

**WARM UP DRILLS – remember, frequent water rests are GOOD! Keep them moving, keep it fun!**

- 1.) **BIG HOUSE – LITTLE HOUSE** – using cones create a ‘little house’ (~10x~10) and a big house square around it.
  - a. **TAG** – coach announces a game of ‘tag’ in the little house. Coach should vary the tagged body parts (arm, knee, elbow, leg, back); players should count out loud each time they ‘score’ Swap the action between the ‘big house’ and ‘little house’ for variation.
  - b. **DRIBBLING** – switch from TAG to dribbling. Coach varies what type of dribbling: left foot, right foot, both feet, etc. Switch action in and out of the ‘houses’.
  - c. **Penguin walk** – this concept helps them understand that dribbling the ball with their feet is a soft bump under control, not an upfield kick!
  
- 2.) **WHACK + DRIBBLE or SHARKS and Bee** – remove the little house cones. Have players dribble their soccer balls in and around the big house. One player (The whack) runs in the house with a **UNIQUE** soccer ball in their hands, trying to hit another player (dribblers) **ball**. When the Shark hits another players ball, the Shark becomes one of the Minnows and the player that lost their ball becomes the Shark, and now tries to hit another Minnow’s ball. Coach can have the players dribble in different ways – left foot, right foot, both feet, forwards, backwards.
  
- 3.) **THROW and RETRIEVE** – The coach throws each players ball and has the player run out and retrieve the ball. The coach announces to the player as they throw the ball how the player should bring the ball back. Bring back left foot only, right foot only, bring back both feet dribble, bring back right foot dribble, bring back backwards, pick up the ball and bring back in your hands fast!

**SIMPLE SKILL DRILLS**

- 4.) **2 person Stationary Passing** – Start with 2 Players, buddy up and kick the ball between them. Stopping the ball (TRAPING) is important here. They can use any part of they’re foot to trap the ball before kicking it back
- 5.) **2 person Passing** - head up the length of the field, passing the ball between them, when they approach the goal one players passes to the other then shoots on the goal. They then turn around and head back towards the opposite goal and the ‘other’ player now shoots on the goal.
- 6.) **3 person Passing (ADVANCED. Try in later weeks )** This can be advanced by adding a 3<sup>rd</sup> player and having the players pass across the field to all 3 of them as they work up the field.
  
- 7.) **GOAL SHOOTING** – the coaches play goal and have the players each dribble the ball from ½ field and set up and take a shot against goal. This shouldn’t be a standing in line waiting to shoot sort of thing, but rather a coach should be prepared to have 6 players or so dribbling towards them and shooting practically at once. Chaos is healthy 😊

**ADVANCED ( 1<sup>st</sup> grade – week three ???)**

- 8.) **DEFENSE** - During the PASSING drill have 2 players defend the field near the goal. If the defensive players ‘steal’ the ball they head to the opposite field, passing between them and shoot. The 2 players that ‘lost’ the ball become the defensive players. Defensive players that do not successfully steal the ball should only play 2 sets as defense. The 2<sup>nd</sup> team they face will become the next defensive group as the defensive players head downfield passing and shooting on the opposite goal.