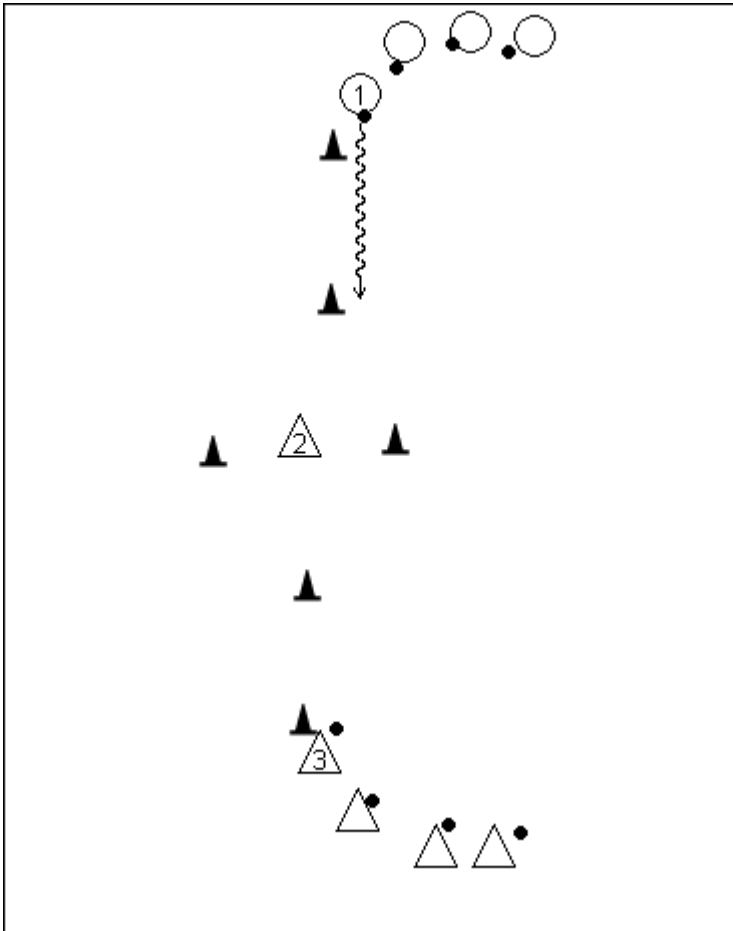


Breakaway Shooting Game



Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

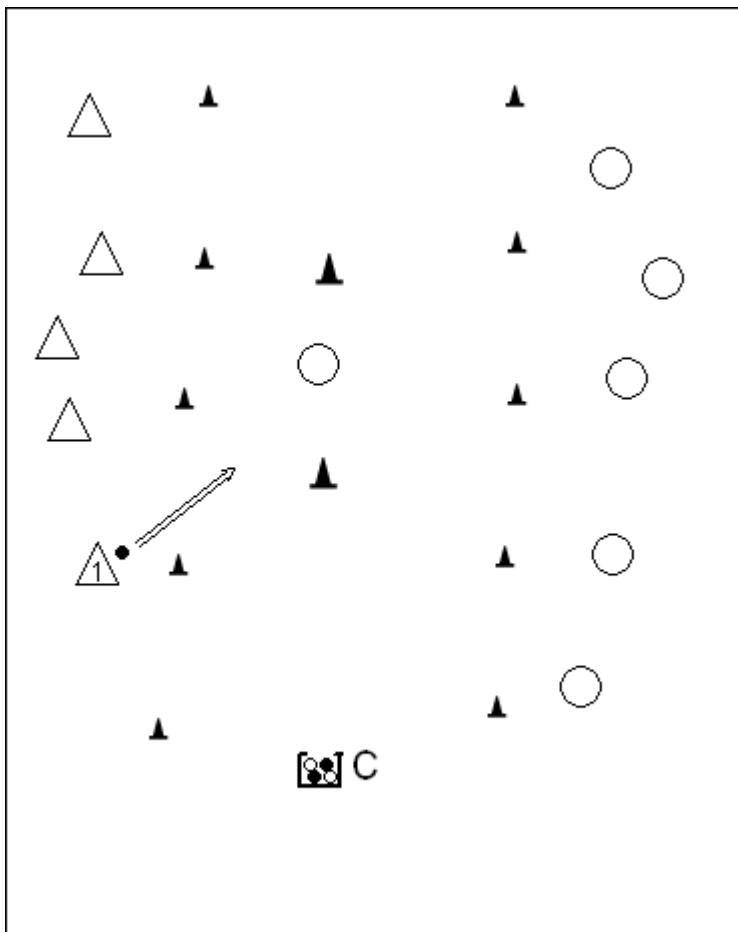
After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

Shooting Game



Setup- create two lines about 30 yards apart. Use cones to make a goal in the middle.

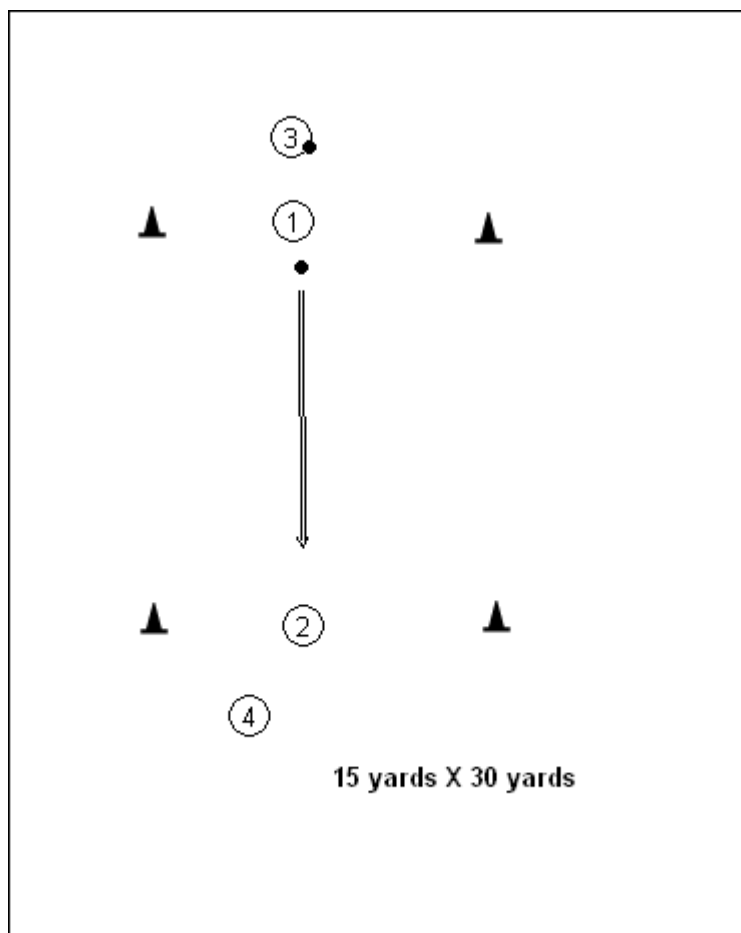
The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot now becomes the keeper and Player 1 goes back with his team.

Eventually becomes a fast paced shooting game.

1 V 1



Set up a bunch of small fields / grids.
4 players at each field.

Object of the game is to dribble the soccer ball across the opposite line.

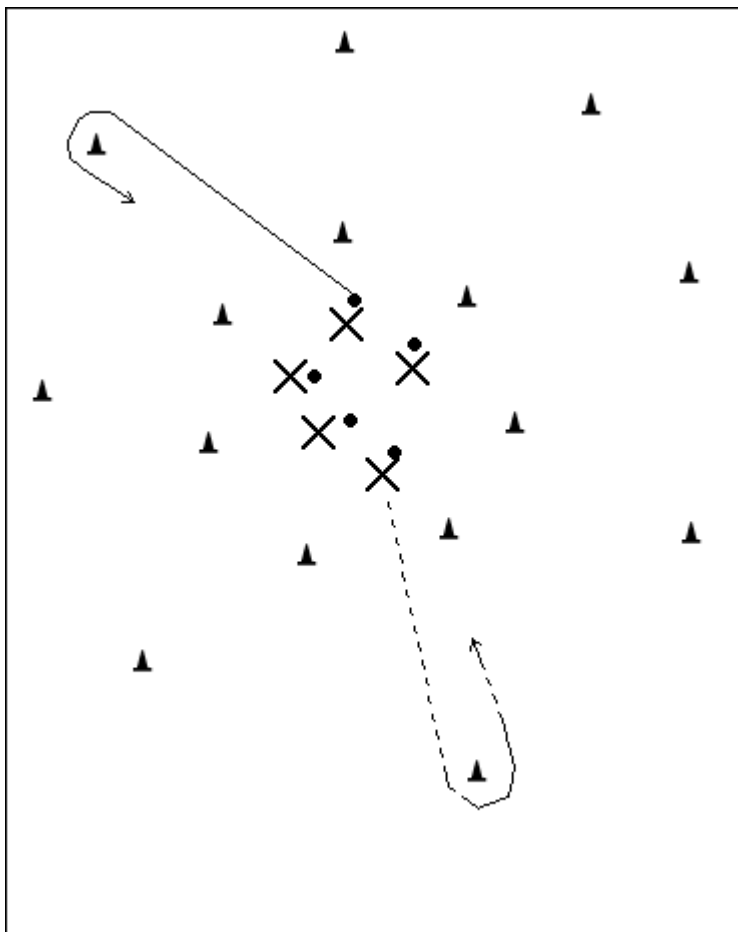
How to play- player 1 kicks ball to player 2. Once player 2 touches the ball, players 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

Variations- to score, player has to STOP the ball on the end line.
Play 2v2.

Exploding dribble



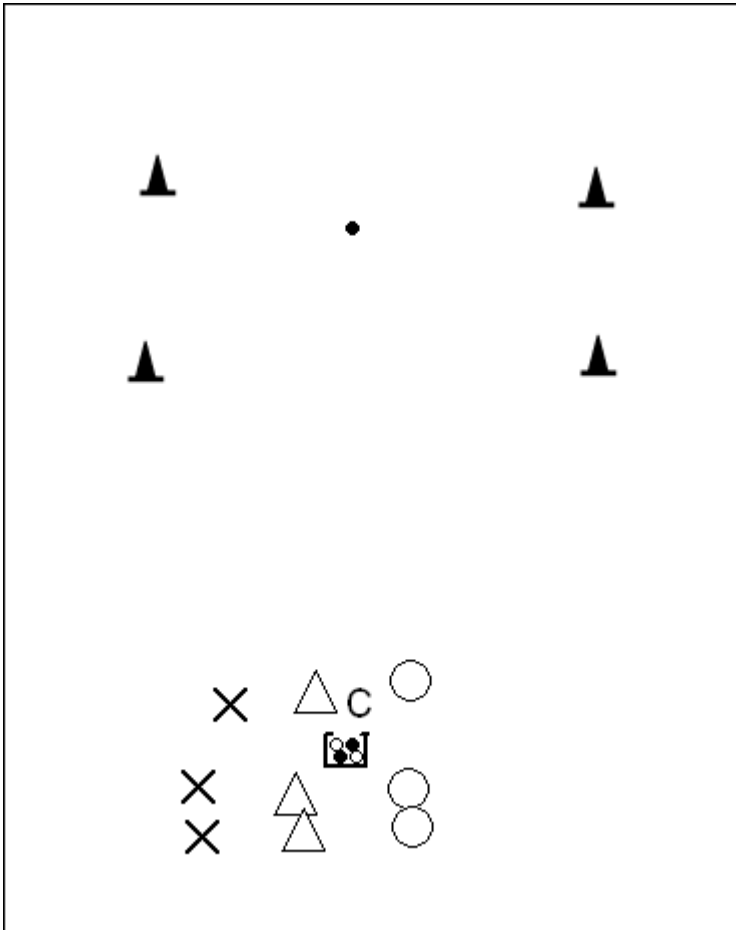
Setup- make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle.

The Game- Players dribble inside the small circle of cones. On the coach's whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling... coach blows whistle again or make last player back do 10 "toe taps" with the bottom of his boot.

Coaching Points- when exploding, body low, use the shoe lace part of boot to take off.

1v1v1 WAR



Three short lines of players are next to the coach. The coach kicks a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back.

While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that.

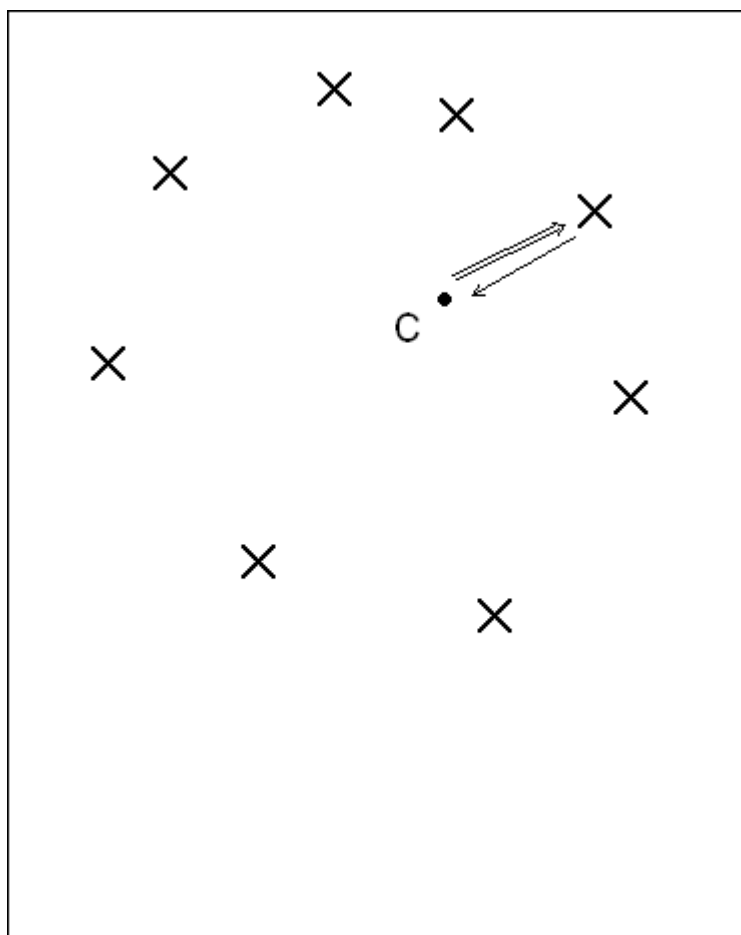
Once a goal is scored, players hustle off to the outside and the coach kicks another ball.

Great drill for finishing and reversing the ball away from pressure.

Adjust the field and goals accordingly.

Can start with 20 X 40 grid. Six foot goals.

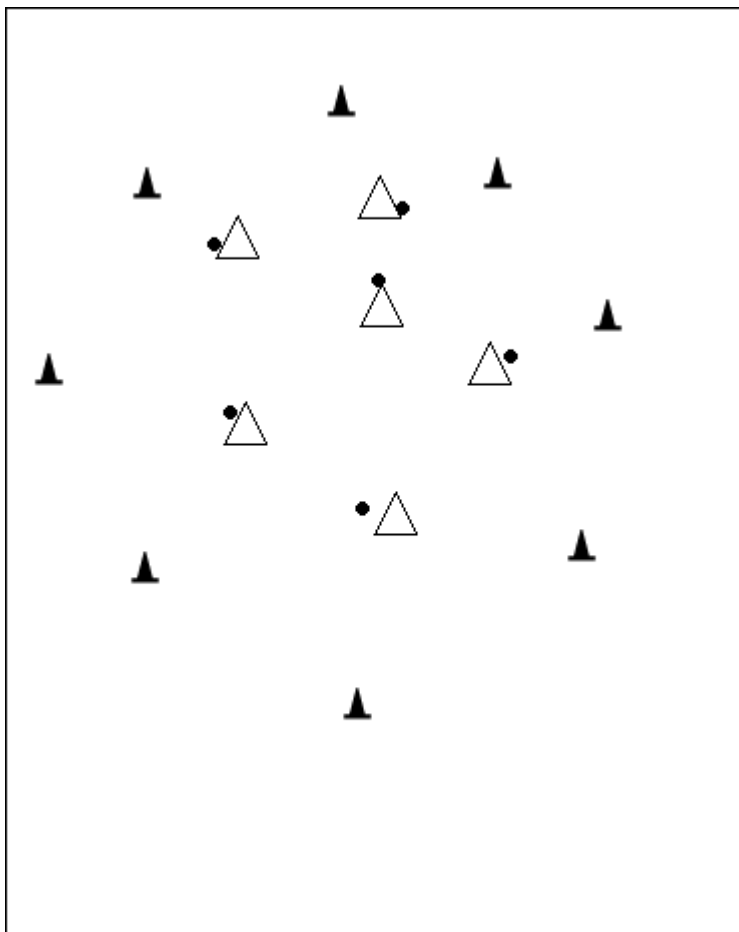
Head/Catch



Setup-Players form a circle around the coach. The coach has a soccer ball.

The Game- The coach starts at one player and works his way around the circle by tossing a soccer ball underhand at each soccer player. While the ball is in "mid air" he yells "head" or he yells "catch". If the coach yells "head", the player must catch the ball and if the coach yells "catch" the player must head the ball. If the player makes an error, he sits. Coach keeps going around till there is only one player standing.

Knockout



Set-up

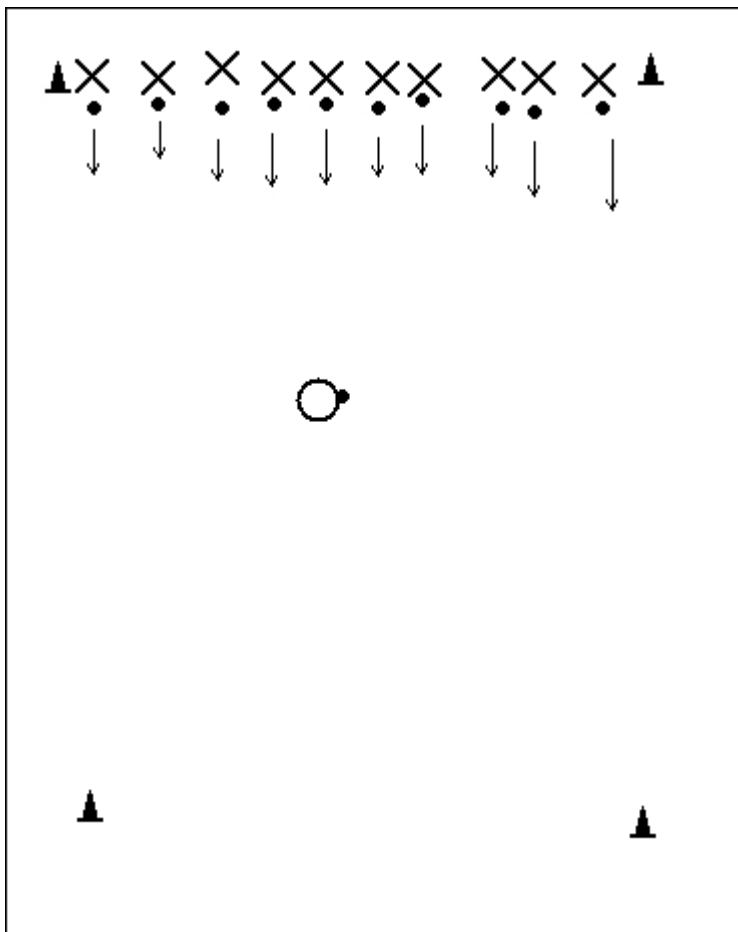
Create a large circle with cones.

4-18 players each with a soccer ball inside the circle.

Object of the game is for players to try to kick other soccer players' ball out of bounds while protecting his or her own soccer ball.

Player who kicks out most balls wins...

Tag



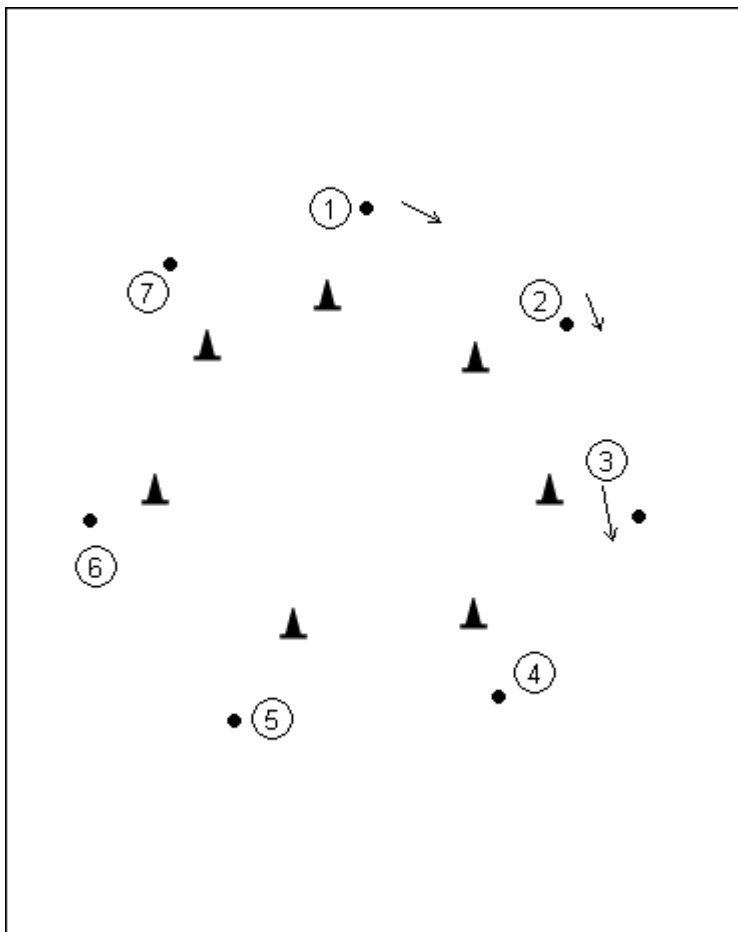
TAG- Dribbling with soccer ball (or start with no soccer balls and progress to dribbling with soccer ball)

Setup- create a grid 20 yards X 40yards. Start with one player in the middle holding a soccer ball under his/her armpit (this person is "it". The rest of the players line up on one end of the grid with a soccer ball at their feet.

The object of the game. ON THE COACHES WHISTLE, players dribble from one end of the grid to the other without being tagged by "it". If a player is tagged they ALSO become "it". Dribblers stop when they get to the other end of the grid. In the beginning - it is 10 dribblers to one "tagger". The next time back it might be three taggers to 7 dribblers. Eventually the taggers outnumber the dribblers

COACHING POINTS - heads up, check with the ball and then explode.

Speed Racer



Dribbling for younger players

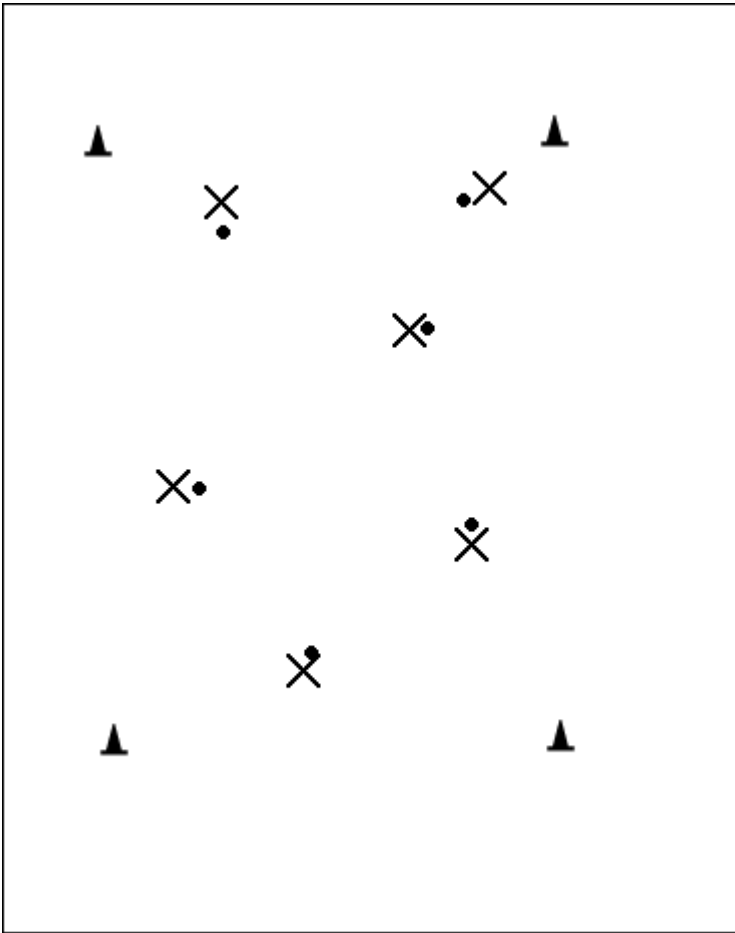
Create a large circle with cones.

Players find and stand next to a cone

On coaches whistle, the player race around the track and try to be the first one back to their cone.

Progression- tell players they can go in any direction. This will force them to keep their heads up

NASCAR



Set up- 4 -12 players in an area. Each with a soccer ball.

Coach yells "Ladies and Gentleman, start your engines". All players have to toe tap the soccer ball with the bottom of their boots ten times.

Coach yells "first gear" --- players dribble their soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster

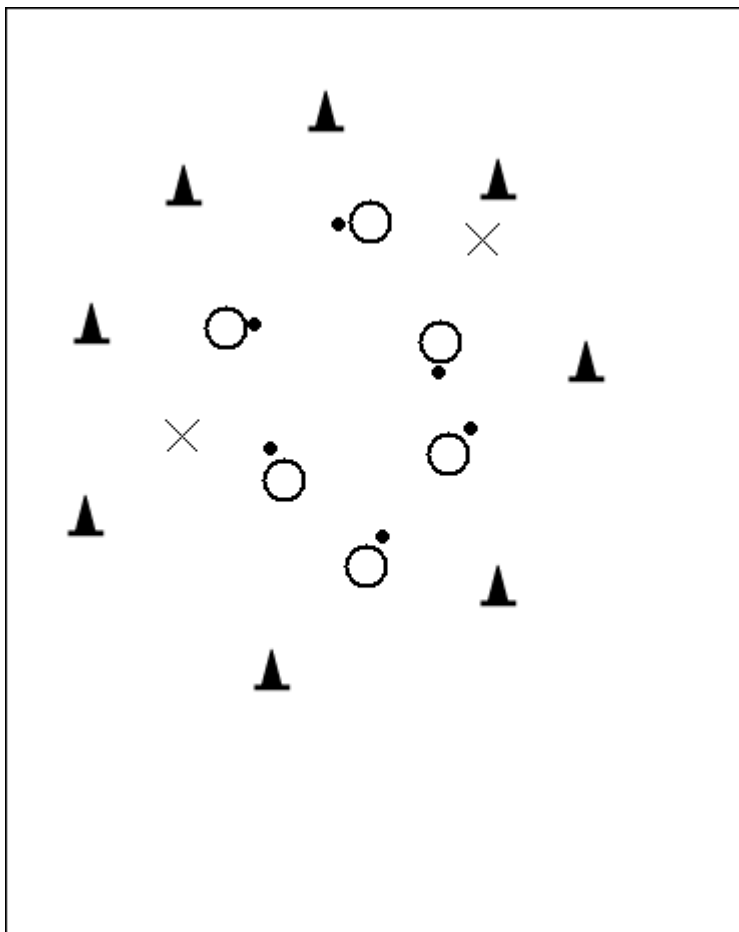
"fourth gear" - as fast as they can.

"third gear" to "second gear" to "fourth gear" to test them

If two players balls touch "CRASH" – Five toe taps outside the circle.

Coach can yell "reverse" everyone has to reverse their race car.

Shark Attack



Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing bibs are the "Shark Attack"

The object of the game is for one or two "sharks" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

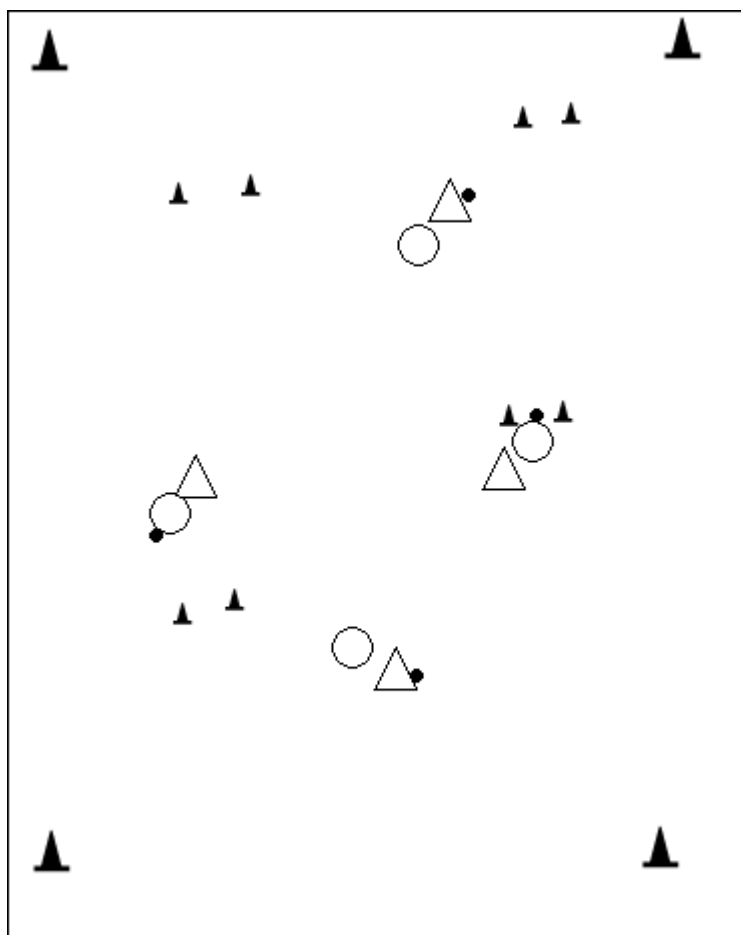
The O's with a soccer ball try to shield the ball from the sharks (X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle.

The "sharks" can usually go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be the shark. The player who kicks out the most balls wins.

Use stop watch.

You can use one or two killer whales

1 v 1 Dribbling through gates

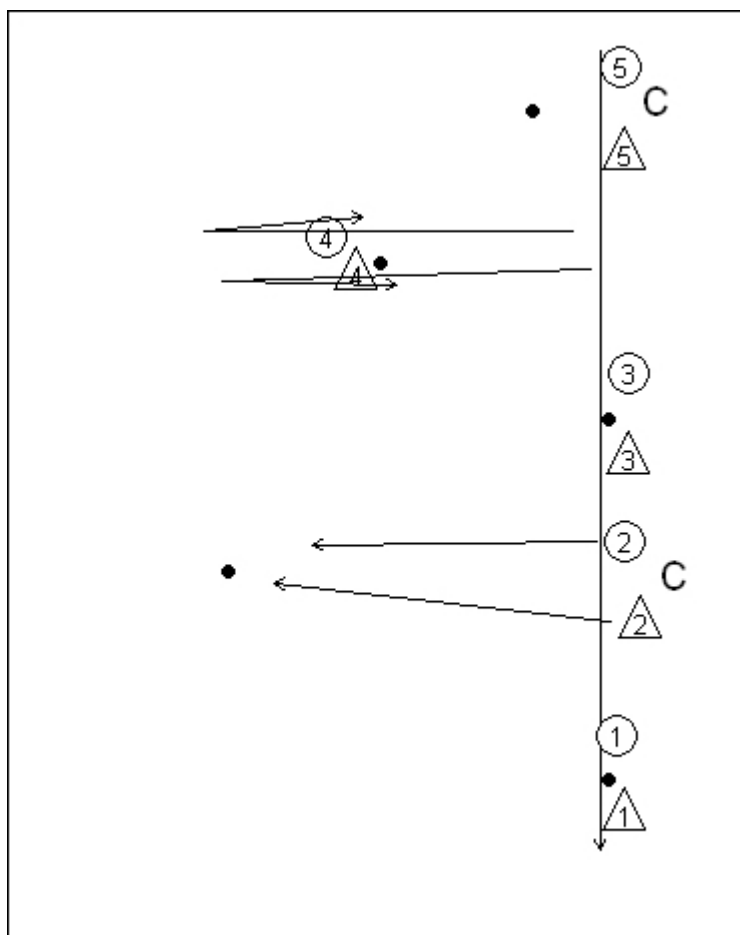


Setup- Large field with a bunch of "cone gates" about one yard apart. Pair up players One of the two players needs a soccer ball..

The Game- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball. Play for a certain amount of time. 30 to 60 seconds. Cannot go through the same gate twice in a row. One point for each gate. If the other player steals the ball, he gives it back to attacker. When time is up, switch positions.

Player with most points wins.

1v1 Dribbling with Fitness Twist

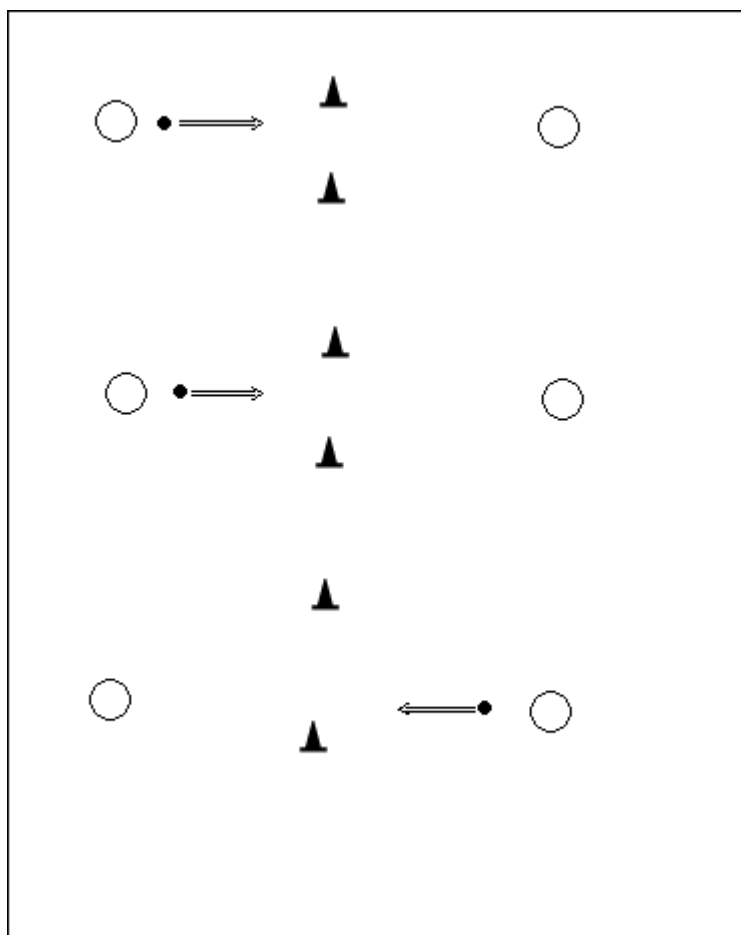


Set-up- Use or make a line on the field. Pair up players and have them sit with legs crossed and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them.

The Game- The coaches go around to each of the pairs and kicks the ball into the field. Once the ball is kick, the two players get up as fast as they can from their sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again.

Player with most points wins.

Passing Gates



Setup- split group into pairs. Use cones to create gates about three yards apart.

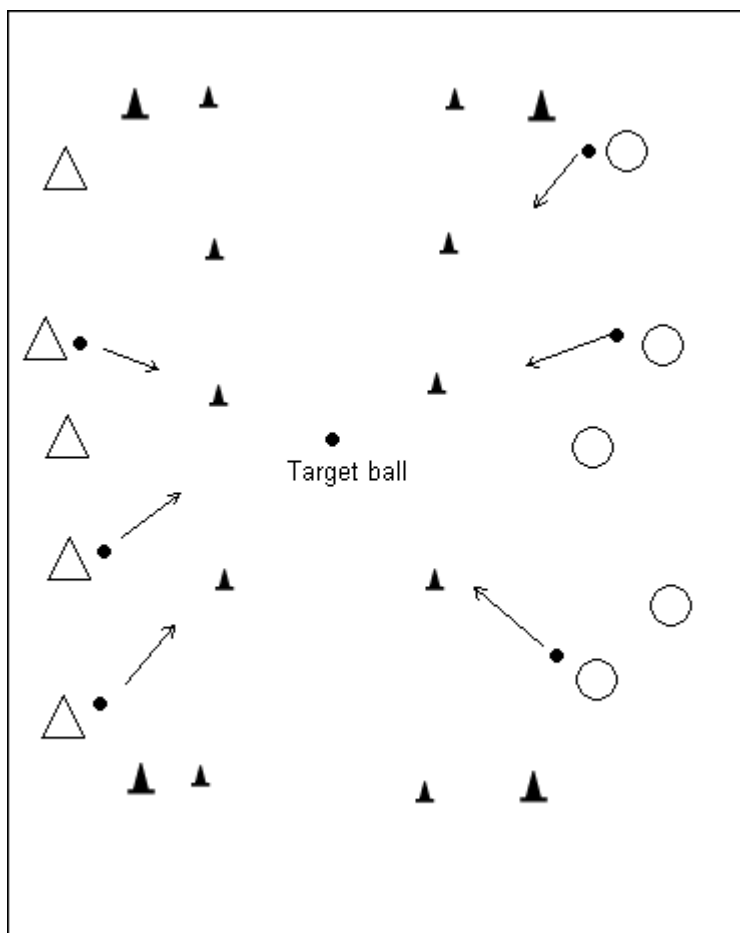
Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players

Tug of War

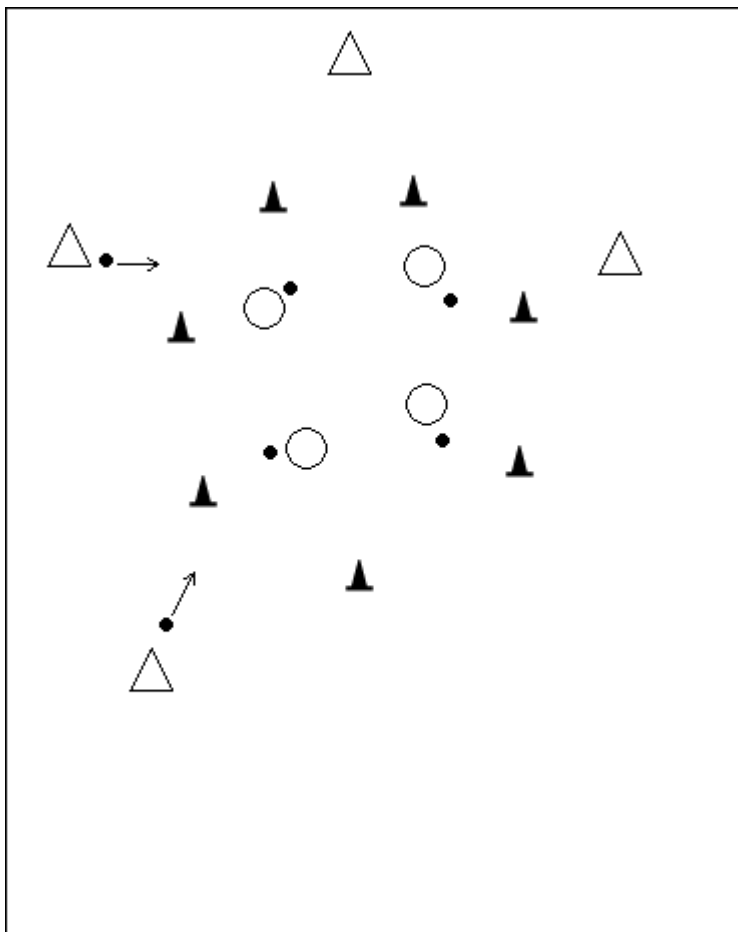


Setup- create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball (target ball) in the middle.

Players on each side try make the target ball cross the opposing teams line by kicking (push passing) their soccer ball at the target ball.

Trains power and accuracy.

Dodge Ball



Setup-Use cones to make a large circle.

The Game- Players on the outside of the circle "push pass" the ball back and forth to their partner who is also outside the circle and try to hit the players in the middle of the circle with the soccer ball. All passes must be on the ground.

Variations- Depending on the skill level can start the players inside the circle without a soccer ball. Progress to players inside the circle must dribble a soccer ball.

For younger players- Have parents on the outside, and turn it into a dribbling drill.