive team must complete one to three passes before shooting.

Things to say to players:

"Make smart passes" - don't just kick the ball. With a numerical advantage, the offensive team shouldn't lose the ball easily.

"How can they pass to you?" - show players where to be.

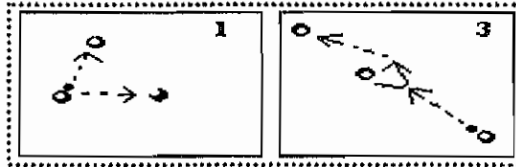
"Clear the ball wide" - when defenders win possession of the ball they try to kick it wide toward the goals.

Important Note: This is an excellent game. Encourage offensive team to keep possession of the ball. Don't give it away unnecessarily. Also, instruct the concept of support. It is okay to pass the ball backward to an open teammate. Players do not always have to go straight toward goal. Go around the defense, not through it!

WARM UP ~ Passing (kicking with the inside of foot)

Organization: Groups of three with one ball per group.

Progress through several of the following exercises.



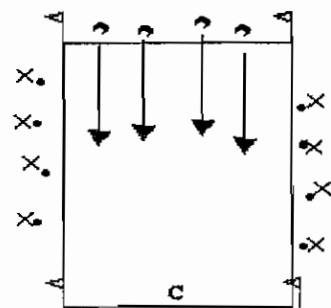
Triangle passing: players form a triangle and pass the ball around. Start with small triangle--players 2 to 3 yards apart and gradually move players out to 10 yards apart. Play **one or two-touch passing**.
Through the legs: one player stands in the middle with legs spread apart. Other two try to pass ball through this player's legs.
Turn and Pass: have players in a line. Middle player receives ball, turns and passes.

Things to say to players:

"Keep the ball moving" - the ball shouldn't stop.
 "Stay on the balls of your feet" - move to receive the ball.
 "Pretend you're at soccer practice" - encourage players to look and act like soccer players!
 "Contact the ball with the inside of the feet. Point your toe up" - for accuracy and power; for younger players telling them to point their toe, helps them lock their ankle.

FUN NOTES:

Keep players in a defined space. Acknowledge good passes.
 Have competitions. Which group can get 15 passes first?
 Also, try to get players engaged in practice. Keep things moving quickly. Be ready to move to the next activity.

**TOP GUN ~ Passing accuracy**

Organization: 6 or more players in a rectangular grid 15 - 20 by 20 - 30 yards. Lots of balls.

Description: Two to four pilots (O's) start on the end of the grid. All remaining players (X's) are positioned on the side of the grid with anti-aircraft missiles (a ball). On the coach's command, the fighter pilots try to run from one side of the grid to the other without being hit by a missile. If a player is hit, he/she switches position with the player that hit them. Recognize good technique and point it out. Reorganize after each run. A "hit" is good only if the ball hits the running player below the waist. No player is allowed to launch a ball from inside the grid.

Things to say to players:

"Kick the balls with the inside of the foot" - try to encourage proper passing form.
 "Kick the balls low" - so they don't hit any other player above the waist.

Progression

- Require players to kick with the weak or non-dominant foot.
- Vary the grid size. Wider is harder for X's

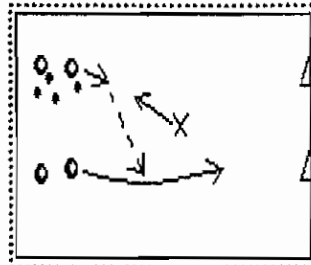
TWO VS. ONE ~ Dribbling, passing

Organization: Two lines (if necessary, make another grid or two to keep lines as short as possible) 20 - 30 yards out from goal. One defender. Coach should start as passive defender.

Description: Players advance toward goal and try to score.

Progression: Divide field in half. Require each offensive player to stay on their half of the field.

Important Note: This 2 v 1 exercise helps players understand when to pass or when to dribble. It also teaches where players should be positioned to best receive a pass.

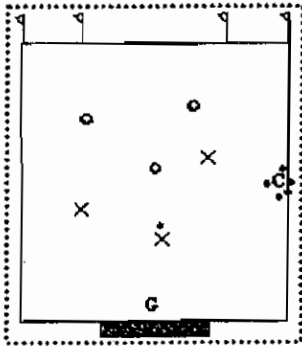
**Things to say to players:****Dribbler -**

"Go at the defender" - or go straight to goal if the path is open.

"Pass to teammate before the defender arrives" - as the defender nears the ball, the pass should be on

Teammate -

"Stay behind the ball" - when the pass is on, the pass should be made on a diagonal direction in front of receiving player (see diagram).



NUMBERS UP ~ Scoring, passing, support

Organization: two teams. Offensive team has 1 - 2 more players than the defensive team. Use a half-field with three goals. Play 3 v 2, 4 v 2, or 4 v 3.

Description: the offensive team (O's) try to score on the one big goal. The defenders (X's) try to pass the ball through either of the small two goals (each 3 to 5 yards wide) at the end of the grid. Play starts off of a punt from the goalie or throw from the coach. Switch player's roles after a while.

Progression: offensive team must complete one to three passes before shooting.

Things to say to players:

"Make smart passes" - don't just kick the ball. With a numerical advantage, the offensive team shouldn't lose the ball easily.

"How can they pass to you?" - show players where to be.

"Clear the ball wide" - when defenders win possession of the ball they try to kick it wide toward the goals.

Important Note: This is an excellent game. Encourage offensive team to keep possession of the ball. Don't give it away unnecessarily. Also, instruct the concept of support. It is okay to pass the ball backward to an open teammate. Players do not always have to go straight toward goal. Go around the defense, not through it!

WARM UP ~ Juggling, ball control

Juggling is keeping the ball in the air. Players can use feet, thighs, head – anything but the arms and hands – to contact the ball.

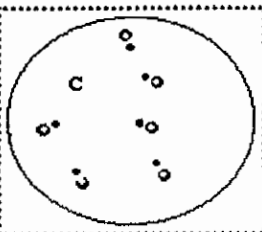
Contact & Catch: to start players juggle once with the foot then catch the ball.

"Kick and catch." Players do the same with the thigh and the head. **"Thigh & catch"**, **"head & catch."** Once successful, players try for two contacts then a catch. Encourage players to use both left and right legs. **"Left, right, catch."** Mix up the combinations. Try, for example: **"Head, thigh, catch."**, **"2 thighs, 1 foot, catch."**, **"Right foot, left thigh, catch."** And so on. Older players can try to start the ball from the ground. See how many consecutive touches players can get keeping the ball in the air.

AGE GROUP JUGGLING GOALS	
Age	# of touches
5	2 - 3
6	2 - 5
7	3 - 6
8	3 - 12
9	4 - 15
10	5 -25+

Fun Notes:

- players should try to break their own records. How many times can you keep the ball in the air.
- play Simon-says with juggling instructions.
- Play with partners. Partner serves ball, player tries to juggle and catch.

**PIN THE TAIL ~ Dribbling Skills**

Organization: All players with a ball in a circle (15 - 20 yards diameter). Coach prepares to be a moving donkey.

Description: The coach is the donkey. Players try to hit the donkey with a ball (below the knees). Play until you can't run anymore. Find nearby parents to be donkeys.

FUN NOTES:

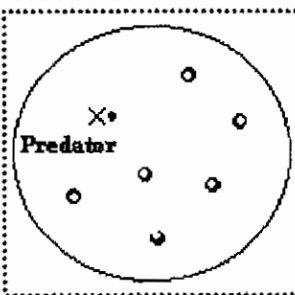
Taunt the players!
Be dramatic!
Roll around on the ground when hit.

Variations

- Players use left foot only to move and kick the ball.
- Players must hit coach with inside of the foot pass.

Things to say to players (while running for your life):

- "Keep the shots low" - passes on the ground only.
- "Keep the ball close" - dribble to set up a shot. Don't kick and

**PREDATOR ~ Dribbling, passing**

Organization: All players in a circle 15 - 20 yards diameter (square grid also works). Balls placed near the circle.

Description: All players start inside a defined area. One player, the predator, has a ball. The predator tries to "hit" other players with the ball by kicking it at them below the waist. If a player is hit, he/she gets a ball and becomes another predator. Play continues till only one player is left. Vary the size of grid.

Things to say to players:

- "Get close to your target"
- players will use dribbling skills to narrow in.
- "Go for the kill" - don't give up.

Progression

- All players have a ball. Only predator can hit players. Consider having predators identify themselves by carrying a cone or other object (pinnie, ball, whatever).
- Play with two teams. Time how long it takes for one team to hit all players on other team.
- Play with two teams. Once a ball leaves the area it can not be brought back in. See if either team can hit all the other players before all the balls leave the area.

PUTT-PUTT SOCCER ~ Passing accuracy

Organization: players in pairs each with a ball.

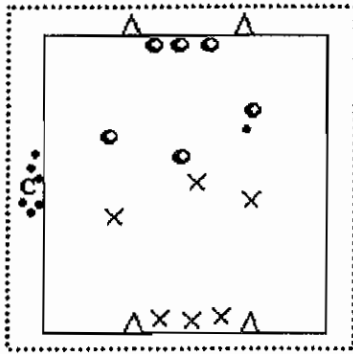
Description: first player kicks ball away. Partner kicks his/her ball and tries to hit the first ball in the fewest number of attempts. Pair keeps track of how many shots it takes.

Progression

- Require players to pass the ball with the "weak" foot.
- Allow players to choose "holes" to aim for (trees, garbage cans, poles, etc.). Pairs play simultaneously.
- Play a "through-the-legs" version. First player kicks ball then spreads legs. Partner starts from where ball stops and tries to pass it through first player's legs.

Things to say to players:

- "Use the inside of the foot to contact the ball" - for accuracy.
- "Point the toe up" - when kicking for power and accuracy. This is helpful with younger players in getting their ankle locked.
- "Place the non-kicking foot next to the ball and point it at the target" - for accuracy.



CHANGE GAME ~ Small sided game

Organization: two teams on a field with big goals, one ball. Half of the players from each team are selected to play on the field. The other half protect the goal.

Description: coach allows first group of players to play for 1 - 2 minutes then yells "CHANGE!" On this command, the field players can not touch the ball again. They must return to their team's goal line. Meanwhile the other 1/2 of the players charge onto the field and continue play.

Progression: play without goals. A point is awarded if a team passes or dribbles the ball over the opponents endline.

Fun Notes:

Yell "change" at odd times.
Vary the amount of time between changing teams.

Things to say to players:

"Stay on the goal line until your team plays" - players will try to sneak onto the field.

"Shoot if open and in range" - don't hesitate to shoot!

GATE GAMES ~ Dribbling, passing, moving

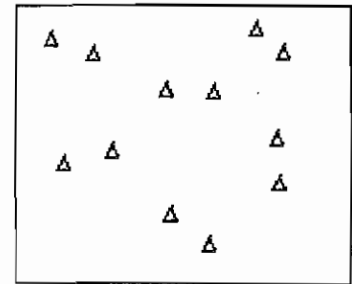
Organization: Set up a random set of gates using cones 2 yards apart. (5 to 15 gates)

Description

Game 1 → Dribbling - Every player with a ball. How many gates can a player dribble through in 30 seconds

Game 2 → Pair Passing - Players in pairs with one ball. Pair gets point for every gate they pass the ball through. How many points can the pair get in 60 seconds. (Pairs can't go through same gate twice in a row).

Game 3 → Team Passing - (not suitable for U6's) Two teams play in a designated area with five or more small goals set up inside the area. A point is awarded if a team can complete a pass through a gate. The ball must be controlled by a teammate after the pass for a point to score. The ball can pass through the gate in either direction.

**Things to say to players:**

- "Look up" - where are you going next. Think ahead.
- "Communicate with teammate" - for the passing games, communicate with partner(s) is critical.

Demonstrate games first. Show players how to move with the ball and without it.

WARM UP ~ Agility/coordination

Players work individually and in pairs and perform several of the following exercises. Be creative! Have everyone perform with ball.

Ball war: two players grab ball tightly. On coach's command players try to win sole possession of the ball.

Throw and catch: (throw-ins): throw back and forth, catch ball with hands or practice receiving with feet.

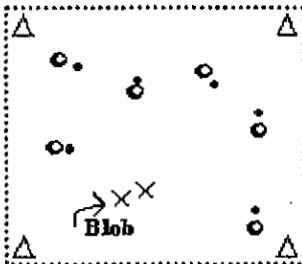
Punt and catch: in pairs players punt the ball back and forth.

Pass and spin: players pass a ball. After passing the ball player performs an exercise like spinning in a quick 360 degree circle. Other exercises to perform: a sit down, 2 jumping-jacks, summersaults/log roll, etc.

Jumps: jumping-jacks, frog jumps, jumps over/around the ball, knees to chest, etc.

Races: the more bizarre the better. Have players: run backward, hop, skip, hop with ball between the legs, run carrying three balls, race in crab position or on all fours.

**Try to demonstrate movements (or find someone who can).
Perform muscle stretches in between exercises as needed.**

**BLOB TAG #2 ~ Passing, possession game**

Organization: All players in a circle or grid about 20 yards square. One (or two) ball. Two players as the blob.

Description: All players are inside the grid. The two players form a blob by holding hands. All others play keep-away from the blob. If a player makes a bad pass, they join the blob. Once the blob has six players, have it break it apart into smaller blobs (of three each). Otherwise, the blob must stay together!

Progression

- Make the grid smaller (harder for dribblers).
- Play with direction (from one side of the grid to the other).

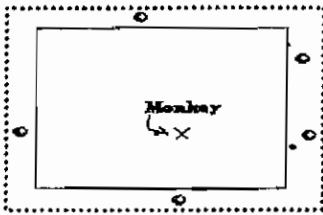
Things to say to players:

"Pass away from the blob" - that's the purpose of the game.

"Keep the ball moving" - into space away from the blob.

"Keep control of the ball" - don't just kick it without direction.

"Spread out" - let the ball come to you.

**MONKEY CAGE ~ Passing game**

Organization: five players in a grid 15 x 15 yards.

Description: one player in the group of four starts as a defender (the monkey). The other four stay on the perimeter of the grid and start passing the ball (the banana) around. The monkey tries to get the banana. If successful or if the ball goes out of the square, then the person who made the mistake switches with the monkey. (Or keep the same defenders for three minutes then switch). Try to keep play within the boundaries (the monkey cage).

Things to say to players:

"Spread out" - make the defender work harder, use the whole grid.

"Are you open for a pass?" - can the player with the ball pass the ball to you at this moment?"

"Use the inside of foot to pass the ball" - most accurate way to contact ball

Variations**Easier for passers**

- Make the grid larger.
- Restrict (slow down) the defenders: require defenders to play as a blob.

Harder for passers

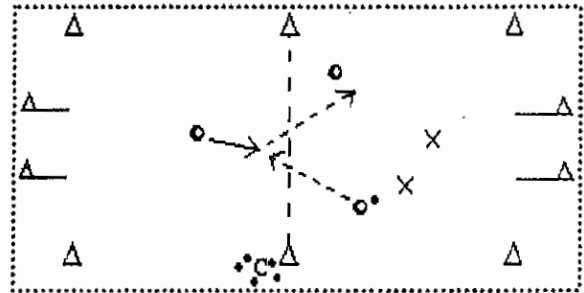
- Play 5 v 2 or 3 v 1

Have a two-touch restriction.

BACK-PASS GAME ~ Passing, support, scoring

Organization: one team with 3 players, one team with 2 players (3 v 2). One ball. Small soccer field with 2 goals (30 x 20 yards). Midfield line clearly marked.

Description: play a 3 v 2 game on a small field with these restrictions: two-player team plays from their defensive half of the field. If they win the ball, they try to score off of a long kick. Three-player team: one player must stay behind midfield line, on team's defensive half.



Progression (older or more skilled players): play with a two-touch restriction for the offense.

Things to say to players:

"It's okay to pass backward" - a player with the ball should always have a teammate 5 - 10 yards behind in "support."

"If you can't go in the front door, go around the back" - don't give the ball away by dribbling into defenders. Pass backward to an open teammate instead.

Fun Notes: give a point for a well-performed back-pass. Reward or recognize the effort--the right idea--even if the pass is bad. Give players another try to make a better pass or receive.

WARM UP ~ Juggling, ball control

Juggling is keeping the ball in the air. Players can use feet, thighs, head -- anything but the arms and hands -- to contact the ball.

Contact & Catch: to start players juggle once with the foot then catch the ball. "Kick and catch." Players do the same with the thigh and the head. "Thigh & catch", "head & catch." Once successful, players try for two contacts then a catch. Encourage players to use both left and right legs. "Left, right, catch." Mix up the combinations. Try, for example: "Head, thigh, catch.", "2 thighs, 1 foot, catch.", "Right foot, left thigh, catch." And so on. Older players can try to start the ball from the ground. See how many consecutive touches players can get keeping the ball in the air.

AGE GROUP JUGGLING GOALS	
<u>Age</u>	<u># of touches</u>
11	2 - 3
12	2 - 5
13	3 - 6
14	3 - 12
15	4 - 15
16	5 - 25+

Fun Notes:

- players should try to break their own records. How many times can you keep the ball in the air.
- play Simon-says with juggling instructions.
- Play with partners. Partner serves ball, player tries to juggle and catch.

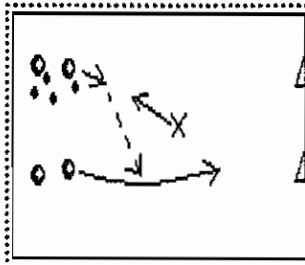
TWO VS. ONE ~ Dribbling, passing

Organization: Two lines (if necessary, make another grid or two to keep lines as short as possible) 20 - 30 yards out from goal. One defender. Coach should start as passive defender.

Description: Players advance toward goal and try to score.

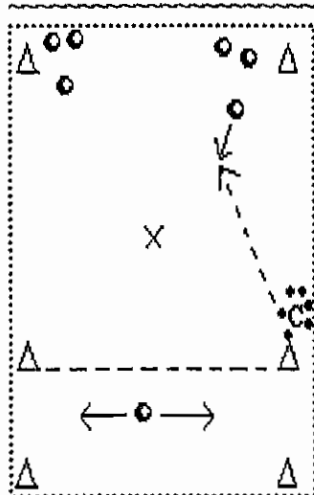
Progression: Divide field in half. Require each offensive player to stay on their half of the field.

Important Note: This 2 v 1 exercise helps players understand when to pass or when to dribble. It also teaches where players should be positioned to best receive a pass.



Things to say to players:

- Dribbler -**
 "Go at the defender" - or go straight to goal if the path is open.
 "Pass to teammate before the defender arrives" - as the defender nears the ball, the pass should be on
- Teammate -**
 "Stay behind the ball" - when the pass is on, the pass should be made on a diagonal direction in front of receiving player (see diagram).



END-ZONE PASS ~ Passing, support, depth

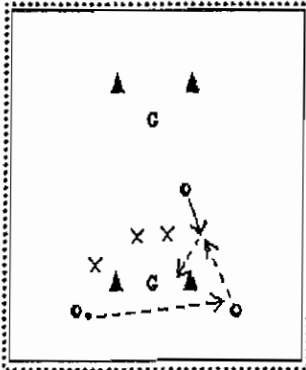
Organization: five or more players in a large rectangular area with an "end zone."

Description: two players advance the ball against one defender. A point is scored if they can pass the ball to a third offensive player positioned behind a line at the end of the grid. Coach starts play with a pass to offensive player. Rotate defender after several turns.

- Progression**
2. Third offensive player has to pass the ball back to a teammate for a point to count.
 3. Play with two defenders (3 v 2).
 4. Have the three offensive players start at midfield. One of them has to receive ball in "end zone" for a point.

Things to say to players:

- "Stay spread out" - don't get too close to teammate
- "Don't force the pass" - look for open player, make a good pass.
- "Move to get open for a pass" - player without the ball must move to find a passing lane.



HOCKEY SOCCER ~ Passing, scrimmage

Organization: two teams play on a modified soccer field: the field is extended 10 - 15 yards behind the goals.

Description: teams play a regular scrimmage except that they can play behind the goals.

Progression

- Require ball to travel behind goal before a shot is allowed.
- Require one or two offensive player(s) to stay in the zone behind the goal.
- Use cones as goals. Allow shots from either side of the goals.

Things to say to

players:

- "Spread out" - create room for your teammates.
- "Look to play the ball forward to a teammate"
- then follow your pass forward.

WARM UP ~ Tag games

Play a couple of these fun tag games to get players warmed up for practice.

Goalie Tag: players dribble ball in defined area. "It" player is a goalkeeper who tries to grab ball with hands.

Hop-a-long: "It" player hops on one foot trying to touch another player.

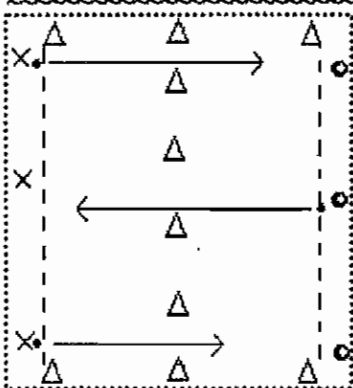
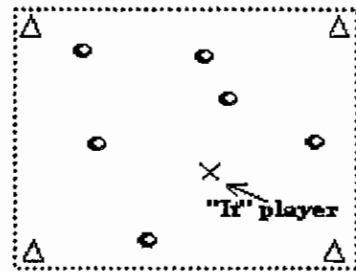
Hospital Tag: play with or without balls. "It" player has no restrictions. When they tag another player has to put hand on the area tagged. Once players have been tagged three times they come to coach to be "treated." Treatment is performing any mix of skills. Once completed they may return.

Tunnel Tag: play with or with out balls. Once a player is tagged, he/she can be "unfrozen" if another player crawls between his/her legs.

Hot Potato: players pass ball around with hands. No running. "It" player(s) tries to intercept ball or tag player when he/she has the ball in his/her hands. If successful or if ball ever hits the ground, the "It" player switches with the player who made the mistake.

Slide Tag: When players are in pairs (arms locked), they are safe. One player is "It". All other players start in pairs except one. The one solo player avoids being tagged and can at any time lock on to one of the pairs. At this moment he/she is safe and the player on the opposite side is "bounced off" and must avoid being tagged.

Bad-apple: all players with ball at their feet. "It" player carries ball and tries to throw it and hit other players' balls. Players switch roles after successful hit.

**GOALS GALORE ~ Passing and shooting**

Organization: players in pairs with one ball. A small goal is set up for each pair.

Description: two players pass the ball back and forth. Each player earns a point for each time the ball passes through their goal. The distance of the goal varies with age and ability. Mark off a "kicking line" that players have to stay behind. See who can get the most points in two minutes. See which team can get to 10 points first.

Progression

- Require players to dribble up to the line then shoot a moving ball.
- Require players to perform one exercise before passing/shooting (push up, 360 degree spin, bounce off your head then shoot, etc.)

Things to say to players:

"Point the non-kicking foot at the goal" - to allow the hip of the kicking leg to swing through toward the target.

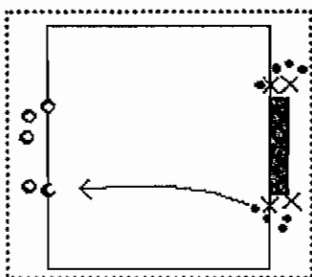
"Swing kicking leg through toward the target, bringing knee up to chest" - for accuracy and power.

"Point toe down" - for a locked ankle, when using shoelaces.

"Point toe up" - for a locked ankle, when using inside of foot.

Important Note:

Players might kick ball with the toe. Try to get them to experiment contacting the ball with the inside of the foot and the shoelaces.

**BRING IT ON ~ Defending, receiving, and shooting (1 v 1)**

Organization: Two lines: one line forms 20 yards out from the goal. The other line forms at the endline (at side of goal).

Description: Player "X" at the front of the line near the goal kicks the ball out to Player "O" at the front of the shooting line. Player X plays defense while Player "O" tries to dribble and score on goal (1 v 1). Players switch lines after each turn. Keep things moving quickly with the next pair.

Progression

- Have defensive player punt ball to start play (or throw it in).
- Have defensive player pass ball out to start play.
- Play 2 v 2 or 3 v 3.

Things to say to dribbler:

"Get behind the ball" - when receiving it. Keep the ball in front of your body. Get it in control on the ground.

"Advance with speed" - move quickly to goal.

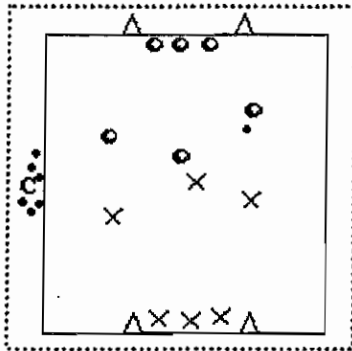
"Beat the defender once" - then go for goal.

Things to say to defender:

"Close the space" - between you and ball.

"Stay goal-side: between the ball and the goal" - at all times

"Don't dive in. Don't lunge." - as the defender nears the ball they should slow down and stay in control.



CHANGE GAME ~ Small sided game

Organization: two teams on a field with big goals, one ball. Half of the players from each team are selected to play on the field. The other half protect the goal.

Description: coach allows first group of players to play for 1 - 2 minutes then yells "CHANGE!" On this command, the field players can not touch the ball again. They must return to their team's goal line. Meanwhile the other 1/2 of the players charge onto the field and continue play.

Progression: play without goals. A point is awarded if a team passes or dribbles the ball over the opponents endline.

Fun Notes:

Yell "change" at odd times.
Vary the amount of time between changing teams.

Things to say to players:

"Stay on the goal line until your team plays" - players will try to sneak onto the field.
"Shoot if open and in range" - don't hesitate to shoot!

WARM UP ~ Agility/coordination

Players work individually and in pairs and perform several of the following exercises. Be creative! Have everyone perform with ball.

Ball war: two players grab ball tightly. On coach's command players try to win sole possession of the ball.

Throw and catch: (throw-ins): throw back and forth, catch ball with hands or practice receiving with feet.

Punt and catch: in pairs players punt the ball back and forth.

Pass and spin: players pass a ball. After passing the ball player performs an exercise like spinning in a quick 360 degree circle. Other exercises to perform: a sit down, 2 jumping-jacks, summersaults/log roll, etc.

Jumps: jumping-jacks, frog jumps, jumps over/around the ball, knees to chest, etc.

Races: the more bizarre the better. Have players: run backward, hop, skip, hop with ball between the legs, run carrying three balls, race in crab position or on all fours.

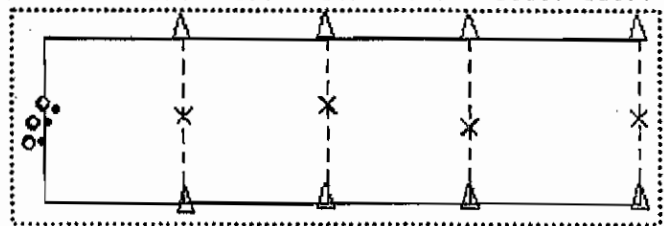
Try to demonstrate movements (or find someone who can).
Perform muscle stretches in between exercises as needed.

DEFENDER ON A WIRE ~ Dribbling, tackling

Organization: One defender starts between two cones. Line of attackers 10 yards away.

Description: Player at front of line tries to dribble past defender who can not leave the "wire" between the cones. Switch the defender once every player has had a chance to dribble.

Optional: end with a shot on goal. Set up several defenders in succession. Keep the line to a minimum by adding more grids.

**Things to say to players:****For the dribbler:**

"Fake one way, go the other" - try to "sell" the defender.

"Accelerate past the defender" - don't delay. Go for it.

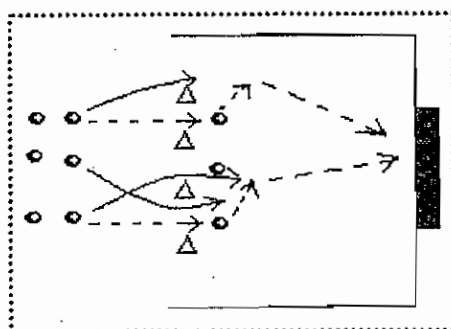
For the defender:

"Stay on the balls of your feet" - Keep balanced, ready to react.

"Don't swipe at the ball" - Get in a position to stop the player from going forward. Move your feet!

Progression

- Allow defender to come off (forward) wire, but can not cross line if dribbler crosses
- Keep score for each player's defensive efforts. Point for each player stopped. Can also give points for each grid cleared.

**PASS AND SCORE ~ Passing, control, shooting**

Organization: players form 2, 3, 4 lines (keep lines to a minimum) 20 - 30 yards away from goal. For the first time or two (introduction) start with 1 line and progressing up to more lines as they grasp the concept of the exercise. As players become more successful with this exercise place them directly in 2 or more lines.

Description: players at the front of each line pass the ball to teammate or coach. After the pass the players run around a cone off to the side, then receives the ball back from the teammate or coach and shoots on goal. The coach should vary the return pass, for example, balls on the ground, and bouncing balls. Proceed quickly.

Progressions

- Play starts with throw-in.
- Coach throws ball back to the player. Ask player "how high do you want the throw?" Low? Medium? Super high?
- Have the second player in line chase the shooting player.

Things to say to players:

"Keep the ball in front of you" - get the body behind the flight of the ball.

"Get a good first touch" - is the ball in control, in front of the player after he/she touches it (after the return pass from teammate or coach).

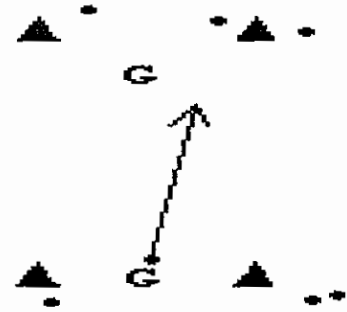
"Shoot quickly" - don't delay. "Get out of the way after your turn" - have players come back to the outside

GOALIE WARS ~ Goalkeeping technique

Organization: players work in pairs. Two goals are set up facing each other 15+ yards apart. (Cones work as goals).

Description: Two goalies compete against each other by trying to score. Require specific types of serves or kicks. For example, use the following progression:

1. Players must roll the ball on the ground.
2. Ball must bounce at least once. (Player's throw the ball.)
3. Throws allowed anywhere.
4. Kicks or punts allowed (from the goal line).

**Things to say to players:**

"Get your body behind the ball" - move your feet! Try to get chest or lower body behind the ball.

"Watch the ball" - all the way into your hands.

"Bring the ball into your chest" - after the save.

Fun Notes: all young players should experiment with goalkeeping. Even if players don't play in goal, these exercises will help with coordination. Will also prepare players more for U10 when they play games with goalkeepers.

KICK PROGRESSION ~ "Shoelaces" kicking technique, volleys

Organization: players work in pairs with one ball.

Description: one player sits down. The other player stands 1 to 2 yards away holding a ball. The standing player tosses the ball to the sitting player's feet. The sitting player tries to kick the ball back into the hands of the standing player. Players should switch kicking feet each time (left, right, left, right...). See which pair can complete the most turns without the ball hitting the ground. Next have players stand up and try this routine. (This will be easier!). Have players balance on one foot while kicking with the other.

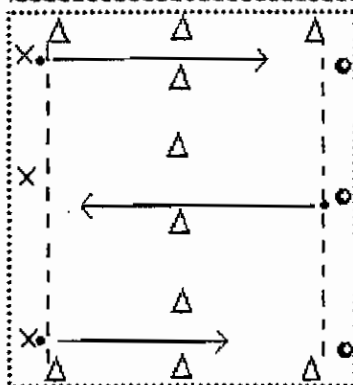
Progression

- Players' kick and catch themselves.
- Players' punt back and forth.

Things to say to players:

"Keep your toe pointed" - if the ball is going over the head of the sitting player after the kick, the ankle is not locked and the toe is not pointed down.

"Make contact with the ball with the inside shoelace" - this is the big bone on the top of the foot.

**GOALS GALORE ~ Passing and shooting**

Organization: players in pairs with one ball. A small goal is set up for each pair.

Description: two players pass the ball back and forth. Each player earns a point for each time the ball passes through their goal. The distance of the goal varies with age and ability. Mark off a "kicking line" that players have to stay behind. See who can get the most points in two minutes. See which team can get to 10 points first.

Progression

- Require players to dribble up to the line then shoot a moving ball.
- Require players to perform one exercise before passing/shooting (push up, 360 degree spin, bounce off your head then shoot, etc.)

Things to say to players:

"Point the non-kicking foot at the goal" - to allow the hip of the kicking leg to swing through toward the target.

"Swing kicking leg through toward the target, bringing knee up to chest" - for accuracy and power.

"Point toe down" - for a locked ankle, when using shoelaces.

"Point toe up" - for a locked ankle, when using inside of foot.

Important Note:

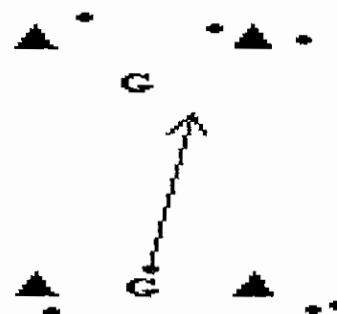
Players might kick ball with the toe. Try to get them to experiment contacting the ball with the inside of the foot and the shoelaces.

GOALIE WARS ~ Goalkeeping technique

Organization: players work in pairs. Two goals are set up facing each other 15+ yards apart. (Cones work as goals).

Description: Two goalies compete against each other by trying to score. Require specific types of serves or kicks. For example, use the following progression:

5. Players must roll the ball on the ground.
6. Ball must bounce at least once. (Player's throw the ball.)
7. Throws allowed anywhere.
8. Kicks or punts allowed (from the goal line).

**Things to say to players:**

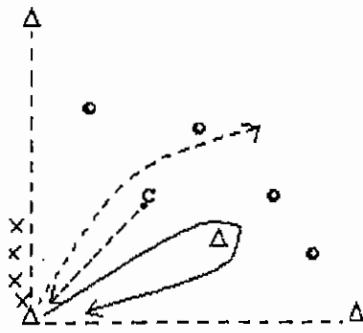
"Get your body behind the ball" - move your feet! Try to get chest or lower body behind the ball.

"Watch the ball" - all the way into your hands.

"Bring the ball into your chest" - after the save.

Fun Notes: all young players should experiment

with goalkeeping. Even if players don't play in goal, these exercises will help with coordination. Will also prepare players more for U10 when they play games with goalkeepers.



SOCCER KICK BALL ~ Power, kicking, passing

Organization: two teams. One cone for home base, another cone for base running.

Description: player "at bat" tries to kick the ball, circle cone and return home before all players on the outfield team touch the ball. Coach acts as pitcher. (Coach may have to vary distance of run by repositioning the cone to make play competitive).

Progression

1. Have a "weak-footed" inning.
2. Have a one-point cone and a two-point cone. Runner decides which cone to circle.
3. Divide outfield into thirds, require outfield players to stay in their respective zones.

Things to say to players:

"Move the ball quickly" - outfielders can't hesitate. **"Passing is faster than dribbling"** - pass to a nearby teammate.

WARM UP ~ Agility/coordination

Players work individually and in pairs and perform several of the following exercises. Be creative! Have everyone perform with ball.

Ball war: two players grab ball tightly. On coach's command players try to win sole possession of the ball.

Throw and catch: (throw-ins): throw back and forth, catch ball with hands or practice receiving with feet.

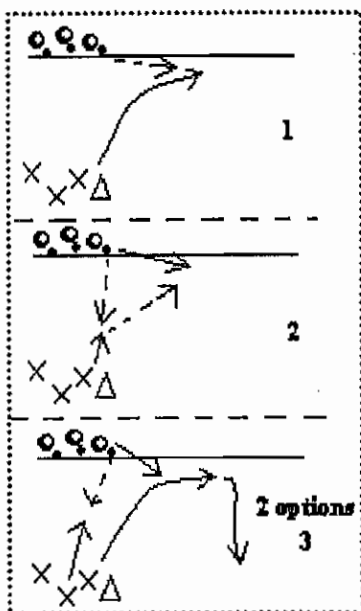
Punt and catch: in pairs players punt the ball back and forth.

Pass and spin: players pass a ball. After passing the ball player performs an exercise like spinning in a quick 360 degree circle. Other exercises to perform: a sit down, 2 jumping-jacks, summersaults/log roll, etc.

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Races: the more bizarre the better. Have players: run backward, hop, skip, hop with ball between the legs, run carrying three balls, race in crab position or on all fours.

Try to demonstrate movements (or find someone who can).
Perform muscle stretches in between exercises as needed.

**THROW IN PLAYS ~ Throw-ins**

Organization: two lines. One at the sideline, the other 10 - 15 yards toward the center of the field.

Description

- Down the Line:** one player starts on the sideline with a ball. The player performs a throw-in to the first player in line running in from the middle of the field. Running player receives ball and shoots on goal.
- Throw and Go:** player throws it directly to teammate. Teammate controls ball then passes it down the line back to the thrower who has started running down the field.

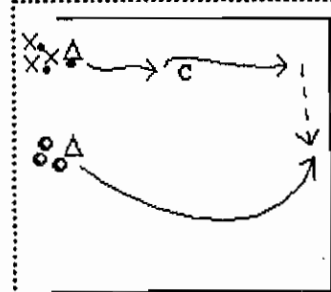
Progression

- Add defenders in each
- Combine the two (3), practice; then add defenders.

Pointers: Spend no more than 10 - 15 minutes total, as this can be reinforced during daily scrimmages. Get them going quickly.

Things to say to players:

"Both feet on the ground" - it's the rule.
"Two hands with ball behind your head" - starting position for a legal throw-in.
"Look for an open player down the field" - you can't throw the ball to yourself.
"Step forward and drag your toe for power" - as long as the foot keeps contact with the ground it's a legal throw-in. "Feet on or behind the line" - the rule, again.

**CROSSING ~ Passing, long kicks**

Organization: two or four lines (depending on numbers; *don't have players standing around too much*): one line near the sideline (touchline), the other in the center of the field.

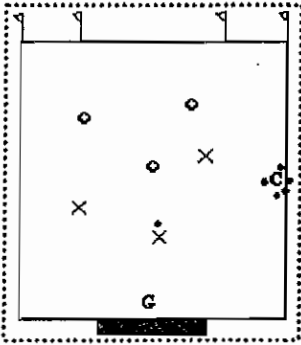
Description: player near sideline dribbles ball toward the endline then passes/kicks ball into the center. Player in center line(s) runs forward, receives (or shoots), and then takes a shot on goal. Switch lines. Continue play quickly. Switch sides of the field after a while.

Things to say to players:

"Take the ball near the endline" - dribble with speed. "Kick the ball away from the goalkeeper" - the cross should be aimed 10 - 15 yards away from the goal. "Turn your hips" - players dribble forward then at the last second turn the body toward the center of the field before kicking the ball. "Time your run" - the player in the center should not be standing in front of the goal when the ball arrives. The center player should be running forward when they contact the ball.

Progression

- Coach acts as a defender in front of the sideline player. Sideline player dribbles around coach and crosses ball into center.
- Add a player as a defender.
- Start with a pass from the center line to the sideline player, who then receives, dribbles and crosses.



NUMBERS UP ~ Scoring, passing, support

Organization: two teams. Offensive team has 1 - 2 more players than the defensive team. Use a half-field with three goals. Play 3 v 2, 4 v 2, or 4 v 3.

Description: the offensive team (O's) try to score on the one big goal. The defenders (X's) try to pass the ball through either of the small two goals (each 3 to 5 yards wide) at the end of the grid. Play starts off of a punt from the goalie or throw from the coach. Switch player's roles after a while.

Progression: offensive team must complete one to three passes before shooting.

Things to say to players:

"**Make smart passes**" - don't just kick the ball. With a numerical advantage, the offensive team shouldn't lose the ball easily.

"**How can they pass to you?**" - show players where to be.

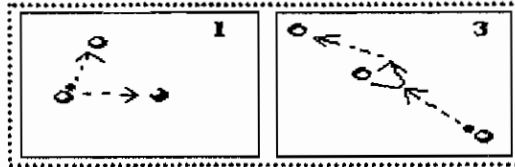
"**Clear the ball wide**" - when defenders win possession of the ball they try to kick it wide toward the goals.

Important Note: This is an excellent game. Encourage offensive team to keep possession of the ball. Don't give it away unnecessarily. Also, instruct the concept of support. It is okay to pass the ball backward to an open teammate. Players do not always have to go straight toward goal. Go around the defense, not through it!

WARM UP ~ Passing (kicking with the inside of foot)

Organization: Groups of three with one ball per group.

Progress through several of the following exercises.



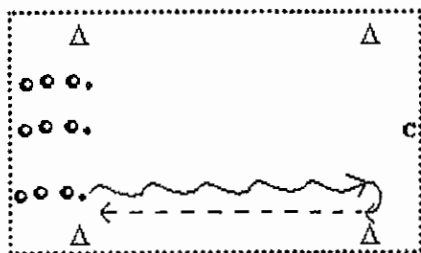
Triangle passing: players form a triangle and pass the ball around. Start with small triangle--players 2 to 3 yards apart and gradually move players out to 10 yards apart. Play **one or two-touch passing**.
Through the legs: one player stands in the middle with legs spread apart. Other two try to pass ball through this player's legs.
Turn and Pass: have players in a line. Middle player receives ball, turns and passes.

Things to say to players:

- "Keep the ball moving" - the ball shouldn't stop.
- "Stay on the balls of your feet" - move to receive the ball.
- "Pretend you're at soccer practice" - encourage players to look and act like soccer players!
- "Contact the ball with the inside of the feet.
- "Point your toe up" - for accuracy and power; for younger players telling them to point their toe, helps them lock their ankle.

FUN NOTES:

- Keep players in a defined space. Acknowledge good passes.
- Have competitions. Which group can get 15 passes first?
- Also, try to get players engaged in practice. Keep things moving quickly. Be ready to move to the next activity.



BRAZILIAN TURNS ~ Receiving, controlled dribbling, passing

Organization: players work in threes with one ball. Each group starts on side of a grid 10 - 15 yards wide.

Description: first player in each line dribbles out to cones, turns and passes the ball to the next player in line. After passing the ball, first player jogs back to the starting position. Meanwhile next player has received the pass and dribbles out to the line, and so on.

Have players perform a variety of dribbling maneuvers:

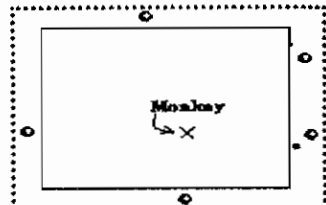
- Dribble with outside of feet or inside of the feet only.
- Double touch (touch the ball twice with one foot before the foot hits the ground).
- Ball rolls ("slide" across handling the ball with the back foot only).
- Hop on one foot, handle the ball with the other one.

Players can also work on various types of turns at the "turning line": outside of foot, inside of the foot (cut), sole of the foot (drag), fake kick and turn, etc.

Fun Notes:

- Have a race. First group to complete 10 passes wins.
- Allow players to demonstrate turn moves. (Who can show me a new way to turn the ball?)
- DEMONSTRATE (or find someone who can) dribbling and turning moves.

MONKEY CAGE ~ Passing game



Organization: five players in a grid 15 x 15 yards.

Description: one player in the group of four starts as a defender (the monkey). The other four stay on the perimeter of the grid and start passing the ball (the banana) around. The monkey tries to get

the ball (the banana) around. The monkey tries to get goes out of the square, then the person who made the mistake switches with the monkey. (Or keep the same defenders for three minutes then switch). Try to keep play within the boundaries (the monkey cage).

Variations

Easier for passers

- Make the grid larger.
- Restrict (slow down) the defenders: require defenders to play as a blob.

Harder for passers

- Play 5 v 2 or 3 v 1
- Have a two touch restriction.

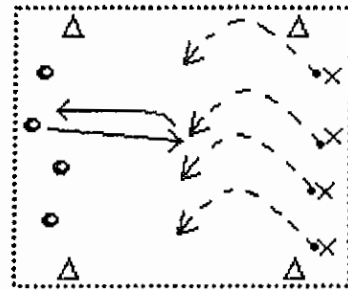
Things to say to players:

- "Spread out" - make the defender work harder, use the whole grid.
- "Are you open for a pass?" - can the player with the ball pass the ball to you at this moment?"
- "Use the inside of foot to pass the ball" - most accurate way to contact ball

BOMBS AWAY ~ Receiving and Dribbling

Organization: players form two lines facing each other, 15 - 20 yards apart. Players on one side each have a ball.

Description: Each line is a team. The "bombers" (X's) have the balls. When coach yells, "bombs away" bombers throw the balls into the middle area. Players on the receiving team--the United Nations--try to dribble the 'bomb' across the opposite line. The UN members have ten seconds before the bomb explodes. If this happens the "bombers" get a point. Teams switch after couple repetitions. Play continues.

**Progression**

- Make endlines longer (harder for defenders).
- Launch bomb with a throw-in. Or start play with a football hike.
- Require players to stop the ball on the endline.

Things to say to players:

"Settle a ball, look for space" - zero in on a ball, get it under control--on the ground, at your feet--and dribble into open space.

WARM UP ~ Juggling, ball control

Juggling is keeping the ball in the air. Players can use feet, thighs, head – anything but the arms and hands – to contact the ball.

Contact & Catch: to start players juggle once with the foot then catch the ball. **"Kick and catch."** Players do the same with the thigh and the head. **"Thigh & catch", "head & catch."** Once successful, players try for two contacts then a catch. Encourage players to use both left and right legs. **"Left, right, catch."** Mix up the combinations. Try, for example: **"Head, thigh, catch."**, **"2 thighs, 1 foot, catch."**, **"Right foot, left thigh, catch."** And so on. Older players can try to start the ball from the ground. See how many consecutive touches players can get keeping the ball in the air.

AGE GROUP JUGGLING GOALS	
<u>Age</u>	<u># of touches</u>
17	2 - 3
18	2 - 5
19	3 - 6
20	3 - 12
21	4 - 15
22	5 -25+

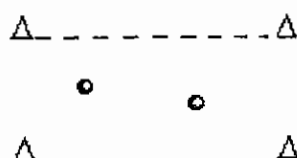
Fun Notes:

- players should try to break their own records. How many times can you keep the ball in the air.
- play Simon-says with juggling instructions.
- Play with partners. Partner serves ball, player tries to juggle and catch.

△ PINBALL ~ Ball control, shooting



Organization: players form teams of two. Two teams play on grid 15 x 15 yards with a midline.



Description: each pair is a team and tries to kick the ball across the other team's endline. Players act like flippers on a pinball machine, trying to stop the ball from going down the drain. Players can not cross the midline. A point is scored if the ball crosses the endline below the shoulder height. Start play by one player serving the ball to the partner. Partner must one-touch the ball and try to score.

Progression

- Require players to kick the ball before it stops moving.
- Vary the grid size. Wider is harder to defend. Longer is harder for kickers.
- Allow players to use their hands to stop the ball.
- Play with headers (U10 and above).

Things to say to players:

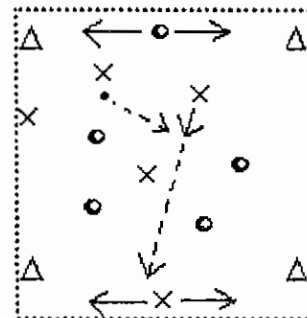
- "Keep the shots low"** - players must contact the ball above the horizontal midline.
- "Get your body behind the ball"** - when trying to control it.
- "Use proper kicking form"** - discourage players from always using the toe to kick the ball.

DEFEND THE LINE ~ Defense, long kicks

Organization: two teams play in a rectangular area 20 x 30 yards.

Description: each team has a target player on the opposite endline. A team gets a point if they can pass or kick the ball into their target player's hands. The target player can move along the line. Switch target players regularly.

Variations: Adjust the field size so that there is success for the offensive team. A shorter, wider field is easier for the offense.



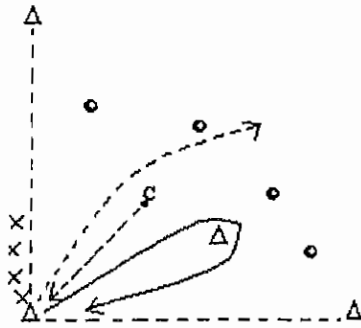
Things to say to players:

For offense

- "Play it in if you can"** - if you have time and space try to kick it in to target player.
- "Target must move, look to get open for a pass"** - teaches good habits.

For defense

- "Pressure the ball"** - so they don't have time to play it in.
- "Keep the ball in front of you"** - so the other team can't play it forward easily.



SOCCKER KICK BALL ~ Power, kicking, passing

Organization: two teams. One cone for home base, another cone for base running.

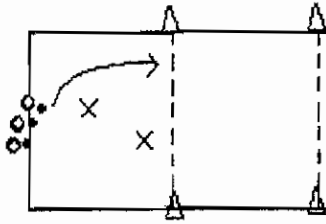
Description: player "at bat" tries to kick the ball, circle cone and return home before all players on the outfield team touch the ball. Coach acts as pitcher. (Coach may have to vary distance of run by repositioning the cone to make play competitive).

Progression

4. Have a "weak-footed" inning.
5. Have a one-point cone and a two-point cone. Runner decides which cone to circle.
6. Divide outfield into thirds, require outfield players to stay in their respective zones.

Things to say to players:

"Move the ball quickly" - outfielders can't hesitate. **"Passing is faster than dribbling"** - pass to a nearby teammate.

DRIBBLING 1 V 2 ~ Dribbling against opponents, block tackling

Organization: Two defenders start in two adjacent grids 10 by 10 yards. A line of attackers (keep line to a minimum).

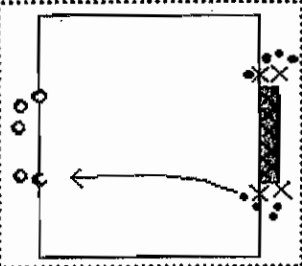
Description: The first player in line tries to dribble past two defenders, one at a time. Each of the defenders is positioned in a grid (10 x 10 yards). If the defender wins the ball, they must clear the opposite line, or forces the dribbler out of bounds, the dribbler becomes the defender in that grid. The defender goes to the end of the dribbling line.

Progression

- Vary the size of the grid. Larger is easier for the dribbler.
- Require defenders to hold hands.
- Have players end with a shot on goal.
- Allow the two defenders to travel freely in either grid.

Things to say to players:

"Go at the defender" - try to keep the defender in the middle of the grid. The dribbler should avoid getting trapped on one of the sides of the grid. **"Change your pace"** - to accel past the defender. **"Don't reach for the ball"** - encourage defenders to step into the tackle. Get body weight close to the ball. **"Don't hold back"** - go for the ball! Step into the whole tackle. Be determined.

BRING IT ON ~ Defending, receiving, and shooting (1 v 1)

Organization: Two lines: one line forms 20 yards out from the goal. The other line forms at the endline (at side of goal).

Description: Player "X" at the front of the line near the goal kicks the ball out to Player "O" at the front of the shooting line. Player X plays defense while Player "O" tries to dribble and score on goal (1 v 1). Players switch lines after each turn. Keep things moving quickly with the next pair.

Progression

- Have defensive player punt ball to start play (or throw it in).
- Have defensive player pass ball out to start play.
- Play 2 v 2 or 3 v 3.

Things to say to dribbler:

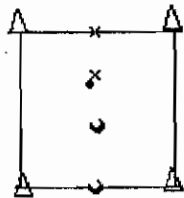
"Get behind the ball" - when receiving it. Keep the ball in front of your body. Get it in control on the ground. **"Advance with speed"** - move quickly to goal. **"Beat the defender once"** - then go for goal.

Things to say to defender:

"Close the space" - between you and ball.

"Stay goal-side: between the ball and the goal" - at all times

"Don't dive in. Don't lunge." - as the defender nears the ball they should slow down and stay in control.

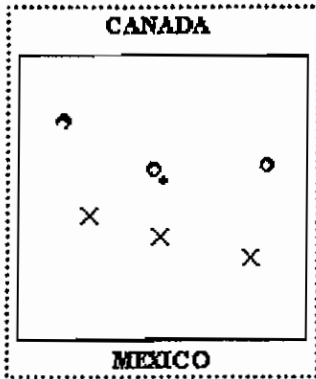
ONE VS. ONE GAME ~ Dribbling, tackling, fitness

Organization: 4 players per group. Grid optional. At least one ball per group.

Description: Two players from each group face each other 10 - 15 yards apart. These players act as the goals for the 1 v 1 match. The other two play 1 v 1 in the middle area for one minute. A player scores a point if the ball is kicked between the player's legs. Play with or without boundaries.

Things to say to players:

- "Keep extra balls nearby" - to keep play going
- "Go for the goal" - beat the defender and shoot. Shoot when you have an open target.
- "Practice dribbling moves" - try something new, take chances.
- "Use your body to protect the ball" - if the defender tries to move in.

**BORDER CONTROL ~ Dribbling game**

Organization: Two teams. One ball. Rectangular playing area without goals (roughly 20 by 15 yards).

Description: Both teams start in the USA. One team tries to dribble the ball over the border to Mexico. The other team tries to get the ball into Canada. A point is scored when a player dribbles the ball over the border in a controlled manner. Kick-and-run is outlawed by border control.

Progressions

- "Immigration check": player must stop the ball on the endline for a point.
- "Play with two balls. Continuously feed balls back into play.

Fun Notes:

- "Stamp" the players passport upon success (high-five, pat on the head, etc.).
- "Change the countries, teach geography.

Things to say to players:

- "Dribble into open space" - teach players to look for open space behind defenders.
- "Keep control of the ball" - when crossing the border.
- "Pass the ball if a teammate is open for a pass" - passing is more efficient than dribbling.

WARM UP ~ Agility/coordination

Players work individually and in pairs and perform several of the following exercises. Be creative! Have everyone perform with ball.

Ball war: two players grab ball tightly. On coach's command players try to win sole possession of the ball.

Throw and catch: (throw-ins): throw back and forth, catch ball with hands or practice receiving with feet.

Punt and catch: in pairs players punt the ball back and forth.

Pass and spin: players pass a ball. After passing the ball player performs an exercise like spinning in a quick 360 degree circle
Other exercises to perform: a sit down, 2 jumping-jacks, summersaults/log roll, etc.

Jumps: jumping-jacks, frog jumps, jumps over/around the ball, knees to chest, etc.

Races: the more bizarre the better. Have players: run backward, hop, skip, hop with ball between the legs, run carrying three balls, race in crab position or on all fours.

Try to demonstrate movements (or find someone who can).
Perform muscle stretches in between exercises as needed.

GOALIE WARS ~ Goalkeeping technique

Organization: players work in pairs. Two goals are set up facing each other 15+ yards apart. (Cones work as goals).

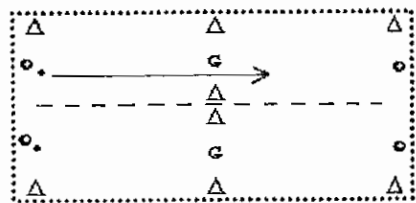
Description: Two goalies compete against each other by trying to score. Require specific types of serves or kicks. For example, use the following progression:

9. Players must roll the ball on the ground.
10. Ball must bounce at least once. (Player's throw the ball.)
11. Throws allowed anywhere.
12. Kicks or punts allowed (from the goal line).



Things to say to players:
 "Get your body behind the ball" - move your feet! Try to get chest or lower body behind the ball.
 "Watch the ball" - all the way into your hands.
 "Bring the ball into your chest" - after the save.

Fun Notes: all young players should experiment with goalkeeping. Even if players don't play in goal, these exercises will help with coordination. Will also prepare players more for U10 when they play games with goalkeepers.



GOALKEEPER GAME ~ Shooting and goalkeeping

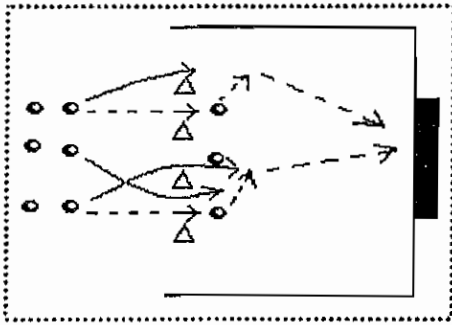
Organization: three players per group, one goal set up with cones for each group.

Description: one player starts as the goalkeeper in the middle. Players on the outside take turns shooting at the goal. If a goal is scored (below shoulder level), the player who scores switches with the goalkeeper. (Practice shooting with both feet).

Progression

- Have players dribble then shoot (behind shooting line).
- Have players bounce the balls off their heads then shoot.
- Have players toss the ball up in the air and shoot off the bounce.

Things to say to players:
Shooter -
 "Strike the ball with top of the foot" - not the toes
 "Keep a stiff ankle with the toe pointed down" for power and accuracy.
Goalkeeper -
 "Get the body behind the ball" - the more surface area behind the ball, the less chance it has to go into the goal.
 "Watch the ball" - all the way into the hands.



PASS AND SCORE ~ Passing, control, shooting

Organization: players form 2, 3, 4 lines (keep lines to a minimum) 20 - 30 yards away from goal. For the first time or two (introduction) start with 1 line and progressing up to more lines as they grasp the concept of the exercise. As players become more successful with this exercise place them directly in 2 or more lines.

Description: players at the front of each line pass the ball to teammate or coach. After the pass the players run around a cone off to the side, then receives the ball back from the teammate or coach and shoots on goal. The coach should vary the return pass, for example, balls on the ground, and bouncing balls. Proceed quickly.

Progressions

- Play starts with throw-in.
- Coach throws ball back to the player. Ask player "how high do you want the throw?" Low? Medium? Super high?
- Have the second player in line chase the shooting player.

Things to say to players:

"Keep the ball in front of you" - get the body behind the flight of the ball.

"Get a good first touch" - is the ball in control, in front of the player after he/she touches it (after the return pass from teammate or coach).

"Shoot quickly" - don't delay. "Get out of the way after your turn" - have players come back to the outside