

Everybody's It

Setup - Create a grid (circle or square) depending on the number of players and have each player with a ball inside the grid.

Instructions - Each player dribbles within the grid attempting to tag other players while maintaining control of the ball. Each time a player tags someone, he/she receives a point.

Variations - 1. Instead of tagging the player, they must dribble their ball into the other player's ball to get a point.

2. Instead of tagging the player, they must toe poke (not kick, but just poke) the other player's soccer ball to get a point.

Coaching Points - Instruct players to keep the ball close and under control. * Players heads should be up looking for other players whether trying to tag or not be tagged.

Knock Out (From: <http://www.soccerxpert.com>)

Setup - Create a grid (circle or square) depending on the number of players and have each player with a ball inside the grid.

Instructions - Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players must perform a soccer move (10 toe taps, 10 box taps, etc) to get back into the circle but are never out of the game. Play for a specific amount of time. If player dribbles out of bounds on their own they are considered "knocked out" and must perform the soccer move to get back in.

Variations - Make players dribble with certain parts of their foot.

Coaching Points - Instruct players to keep the ball close and touch the ball often * Players heads should be up looking for other players and be aware of their surroundings

Raid the Fridge

Setup - Build a large square with small squares in each corner. Split the kids evenly into each corner square. Place all soccer balls (food) into the middle of the large square (fridge).

Instructions - The goal of the game is for the players to gather the food (soccer balls) and dribble one ball at a time back to their fridge. After they bring a ball back, they need to find another ball to get (from any fridge) and bring it back to their fridge. Play for a set time to see which fridge has the most food at the end. All players are raiding at the same time so there will be a ton of traffic to dribble through.

Coaching Points - Dribble with speed but still under control. Dribble towards a target. Avoid all other players dribbling/running by using change of direction dribbles.

Variation/Progression - Before the kids bring the food back to their fridge they must go through the middle fridge in the middle.



Magic Windows (Dribble Gates)

Setup - Set up several gates (~1 more gate than players dribbling) in a ~20x20yd area. Make sure they are random and placed at different angles to create opportunity for the kids to make turns.

Instructions - On command players should dribble through as many windows as possible while maintain good control of the ball (no kicking it and chasing). They can't go through a window twice in a row. They can go through a window in either direction (encourage this). Play for ~60-90 seconds having them count the number of windows they go through. Ask how many kids got more than 5, then 10, then 15, then 20. Challenge them to beat their previous round in the next round. Play several rounds.



Coaching Points - Dribble with your head up knowing which window they will go through next Dribble towards a target Turning while dribbling (cuts)

Variation/Progression - 1. Instead of just going through the window have them go barely through the window, then using a pullback or cut on the ball go right back through the same window.

2. Take away two soccer balls and make them defenders to start. On command the other players dribble through windows. The defenders must take a ball away from another player then start dribbling through windows. The player that loses the ball must go find another player to take a ball from. Count how many gates they can get through. If a player sees a defender coming they should turn the other direction and find a safer window to go through. Other variations include having kids do figure 8s around the cones in a window; making a move just before entering the window.

Sharks and Minnows (From: <http://www.soccerxpert.com>)

Setup - Can use a 30 yard by 20 yard wide rectangle (similar size to a micro field). Two players are designated the SHARK start in the middle of the grid without a ball. The remaining player starts with a ball on one of the end lines.

Instructions - The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark. The last minnow standing wins the competition. Repeat with different players starting as the sharks.

Coaching Points - Keep the dribblers under control and not paniced once the sharks get near them. Inform players to keep the ball close within playing distance.

Variations – 1. Players only use left foot to dribble. 2. Players use outside of feet to dribble. 3. Players use sole of feet to dribble.

Clean your Room (From: <http://www.soccerxpert.com>)

Setup - Create a grid that is approximately 15 X 15 yards. You should adjust the size of the area depending on the size, skill set, and the number of players. Assign one player to "clean the room." This player will act as the defender to knock everyone's ball out of the grid. Every player other than the room cleaner needs a ball.

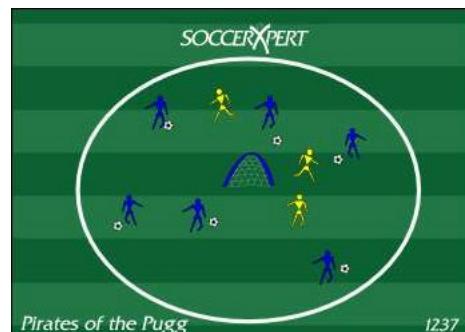
Instructions - Start by having the players dribble around free in the grid. The coach should release the room cleaner into the grid. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible. The room is "clean" once all of the balls are out of the grid at one time. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players. If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

Coaching Points - Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible. Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Variations - Start with 2 room cleaners (defenders). Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.

Pirates of the Pugg (From: <http://www.soccerxpert.com>)

This soccer drill is a great soccer drill using a Pugg Goal that can be tweaked to focus on many aspects of the game. For younger players ages 5-9, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Setup - Build a circle with cones approximately the size of the center circle with a Pugg Goal in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 4-5 players with the ball, and 1-3 players without a ball will be the "Pirates".

Instructions - Instruct the "Pirates" without the ball to defend (steal the ball from) the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pugg Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Coaching Points - Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). Dribble to space. If the ball is lost, recover quickly and fight to win it back before the pirate takes the ball to the Pugg. Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target (Pugg goal).