

## 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> Grade Weekly Activities

### Week 1: Dribbling

- Introductions. Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- Down and Back Dribbling Game
- Catch Me If You Can (dribbling, fitness)
- Shadow Dribbling
- Jam-Packed Soccer Dribbling Drill
- Coach’s Revenge (fun way to end)

### Week 2: Passing

- Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- Soccer Fitness – Improving Reaction and Acceleration (fitness)
- Soccer Ball Smash
- Hitters and Dodgers
- Three Person Passing Combination
- Coach/player’s choice for fun end activity

### Week 3: Dribbling/Shooting

- Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- The Flag Game
- Figure Eight Dribbling Drill (fitness)
- Traffic Jam Dribbling Game
- Power/Finesse with a Twist (use pop-up goals, no goalies. Set up 2 stations.)
- Coach/player’s choice

### Week 4: Passing/Defending

- Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- Soccer Fitness – Improving Reaction and Acceleration (Fitness)
- Circle Keep-Away/Rondo (**Players must wear masks for this drill**)
- Angle of Support Possession Drill (**Players must wear masks for this drill**)
- Guard the Castle (**Players must wear masks for this drill**)
- Coach/player’s choice

### Week 5: Passing/Dribbling

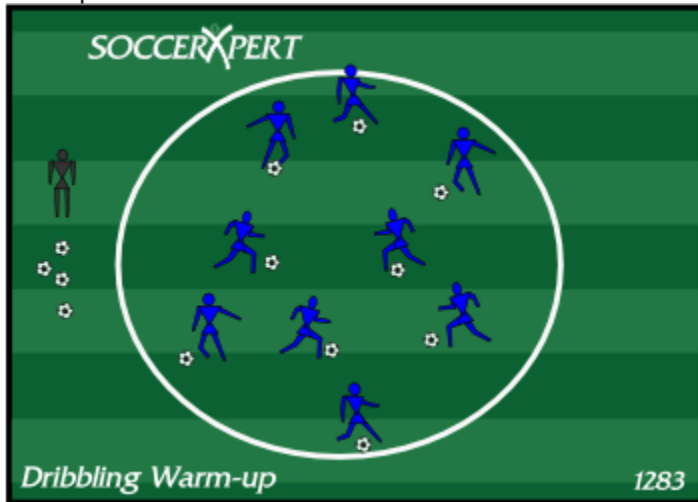
- Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- Catch Me If You Can (fitness)
- Line Passing Combination
- Soccer Ball Smash
- Traffic Jam Dribbling Game
- Coach/Player’s choice

### Week 6:

- Warm-up– Jogging/stretching, Soccer Dribbling and Juggling Warm-up
- Juggling competition!!! See who can do juggle the most times before catching or losing control of the ball. Give them multiple chances, make it fun.
- Guard the Castle
- The Flag Game
- Power/Finesse with a Twist
- Players’ favorite drill

# Soccer Dribbling and Juggling Warm-up

This soccer drill is a great warm-up drill that allows players to work on touching the ball with all parts of the foot. If you want to improve player's footwork and dribbling skills, this is an excellent start to each practice.



## Drill Setup

1. Either use the center circle of the field or build a circle with cones.
2. Each player needs to have a ball and start inside the circle.

## Drill Instructions

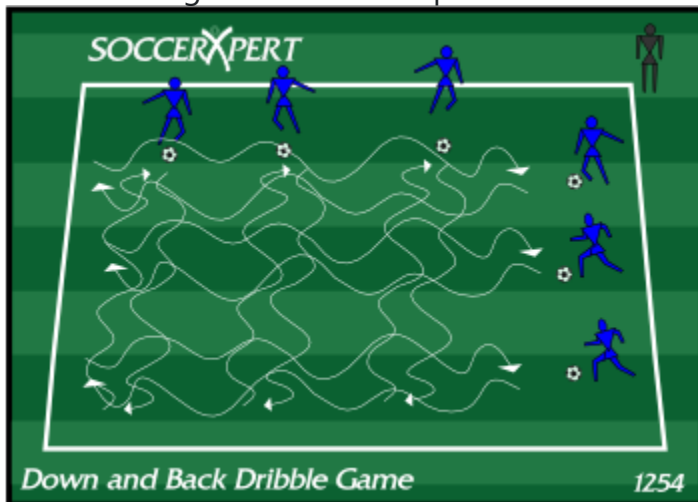
1. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes.
2. Have the players juggle for 1 minute using feet only trying to alternate from right to left.
3. Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
4. Have players juggle with their thighs and feet for 1 minute. Again instruct players to switch feet while juggling.
5. Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.
6. Now instruct the players to juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet. Do this for 1 minute.
7. Now have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

## Drill Coaching Points

- Make sure the player is continuously lifting their head and checking their surroundings; this will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas; this will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

# Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic, high-pressure situations while staying in control. It's a great warm-up to focus on controlling the ball with all parts of the foot.



## Drill Setup

1. Create a grid approximately 20X20 yards.
2. Split the team into two groups.
3. Each player should have a ball.
4. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the area (half of the group on one side, the other half on the side next to the other group).

## Drill Instructions

1. On the coach's command, instruct the players to dribble to the other side of the group and back to the starting position (down and back).
2. The first player back in each group gets a point.
3. The first player to 5 wins that set.
4. Play 3-4 sets.

## Drill Variations

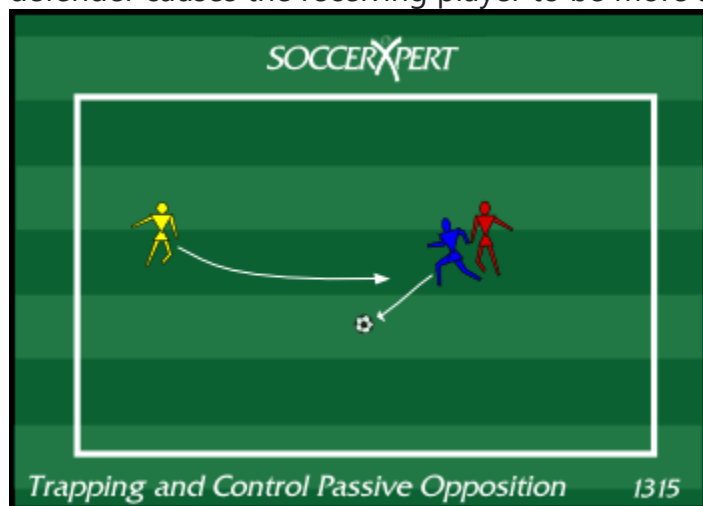
- Restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

## Drill Coaching Points

- Focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- Make sure players keep the ball at a close/safe distance.
- If the ball is too far in front of them they will most often hit another player or lose their ball.

# Trapping with Passive Opposition

This soccer trapping drill focus on trapping and control with the addition of a passive defender. The defender causes the receiving player to be more aware of their surroundings.



## Drill Setup

Set up players into groups of three. One server, one receiver working on control and trapping, and one player as a passive defender. Server is 10 yards from the receiver and defender.

## Drill Instructions

The server plays a ball into the receiving player. The passive defender stands close enough to touch the receiving player and tries to distract the receiving player. The passive defender should not attempt to win the ball at this point. The server should play to chest, thigh, or feed as specified by the coach. Serves to the chest and thigh should be thrown, and trapping with the feet should be served by the feet.

After the ball is trapped and under control, play back to the server and repeat.

## Drill Variations

- Allow the defender to apply minimal pressure.
- Increase defensive pressure

## Drill Coaching Points

[How to Trap with the Chest](#)

[How to Trap with the Thigh](#)

[How to Trap with the Inside of the foot](#)

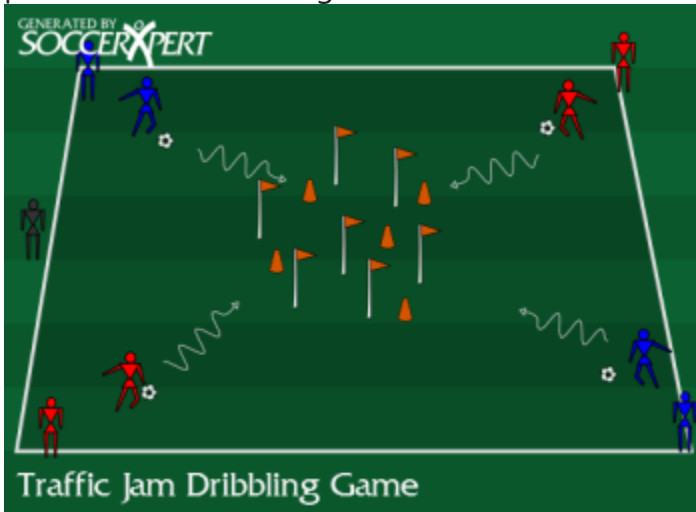
[How to Trap with the Outside of the Foot](#)

[How to Trap with the Instep of the Foot](#)

[How to Trap with the Sole of the Foot](#)

# Traffic Jam Dribbling Game

This game is just out right fun! The kids will have a blast playing this game. This drill is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.



## Drill Setup

1. Create a grid approximately 30X30 yards.
2. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid.
3. Split the group into four even teams.
4. Each team starts on the corners of the grid with one ball per group.

## Drill Instructions

1. On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player.
2. Once the player makes it through the traffic jam, instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line.
3. That player should immediately head towards the traffic jam with speed in an attempt to get through the traffic jam first.
4. At first, don't keep score, merely let the players enjoy the close calls before playing the game.
5. After 8-10 minutes, combine the two teams that are facing each other into one team.
6. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam.
7. As each player finishes the race, they must sit down to signify to the group that they have completed the race.
8. The team that has all the players sitting down first wins the game.

## Drill Variations

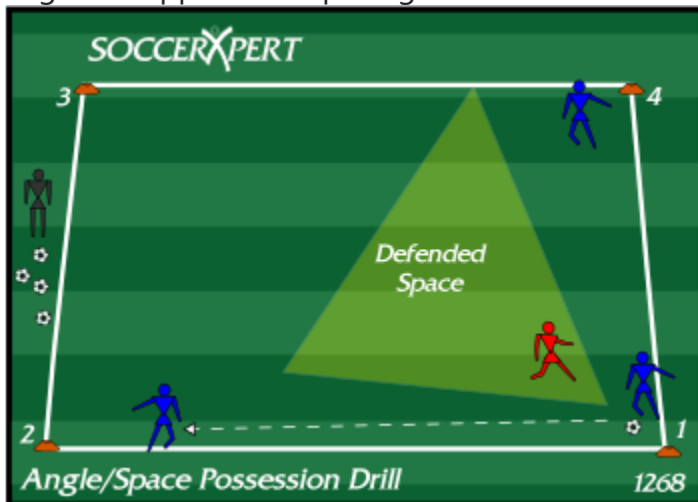
- For younger players it might be best to start with one or two players entering the traffic jam at a time.

## Drill Coaching Points

- Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.

# Angle of Support Soccer Possession Drill

The Angle of Support Soccer Possession Drill is a soccer passing drill for teaching young players angle of support and spacing.



## Drill Setup

1. Create a grid that is 10 X 10 yards.
2. Organize the team into groups of three players per grid.
3. Each of the three players should position themselves near three different corners of the grid with one ball.

## Drill Instructions

1. The instructions are merely to never leave an empty cone adjacent to the player with the ball.
2. For example, if the drill begins with a player at position 1 in possession of the ball, then players should be at position 2 and 4 (cones adjacent to the player in possession of the ball).
3. The player at position 1 can pass to either of the players at positions 2 and 4.
4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 to support the player in "un-defended space."
5. The play continues with no defensive pressure and players are allowed to pass to either supporting player.
6. This soccer drill is simple, but players will have to pay attention to the ball movement and anticipate the next move to move to space quicker.

## Drill Variations

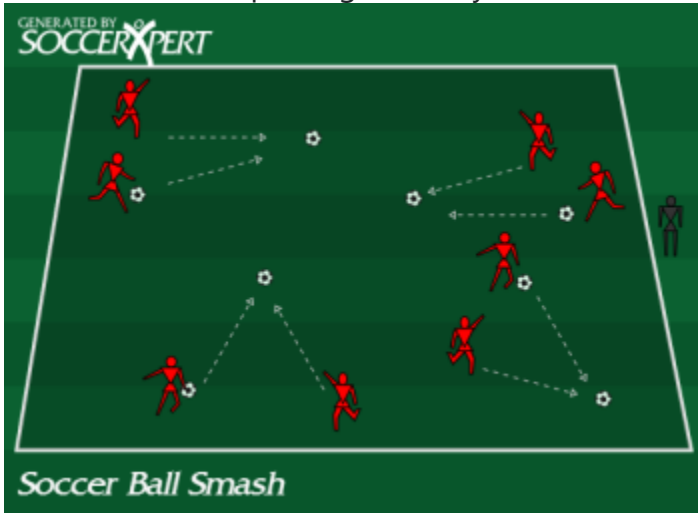
- Play in 1 or 2 touches.
- Add a passive defender (this could be a coach or parent).
- Add an active defender to simulate real pressure in the game.

## Drill Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

# Soccer Ball Smash

The Soccer Ball Smash soccer passing drill will focus on the player who is just learning to pass, as this drill will focus on passing accuracy.



## Drill Setup

1. Create a large grid approximately 40X50 yards.
2. Pair up each of the players and make sure each player has a ball.
3. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

## Drill Instructions

1. Instruct player 1 to pass his ball forward.
2. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in an attempt to hit player 1's ball.
3. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously.
4. Each time a player hits their opponent's ball, they collect a point.
5. The first player to 5 wins that match.

## Drill Variations

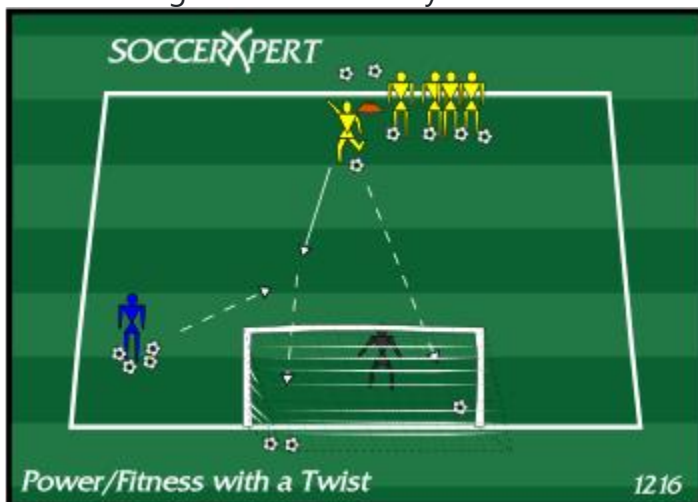
- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

## Drill Coaching Points

- Make sure the players are striking the ball with the right surface of the foot.
- Make sure the weight of the pass is good
- Watch the plant foot to make sure it is pointing to its target.

# Power/Finesse with a Twist

This shooting and finishing soccer drill focuses on being comfortable while striking long shots as well as close range shots and volleys.



## Drill Setup (set up two stations)

1. Set up a cone 25 yards from goal.
2. Players should line up behind the cone.
3. Use 2 pop-up goals for each station.
4. The coach is positioned near the goal with a large supply of balls.

## Drill Instructions

1. The coach plays a ball on the ground to the first player in line, so the shot takes place around the edge of the penalty area.
2. After the shot, the coach follows up by tossing a ball to the same shooter. The shooter must volley the ball into the goal.
3. Player should shoot into one goal and volley into the other.

## Drill Variations

- Coach calls out which goal to shoot at "Left" "Right"

## Drill Coaching Points

- Good Striking Body Posture
- Stay under control on flighted balls (composure)
- Have players land on kicking foot when striking the shot



# Circle Keep-Away Passing Game

This is a fun passing game for younger players that allows them to focus on the passing game while playing keep away.



## Drill Setup

With cones, mark off a circle. Have each of the players position themselves just inside the circle, with 2 designated players in the middle as defenders

## Drill Instructions

1. The two players in the middle will act as defenders while the rest of the players around the circle will play keep away from these defenders.
2. Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball to the defender.
3. If the pass goes outside of the circle, the player that made the bad pass, or the player that did not properly trap the ball will take the place of the defender that has been in the middle the longest.
4. The attacking players can move about the circle.

## Drill Variations

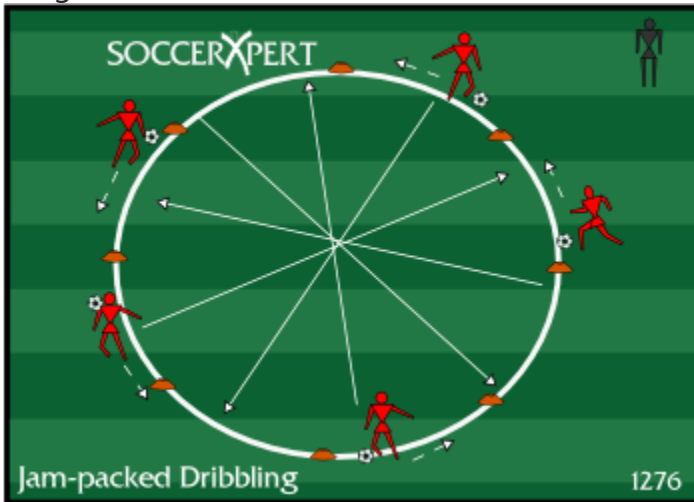
- Change the size of the circle to fit your players' age and skill level. Make the grid smaller to make the game harder for the attackers to keep possession, or make the grid larger to make the game a bit easier for the passers.
- Make the circle smaller for tighter and quicker passing.
- Limit the number of touches.

## Drill Coaching Points

- Clean, crisp passes.
- Good first touch into space or towards the next pass.
- Good communication.
- Have fun.

# Jam-Packed Soccer Dribbling Drill

The Jam-Packed Soccer Dribbling Drill will give players confidence while dribbling through congested areas on the soccer field.



## Drill Setup

1. Create a circle with disc cones that is approximately 20 yards in circumference.
2. Make sure each player has a ball.
3. Instruct the players to spread out around the outside of the circle.

## Drill Instructions

1. Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction.
2. The coach should inform the players to listen for specific queues and perform those actions once the coach shouts the command.
3. These commands are:
  1. JOG - players should dribble at a comfortable speed
  2. FULL SPEED - players should dribble at their top speed
  3. CUT - players should cut the ball in the other direction and travel in the other direction around the circle
  4. CROSS - all players should cut across the grid avoiding contact with other players or other players' balls.

## Drill Variations

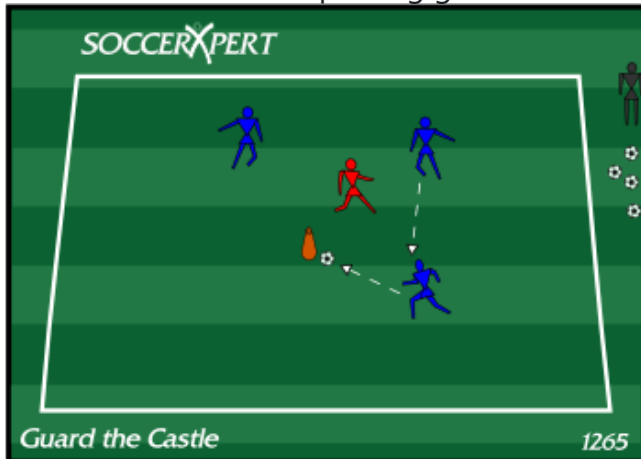
1. Think of other commands to add to the drill.

## Drill Coaching Points

- Since all players are entering the center area at the same time, make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.
- Have players start playing with their arms up and out for balance and shielding.
- Instruct players to dribble with both feet and all parts of the foot.
- This drill is intended to be both helpful and fun, so make sure to HAVE FUN!

## Guard the Castle

The Guard the Castle drill is a great small-sided game that focuses on passing in numbers up situations. This soccer passing game is a fun drill the kids will love it!



### Drill Setup

1. Set up a grid that is 12 X 12 yards.
2. Organize the team into groups of four.
3. One of the four players will be the designated defender (guarder of the castle).
4. Place a tall cone or a disc cone with the ball on top of it in the middle of the grid; this will become the "castle".
5. The attacking players begin with one soccer ball.

### Drill Instructions

1. The three attackers should pass the ball around the defender in the grid in attempt to knock down the castle with a pass.
2. A point is awarded when the castle is knocked down.
3. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.
4. If the castle is knocked down with a foot, reset the castle and continue play. No point is awarded.
5. Once the attackers score 3 points, switch the defender.

### Drill Variations

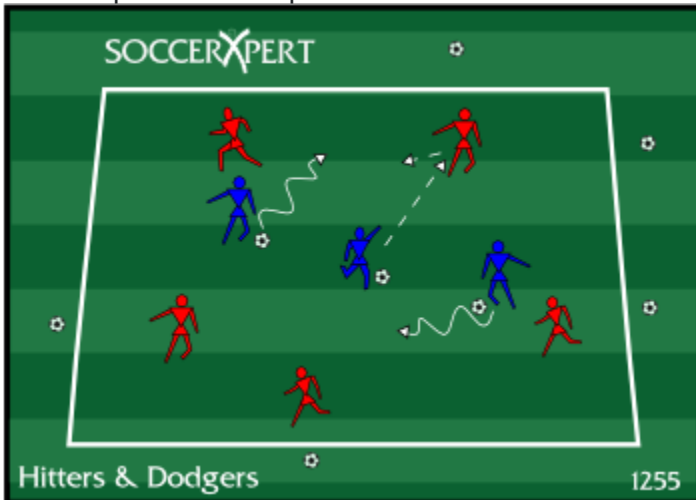
- Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- Require players to complete a certain number of passes before they are allowed to knock down the castle.
- Play 2v1 or 1v1 and focus on dribbling skills.

### Drill Coaching Points

- Instruct players to get their heads up to find the pass.
- Make sure the players are passing the ball with proper weight on the ball.
- Make sure players are moving about the grid in order to find open space.
- Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.
- Make sure players are making the easiest decisions when passing.

# Hitters and Dodgers

The hitters and dodgers soccer drill is a great warm-up and exercise for younger players under 5 through under 12. This soccer drill is excellent for teaching players to dribble and then getting their heads up to make a pass. This soccer drill is so much fun, and the younger players love this game.



## Drill Setup

1. Create a grid that is about 15X15 yards.
2. Adjust the grid bigger or smaller depending on the age and number of kids you have.
3. You will need to have a ball for each player; however, only three players start off with balls.
4. Place the remaining balls outside the grid.
5. The three players with balls are called the "hitters."
6. The remaining players should start off scattered throughout the grid they are the "dodgers."

## Drill Instructions

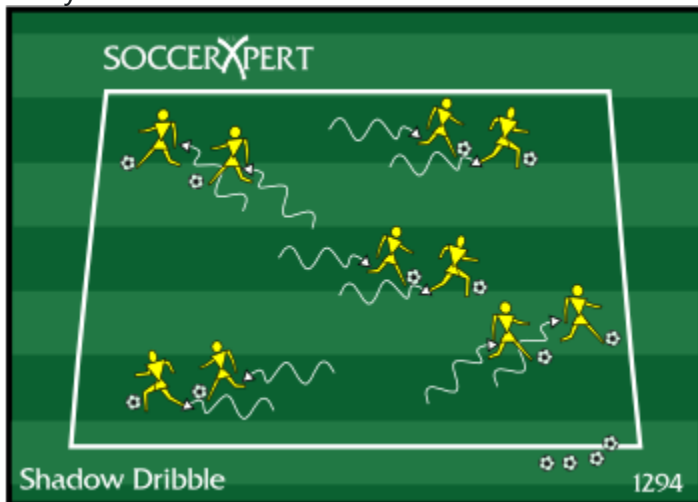
1. Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball.
2. The "dodgers" are attempting to avoid being hit by the "hitters".
3. If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters.
4. The last players standing win.

## Drill Coaching Points

- Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.
- Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

# Shadow Dribbling

This shadow soccer dribbling drill uses partners who do not attempt to gain possession of the ball but adds extra pressure as they follow the dribbler around and tries to imitate the lead dribblers every move.



## Drill Setup

1. Create a small grid approximately 20X20 yards.
2. Instruct players to pair up each player with a soccer ball.

## Drill Instructions

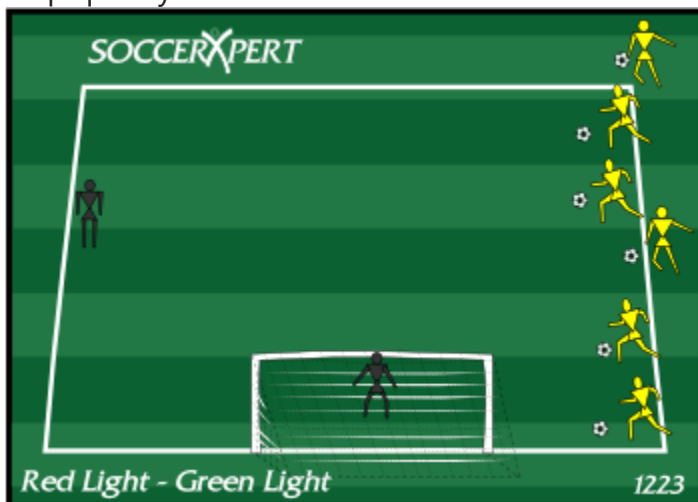
1. The lead dribbler dribbles around inside the grid while the shadow dribbler attempts to mimic the lead dribbler's every move by keeping a good close distance.
2. Change leaders after a minute.

## Drill Coaching Points

- lift head, eyes up
- close control
- control of body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- change of direction
- change of pace
- find space
- dribble with speed
- encourage players to be creative

# Red Light, Green Light

This soccer dribbling drill is for U6-U12, players. This drill will focus on dribbling with the ball close to stop quickly.



## Drill Setup

1. Start all of the players on one sideline shoulder-to-shoulder, each with a soccer ball.
2. The end-line is the opposite sideline.
3. The coach should move 15-20 yards away from the closest player.

## Drill Instructions

1. With the coaches back to the players, yell "GREEN LIGHT," and the players try to dribble to the coach.
2. The coach then yells "RED LIGHT," the players must quickly stop the ball. The coach should wait a moment and then turns to face the players.
3. Any player moving must go back to the farthest person from the coach.

## Drill Variations

- Limit the players to dribble with their right foot only.
- Limit the players to dribble with their left foot only.
- Limit the players to dribble with the bottom of the foot only.
- Coach yells "RED LIGHT – KNEE" and players must stop with a knee on the ball. Use different body parts, including the forehead (little ones will love this!)

## Drill Coaching Points

- Listen to coaches' commands.
- React quickly to verbal queues.
- Dribble with speed, but keep the close.
- Make sure the players hold the ball close so they can stop quickly.

# Catch Me If You Can

The soccer dribbling drill is a fun and competitive exercise that focuses on dribbling with speed.



## Drill Setup

1. Create a 10 X 10-yard grid.
2. Start a player on two diagonal corners of the grid.
3. Each of the two players has a ball.

## Drill Instructions

1. When the coach yells "GO", the players must dribble around the outside of the grid in an attempt to catch their partner.
2. When the coach yells "STOP", the players must stop the ball.
3. When the coach yells "TURN", the players must switch the direction around the grid.

## Drill Variations

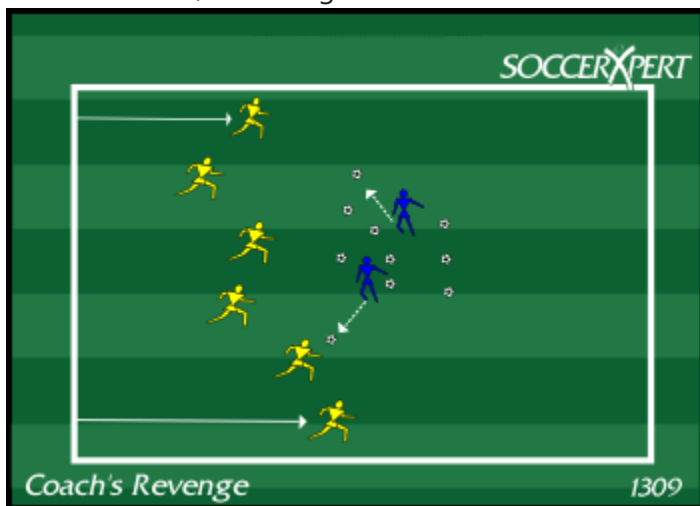
- Add commands such as:
  - "LEFT" to use the left foot only
  - "RIGHT" to use the right foot only
  - "BOTTOM" to use the bottom of the foot only

## Drill Coaching Points

- Close Control
- Speed with the ball
- Keep the ball close
- Sharp touches

# Coach's Revenge

This drill is designed to be a fun soccer drill. It will focus a bit on young player's agility while dodging balls kicked at them, and is a great ice breaker or a fun warm-up game at the beginning of practice.



## Drill Setup

Create a grid approximately 25X30 yard grid (the size of the grid can be adjusted depending on the age and number of players). Have all of the teammates spread out on one of the end lines without a ball. The coach or coaches should be in the middle of the grid with every ball.

## Drill Instructions

On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle. The Coach attempts to hit the players as they pass from the knee down.

If a player is struck by the coach's pass, those players collect the balls and join the coach's in the middle of the grid attempting to hit the remaining players.

The last player standing wins!

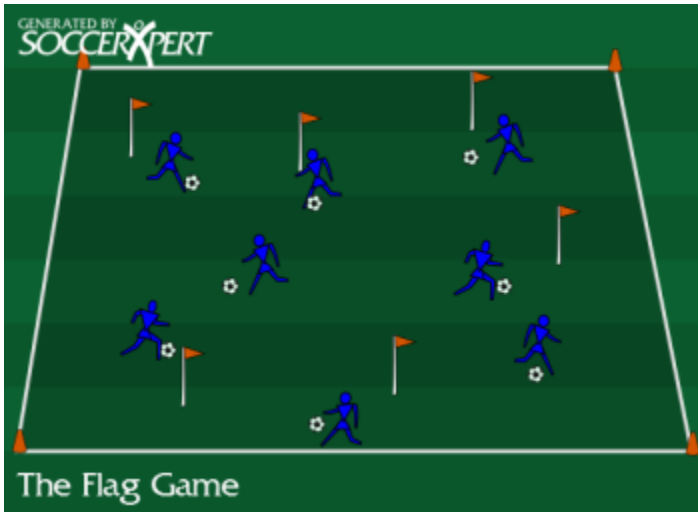
## Drill Coaching Points

- Players must sprint from one side of the grid to the other.
- Players should lift their head to avoid being struck with the ball.
- Encourage players to have fun!



# The Flag Game - Dribbling in Tight Spaces

This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This dribbling drill will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling.



## Drill Setup

1. Create a grid that is approximately 10X25 yards.
2. Randomly scatter flags within the grid.
3. To begin the drill, add two fewer flags than the number of players you have.
4. Each player should begin inside the grid with a ball.

## Drill Instructions

1. Instruct the players to dribble around freely inside the grid avoiding other players and flags.
2. The congestion of the players and flags will cause the player to look up to check their surroundings continually.
3. When the coach yells "STOP," (or make up your own fun word) each of the players must race without the ball to a free flag as quickly as possible.
4. The first player to reach the flag three consecutive times wins the game.

## Drill Variations

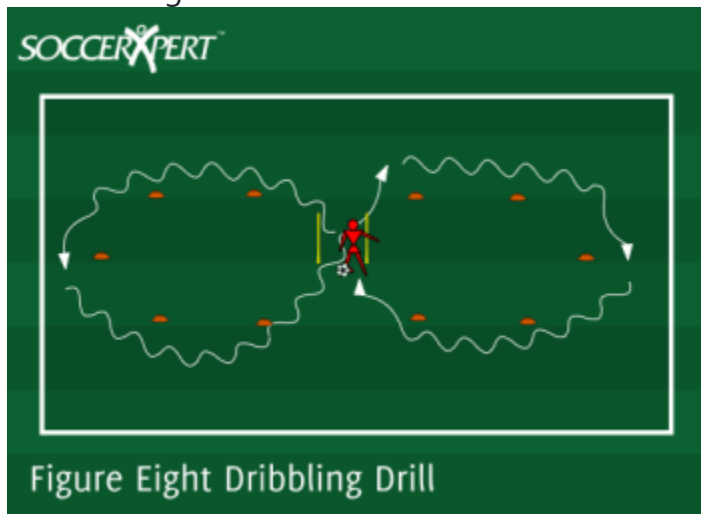
- Reduce the number of flags.
- Restrict the players to only use a certain part of the foot or dribbling technique.
- Players must dribble to a free flag, and stand with one foot on the ball (control).

## Drill Coaching Points

- Make sure the player is regularly lifting their head and checking their surroundings; this will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas; this will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

# Figure Eight Dribbling Drill

The Figure Eight soccer dribbling drill is a good change to weaving in and out of cones and is great for dribbling with the inside and outside of the foot.



## Drill Setup

1. Create two 5X5 yard grids about 5 yards apart.
2. Place two training sticks in the middle of the grids approximately 3 yards apart.
3. Set a cone on each end turning the grids into a pentagon.
4. One player starts between the training sticks with a ball.
5. Players should play at full speed for one minute then rotate with a partner.
6. Setup multiple obstacle courses depending on the number of players.

## Drill Instructions

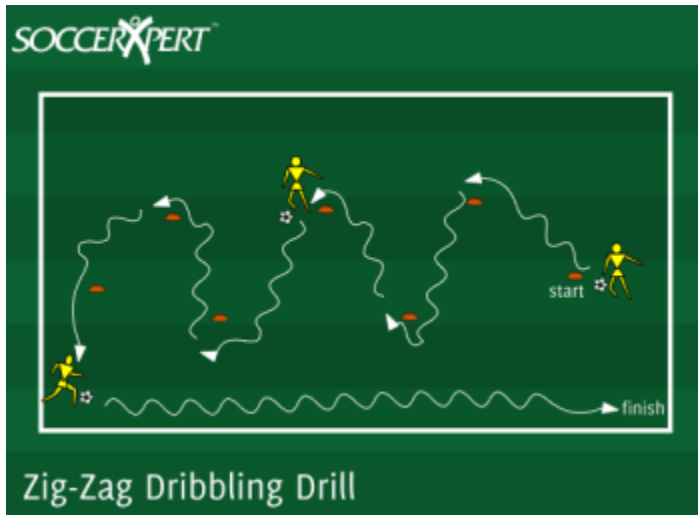
1. The player will dribble in a figure eight pattern around the cones and through the center training sticks without any dribbling restrictions.
2. Next, as the player dribbles to their left, they should dribble with the outside of the left foot and as they travel to the right, they should dribble with the outside of their right foot.
3. Now, as the player dribbles to their left, have them dribble with the inside of the right foot, and as they travel to the right, have them dribble with the inside of their left foot.
4. Each series should last 1 minute before switching.

## Drill Coaching Points

- Dribble with speed.
- Controlled touches with the outside and inside of the foot.
- Keep the ball close.
- Quick touches to cut the ball around the area.
- Make sure players heads are up.

# Zig-Zag Dribbling Drill

The Zig-Zag soccer dribbling drill focuses on dribbling with speed with the inside, the outside, and the bottom of the foot.



**Drill Setup** (Set up multiple courses so lines are minimal, 2 players per course is ideal.)

1. Setup cones about 5 yards apart in a zig-zag pattern.
2. The length of the zig-zag pattern should stretch approximately 20 yards in length.
3. Players line up at the last with a ball each.

## Drill Instructions

1. The first player in line dribbles around the outside of the cones in a zig-zag pattern.
2. When the dribbling player reaches the end, they must sprint the distance of the zig-zag course and return to the line.
3. Let the players go through the course a few times to get comfortable with their touch.
4. Now as the players are moving to their right side, they must dribble normal.
5. However, as the players move to the left side they must roll the ball with the soul of the right foot.
6. Change the pattern to move normally when moving to the left, but roll the ball with the soul of their left foot as they move to the right.

## Drill Variations

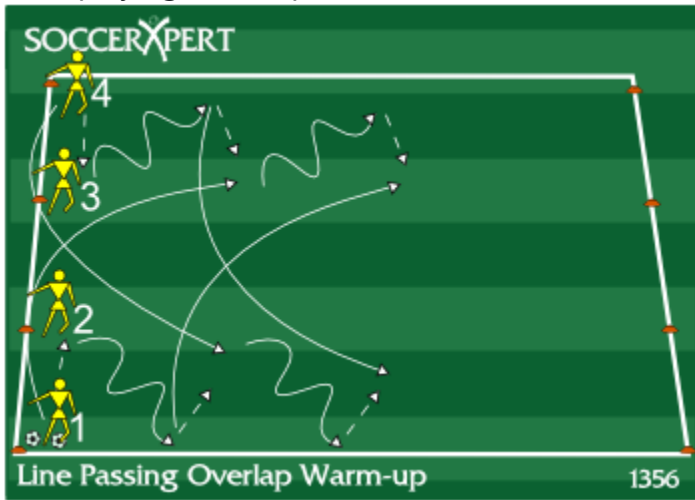
- Additional dribbling skills can be added such as:
  - Dribbling in a complete circle around each cone
  - Moving the ball through the pattern with the soul of the foot only.

## Drill Coaching Points

- Controlled touches near the dribbling player.
- Dribbling with the outside of the foot, inside of the foot, and soul of the foot
- Dribbling with speed

# Line Passing Overlap Warm-up

This passing and overlapping warm-up soccer drill will help perfect the introduction of overlapping runs, playing off the pass, as well as teamwork through communication.



## Drill Setup

1. Start with 4 cones set along a sideline about 10 yards apart.
2. Line the players evenly up behind each of the cones.
3. The players on each of the outside cones start with the ball.

## Drill Instructions

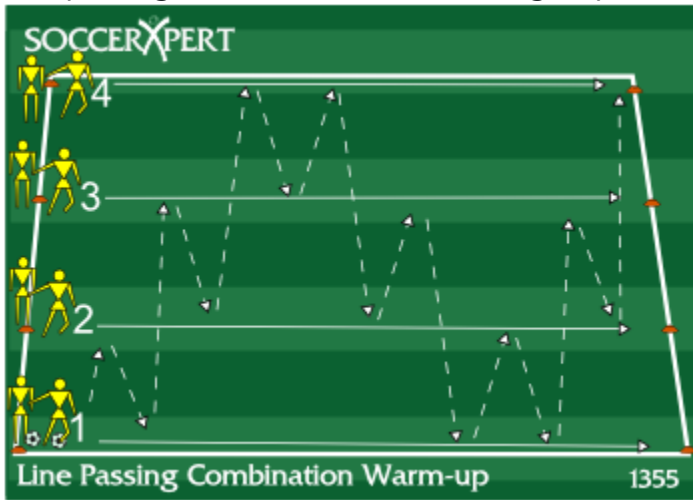
1. Player 1 passes to player 2 at the same time player 4 passes to player 3.
2. Player 2 and 3 dribbles with speed to the outside line.
3. Player 1 makes an overlapping run around player 2 and runs into the space player 3 is leaving.
4. Player 4 overlaps player 3 and fills the space that player 2 is leaving.
5. Continue this pattern until the players reach the other side of the field.
6. Encourage players to keep the same spacing as they started.

## Drill Coaching Points

- Quality of passes into the feet or space of the attacker.
- Make early runs with speed since they have a long way to travel.
- Dribbling players should angle the dribble towards the outside and should dribble with speed.

# Line Passing Combination

This combination passing drill is designed to work on combination play while advancing up the field. This passing drill focuses on the timing of passes, runs, combination play.



## Drill Setup

1. Start with four cones set along a sideline about 10 yards apart.
2. The player on one of the far cones starts with the ball.

## Drill Instructions

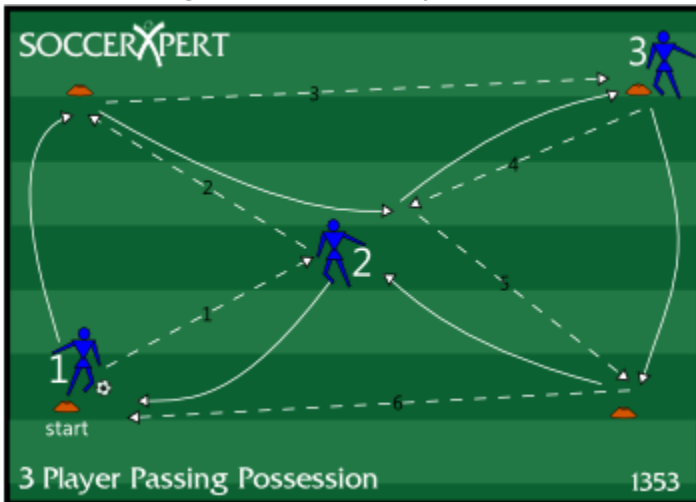
1. Player 1 passes into Player 2 who returns the ball back to player 1.
2. Player 1 then passes to Player 3 who returns the pass to Player 2.
3. Player 2 then passes to Player 4 who returns the pass to Player 3.
4. Player 3 then passes back to Player 4 who passes to Player 2.
5. The pattern is repeated as the players move in a straight line down the field.
6. Instruct the players to keep the same distance as much as possible when moving down the field.
7. When a groups reach the other side of the field have them wait until all groups have completed.
8. Have the players repeat this pattern going to the other side of the field.
9. Repeat a few times to allow the players to warm-up and get into a rhythm.

## Drill Coaching Points

- Focus on crisp clean passes with the right amount of pace.
- Slightly lead the player so they receive the ball as they are advancing down the field.
- Communication is important so each player is aware of the next move.

# Three Person Passing Combination

This passing combination drill that involves three players at a time. The combination sequence that will help perfect passing, combination play, movement off the ball, and will help improve player's fitness level.



## Drill Setup

1. Create a grid approximately 10X20 yards.
2. Two players start on the corner cone opposite each other.
3. One player starts in the center of the grid.

## Drill Instructions

1. Player 1 starts the play by passing to the central player (Player 2).
2. Player 1 moves to the cone to his side and receives the ball back from player 2.
3. After returning the ball to player 1, player 2 moves to player 1's original starting position at the cone.
4. Player 1 plays a long ball to Player 3 and moves into the center of the grid to become the new central player.
5. Player 3 plays into Player 1 who returns the ball to player 3 at the cone placed 10 yards away.
6. Player 1 now takes the starting position of Player 3 while Player 3 plays a long ball down to the starting position and Player 3 becomes the central player.
7. The pattern is repeated.

## Drill Variations

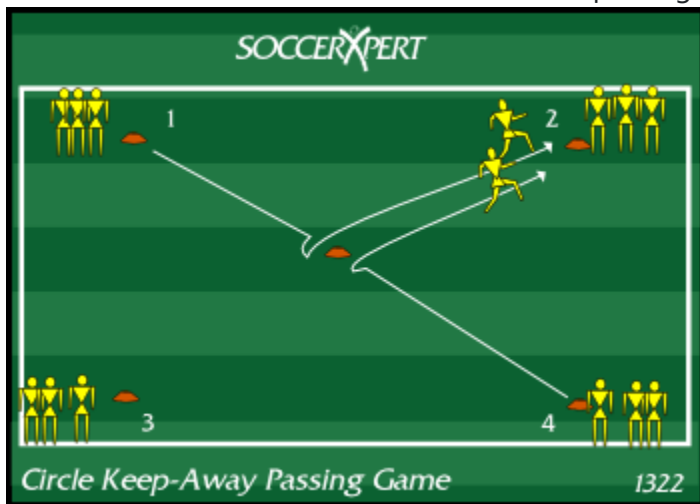
- Switch and go the other direction so that players are used to playing from different angles.

## Drill Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well-timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the drill easier.
- Players must concentrate on making the correct runs off the ball.

# Soccer Fitness - Improving Reaction and Acceleration

This is a soccer fitness drill that focuses on improving reaction time and acceleration.



## Drill Setup

- Create a grid that is 30 X 30 yards.
- Place a cone directly in the middle of the grid.
- Split the teams up evenly on the 4 corners, or set up two grids with players only on cones 1 and 4.
- No balls are required at the beginning, but will be used later in this drill.

## Drill Instructions

1. Players on cones 1 and 2 are the lead players where players on cones 3 and 4 are the followers.
2. Instruct players to return to their same line after each turn.
3. Players 1 and 4 jog towards the middle cone.
4. Player 1 makes a fake (or two) and sprints to cone 2 or 3. The goal is for the lead player (player 1) to make it to the cone before the following player (player 4).
5. Now player 2 and 3 go. 2 is the leader and 3 is the follower.

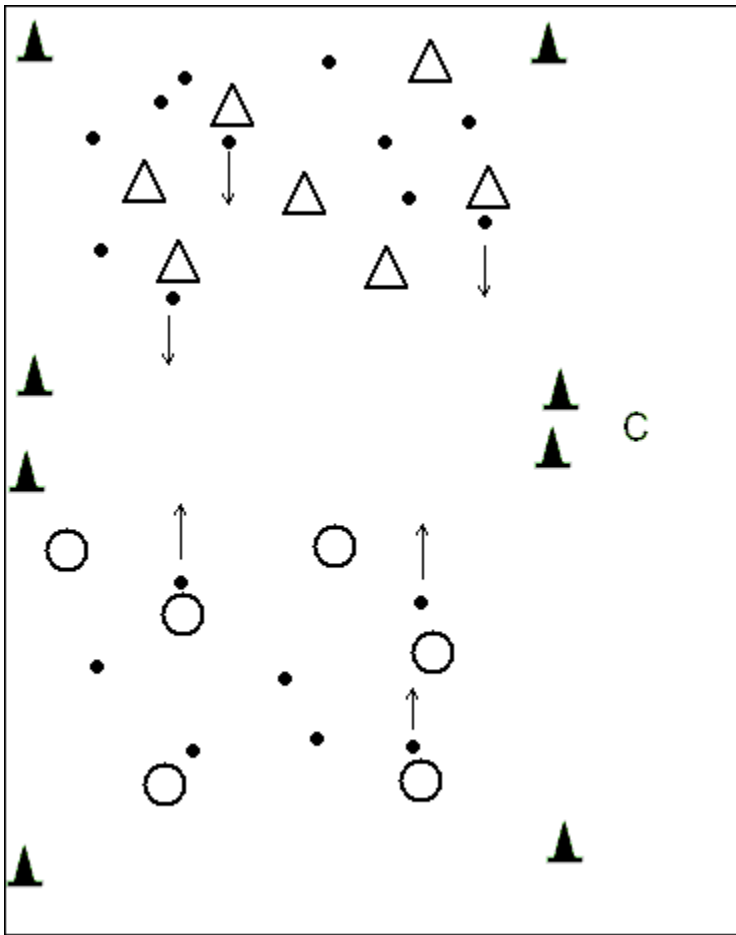
## Drill Variations

- Switch so that all players have a chance to lead and follow.
- Add balls and make players dribble, make a fake and beat the follower to the cone.

## Drill Coaching Points

- Leader fakes and quickly sprints to the cone
- Follower reacts quickly and accelerates to beat the leader

## KEEP YARD CLEAN



**The object of the game** is to keep your yard clear of soccer balls. Good drill for passing practice.

**The set up.** Two 40x40 grids next to each other.

**The Game-** two equal teams, one in each grid. Each player has a ball to start the game. On the coach's whistle, the players try to pass the ball from their yard into the opposing team's yard. When the coach blows the whistle (3-5 mins), play stops, the team with the least amount of balls in their yard wins. Have each coach stand behind grids to keep balls in play.

Variations tell the players what type of pass they have to use- inside/outside of foot, instep, left/right. Coaching points- weight of pass it keep in in the opponent's grid, placement to make it difficult for opponents to return balls.

## Crab Soccer

Designate players as crabs to "walk" around on their hands and feet. Other players with ball try to dribble from one side of the grid to the other without getting caught by the crabs. Crabs may touch players or their balls with their hands or feet. Players who are touched become crabs. Be very diligent to ensure that young players are not going to get their hands stepped on.