

Hudson U10 Practice Plan

Week 1A

| Activity | Coaching Focus |
|--|---|
| Introductions | Meet team, set expectations for season, Meet with Parents set expectations for the season. |
| Warm Up Games: (Pick one or two) Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Conditioning obstacle course | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Monkey in the Middle 3v1 keep away | Make a square using discs 20x20 Don't allow passes through the middle |
| Numbers Game | <ul style="list-style-type: none"> ▪ Don't be afraid to call out more than one number at a time to have either: <ul style="list-style-type: none"> ○ More than one 1v1 game going on at the same time OR A 2v2 game going on |
| Scrimmage | Introduce Positions Forward and Defense Start to show throw-ins, but don't focus on it. |

Hudson U10 Practice Plan

Week 1B

| Activity | Coaching Focus |
|--|--|
| Warm Up Games: (Pick one or two) Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Conditioning obstacle course | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Four Corners (This is different than the 4 Corner Game.) | Correct Push Pass is a must! Passes should be crisp and straight. Three players on outside one inside. Players should always be moving to open disc. |
| Numbers Game | <ul style="list-style-type: none"> ▪ Don't be afraid to call out more than one number at a time to have either: <ul style="list-style-type: none"> ○ More than one 1v1 game going on at the same time OR ○ A 2v2 game going on |
| Scrimmage | Reinforce Positions Forward and Defense Start to show throw-ins, but don't focus on it. |

Hudson U10 Practice Plan

Week 2A

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one or two) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Introduce Shooting Circle around coach. Players sitting in crab position. Coach drops ball and player tries to kick ball back to coach. Toe pointed down ankle locked. Build on this. Kids can stand. Then kick toward each other | Shoot with laces Ankle locked toe pointed down Plant foot next to ball Strike with laces Strike center of ball Follow through |
| Shooting Games: Run and Shoot Play the Numbers Game with Goals Place discs in corners of goal and place a ball on the discs for targets. | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Scrimmage | Reinforce Positions Forward and Defense Start to show throw-ins, but don't focus on it. |

Hudson U10 Practice Plan

Week 2B

| Activity | Coaching Focus |
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| Warm Up Games: (Pick one or two) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Reinforce Shooting | Shoot with laces Ankle locked toe pointed down Plant foot next to ball Strike with laces Strike center of ball Follow through |
| Shooting Games: Run and Shoot Play the Numbers Game with Goals Shoot for Corners. Place discs in corners of goal and place a ball on the discs for targets. | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Scrimmage | Reinforce Positions Forward and Defense Start to show throw-ins, but don't focus on it. |

Hudson U10 Practice Plan

Week 3A

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners. Place discs in corners of goal and place a ball on the discs for targets. | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Teach Throw-Ins Have the kids say “Feet, Neck, Throw” when they throw the ball. Teach them to throw down the line | Both Feet on Ground Both hands on Ball Ball must touch neck behind head. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. |

Hudson U10 Practice Plan

Week 3B

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners. Place discs in corners of goal and place a ball on the discs for targets. | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Reinforce Throw-Ins Teach heading Pairs heading. One serves one heads then switch. | Keep eyes on the ball Both feet on the ground knees bent Strike ball with forehead Concentrate on ball placement |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. |

Hudson U10 Practice Plan

Week 4A

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Introduce positions – Forward – Defense Using discs create three lanes. Divide players into two teams and play 6v6. | Teach players to stay in their lanes in respective to their position. Stay spread out. Use open space. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Start to introduce goal kicks and corner kicks. |

Hudson U10 Practice Plan

Week 4B

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Reinforce positions – Forward – Defense Using discs create three lanes. Divide players into two teams and play 6v6. | Teach players to stay in their lanes in respective to their position. Stay spread out. Use open space. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Start to introduce goal kicks and corner kicks. |

Hudson U10 Practice Plan

Week 5A

| Activity | Coaching Focus |
|---|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Work on Goal kicks and Corner kicks. In the past weeks these should have been covered briefly this is the opportunity to spend a little more time on it.. Have the goalie take the goal kicks! Teach them to kick out wide not up the middle. | Teach players taking the kick to use their laces and get under the ball. Also have them avoid the middle and kick the ball out wide on goal kicks. Also supporting players should move out wide to receive on goal kicks. Players should start at the top of the box on corners and move to the goal. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Stress Goal and Corner kicks. |

Hudson U10 Practice Plan

Week 5B

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Reinforce Goal kicks and Corner kicks. | Teach players taking the kick to use their laces and get under the ball. Also have them avoid the middle and kick the ball out wide on goal kicks. Also supporting players should move out wide to receive on goal kicks. Players should start at the top of the box on corners and move to the goal. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks. |

Hudson U10 Practice Plan

Week 6A

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Teach Goal Keeper Technique | Work on stance. Hands in “W” shape knees bent, player should be on balls of feet. Work on basket catch and receiving ball. Teach them how to distribute the ball by rolling it to a player. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks. |

Hudson U10 Practice Plan

Week 6B

| Activity | Coaching Focus |
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| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
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| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Reinforce Goal Keeper Technique | Teach them to come out of the net and cut down the angle. Reinforce all goal keeper technique. Concentrate on distributing the ball up the sides of the field and not the middle. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks. |

Hudson U10 Practice Plan

Week 7A

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Small sided games: Work on 1v1, 2v1. Set up small grids (10x10 or 10x20) | Emphasize attacking the ball on defense and on offense teach them to go hard at the attacker and make a move around them. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks and Goal keeper technique. |

Hudson U10 Practice Plan

Week 7B

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
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| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks and Goal keeper technique. |

Hudson U10 Practice Plan

Week 8A

| Activity | Coaching Focus |
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| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
| Basic Foot Skills Teach Dribbling Games: (Pick one or two) Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs | Dribbling with inside of the foot Stop ball with sole of the foot: Focus on keeping the ball close. Keep head up. Use soft little touches. Use both feet. Protect the ball. |
| Passing and Receiving Games: (Pick one or two) Pairs passing Pass through gates Freeze tag (pass through legs) Passing in triangle Four corner game Keep Your Yard Clean | Passing with inside of the foot Pass with inside of foot Ankle Locked Plant foot next to ball Follow through Receive with side of foot |
| Shooting Games: (Pick one or two) Run, Shoot and Run Dribble Run and Shoot Play the Numbers Game with Goals Shoot for Corners | Laces, Ankle Locked, Toe down, Strike with Laces. |
| Small sided games: Work on 1v1, 2v1. Set up small grids (10x10 or 10x20) | Emphasize attacking the ball on defense and on offense teach them to go hard at the attacker and make a move around them. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks and Goal keeper technique. |

Hudson U10 Practice Plan

Week 8B

| Activity | Coaching Focus |
|--|---|
| Warm Up Games: (Pick one) Fox and Farmer Chain(blob) Tag Freeze Tag Conditioning obstacle course All skill relay races | Get them moving and warmed up. Get them used to boundaries. Work with teammates. Spread out and use the space |
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| Small sided games: Work on 1v1, 2v1. Set up small grids (10x10 or 10x20) | Emphasize attacking the ball on defense and on offense teach them to go hard at the attacker and make a move around them. |
| Scrimmage | Reinforce Positions Forward and Defense Use throw-ins in the scrimmage more. Continue to reinforce Goal and Corner kicks and Goal keeper technique. |

Fun Games and Drills

Fox and Farmer

You can use the entire field area or use cones to make it smaller depending on the number of kids.

Pick 1-4 Farmers depending on number of players. Using cones make a small square for a pen in the middle of the field. Give each fox a pinney and have them tuck it in as a tail. Let the fox's run around in side the field area. Then let the farmers in and they have to try and steal the tails from the fox's. The fox's go in the pen if they get caught.

After they get the hang of it you can add a ball. Have the fox's dribble a ball while the farmers try to take their tails.

Chain Tag (Octopus Tag, Blob)

Players run around inside of field area. Start with one person it. They have to tag someone then they join hands and continue to tag people. When the chain or Blob gets more than 3or4 people you can break them up to multiple blobs. When you add a ball the person that is it must knock the ball away from the players dribbling around the area.

Freeze Tag

Just like the traditional game. Someone is it and they tag people. If someone gets tagged they freeze. When you add a ball everyone dribbles around. If they get tagged the stand with feet apart and must hold their ball over their head. Other players can free them by pushing the ball through the person's legs.

Flip the cones

Place the flat cones all over the field. Some right side up and some upside down. Have the kids run and see how many they can flip over.

Follow the leader

Coach dribbles the ball around and have the kids follow and repeat everything you do. Be sure to stop the ball several times with the sole of the foot. Do some funny things and go all over the field.

Coach Says

Just like Simon Says. Kids do what the coach says only if you say "coach says" If they do something when you didn't say coach says the can be out or you can make them do something funny or 10 toe taps, or side to sides.

Red Light Green Light

You can do this multiple ways. The traditional way is the kids all line up on one end of the field with a ball. Coach has back to kids and calls 1.2.3 Red Light or Green light and if you catch them going on red light you move them back.

I like to do it the following way. All kids dribble freely around the field area. If you say Red Light they must stop the ball with the sole of their foot. Green light go again. If you say speed they go fast.

Things to add over time:

Toe taps

Side to side

Stopping the ball with different body parts.

Sharks and Minnows

Kids dribble freely with a ball. Pick a 2 people to be sharks. Let the kids dribble around for a little bit then release the sharks. The sharks go and kick the ball away from the minnows. Stop play and have the sharks and the minnows that go

Killer Bees

The kids dribble in an area (tell them they are bees and to buzz), then after awhile, have the coaches (or a few parents) walk around inside the area. It is the job of the "bees" to "sting" the big people with the ball (a pass or kick). They need to keep looking for a target and hitting it. They can only hit you in the shin below the knee. This is also called kick the coach, but I thought this was more fun with the buzzing.

Munchkin Knock-Out

Players must shield their ball from other players. While protecting their ball, players try to kick any loose balls out of the area. Once their ball gets kicked out of the area they are out of the game. Any one dribbling out of the grid on their own is also out.

Crazy Crabs

Crabs must sit on the ground, and move around on their hands and feet, stomach up. Players try to dribble across the area without losing their ball to the crabs. Once a player's ball is stolen, that player becomes a crab also.

Frog Attack

Same as Crazy crabs, but instead the players in the field trying to steal the ball from the other players stand upright and hop like frogs

The Crows and the Cranes

Each player dribbles in the grid. When coach shouts “crows”, then crows try to score while the cranes leave their balls and defend their goal. Use the center circle and the goals at the end of the field for this game.

Relay Dribble

Teams of three or four. Players dribble in and out of cones which are spaced three yards apart from one another. Each team races against the other teams.

Team Steal

Divide group into three equal teams. Two teams dribble across the grid from opposite sides trying to reach the other side. One team plays defense in the middle and steals as many balls as possible. Alternate team is on defense.

Steal The Bacon

Divide players into two even teams. Assign each player a number. Line each team up about 30 – 40 yds apart and put a ball in the middle. Call out a number and the players that have that number from both teams run out and try to get the ball and bring in back to their teams line and stop the ball on the line.

Dribble Run and Shoot

Put all the balls in the middle of the field. Divide team into two. Have each team line up on their respective goal lines with backs to the balls. On the whistle the run and take a ball and shoot and in their own goal. Try to get them to use their laces to shoot not the toe!

Kick the Coach

Players dribble around the field area and try to kick the coach or coaches in the shins with the ball below the knee. This reinforces ball control and shooting/passing accuracy. They need to keep the ball close to them and the need to get up close to you in order to hit you.

Four Corner Game

Make for boxes out of cones in each corner of your field. Put all the balls in the middle of the field. Split the team up into four teams with a coach/parent in each square. To start I let them use their hands. On go have each coach/parent release one player which will run and grab a ball and bring to them in the square. Then the let another player go. Do this till all balls are gone. As you progress you can let all players go at once then let them steal it from other teams. Then you can have them use only their feet.

Monkey in the Middle 3v1 Keep Away

Make multiple 10x10 grids and split the kids in to groups of 4. One player in the middle and 3 out in the perimeter. Don't allow passes across the middle. Force players on the out side to move to open space.

Numbers Game

Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds.

Progressions: Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.

Don't be afraid to call out more than one number at a time to have either:

More than one 1v1 game going on at the same time or a 2v2 game going on.

Pairs Game

Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well.

Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your opponent to take.

Try to make sure everyone is with a partner of relatively the same ability

The progression is good because if one player is dominating the other player will get plenty of opportunities

2v2 to Multiple Goals

Use the same set-up as in activity three but now each pair becomes a team. Play 2v2 into the multiple goals.

Progressions: A team can score by dribbling through a goal. A team can score by passing through a goal. A team can score by passing the ball through a gate to their teammate on the other side.

Have three or four small goals so their isn't a lot of congestion

Can we try to score on a goal where there is not a defender (very simple language for advanced tactical concept of playing the ball away from pressure)

Four Corners

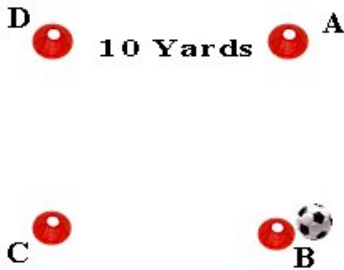
Four Cones in a 10 x 10 yard square. Three players (A,B & C) to form a triangle, leaving one cone open. The ball is placed at the top of the triangle (Player B). (See Figure).

Player B has two choices to pass. The player not receiving the pass moves to open cone to form new triangle.

Note: The player receiving the ball should receive the ball with his "Outside" or "Away" foot so that he is *open to the field*. In other words, if he is at cone A and receives the ball from the player at cone B he must receive the ball with his right foot - the one closest to cone D. This is a fundamental requirement that the coach must reinforce and correct. It will become much more apparent why this is important when we add defensive pressure.

The easiest way to get players doing the drill properly is to tell them to pass the ball "clockwise" only from A to B to C to D to A, et. al. This allows the player to know where to pass the ball and allows the other players to know when to move to the open cone. Movement and passes become automatic. Once they get the hang of the movement tell them to reverse the passes and only pass the

Figure A.



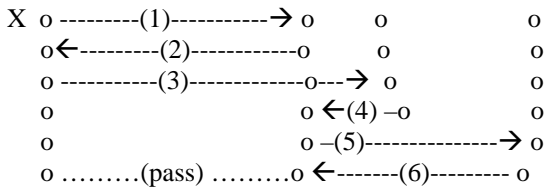
Correct Push Pass is a must!

Passes should be crisp, with pace, and straight along the cone-lines. Passes should be made quickly without waiting for the receiving player to actually get to the cone. This teaches young players about the concept of "*Passing to Space*".

Relay Race

Split into two teams. Set up two rows of cones as shown in figure.

Players will do a relay race starting at the first cone. They will Dribble to the 2nd cone, turn and come back to first, turn, go to third, back to second, turn, then out to the last. One they reach the last, they turn back towards the line and make a pass to the next player from the second cone. Next player goes. First team finished wins!



Lots of running and ball control needed.

Two Goals Back To Back

Place two goals back to back (or use cones) and then mark off the field so there is at least a 30x20 yard space in front of each goal. Use two goalkeepers and it's 4 vs. 4 on the field. Each team can score on either goal. The goalies are neutral and should always distribute the ball (even after goals) to the space on the left without favoring any team. Use throw-ins for any balls out of bounds. Extra players should rotate in after each goal.

- Split into even teams, rotate if team cannot be made even or add a neutral player
- Players should be looking for a shot on goal or a pass
- Goalies should always be ready

Add an extra ball or two for a faster pace.

Run & Shoot, Run

One Goal keeper, one passer and one shooter.

8-10 balls with passer and on whistle the passer delivers a ball from side for shooter to hit first time. Shooter than runs back around the cone shoots next ball. Continue with all balls. This is good shooting practice because often you must shoot the ball when your legs are tired or you're winded. Good for conditioning. Players switch places after shooter is done.

- If the players are having difficulty crossing the ball, use a coach or have them throw-in the ball
- Monitor to make sure every player gets a shot on goal
- Rotate the shooter and crosser
- Set up a few cones to give an idea on where the ball should go

Good for conditioning

Shoot for Corners

Start with stationary balls lined up about 12 to 15yds away from the goal.

Put a disc with a ball on top in each corner up against the goal post.

Have each player run to ball and shoot for corners.

Progression1

Add a goal keeper, but don't let them move from the middle of the goal. Force players to shoot for corners.

Progression2

Have coach pass the ball to players and have them run toward the ball and shoot on the run.

Catch, Throw & Save

Start with one Goal Keeper and one to two crossers. Everyone else will be moving around the play area, dribbling their ball or some other activity..

Keeper tries to stop and redistribute to the crosser.

Reset and go again.

- If the players are having difficulty crossing the ball, have them throw-in the ball
- Monitor to make sure every player gets a turn
- Rotate the goalie and crosser

Set up a few cones to give an idea on where the ball should go

Goal Alley

10 X 15 Area

Players work in pairs with one ball between them. Each player defends his/her goal line while trying to score on their opponent. Players have unlimited touches but must remain in their own side of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent the goal. Change partners after 5 minutes. As a progression add the rule that if the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent.

Outta There

In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a **small** line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game.

Progressions: Start with 1v1 and progress to 2v2.

- This game should be **very** fast paced
- As soon as the ball goes out of bounds throw another ball in immediately
- The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them

Vary how balls are distributed into the playing area

Everyone vs Everyone

Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat **their own** score.

Progressions: Define how goals are scored - by dribbling or shooting.

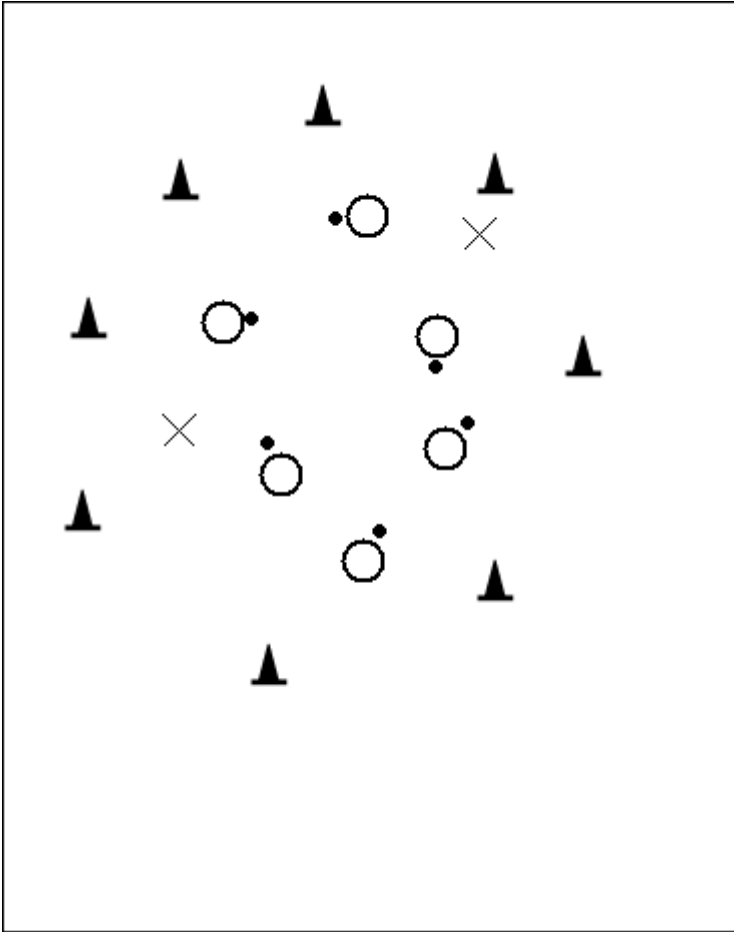
Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth

As soon as players go through a gate they should look up to find an open gate and then go for it!

Throw In Side line drill

Using the side line make two lines of players. One off the field to take the throw in the second on the field to receive the throw in. The first players throw's the ball in to the player on the field close to the side line but toward the opponents goal. The player receiving the ball moves toward the ball. After the thrower throws the ball in that player must run on the field and move toward the goal in 2v1 with a goal tender.

Killer Whale



KILLER WHALE- Dribbling and shielding

Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies 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 can. Each ball that goes out is worth a point.

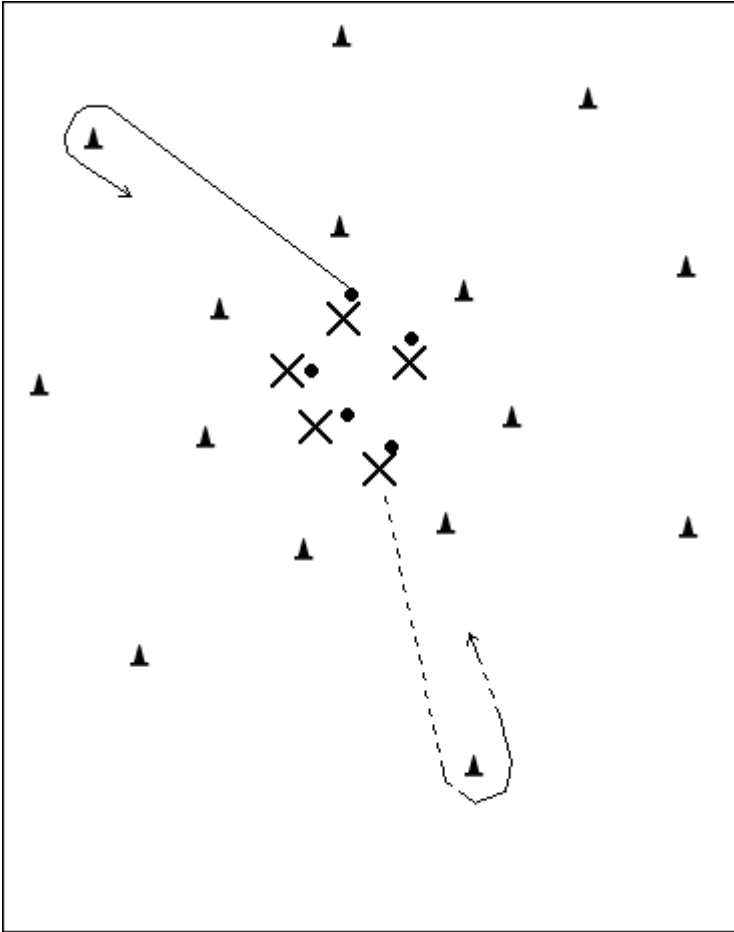
The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and and continue dribbling in circle.

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

Use stop watch.

You can use one or two killer whales

EXPLODE



EXPLODE- dribbling

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 coaches 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 "ball taps" with the bottom of his cleat.

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

Snake Dribbling.

The purpose of this activity is to improve the dribbling skills of young players aged 6-10.

The game is played in a grid that varies depending on the needs of the players. Make the grid smaller to make it more difficult for the players. Make it larger if the players are finding it difficult to achieve success. The coach must experiment with the size and find what works best for his or her team.

Divide players into groups of three or four. Have them stand in line, forming a "snake." The

middle player starts with the ball.

The middle player (Player B) must try to follow the first person, or "head" of the snake (Player A) while dribbling. The third player (Player C) follows the second player and so on. From front-to-back, the players should be arranged as follows:

Player A (head of snake), Player B (Dribbles ball), Player C (follows dribbler)

On command, the middle player becomes the new head of the snake, while the old head of the snake goes to the end of the line and player C now has ball in middle. Now the players will be arranged as follows:

Player B (head of snake), Player C (Dribbles ball), Player A (follows dribbler)

Play continues as long as players are benefiting from the activity. It is best to use this activity as a warm up. No score is kept as players are concentrating solely on their technique.

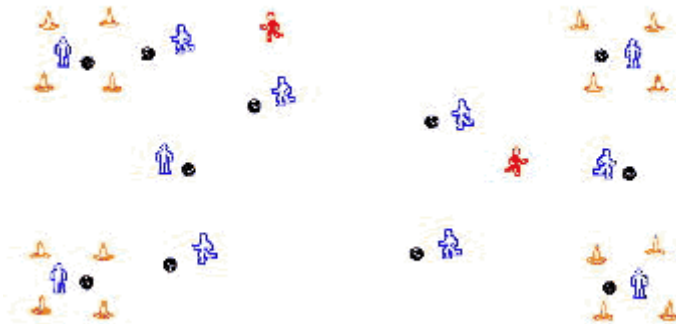
Coaching points:

1. Head of snake should move at different speeds, including stopping.
2. Encourage moving in many different directions.
3. Middle player must keep eyes up to see the head of the snake.
4. Encourage use of many different surfaces of feet in contact with ball.

Category: Dribbling

Type: Game

RUNNING BASES



The Game

- Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the "tagger"

- Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble.
- Players are save in any one of the 4 bases. Only one player allowed in a base at one time. If a new players enters a base, the old player must leave.

Variations

For younger players:

- Only one tagger
- Fewer bases
- Only one player in a base at a time

For older players:

- More bases and taggers.
- 2 players allowed in each base.
- Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).