

Basics Drills April 19th

U-5, U-6, U-7

Goal to get kids who have not touched a soccer ball used to the simple the basics of touching with both feet and having fun.

Kids will be broken up into 4 groups (different colored pinnies) after a quick get together in the middle of fields we will send the kids to the 4 areas of the drills by the color of the pinnie.

Once at the area of the drills break the groups up into even smaller groups to make the group sizes manageable. Maximum group size per color is listed on the coach list. (Drills below are to done at the same time at each drill area.)

Sessions are 12 minutes each: With one minute in between groups Total time on field 52 minutes with a three minute intro.

4 Groups:

Group I: Prepare area by placing cones out for 10-11 kids per coach in three areas 4 cones per child for the U-5, U-6, and 6 cones for U-7. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- Coach says: Simple instruction of how to touch the ball instep, toe, back of the foot, outside part of the foot, and of course bottom of the foot. Have kids learn by doing coach says (Simon says): (3minutes)
- Line dribble all at the same time: Dribble with one foot up and one foot back. Switch up with which part of the foot to use (inside, outside, toe, stopping on the line with the bottom) (5 minutes)
- Relay dribble groups kids (usually 3 is best) to dribble up and back and then the next one goes) (4 minutes)

Group II: Prepare area by setting 3 small areas roughly 15X20. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- **(U-7 only)** Throw-ins – every one has there ball Line up the kids in two lines about 10 yards apart (use cones for the second line to make it easier to where the line the second line is located), have one side put their ball behind them. Demonstrate a proper throw in stress over the head and not the sides, using both hands, and at least over the head, two feet on the ground and look at who you are throwing the ball. Have them throw it to the person on the other side. In sure they know both feet must be behind the line and on the ground. (3 minutes)
- Tag - Every child dribbles a soccer ball in the defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. *Version2:* Players must tag other players' knees. (5 minutes)
- Freeze Tag - Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other

players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (7 minutes or 4 minutes if u-7)

Group III: Prepare area by placing small goals with cones out for 30 kids in three small areas with a minimum of 10 goals in each area spread sporadically around. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- Individual dribble: Dribble your ball through as many of the goals as you can in 30 seconds. The next time you do it, try to increase the number of goals that you dribble through in 30 seconds by at least one. Coaches give a few more seconds. Most important is to ask the kids how many they got and did they beat there last number. Change this up by asking them to dribble through with one foot and then the next time the other foot. Other options: Ask them to change direction as well after going trough a gate or pull the ball back with their foot through a gate(4 minutes)
- Pass through cones: Pair up the kids. Have them pass as many times through different goals in 30 seconds. The next time you do it, try to increase the number of goals that you pass through in 30 seconds by at least one. Coaches give a few more seconds Options to use are pass with one foot and then the next time with the other foot, pass with the inside part of the foot or the outside part of the foot (4 minutes)
- Partner dribble: Follow the leader through the goals with one person leading make sure they do wacky things (I am a star or dance after each goal) for 45 seconds then have the partner be the leader (4 minutes)

Group IV: Prepare area by setting 3 small areas roughly 15X20. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- Free dribble - Every child dribbles while the coach suggests using the inside part of the foot, outside part of the foot, stopping the ball with the bottom of the foot, how to change directions fast and the slow. (4 minutes)
- Goofy stop and go - Every child dribbles when the coach yells stop they all must stop the ball and hold a goofy pose or make a silly face. Coach suggests using the inside part of the foot, outside part of the foot, stopping the ball with the bottom of the foot, how to change directions fast and the slow. (3 minutes)
- Red light green light – Have the kids line up on the end line. Red light stop the ball green light dribble the ball to the other end line. (Add different colors to do different things blue – they need to dance, brown hide behind their ball, purple hop over ball, etc) 5 minutes

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U-8

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Sessions are 12 minutes each: With one minute in between groups Total time on field 52 minutes with a three minute intro.

4 Groups:

Group I: Prepare area by placing cones out for 30 kids 4 cones per child for the younger ages (add more cones for older kids). Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- Coach says: Simple instruction of how to touch the ball instep, toe, back of the foot, outside part of the foot, and of course bottom of the foot. Have kids learn by doing coach says (Simon says): (3minutes)
- Shield & Steal: Quickly team pair up the kids with one ball only, have the one with out the ball try and get the ball away. Show them briefly how to shield the ball by using your own body (without lifting elbows). Switch up with to the other partner (3 minutes)
- Ultimate shield & steal (or Knockout) Everyone has their ball keep your own ball and try to kick the other players out of the area (they must have control of their ball or it does not count) knock out the ball of the others in the group from the playing area until only one remains (4 minutes) Options allow them to come back in after doing something like reverse pushups or I'm a star jumping jacks (2 minutes)

Group II: Prepare area by setting 3 small areas roughly 15X20. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

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Group III: Prepare area by placing small goals with cones out for 30 kids in three small areas with a minimum of 10 goals in each area spread sporadically around. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill.

- Individual dribble: Dribble your ball through as many of the goals as you can in 30 seconds. The next time you do it, try to increase the number of goals that you dribble through in 30 seconds by at least one. Coaches give a few more seconds. Most important is to ask the kids how many they got and did they beat there last number. Change this up by asking them to dribble through with one foot and then the next time the other foot. Other options: Ask them to change direction as well after going through a gate or pull the ball back with their foot through a gate(4 minutes)
- Pass through cones: Pair up the kids. Have them pass as many times through different goals in 30 seconds. The next time you do it, try to increase the number of goals that you pass through in 30 seconds by at least one. Coaches give a few more seconds Options to use are pass with one foot and then the next time with the other foot, pass with the inside part of the foot or the outside part of the foot (4 minutes)
- Distance cone passing have the kids start at a pair of cones pass the ball to your partner then run to cone that is at least two cones away and your partner passes you the ball once you get the ball your partner runs to a another cone again at least two cones away. Do for 45 seconds and then again this time having them try to beat their last score of how many cones they touched. Change the number of cones away randomly 1-6 by shouting out the number (4 minutes)

Group IV: Prepare area by setting 3 small areas roughly 20X30. Once kids arrive separate them into roughly even numbers to the number of coaches running the drill. Set up cones in pairs along the end lines and a few in the middle for a dividing line.

- Break the group up into two teams, tell them the object is to not have any balls left on their side when you call TIME. Do for twenty seconds, then again. Add the goals in the back as bonus points if the ball goes through. Give a bit more time. Option play with a few less balls so the kids have to think about defending the goals. (speed up the games by having parents on both side end lines to stop the balls from going to far) 7 minutes
- Using the goals on each side as lanes shifts some cones in between each group. Have two kids go against one on the other side. Switch up the single kid with the one of the paired up kids. (remind them of defending the ball and to pass to your teammate, and if by themselves how to defend while attacking the ball take away passing lanes without giving up the goal as a target)6 minutes