

# 9 New Soccer Drills Your Team Will Love!

Here are nine fun & effective soccer drills that you can drop right into your current practice plan.

## Drill Legend



## 1. Color Tag

Players should stand together about 20 yards away from you. Call out a color. Every kid wearing that color shirt should run while you try to tag them. Once they get caught, they become taggers with you when you call out the next color.

Number of Players: All

Equipment: None

## 2. Toss and Move

This game will help develop your players coordination and body movement. I know with my sons they lacked some fundamental areas of coordination when they started playing soccer. This drill will help them develop better body control.

Part 1: Have each player lay on their back and see how many times they can catch the ball by throwing it straight up.

Part 2: Have each player lay on their back, toss the ball up and then sit up and catch the ball.

Part 3: With each player sitting, have them toss the ball high in the air, jump to their feet and then catch the ball either before it bounces or after only one bounce.

Number of Players: All

Equipment: Each child needs a ball



### 3. Toe Taps

Put a ball in front of each player. When you say go, they will touch the ball with the sole of their foot, alternating feet with each touch. You can also have the players use the sole of their foot to slide the ball forward, backward or side to side as a variation. It will take some time for the younger players to get comfortable with this drill, but before long they will develop a nice rhythm with their touches. Perform this game in intervals of 20 seconds or so, changing up what they do each time.

Number of Players: All

Equipment: Each child needs a ball

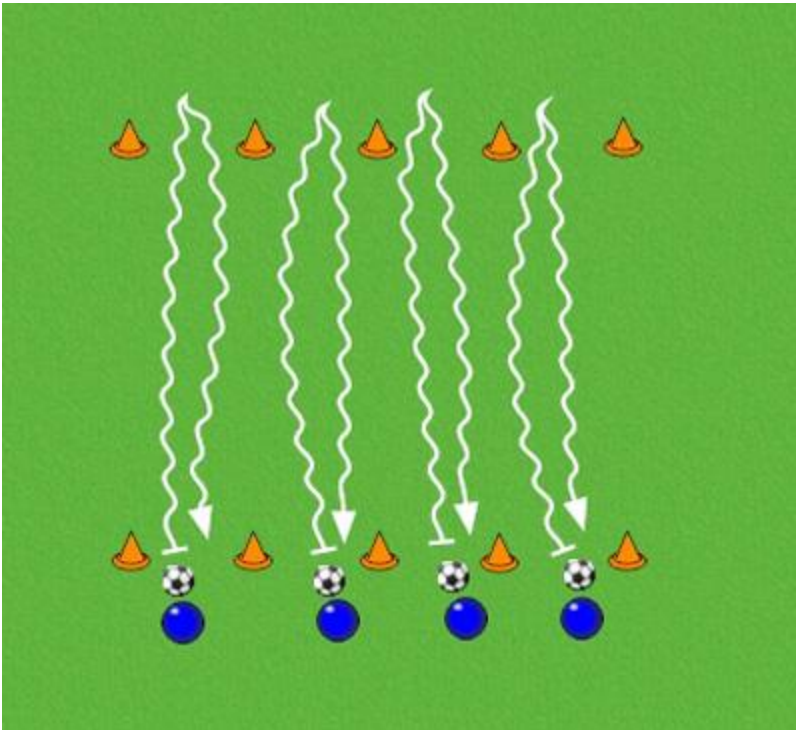


#### 4. Dribble & Turn - Dribbling

Set up a line of cones with another line about 10 yards away from it. Have the kids dribble to the opposite line, make a turn and return to the beginning. Have them repeat multiple times. You can have them perform different types of dribbles to keep things interesting. Outside of the foot, just right foot, alternating feet, etc.

Number of Players: All

Equipment: Each child needs a ball. 3-5 cones for each line.

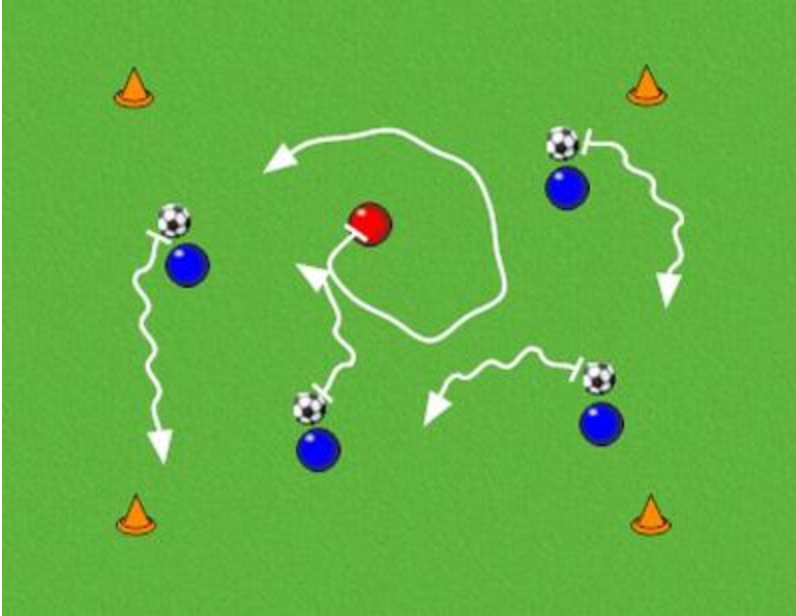


## 5. Jaws - Dribbling

Set up a 20 x 20 square using cones. Have the players dribble in the space. You will move around inside the space as well. Have the kids dribble away from you. You can even make sound of the Jaws theme as you get closer to the kids. Keep moving around the space, changing direction from time to time so that the kids have to respond quickly.

Number of Players: All

Equipment: Each child needs a ball. 4 cones for the boundary.

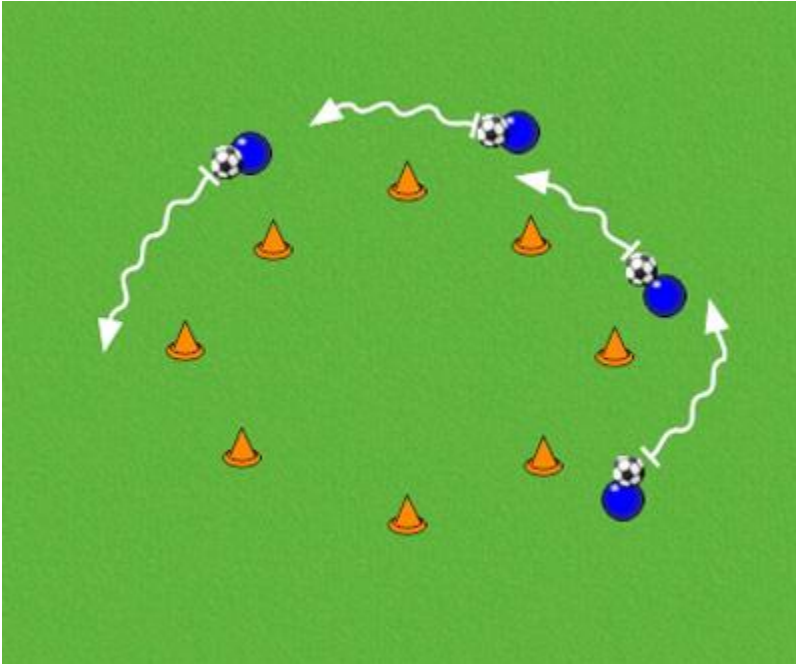


## 6. The Clock - Dribbling

Set up a circle with a group of cones. Have the kids dribble in a loose line clockwise around the circle. When you signal them, they will switch directions and dribble counter clockwise. Once they get the hang of it, make them change directions with more frequency.

Number of Players: All

Equipment: Each child needs a ball. Enough cones to define your circle.



## 7. Sole Pass - Passing

Have 3 players sit in a small circle with their feet facing the middle. Using just the soles of their cleats they are to pass the ball around the circle. If they lose control of the ball and it goes outside the circle, they must go crab walk to get to it and then start up again.

Number of Players: Groups of 3

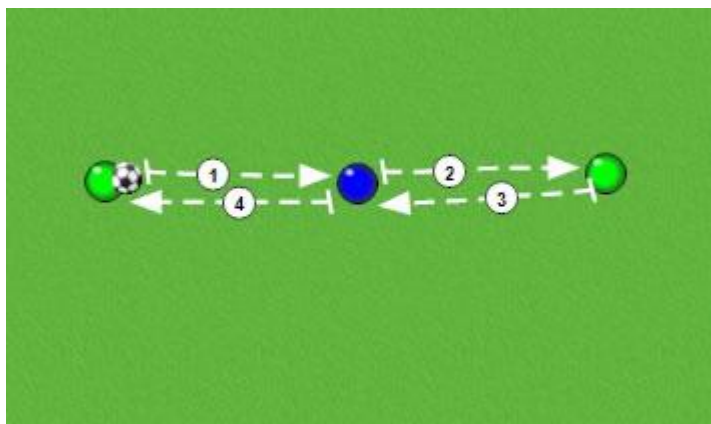
Equipment: 1 ball per group

## 8. Serve it Up! - Passing

Break the kids up into groups of three. Two players have a ball and the one in the middle does not. Player 1 starts the ball off and passes it to the player in the middle (player 2). Player 2 receives it, passes it back and then turns to face the other player (player 3). Player 3 passes him the ball. Player 2 receives it, passes it back and then turns to face Player 1 again. Repeat. After 2 minutes exchange places so that everybody has a chance to be in the middle.

Number of Players: Groups of 3

Equipment: 2 balls per group



## 9. 2 vs. 2, 3 vs. 3, 4 vs. 4 – No Keepers

Play a game on a small field with small goals at either end. If you have enough players, create a third team who will sub in to give players a break..

Number of Players: Teams of 2 to 4

Equipment: 2 cone goals or pop-up goals. 4 cones for boundaries. 1 soccer ball.