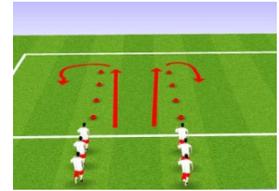


How to Run A Practice (Drills Geared to Younger Teams)

Warm Up (about 8 minutes) - Repeat for every practice and game.

RUNNING - STRAIGHT AHEAD - The course is made up of 6 to 10 pairs of parallel cones, approx. 5-7' apart. Two players start at the same time from the same pair of cones. Jog together all the way to the last pair of cones. On the way back on the outside of the cones, you can progressively increase your speed as you warm up. 2 sets.



RUNNING - HIP OUT - Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outward. Alternate between left and right legs at successive cones. 2 sets

RUNNING - HIP IN - Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip inward. Alternate between left and right legs at successive cones. 2 sets

RUNNING - CIRCLING PARTNER - Run forward as a pair to the first set of cones. Shuffle sideways to 90 degrees to meet in the middle. Shuffle an entire circle around one another and then return to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your center of gravity low by bending your hips and knees. 2 sets

RUNNING - SHOULDER CONTACT - Run forward in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways toward each other to make shoulder-to-shoulder contact. Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inward. Make it a full jump and synchronize your timing with your teammate as you jump and land. 2 sets

RUNNING - QUICK FORWARD & BACKWARD - As a pair, run quickly to the second set of cones then run backward quickly to the first pair of cones, keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forward and one cone backward. Remember to take small, quick steps. 2 sets

PART 1 RUNNING EXERCISES · 8 MINUTES



1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. Jog together all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. 2 sets.



2 RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. 2 sets.



3 RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip inwards. Alternate between left and right legs at successive cones. 2 sets.



4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one another and then return back to the cones. Repeat for each pair of cones. Remember to stay on your feet and keep your centre of gravity low by bending your hips and knees. 2 sets.



5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact. Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your teammate as you jump and land. 2 sets.



6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forward and one cone backwards. Remember to take small, quick steps. 2 sets.

Individual Foot Work - pick one

Ouch! - A FUN soccer drill for younger players (U6, U7, and U8) to introduce dribbling, looking up and correctly striking the ball at a target. And best of all, it's a fun soccer game for the players and coach!
*Can also call out moves (toe tap, pull back, left foot only) to the mix.



The Flag/Cone Game - Dribbling in Tight Spaces - This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This dribbling drill will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling. Younger players need more space, while older players need less.

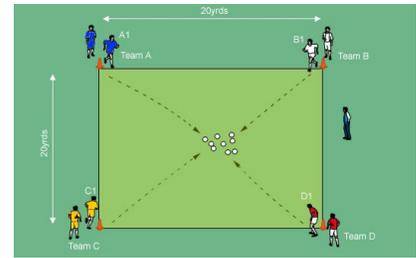


Red Light/Green Light - Dribbling and stopping quickly. Fail to stop, start back at the beginning.

How to Run A Practice (Drills Geared to Younger Teams)

Ball Steal - Divide players into four teams starting at corner cones. Put at least 2 balls per player in the middle of the square. Set timer for 30 seconds to 2 minutes depending on the age. Have players race to a ball and dribble it back to their team's corner cone. Balls can be stolen from corners or the center. Team with the most balls wins.

*Great Conditioning Drill



1 V 1 Drills

Numbers Game - Divide team in half. Each team member is given a number that matches their opponent's number. Coach calls out a number and the two players try to get to the ball through a goal (or two cones) and score a point for their team. Once they get the hang of it, call out two numbers and make it a 2v2 drill.



2 V 2 or more Drills

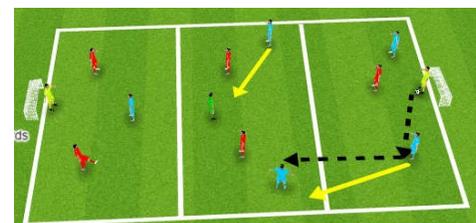
Pirates of the Pugg - This soccer dribbling drill are a great soccer drill using a Pugg Goal that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on proper dribbling technique in traffic which requires vision and awareness. The coach can also focus on the transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Scrimmage

Staying in Your Third - Teaches players expectations of each position and to stay in position. Divide the team in half making sure that some defense and some offense players are on each team. Section the field into 3 equal parts. Assign players from each team to each section and they cannot leave that section. Goals and goalies not required. Make small goals.

**Once they understand locations of defense vs offense, remove the lines and have them move as a team up and down the field, but keeping distance between forwards, mid field, and defense players.



Offense V Defense - Small sided scrimmage that encourages defense to kick the ball to the outside by placing goals in the two corners. Offense should be shooting on a larger goal with a goal keeper.

