

**Quinte West Soccer Club
Under 3/4 Program
Manual**

ITEMS INCLUDED IN MANUAL

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Under 3 and 4 Development Program

Division	Playing Time	# of Players Including Goalie	# of Players to Avoid Forfeit	Ball Size	Field Size
U3 U4	20 minute skills and 1 – 20 minute game	5	N/A	3	PUGG

DEVELOPMENT PROGRAM

This is a teaching time for these young soccer players and we want them to learn as much as they can, but it needs to be FUN. We want to simplify the program as well as make sure all coaches (new and returning) are playing the same way.

GAME TIMES

20 minute skills development with a mini game to follow.

PLAYERS/COACHES

There will be 4 players and a goalie on the field

There can be a maximum of 2 adults i.e. coach and/or assistant on the field at any one time. If you have a very shy child and the parent wants to go out on the field with them – that is fine for the first 2-3 weeks, but then it is necessary to encourage the child to go on his/her own.

KICK OFF

Players will start game, as with all mini games, with the kick off at centre field.

GOAL KICKS

When a ball is kicked out at the touchline (behind the goal net), the goalie will kick the ball from the top of the box.

KICK-INS

When a ball is kicked out at sides, a kick in will result (instead of a throw in). Players will kick the ball from the sideline and opposing players will give 6-8 feet for the ball to be inbounded fairly.

GOALIES

When the ball is kicked into the goalie area and he/she picks up the ball, the goalie then places the ball on the line at the front of the box and kicks it out to players. All players must be 10 feet back, so that no one gets hit with a ball/foot. Also, it will give the players a chance to clear the ball instead of a kick right back in.

NOTE

We do not keep track or publish any scores in the paper for these divisions.

Revised April 2018

UNDER 3 PROGRAM

What does Under 3 look like?

Under 3 is designed to be an introduction to organized activities.

Each team is comprised of a maximum of 8 players and they play Monday evenings at 6:00pm for June and July only. All games are

[Sign In](#)

the sidelines so that they can build friendships and take instruction from someone else. For all player's safety, when it is necessary for extra support during the skills portion, we request that parents leave the field when they are ready to play a game.

UNDER 4 PROGRAM

What does Under 4 look like?

Under 4 is similar to our Under 3 program.

Each team is comprised of a maximum of 8 players and they play Tuesday evenings at 6:00pm. All games are played at Centennial Park field 11 (fenced in full field) where the field is then broken down to smaller areas for games.

Players will play games such as Red Light, Green Light, What Time is it Mr. Wolf and more all while having a soccer ball at their feet.

We understand that for some this will be a challenge to be away from mom and dad, but we encourage you to support your child from the sidelines so that they can build friendships and take instruction from someone else. Parents/Guardians are not allowed on the field during game play.

MEET THE THREE AND FOUR-YEAR OLD'S

First and foremost, the chronological age of the child really matters. Physical maturity based on age permits the child to be able to properly participate at the activity level expected. *Two-years old is too young for this program.* Three-and-one-half years old and above is better and just-turned-four is optimal. Still, this does not account for the emotional maturity of the child. Children who are demonstrably “outgoing” and appear willing to “try new things” are likely to be ready. Children who tend to show behaviors of being “shy” or “stand-offish” will need special encouragement and extra attention. Some children are simply ready for this type of experience and some are not. Some children at this age are already capable of clearly showing their preferences for “more physical” versus “more intellectual” activities. The key is to provide the exposure and to appreciate and understand the child’s response.

Second, the children need to feel safe, secure, and comfortable, both on and off the field. Forcing a child to play soccer against their will can turn them off to the game forever. A reluctant child must not be forced or pushed. If they are, they can easily express that they “hate” soccer, or worse, that they “hate” their parents for “making them go.” These are not helpful emotions and must not be allowed to become protracted behaviors. Coaches must allow children to go to their parents for comfort. Parents must provide the comfort. Some children may just be too young physically, emotionally, and/or cognitively. Six-months to one-year older can make all the difference. A

poor reaction to the first exposure to soccer does not necessarily mean that it is permanent. Parents who may find themselves in this situation should be encouraged to let their children try again next season.

Third, it must be recognized and appreciated that three-year-olds and four-year olds are experiencing so many things in their lives that they can exhibit a wide range of reactions to their first exposure to the “soccer environment.” Most children like to try new things. Those children with older siblings who have already been introduced to the sport can be ready to go and cannot wait to start kicking. These children want to keep up with their older brother or sister and tend to want to know “what’s next?” Those children with no previous exposure to “organized sports” probably have no idea what is going to happen to them and are likely to be very anxious. In either case, children this age are just learning language and are trying to deal with a flood of emotions. As such, they do not yet have a real mechanism for expressing their feelings other than by saying “no,” refusing to participate, or by crying. These responses are normal. A child that goes to tears, falls to the ground, or just otherwise melts down, can be tired, hungry, sick, exhausted, over-stimulated, over-heated, or just “having a bad day.” They must not be chastised.

It is extremely important to recognize that every child is different, and each child’s needs are to be addressed accordingly. Boys may be more likely to “rough-house,” while girls may be more deliberate in their movements. Both are perfectly reasonable.

Insight / Highlights

1. Each week each team practices separately on their section of the field (small PUGG fields will be set up on the larger field and the two teams playing each other will share one PUGG field).
2. Each week each coach is responsible for their own activities.
3. Activities will need to be changed after 2-3 turns to help keep interest.
4. Instructions and talking should be limited, as the kids do not attend well.
5. Demonstrate rather than explain.
6. Use kid friendly terms such as animals, vehicles, toys etc...
7. Only if necessary, should a parent participate to increase participation, NOT an older sibling. If possible, parents should remain on the sidelines. No parents should be on the field during the game portion.
8. Do not allow older siblings to participate as they take over control of the ball and do not allow the younger ones to participate.

Additional Information

1. Remember, that when playing on a weeknight, children of this age are usually tired from their day, can be cranky and if they have been at extended day care (early and late), they may just want to go home. Practices should be no longer than 45 minutes in length.
2. **Learning as Fun – not lectures:** A proper introduction to the sport of soccer for this age group focuses on having “fun.” Activities need to be fast paced, with minimal instruction time, should encourage silliness and laughter, and should not last too long before the next one is introduced. The entire concept of utilizing “soccer fun games” to encourage children to enjoy the sport starts here. In addition to instruction in proper ball techniques, a fun environment provides responsible listening, cognitive learning, and socialization skills. Further, it promotes the shift from individual to group learning and introduces the concept of “team.
3. **Introduce Soccer as Playtime – not competitive games:** Competitive games (two teams set against each other) are the opposite of what children this age is being taught in school. At school, they are being taught to share; to be nice; not to push, shove, or run into others; and to respect the space of their classmates. They are expected to play well with others and are usually admonished if they do not do so. “Play” at this age looks nothing like a competitive

soccer game. Play for these children usually does not have a specific goal, is not on a timed schedule, and can generally start and stop at the child's discretion. Play at this age is generally not "with" other children, but "beside" other children. It is certainly not "against" other children. Play is supposed to be fun. It is not supposed to be a huge contradiction. Competitive soccer games are overwhelming and make no sense to 3- and 4-year-olds. Children this age are usually intimidated by the extra people and the noise (adults screaming "encouragement" from the sidelines sounds like anger), not to mention the collisions. They may refuse to get in the car to go to competitive games or, while at a game, will stall, sit on the sidelines, and refuse to play. This can easily lead to not even wanting to go to practices or to just "hate soccer" altogether. Another downside to competitive games is that they can bring out the worst in some parents (adults screaming criticism).

Drills

#1. Sleeping Bear

A fun soccer practice/drill that kids will love is the 'sleeping bear'. This is a simple drill but effective at getting the young 3- and 4-year-olds to dribble the soccer ball.

Preparation

You will need the kids lined up next to one another with a soccer ball each at their feet. The coach or a parent will act as the sleeping bear down the other end of the marked-out area.



Explanation

This game is all about getting the kids to take little touches of the soccer ball. The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping bear (who will be pretending to sleep talk) will respond with either one-o'clock, two-o'clock, three-o'clock, or four-o'clock.

#1. Sleeping Bear Continued

If the bear says three-o'clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear. The bear will then wake-up and chase the kids back to where they started. Do not be too scary though or they will cry!

Progression

A useful progression to this soccer practice drill is to see how quickly the kids can get back to where they started after the bear wakes up. They must take their ball with them remember. Also, get the kids to show you their drag-back turns and reward the best ones.

****Drag back turns need to be performed by young players using a size 3 soccer ball or they will find it very difficult and trip over the ball. ****

Coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this when the bear wakes up!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball.

#2. Pirates of The Caribbean

Kid's soccer drills need to be fun... and this one certainly delivers! Pirates of the Caribbean is a game designed for coaching the U3 and U4 age groups. It needs a lot of energy from you as a coach.

Preparation

Look at the simple layout of the drill below. To set-up you will need a cone for the kids to stand behind to begin. You will then need colored pinneys (or cones) down the other end to act as the treasure!



Explanation

To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure, and the treasure is down the other end of the island.

The kids will need to go one at a time and pick up **one** piece of treasure (cone/Pinney) and bring it back to the pirate ship.

#2. Pirates of the Caribbean Continued

1. To get the young 3- and 4-year-olds to understand this game, play the first round without soccer balls.
2. The second time they should kick a soccer ball down with them.

Progression

A nice little progression to this and other kids' soccer drills is adding cones leading up to the treasure, so the kids must weave in and out of them before getting to the end. By placing the cones down the young players must dribble the soccer ball in different directions - not just straight.

You could also encourage a race parallel with each other to see who can get the most treasure in the quickest time!

Coaching Points

- > Don't let the kids put their hands on the soccer ball
- > See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn.

#3. Foxes and Chickens

Another fun kids' soccer game is foxes and chickens. This game is exciting and gets the kids to change direction with the soccer ball at their feet.

Preparation

Depending on the number of kids playing you will need to set-up a grid that the young players will not try and leave. You will need some pinneys, enough soccer balls for one-each and some helpful parents!



Explanation

The aim for this soccer drill is for the young players to get the tail (Pinney) from the parents. The parents act as the chickens and the kids are the foxes. The parents will need to put a pinney half tucked into the back of their pants/shorts. The kids must chase after them and remove the Pinney (acting as a tail). Once the kids have all the pinneys the game ends. If there is a fast parent, then all the foxes can aim to get the last chicken's tail!

#3. Foxes and Chickens Continued

progression

A useful progression to this drill is to play the first game without soccer balls and then introduce them into the second game. This will help the young players understand what they must do.

Once the kids are comfortable with the parents having the tail see if the kids can be the chickens for a while. This drill can be used for older players by having all chickens and foxes dribbling a ball as a fun warm up game to any session.

coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn.

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball.

#4. Body Parts

A fun little soccer drill that kids will love is 'body parts'. This is a straightforward game that gets the kids to dribble the soccer ball and assist in their body balance.

Preparation

You will need a marked-out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need one too to show them what to do.



Explanation

This soccer game is about getting the kids to use different parts of their body to balance on the soccer ball. On your command the young kids will dribble their ball around the area. Once you shout out a part of the body (e.g., foot) the kids must stop dribbling and put that part of their body on the ball.

When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g., their knee, elbows, head, back.

#4. Body Parts Continued

Progression

To make this drill more fun get the kids to do animal impressions. For example, tell the kids to sit and the ball and act like a chicken. Perhaps they could put the ball between their legs and hop like a kangaroo. Use your imagination and keep it fun.

Coaching Points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to dribble the ball.

#5. Animal Hunt

As a soccer coach you will appreciate how fun this drill can be for young players.

Preparation

You will need a marked-out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need to explain to them that they are in the jungle looking for wild animals!



Explanation

So, the kids have a soccer ball at their feet, and you have told them that they must dribble the soccer ball toward the animal noise they hear. The animals will be four willing parents. Ask four parents to each stand on a separate corner of the marked-out area. Tell each parent what animal noise they will need to make. For example, you could have a monkey, lion, bear, and an elephant.

As a soccer coach you will talk to the young kids and say, "now it is time to go find the elephant". The parent will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.

#5. Animal Hunt Continued

Progression

To make this soccer drill more fun get the kids to do the animal impressions too. You could also get the kids to bring in cuddly toys of animals that the parents will hold up. If you want to win the kids over sit them all down for 2 minutes at the start of the session and talk about their favourite animals and be enthusiastic.

Coaching Points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to dribble the ball.

#6. Tunnel Ball

Coaching youth soccer needs to be fun, especially when the young players are only 3 or 4 years old.

It can be difficult coaching this age group when all they want to do is run to their mum and dad.

This game was created to allow the kids to be close to their parents whilst playing to stop them from wondering off or getting upset.

Preparation

You will need a marked-out area as shown in the diagram by the white lines. The kids will need a soccer ball each and you will need to get as many parents to help you as possible. The more mum's and dad's that participate the better the drill will work for their kids (tell them this!)



#6. Tunnel Ball Continued

Explanation

The parents will be standing inside the area, spread apart from one another with their legs together.

The kids will be next to you and on your command will dribble (kick) their soccer ball in and out of where their parents are standing still. This is a good time to get some coaching points in.

When you shout "tunnel ball" the parents will open their legs wide and the young players must kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.

progression

When coaching youth soccer remember to be patient and if something is not working be prepared to change it.

A nice little progression for this game can be to get the kids to crawl through the adult's legs after they have kicked their ball through. Kids love getting dirty and being mischievous and this will add a little fun to the game.

coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball between the parent's legs.

#7. Tick Tock

This is a pre-dribbling practice drill, and it is simple. Give each of the children a soccer ball and have them pass it back and forth between their feet, right to left or left to right and back again, tick tock, like a clock. This will be very difficult to do for this age group, but that is OK. Tell your preschool charges that practice makes perfect and demonstrate it for them complete with your own mistakes -- accidental or intentional.

#8. Target Practice

The most basic soccer drill at the preschool level is kicking on target. Children can practice kicking a soccer ball at a person, including the coach, a parent, or another adult volunteer. Or they can practice aiming at a cone or a set of cones -- set up three or four as if they were bowling pins. Target kicking is an important skill in soccer, and it is also one that kids love to practice.

#9. Catch the Giant and Busy Bees

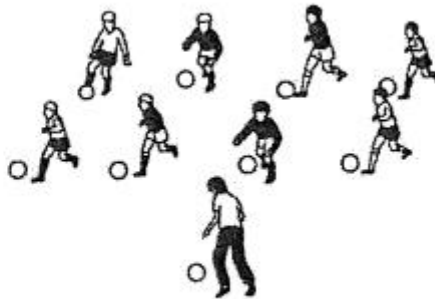
Once your preschoolers have mastered aiming at a stationary target, you can make the game more complicated. Start by playing Catch the Giant. In this drill, each child has a ball to dribble. The coach runs around the field and the children must follow, dribbling their balls while they run. Change direction and speed frequently. Once they are comfortable with this game, they are ready for the variation known as Busy Bees. The kids are the bees, and their goal is to "sting" you by kicking the ball at your feet. Run around the field as in the previous drill, changing direction and speed at whim. This teaches your preschoolers not only how to control the ball but how to react during a game and how to pass to another player's feet.

U3 and U4 youth soccer players are usually not ready for serious competition but can still enjoy learning the fundamentals and rules of the game. As coach, you can conduct fun, age-appropriate drills during each practice session. Doing so will introduce your players to the basic skills of soccer and give them good reason to keep heading for the goal once their muscles and coordination catch up with their heart for the game.

#10

Me & My Shadow

- A variation to the Pied Piper is to use the Me and My Shadow Activity.

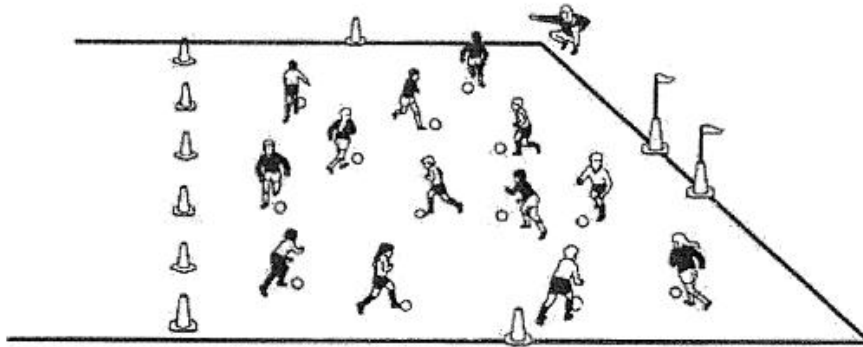


- In pairs both with a ball. There is a "leader" and a "Shadower." The Shadow needs to keep as close as possible to the Leader. The Leader will change direction and pace to lose the Shadow.
- Of course, Parents should not be trying too hard to lose the Shadow, but the kids should do everything they can to lose the Parent.
- Then you could do the same activity with the Leader having a ball and the Shadow without a ball – only having to stay in touching distance of the Leader.
- We are showing children in pairs here, but if possible have parent and child together.

#11

Square Dance

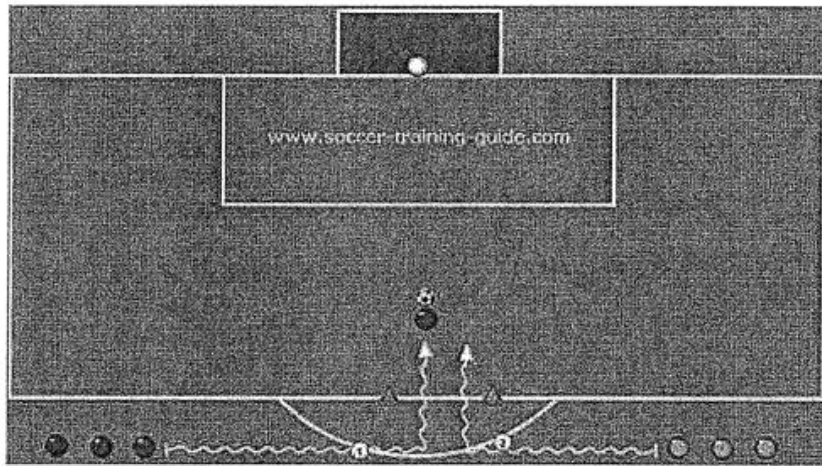
- A good, lively start to a session that introduces and develops the fundamentals of dribbling.



- The illustration does not show the parents as we wanted to make sure you had a clear picture of the activity template, but you should include the parents on a "Change" principle. Each time you shout "Change!" parents come into the square from outside and take over the ball of their child and vice-versa.
- Mark a square approximately 10-15 yards x 10-15 yards, depending on numbers.
- Each player should have a ball.
- This area provides the template for many of the activities in the One-with-One® program (see Jungle Run, North & South, Dribble the Perimeter, etc.).
- Set different challenges, but only one at a time, e.g.
 - **"STOP"** Put foot on top of ball quickly and freeze like a statue.
 - **"GO"** Move right or left with the ball, fast, for three or four yards.
 - **"TURN"** Quickly turn 180 degrees with the ball, moving three or four yards.
- Encourage players to keep the ball close to their feet.
- Encourage players to keep their heads up while playing.
- To avoid giving players too much information at once, introduce instructions one at a time and incorporate practice time between.
- Don't be afraid to incorporate your own ideas.

#12

Shooting Using both Feet



Purpose: Improving the shooting skills of your players by using their weak foot.

Drill Set Up

Create two files of players. Place the left footed players (red color) in the left file and the right footed players (gray color) in the right file. Put two cones on the same place like on the image. The space between the cones should be about 1 yard.

Execution of the Drill

The first standing player in the red line starts to run slightly with a ball at his right feet (on the same way like illustrated). Once he reach the 18 yard box, he should finish the attack with an accurate shoot at the goal. Once he has fired the shot, the first standing player in the right line should perform the same routine (from the right of course). The only difference is that he will shoot with his left foot. The player that scores most goals is the winner.

Variants

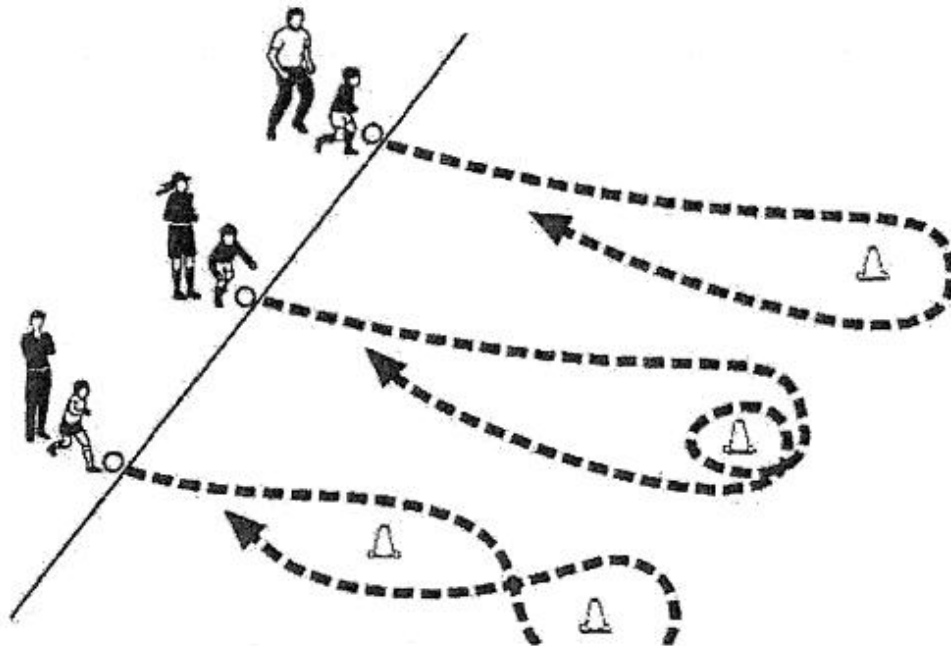
You may vary this drill by restricting your players to only shoot by using the inside part of their foot.

Summary

Being able to shoot with both feet is very important in soccer. A player will become much more efficient in the front of the goal if he knows how to fire an accurate shoot with both feet.

#13

Mixed Bag Relays



- All “kids” – 3- to 83-years of age – love fun, challenging relays. Just be careful at this tender age you do not over-emphasize the winning aspect. Now at 22-years of age it could be the be-all-and-end-all – for the moment. But not for these tiny tots.
- Use your imagination and initiative to develop various fun relays.
- Don't forget to include the parents. They may have a hissy-fit if they are ignored!

#14 Driving School

This drill is based on common driving directions. Have your players form a line on either sideline, facing the opposite sideline, with plenty of space between each player. Give each player a ball and call out loud verbal instructions such as "drive forward," "left turn," "right turn," "traffic jam" and "head-on collision." When you say, "traffic jam," the players stop the ball and tap either foot on top of the ball until you give another command. When you say, "head-on collision," the players stop the ball, get on their hands and knees, and tap their heads on top of the ball until you give further instructions. Continue like this for 30 to 60 seconds, let your players rest briefly, and then repeat the drill multiple times. Allow the youngsters to move as quickly or slowly as they want but encourage them to move deliberately enough to control the ball.

#15 Tiger Ball

This drill introduces U3 and 4 soccer players to the concepts of passing and playing defense while teaching them to share the ball and work together as a team. Place four cones in a square, 5 yards apart. Have an offensive player stand at each cone and a defensive player in the middle of the square. Give a ball to one of the offensive players. The offensive players repeatedly pass the ball around the square to their teammates, trying to keep the ball away from the defensive player for 30 seconds. The defensive player tries to intercept the ball before the time expires. The defensive player switches with an offensive player following each 30-second period. Have them play at least five times, giving each player the chance to play defense once. Have the offensive players practice passing the ball around the square without a defender if the drill seems too difficult.

#16 Shooting Drill

This drill teaches toddlers to shoot the ball accurately by repeatedly kicking the ball into an empty goal. Have up to five players form a line about 5 yards away from a goal and give each player a ball. The first player kicks the ball into the net, runs to retrieve it and then moves to the back of the line. If she misses, she tries again until she succeeds before the second player takes his turn. Cycle through the line multiple times, encouraging and praising each player's effort. Teach the players to encourage their teammates as well. You can play a game by counting how many goals they can make in a row or within a specified amount of time if desired.

#17

Break away and Shoot

Purpose: Improving shooting and finish

Set Up

Set up 2 files of players just outside the penalty area (see the image). Place also one player between the two files. This player/coach will serve the ball to the attackers in various ways.

Performing The Drill

The player in the middle plays the ball to the (red) attacker. The attacker should try to finish with a shot as quickly as possible and then The player in the middle plays the ball to the (blue) attacker. Alternate back and forth.

Variants:

Use one of the lines as Defenders. You may place your defenders closer to the attackers in order to make it more difficult for the attackers to finish with a shot on goal. The middle standing player could also throw the ball and force the attacking player to first regain control on the ball and then finish with a shot.

You could also increase the distance to the 18 yard box in order to force the players to shoot harder and with more accuracy. By doing this you will also give more time to the defender to catch up and block the shot from the attacking player.



Drill Set Up

#17 Continued

Break away and Shoot



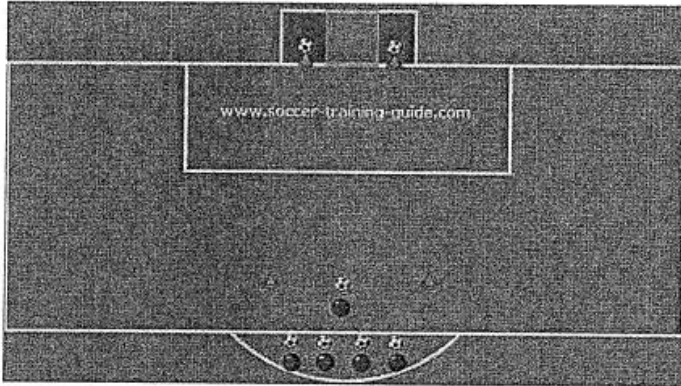
The player in the middle passes the ball to the attacker. The attacker should try to finish with a quick shot while the defender should try to block the shot.

Summary

A defender will rarely find himself 1 vs 1 with the goalkeeper. However, when the situation shows up it is crucial for him to know what to do. That's why defenders need to play as attackers during this drill. Keep in mind to encourage your players to use their both feet during the drill.

#18

Shooting Accuracy



Purpose: Improving the goal scoring abilities of your players.

Drill Set Up

Use two cones (or similar) and place 2 balls on them (like on the image above). You may also skip the balls if you can't place them on the cones. Arrange your players in a line and make sure that each of them has a ball (see image). Place two cones 1 yard from the 18 yard box line, with 2 yards between them. If you don't have a goalkeeper available you can put a net or similar (just like I did on the image above)

Execution of The Drill

One of your players starts to drive the ball towards the 2 cones. Once he reaches them he should aim at one of the cones that are placed at each side of the posts and fire a well accurate shoot. If he manages to strike one of the cones he should run towards that cone, put it back into place (with the ball on it) and then continue at the back of the line. The first player that manages to reach 10 strikes is the winner.

Variants

You can vary this drill on several different ways. One thing you can do is to add a goalkeeper which will force your players to shoot harder with more accuracy in order to strike the cones.

Summary

This drill will be highly appreciated among your players whether they are U-4 or seniors. It is a great way for increasing your players shooting accuracy while allowing them to have fun.

#19

Soccer Thru Pass Drill

Purpose: Improving your Thru Pass.

Drill Set Up:

Have one teammate standing about 20-25 yards from the other team-mate (see the image). Place 2 cones 10-15 yards from you. If the distance is 20 yards to your teammate then place the cones 10 yards from you and if the distance is 30 yards then place the cones 15 yards from you and so on. The distance between the 2 cones should be about 1 yard.

Performing The Drill

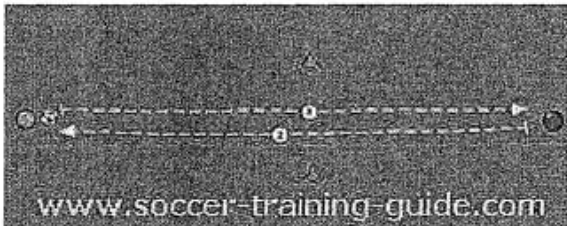
Start with the ball at your feet, kick it a few inches in front of you and perform a hard, well pointed pass with the inside of your foot. You must pass the ball through the cones. Your teammate should receive the ball with the inside of his foot and then pass it back to you on the same way just like you did.

Variations

One thing you can do to make the drill more fun is to count every successful pass (the ball is passed through the 2 cones without touching them) as +1 point and every unsuccessful as -1 point. Count the points after the drill is over. The player with highest score is the winner.

Equipment Needed

2 Cones, 1 ball.



Summary

During the drill you should try to use your both feet to pass and receive the ball. However, I am aware of that one of your feet will always be the better one. But, if you want to become a good soccer player you will need to play well with both feet. As you become more familiar with the drill you should try to increase the tempo and cut down the distance between cones to half yard or less.

#20

Soccer Passing Drill With The Inside

Purpose: Improve your passing skills by using the inside of your foot.

Drill Set Up:

Have one of your teammates standing about 15-20 yards from you (see the image). Vary the distance between you and your teammate in order to increase the difficulty of drill.

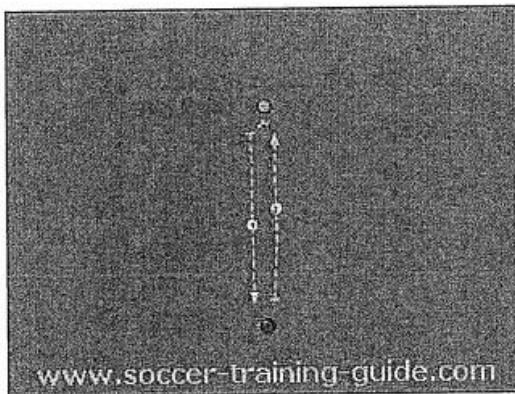
Performing the Drill

Now, pass the ball to your teammate with the inside of your foot. The pass should be accurate and powerful. Your teammate should receive the ball and then pass it back to you on the same way as you did. During the drill you should try to use your both feet for passing and receiving.

Make sure to be on your toes and don't stand and wait for the ball. Instead, meet the ball and imagine that you are playing a real soccer game with an opponent behind your back.

Variations

Crossing or chipping the ball.



Summary

This drill may not seem to be pretty fun but it actually is if you put effort and focus on performing it well. You see, even a basic inside pass is something you will need to practice on no matter how good you are.

In order to become successful in soccer it is not enough to perform something well. You need to perform it with perfection. It is therefore crucial to perform maximum during the drills (no matter what type of drill it is) in order to succeed.

#21

Improve the speed with ball

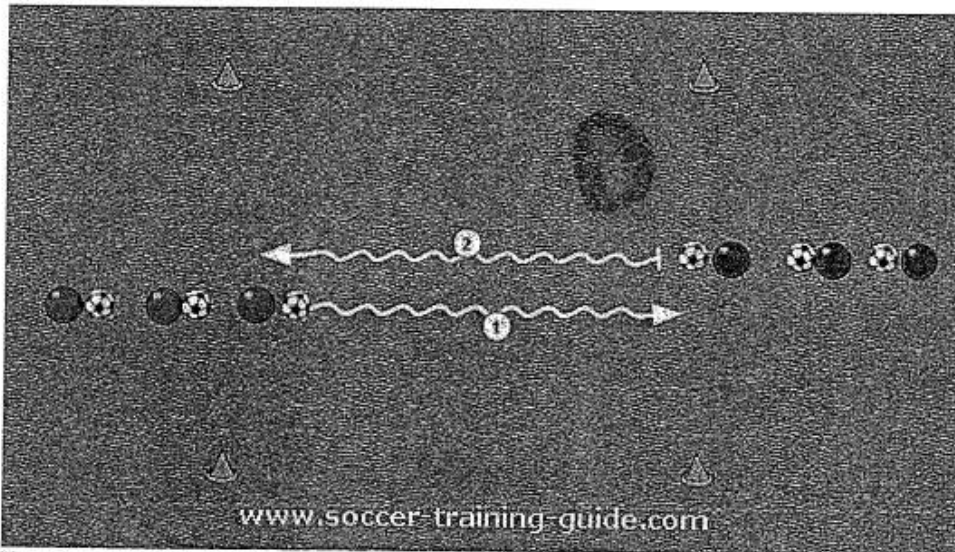
Purpose: Improve running with ball.

Drill Set Up

The position of your players should be just like on the image below. Each of your teammates should have a ball at their feet.

Execution of the Drill

The first standing player in one of the files starts to run in a straight line with the ball. As he passes the 2 cones in the middle, the other player in the opposite file should start to run with the ball. During the drill you should encourage your players to use both feet while running with the ball.



The Starting Formation.

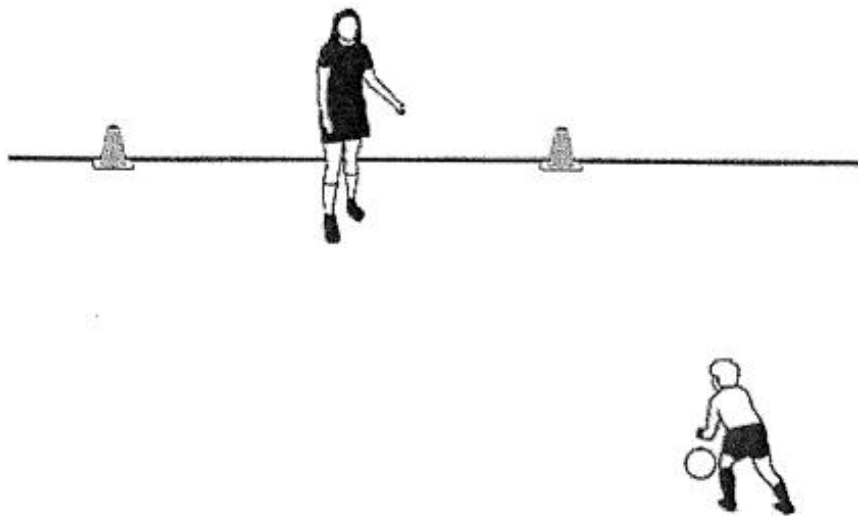
Summary

As with every soccer drill you need to encourage your players to perform it with maximum effort. If your player performs the drill right you will soon notice improvements in their ball handling and your team will start to play better.

#22

Shoot on Mom (Dad)

- Make goals with cones and disks.
- The child can shoot a static ball at Mom (or Dad).
- As they get better roll a slow ball to the child from the goal and encourage a one-time shot.



WEEK ONE

This Week will combine the following drills: (20 Minute Total)

Drill #1 – Sleeping Bear

Drill #10 – Me & My Shadow

Water Break

Drill #13 – Mixed Bag Relays

Drill #16 – Shooting Drill

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!

WEEK Two

This Week will combine the following drills: (20 Minute Total)

Drill #4 – Body Parts

Drill #10 – Me & My Shadow

Water Break

Drill #5 – Animal Hunt

Drill #18 – Shooting Accuracy

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!

WEEK Three

This Week will combine the following drills: (20 Minute Total)

Drill #2 – Pirates of the Caribbean Drill #14 – Driving School

Water Break

Drill #3 – Foxes and Chickens Drill #17 – Breakaway & Shoot

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!

WEEK Four

This Week will combine the following drills: (20 Minute Total)

Drill #10 – Me & My Shadow Drill #6 – Tunnel Ball

Water Break

Drill #7 – Tick Tock Drill #16 – Shooting Drill

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!

WEEK Five

This Week will combine the following drills: (20 Minute Total)

Drill #8 – Target Practice

Drill #9 Catch the Giant and Busy Bees

Water Break

Drill #13 – Mixed Bag Relays

Drill #12 – Shooting Using Both Feet

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!

WEEK Six

This Week will combine the following drills: (20 Minute Total)

Drill #11 – Square Dance

Drill #10 – Me & My Shadow

Water Break

Drill #15 – Tiger Ball

Drill #19 – Soccer Thru Pass Drill

Water Break

Game consisting of Two 10-minute halves with a 5-minute water break.

You may have to Run the drills a second time to keep the players interested!!