

New Albany Youth Soccer League (NAYSL)
Youth Soccer Curriculum

Pre-Kindergarten, Kindergarten, and 1st Grade

Children's Psychology at this Age

On the soccer field, players at this age are quite egocentric. They are commonly using expressions like “my ball”, “mine”, and “me, me, me”. They always want the ball and always want to be around the ball; but this is often because they are unfamiliar with their teammates. At this point, the coach must recognize the importance of social development. The coach must be sensitive to this when selecting practice activities, which should include positive social interaction. Activities that involve interacting with all the members of the team are important. Players at this age can also perform tasks if they are given simple directions. A visual demonstration is often needed to help them understand what they are being asked to do. Tactics at this age should be limited. The main focus during their play at Pre-K level is to understand which way they are going. They also play at full speed until they cannot go anymore, then once they get a quick break, they are back to playing full speed again. The players need multiple breaks during practices and games as it is difficult for them to maintain a high intensity of play for long periods of time.

Principles of Player Development at this age

- Very young players at this age love to play. Therefore, all practices should be based on fun games
- Players must spend the maximum time possible in contact with the ball and experiment by themselves
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control

Allocation of Practice Time

Pre-Kindergarten:

1. Dribbling – 40%
2. Passing & Receiving – 0%
3. Finishing – 40%
4. 1v1 Moves – 20%
5. Goalkeeping – 0%
6. Defending – 0%
7. Combinations – 0%

Kindergarten and 1st Grade:

1. Dribbling – 25%
2. Passing & Receiving – 10%
3. Finishing – 25%
4. 1v1 Moves – 20%
5. Goalkeeping – 10%
6. Defending – 10%
7. Combinations – 0%

Practice Structure

Pre-Kindergarten:

Length of Practice: 1 hour

- Warm-up and stretches: 5 min
- Dribbling Drills: 15 mins
- Water break: 1 min

- Passing Drills: 15 mins
- Water break: 1 min
- Shooting Drills: 5 mins
- Water break: 1 min
- Scrimmage/Fun game: 15 mins

Try to get an equal amount of time working on Dribbling, Passing & Receiving, and Shooting throughout the season

Kindergarten and 1st Grade:

Length of Practice: 1 hour

- Warm-up and stretches: 5 min
- Drill 1: 15 mins
- Water break: 1 min
- Drill 2: 15 mins
- Water break: 1 min
- Drill 3: 5 mins
- Water break: 1 min
- Scrimmage/Fun game: 15 mins

Formations

Pre-Kindergarten:

We play 4 v 4 with no goalkeeper. An ideal formation for this age group would be a 1-2-1, meaning that there is one defender, two midfielders, and one forward, but everyone will most likely still be chasing the ball. You can also try 1-3, with 1 defender and 3 midfielders.

Kindergarten:

We play 5 v 5 including a goalkeeper. An ideal formation for this age group would be a 1-2-1, meaning that there is one defender, two midfielders, and one forward. Another formation for this age group is 2-2-0, with two defenders and two midfielders.

1st Grade:

We play 6 v 6 including a goalkeeper. An ideal formation for this age group is 2-1-2, meaning that there are two defenders, one midfielder, and two forwards. You can also do 2-3-0, with two defenders and three midfielders.

Year-End Goals

Pre-Kindergarten & Kindergarten:

- Players should be able to dribble with the ball, and begin to keep head up
- Receive and control the ball
- Know the basic rules: no using hands, no pushing, out-of-bounds

1st Grade:

- Dribble with head up
- Pass keeping ball on ground
- Begin to shoot toward corners instead of directly at goalkeeper
- Know about throw-ins, corner-kicks, goal kicks
- Begin to more consistently stay in position

2nd Grade and 3rd Grade

Children's Psychology at this Age

This is the age where players can begin to understand the concept of working with a teammate. Players begin to actively look for a teammate to pass to, but they are more likely to pass to someone they are more comfortable around (best friend) rather than the player in the best position. To help offset this, encourage players in practice to share the ball. Some players will go back and forth between egocentric and cooperative play while others may remain egocentric due to a slower developmental path. The "two players-one ball" concept should encourage a coach to design activities in which players are sharing a ball.

Principles of Player Development at this age

- Practices should be fun
- Players must still spend the a large portion of time in contact with the ball
- For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team
- Developing good technique is essential at this age

Allocation of Practice Time

2nd & 3rd Grade:

1. Dribbling – 20%
2. Passing & Receiving – 20%
3. Finishing – 20%
4. 1v1 Moves – 20%
5. Goalkeeping – 10%
6. Defending – 10%
7. Combinations – 0% [could do 5-10% depending on development of players]

Practice Structure

Length of Practice: 1 hour

- Warm-up and stretches: 5 mins
- Drill 1: 10 mins
- Water break: 1 min
- Drill 2: 15 mins
- Water break: 1 min
- Drill 3: 10 mins
- Water break: 1 min
- Scrimmage: 15 mins

Formations

We play 7 v 7 including a goalkeeper. An ideal formation for this age group is 2-2-2, two defenders, two midfielders, and 2 forwards. You can also do 2-3-1, two defenders, 3 midfields, and 1 forward.

Year-End Goals

- Dribble with both feet
- Pass accurately to teammate, keeping ball on ground
- Receiving the ball while keeping it moving
- Move the ball away from pressure and into free space
- Be able to take a touch to the side, at speed, to beat the defender
- Stay in position very consistently

4th and 5th Grade

Children's Psychology at this Age

Both boys and girls are beginning to demonstrate an improved ability and skill by this age. They have also begun to develop basic technical abilities to play soccer and understand basic tactics and strategies of the game. They are beginning to develop the ability to think advance of the ball. Players have begun to initiate play on their own and are becoming more serious about their play and whom they play with. There is a need to belong and the association with a team becomes increasingly important; this is the age when a coach should start developing a cohesive group of players and try to develop a good team, instead of focusing on developing good players. The players who are truly motivated will put in the effort to make themselves better.

Principles of Player Development at this age

- Players should be consistently using proper technique
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game
- Use small-sided games to develop basic attacking and defensive principles
- Players should continue to rotate in two or three different positions to avoid early specialization

Allocation of Practice Time

4th & 5th Grade:

1. Dribbling – 10%
2. Passing & Receiving – 10%
3. Finishing – 20%
4. 1v1 Moves – 20%
5. Goalkeeping – 10%
6. Defending – 10%
7. Combinations / set plays – 20%

Practice Structure

Length of Practice: 90 minutes

- Warm-up and stretches: 10 mins
- Drill 1: 15 mins
- Water break: 1 min
- Drill 2: 20 mins
- Water break: 1 min
- Drill3: 20 mins
- Water break: 1 min
- Scrimmage: 20 mins

Formations

We play 8 v 8 with a goalkeeper. One formation that would work well for this age group would be a 2-3-2, meaning two defenders, three midfielders, and two forwards; this formation is balanced and more attacking minded. Another formation that would work well in this age would be a 3-3-1, meaning three defenders, three midfielders, and one forward. This formation is more defensive minded, but allows for your outside midfielders to utilize the sides of the field to dribble and send in crosses.

Year-End Goals

- Make a clean, controlled first touch without stopping the ball
- Shoot accurately with both feet
- Shoot from all distances and angles
- Keep close control of the ball and use different turning techniques to move away from defender
- Be able to play with 1-3 touch maximum. Minimizing the touches improves the speed of play
- Know the offside rule
- Begin to utilize more advance tactics: switching field, combinations, counter attacking

6th – 8th Grade

Children's Psychology at this Age

As the players are now on the verge of being adolescence, the middle school age group presents an opportunity for the players to achieve and rise to their potential and become very good players. Not only are they able to follow complex instruction, but now they are able to create variations of the games and drills they are doing. This is also the age where children start to enter puberty; and this has a direct impact on the relationship with their teammates. Girls have a tendency to form cliques while boys take a more broad approach to team relationships. Much of their training should consist of small-sided games with various playing conditions (three passes before a goal, two touch limit, etc.) upon the players in order to build teamwork and cohesiveness

Principles of Player Development at this age

- The player in possession of the ball must receive constant support and have at least two passing options
- Find the best available space to create passing options for the player in possession of the ball
- Improve transition by reducing the number of passes needed to arrive at the target area
- Quick movement of the ball to create 2 v 1 situation

Allocation of Practice Time

6th - 8th Grade:

1. Dribbling – 10%
2. **Passing & Receiving** – 10%
3. Finishing – 20%
4. 1v1 Moves – 20%
5. Goalkeeping – 10%
6. Defending – 10%
7. Combinations / set plays – 20%

Practice Structure

Length of Practice: 90 minutes

- Warm-up and stretches: 10 mins
- Drill 1: 15 mins
- Water break: 1 min
- Drill 2: 20 mins
- Water break: 1 min
- Drill3: 15 mins
- Water break: 1 min
- Scrimmage: 25 mins

Formations

We play 11 v 11 with a goalkeeper. By this age, players understand the game and understand the idea of formations and their particular roles in those formations. The ideal formation for this age group would be a 4-4-2, meaning four defenders, four midfielders, and two forwards; this formation is balanced and is attacking minded because of how the outside midfielders can attack up the sides and with two forwards looking to score goals, but it is also defensive with the four midfielders who can all play defense. You can also do 4-3-3, with four defenders, three midfielders, and 3 forwards.

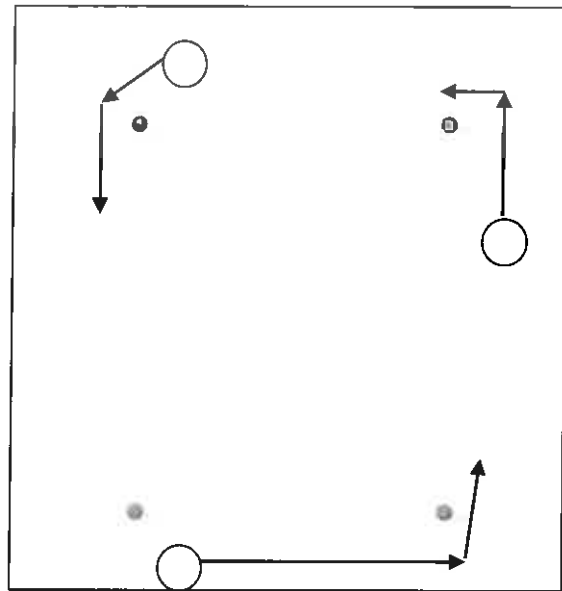
Year-End Goals

- Player should actively take risks and work to increase the speed of play (especially in practice)
- Very quick ball movement
- Consistently utilize more advanced tactics: switching field, combinations, counter attacking

Dribbling:

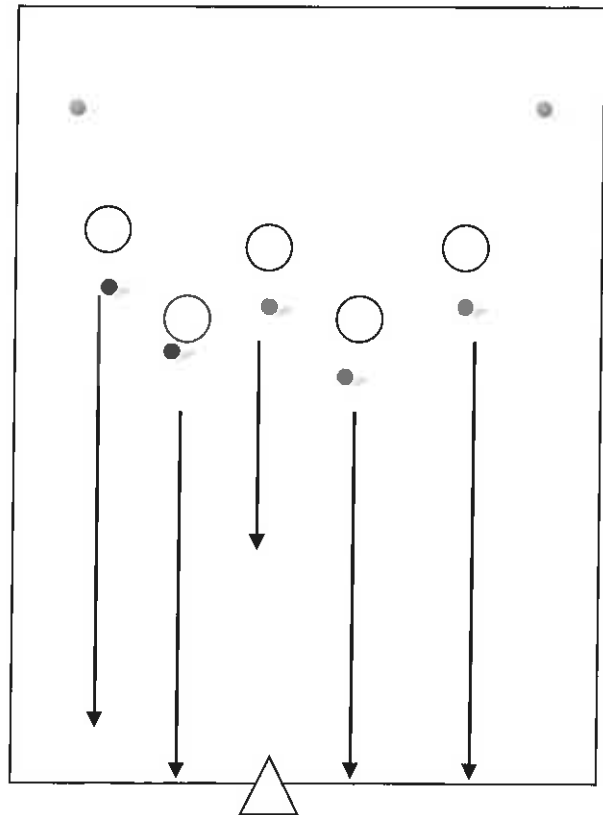
1. Nascar

- Set up a 30x50 foot rectangle with cones
- Have each player, with a soccer ball, start at one of the 4 cones
- When the coach blows his whistle or says go, the players dribble as fast as they can around the cones like a race track
- 3-5 laps
- The coach can yell out “reverse” and everyone has to turn around and dribble the opposite direction



2. Sharks and Minnows

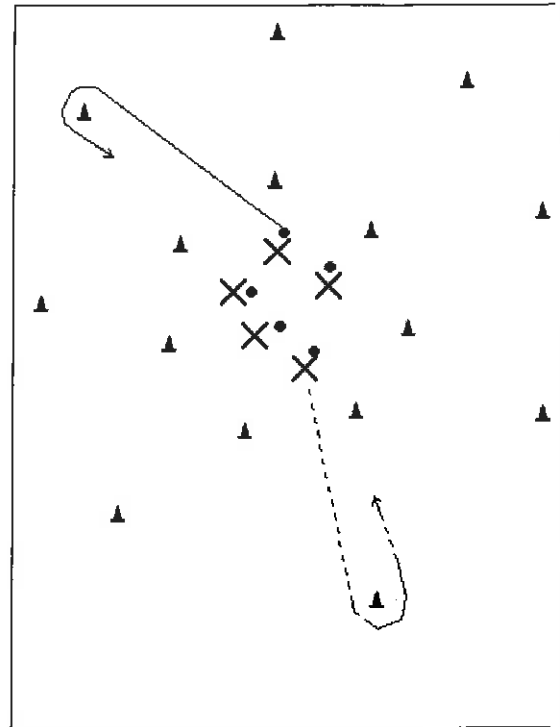
- Make a 20x15 yard grid and instruct one player to start out as the “shark”
- All of the “minnows” should start on the side of the grid with their soccer balls
- When the coach says go or blows his whistle, the minnows try and dribble across to the other side of the grid, while the “shark” tries to kick the ball out of the grid
- If the “minnows” get their ball kicked away, they become “sharks”
- Repeat this until all of the “minnows” become “sharks”
- Players should focus on keeping the ball close to them, and controlling their body and the ball



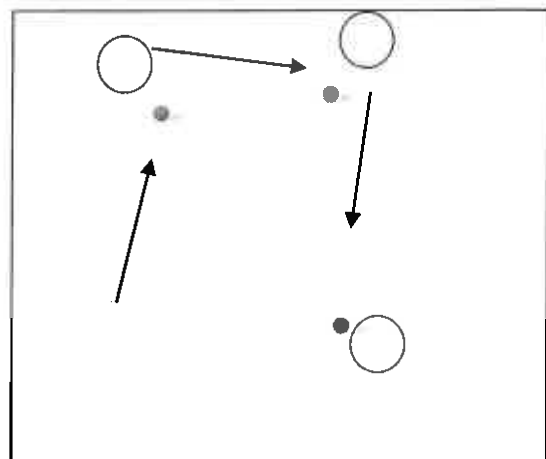
3. Dribble and Switch

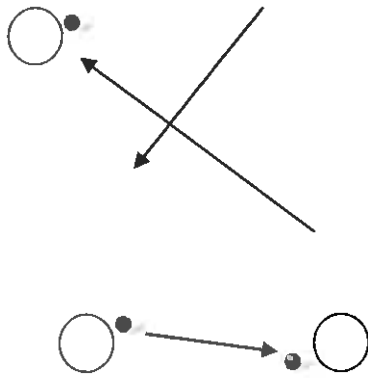
- Set up a 20x20 grid and have each player in the grid with their soccer ball
- Have the players start off by dribbling around the square, making sure they keep their heads up so they do not run into any other players
- When the coach says “switch”, the players must stop dribbling and run and find another ball as fast as they can and start dribbling again
- Once the players understand the drill, remove one player's ball so one player runs around without a ball
- Now when the coach says “switch”, whoever does not have a ball at the end of the switch has to jog around the grid
- Play for about 10 minutes

4. Explode



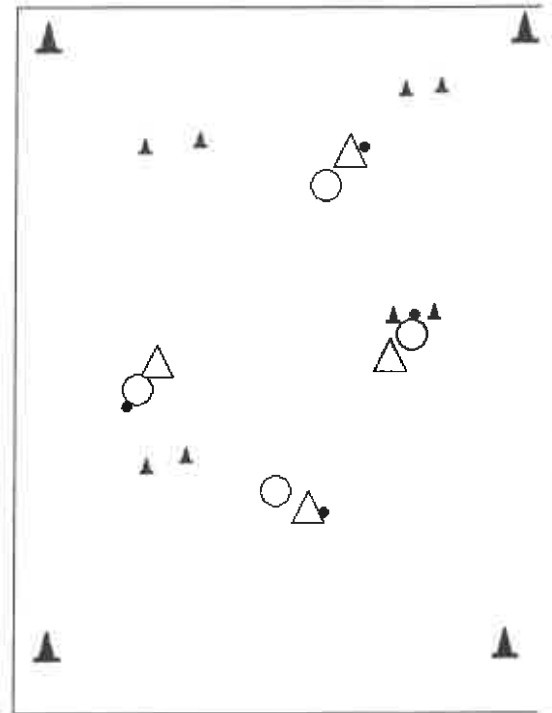
- Setup- make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle
- Players dribble inside the small circle of cones
- On the coaches whistle, players explode to the outside and dribble their ball around an outside cone
- When players come back, keep dribbling, coach blows whistle again and the players repeat the drill
- Make sure that the players are keeping their bodies low and using their shoelaces to explode toward the outside cones





5. 1v1
Dribbling
through
Gates

- Setup- Large field with a bunch of "cone gates" about one yard apart
- Pair up



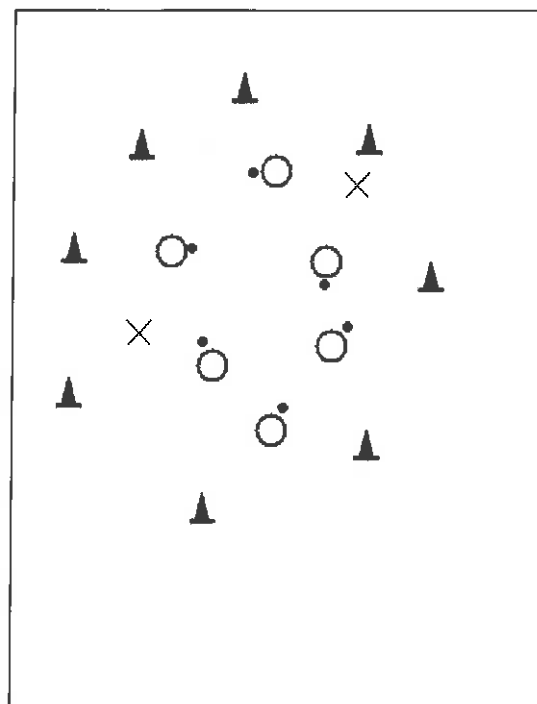
players and one of the two players needs a soccer ball

- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball
- One point for each gate, but if the other player steals the ball, he gives it back to attacker
- The attacker cannot go through the same gate twice
- Play for 30 to 60 seconds and then switch positions
- Player with the most points wins

6. Killer Whale

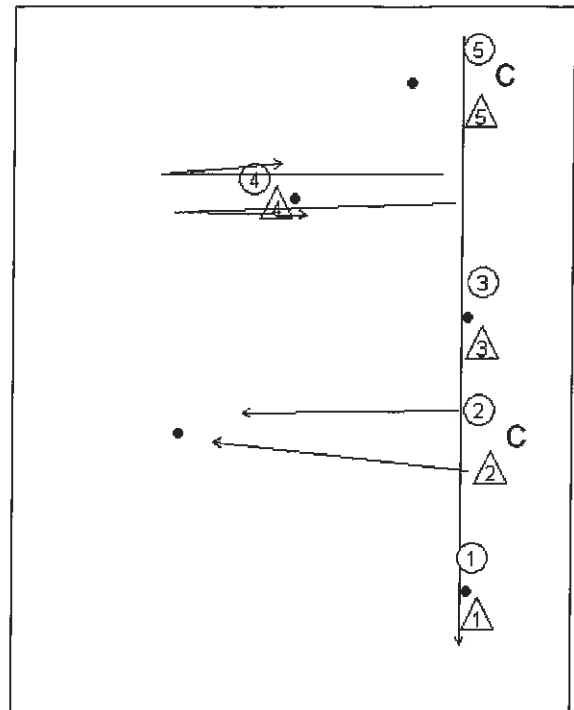
- Setup- create a large circle with cones
- Have 4-14 players inside the circle dribbling with a soccer ball
- Two defensive players wearing pennies are the "Killer Whales"

- The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he/she can
- The players with a soccer ball try to shield the ball from the killer whale
- If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle
- The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score
- Make sure the players focus on keeping their head up when dribbling and using their body to protect the ball from the whales



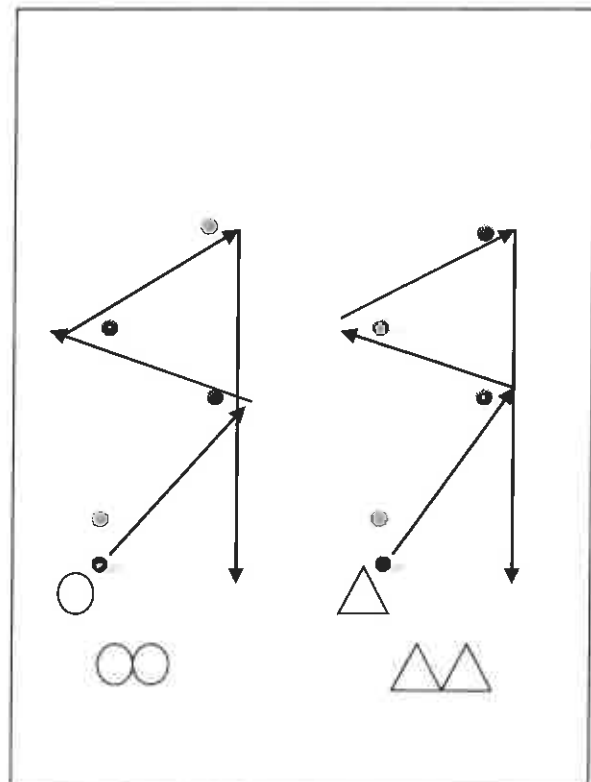
7. 1v1 Dribbling with Fitness Twist
 - Set-up- Use or make a line on the field with cones
 - Pair up players and have them sit indian style(legs crossed) and facing away from the field and each pair has a soccer ball between them

- 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 indian 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 then they sit back down and wait for the coach to come kick the ball again
- Player with the most point wins
- Make sure the players focus on sprinting to the ball and change speeds while dribbling to get past their partner



8. Relay Race

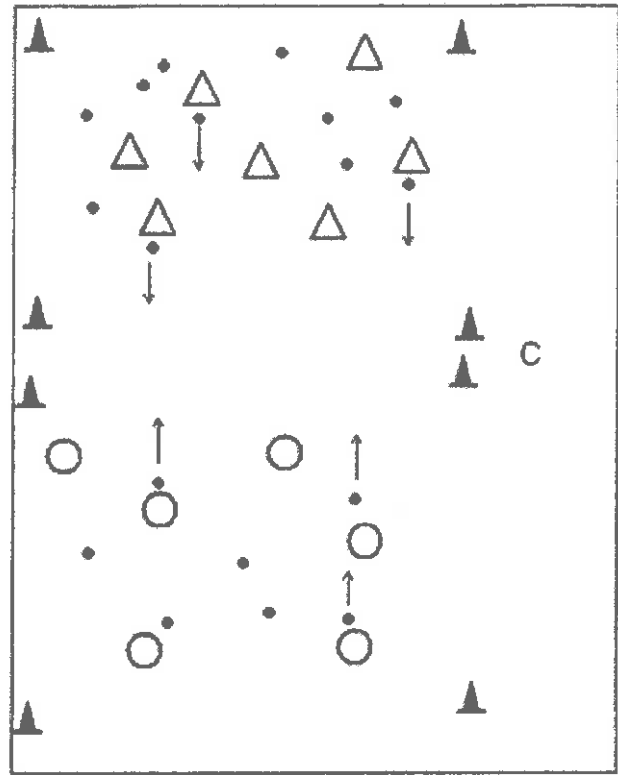
- Setup- put down a zig zag pattern of cones about 5 yards apart and split the team up into two teams
- When the coach says go, the first player in line dribbles through the cones as fast as they can and then dribble back to the end of the line
- Once the player gets back, the next player in line goes
- Once each person in line has completed the pattern they all sit down to signify that they are done
- The first team to sit down wins
- Play this 3 times and see which team can win 2 out of the 3 times
- make sure the players focus on speed of dribbling, but also keeping the ball under control while they are dribbling



Passing & Receiving:

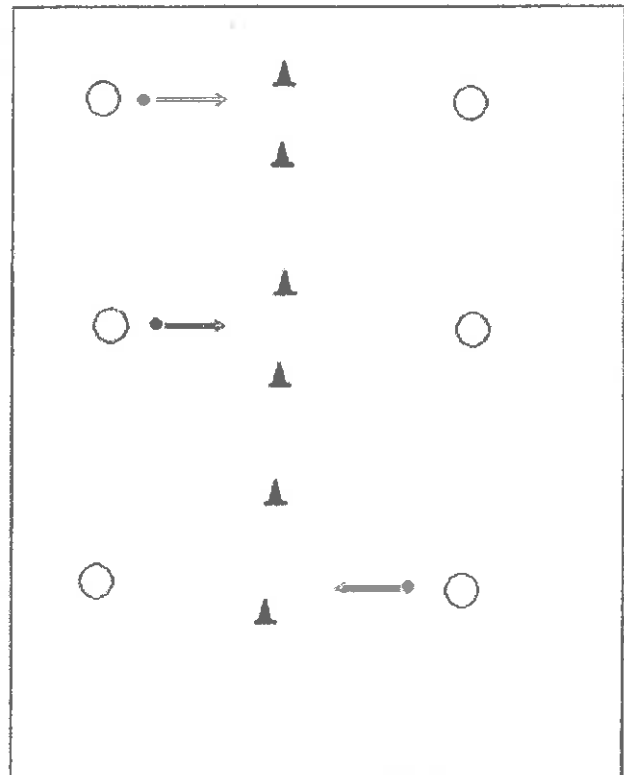
1. Keep Your Yard Clean:

- Set up two 40x40 yard boxes next to each other
- Split into two equal team, and one is assigned to each grid
- Each player has a ball to start the game
- On the coaches whistle, the players try to pass the ball from their “yard” into the opposing teams “yard”
- Tell the players to focus on keeping the ball inside of the box when they pass it to the other box
- When the coach blows the whistle after 3-5 minutes, play stops, the team with the least amount of balls in their yard wins
- After the first round or once the players start to become familiar with the drill, start adding restrictions such as left foot only



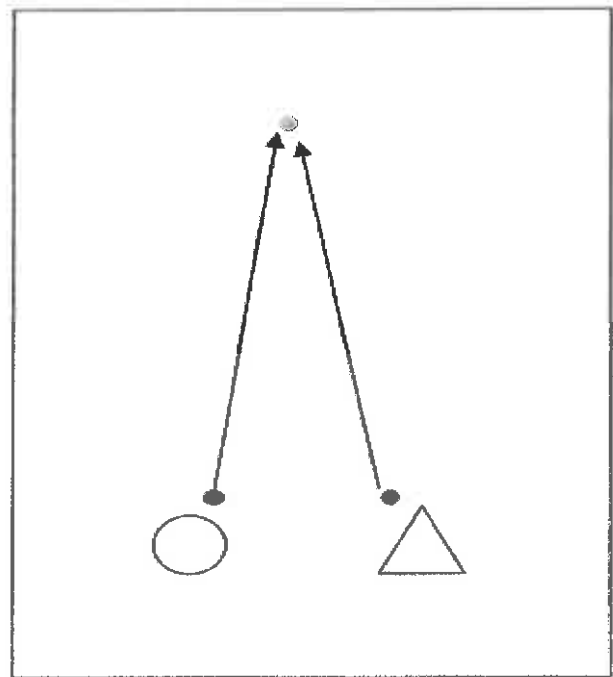
2. Passing through Gates

- Have the players partner up
- Use two cones and set up a gate about 3 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 without touching a cone
- Players keep track of their own points
- Play for 3-4 minutes
- If the players are having trouble, open up the cones to make the gate bigger, but if it is too easy, put the cones closer together



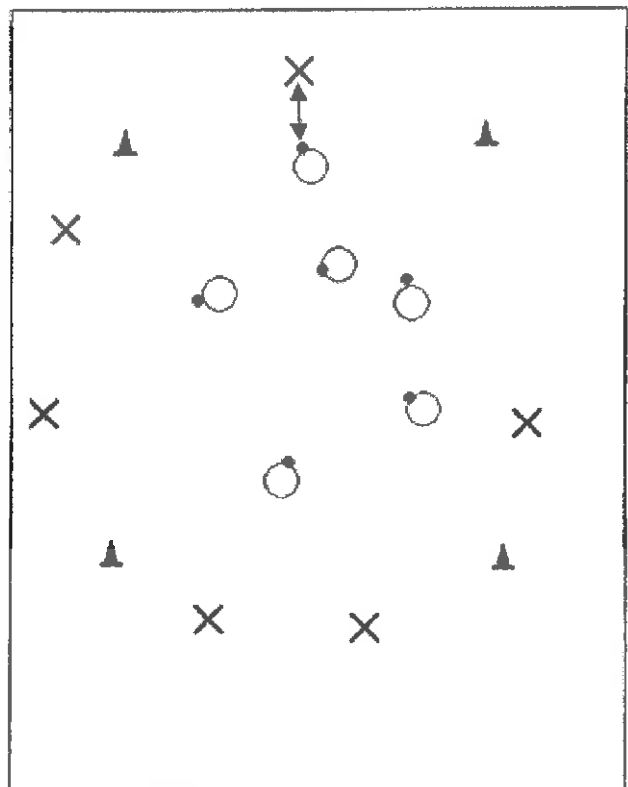
3. Horseshoes

- Set up multiple sets of two cones 15-20 yards away from each other and assign two players to each set, each player has a ball
- Both players start at one of the cones and one player passes the ball to the other cone, trying to get as close to the cone as possible
- The other player does the same as the first player
- The player who gets the closest to the cone earns a point
- The first player to 10 points wins
- After each game, switch the match-ups among players



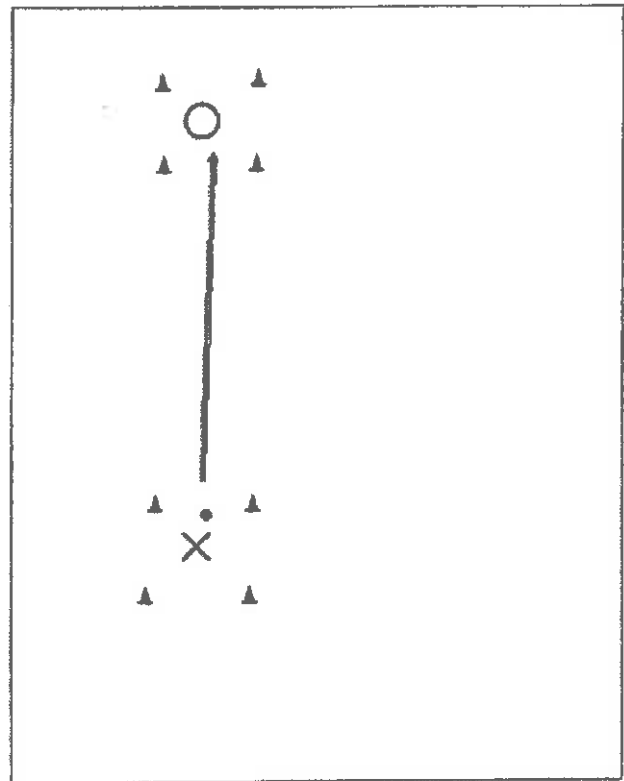
4. Wall Pass

- Set up a 20x20 grid and have half of the players inside the grid with a soccer ball and the other half spread evenly around the outside of the grid without soccer balls
- When the coach says go, the players inside will dribble around the grid and pass the ball to the players on the outside, then the player on the outside will pass the ball back to the same player, then they will repeat this with another player on the outside
- Have the players continue this for about 2 minutes then switch the players on the outside and inside
- Make sure that the players do not go in a circle, make sure they are switching directions



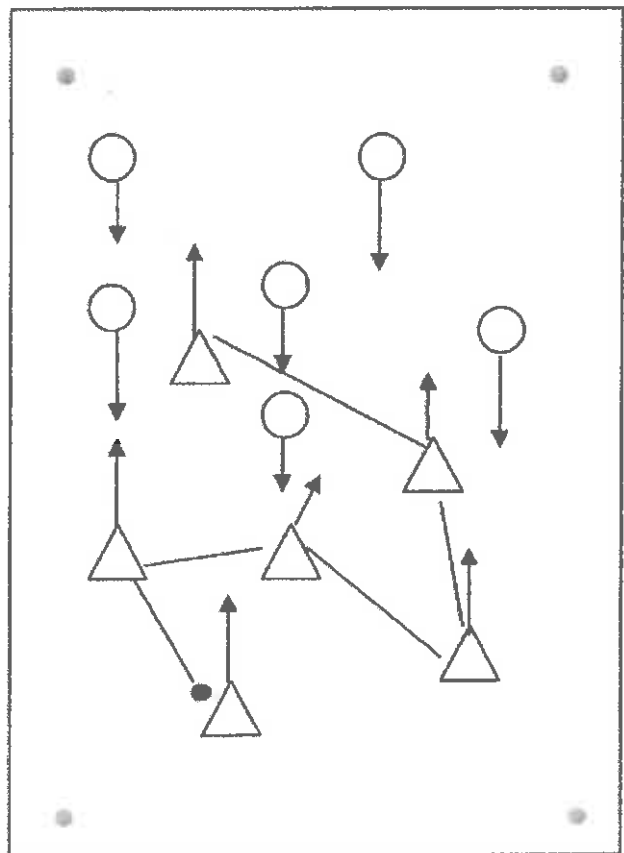
5. Receiving Drill

- Setup - two small grids 2 yards X 2 yards about 15 - 20 yards apart
- Have the players split up into pairs and assign each pair to a set of grids
- One player starts with the ball and passes the ball to his partner
- The second player must receive and trap the ball inside the grid
- The second player will then pass the ball to the first player who receives the ball and traps it in his grid
- The players continue this drill for about 10 minutes
- Make sure the players focus on using the inside of their foot to trap the ball and sending back firm passes



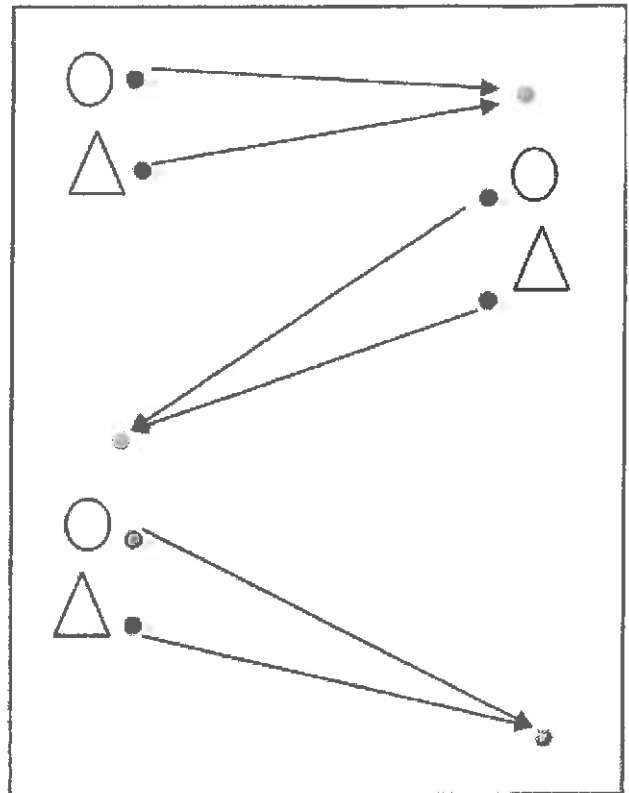
6. Handball

- Set up- two teams in field with one soccer ball
- Players play keep away by catching and throwing the ball with their hands
- When a player has the ball, he cannot run, and tries to throw ball to team mate
- At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins
- Make sure the players focus on moving without the ball, creating an opportunity to receive the ball, and good field spacing



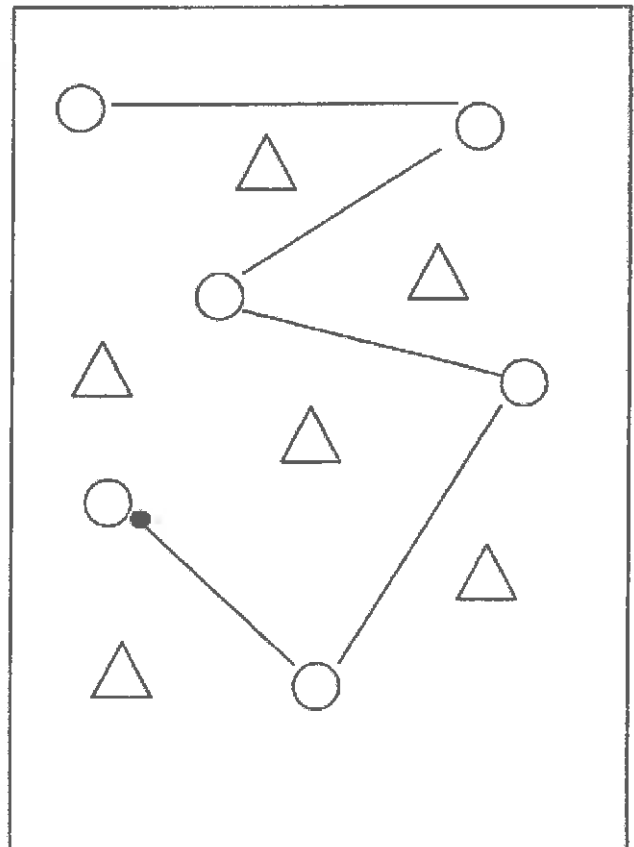
7. Soccer Golf

- Setup- use cones to mark “tee off” points and “holes”
- Have the players partner up and assign each pair to a “tee off” point
- The players take turns trying to hit the cone with their ball
- Every time a player passes their ball toward the cone, it is a “stroke”
- The player who uses less strokes to hit the cone wins the hole
- The player who wins the most holes between the partners wins
- Make sure the player focus on have good weight on their passes (not passing it too hard and not passing it to soft)



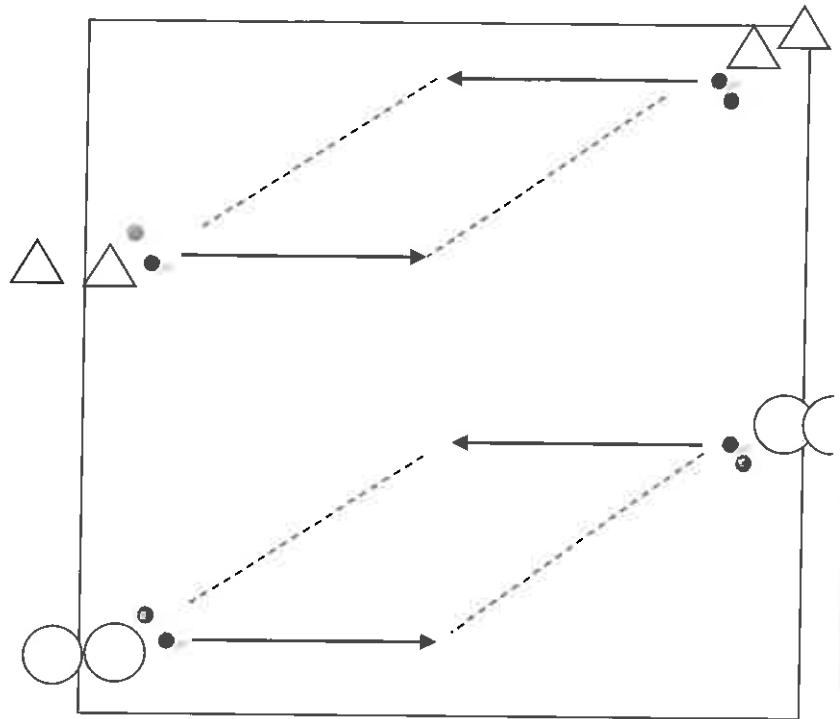
8. Keep Away

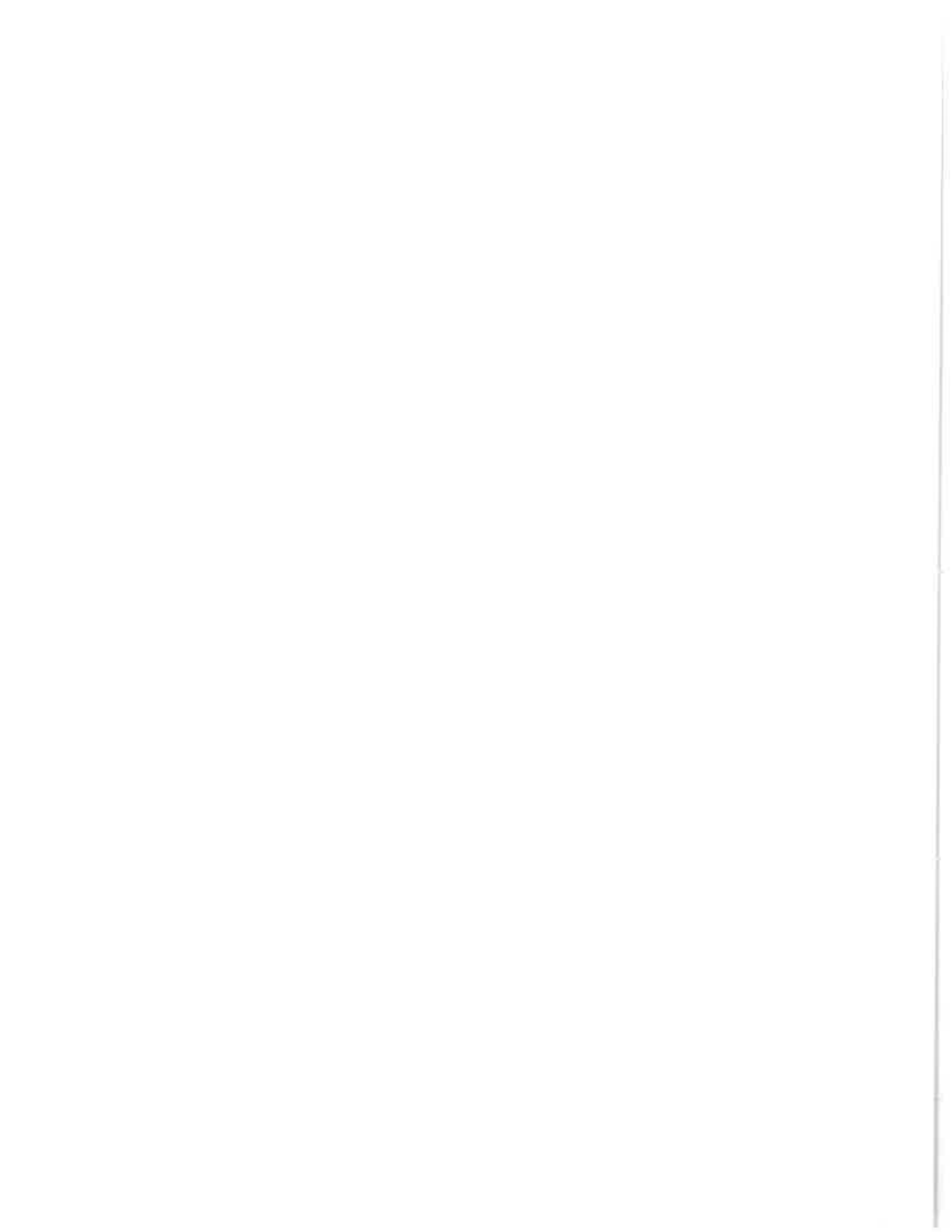
- Setup- use one half of a field and split the players into two teams
- The team that has possession of the ball tries to keep the other team from stealing it, while the team not in possession tries to steal the ball from the other team
- Each time a team gets 7 passes in a row, that counts as a point
- The team with the most points after 10 minutes wins
- Make sure the players focus on picking their head up when they pass, having good field spacing, and speed of play



9. Line Passing

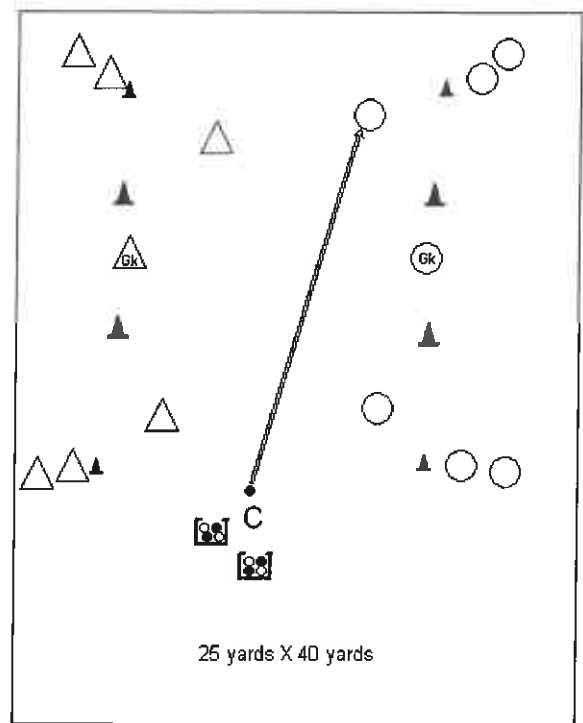
- Use half the field
- Split the group into two teams
- Put out 4 cones and put at least 2 girls on each cone
- The cones should be near the sidelines, and the pair of cones should be offset by 10-20 yards
- The first player at each cone has a ball
- When the coach blows the whistle the 4 players dribble out, and when they get halfway they pass it to the player waiting at the opposite cone, after they pass they get in line behind the cone they just passed it to
- It will take the players a few attempts to get the flow right, but once they do this drill should move very fast



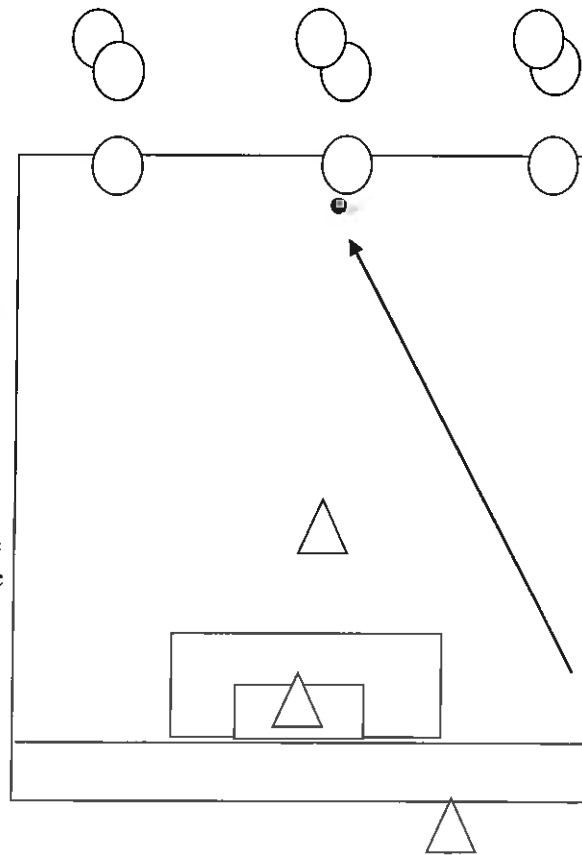


Finishing / Shooting:

1. Four Corner Shooting Game
 - o Setup a 25x40 yard field with two regular sized goals on opposite sides and cones at each corner.
 - o Have the players line up at the four cones in the corners.
 - o The coach will lineup on one of the sides of the field with all the soccer balls.
 - o The coach passes the ball to one of the opposite corners and the player has the option to have a one touch shot (take a touch and shoot) or pass it to their teammate from the other corner who has the shot. You can also try progressing from touch and shoot to a one touch shot then to pass to teammate
 - o If the goalie saves it or the shot is scored, have the goalie roll the ball back to the coach.
 - o Repeat this process for the other side, and continue switching back and forth between each side

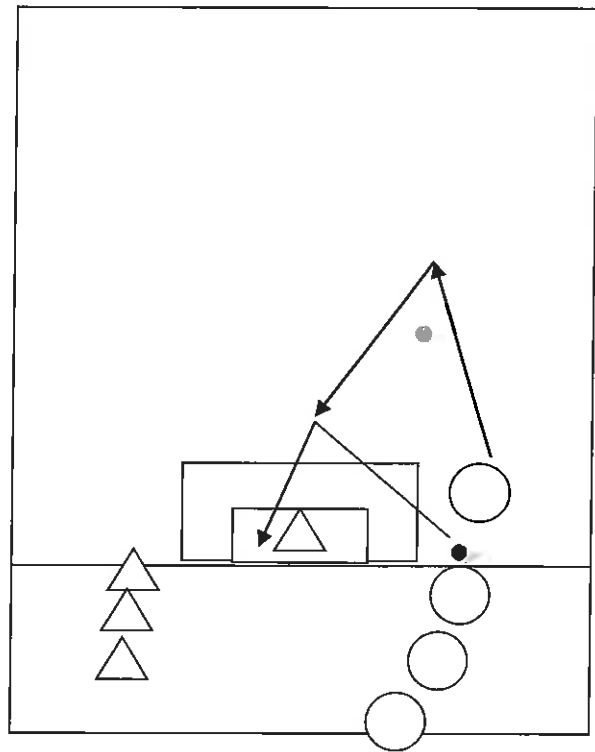


2. 3v1 with goalie
 - o Use half the field
 - o Take 3 players and put them on defense with 1 defender, 1 goalie, 1 sub. Rotate them from sub to goalie to defender after each offensive attempt
 - o Put the rest of the team in 3 lines at the middle of the field
 - o The coach kicks in the ball to one of the three offensive players. They need to dribble up and work as a team to try to get passed the defender and score on the goalkeeper
 - o This drill should move at a very fast pace, have the offensive players rotate clockwise between the three positions after their turn



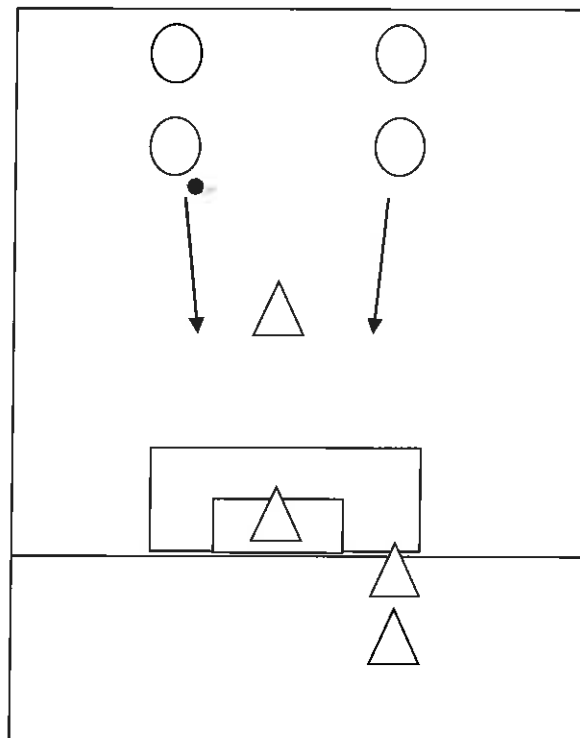
3. 2-Minute Drill

- Setup - split into two equal teams. One team will be goalkeepers and the other team will try to score. Each player on the scoring team needs a ball
- Have the teams line up on the sides of the goal
- The first offensive player in line starts without a ball and runs around a cone 10-15 yards away
- The second offensive player pass the ball to the first player after he runs around the cone
- The first offensive player has a first touch shot and then runs to the back of the line
- The second offensive player then runs around the cone while the 3rd offensive player passes it to him/her
- The goalkeeper team switches goalies after each shot
- After 2 minutes switch teams and have each team keep track of how many goals the score
- Make sure the players focus on shooting the ball into the corners of the goal and keeping the ball away from the goalkeeper



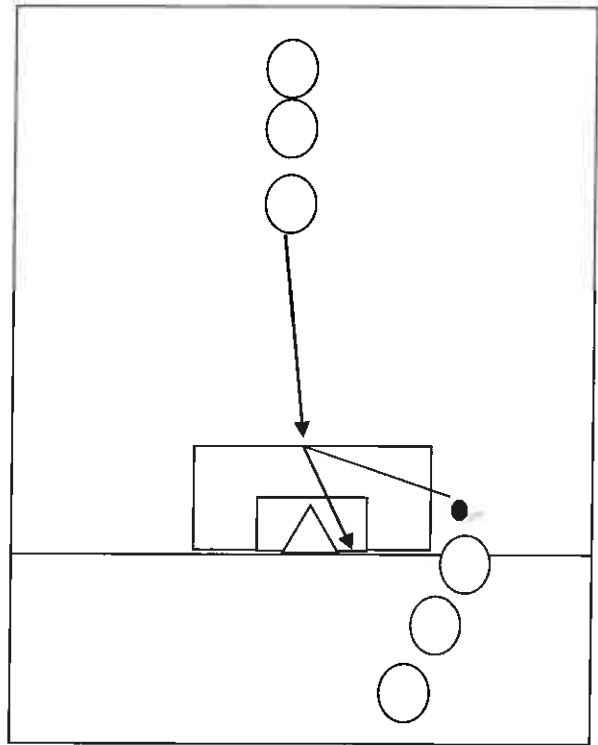
4. 2v1

- Setup - split into two equal teams and assign a goalkeeper for each team
- One team starts on one side of the goal and the other starts about 20 yards away from the goal in two lines
- The defensive players kicks a ball out to one of the two offensive players
- The offensive players try to score while the defensive players tries to keep them from scoring
- Go for about 5 minutes then switch the offensive and defensive teams and go for another 5 minutes
- Make sure the offensive players focus on passing the ball so that they can get the defender off balance and create an opportunity to score



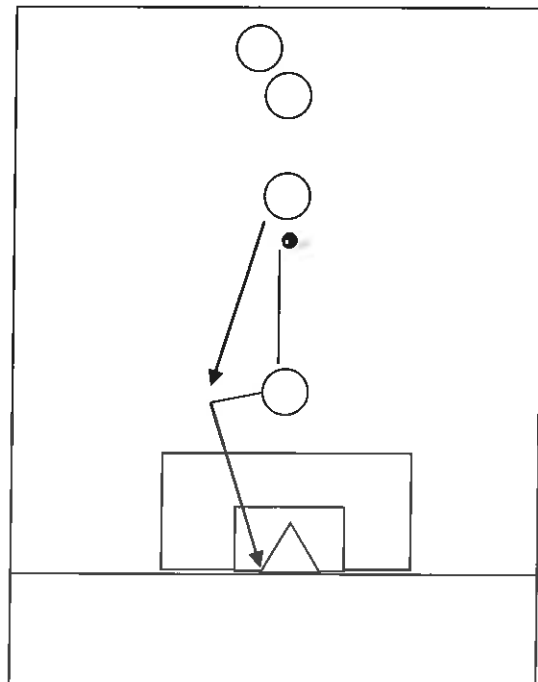
5. Finishing with your Head

- Setup- split the team in half and have one half stand next to the goal with soccer balls and the other half at the top of the box, assign a goalkeeper
- The player at the top of the box runs toward the goal
- Once the player is about 5 yards from goal, the player by the goal tosses the ball to the other players head
- The offensive player heads the ball towards goal and tries to score on the goalkeeper
- The two players switch places when they are done
- Make sure that the players focus on aiming for the corners on their headers and heading the ball down



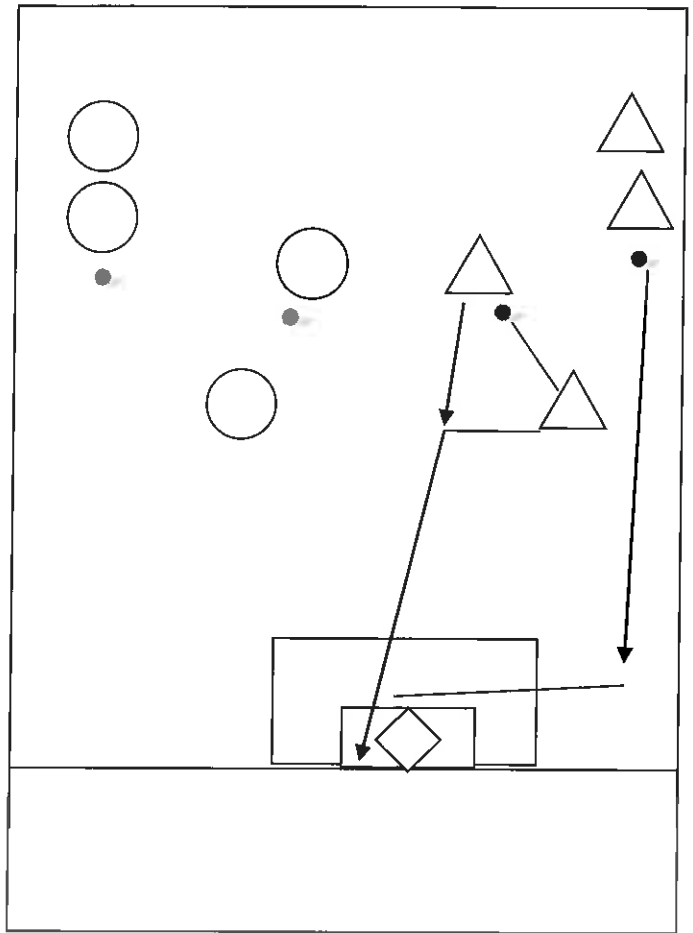
6. Lay off and shoot

- Setup- split up into two different teams and assign a goalkeeper
- One team lines up about 25 yards away from goal, while the other team is behind the goal retrieving any missed shots
- The team on the field assigns on player to be the "lay-off" player and all the players in line need a ball
- The first player in line passes the ball to the lay-off player
- The lay-off player then passes the ball to the side of the shooters dominant foot of the player who then has a shot on goal
- Have each player go three times with their dominant foot then three times with their weak foot, then switch the roles of the teams
- Make sure the players focus on keeping their head and chest over the ball when they shoot, keeping their shots low, and strike the ball with their laces



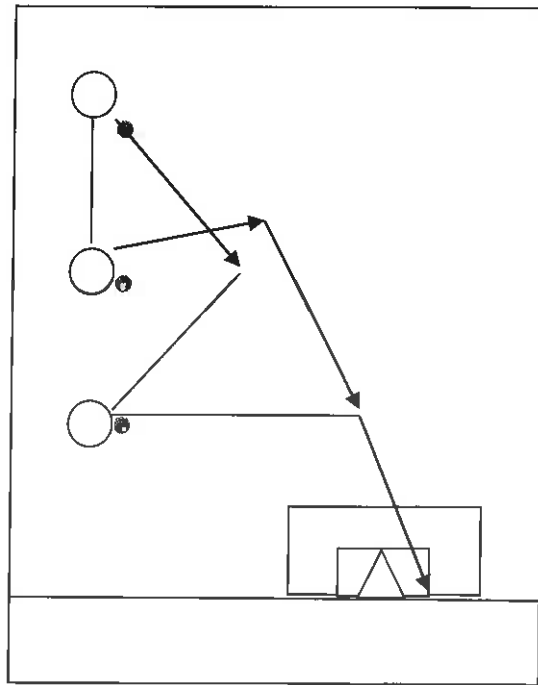
7. Power Finesse

- Setup- split the players up into two teams and assign each team a goalkeeper
- Half the players start about 25 yards from goal and the others are toward the side of the field
- One player takes a shot one goal, then turns around and another player passes him/her the ball
- Player one then lays off the ball for Player two who then has a shot
- After both shots, a player towards the side of the field dribbles toward the end line and then crosses the ball toward the players in front of goal who then try to score from the cross
- The other team repeats this when the first team is finished
- Make sure the players focus on keeping the ball on target



8. Shooting on an Overlap

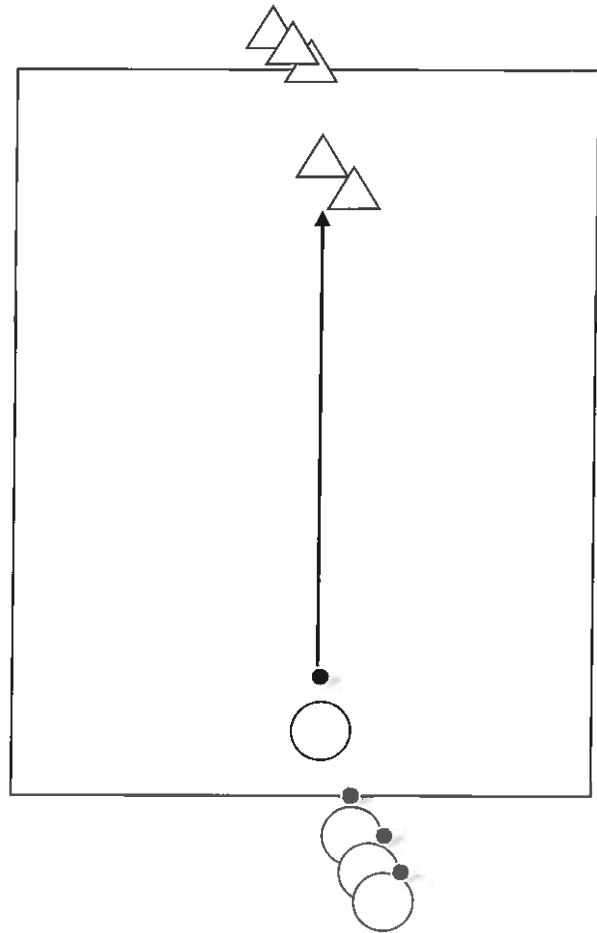
- Setup- place three cones in a line 10 yards apart
- Each player lines up behind the first cone with a ball except for two player, one on each of the other cones, without a ball
- The first player in line pass the ball to the player on the second cone
- That player lays the ball off square
- The first player then runs on and pass the ball to the player on the third cone, while the player on the second cone makes an overlapping run around the first player
- The player on the third cone then lays the ball off to the player making the overlap who then has a prep touch and shoots the ball
- The players then rotate cones as the first player cones to the second cone, the second player goes to the third cone, and the third player goes to the back of the line
- Make sure the player on the third cone passes the ball in stride of the player making the overlapping run, and make sure the players aim for the corners on their shots



1v1 Moves / "Beat the Man":

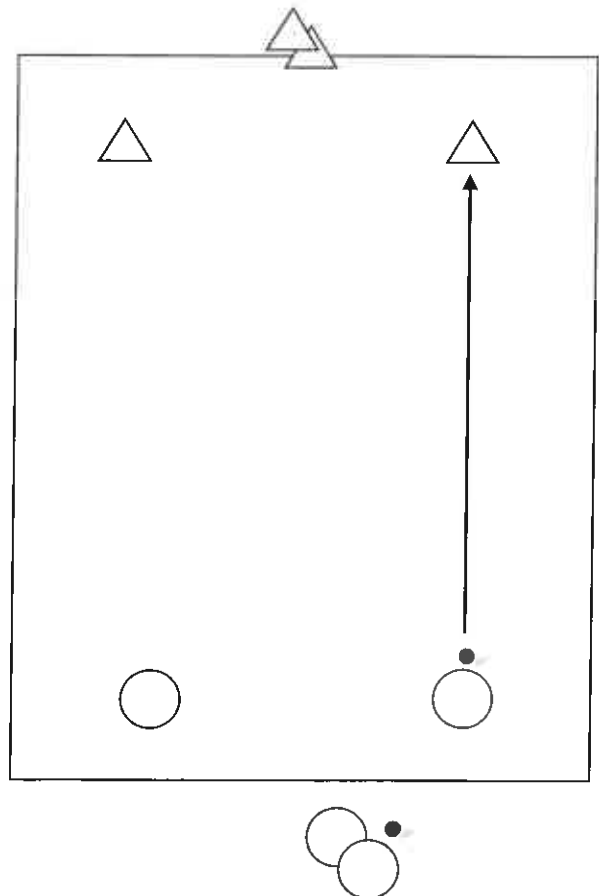
1. 1v1

- Setup a 15 x 30 yard field, outline the field with cones
- Split the team in two groups
- Have one side start with their soccer balls
- The player with the soccer ball passes the ball to the player on the opposite side
- The player traps the pass and tries to dribble past the other player and other the other teams' line
- The defender can't move until the other player receives the pass, then he/she tries to steal the ball and dribble it over the opponents' line
- If the ball goes out the side then the coach blow the play dead and the next group goes
- Each time a player dribbles over the opponents' line they earn a point. They have to dribble it, they can't just kick it
- Play until one side gets to 5 points then have the groups switch sides and the team that passed 1st will now receive



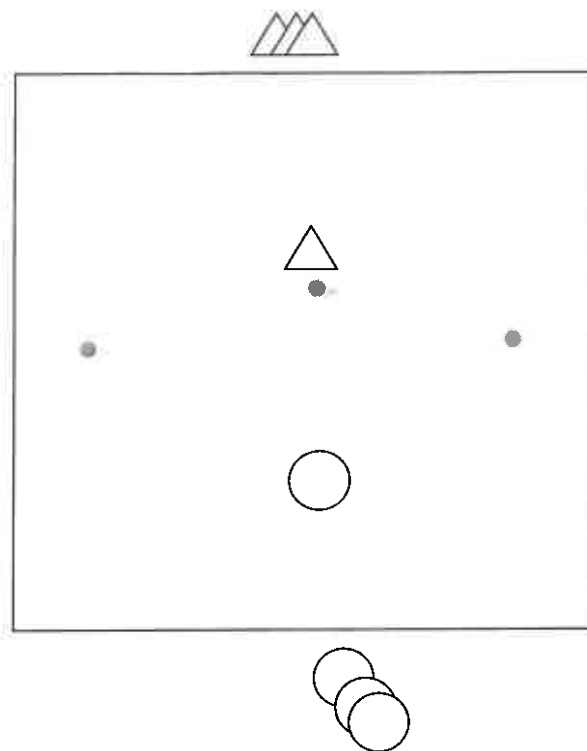
2. 2v2

- Setup a 15 x 30 yard field, outline the field with cones
- Split the team in two groups, each team puts 2 players in the box
- Have one side start with their soccer balls
- The player with the soccer ball passes the ball to the players on the opposite side
- The player traps the pass and tries to dribble past the other players and other the other teams' line
- The defenders can't move until the other team receives the pass, then they try to steal the ball and dribble it over the opponents' line
- If the ball goes out the side then the coach blow the play dead and the next group goes
- Each time a player dribbles over the opponents' line they earn a point. They have to dribble it, they can't just kick it
- Play until one side gets to 5 points then have the groups switch sides and the team that passed 1st will now receive



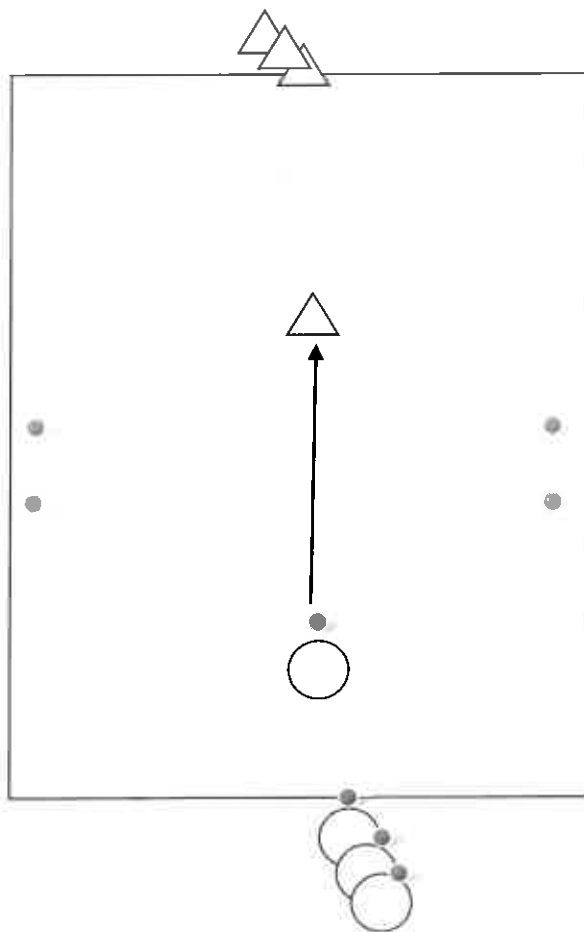
3. Limited Press

- Set two cones about 30 yards apart
- Split into two teams
- Offensive player has the ball and tries to beat the defender to one of the cones
- Defensive player can't cross the imaginary line
- If the offensive player is losing to one side then he/she can switch directions to the other side
- After about 5 minutes, have teams switch sides



4. Full Press

- Put two sets of cones about 30 yards apart, with about 3 yards between the two cones in the set
- Split the team into two groups
- Have the defender pass the ball to the offensive player
- The offensive player needs control the pass and dribble through one of the sets of cones without the defender stealing the ball
- The defensive player should attach immediately after the pass
- If the offensive player dribbles the ball through a set of cones then the offensive team gets a point. If the defender stops him/her then the defensive team gets a point
- Play until one side gets to 10 points then have the groups switch sides



5. Shoulder Feint

- A shoulder feint should be used with a defender facing you
- Dip your shoulder to make the defender think that you are going to run to one side
- When planting your foot to one side, use the outside of the opposite foot to take the ball away and past the defender, accelerating away

6. Step Over

- The step over is performed when dribbling forward with a defender facing you
- Move your foot round the ball and plant it to fake that you are going one way
- Quickly use the opposite foot to tap in the other direction and accelerate away

7. Nutmeg

- When a defender is facing you, feint going one way or the other
- Note if the defender has his feet spread in the defensive stance
- If an opening exists, pass the ball gently between the defender's legs and accelerate away

8. Cruyff Turn:

- The Cruyff turn is most effective when you are dribbling forward with a defender sprinting alongside
- Plant your inside foot and gently drag the ball back behind your standing foot before swiveling and accelerating away behind the defender

9. Roulette:

- Should be used while dribbling toward a defender
- Place your cleats on the ball and lightly drag it back
- Spin so your back is to the defender
- While turning, drag the ball back past the facing defender and accelerate away

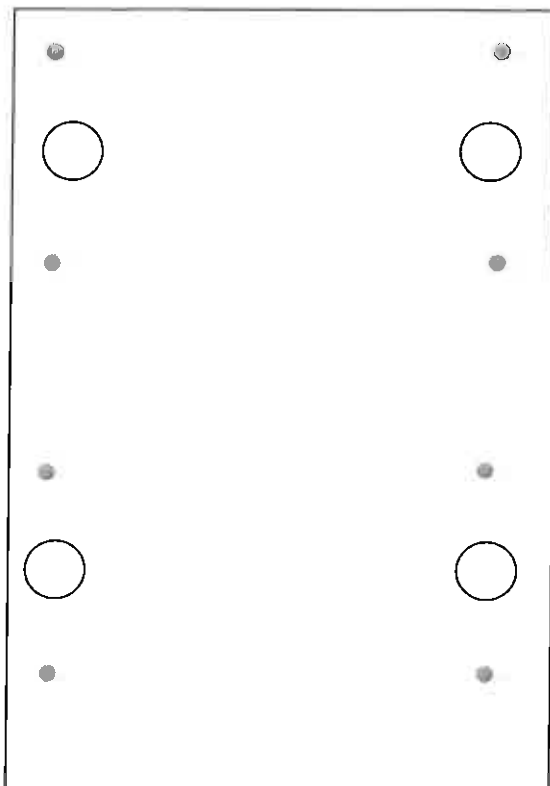
10. Matthews Feint:

- Tap the ball gently with the inside of the foot and fake going in that direction
- Quickly plant the standing foot
- Use the outside of the dribbling foot to perform a sharp change of direction

Goalkeeping:

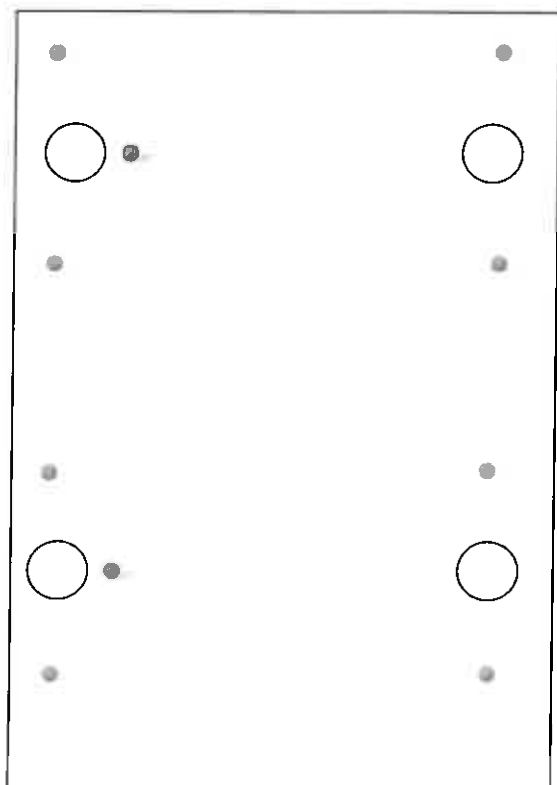
1. Shuffle between cones

- Have all players between 2 cones about 5-7 yards apart
- Have 2 players across from each other standing between their 2 cones. The players should be 15 yards apart
- On the whistle the players need to shuffle between the two cones, keeping their knees bent, heads up and looking forward
- They need to touch each cone without looking down as they shuffle back and forth
- Players should be in a squatting position with hands out in front of them as they shuffle back and forth touch the cones while keeping their heads up. They should be using their peripheral vision to see and touch the cone



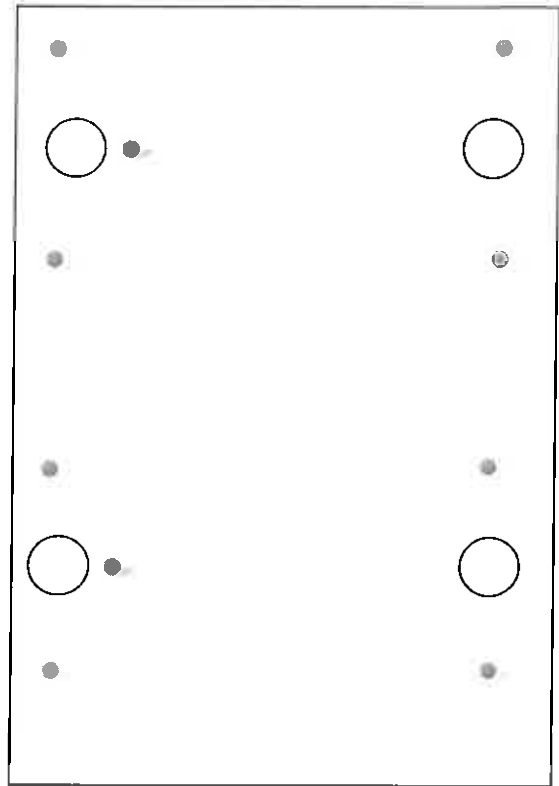
2. Shuffle between cones with roll

- Now one of the players in the pair gets a ball
- On the whistle the player without the ball shuffles between cones using the same form as above (squatting position, hands out, head up, looking forward)
- The player with the ball tries to roll the ball past the player shuffling. Like bowling the ball should roll on the ground
- The roll should be 1/2 – 3/4 speed
- The player stopping the ball needs to get their body down low with knee in front of ball to stop it with their hands. They need to use good form, and use their hands only to stop the ball
- After one side does this for 2 minutes, switch roles and the person who rolled it becomes goalkeeper



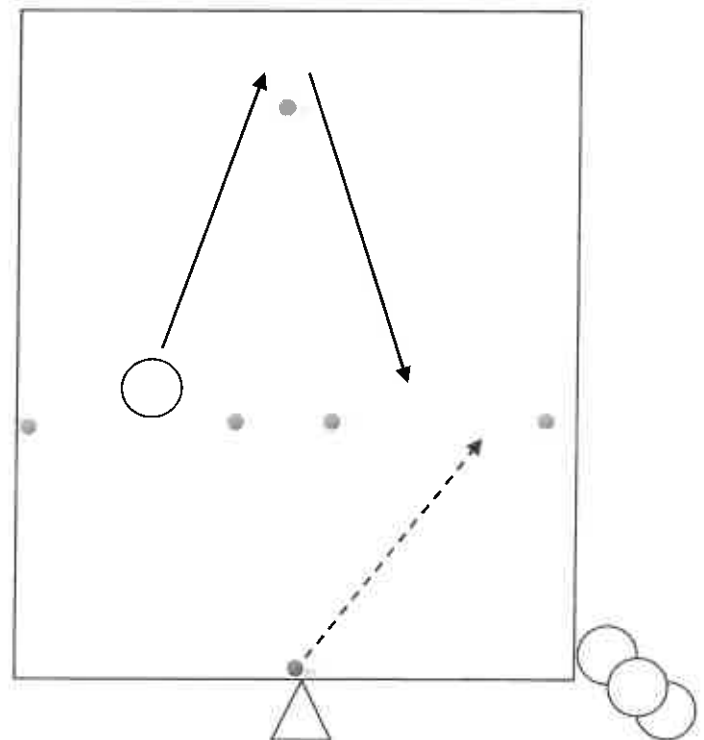
3. Shuffle between cones with kick

- Same drill as above but this time the person with the ball is trying to kick it passed the goalie instead of rolling it
- Kick the ball on the ground, not in the air
- Kick the ball about 1/2 - 3/4 speed
- After one side does this for 2 minutes, switch roles and the person who rolled it becomes goalkeeper



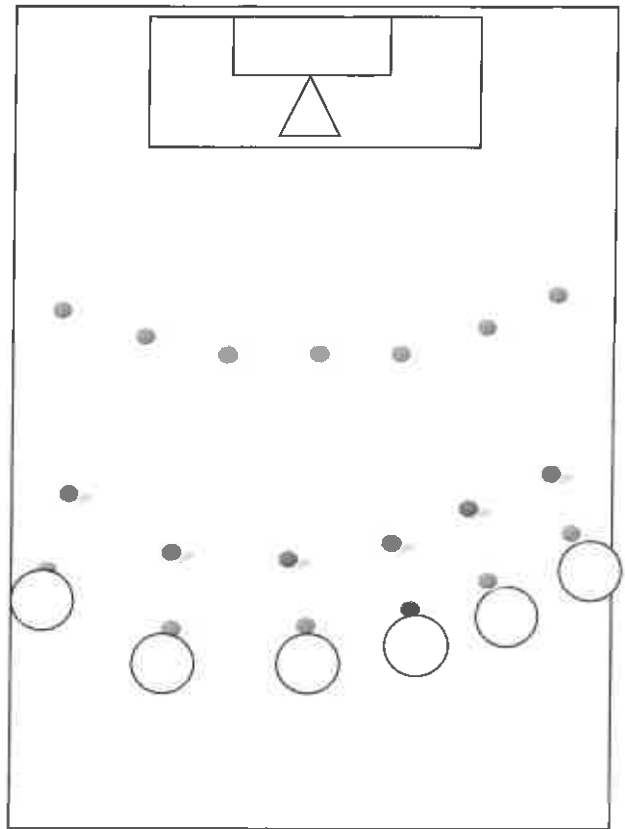
4. Back-pedal and Run

- Setup 5 cones. There are 2 pairs about 5-7 yards apart, and one cone put back about 10 yards
- Put the players in 1 line, and start with 1 person at a time
- The player starts between a pair of cones, back-pedals to the back cone and then sprints up to the next set of cones
- The player then back-pedals again around the back cone and then sprints up to the next set of cones
- When the player gets to each pair of cones, the coach (or another player) should try to roll (or kick) the ball passed the goalie between the two cones
- The goalkeeper should stop the ball with their hands using good technique and roll the ball back
- Once the player goes this for about 30-45 seconds, blow the whistle and get the next player in. Ideally you should run this drill with only 3-4 players per setup



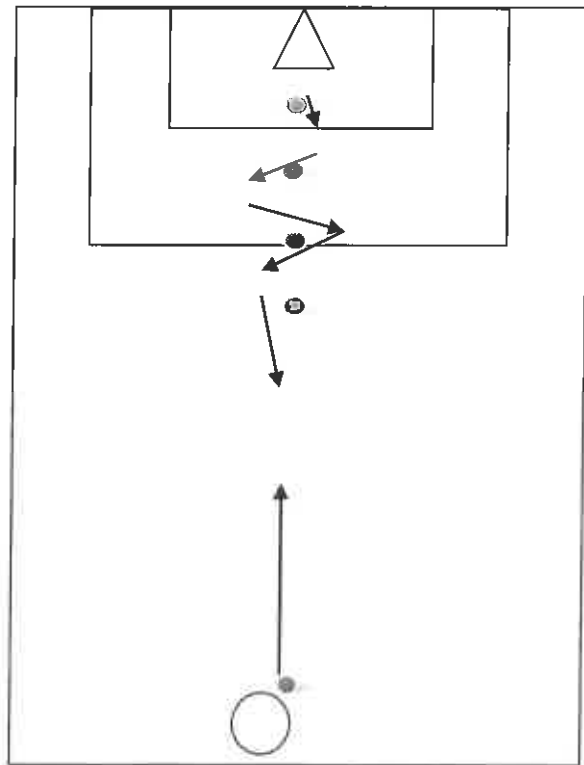
5. Firing Squad

- Put one player as goalkeeper
- Layout two sets of cones, the first set about 10-15 yards from the goal and the 2nd set about 20-25 yards from the goal
- Have all other players get behind a cone with furthers set of cones with their ball
- The coach assigns each of the far cone position a number 1-6. When the coach yells a number, the player standing behind that cones dribbles up and tries to score. They need to shoot from behind the 1st set of cones that are 10-15 yards from the goalkeeper
- The players needs to dribble up fast and the coach needs to call the numbers fast (immediately before or fast each shot)
- Once all players have shot, you should rotate them clockwise and the person on the end become goalie and the goalie goes behind the 1st cone



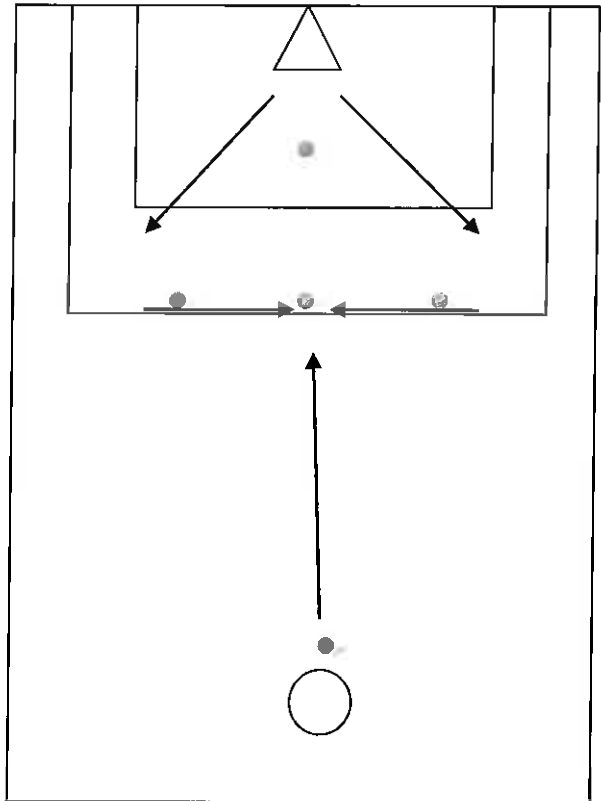
6. Fast Feet

- Set up about 6-7 cones about two feet apart in a straight line from the goal line
- Have the goalkeeper start on the goal line and shuffle through the cones
- Once the goalkeeper is through the cones, have the striker take a touch and have a shot on goal
- Once the goalkeeper gets scored on or makes the save, he repeats this for about a minute to a minute and a half
- Add some variations such as one foot in between each cone, two feet between each cone, and making the cone horizontal on the goal line



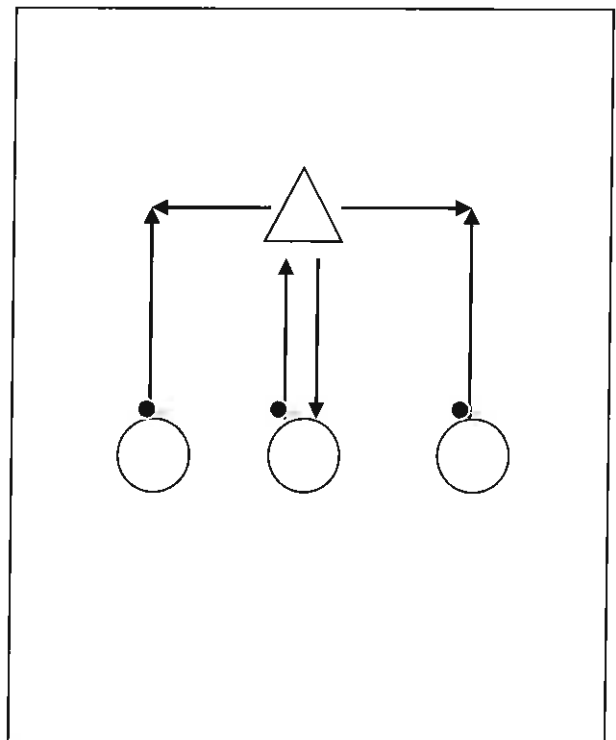
7. Triangle Footwork:

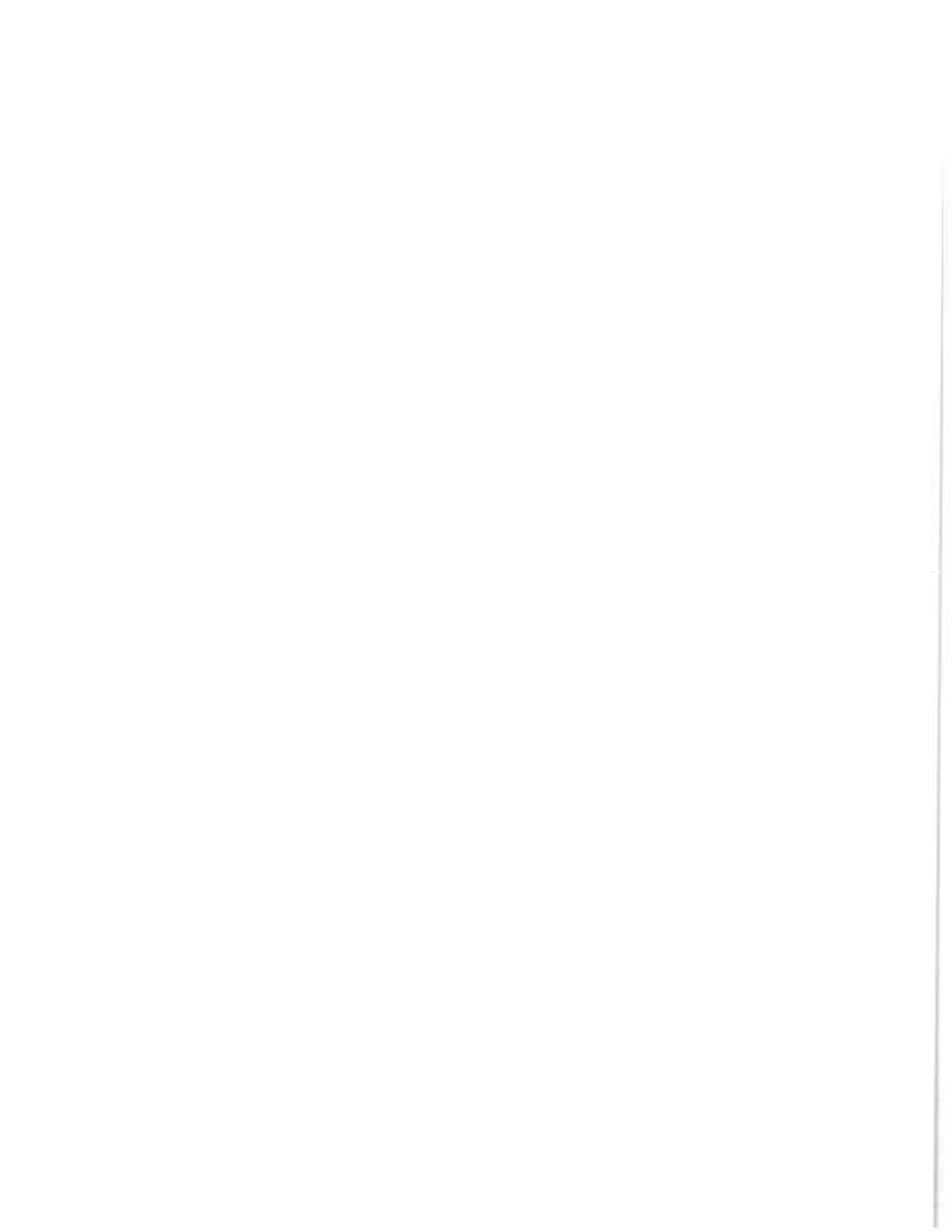
- Set up a small triangle with one cone on the goal line and three cones about 5 yards apart in a horizontal line about 10 yards from the goal line
- The goalkeeper starts on the cone on the goal line and the coach either says left or right
- The goalkeeper then sprints to that cone and then shuffles to the middle cone
- When the goalkeeper reaches the middle cone, have a striker have a shot on goal
- Once the goalkeeper gets scored on or makes the save, he repeats this for about a minute to a minute and a half



8. 3-point saves

- Set up with three players with soccer balls five yards apart and the goalkeeper sitting down
- The player in the middle will throw the ball to the goalkeeper who catches the ball and throws it back to the player
- The player on the right then rolls the ball straight and the goalkeeper dives to his left to save the ball
- Repeat this step with the player on the left
- Repeat this for about a minute

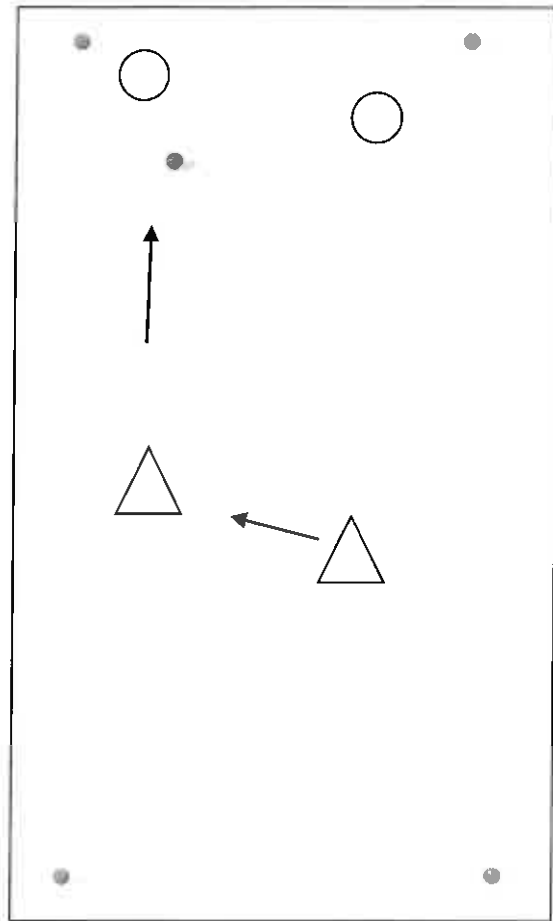




Defending:

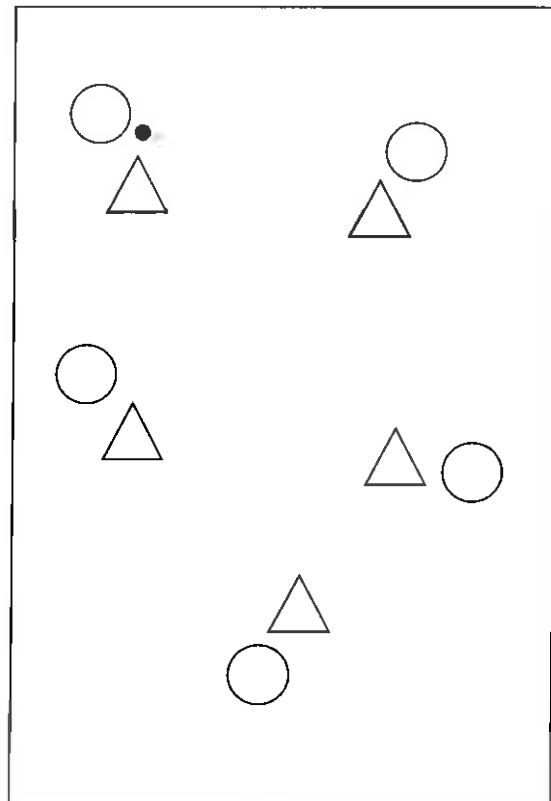
1. First and Second Defender:

- Lay out a grid about 20 yards wide by 40 yards long
- Have two players with one ball be the attackers and two players be the defenders
- When one attacker has the ball the defender that is defending him (the "first defender") must move up and mark him tightly shouting, "I Got Ball!"
- The other defender (the "second defender") backs off of his man and provides defensive depth and a back-up to the first defender in case the first defender gets beat
- If the attacker with the ball passes the ball to the other attacker the roles reverse, the "first defender" quickly backs off his man and becomes the "second defender". The "second defender" comes up and marks his man (who now has the ball) tightly and becomes the "first defender"
- Neither defender actually tries to tackle the ball
- When they reach the end of the 50 yard grid the attackers become defenders and vice versa and they come back down the grid



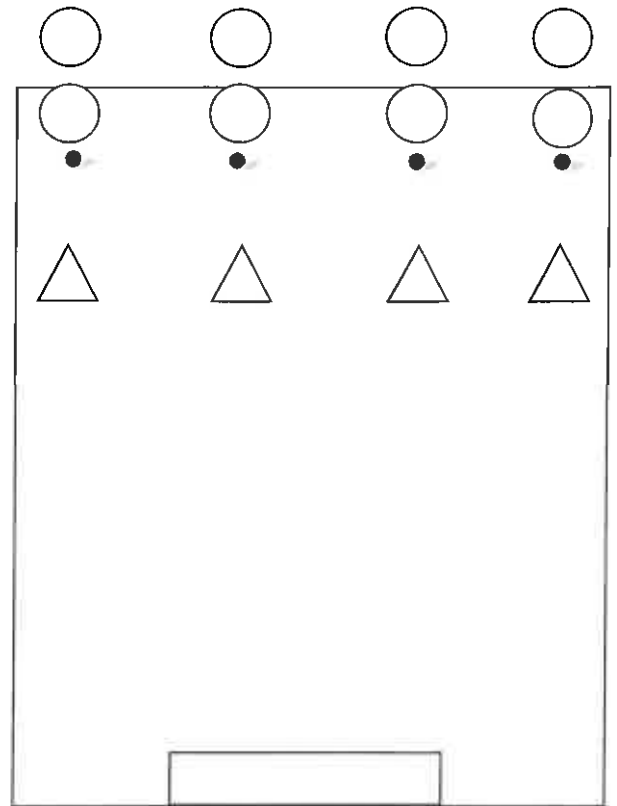
2. Marking Game:

- Lay out a 40 by 40 yard grid
- Play keep away, but each player in each team is responsible for marking and tackling his/her own particular opponent that he/she is assigned to
- If any player marks or tackles somebody other than the man he is delegated to watch, then a free-kick will be awarded against him



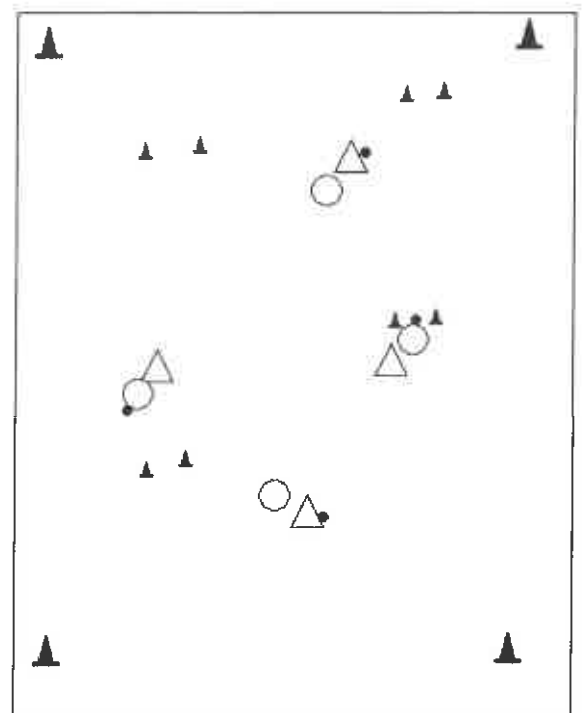
3. Half field defending

- Have 4 players line-up at midfield, each with a ball
- Have a defender about 10 yards away from each offensive player
- Go one at a time, and the offensive player tries to get around the defender and put a shot on goal
- The defender tries to get the ball away from the offensive player and dribble it back across midfield where play started
- When the whistle blows, the offensive player moves to defender, and the defender gets in line for offense. Also when the whistle blows the next offensive player in the row begins



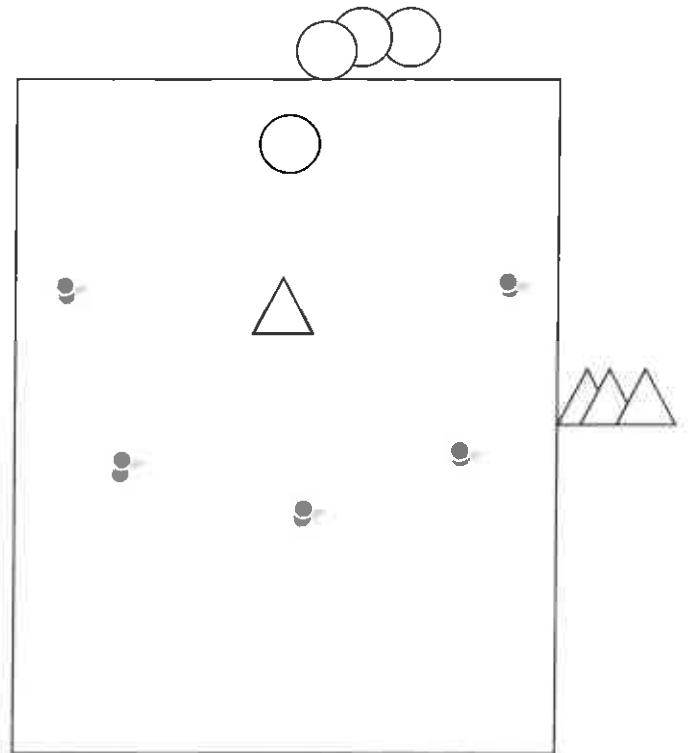
4. 1v1 Dribbling through Gates

- Setup- Large field with a bunch of "cone gates" about one yard apart
- Pair up players and one of the two players needs a soccer ball
- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball
- One point for each gate, but if the other player steals the ball, he gives it back to attacker
- The attacker cannot go through the same gate twice
- Play for 30 to 60 seconds and then switch positions
- Player with the most points wins
- Have the defending player focus on keeping the attacker from going between the cones



5. 5 Balls on Cones

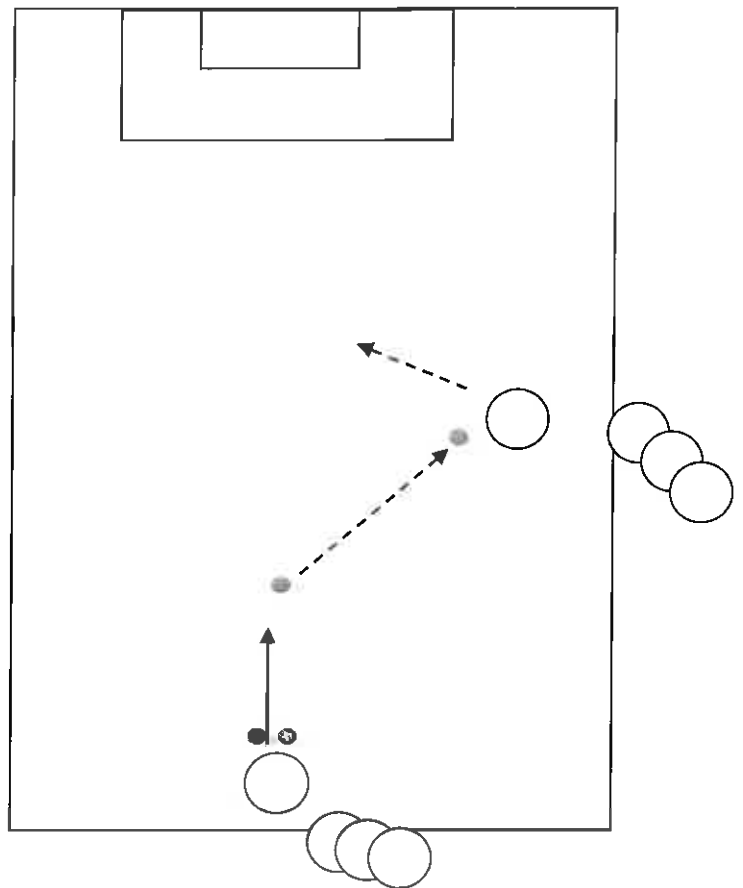
- Setup a small field 20x20
- Put 5 cones in a U-shape in the field
- Place a soccer ball on top of each cone
- Split the team into two groups, offense and defense
- Put 1 defender and 1 offensive player in the field at once
- On the whistle, the offensive player tries to kick the balls off the cones as fast as he/she can, while the defender tries to stop him/her by using body positioning
- The defender can't use their hands and needs to watch the offensive player's mid-section to quickly identify which direction he/she is going in order to get the right body position between the ball and the offensive play
- Each turn should last no more than 30 seconds
- Once everyone goes 2-3 times they switch offense to defense



Combinations

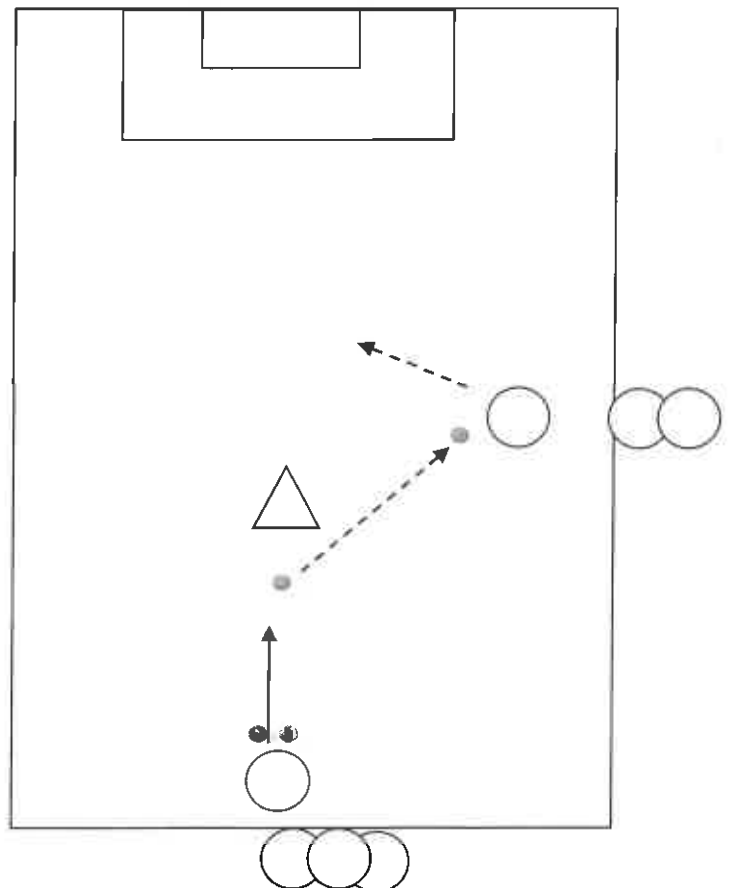
1. Give and Go

- In front of the goal you want to place three cones. One on the right side of the goal about 20 yards out, one directly in front of the goal about 30 yards out, and another directly in front of the goal about 35 yards out
- Player A starts with the ball on the cone furthest away from goal and dribbles straight to the next cone about half speed
- Once Player A gets to the next cone they pass it to Player B, and they make a full sprint to the front of the goal.
- Player B receives the ball and immediately passes it in front of the goal in the path of player A so that Player A can one-touch it and then shoot into one of the corners. Player B should use the right foot to receive and pass. Player A should use the left foot to one touch and shoot
- Split team into 2 groups, and they switch them once everyone goes 2-3 times
- You should also move the side cone to the left and repeat the drill so that players work on their other foot



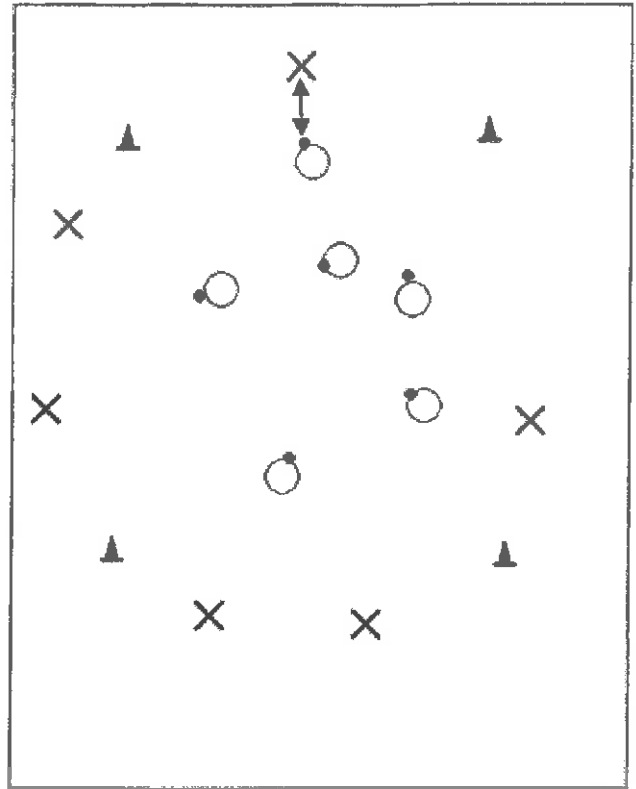
2. Give and Go with a Defender

- Same drill as above, now add a defender in the middle just after the 2nd cone
- Player A after passing to Player B needs to make a move to get by the defender and run at full speed to receive the pass
- The defender should not go full speed, half speed should do. This is to allow the offensive player to focus more on the move and the acceleration. It may be a good idea for the coach to start off defending to show the pace you want
- Once the kids have the concept you can have Player B become the defender after they pass it and then get back in the Player B line
- Split team into 2 groups, and they switch them once everyone goes 2-3 times
- You should also move the side cone to the left and repeat the drill so that players work on their other foot



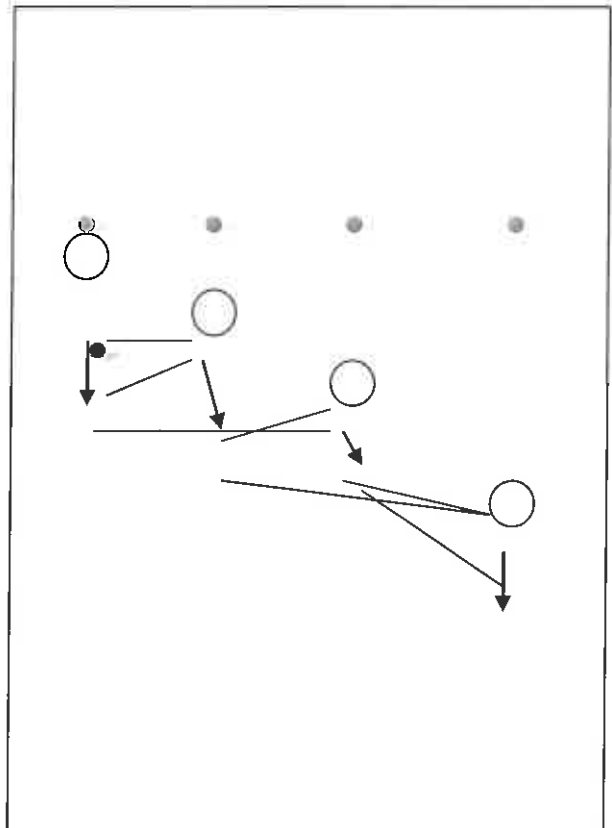
3. Wall Pass

- Set up a 20x20 grid and have half of the players inside the grid with a soccer ball and the other half spread evenly around the outside of the grid without soccer balls
- When the coach says go, the players inside will dribble around the grid and pass the ball to the players on the outside, then the player on the outside will pass the ball back to the same player, then they will repeat this with another player on the outside
- Have the players continue this for about 2 minutes then switch the players on the outside and inside
- Make sure that the players do not go in a circle, make sure they are switching directions



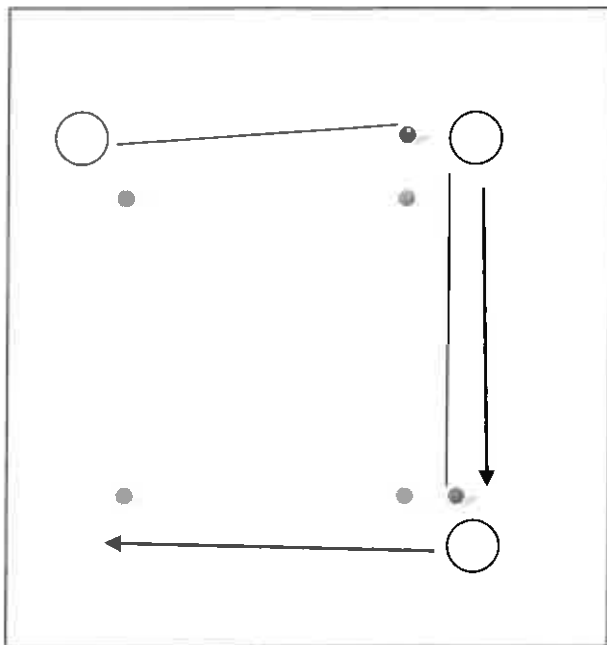
4. Line Passing Combination

- Set up 4 cones 10 yards apart and have players line up behind each of the 4 cones
- The player on one of the far cones start with the ball
- Player 1 passes into Player 2 who returns the ball back to player 1
- Player 1 then passes to Player 3 who returns the pass to Player 2
- Player 2 then passes to Player 4 who returns the pass to Player 3
- Player 3 then passes back to Player 4 who passes to Player 2
- The pattern is repeated as the players move in a straight line down the field
- Have the players repeat this pattern going to the other side of the field



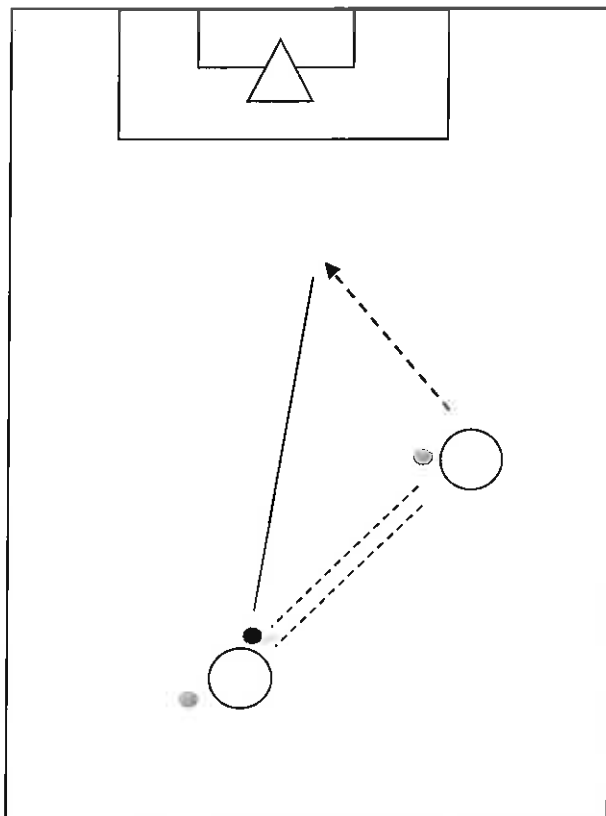
5. Square Passing

- Set up a 15x15 yard grid using four cones and have players on three of the cones and one player starts with the ball
- Player A passes to player B and immediately sprints to the position vacated by player C, who has sprinted to the open cone
- Player B receives the ball then passes to player C with no more than two touches
- Player B sprints to the space created by player A
- The pattern continues as player C receives the ball and passes to player A who passes back to player B



6. Up, Back, and Through

- Set up two cones about 25 yards from goal
- Player A checks to the ball
- Player B passes the ball to player A and player A passes the ball back to player B
- Then player A spins and makes a run toward goal
- Player B then passes the ball in front of player A who receives the ball and has a shot on goal



7. 2v2 +4

- Set up a 20x20 yard grid using four cones and have two teams of 2 inside the grid with four bumpers on each side of the grid
- The players play 2v2 keep away inside the grid, but they can use the bumpers on the outside of the grid if needed, but the bumpers only have one touch
- Players should use the bumpers to look for wall passes, split passes, and possible Up, Back, and Through passes

