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Dribble through the cones

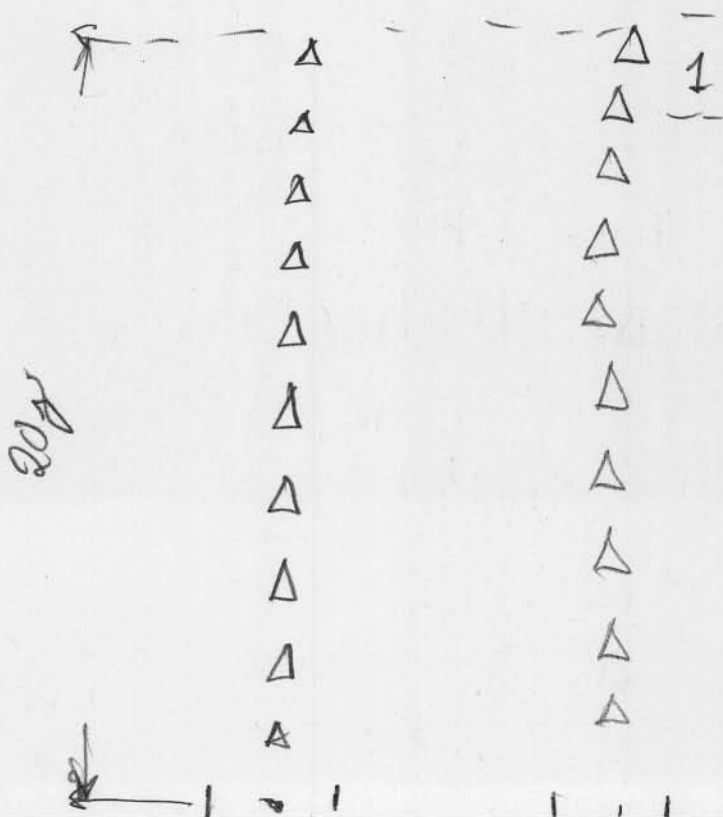
Coaches' points-proper technique;

A-inside the foot

B-outside the foot

C-laces

D-dribble between the feet

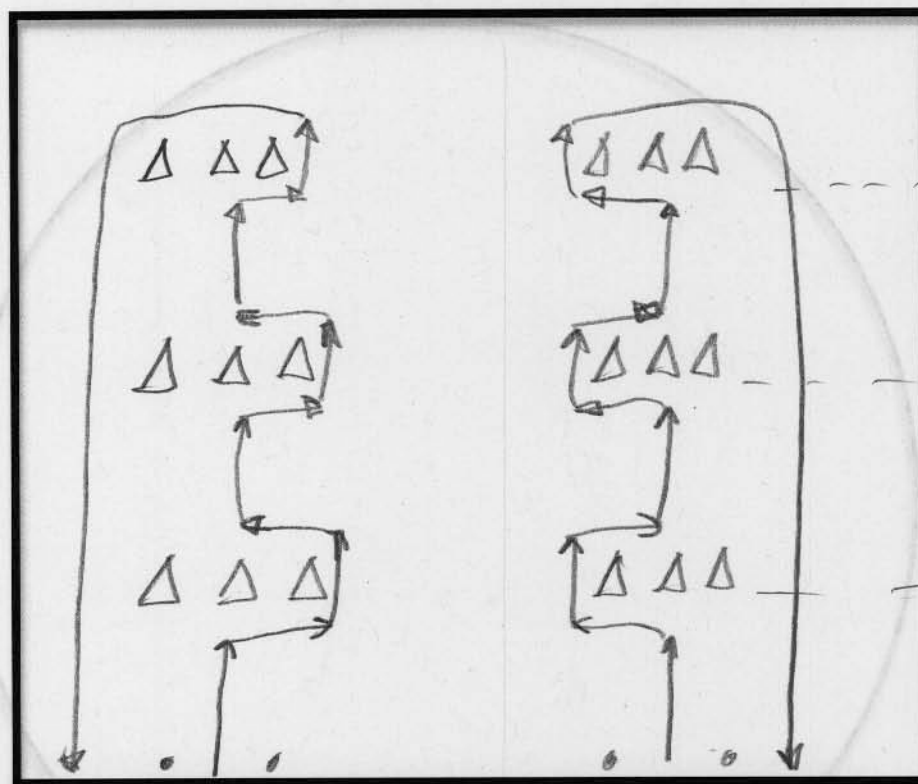


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Move with the ball and change direction

20 yards

20



5

5 yds.

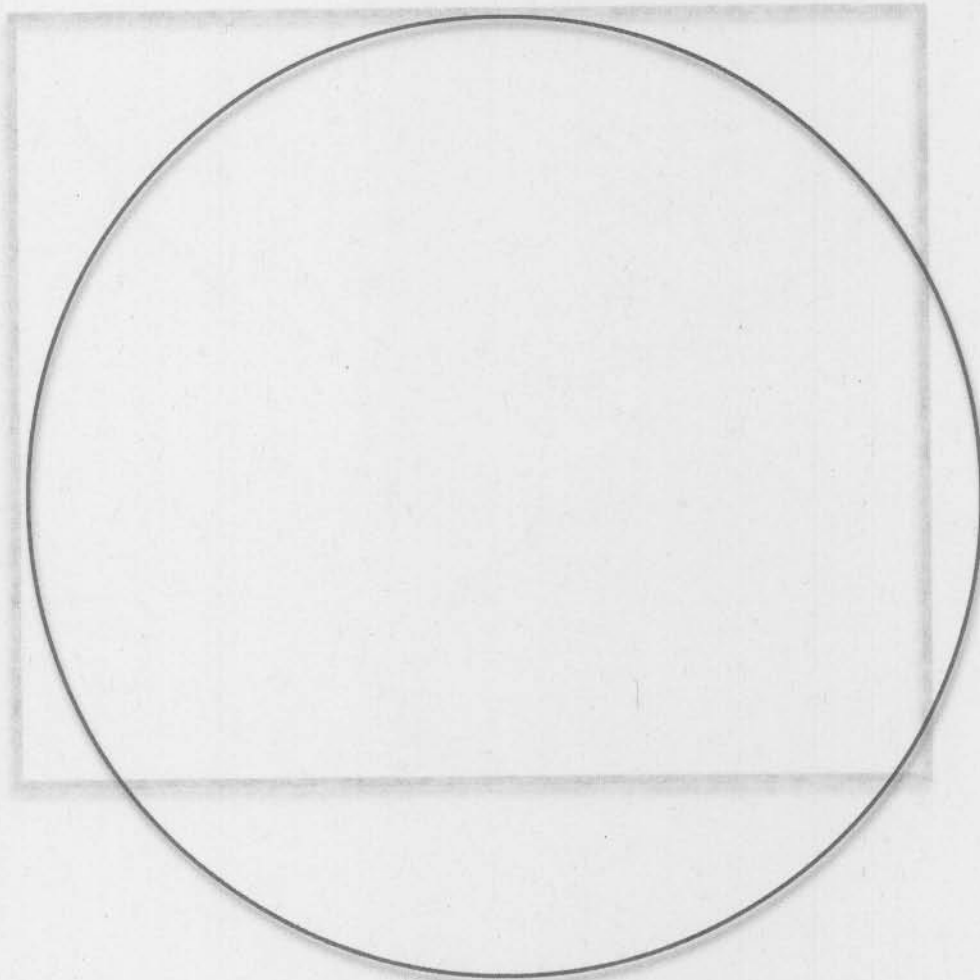
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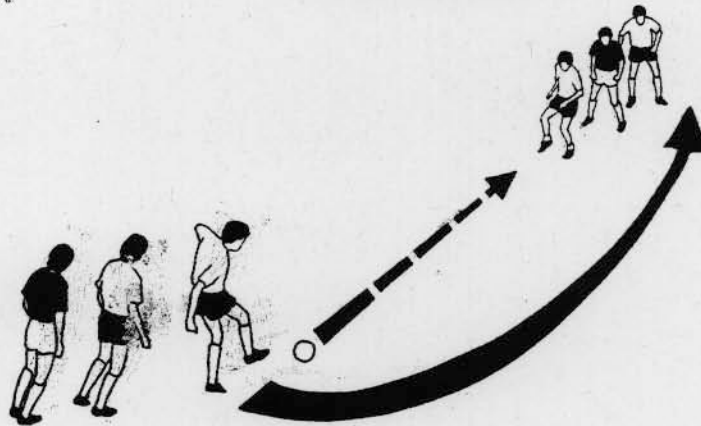
Juggle the ball only with the feet
(If to hard OK to use hands)

15 yards



Line-up & Link-up

A warm-up drill to produce quality passing and control



Organization

- Two lines of players (3 to 4 per line) face each other 8 to 10 yards apart
- Ball is played from one line to the other, and players criss-cross to go to the end of the other line
- Use "two-touch" first and then change to "one-touch"
- Goalkeepers can use hands instead of feet; or everyone uses the hands for 2 minutes

Coaching Points

- Start leisurely, just above walking pace to allow warming up — speed up later
- Periodically stop the exercise and "stretch"
- Condition the passing to be "right-footed" or "left-footed"
- Introduce your own variations once players become used to the activity

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Beach Head

To teach the technique
of heading in a fun pain-free way



Organization

- Beach ball for 5/6-year-olds; hand-stitched for others
- Players in line: front player 3 yards from server
- Ball thrown underhand to first player who heads it to coach's face and runs around marker to back of line
- To finish, all players must be sitting cross-legged
- For 2 or 3 teams, first team to finish wins
- For 1 team: use stopwatch to set "record" to beat

Coaching Points

- Players must keep eyes open and watch ball onto head
- Use forehead to head the ball
- Heading ball to server's face helps produce the correct technique
- Never use a plastic or laminated ball for heading — they hurt!

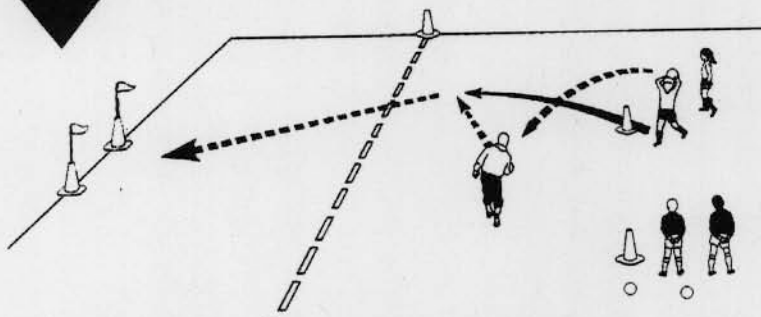
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Mack I

To produce a "team" effort practice in two-footed kicking, while learning the throw-in technique



Organization

- Use Micro Soccer field (30x20 yards)
- Two marker cones, left and right, 2/3 down field from goal
- No goalkeeper — goals may be narrowed e.g. 6 feet
- First player on right "throws in" to "face" of coach who sets up ball by rolling it for first-time right-footed shot
- Player collects ball then joins back of the left line
- First player at left marker cone does same except shoots with left foot — and joins right line

Coaching Points

- "Free" practice to begin with, then count successful shots by the "team" out of 20
- No goalkeeper — otherwise accuracy will be sacrificed for power
- Encourage careful, accurate shooting
- For weaker players, roll ball nearer to goal

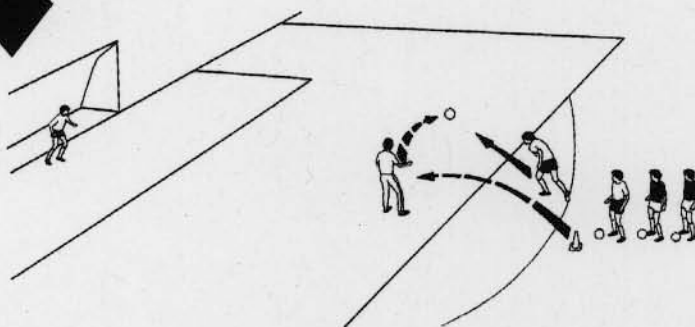
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Throw-Up Shot

To practice shooting techniques when time is limited



Organization

- Players line up just outside the penalty area "D" — one or two goalkeepers alternating
- Coach/server stands just inside the penalty box
- Player at front of line chips ball into the coach's hands
- Coach serves ball left or right in a variety of ways — rolled, bounced, high, low, etc.
- Player must attempt to shoot first-time or two-touch (maximum)

Coaching Points

- Shooting player must react quickly to evaluate the most effective shooting technique
- A second touch should only be taken when it is impossible to first-time the shot
- Goalkeepers should be encouraged to read the situation with regard to whether and where to narrow the angle



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Zone Dribble

To encourage decisive dribbling, with faking, screening, change of pace; to practice 1 vs 1 defending



Organization

- Set up grid that contains 3x10-yard squares
- Defenders in each square vs 3 attackers at the starting line
- 3 attackers can either go individually — or with a ball each at the same time
- Attackers score a point for each "zone" successfully navigated
- Bonus point for finishing with the ball "touched down" on the outside end line
- To start, first defender must be at the back line of the front box

Coaching Points

- Attackers must be decisive in their action; otherwise it will make it easier for the defenders
- Change of pace, screening and faking will be essential for success
- Good footwork and balance required of defenders

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