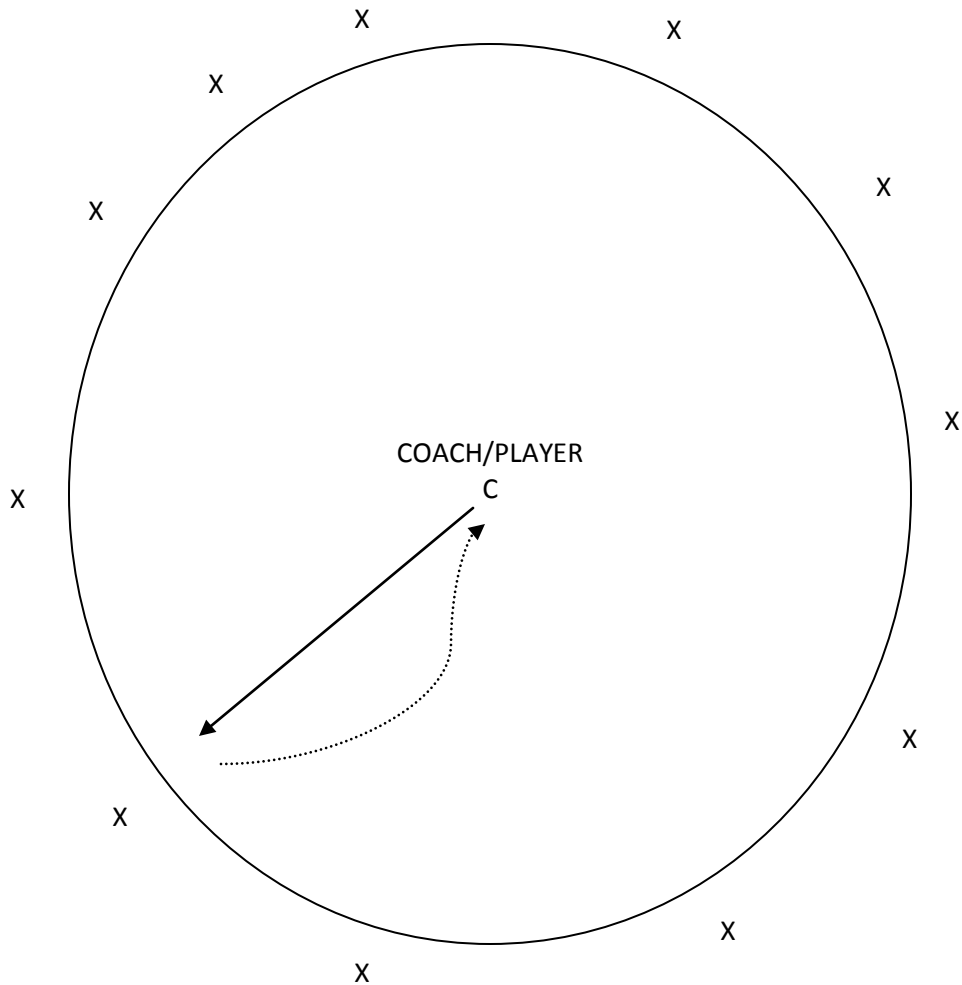


CIRCLE DRILLS



Drill 1 – Name Game

Coach stands in middle of a circle with one soccer ball. Coach states his/her name then passes ball to player. Use inside of foot to pass. Player receives pass with inside foot or stops ball. Player states name & passes back to coach, using inside foot to make pass. Coach turns and repeats with next player, all around the circle.

Next practice – player is in the middle and states the name of the player they are passing to.

Drill 2 – Throw-ins

Coach stands in middle of a circle with one soccer ball. Coach performs throw-ins to each player around, demonstrating the proper hand and standing position.

Next practice – player is in middle. For the U7s and PeeWees, use a touchline so the players understand not stepping on a white line and know when they are permitted to touch a ball.

Drill 3 – Heading (U12 and older)

Coach stands in middle of a circle with one soccer ball. Coach tosses ball in the air for the player to use front of the head and return to coach. Toss around to each player.

Next practice – player is in the middle.

Drill 4 – Receiving (U12 and older)

Coach stands in middle of a circle with one soccer ball. Coach tosses ball in the air for the player to receive and return to coach. Toss around to each player.

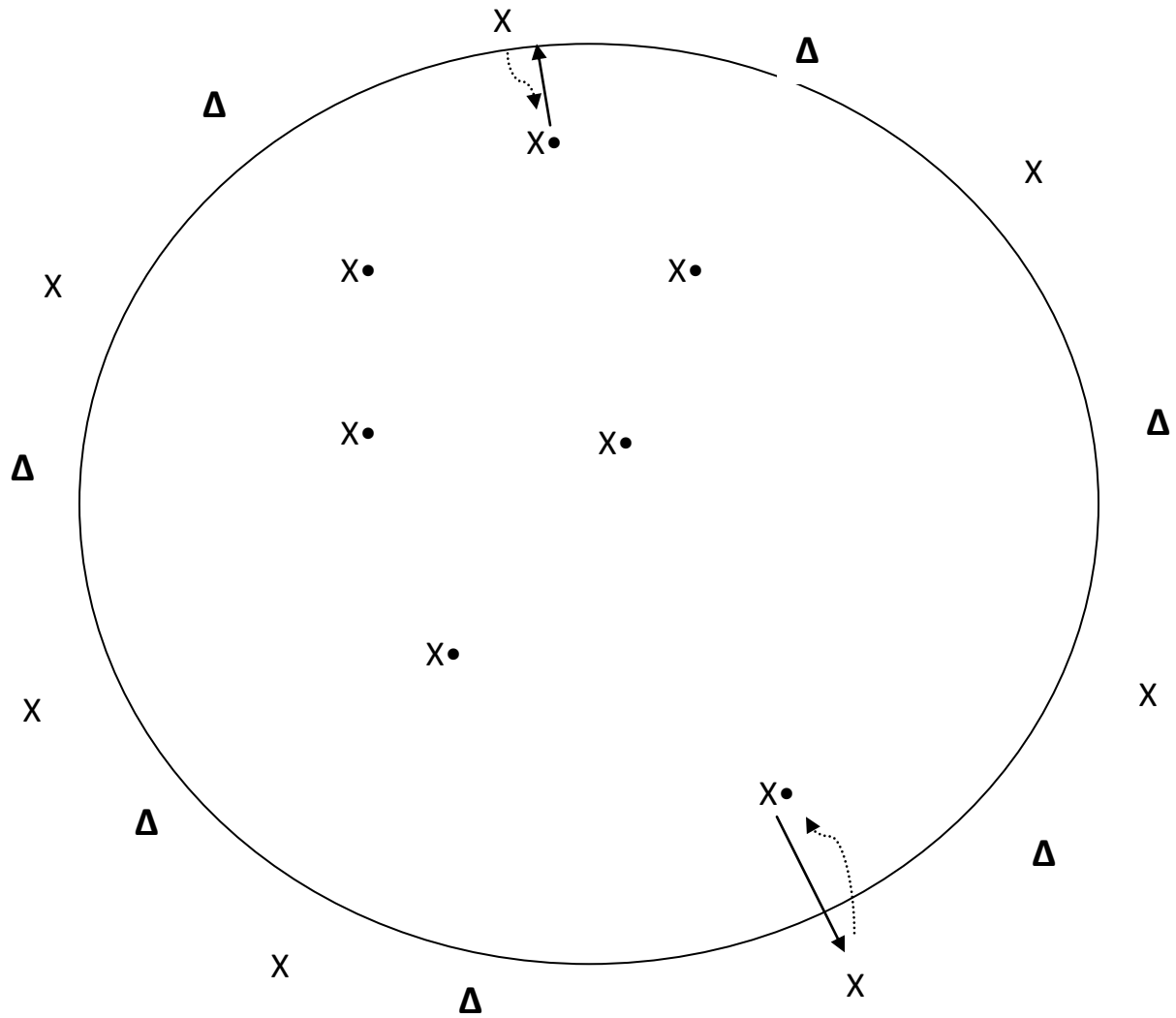
Round 1 – Chest: player receives on chest and lets ball fall to ground. Players cup their shoulders and learn to drop the ball on ground within 3 feet.

Round 2 – Knee/Thigh: player uses front of knee or inside of thigh to drop ball on ground within 3 feet. The trick is to pull the knee back slightly just as they receive and touch the ball.

Round 3 – Ankle/Foot: player uses inside of ankle or front ankle area to receive ball like a glove and set on ground in front of them. Again, the trick is to pull the foot back slightly just as player receives the ball.

Round 4 – ADVANCED – Player receives ball any way but keeps from touching the ground and returns it to middle player/coach. Fun game for advanced players to keep the ball off the ground.

CIRCLE DRILLS WITH CONES/OUTSIDE PLAYERS



Drill 5 Pass Back

Each player inside the circle has a ball. They dribble around the inside to an open player on the outside. As they approach the outside player, pass the ball with the inside foot. The outside circle player receives ball with the inside of their foot and uses the other inside foot to pass back.

Drill 6

Follow Commands

All players are inside the circle with a ball. The coach instructs the players to begin to dribble and at the sound of the whistle, they dribble as fast as they can to a cone and go around then come back inside the circle. Continue to dribble around until next whistle.

VARIATION 1 – Coach uses voice to make instructions. FAST for dribble fast, SLOW for dribble slow. ATTACK for going around cone.

VARIATION 2 (for U12 and higher) – Coach uses commands: Fast, Slow, Stop, Pull Back, Right, Left, Attack, and Fake.