



## Week 1 - Dribbling/Turning

### Warm Up: Free Dribble (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball.

#### Instructions:

Players dribble inside the grid freely using both feet for **1 minute**. Next have players dribble using only the inside and outside of both feet and work on the Hook Turn for **1 minute**. Next Have players dribble with only the soles of their shoes and work on turns such as the Drag Back and Stop/Turn for the next **2 minutes**. The players should be instructed to have a short sprint after turning. Now have players dribble full speed for **2 minutes** working on cuts, turns, and avoiding collisions. Demonstrate the moves for the players and let them practice before restarting the activity.

Have players perform 30 ball touches and 30 pendulums between games.



### Technical Activity #1: Gates Dribbling (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid. Each player has a ball.

#### Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. Have players do this multiple times and try to beat their previous score. Coaches can add a few extra seconds on to the allotted time to make sure players beat their previous score. Make players dribble with both feet.



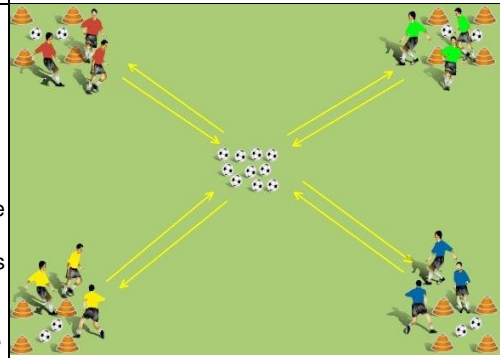
### Technical Activity #2: Capture the Balls (8 min)

#### Set-Up:

Make a grid roughly 40x40 yards. Break players into 3 or 4 teams and set up "home bases" (2-3 yard squares in the corners of the grid) with cones.

#### Instructions:

Place all the balls in the center of the grid. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use their hands, push each other, or guard their base. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each other's' home bases once all the balls in the center space are gone. **Play for 2 minutes**. Have the players count up how many balls are in their base to determine a winner. Allow teams 1 minute to strategize before playing again.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- After making a move, dribble into open space with a short burst of speed to get away from defenders. Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.
- Stop Turn– Place one foot on the top of the ball to stop it. Use your other foot to stop, plant and turn as quickly as possible. The foot used to stop the ball will then push the ball out in front of you in the opposite direction and dribble away quickly.
- Drag Back– Place the sole of the foot on the ball, drag the ball back behind you, turn with the ball and dribble away quickly.
- Inside /Outside of Foot Hook Turn– Use the inside or outside of your foot to hook the ball back in the opposite direction.



## Week 2 - Passing

### Warm Up: Short Passing Through Cones (8 min)

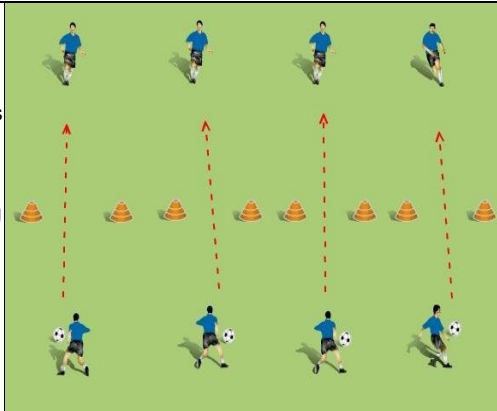
#### Set-Up:

Partner up players with 1 ball per pair. Set up cones about 2 yards apart for the players to kick the ball through.

#### Instructions:

Players should stand opposite each other roughly 5 yards away and take turns passing the ball back and forth to their partner through cone goals. Make sure players pass with both feet and strike the ball with the inside of their foot. Instruct the receiving player to take a touch to control the ball before passing it back (no 1 touch passing). The target is their partners' feet. Correct technique as needed. The first player to 5 goals wins. Repeat.

Have players juggle with both feet and thighs between games. Challenge players to increase the # of touches before catching or letting the ball hit the ground.



### Technical Activity #1: Pac-Man (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid except for 1 player or coach (Pac-Man).

#### Instructions:

Each player must dribble their ball around the grid. The objective is for each player to pass their ball off the Pac-Man below the knees. The Pac-Man walks freely throughout the grid trying to avoid the balls. Have players keep track of how many times they can hit the Pac-Man. Only passes with the inside of the foot count for points. Play multiple games, changing Pac-Man and see if the players can beat their previous high score.

**Progression:** Use opposite foot to pass and dribble.



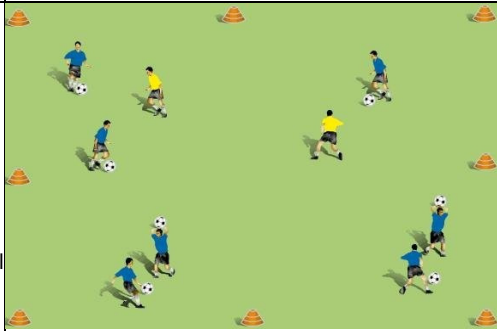
### Technical Activity #2: Stuck in the Mud (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

#### Instructions:

Coach will pick one or two players who will be the Mud Monsters. Mud Monsters dribble around and try to tag the other players (who also have a ball and are dribbling around). When a player becomes stuck in the mud, they must stand still, with their feet spread a little more than shoulder width apart, holding their ball over their head and yell for "HELP!" Players become unstuck if another (non-Mud Monster) player **passes** the ball through their legs. If all players are stuck the game ends and the coach will pick new Mud Monsters.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked, with the heel down and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target.
- Keep moving after the pass, DO NOT STAND STILL!
- Do not use your toe to strike the ball.



## Week 3 – Shooting

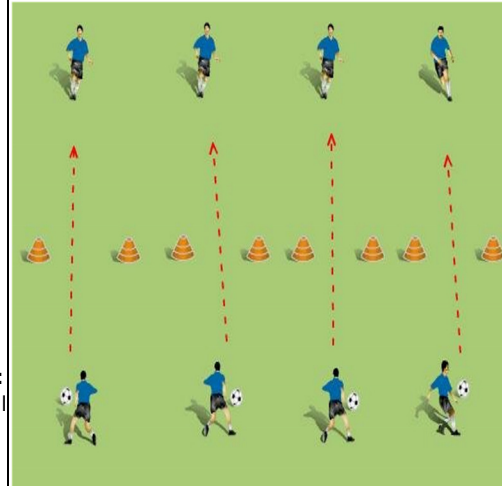
### Warm Up: Shooting Basics (8 min)

#### Set-Up:

All players have a ball to start. Have all players sit down with both feet on the ground and knees inside their arms. Start by having players hold the ball out in front of them and kick the ball out of their hands (like a punt) lightly so that the ball only goes up about 2 feet or so. Catch and repeat, using both feet. Make sure the players toe is pointed forward and they keep their ankle locked. Strike the ball with the "laces". After the kids get a good feel for this, partner them up with 1 ball per pair. Set up cones about 2 yards apart for the players to kick the ball through.

#### Instructions:

Players should stand opposite each other roughly 10 yards away and take turns shooting the ball back and forth to their partner through the cone goals. Make sure players shoot with both feet and strike the ball with their laces. The target is their partners' feet. Correct technique as needed. The first player to 5 goals wins. **Variation:** Place a soccer ball on a cone in between the pairs and have them shoot the soccer ball back and forth trying to knock the ball off the cone. The first player to 5 goals wins. Repeat.



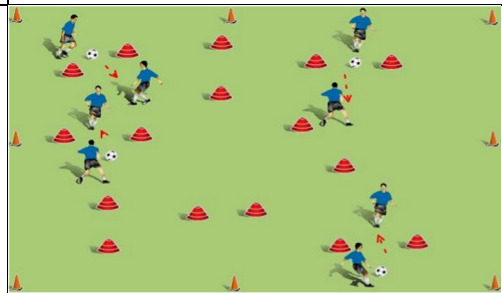
### Technical Activity #1: Gates Passing (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid.

#### Instructions:

Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Play multiple games and have them switch to passing with only with their left foot or right foot, and try to beat their previous scores.



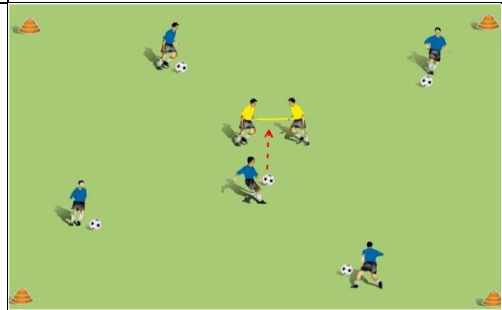
### Technical Activity #2: Moving Goal (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Select 2 players to become the "moving goal". All players will have a ball, except the 2 who are the "moving goal".

#### Instructions:

The 2 players who are the "moving goal" are connected together by holding one end of a pinney, ball bag, etc. The moving goal will move around the grid together. The players with the ball will dribble around the grid trying to shoot their ball into the "moving goal". Have players keep track of their score. Play multiple games of 1 minute each and choose different players to be the "moving goal".



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Approach the ball from a slight angle, not straight on.
- Keep the ankle of the shooting foot locked with toe down, strike with the laces for power.
- Keep the ankle of the shooting foot locked with toe pointed out, strike with the inside of foot for accuracy.
- Never use your toe!
- Non-kicking foot placed comfortably next to ball with toes pointing toward your target.
- Keep your eyes on the ball at moment of contact.
- Get your kicking knee over the ball when making contact.
- Strike the middle of the ball.
- Follow through to your target after striking the ball.



## Week 4 - Dribbling

### Warm Up: Red Light/Green Light (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

#### Instructions:

All players have a ball. When coach says "green light" players dribble forward fast but with ball under control. When coach says "red light", players must stop ball and put foot on top of ball. If coach says "yellow light", players must dribble very slowly. If coach says "reverse" player must turn (Hook Turn) and dribble in the opposite direction. Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to the game, after a red light add other actions for them to do. (Hop back and forth over ball, run around the ball, dance, ball touches, etc.). Make players dribble with both feet.

Have players perform 30 ball touches, 30 pendulums or juggle with both feet between games.



### Technical Activity #1: Kangaroo Jack (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball except for two.

#### Instructions:

The 2 Players without balls are Kangaroo Jacks and must hop around like a kangaroo and try to tag the other players. If a player gets tagged, they become a kangaroo as well. Play until all players are turned into kangaroos. The last 2 players to get tagged start as Kangaroo Jacks the next round. As you move to another game change the rules (dribble with left foot only, alternate left and right foot, etc.).



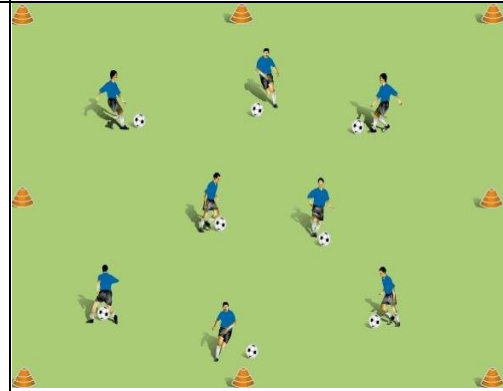
### Technical Activity #2: Knock Out (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. All players in the group have a ball.

#### Instructions:

Players dribble around the grid trying to knock out other player's balls while trying to shield and protect their own. If a player gets their ball knocked out, have them retrieve their ball and perform a specified # of juggles, or soccer dribbling moves outside the grid before they re-enter the game. If a player gets knocked out have them do 30 ball touches before re-entering the game. To add competition, coaches can have players count the # of balls they kick out in each game. Play multiple games. Go over technical points as a group and at the start of the activity, show the shielding technique. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield the ball.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet. Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.
- Use body to shield/protect ball.



## Week 5 - Passing & Receiving

### Warm Up: Passing Square (8 min)

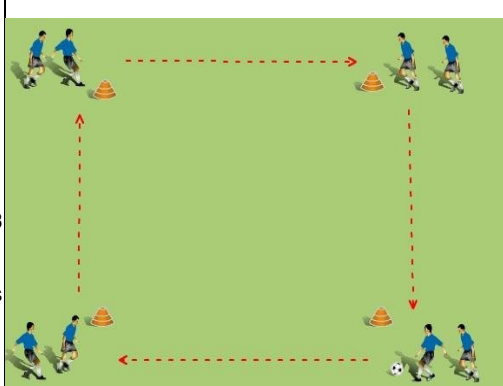
#### Set-Up:

Make a grid roughly 10x10 yards. Set up 4 cones to form a square. Divide the players evenly among the 4 cones. 1 balls needed for this warm up.

#### Instructions:

One player starts the game by passing the ball clockwise to the person at the next cone. The players receive the pass and then pass to the next person clockwise. After 3 or 4 times around the square have the players switch direction and pass counter clockwise with the other foot. The process will continue using only 2 touches, 1 to receive the ball and 1 to pass the ball. **Progression:** Have the players follow their pass and go to the back of the line at the cone they just passed to get them moving.

Have players juggle between games.



### Technical Activity #1: Gates Passing (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid.

#### Instructions:

Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Play multiple games and have them switch to passing with only with their left foot or right foot, and try to beat their previous scores.



### Technical Activity #2: Doctor, Doctor (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Players are split into 2 equal teams. All players have a ball except the 1 player on each team picked as the Doctor.

#### Instructions:

All the players with a ball inside the grid dribble around the grid looking to pass their ball against an opponent's ball. If your ball gets hit you are 'Injured' and must sit on your ball, shouting **DOCTOR, DOCTOR** and wait to be saved (with a high five) by the team doctor waiting in safe zone. If the Doctor is hit, the game is over.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target.
- Keep moving after the pass, **DO NOT STAND STILL!**
- Do not use your toe.
- **Receiving:** Get good body position behind the ball when receiving it. Cushion the ball with inside of foot as you receive it.
- Do not use the sole of the foot to receive the ball.
- Lock your ankle and make contact with the middle or top part of the ball when receiving it.
- Direct the ball in the direction you want to go with your first touch. Do not to stop the ball when receiving it.
- Move to the ball, do not wait for it. Watch the ball as you receive it.
- Stay loose and on your toes.



## Week 6 – Shooting

### Warm Up: Gates Dribbling (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid. Each player has a ball.

#### Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. Have players do this multiple times and try to beat their previous score. Coaches can add a few extra seconds on to the allotted time to make sure players beat their previous score. Make players dribble with both feet.

Have players do 30 ball touches, 30 pendulums or juggle between games.



### Technical Activity #1: Feed the Dragon (8 min)

#### Set-Up:

Use your half of the field. All players line up on the goal line. Spread all the soccer balls around the midfield area. Set up cones that the players must shoot behind.

#### Instructions:

The object of the game is to feed the dragon by retrieving and shooting the balls as quickly as possible into the net (dragon), once the coach yells go. All the players are on the same team. Players are not allowed to take balls away from each other. After the players shoot their ball they must run around the goal before getting another ball. Coaches can retrieve the balls from the net and throw them back out to the midfield area to keep the game going longer. Time them to see how fast they can finish feeding the dragon.



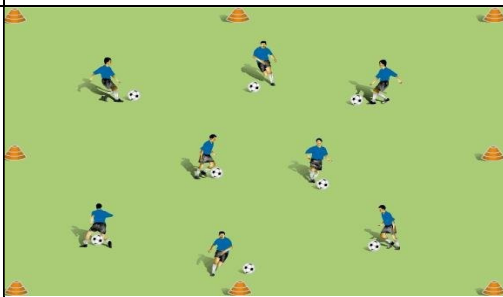
### Technical Activity #2: Ball Tag (8 min)

#### Set-Up:

Make a grid roughly 20x20 yards. Each player needs to have a ball.

#### Instructions:

All the players are dribbling a soccer ball inside the grid. The players try to hit another player's feet or soccer ball with their soccer ball by shooting the soccer ball with the inside of their foot. Players should keep count of how many times they hit another player or their ball. **Variation:** If the players are able to hit the coach in the feet they receive 5 bonus points.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Approach the ball from a slight angle, not straight on.
- Keep the ankle of the shooting foot locked with toe down, strike with the laces for power.
- Keep the ankle of the shooting foot locked with toe pointed out, strike with the inside of foot for accuracy.
- Never use your toe!
- Non-kicking foot placed comfortably next to ball with toes pointing toward your target.
- Keep your eyes on the ball at moment of contact.
- Get your kicking knee over the ball when making contact.
- Strike the middle of the ball.
- Follow through to your target after striking the ball.



## Week 7 – Dribbling/Turning

### Warm Up: Avoid the Cones (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Place 7-8 cones within the grid to represent land mines. Each player needs to have a ball.

#### Instructions:

Players dribble around the grid trying to avoid the cones. If their ball hits one of the cones or their ball goes out of the grid, players have to dribble their ball around the outside of the grid 1 time before they can come back into the game. Show players how to cut away from the cones or turn just before they reach the cone with the inside and outside of the feet (hook turn), and the bottom of the foot (drag back and stop turn). Make sure players are using both feet and keep their heads up to avoid collisions. Have players keep track of how many cones they can turn or cut away from.



### Technical Activity #1: Snake (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. All players have a ball each except 2 players picked as snakes.

#### Instructions:

The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected, they cannot break into little parts. Encourage Hook Turns, Drag Back, and Stop-Turn as ways to change direction and snake.



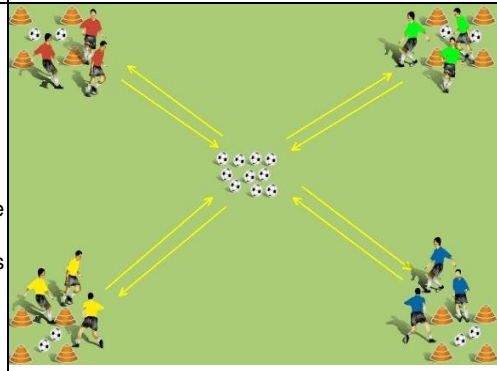
### Technical Activity #2: Capture the Balls (8 min)

#### Set-Up:

Make a grid roughly 40x40 yards. Break players into 3 or 4 teams and set up "home bases" (2-3 yard squares in the corners of the grid) with cones.

#### Instructions:

Place all the balls in the center of the grid. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use their hands, push each other, or guard their base. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each other's' home bases once all the balls in the center space are gone. **Play for 2 minutes.** Have the players count up how many balls are in their base to determine a winner. Allow teams 1 minute to strategize before playing again.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet. Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.
- Use body to shield/protect ball.



## Week 8 - Passing & Receiving

### Warm Up: Gates Passing (8 min)

#### Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid.

#### Instructions:

Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Play multiple games and have them switch to passing with only with their left foot or right foot, and try to beat their previous scores.

Have players do 30 ball touches, 30 pendulums or juggle between games.



### Technical Activity #1: Ghost Busters (8 min)

#### Set-Up:

Make a grid roughly 30x15 yards. All players have balls. Line up all but 2 players (ghosts) at one end of the grid. The other 2 players (ghost busters) are placed on the side of the grid with their ball.

#### Instructions:

The running players (ghosts) must dribble their ball from one side of the grid to the other without being hit by a ball from the side players (ghost buster). Once hit the ghost joins the other ghost busters. Last 2 players hit start the next game as ghost busters. Tell players to try to keep the ball below the knees.



### Technical Activity #2: Snatch the Ball (8 min)

#### Set-Up:

Make 2 grids roughly 20x20 yards with a 5 yard gap between them. Divide the players into two teams, one team in each playing area. Assign each player per team a number (1-?). One ball per team.

#### Instructions:

Each team dribbles and passes the ball in their playing area. When the coach shouts a number, the corresponding players run into the other team's square and tries to snatch the ball while the other team plays keep away. If a player steals the ball and kicks it out of the square, they get one point for their team. If they can steal the ball and take it back into their square, they get three points. Allow 30 seconds for a snatch to take place.



### Activity # 3: Scheduled Game (30 min)

4v4 or 5v5 (depending on #'s) unrestricted play.

#### Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target.
- **Receiving:** Get good body position behind the ball when receiving it. Cushion the ball with inside of foot as you receive it.
- Do not use the sole of the foot to receive the ball.
- Lock your ankle and make contact with the middle or top part of the ball when receiving it.
- Direct the ball in the direction you want to go with your first touch. Do not to stop the ball when receiving it.
- Move to the ball, do not wait for it.
- Watch the ball as you receive it.

#### References

This document was created with the assistance of content, philosophies and ideas from the following:

Mass Youth Soccer. [www.mayouthsoccer.org](http://www.mayouthsoccer.org). Retrieved 2011-08-04

US Youth Soccer. [www.usyouthsoccer.org](http://www.usyouthsoccer.org). Retrieved 2011-08-04

Soccer Interactive. [www.soccerinteractive.com](http://www.soccerinteractive.com). Retrieved 2011-08-04