

YOUTH SOCCER DRILLS & GAMES

Always demonstrate the skill/activity first! Generally the order should be: Demonstrate the skill, practice the skill while stationary ("touch the inside of your foot to the ball five times"), explain the drill, walk through the drill without ball (younger kids; "snake around these cones while running"), do the drill, do a game involving the same skill

Warm-up: run a lap or two, high knees, donkey kicks, toe-touches, toe taps, ball rolls, zig-zags sprints and shuffles, four corners (below, just without ball), or Simon Says doing all these things!

PASSING

Younger Ages

Drills:

- Line passing: players line up across baseline, coach passes to each player
- Partner passing: players line up in two lines across from each other and complete set number of passes (alternate right and left foot)

Games:

- Keep your yard clean: Field is split in two with many balls on both sides. The two teams have set number of minutes to continually kick all the balls on their side to the other side. Team with fewest balls on their half at the end wins.
- Hit the coach: coach jogs around while players try to kick their ball at the coach

Most important takeaway(s): using the inside of the foot ("logo") to pass and trap the ball (not stopping the ball with their hands)

Older Ages

Drills:

- Circle passing: players make a circle, saying the name of the person they are passing to (good to learn names), favorite color, animal, etc.
- Partner passing with cones: same as above with players having to complete passes between two cones in front of them
- Passing after touch: partner passing with one cone in front of players, players receive ball with one foot and much switch feet (other side of cone) to pass back.
- Square passing rotation: players divide up into lines at each corner of a square. Players follow their pass and get in that line after passing.
- Slowed down 3v1 with small goal target (i.e. two close cones): make players spread out and work on spacing.

Games:

- Keep away: add 1-2 defenders in passing circle
- Knock the ball: players are in 2-3 teams a distance away from 4 soccer balls set on top of disc cones in a line. Players pass/kick a ball to try to knock the balls off the cone one-at-a-time. First team to knock all balls off wins.

Most important takeaway(s): keeping the ankle locked and having the foot follow-through the direction the pass should go

DRIBBLING

Younger Ages

Drills:

- Cone dribbling: down-and-back with both feet, alternating using one foot only
- Dribble knock down/collection: set up scattered cones in an area, players must go dribble to cones and hit them with the ball (can be firefighters putting out fire, farmers plowing corn, etc.).
- Dribble avoid cones: put scattered cones close together, players have to dribble through without touching one
- Four corners: assign a number to each corner, players have to dribble to whatever corner coach calls out

Games:

- Red light, green light (recommended to add yellow light too)
- Simon says
- Follow the leader
- Blob tag
- What time is it Mr. Fox?

Most important takeaway(s): using the inside and outside of the foot (not the toe) for controlled dribbling and stopping the ball with their feet and not hands

Older Ages

Drills:

- Cone dribbling: weaving between cones in straight line, cones in zig-zag pattern, or cones in a circle
- Practice shielding the ball (hold up arm like shield) and keep their body and other foot between the defender and the ball

Games:

- Dribble relays
- Dribble knockout: Each player has ball and is out when their ball leaves the boundary area; make area smaller as players get out
- Sharks and minnows
- Freeze tag: Each player has ball except 1-2 taggers; when tagged, player has to hold ball above their head; players are unfrozen by another player dribbling the ball between their legs (nutmeg)
- Line tag: players have to stay on any colored line while playing

Most important takeaway(s): being able to use both feet well, and using the laces for speed dribbling

SHOOTING

Younger Ages

Drills:

- Shooting line: dribble up and shoot on open goal or against coach; alternate foot shot with
- Shooting box: dribble around a box before shooting

Most important takeaway(s): using the inside of the foot ("logo") or the top of the foot ("laces") to shoot (not the toe) and looking at the ball (not the goal) when shooting

Older Ages

Drills:

- Shooting line: pass to coach, and receive pass back before shooting; or two player lines and give-and-go

Games:

- Shooting relay: team split into two lines, first to score 5 goals wins (mark distance to shoot from, no follow-up shots)
- Hit the coach: (also known as “guillotine”) players line up on two sides of open aisle, coach runs through the aisle and players try to hit him or her

Most important takeaway(s): being able to use both feet well, proper placement of the plant foot when shooting, and having the foot follow-through the direction the shot should go

DEFENSE

Younger Ages

Drills:

- 1v1 against coach: the coach dribbles the ball toward the player, who is trying to steal it from him or her (more controlled than player-v-player); 1v1 without stealing
- Box shuffle: players run up, shuffle across, run backward, and shuffle over around a square

Games:

- Get up!: kids love running around and then falling down when the coach says to. Have them practice getting back up as quickly as possible to avoid potential injury.

Most important takeaway(s): slowing down when approaching an opponent and staying on their feet

Older Ages

Drills:

- Box passing: four players make a square, with two defenders trying to steal passes
- 1v1: Partner players up and assign them a space and one cone. They play 1v1 to 5 “goals” (hitting the cone). Encourage players to get back on defense between the ball and the goal whenever they lose possession.
- 1v1 with coach: coach is all-time offense. Players play 1v1, but use coach to pass to, then get open.

Games:

- Steal the bacon: Teams line up in two lines by the goal. Each player receives a number. The coach calls out 1-3 numbers at a time and tosses a ball out in the middle of the field. The team that gets the ball is on offense, the other on defense. Play resets after a stop or goal.
- 3v2 to 2v1 (takes time to explain/learn, but beneficial once they get it; requires two goals on small field): Two players start at the opposing goal on defense. Three players are on offense, running toward them. Whoever shoots or loses possession must get back to the other side of the field and defend against the two former defenders who are now on offense. *Can modify to just 3v2 to work on spacing and passing.*

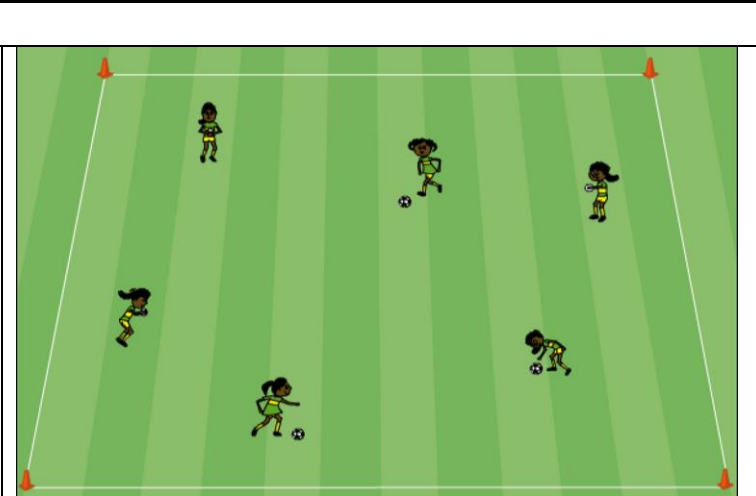
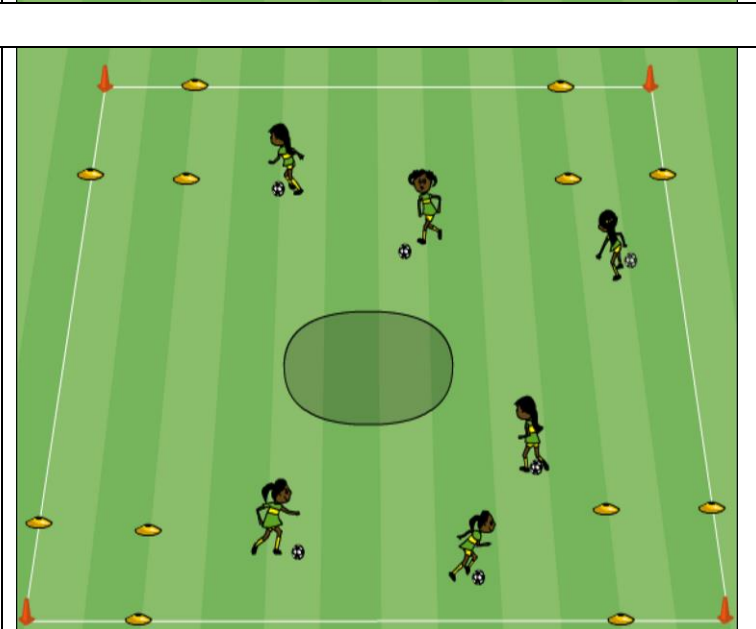
Most important takeaway(s): not stabbing to try to steal the ball and staying between the opponent and the goal

Also note:

Drills that build off each other are especially beneficial. Sample progression: practice shielding and dribbling, 1v1 vs coach, 1v1 vs teammate without stealing, 1v1 with stealing, practice give and go's, practice/explain spacing, 2v1 with coach, 2v1 with teammates.

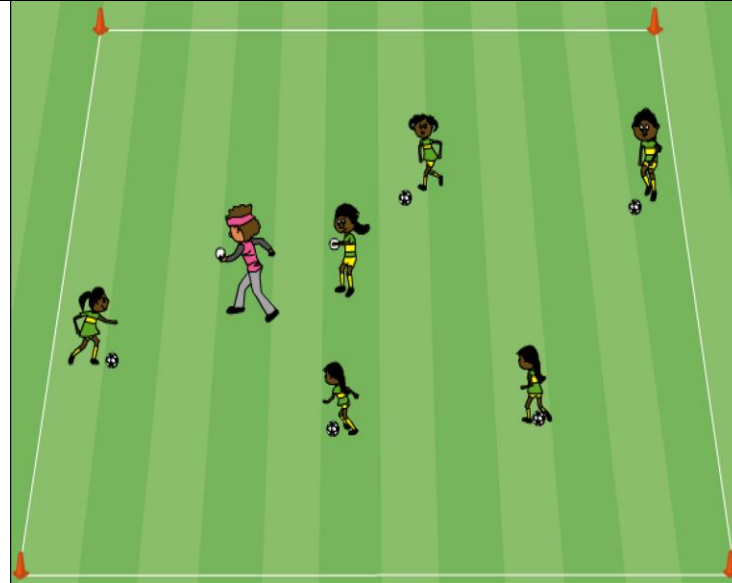
Drills that incorporate more than one skill/movement are also beneficial. For instance, dribble through a cone line, then shoot on another player; run without the ball through a zig-zag cone pattern before receiving a pass in a give-and-go line; have players waiting in a line to shoot to toe touches while waiting.

Scrimmaging/small-sided games are a great way to end practice if you emphasize a specific skill they are working on during the game, not just having everyone run around. These can be either with two goals OR set up one triangle goal area with cones in the center of the field to have multiple goal spots.

Activity Name	Description	Diagram	Coaching Points
<p>1 Space Invaders</p>	<p>To start, everyone is holding a ball and running in a space 20 x 15 yards. Proceed to rolling the ball with your hands. Finish with players moving the ball or “driving it” around the space with their feet.</p>		<p>Q.: There is not that much space, where can you go so you do not bump into anyone? A.: Away from everyone, on the outside.</p> <p>Show me how you do it.</p>
<p>2 Driving my Car</p> <p>Everyone is driving their “car” through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).</p>	<p>In each corner, there is a “town” marked out with cones; i.e., Allentown, Vorhees etc. Can you visit all the towns-get there anyway you want. The side spaces between towns are the roads—be careful not to crash! Now everyone drive to your “hometown”. How fast can you drive to all the towns and finish at your town? Now the space in the middle is a lake, you have to go real fast through here or your car will sink—what, you have a boat? To finish, the coach can point in a direction of a town and players must drive there.</p>		<p>Q.: What do you see when you are driving around? A.: I see other drivers/children, I see trees...</p> <p>Q.: How many ways you can stop your car using your feet only? A.: the bottom of my foot, the inside of my foot...</p> <p>Q.: How does a speedboat turn? A.: Really fast! Vroom! (show me!)</p>

3 I can do this can you?

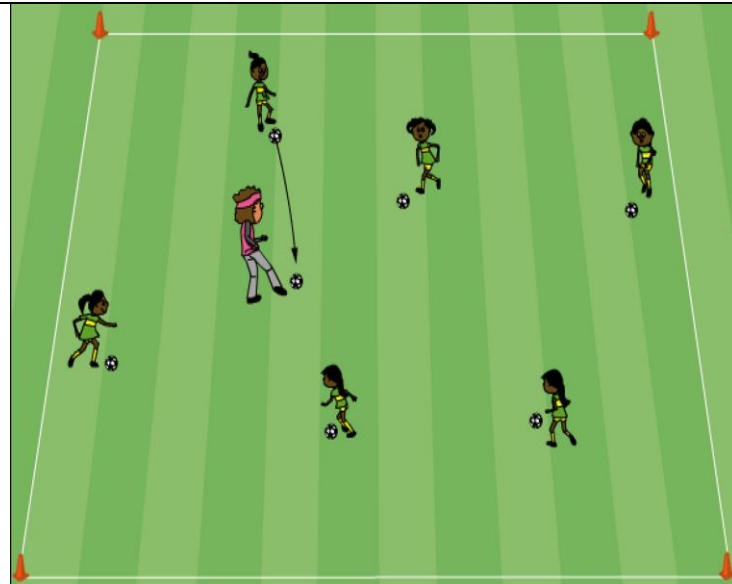
All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc.



Show me what you can do with your ball. WOW, that is cool! Let's all try that!

4 Bumper Cars

Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.



Q.: How can you hit my car when your car is moving also?
A.: I have to move and kick my ball closer to you!
Show me!




Lesson Plan



<p>5 Game</p>	<p>Coach is "Boss of Balls"; play 3v3 no GK in a 25x20 field. Remaining players from both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.</p>	An illustration of a rectangular soccer field with a green and light green striped pattern. The field is bounded by white lines. At each of the four corners, there is an orange cone. Two goals are positioned on the left and right sides. There are 12 cartoon players on the field, some in blue and white uniforms and others in yellow and black uniforms. A coach, wearing a pink shirt and a brown hat, stands at the bottom center of the field with a soccer ball at their feet. The ball is also on the ground near the bottom center.	<p>How can you score a goal?</p>
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Cool down: Body Part Dribble in small space, finish with a drink of water

Activity Name	Description	Diagram	Coaching Points
<p>1 Free Form Dribbling</p>			
<p>Start by having players dribble in and out of each other in a confined area.</p>	<p>The space can be marked off with cones. For the 6-U age group use a 10 x 10 yard area.</p>		<p>This prepares the body and mind for the session to follow. <i>Q.:</i> How do you know where the edges of the grid are while you dribble the ball? <i>A.:</i> Glance up once in a while.</p>
<p>2 Free Form Dribbling</p>			
<p>Have all players toss up a ball and then dribble the first ball found. (Obviously each player needs a ball.)</p>	<p>Same as above</p>	<p>Same as above</p>	<p>This builds hand/eye coordination and general movement abilities. <i>Q.:</i> As you dribble the ball how do you keep it inside the grid? <i>A.:</i> By having easy touches on the ball.</p>
<p>3 Free Form Dribbling</p>			
<p>Vary the pace at which the players dribble in and out of each other, at fast, slow motion and medium speeds.</p>	<p>Same as above</p>	<p>Same as above</p>	<p>Observe ball control and balance. <i>Q.:</i> How do you keep your balance as you dribble around another player? <i>A.:</i> Get closer to the ground by bending my knees.</p>

4 Follow The Coach

Play follow the coach. Every player follows the coach dribbling around the field. Along the way, coach does goofy things like hopping on one foot, rolling on the ground, sitting on and spinning on the ball, etc. Show players that coach has fun too.

Mark off a 20 x 20 yard grid.

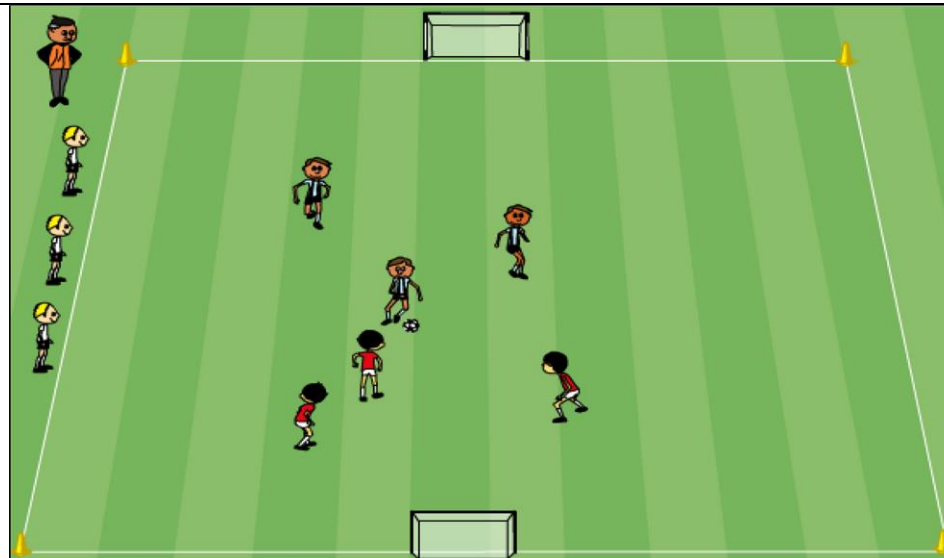


The varied movement patterns that you demonstrate will simply put the players in positions that will help them improve their general coordination and balance. Along the way, enjoy yourself.
Q.: Which part of your foot can you dribble with to be able to keep up with the coach?
A.: The top (instep) of my foot.

5 3V3 NO GOALKEEPER

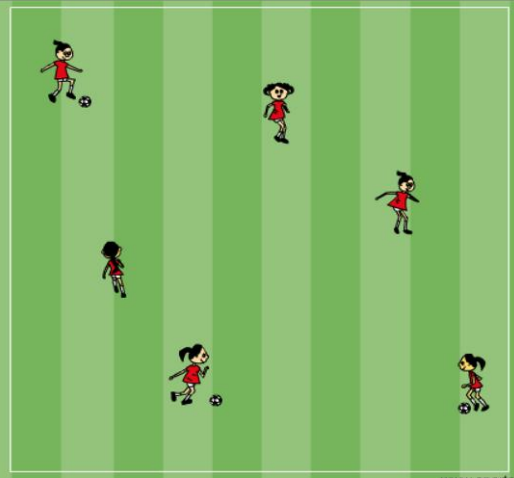
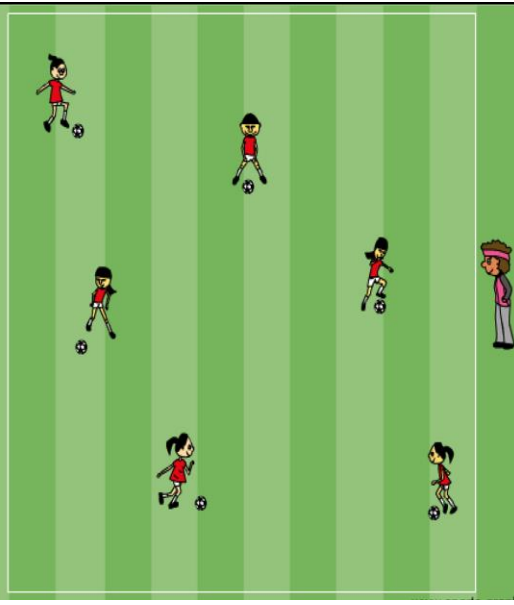
Play 3 vs. 3 with no goalkeepers. Have one extra team of equal numbers. They rest until you switch them. This allows for recovery. Rotate in the third team after a goal is scored or every three minutes, whichever comes first.


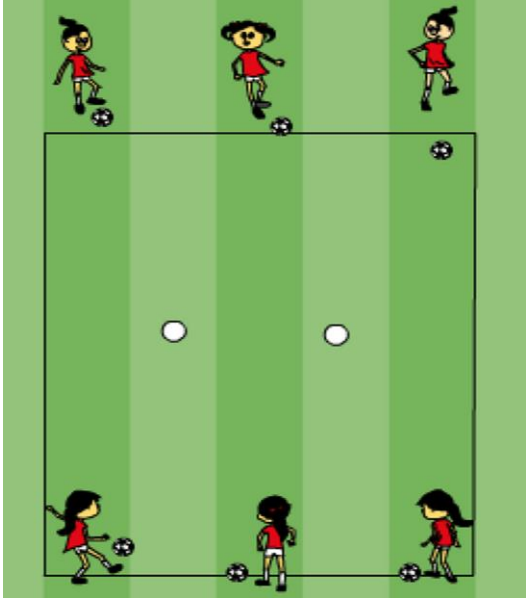
Mark out a 25 x 15 yard playing area with cones and small goals. The smaller space allows for end to end action with shots on goal.

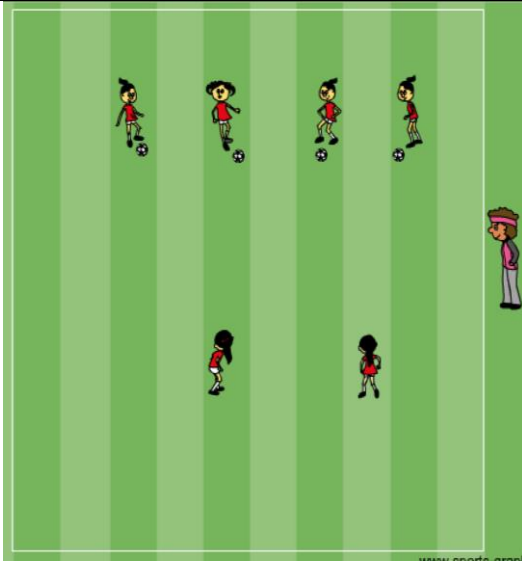
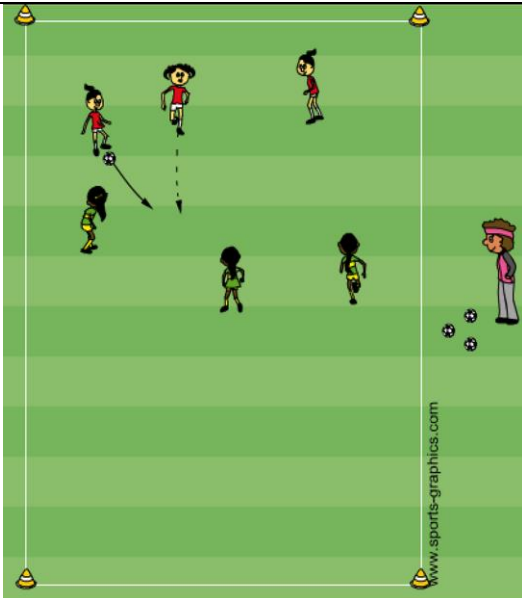


Let them play! Here they can learn everything! They should have a great time!




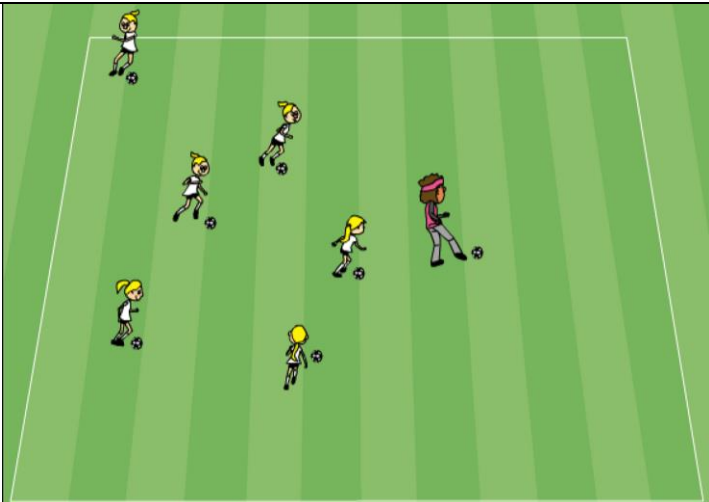
Activity Name	Description	Diagram	Coaching Points
<p>1</p> <p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yard grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>		<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p> <p><i>Question: How can you avoid bumping in to the other players?</i></p>
<p>2</p> <p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>		<p>Same as above.</p> <p><i>Question: What different parts of the foot can you use to stop the ball?</i></p>

3			
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.		Same as above.
4			
Hit the Ball (Relaxation Activity)	Players line up shoulder to shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time players kick their ball and try to hit one of the balls in the middle.		Rest from previous activities. The challenge of hitting a target.

<p>5</p> <p>Sharks and Minnows</p>	<p>The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>		<p>FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p> <p>Question: <i>When should you (minnows) dribble fast to the other side?</i></p> <p>Question: <i>When do you (sharks) try to steal the ball from the minnows?</i></p>
<p>6</p> <p>End Line Soccer</p>	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p> <p>Question: <i>What are the different ways to get the ball over your end line?</i></p>



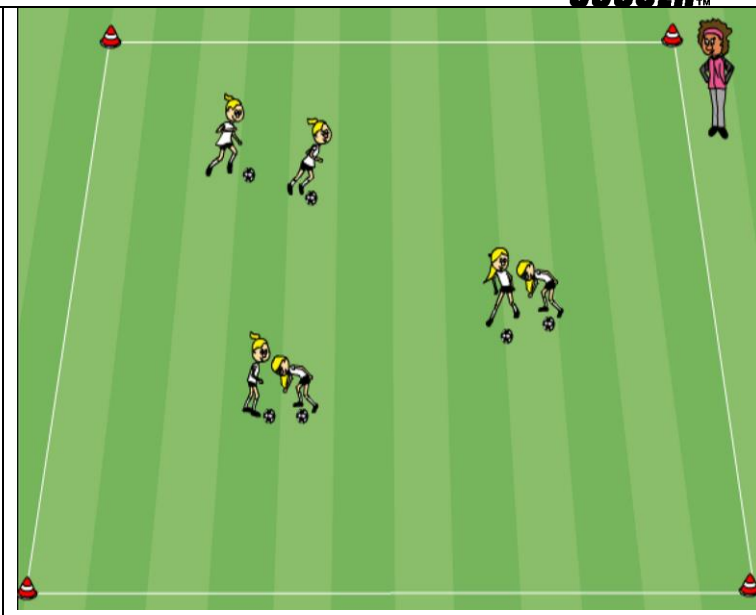
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3v3 Soccer Match	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>
8			
Cool Down Juggling	<p>Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try “thigh-thigh-foot-catch”, etc.</p>		<p>FUN...challenging; balance; coordination.</p>

Activity Name	Description	Diagram	Coaching Points
<p>1 BALL MASTER</p> <p>Each player should have a ball.</p>	<p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p>		<ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling <p><i>Q.:</i> How do you know where the ball is? <i>A.:</i> Look down at it.</p> <p><i>Q.:</i> How do you know where the Ball Master is? <i>A.:</i> Look up to see him or her?</p> <p><i>Q.:</i> Then if you glance up and down can you see the ball and the Ball Master? <i>A.:</i> Yes.</p>
<p>2 SHADOW DRIBBLE</p> <p>Each player has a ball and follows the coach.</p>	<p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic.</p> <p>Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p>		<ul style="list-style-type: none"> ▪ Dribbling & movement enhancement ▪ Decision making <p><i>Q.:</i> How can you keep close to me as we dribble our soccer balls? <i>A.:</i> Take easy touches on the ball so it doesn't go far away.</p>
<p>3 KNEE TAG</p>			



In a 10 x 15 yard grid each player has a ball.

The kids dribble and try to tag others on the knee to collect a point for each tag.



- Physical fitness components
 - Dribbling & shielding skills
 - Vision
- Q.:* How do you know if someone is coming to tag you?
A.: Look all around.
Q.: Even over your shoulder?
A.: Yes.
Q.: Can you move your body so the tagger can't get your knee?
A.: Yes, I can put my back to the tagger (shielding).

4 BALLS GALORE

Divide the players into two groups.

Play on a normal 6-U game field with goals. Play a normal 3v3 or 4v4 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.



- All techniques for the age group occur
 - Vision
 - Some teamwork
 - Lots of 1v1 situations
 - Problem solving
- Q.:* When your team is down to one ball how can you help?
A.: Be near the ball to receive a pass.

5 3 VS. 3

Author: Sam Snow



Coaching Advisor
Lesson Plan



Topic: Dribbling

Age: 6-U

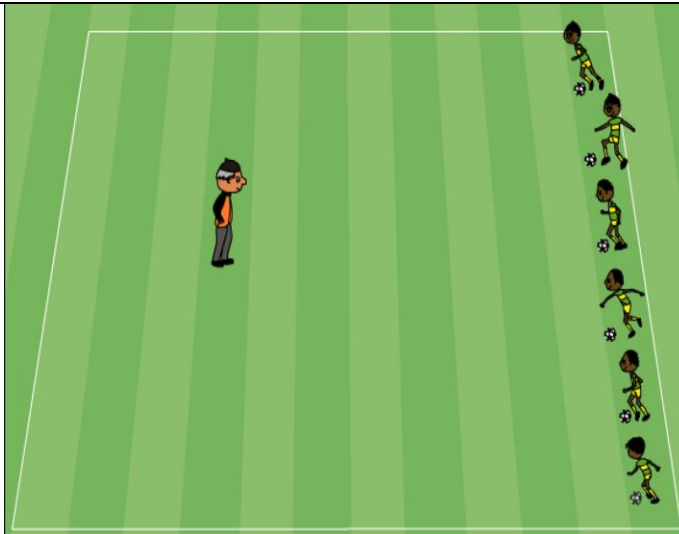
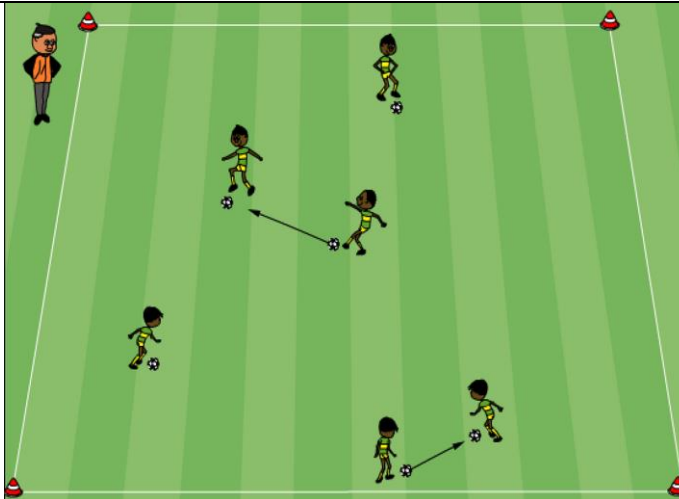
2 goals
1 ball
No goalkeepers

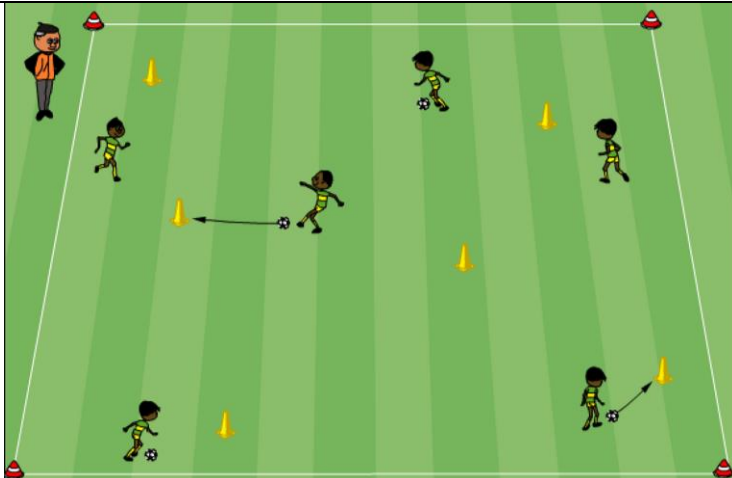
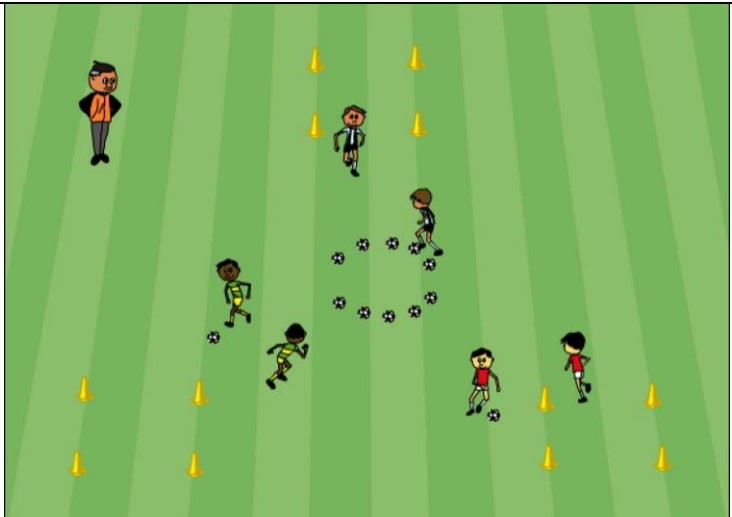
Play a 3-on-3 or a 4-on-4 match according to US Youth Soccer modified rules for the 6-U age group.



- Summation of all challenges for the players.
 - Stay out of their way and let them PLAY!
- Q.:* How do you know when to shoot from your dribble?
A.: Glance up while I'm dribbling to see the goal and then shoot when I am close to it.

Low Fives All Around – Water – Go Home

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Red Light/Green Light</p>	<p>All players dribble soccer balls in a grid. When the coach yells out green light players dribble fast, red light--stop and put foot on top of ball, yellow--slow. Add more colors slowly: blue--hide behind ball, black--dance, purple--run around your ball, orange--hop over your ball back and forth.</p>		<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction. Make sure not to add more than 2 colors at one time so children can learn progressively. Make sure to ask players how can you dribble your fastest? Ask for demonstrations of new ways to change direction too.</p>
<p>2</p> <p>Ball Tag</p>	<p>Players dribble in the grid and try to kick their ball and hit other players' balls. Have them count how many times they hit other balls.</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; shooting—timing and accuracy; basic shielding. How can you use your body prevent your ball from being hit?</p>

<p>3</p> <p>Cops and Robbers</p>	<p>Have 2 cops, everyone else is a robber (only robbers have balls). Robbers dribble around and try to knock over the cones (banks) by kicking a ball at a cone and knocking it over. Cops run around and try to stand cones back up (before money falls out).</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; teamwork. How can you work together to knock down all the balls super-fast? Cops, do you have a plan to keep balls up?</p>
<p>4</p> <p>Capture the Balls</p>	<p>Three teams of 2 players try to gather as many balls as can in their home base. Take balls from the other teams and protect your own. Count up who has the most at the end.</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; shielding; teamwork--strategizing. Between each trial have each team take 30 seconds to make up a new strategy. Talk to each group asking their plans.</p>


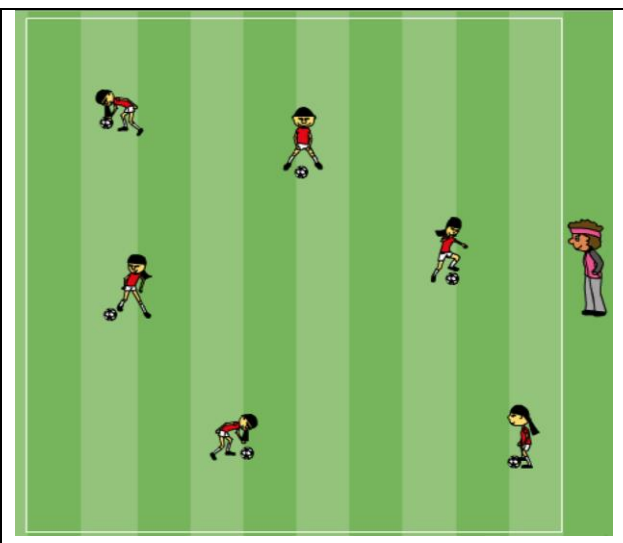
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3 vs. 3 game

Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.



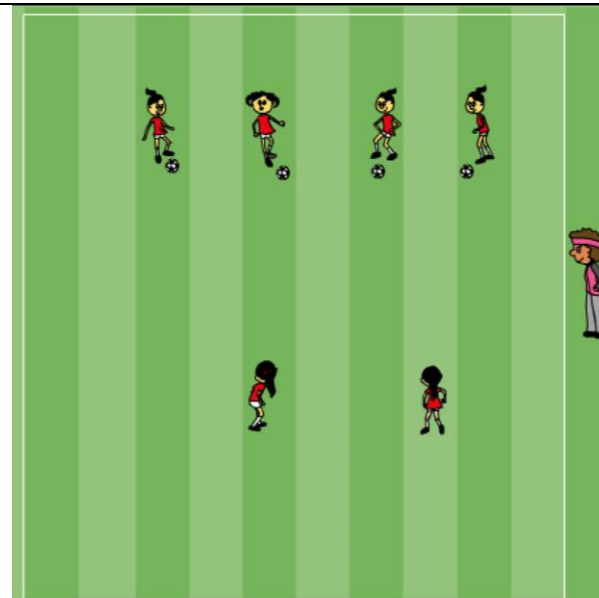
FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending. How can you get defenders away from blocking the goal?

Activity Name	Description	Diagram	Coaching Points
<p>1 Moving with the Ball (and Red light – Green Light)</p> <p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The coach asks the players to move around the area with their ball. (Some of the players may carry it with their hands as they move around; while others may dribble the ball with their feet...it's OK!)</p> <p>Variations: Red Light – Green Light When the coach says “green light”, players dribble their ball with their feet. When the coach says “red light”, players must stop their ball and stand still. When the coach says “green light” again, the players begin to dribble their ball again. Have fun with their imaginations...have the players make “brake” sounds when coach says “red light” and have them make loud “motor sounds” when coach says “green light”.</p>		<p>The coach gives praise for creative movement, whether the ball is being carried with the hands or dribbled with the feet. The coach applauds dribbling with the feet, change of direction, etc. The coach highlights players that are dribbling the ball with their feet and asks if everyone can try to dribble the ball with their feet.</p>
<p>2 Body Part Dribbling</p> <p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The players dribble freely in the area. When the coach says “NOW”, the players must stop the ball with any body part. Keep it going.</p> <p>Variation: After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.</p>		<p>The coach gives praise for creativity and asks each player what body part they used. <i>Q.:</i> How can you quickly get your body part on the ball to stop it rolling? <i>A:</i> Stay close to the ball.</p>

3 Sharks and Minnows

10 x 15 yd. rectangular grid. Two players, the sharks, do not have a ball. The rest of the players, the minnows, each have a ball.

The minnows line up side by side along one of the 10 yd lines facing the other 10 yd line. The sharks position themselves inside the grid facing the minnows. When the coach says, “swim”, the minnows try to dribble their soccer balls past the sharks, safely to the other side of the grid. If a shark steals a soccer ball from a minnow or kicks a ball out of the grid, the minnow becomes a shark and the family of sharks grows. The minnows that make it safely to the opposite side get to swim again on the coach’s command. Continue until all the players become sharks. If a shark steals a ball and can dribble it over any line of the grid, then the shark becomes a minnow and the minnow becomes a shark. (These are games of inclusion...no one sits out.)
Variation: start on the long (15 yd.) line of the grid to give the minnows more room to dribble around the sharks.

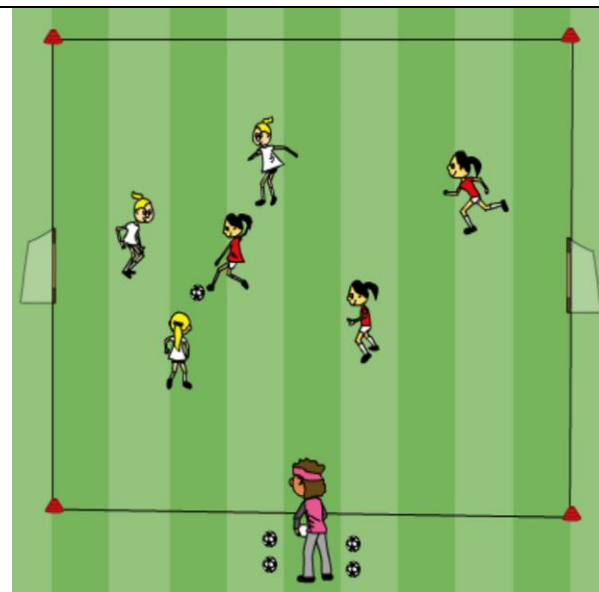


Minnows must keep ball close when being pressured by the sharks. Minnows must recognize open space so that they can speed past the sharks if the sharks are busy elsewhere. Sharks must concentrate on stealing (tackling) the ball.
Q.: How do you know where the sharks are?
A.: Look up from the ball.
Q.: How to get past the shark?
A.: Dribble fast when the shark looks away.

4 Get Outta’ There

Set up a 15 x 20 yd. grid with a goal at each end. The goal is 3-4 steps wide using flags or cones. The players are divided into two teams, color coded with pennies. NO GOALKEEPERS. The coach is located centrally on one side of the field, outside of the playing area. Each team lines up single file on both sides of the coach facing the field.

The coach kicks a ball onto the field. The first player from each team chases the ball and plays 1v1. The players shoot at the goal that is farthest from their starting position. If the ball goes out of bounds or is scored, the players must get off of the field immediately and return to the end of their line. If they don’t get off the field quickly, the coach yells, “Get Outta’ There!” Once the players are off the field, the coach kicks the next ball onto the field and the next 1v1 begins. The ball is the cue.
If the coach says, “ONE” before she serves the ball onto the field, then the game is a 1v1, like above. If the coach says, “TWO” before she serves the ball onto the field, then the game is a 2v2...2 players from each line play against each other.



The players get repetition on dribbling to beat an opponent and on shooting. They get the opportunity to defend 1v1. They get repetition trying to steal a ball from an opponent (tackling). The coach must praise their effort and make the game exciting with his/her enthusiasm.
Q.: When there are three of you attacking what shape can you try to make?
A.: A triangle.

Author: Sam Snow



Coaching Advisor
Lesson Plan



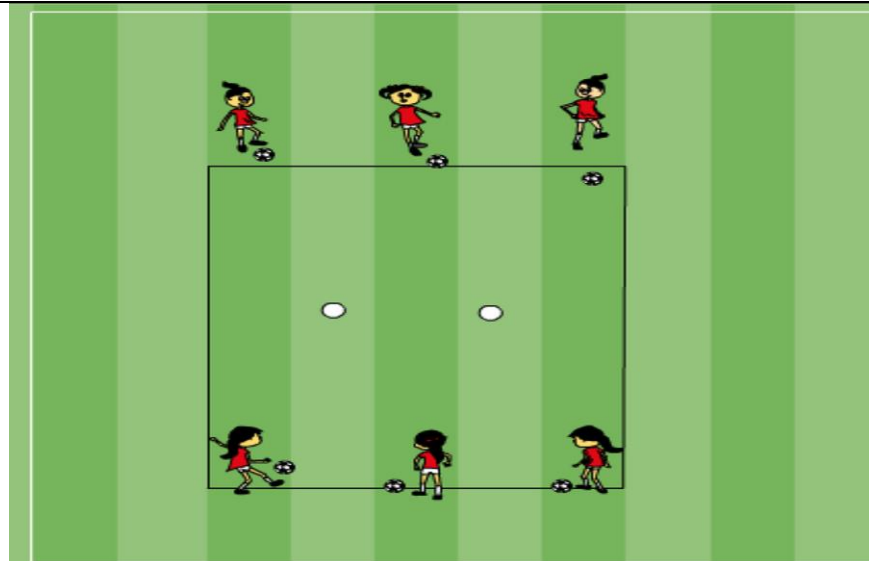
Topic: Moving with the ball

Age: 6-U

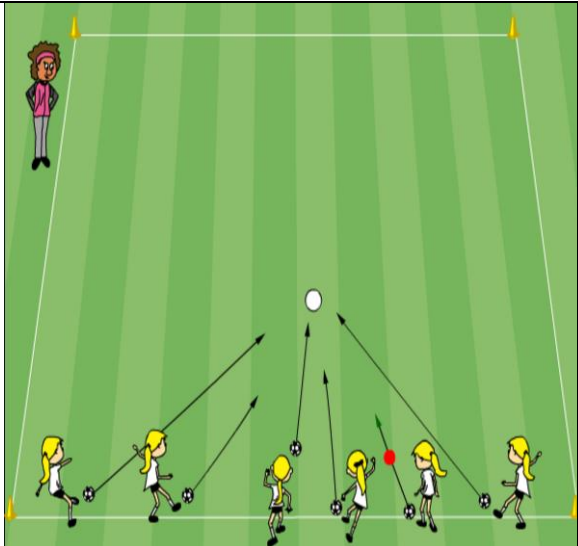
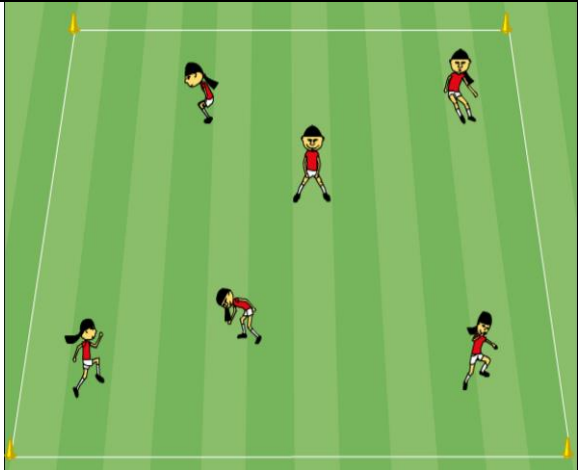
5 Cool Down Activity...Hit the Ball / Cone


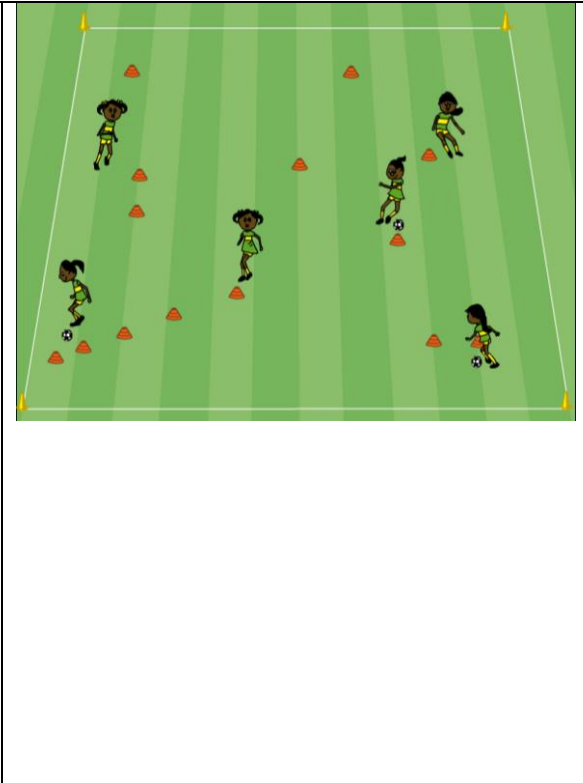
Extra soccer balls or cones are scattered around an area (free space). Each player has his or her own soccer ball.

Players try to kick their ball so that it hits one of the stationary balls or cones that have been scattered around the area. They can start from various distances. After they hit one ball or cone, they can try to hit another ball or cone.



Coordinate this activity so that everyone isn't kicking their ball at the same ball or cone. Let them play and have fun. Give generous praise for their effort and hard work.

Activity Name	Description	Diagram	Coaching Points
<p>1 Soccer Marbles</p> <p>Individual competition Accuracy of pass Weight of pass Introducing the difference between a kick and a pass</p>	<p>Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.</p>		<p><i>Q.:</i> Where should you stand to get a good kick with your ball? <i>A.:</i> With the foot that I'm standing on next to the ball. <i>Q.:</i> How do you decide how far away the target ball is? <i>A.:</i> I have to look at it first and then the ball that I will kick.</p>
<p>2 Rhythmic Movement</p> <p>A variety of movements in confined space.</p>	<p>Hopping, Skipping, Sidestep, Moving Backwards, Kariokum, Turning on the Move</p>		<p>General Coordination Balance Agility Proprioceptor muscle development <i>Q.:</i> to move well here what can you do with your legs and feet? <i>A.:</i> Move them quickly, bend my knees and stay on the pads of my feet.</p>
<p>3 Properties of the Ball</p>			

<p>Visual acuity How to read the path of the ball Body alignment with the moving ball</p>	<p>Learning the properties of a rolling and bouncing ball. The coach serves balls around the playing area to the players. Vary the service between rolling balls of various speed and bouncing balls of various heights.</p>		<p>Eye-Hand Coordination Eye-Foot Coordination Timing Judging the pace of the ball <i>Q.:</i> How can you gain easy control of the ball rolling toward you? <i>A.:</i> Move into the path of the ball.</p>
<p>4 Random Cones</p>			
<p>Agility – body control Dribbling</p>	<p>Weave in and out of the cones ➤ First without the ball ➤ Second with the ball -- dribbling</p>		<p><i>Q.:</i> How can you control the ball to get around the cone? <i>A.:</i> Get down low and use the inside or outside of my foot to dribble the ball. <i>Q.:</i> Is there a way to stop the ball and then go around the cone? <i>A.:</i> Yes, use the bottom of my foot. <i>Q.:</i> Can you go around the cone and move the ball with your other foot? <i>A.:</i> Yes, I'll try.</p>
<p>5 Attack of the Trolls</p>			



<p>Passing from the dribble Accuracy Lower limb control Eye-foot coordination</p>	<p>Same organizational set up as the Random Cones activity. The players now try to knock over the cones with a pass off the dribble.</p>		<p><i>Q.:</i> Can you sometimes stop the ball and then pass to hit the troll? <i>A.:</i> Yes and then I'll kick the ball better. <i>Q.:</i> Can you pass while you are moving to hit the troll? <i>A.:</i> Yes, but I'll have to slow down to do it right.</p>
<p>6 Juggling</p>	<p>Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. Use the same space as used in the last two activities.</p>		<p><i>Q.:</i> Can you bounce the ball off of your shoelaces? <i>A.:</i> It's hard, but I'll try. <i>Q.:</i> How many juggles can you get in a row? <i>A.:</i> More times if I keep my eyes on the ball.</p>
<p>7 4 v 4 Match</p>	<p>Play by US Youth Soccer modified rules for the 8-U age group.</p>		<p>Simply observe the players without any coaching. Give guidance only on the rules of the game.</p>