

Coaching Soccer 101



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Knock Out-an old classic

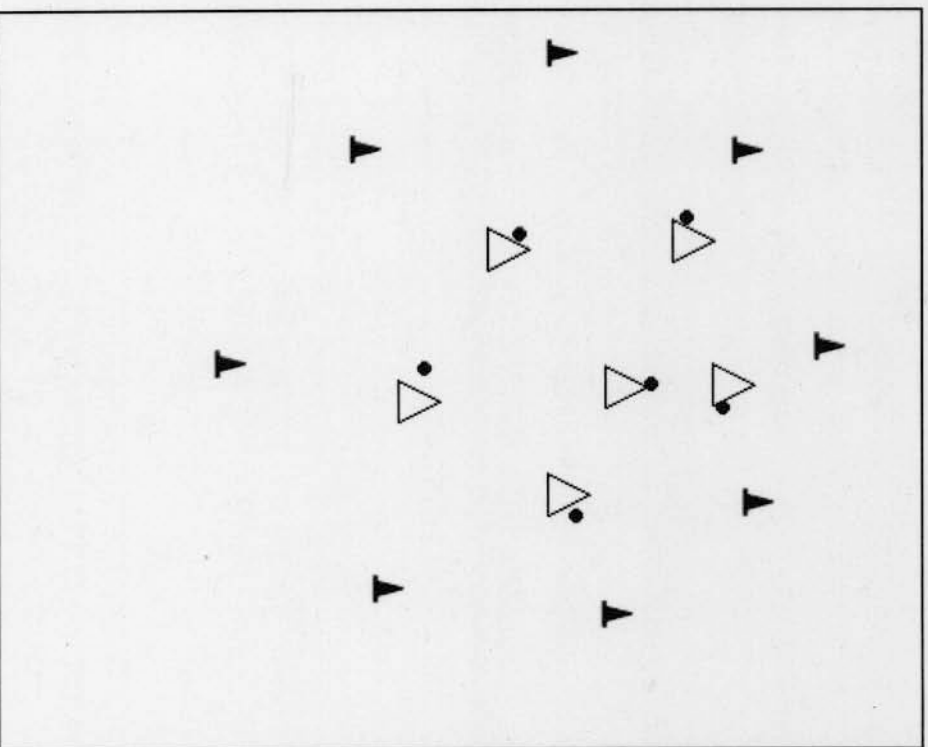
Knock Out- a old classic

Set-up

Create a large circle with cones.
4-18 players each with a soccer ball
inside the circle.

Object of the game is for players to try
to kick other soccer players balls out of
bounds while protecting his or her own
soccer ball.

Player who kicks out most wins..

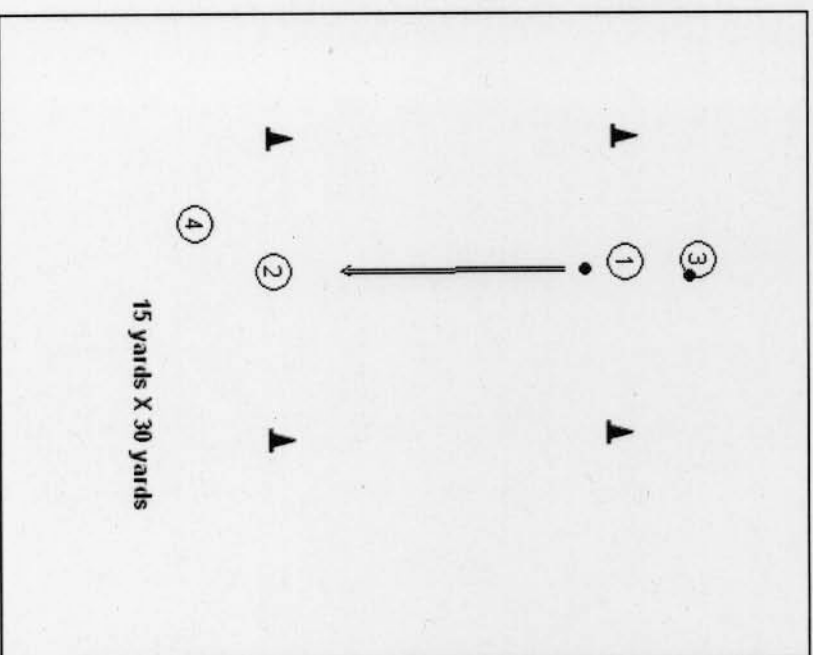


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Coaching Soccer 101 (A+)

1 V 1

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1 V 1

Set up a bunch of small fields / grids.
4 players at each field.

Object of the game is to dribble the soccer ball across the opposite line.

How to play- player 1 kicks ball to player 2. ONCE player 2 touches the ball, players 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

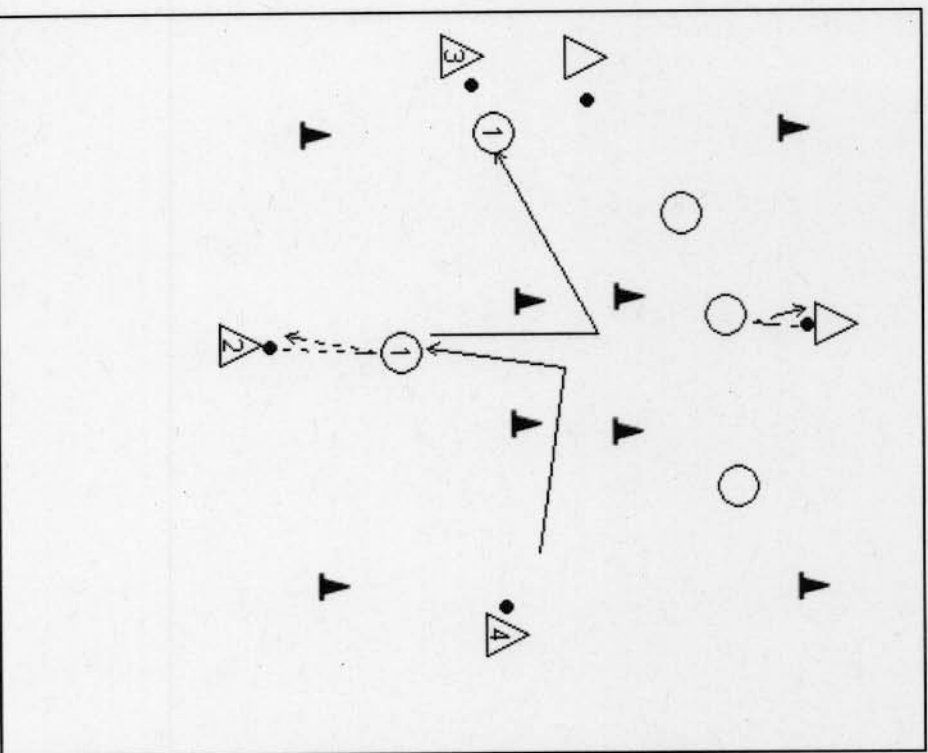
Variations- to score, player has to STOP the ball on the end line.
Play 2v2.

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Heading Activity

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Heading Activity

The set up. One 30 yard x 30 yard grid with a smaller 3 yard X 3 yard grid inside.

The Activity- Two groups of players. One group of players on the outside grid with a soccer ball in their hands. The players on the inside of the grid (player#1) run or show to a player on the outside of the grid (player#2). Player #2 underhand tosses the ball to player #1 who showed for them. Player #1 heads the ball back to the outside player. Player #1 next runs into the smaller grid and looks to show for different player on the outside.

Coaching points- Eyes open, mouth shut. **Be the Hammer, not the nail.**

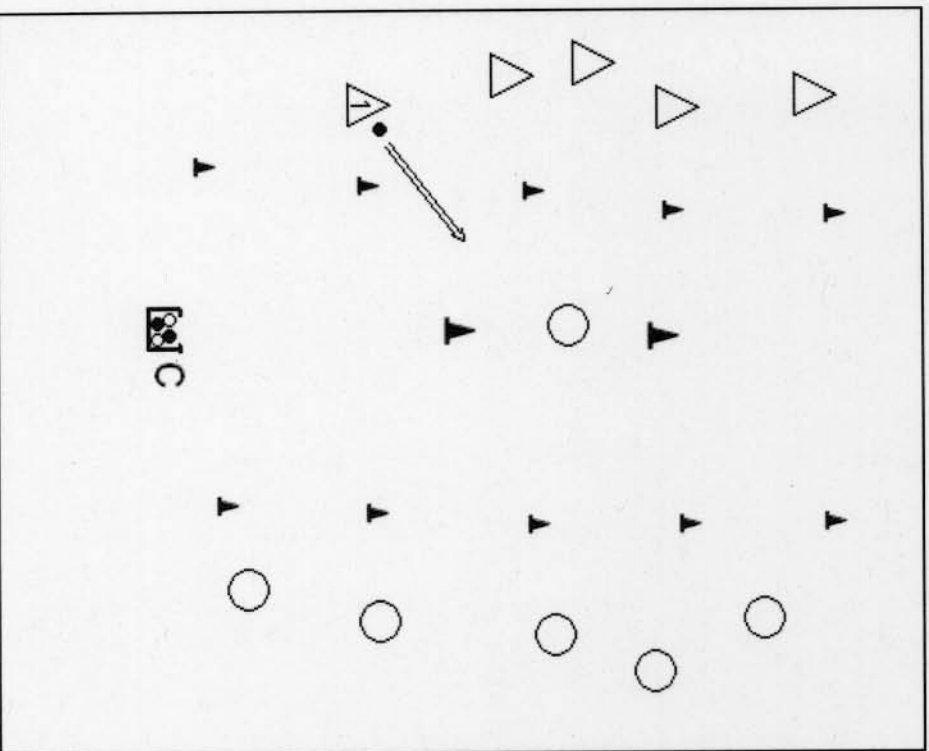
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THE SHOOTING GAME

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THE SHOOTING GAME

Setup- create two lines about 30 yards apart. Use cones to make a goal in the middle.

The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot, now becomes the keeper and Player 1 goes back with his team.

Eventually becomes a fast paced shooting game.

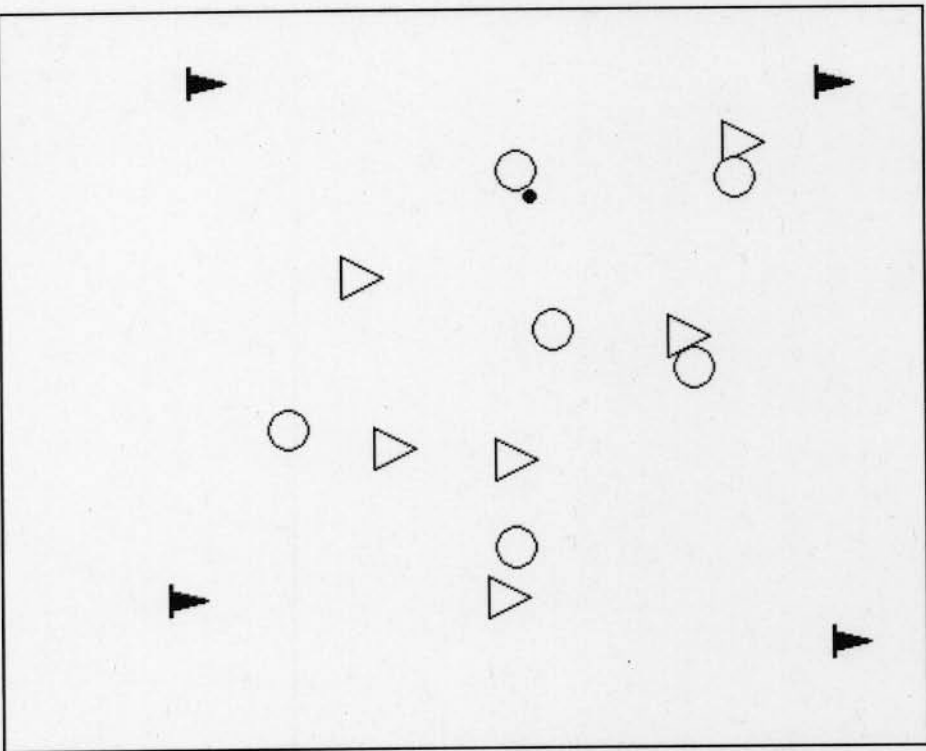
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SPREAD OUT

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Spread Out

Set up- two teams in field with one soccerball.

The game- to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

Progress to a soccer style game of keep away

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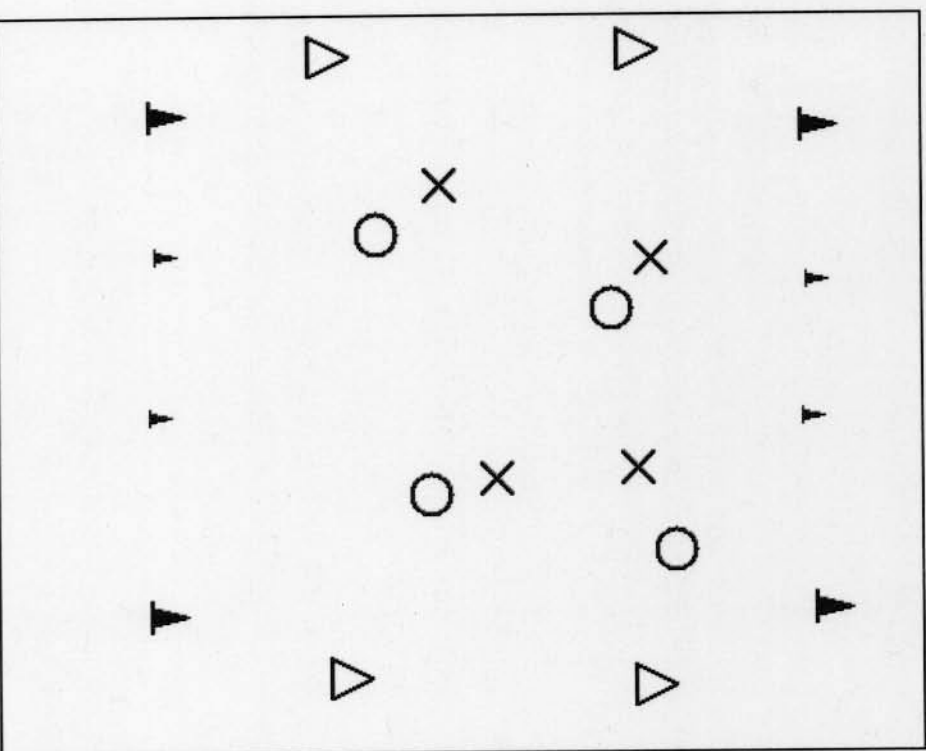
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Give and Go Game

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Give and go game

Set up- regular sized 4v4 field. Three teams of 4.

The game- 4 v 4 game in the middle with 4 more players outside the field. The team in possession can use the players on the outside to score.

Play for 5 goals or 5 minutes then switch game up so team on the outside goes in the middle.

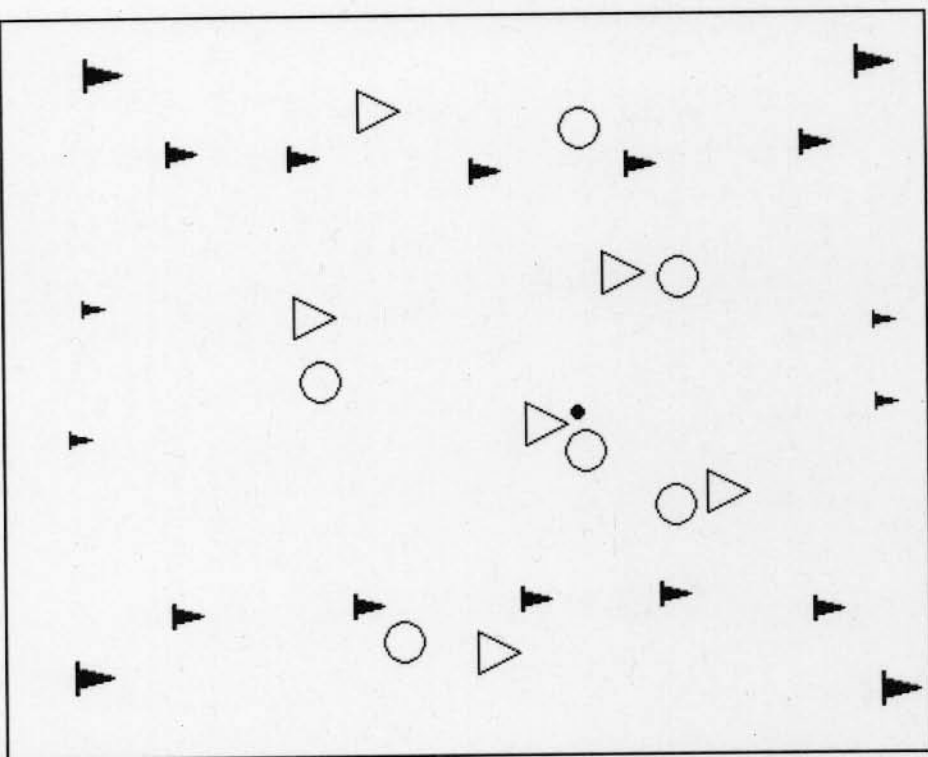
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CROSSING GAME

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Crossing Game

Set up- regular size field. Use cones to create a 10 yard channel up the flanks of the field. Assign two players from each team to play in the flanks. No other players are allowed in the flanks.

The Game- Players on the flank try to cross to the players in the middle.

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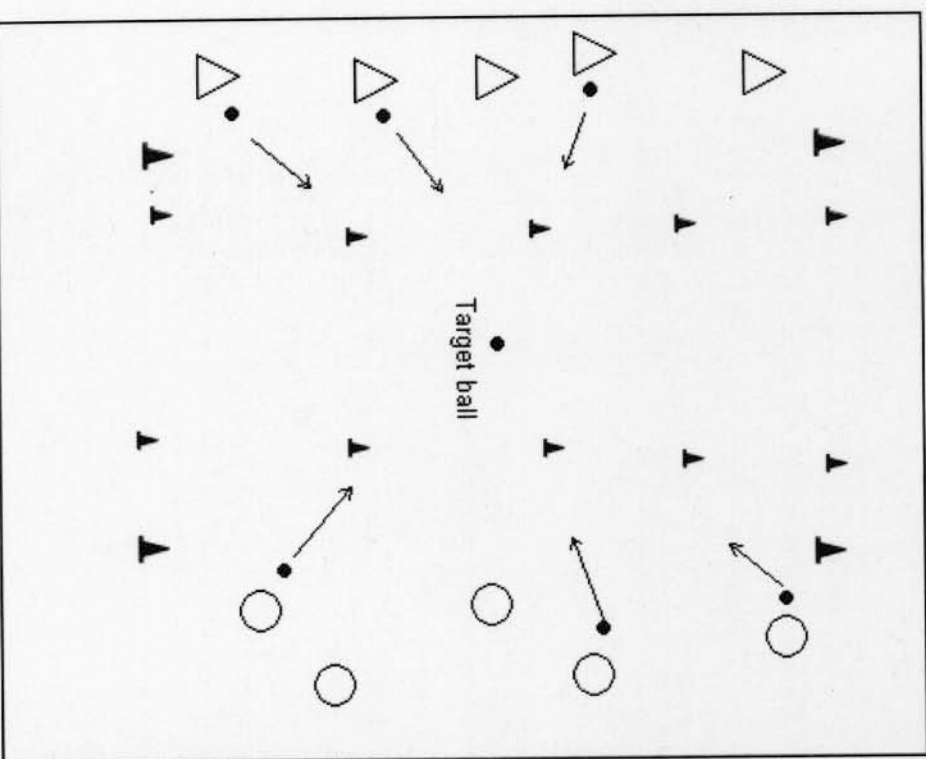
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TUG OF WAR

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TUG OF WAR - Push pass

Setup- create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball(target ball)in the middle.

Players on each side try make the target ball cross the opposing teams line by kicking(push passing) their soccer ball at the target ball.

Trains power and accuracy.

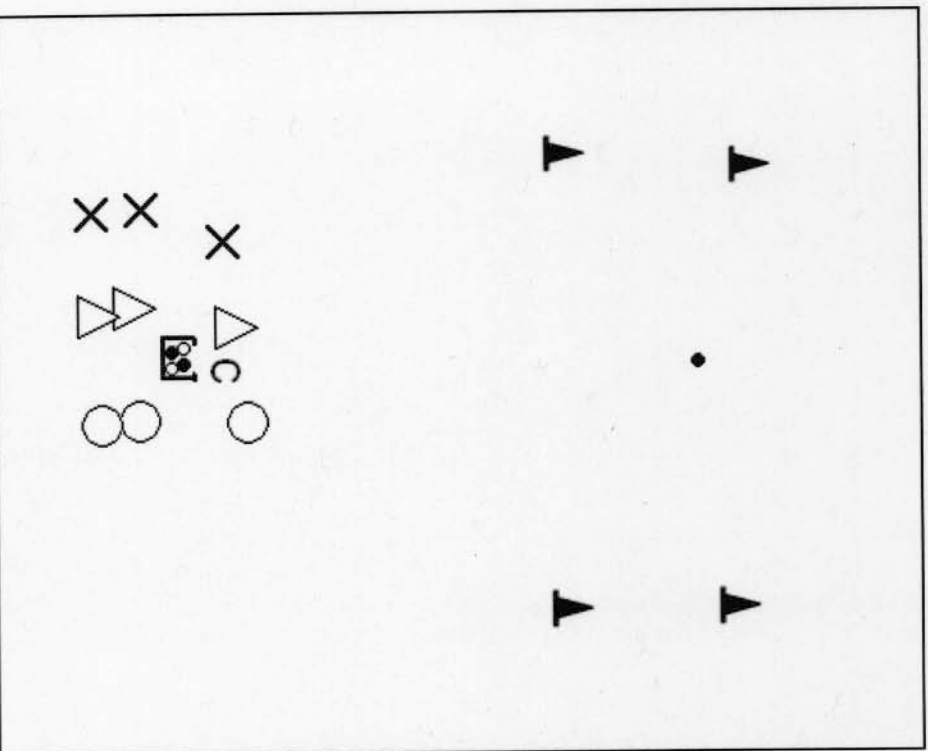
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1v1v1 WAR

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1v1v1 WAR

Three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back.

While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that.

Once a goal is scored, players hustle off to the outside and the coach punts another ball.

Great drill for finishing and reversing the ball away from pressure.

Adjust the field and goals accordingly. Can start with 20 X 40 grid. Six foot goals.

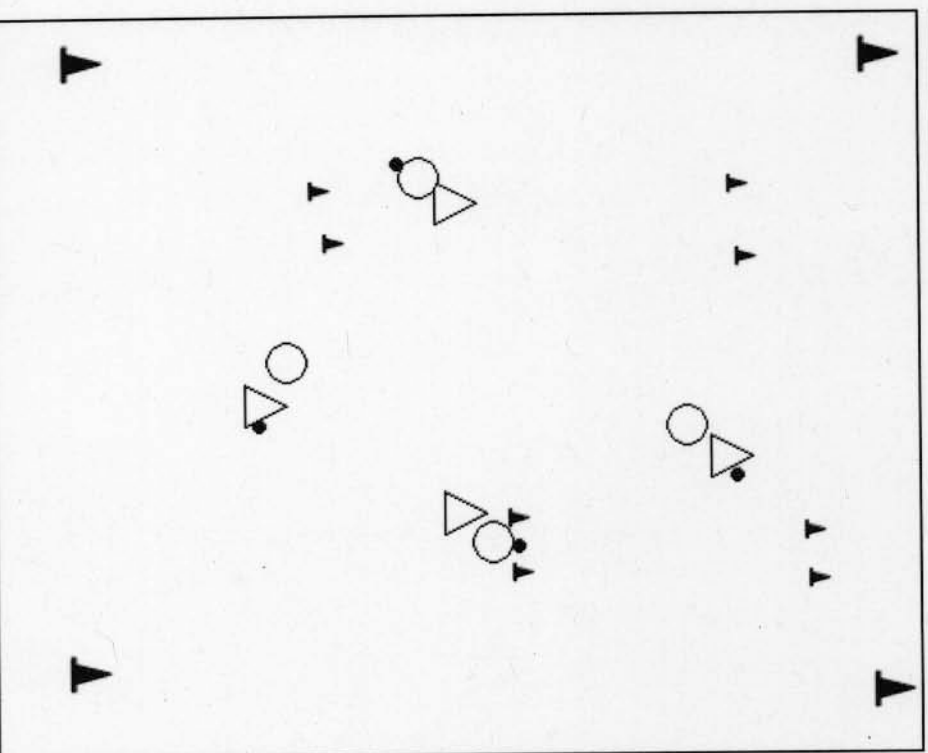
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1 V 1 Dribbling Through Gates

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1 V 1 Dribbling Through Gates

Good Dribbling Warm-up

Setup- Large field with a bunch of "cone gates" about one yard apart. Pair up players One of the two players needs a soccer ball..

The Game- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball. Play for a certain amount of time. 30 to 60 seconds.

Cannot go through the same gate twice in a row. One point for each gate. If the other player steals the ball, he gives it back to attacker. When time is up, switch positions.

Player with most points wins.

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