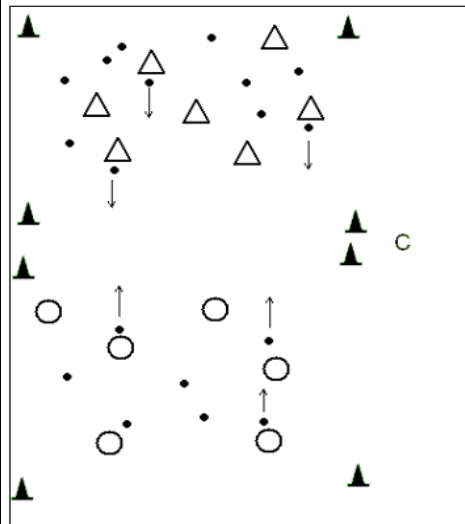


Keep Your Yard Clean



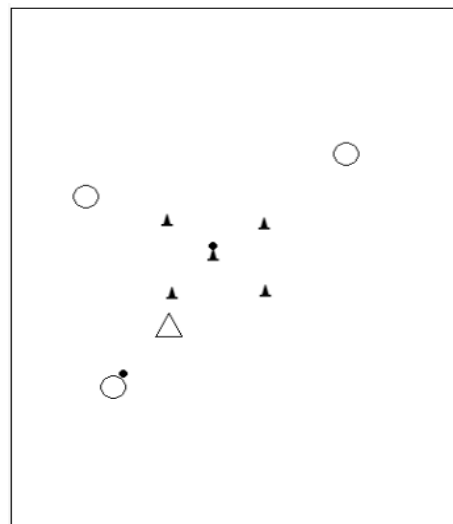
The object of the game is to keep your yard clear of soccer balls. Good drill for passing practice.

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 coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins.

Coaching points-tell the players what type of pass they have to use. LEFT FOOT ONLY ? Deductions for balls too high. Have each coach stand behind grids to keep balls in play

3 v 1 variation

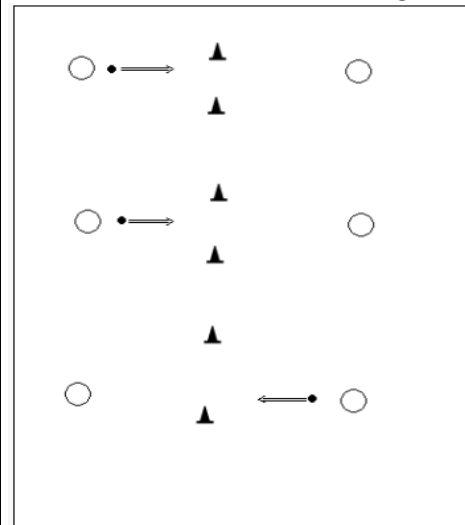


Setup - Use flat cones and make a 3 yard by 3 yard grid. Put another flat cone in the middle of the grid and place a ball on top of the flat cone.

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 easier which will force quicker and smarter passing.

Passing Through The Gates



Setup- split group into pairs. Use cones to create gates about three yards apart.

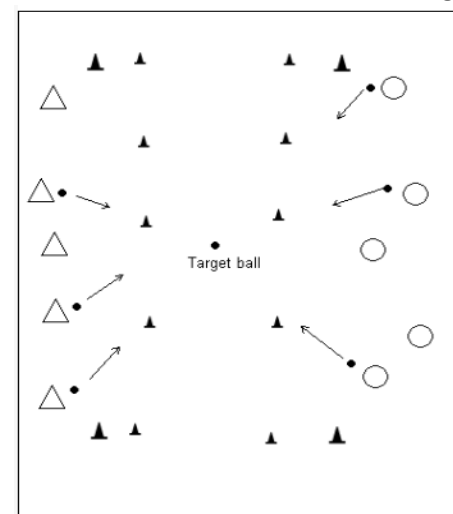
The Game - Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups.

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players.

Tug of War

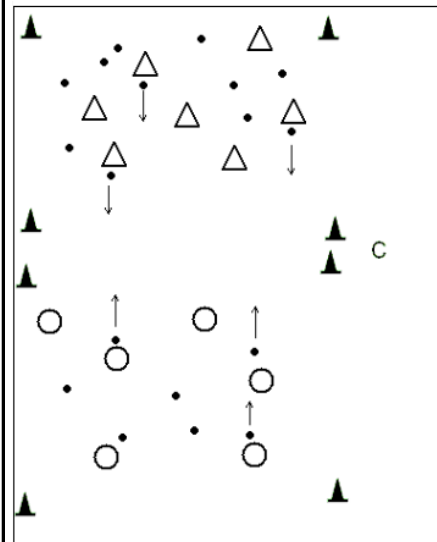


Setup - create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball (target ball) in the middle.

The Game - 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.

Keep Your Yard Clean

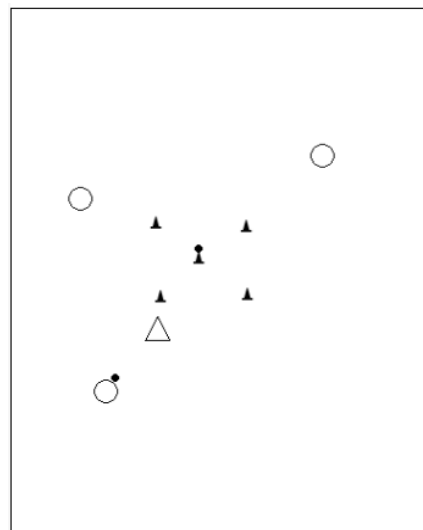


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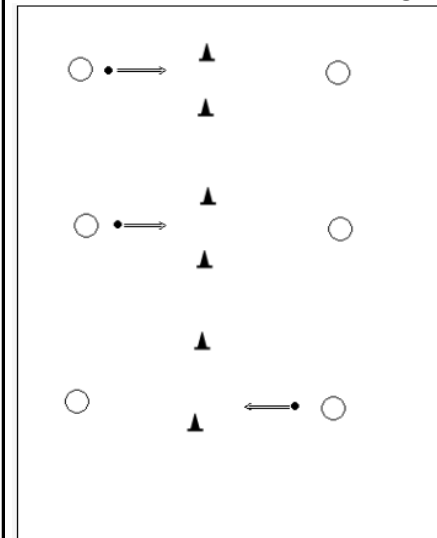


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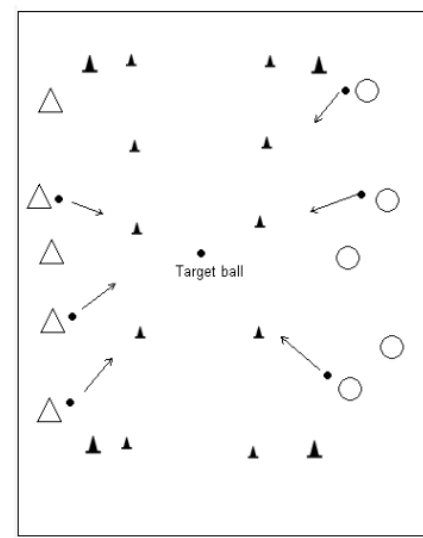
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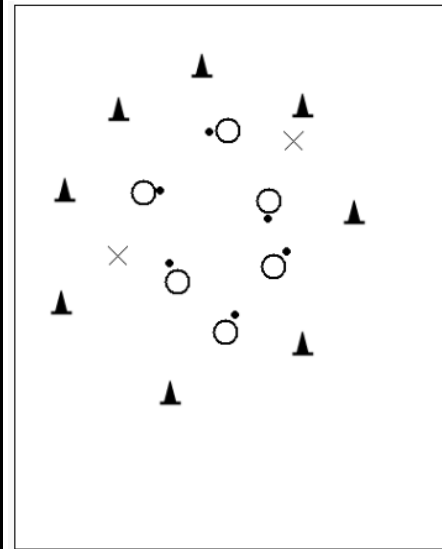


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Killer Whale



Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

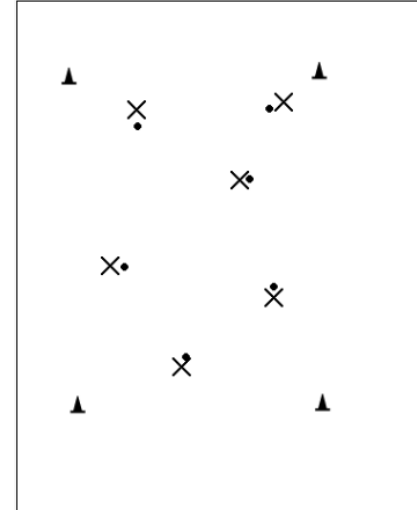
The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle.

The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.

Use stop watch.
You can use one or two killer whales

Nascar



Nascar fun dribbling drill for younger players

Set up - 4 -12 players in an area. Each with a soccer ball.

The Game - Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble there soccer ball slowly.
Coach yells "second gear" --- players dribble a little faster.

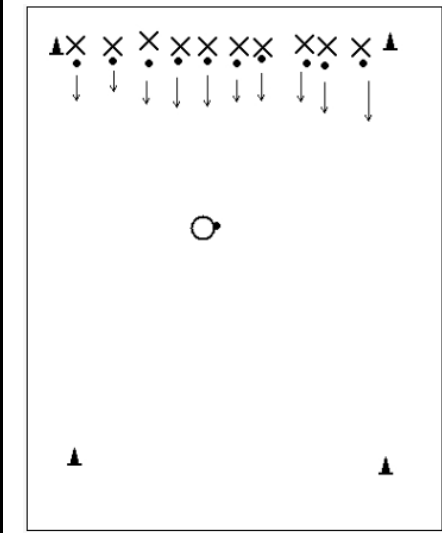
"third gear"-a little faster
"fourth gear" - as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" haha

If two players balls touch "CRASH" -- five push-ups outside circles

Coach can yell "reverse" everyone has to reverse their race car.

Tag Variation



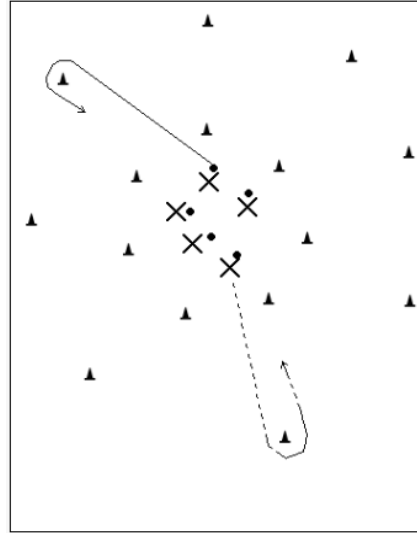
TAG- Dribbling with soccer ball (or start with no soccer balls and progress to dribbling with soccer ball).

Setup- create a grid 20 yards X 40yards. Start with one player in the middle holding a soccer ball under his/her armpit (this person is "it". The rest of the players line up one end of the grid with a soccer ball at their feet.

The object of the game. ON THE COACHES WHISTLE, players dribble from one end of the grid to the other with out being tagged by "it". If a player is tagged they ALSO become "it". Dribblers stop when they get to the other end of the grid. In the beginning - it is 10 dribblers to one "tagger". The next time back it might be three taggers to 7 dribblers. Eventually the taggers out number the dribblers

COACHING POINTS - heads up, check with the ball and then explode.

Explode



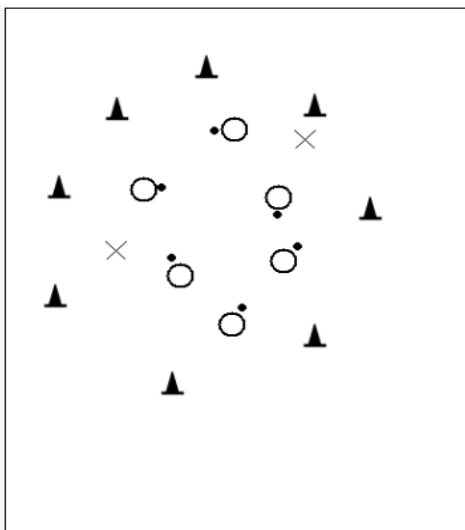
Setup - make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle.

The Game- Players dribble inside the small circle of cones. On the coaches whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling.. coach blows whistle again or make last player back do 10 "ball taps" with the bottom of his cleat.

Coaching Points - when exploding, body low, use the shoe lace part of cleat to take off.

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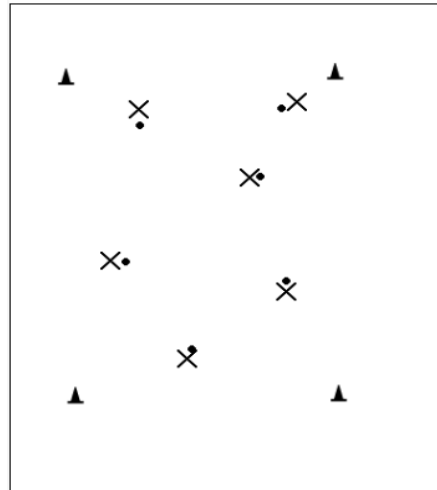
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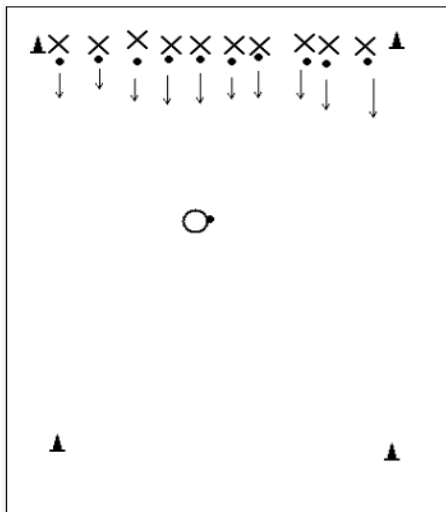
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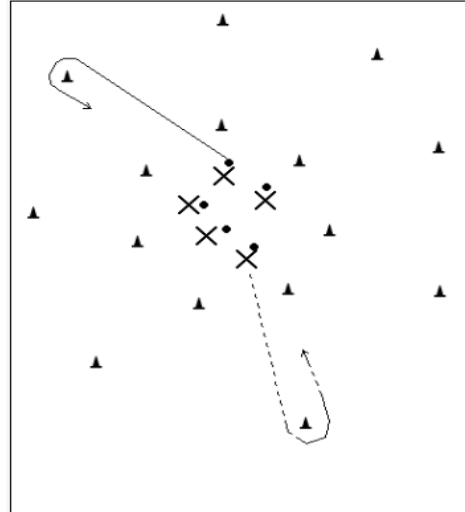
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