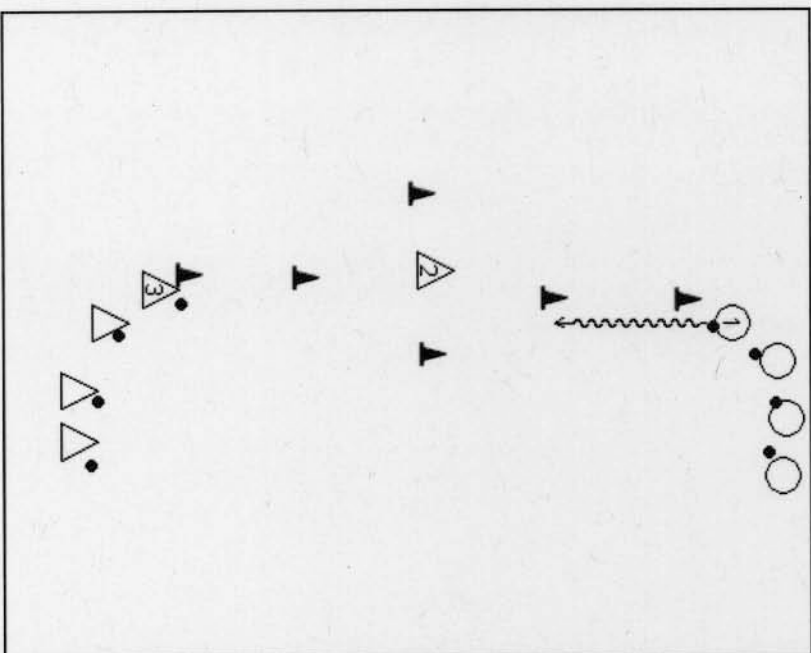


Coaching Soccer 101

(A+)

Breakaway Shooting Game

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Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

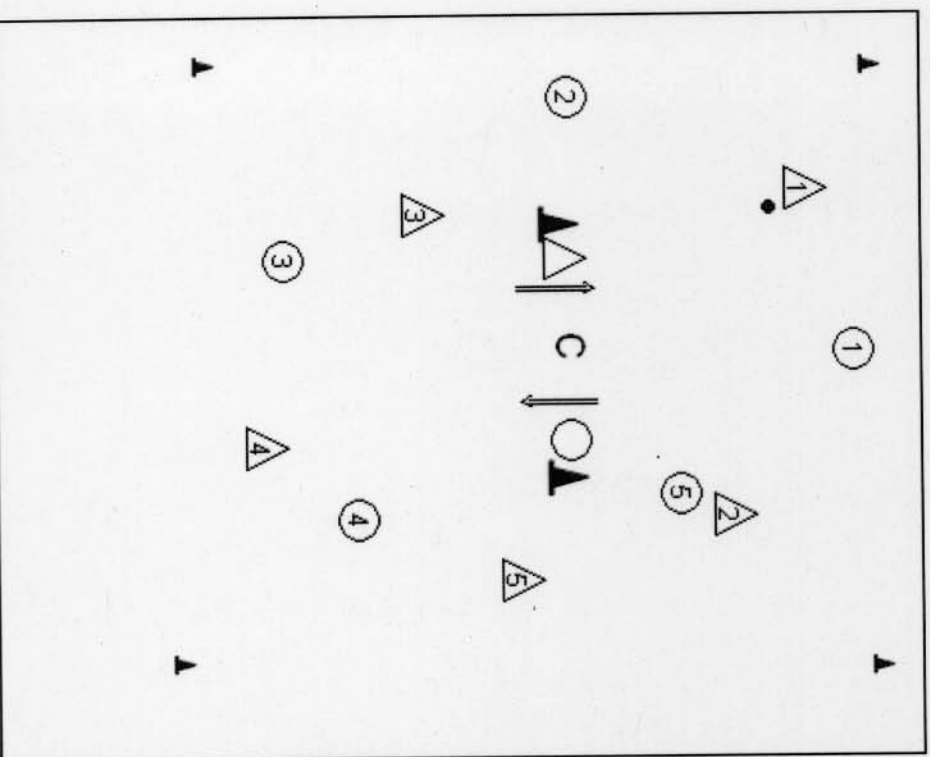
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Coaching Soccer 101

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ONE GOAL SOCCER

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ONE GOAL SOCCER

Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game- there are two teams. 5-8 players on each team. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.

Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch.

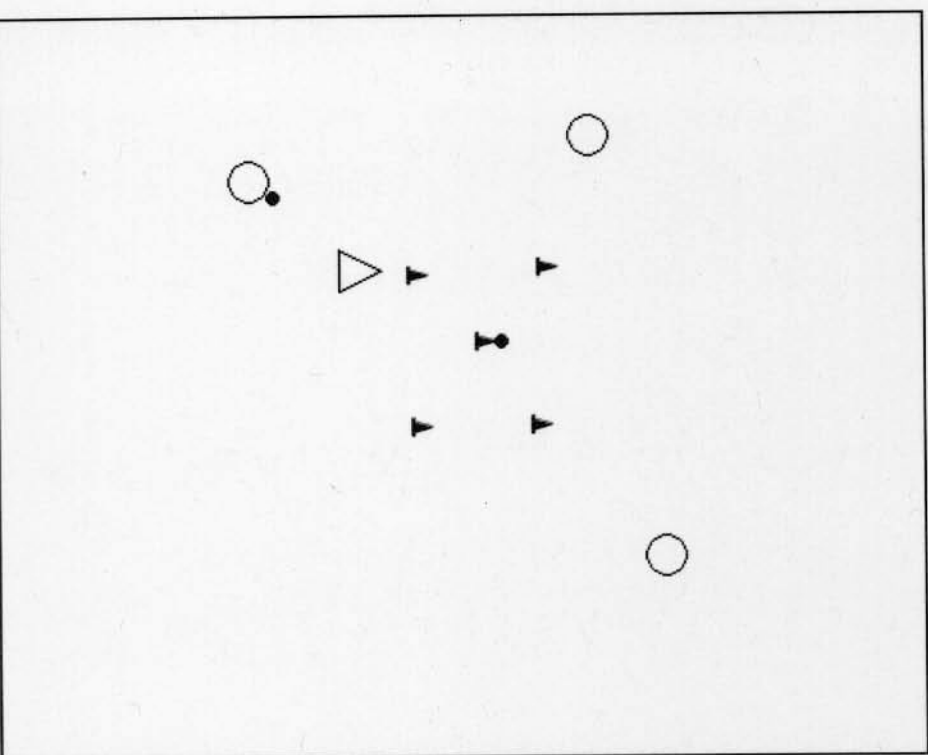
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Coaching Soccer 101

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3v1 Variation

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3v1 Variation- Passing

Setup-Use flat cone and make a 3 yard by 3 yard grid. Put another flat cone in the middle of the grid and place a ball on top of the flat cone.

The Game- 3 attacking players against one defender. The 3 attacking players pass the ball to each other and score by knocking the soccer ball off the cone in the middle. No players are allowed in the grid.

Variations- Depending on the skill level, must complete a set number of passing before a shot. Make grid smaller to defender can defend easiers which will force quicker and smarter passing.

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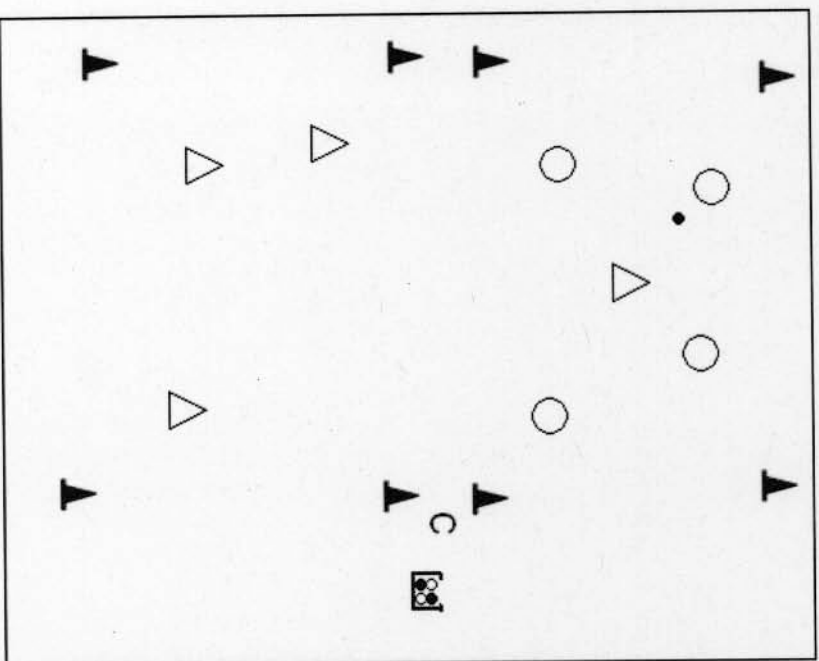
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Coaching Soccer 101

(A+)

THE BANK GAME

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THE BANK GAME- Passing with pressure

Setup - two teams of 4 or 5 players. Each in a 40 X 40 grid (adjustable).

The Game- the coach sends a soccer ball into O's teams grid. The opposing team sends 1 players to play as a defender. The O's try to connect 4 passes in a row without the defender stealing or kicking ball out of bounds. Each time a team accomplishes this, they can make 100 bucks. Once they make a hundred bucks, they have 2 choices. Go for another hundred bucks or bank the money. To bank the money, they have to send the soccer ball back into the opposing teams grid and THEY send a defender to try to steal the ball. If the ball goes out of bound or is stolen, the coach sends a ball into the others teams grid.

Progressions- send in more than 1 defender.

- make grids smaller
To make game easier- make grid larger and add a offensive player

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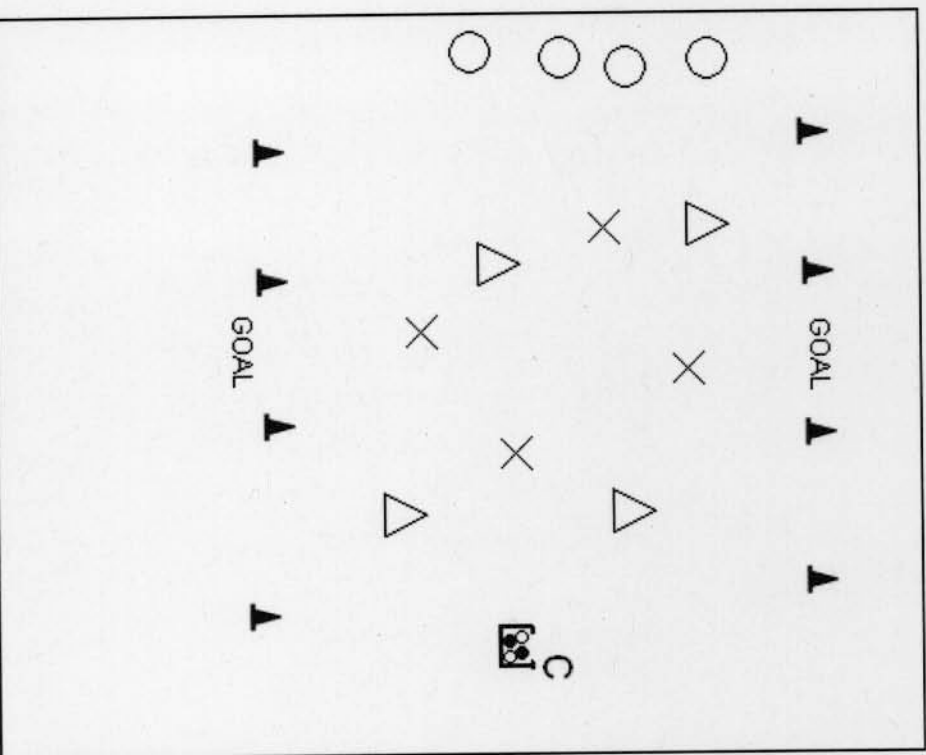
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Coaching Soccer 101

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4V4V4 "Get out of here"

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4V4V4 "Get out of here"

Set up- 30 X 50 field with small goals. Three teams of four. Two in the field, one off.

The game- play a regular 4v4 game. If the ball goes out of bounds, the team standing off the field yells "get out of here". And the team that kicked the ball out of bounds leaves the field and the new team comes on. Or if there is a score, the team that is standing off the field yells "get out of here" and the team that the goal was scored on leaves the field and the new team comes on.

Keep track of time and score.

Coaching points- regular soccer game. Good for offense as well as defense. Make sure you have lots of soccer balls to keep play going.

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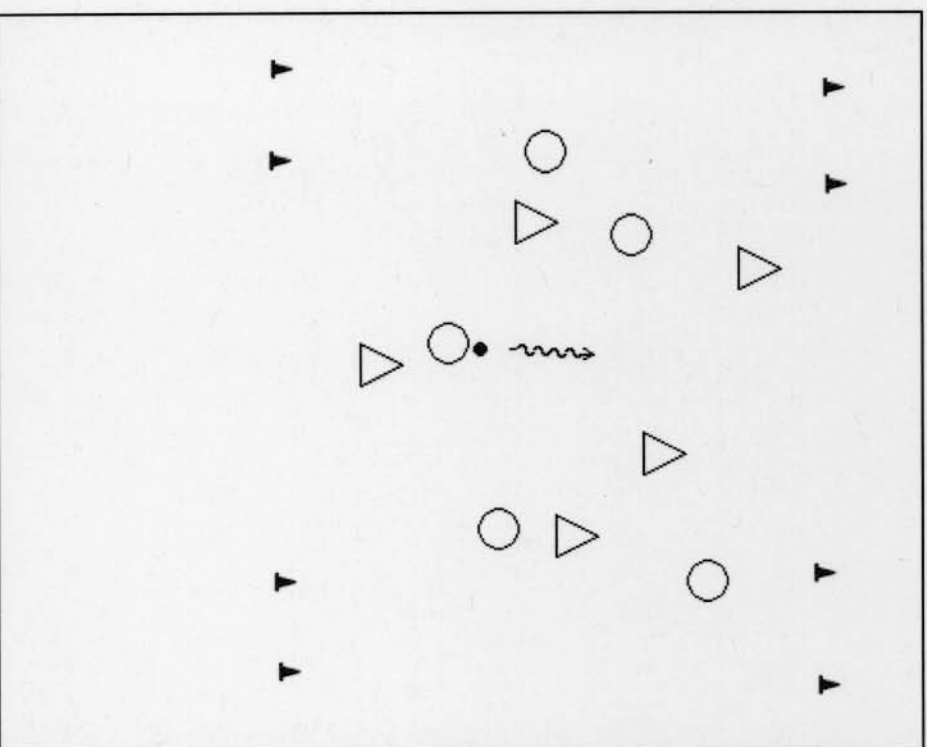
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Coaching Soccer 101

(A+)

Four Goal Soccer Game

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Four Goal Soccer Game

Setup - Large field with four small goals.

The game- regular soccer game but each team has two goals they can shoot for.

Coaching points- for offense-they are basically up a player and SWITCH FIELDS.

Defense need to play smart because the extra goal will make it seem like they are playing down a player.

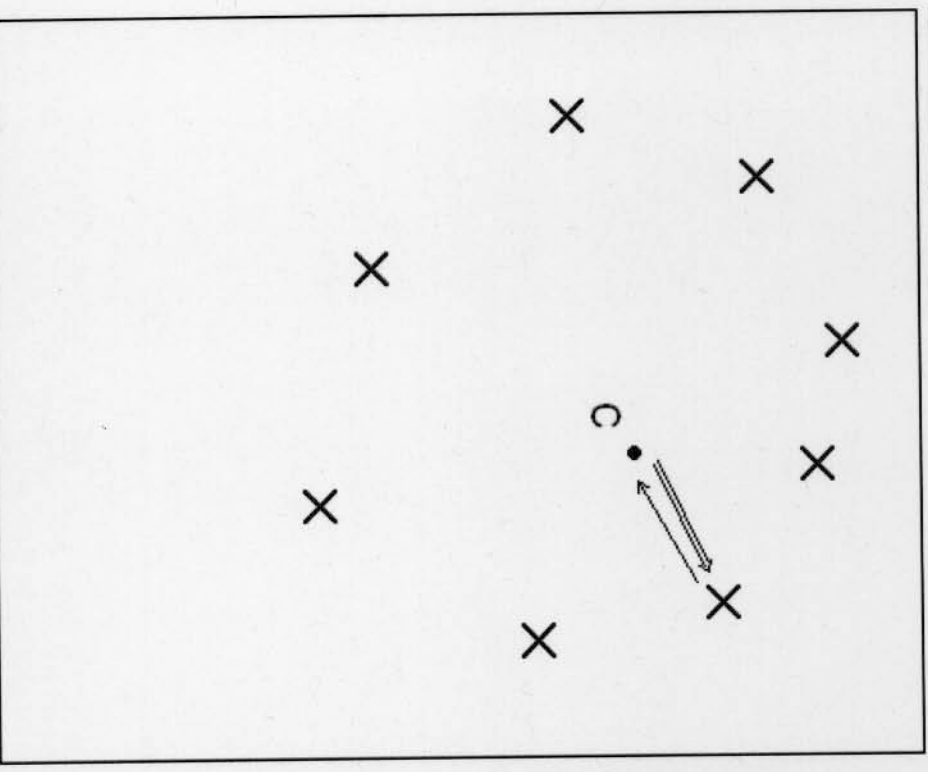
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Coaching Soccer 101 (A+)

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HEAD CATCH

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HEAD CATCH

Setup-Players form a circle around the coach. The coach has a soccer ball.

The Game- The coach starts at one player and works his way around the circle by tossing a soccer ball underhand at a each soccer player. While the ball is in "mid air" he yells "head" or he yells "catch ". If the coach yells "head", the player must catch the ball and if the coach yells "catch" the player must head the ball. If the player makes an error, he sits. Coach keeps going around till there is only one player standing.

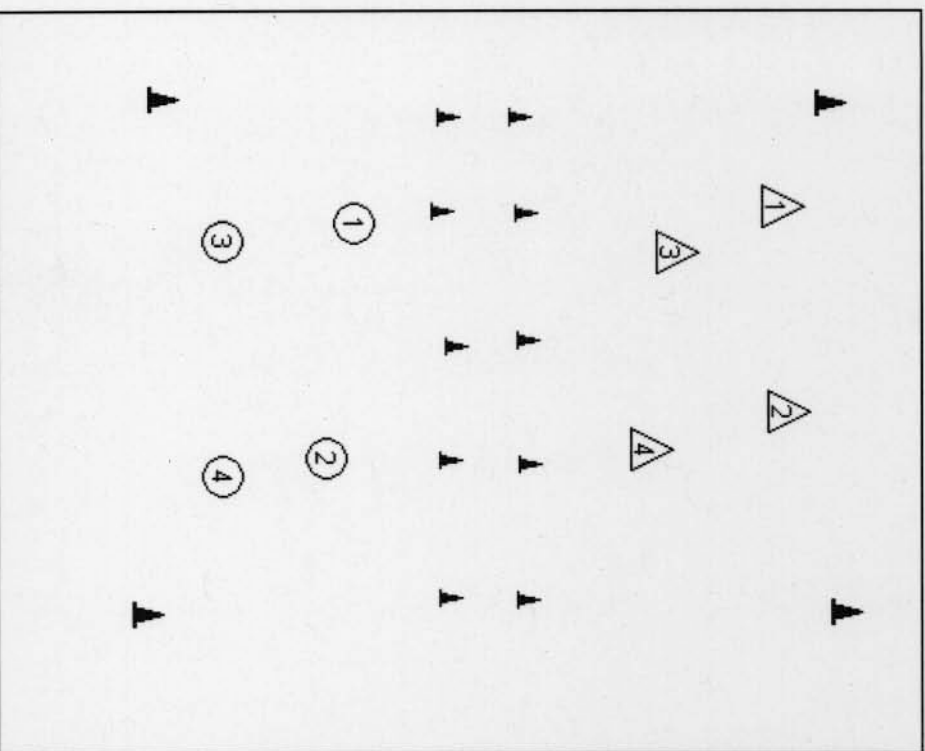
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Coaching Soccer 101

(A+)

VOLLEYBALL

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Soccer Volleyball for 2-8 players

Set up- 30 X 50 yard grid. Use cones and make a 1 yard channel through the middle to act as a net.

The Game- players use their juggling/half volley skills play volleyball. No Hands. If the ball bounces in the middle of the "net" its a point for the other team.

Start off by allowing the ball to be able to bounce once. Progress to full volley for advanced players.

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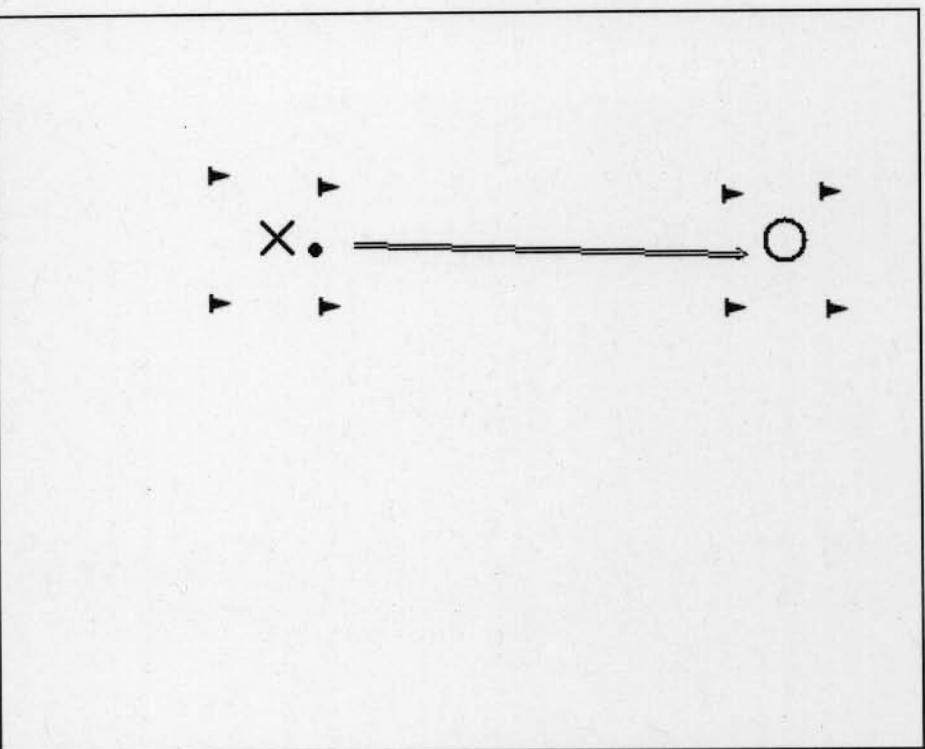
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RECEIVING DRILL

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RECEIVING DRILL

Setup- two small grid 2 yards X 2 yards about 15 - 20 yards apart.

The Drill- Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

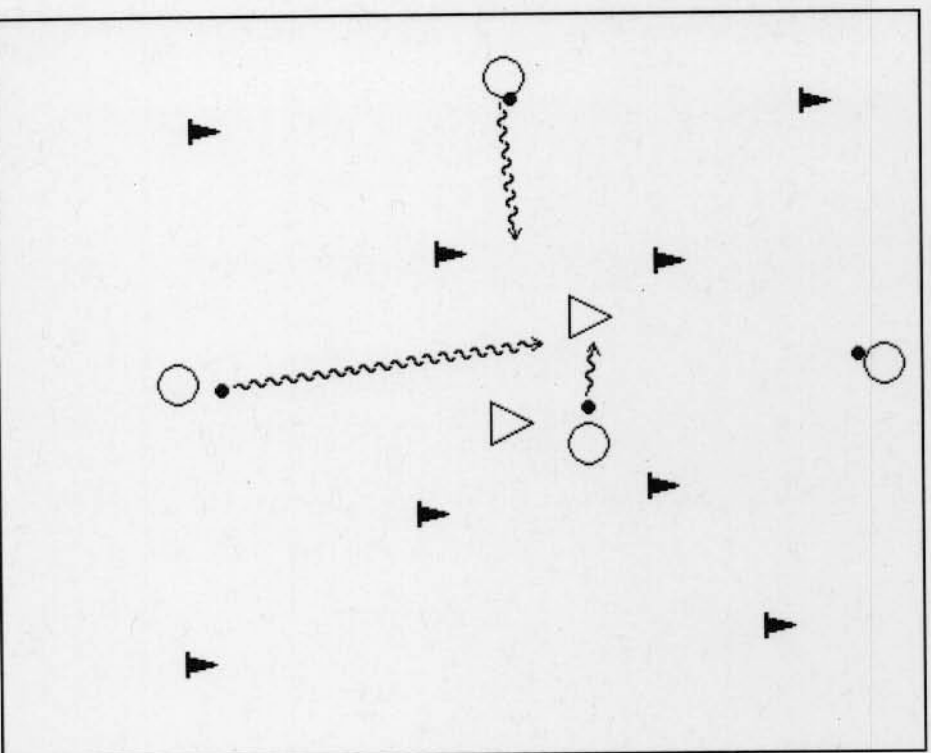
Variations- Must receive ball within "2 touches" or players serving the ball may "baseball throw" the ball to challenge player collecting the ball.

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Coaching Soccer 101 (A+)

Big Square Little Square or Haunted House

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Big Square Little Square(older kids) or Haunted House(younger kids).

Set up one large grid 25x25(big square) and a small grid inside(little square) 10x10.

The smaller grid on the inside is the "Haunted House".

The Triangle players are the "Zombies" and start inside the "Haunted house".

4 to 8 players on the outside dribble from one side of the grid to the other side. Dribbling through the "haunted house". If a Zombies steals the ball, they get to go to the outside and the player that lost the ball becomes a "Zombie".

1 point for every time a player dribbles through the haunted house.

Play for 10-15 minutes,

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