



## **FUN SOCCER RELATED DRILLS** (Great for warm up before game)



### **Knots game – Communication and teamwork game**

Can be done with four, six, eight, ten or twelve players. Group of players form a circle and extend hands towards the center of circle. All players cross their arms and connect hands within circle. Players cannot have the same two hands of another player. On coaches signal the players in the circle must untangle arms and hands without releasing hands and create a perfect circle.

### **Ladder game – Communication and teamwork game**

Two teams with one ball assigned to each team. Coach throws both balls in different direction. Players from each team must follow the ball. First player pick ball up and must relay the ball backwards under the coaches restriction all the way to the back of the line. The last player must then run with the ball to the front of the line. The whole team must complete the process and sit down and say finished. First team finished gets a point. Mix it up with different ways of getting the ball to the back of the line. Example: twist, over the head, under the legs, over and under. For older kids have them dribble the ball to the front to the line. Even zig zag dribble through teammates.

### **Keepers nest - coordination game**

One player stands over ball. Three players surround this one player protecting the ball. Object of the game is for the three players to try and knock that ball away from the one player without being tagged. If you are tagged you are frozen.

### **Fetch It - coordination/motor skills**

One ball per player. Coach gives instruction on how players need to retrieve ball back to coach. Each player hand delivers ball to coach, coach throws ball out and player retrieves ball as quickly as possible back to coach.

### **Four corners - coordination/decision making game**

Four corners in a square around 6 yards by 6 yards. Seven balls in the middle of the square. Line up players at each corner that form a team. One player from each corner/team goes at one time. The other players are sitting down away from corner and not participating or helping teammate. On coaches signal each player must run and pick up one ball at a time with their hands and carry it and place it at their corner. And the game continuous until one player gets three balls at their corner. You can steal balls from other corners freely. Note: you can also play this game with your feet!

### **Head it / Catch it - Opposite - Decision making game**

Coach with a soft ball in hands. Players form circle around coach. Coach throws ball at one player and says head it or catch it. The player must quickly react and do the opposite. Play continuous until there is one player remaining who is the winner.

### **Coach tag - Dribbling game**

Players dribble ball in designated area and coach tries and tags them. Players objective is to keep control of the ball without being tagged by coach.

### **Knockout – Dribbling game**

Players dribble ball in designated area. Players objective is to try and knockout other players ball while controlling their ball.



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### **Knee tag - Dribbling & motor skill game**

Players dribble ball in designated area. Players objective is to try and tag other players on the knee while controlling their ball. Player with most knee tags wins!

### **Body part – Dribbling & motor skill game**

Players dribble ball in designated area. Coach calls out a body part. At that time players objective is to quickly place that body part on the ball.

### **Gates game – Dribbling game**

Half of the players dribble ball in designated area. The other half hold the ball in their hands with their legs wide open. Players objective is to try and dribble the ball and try and score as many goals as possible. Players score a goal by kicking the ball thru the legs of other players. Note: they must score in every goal before going back to the same goal!

### **Gates game - Dribbling/Passing game**

Two players with one ball in designated area. The other half hold the ball in their hands with their legs wide open. Players objective is to work with partner and try and score as many goals as possible. Players score a goal by passing the ball thru the legs of other players to their partner. Note: they must score in every goal before going back to the same goal!

### **Sequential passing – Passing game**

#### **(Older players only)**

Coach assigns players a number from 1 to 6. The object of the game is to pass the ball to all players as quickly as possible in the sequential order. Players must be constantly moving. Note: you can do the same in reverse order. You can also place a time limit for completing the cycle or cycles to challenge them.

### **4 vs 1 keep away - Passing game**

#### **(Older players only)**

Four players with one ball versus one player in designated area. Players objective is to keep the ball away from the one defender with good passing. Defender in the middle is rotated.

### **Shooting-numbers – Shooting game**

Coach assigns each player a number. Players dribble ball in designated area and when coach calls their number they must dribble and take a shot on goal.

### **Control of ball – Trapping**

One ball per player. Player throws ball in air and traps. Use the following traps: 1. Sole of the foot (as it hits ground), 2. Shoelace (before it hits ground), 3. Thigh trap then shoelace of sole of the foot trap, 4. Chest trap then shoelace of sole of the foot trap. Progression: players dribble and coach calls out number 1 to 4 and player must perform trap.

### **Premier Heading – Heading game**

#### **(Older players only)**

Coach forms a square with four cones 5 yards by 5 yards. There is a player at each side of square. Two players next to each other are on the same team. Object of the game is for one partner to throw the ball to the other partner who must head the ball between the cones of the opposing players. Opposing player can use their hands and play Goalkeeper. Teams alternate taking turns. If a team can produce a double header in a row without hitting the ground and then score, they get 3 points.