

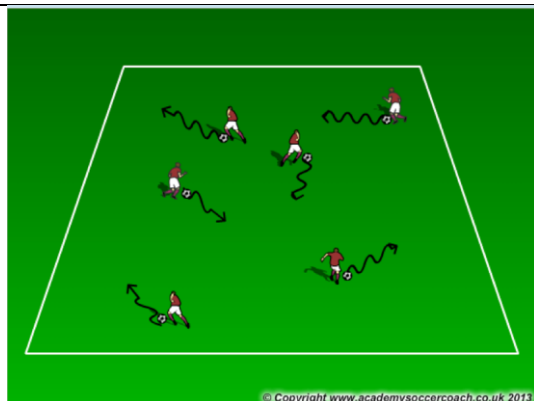
# SOCCER DRILLS & ACTIVITIES

Soccer drills and activities help coaches to create fun, skills-focused soccer practices for your team.

We also recommend using the Training (Practice) Lesson Plans provided by EPYSA: [Training Plans - Eastern Pennsylvania Youth Soccer](#). EPYSA is the governing body of youth soccer in our area. They have created **FREE coaching guides for teams from u6 to u16**.

For more information about FCB Rec Soccer, visit [FCBrandywine.com](http://FCBrandywine.com).

 <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p style="text-align: center;"><b>WARM UP   Balance and coordination</b></p> <p><u>SET-UP:</u> Each player has a ball</p> <ol style="list-style-type: none"> <li>1. Players run around the square throwing the ball up and catching it</li> <li>2. ... toss the ball up, clap, catch. Repeat.</li> <li>3. ... bounce the ball off thigh (bent leg), catch. Repeat.</li> <li>4. ... drop the ball onto their foot to kick it back to their hands. Catch and repeat.</li> </ol> <p>HINT: Allow (limit height) players to throw ball only a certain height</p>
 <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p style="text-align: center;"><b>WARM UP   Follow the leader</b></p> <p><u>SET-UP:</u> Players are in pairs; one ball per pair Player 1 dribbles the ball and player 2 follows. On coach's command "change", players switch roles</p> <p><i>Additional options:</i> players:</p> <p>Call "Double change" = Player 2 (follower) goes to get somebody else's ball. Player 1 then becomes the follower with the new ball. Always stay in the same pair.</p> <p>Call "Tunnel" = Player 2 (follower) stands with legs wide/open; Player 1 passes ball through partner's legs (tunnel). Switch roles</p>
 <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p style="text-align: center;"><b>WARM UP   Gates</b></p> <p><u>SET-UP:</u> Set up multiple gates (pair of cones) on the field. Players dribble through the gates on the field. <i>How many can they get through in a minute?</i></p> <p>Variations: Dribble through gate and...</p> <ul style="list-style-type: none"> <li>... perform drag-back and go back</li> <li>... make left/right turn using the outside of foot</li> <li>... go around outside using outside of foot before gate</li> </ul>

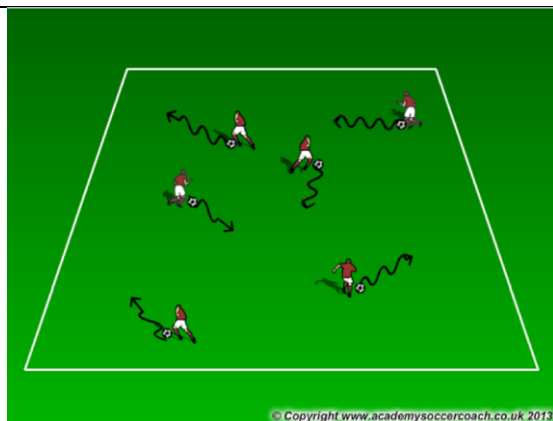


## WARM UP | Traffic Lights

**SET-UP:** Create a large square using cones, field lines, etc. Players dribble around in square, being careful not to bump into anyone.

Coach shouts out a color:

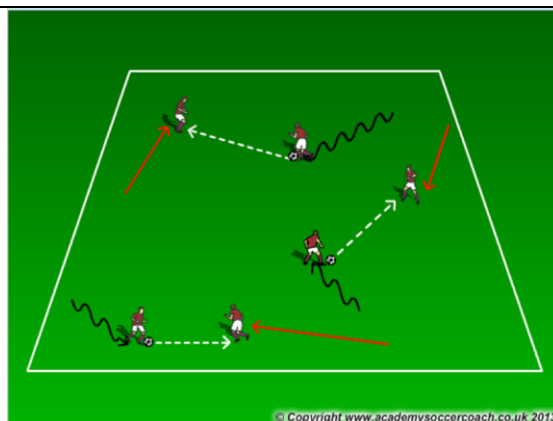
- **Green** – Players move around in box
- **Red** – Player stop by putting foot on the ball
- **Yellow** – Players move slowly
- U turn – Player performs a drag back
- Left & right turns – dribble with the outside of foot.
- Drop off – Stop ball with sole of foot and then start again with laces



## WARM UP | Stuck in the Mud

**SET-UP:** Players are split into two groups; everyone has a ball. The object is to *stick* the other team in the mud.

All players dribble around the square. A player becomes “stuck” when their ball is hit by another ball. Once a player is stuck, they stop and hold their ball above their head. A stuck player can be freed by a teammate passing a ball through their legs.

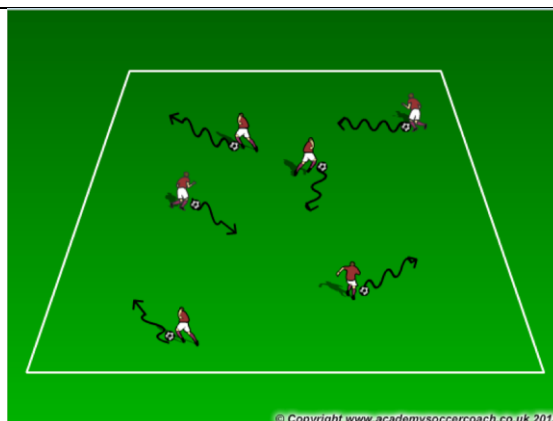


## WARM UP | Passing in Pairs

**SET-UP:** One ball for each pair of (2) players

Player 1 dribbles around the square. Player 2 (partner) runs around nearby and calls “feet”.

Player with ball passes to partner and then runs around. Partner receives ball and then dribbles around until partner shouts “feet”.



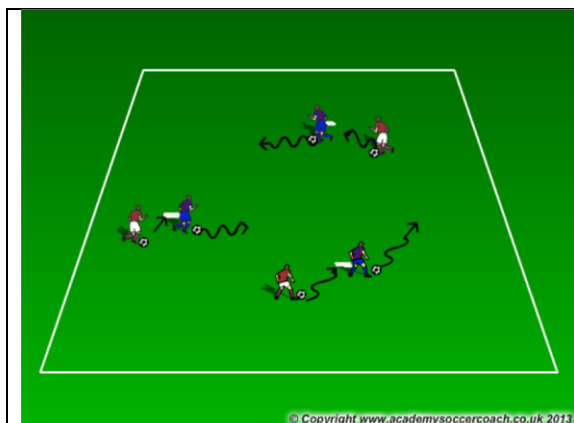
## ACTIVITY | Body Parts

**SET-UP:** Create a large square using cones, field lines, etc. Players dribble around in square, being careful not to bump into anyone.

Coach shouts out a body part

Players use that body part to STOP the ball: left foot, right foot, left knee, right knee, etc.

Repeat



## ACTIVITY | Foxes and Farmers

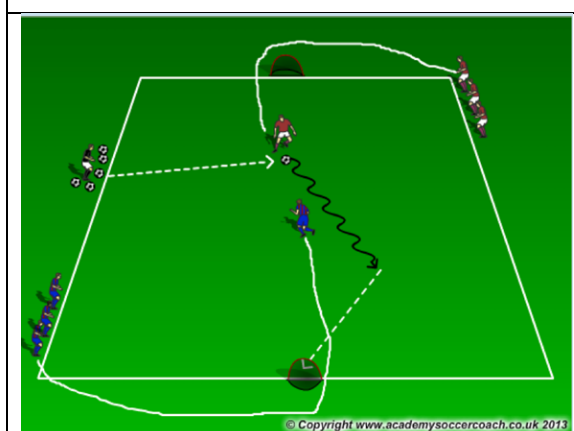
**SET-UP:** Split the team into 2 groups – foxes and farmers. Foxes have a pinnie hanging out the back of their shorts, creating a “fox tail”.

Each player has a ball and dribbles around the square.

While dribbling, the farmers have to reach out to catch (take) the foxes’ tails.

The round ends either at X time OR when all tails have been gotten.

Switch roles for round 2.



## ACTIVITY | Numbers

**SET-UP:** Split into 2 teams and have them line up on the sideline at opposite goals. Give each player a number.

To begin, place a ball at the center of the field.

Coach calls out a number (or two) at a time. The two players with that number run around their goal and toward the ball. Their goal is to get the ball and score in the other goal.



## ACTIVITY | Passing in pairs

**SET-UP:** Create a ‘gate’ (2 cones) for each pair

Players pass to partner through gate:

- Use inside of foot
- Call “feet” for pass

Optional: players move to another gate (to get familiar with other areas of the field)



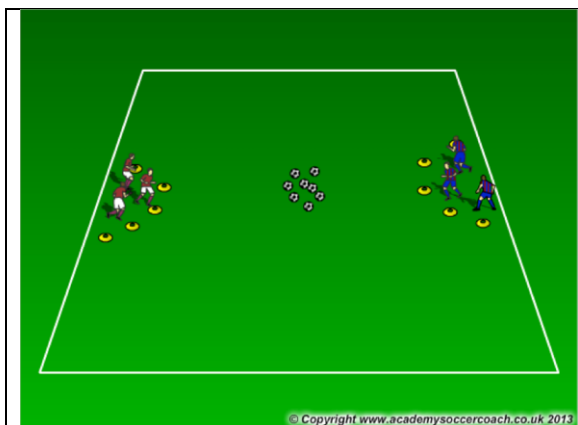
## ACTIVITY | Passing to goal

**SET-UP:** Players line up in two lines along goal line (short end of field).

They pass once or twice to each other as they advance towards the goal and one of them shoots.

They grab the ball and run back to the end of the line.

- Call “name” and “feet”
- Use inside of foot to pass
- Use inside of foot to receive



## ACTIVITY | Pirates Treasure

**SET-UP:** Use low cones to create two areas for the pirate ships. Place all balls (treasure) in the middle of the field

Pirates have to collect as much treasure as they can in the time allowed. OR the first player to gather (6) pieces of treasure wins.

Have them go one at a time for a relay race OR have them all go together OR let players steal from the other ship



## ACTIVITY | Islands (+ Pirates Treasure II)

**SET-UP:** Use cones to create 4 “islands, one in each corner of the practice square. Name the islands.

Players dribble around in the square. When coach calls an island’s name, all players have to dribble to that one (quickly!).

Inside the island, players perform a drag back move and move back out.

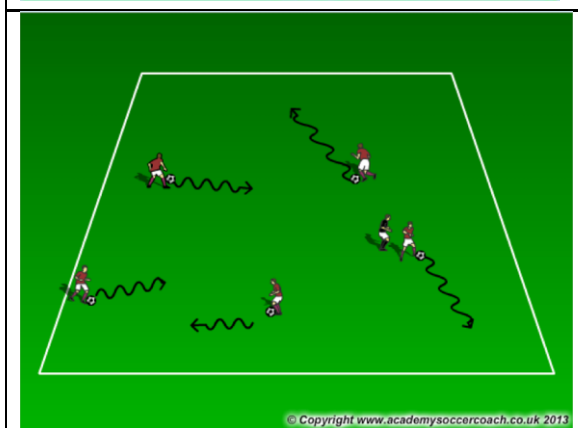
Coach calls out another island for the players to repeat the same action.



## ACTIVITY | Pirates Treasure II

**SET-UP:** Use the islands from “islands” activity. Players start on their islands. Coach places all soccer balls in the center of the field.

Players have to collect as much treasure as they can and bring it back to their island. Players can steal from other islands.



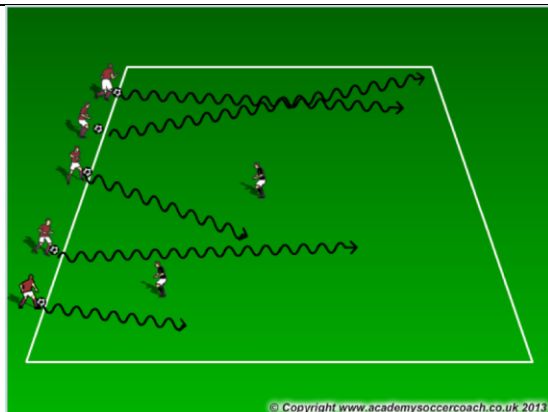
## ACTIVITY | Shark Attack

**SET-UP:** Each player has a ball. One person (coach or player) is the “shark” and does not have a ball.

Players dribble around the square.

The “shark” chases the other players in the square and tries to kick their ball out of square.

If player’s ball goes out of square, the player runs to get the ball and 5 drag-backs before re-joining the game



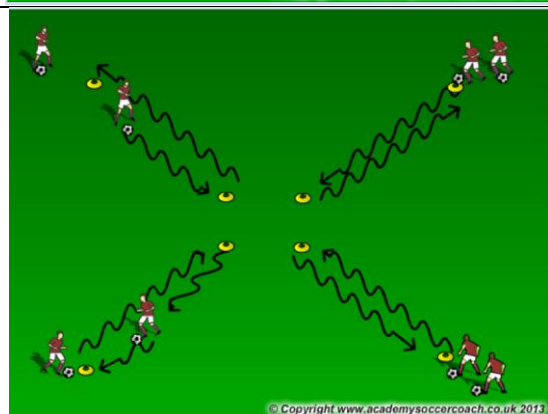
## ACTIVITY | Sharks and Minnows

**SET-UP:** Minnows line up with a ball on one side of the square. One to two shark(s) are in middle with out ball.

The goal is for the players to dribble across the square to the other wide without losing their ball.

Sharks try to kick the players' balls out of the square.

When a minnow's ball is kicked out, they become a shark.



## ACTIVITY | Turning with the ball

**SET-UP:** Set cones at shown – in the 4 corners of the square/practice area. Divide players evenly.

Players dribble to their center cone and perform a drag back move\* to turn then dribble back to outside cone.

\*DRAG BACK: Player uses the sole of their foot to drag the ball back towards outside cone

OUTSIDE HOOK: Players use outside of foot to "hook" the ball backwards

INSIDE HOOK: Players use inside of foot to "hook" the ball backwards