

# ***SOCCER DRILLS***

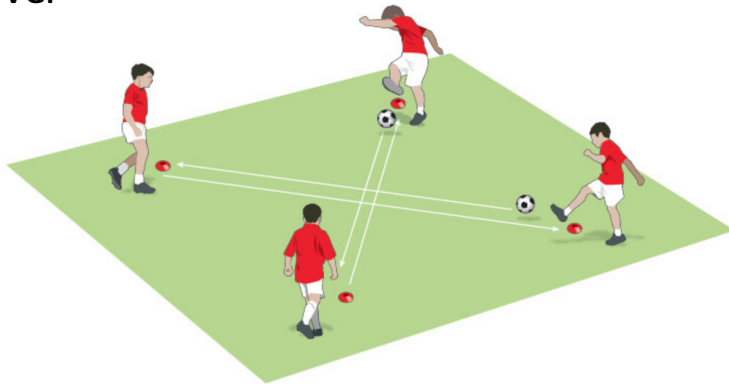


# Passing

4 players in two pairs per square

Set up a 3 x 3 yards area with a cone on each corner. Put a player on each cone.

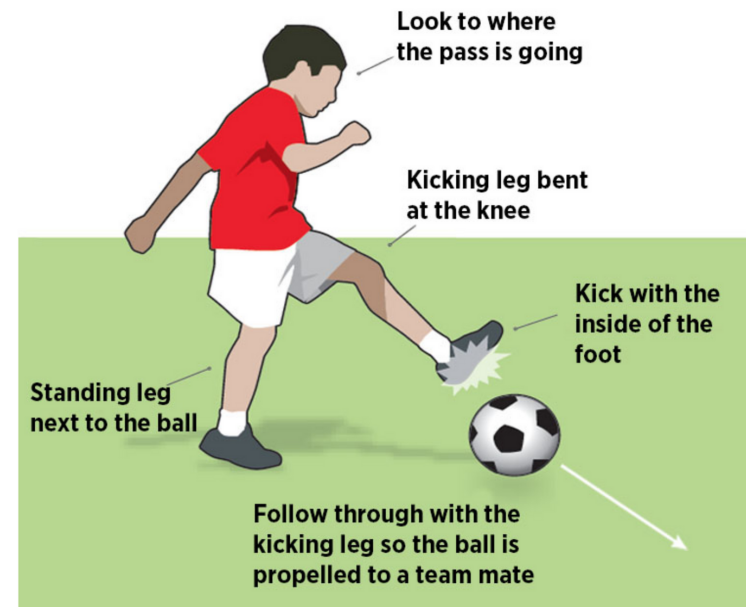
When you say “go”, players pass across the square from corner to corner. The added difficulty is that they must concentrate on their own passes and not hit the ball of the other pair as they pass and receive.



You want to hear plenty of communication during this activity, the players need to be calling for the ball, telling their partner they are ready to receive it.

(over)

You can easily adapt the activity so the players pass a ball around the square rather than play across the square so it goes from corner to corner around the square.



Reference: [soccercoachweekly.net](http://soccercoachweekly.net)

# Dribbling

Equipment: 4 disc cones

This soccer dribbling drill will focus on dribbling with speed as the players race to catch the other player.



## Drill Setup

- Create a 10 X 10-yard grid.
- Start a player on two diagonal corners of the grid.
- Each of the two players has a ball.

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## Drill Instructions

- As the coach yells, "GO," players must dribble around the outside of the grid in an attempt to catch their partner.
- As the coach yells, "STOP," the players must stop the ball.
- As the coach yells, "TURN," the players must switch the direction around the grid.

## Drill Variations

Add commands such as:

- "LEFT" to use the left foot only
- "RIGHT" to use the right foot only
- "BOTTOM" to use the bottom of the foot only

## Drill Coaching Points

Close Control

Speed with the ball

Keep the ball close

Sharp touches

Reference: [soccerxpert.com](http://soccerxpert.com)

# Shooting

This soccer shooting drill focuses on agility and check-runs after the pass.



## Drill Setup

- Use 10-12 cones to create a channel ending near the penalty area.
- At the top of the channel, use 4-5 cones to create a line angled towards the corner flag.
- The coach stands at the end of the channel, nearest the goal, a couple yards inside the penalty area.
- The shooting players start 4-5 yards at the top of the channel with a ball.

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## Drill Instructions

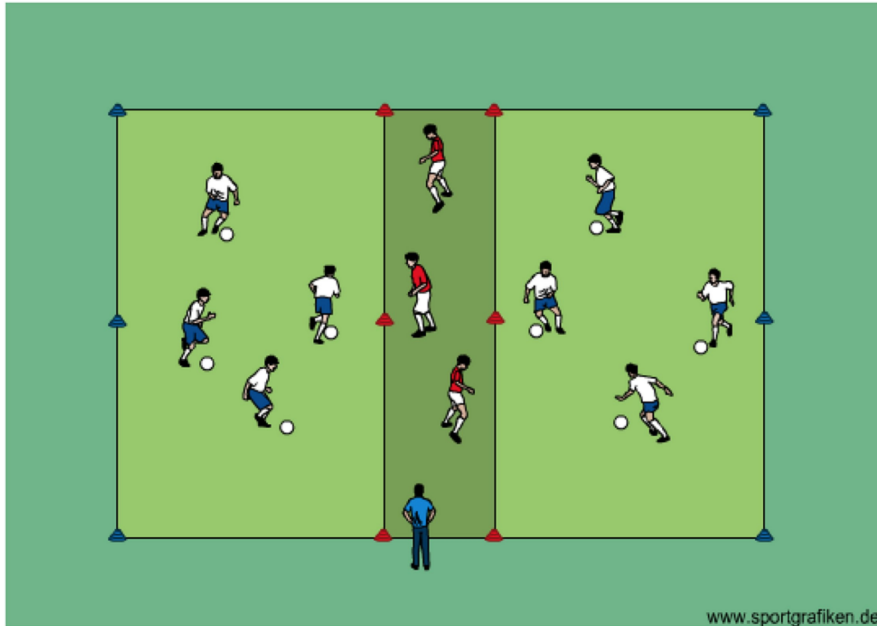
- The first player in line (shooter) passes through the channel to the coach (or target player).
- The shooter makes a check-run down the channel towards the coach.
- The coach returns the pass to the advancing attacker inside the channel.
- The shooter once again returns the ball to the coach quickly backpedals towards the end of the tunnel in which he began.
- The coach lays a ball off to either side.
- The advancing shooter must quickly react to the direction of the pass, sprint around the end of the cones and take a shot on stride.

## Drill Variations

- To simplify, announce to players by pointing to the side you are laying off the ball.
- Create different shots by bouncing, spinning, or stopping the ball as you lay it off.

Reference: [soccerxpert.com](http://soccerxpert.com)

# Defending



## Field Preparation:

- each dribbler with a ball
- cones to mark off area
- middle zone 2-5yds deep
- pinnies for defenders to carry with their hands

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## Description:

- objective is to dribble across middle zone without losing the ball
- each time a defender wins the ball his group awarded a point
- switch group of defenders every 2 minutes
- group of defenders with the most points wins

## Variation:

- vary number of defenders
- defenders are awarded a point as soon as an attacker's ball leaves the grid
- adjust spacing depending on the age and ability of the group if necessary

## Coaching Points:

### Attacking:

- |                               |                     |
|-------------------------------|---------------------|
| • agility and balance         | • protect the ball  |
| • deception                   | • vision            |
| • set up defender             | • close control     |
| • change of speed & direction | • attack open space |

Reference: [sportsmomssurvivalguide.com](http://sportsmomssurvivalguide.com)