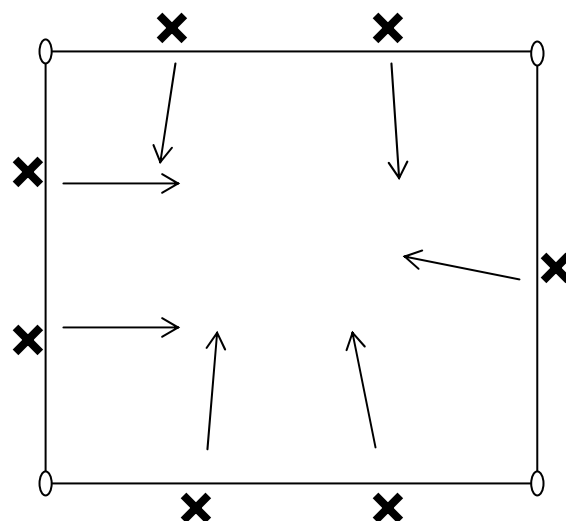


Dribble Across a Square Game



Objectives of Players

Players try dribble back and forth across a square, keeping control of the ball and avoiding other players

Rules

Players spread out around the perimeter of the activity grid, all facing inwards. On the coach's command, they all dribble across the square, turn around, and dribble back. The first player to complete 12 crossings yells out "Done", and the round is completed.

Time Management

The game is replayed several times, with tips and instructions from the coach between rounds. With 5 or 6 intervals, the total activity time should be 10-15 minutes.

Set up

Activity Grid: 6 yards x 6 yards activity grid, varied depending on number, size, and age of players. Grid should allow for congestion.

All players have a ball.

Considerations

After each round, the coach should ask each player how many crossings they made, and give them positive feedback for good technique, beating their previous score, etc.

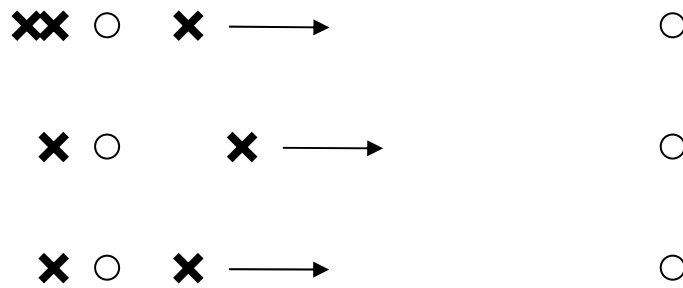
Coaches should emphasize control dribbling when in heavy traffic and quick turns as the keys to this game. This game provides good opportunities to teach Pull Back and Step In/Step Out turns.

Variations: Numerous - use one foot only, use insides or outsides of feet only, only use a Pull Back turn, etc.



Franklin Youth Soccer Association

Dribble Around Cone and Back Relay Race



Objectives of Players

Working in teams, players compete in a dribbling relay race.

Rules

Divide players into teams of 2-3 children (it's OK to have different numbers of players on the teams) and have each team line up behind one cone of their Relay Course. On the coach's signal, the first player in each line dribbles across the course, around the opposite cone, back to the starting cone, and then gives the ball to the next player in line who starts the next trip across. The first team to complete 12 trips wins.

Variations: Numerous - dribblers must go around the cone in a particular direction, dribblers must go around the cone in a complete circle before returning, dribblers must use only the left or right foot, etc.

Time Management

The activity is repeated several times for a total of 10-15 minutes.

Set up

Relay Course: One pair of cones 5-6 yards apart for each team.

Each team has one ball.

Considerations

The dribbler must dribble the ball to his teammates and not pass it.

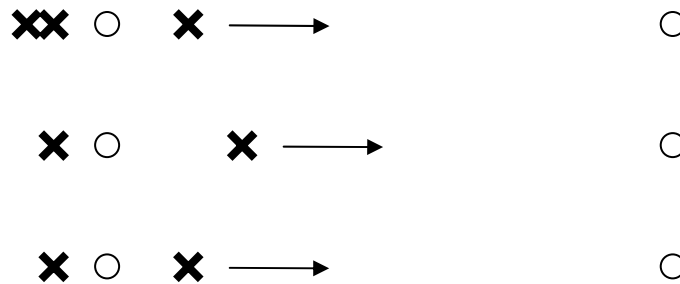
Coaches should stress that controlled dribbling and turning is the key to this race, not pure speed.

Where there are different numbers of players on the teams, players should be moved between teams during breaks so that players on a smaller team do not get overworked.



Franklin Youth Soccer Association

Dribble Around Cone and Pass Relay Race



Objectives of Players

Working in teams, players compete in a dribbling and passing relay race.

Rules

Divide players into teams of 2-3 children (it's OK to have different numbers of players on the teams) and have each team line up behind one cone of their Relay Course. On the coach's signal, the first player in each line dribbles across the course and around the opposite cone, and then passes the ball to the next player in line who starts the next trip across. The first team to complete 12 trips wins.

Variations: Numerous - dribblers must go around the cone in a particular direction, dribblers must go around the cone in a complete circle before passing, passes must be done with only the left or right foot, etc.

Time Management

The activity is repeated several times for a total of 10-15 minutes.

Set up

Relay Course: One pair of cones 5-6 yards apart for each team.

Each team has one ball.

Considerations

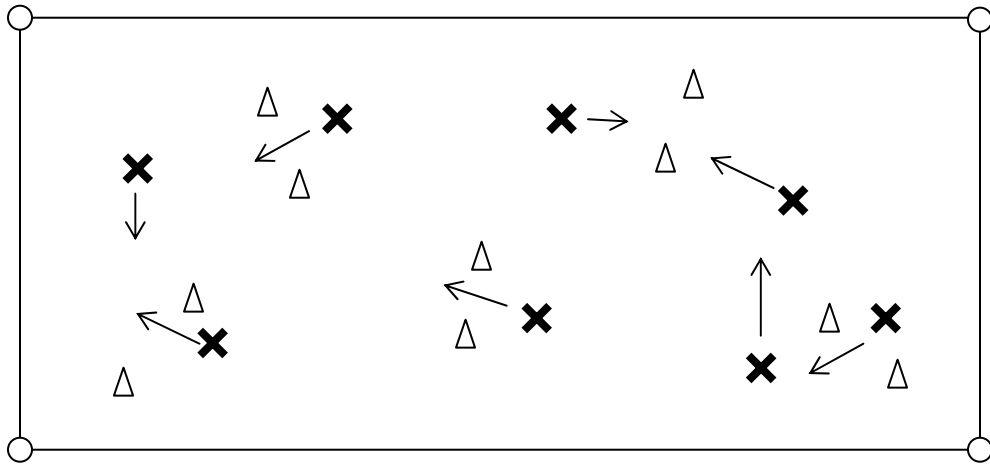
Coaches should stress that controlled dribbling and accurate passing is the key to this race, not pure speed. Teams that take the time to set up properly will invariably win the race.

Where there are different numbers of players on the teams, players should be moved between teams during breaks so that players on a smaller team do not get overworked.



Franklin Youth Soccer Association

Game with Many Goals - Dribbling



Objectives of Players

Players try to score as many points as possible in the time allowed. A point is scored by dribbling a ball through a goal.

Rules

Players cannot dribble through the same goal twice in a row. Each player keeps track of their own number of points.

Time Management

The game is replayed several times in 1- or 2-minute intervals. With 5 or 6 intervals, the total activity time should be 10-15 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion.

Goals: 5-6 goals (2 cones, 3 feet apart) are placed randomly in the Activity Grid. More or less goals are used to match the size of the grid.

All players have a ball.

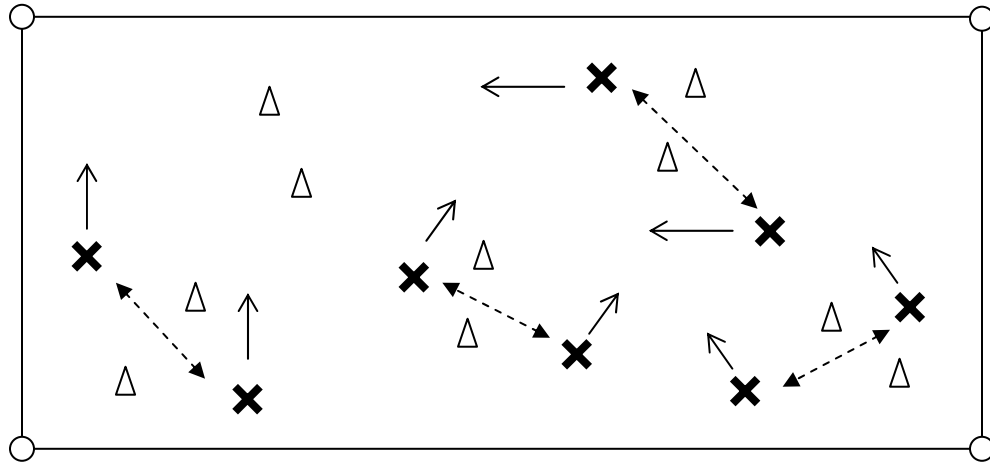
Considerations

On coach's command, players dribble through as many goals as possible. After each time interval, ask, "How many goals did you score?", "Can you beat your last score?", "Can you get to 10 goals?", Remind the players, "Keep count of your goals!"



Franklin Youth Soccer Association

Game with Many Goals - Passing



Objectives of Players

Players try to score as many points as possible in the time allowed. A point is scored by passing a ball back and forth with one's partner through a goal.

Rules

Players cannot score on the same goal twice in a row; after a point is scored on one goal the pair dribbles to another goal. Each pair keeps track of their own number of points.

Time Management

The game is replayed several times in 1- or 2-minute intervals. With 4 or 5 intervals, the total activity time should be 10-12 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion.

Goals: 5-6 goals (2 cones, 3 feet apart) are placed randomly in the Activity Grid. More or less goals are used to match the size of the grid.

Each pair of players has a ball.

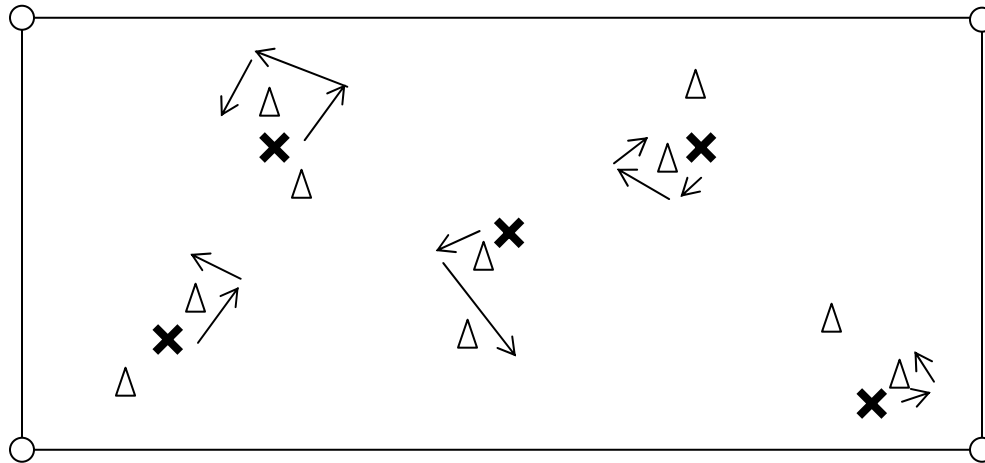
Considerations

On coach's command, pairs of players move to a goal as quickly as possible. Players need to communicate with one another and move smartly into a supporting position in order to score the most goals. "Talk to your teammate!" "What goal is next?" "Find a goal that's free!" "Stay with your partner!"



Franklin Youth Soccer Association

Inside/Outside Figure 8 Dribbling Race



Objectives of Players

Players dribble around 2 cones in a "Figure 8" pattern using only the inside and outside of one foot (so they turn around one cone using the outside of the foot and around the other cone using the inside of the same foot).

Rules

The coach tells the players which foot they should be using, and then tells them to "Go". The players keep count of how many complete Figure 8s they do, and the first player to 10 shouts out "Done".

Time Management

The game is replayed several times, with tips and instructions from the coach between rounds. With 5 or 6 intervals, the total activity time should be 10-15 minutes.

Set up

Cones: 2 cones set up 1-2 yards apart for each player.

Each player has a ball.

Considerations

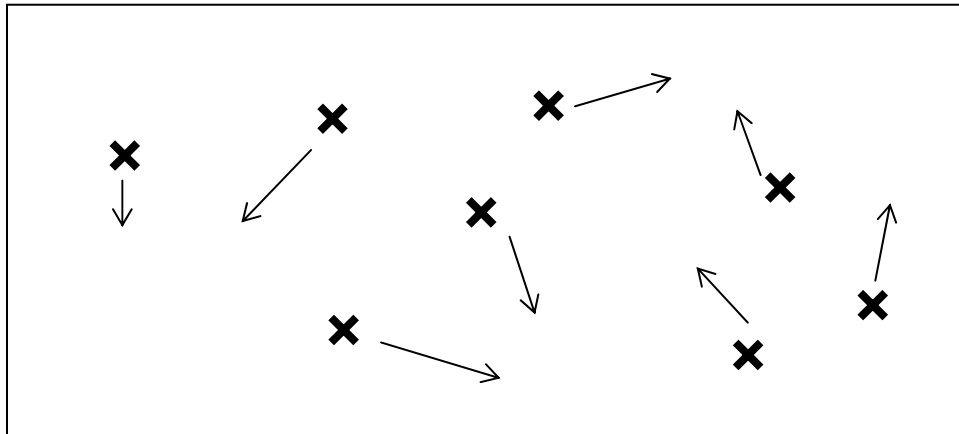
Coaches should emphasize control dribbling as the key to this game. This game provides good opportunities to teach Step In/Step Out turns.

Rather than telling the players to use their left foot or their right foot, coaches can tell them to use their "strong" foot or their "weak" foot so that there is no bias for/against left or right footers.



Franklin Youth Soccer Association

Knockout



Objectives of Players

Players try to be the last player to have control of his/her ball in a grid.

Rules

While dribbling within a grid, each player simultaneously considers protecting his/her own ball and seeks opportunities to put another's ball out of the grid. Once knocked out (or if a player loses control and goes out of bounds), a player retrieves his/her ball and stands on the boundary line with one foot on the ball. The last player in the grid with his/her ball is the winner.

Variation: For "Continuous Play", a player who gets knocked out can immediately return to the game when the ball is retrieved.

Time Management

The game is replayed several times in the span of 10-15 minutes. If the Continuous Play variation is used, limit each segment to 3-5 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players.

All players have a ball.

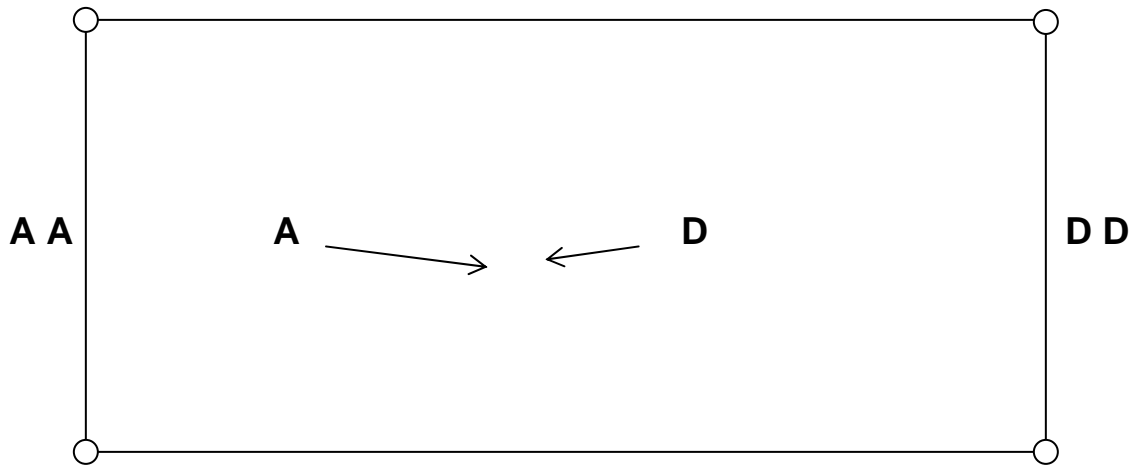
Considerations

Coach should encourage continuous dribbling and shielding. Players may need urging to engage others to try to knock out their ball.



Franklin Youth Soccer Association

One vs One to Two Lines



Objectives of Players

The attacking player tries to beat the defender and dribble under control across the end line to score a point. The defending player tries to dispossess the attacker and either dribble under control across the opposite end line (1 point) or clear the ball out of play (no points).

Rules

Players are divided into two groups and form lines on opposite sides of the activity grid; one side is the attacking side and the other is the defending side. On the coach's signal, the first player in each line enters the grid (the attacking player dribbles the ball in) and play begins. Once a point has been scored or the ball goes outside of the grid play has ended; the attacking player goes to the back of the defending line and the defending player takes the ball and goes to the back of the attacking line. The coach then signals the next two players to begin play.

Time Management

The game is played continuously for an interval of 10-15 minutes. Coaches should try to keep gaps between pairs of players to a minimum in order to maximize individual playing time and touches.

Set up

Activity Grid: 20 yards x 15 yards activity grid (approximately ½ instructional field played side to side).

Only players on the attacking side have a ball.

Considerations

The attacking player should be encouraged to go aggressively towards the defending player and make a quick move in order to get by them and score.

The defending player should quickly move to a marking position (being careful not to rush past the attacker) and work on containing the attacker until they get an opportunity to steal the ball and counter-attack.

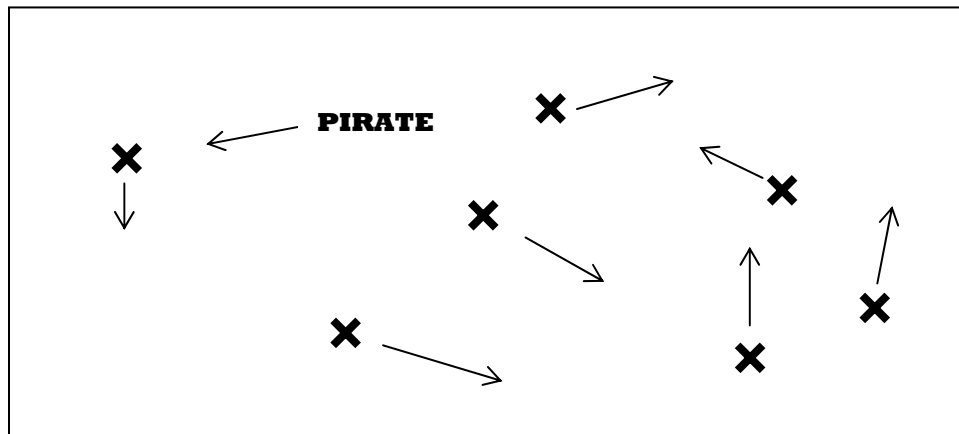
The focus of this activity is possession and ball control; that is why no points are awarded for a defender merely clearing the ball. Also, points for attackers and defenders should only be awarded when the ball is dribbled under control over the end line.

If there are eight or more players and an assistant coach is available, two activity grids should be set up next to each other to increase individual playing time and touches.



Franklin Youth Soccer Association

Pirates



Objectives of Players

Players dribble within the boundaries, protecting their ball from the “pirate”, for as long as possible.

Rules

One player, without a ball, is the “pirate” who attempts to steal the ball of a dribbling player or force a player to dribble outside the boundaries. If the “pirate” succeeds, the player who lost control of his/her ball becomes the new “pirate”. The new “pirate” cannot steal the ball of the player who had just been the “pirate”.

Time Management

The game is replayed several times, alternating initial “pirate”. Continue for 10-15 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. If the “pirate” is not challenging players readily, allowing them to stand still, reduce the size of the grid.

One player without a ball (may hold a colored jersey to distinguish them from others and pass it to the new “pirate”). All other players have a ball.

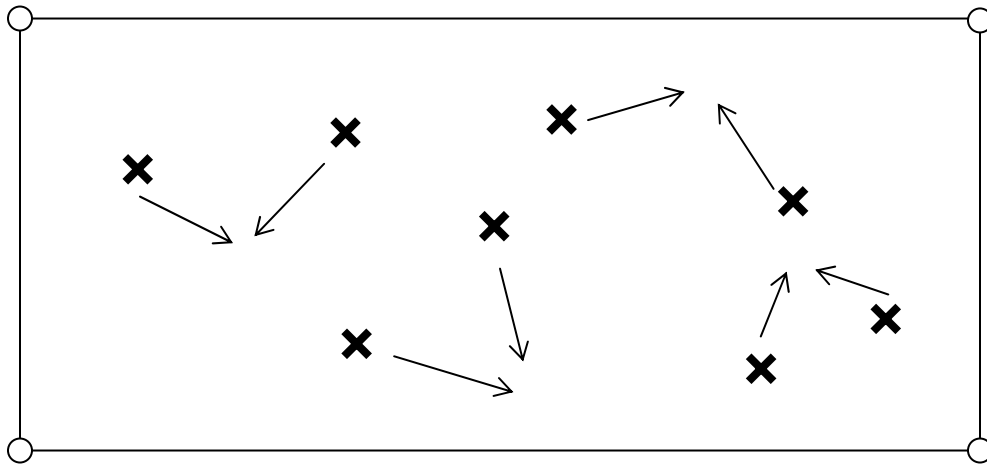
Considerations

Coach should encourage continuous dribbling even when the “pirate” is not in the area. Additional “pirates” can be used to increase pressure on dribbling players. Emphasize ball control, change of direction, and change of pace.



Franklin Youth Soccer Association

Shield-Steal



Objectives of Players

Players try to either keep or gain possession of the ball.

Rules

Half the players have a ball and half do not, and players without a ball try to steal one from someone who does. The players with a ball try to keep possession while staying within the boundaries of the Activity Grid. If the ball goes out of bounds, the player who touched it last does not get possession, and the player who gets possession is allowed to dribble it back into the Grid without being challenged straight away.

Time Management

The game is played in 2-3 minute segments for a total of 10-15 minutes. Coaches are to give tips and encouragement between segments.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players.

Half the players have a ball.

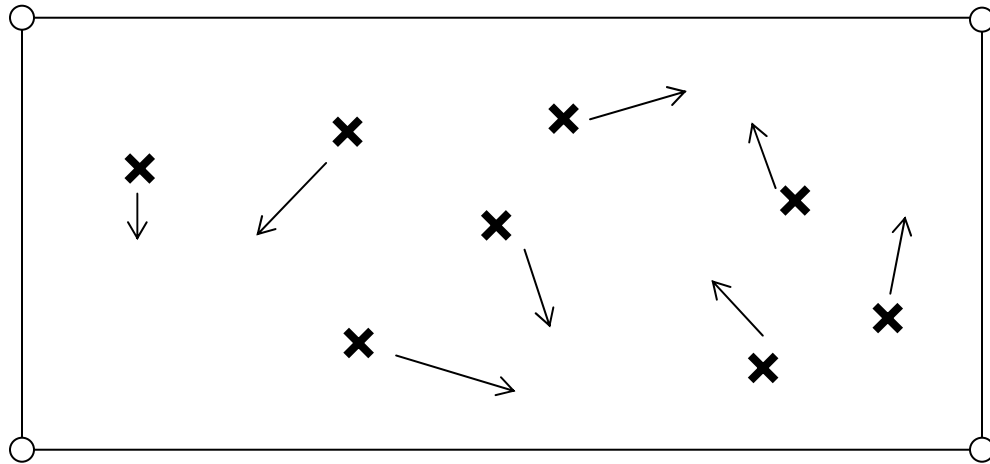
Considerations

- Use the breaks to teach the players the technical points of shielding: body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where the defender is going.
- Fix technical shielding errors throughout this activity and make sure the entire group knows how to properly shield.
- If you have an odd number of players, have a parent or Assistant Coach join in to even things out.



Franklin Youth Soccer Association

Tag



Objectives of Players

Players dribble within the boundaries, trying to tag as many other players as possible.

Rules

Each player dribbles a ball within the Activity Grid while trying to tag other players with their hand. Players cannot leave their own ball in order to tag someone. Each player keeps count of how many players they have tagged, and should try to beat their own record each successive round.

Variations:

- Players must tag each other on a specific body part (knees, elbows, etc.).
- "Hospital" Tag: After being tagged three times, a player must go to the Hospital, where the Doctor (Coach) will have them do a particular ball control task before they are "healed" and can resume playing the game.

Time Management

The game is played in 2-3 minute segments for a total of 10-15 minutes. Coaches are to give tips and encouragement between segments.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players.

All players have a ball.

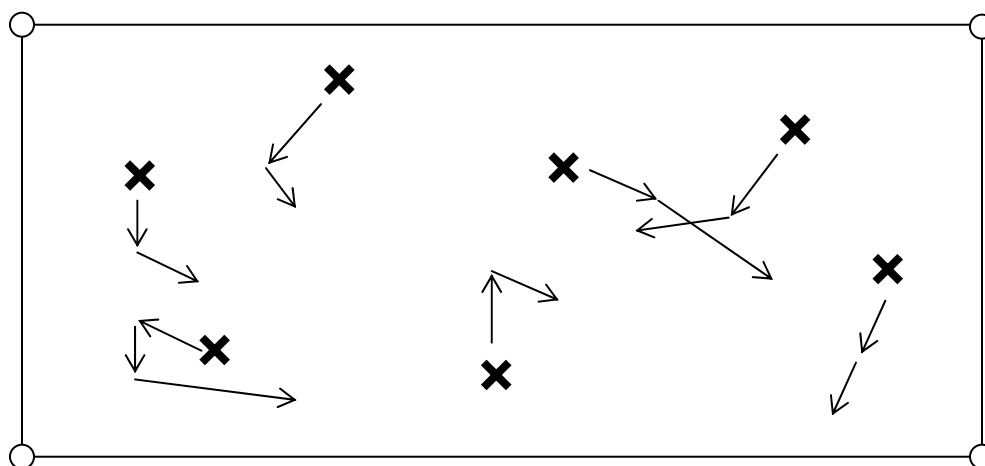
Considerations

- Make each successive round a little longer than the prior one - this makes it easier for the players to beat their own record and feel that they are becoming a better player!



Franklin Youth Soccer Association

Technical Box – Basic Dribbling



Objectives of Players

Players try to demonstrate a series of technical dribbling skills.

Time Management

Each skill should be practiced for 30 seconds to 1 minute. With 8 or 10 variations of the skill, the total activity time should be 10-15 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion.

All players have a ball.

Considerations

The coach demonstrates the skill or describes the skill to one player who will demonstrate for the rest of the team.

Variations are unlimited:

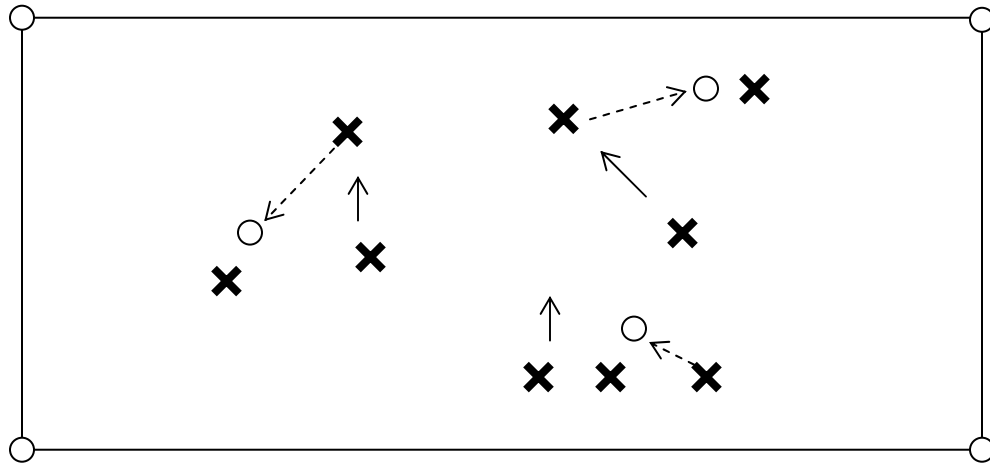
- Use both feet; Use right foot only; Use left foot only
- Use outside of the foot only; Use inside of the foot only
- Drag the ball with sole of the foot (backward, sideways, forward)
- Change direction on coach's command (not with a whistle)

Keep players moving. Correct a player individually and briefly while others continue. General comments to the group: "Keep the ball close to you.", "Soft pushes", "Guide the ball", "Change your pace, not always slow or fast."



Franklin Youth Soccer Association

Two vs One Keepaway



Objectives of Players

Three players play Two vs One continuous keepaway.

Rules

- Two attackers combine to keep the ball away from one defender. When the defender wins the ball, he immediately combines with the defender he did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are considered “lost” by the player who last touched them, and can be dribbled or passed back into play.

Time Management

The game is played in 3-4 minute segments for a total of 10-15 minutes.
Coaches are to give tips and encouragement between segments.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players.

Each group of three players has a ball.

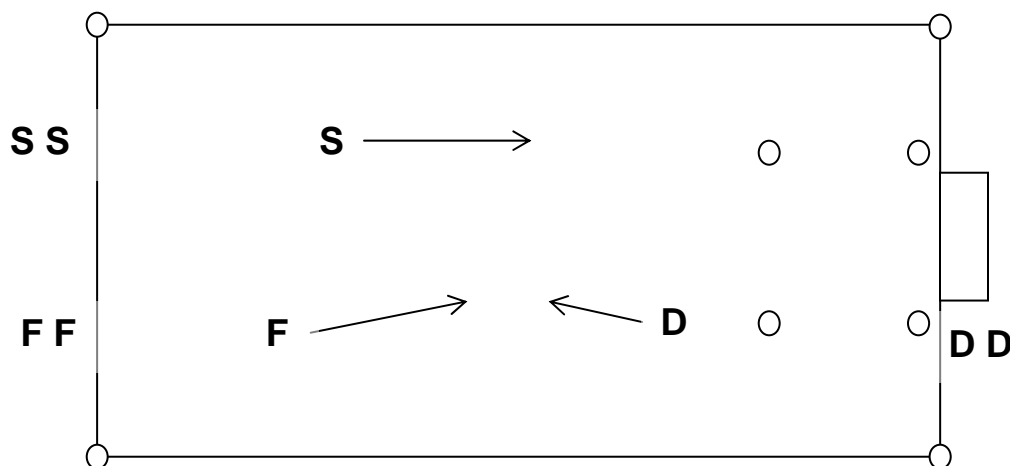
Considerations

- If there are not sufficient players to form complete groups of three, have one group of two players play “Steal-Shield” and/or have a parent or Assistant Coach join in to complete a group. For example, if you have eight players, you could have two groups playing Two vs One and one playing “Steal-Shield”, or you could have an adult complete the last group.
- If you have one group playing “Steal-Shield”, then be sure to rotate players between teams so that all players get an opportunity to play Two vs One.



Franklin Youth Soccer Association

Two vs One to a Goal



Objectives of Players

The attacking players try to beat the defender and dribble/pass into the 'Scoring Zone' then shoot for a goal. The defending player tries to dispossess the attackers and clear the ball.

Rules

Players are divided into three groups: First Attackers, Second Attackers, and Defenders. The Defenders line up next to the goal, and the two groups of Attackers line up on the opposite side of the Activity Grid. On the coach's signal, the first player in each line enters the grid (the First Attacking player dribbles the ball in) and play begins. Once a goal has been scored or the ball goes outside of the grid play has ended and the players return to the ends of their lines. The coach then signals the next three players to begin play.

Time Management

The game is played for an interval of 4-5 minutes. The groups then rotate roles (First Attackers become Defenders, Defenders become Second Attackers, and Second Attackers become First Attackers) and the game is restarted. The game is completed after all players have done all roles, 10-15 minutes in total. During each interval coaches should try to keep gaps between sets of players to a minimum in order to maximize individual playing time and touches.

Set up

Activity Grid: 20 yards x 15 yards activity grid (approximately ½ instructional field played side to side). A goal is set up on one of the 15 yard sides, and disk cones are used to mark out a 3 yard by 3 yard area directly in front of the goal (the Scoring Area)

Only First Attackers have a ball.

Considerations

The First Attacker should be encouraged to go aggressively towards the Scoring Area and either make a quick move to get by the Defender or a good pass to the Second Attacker.

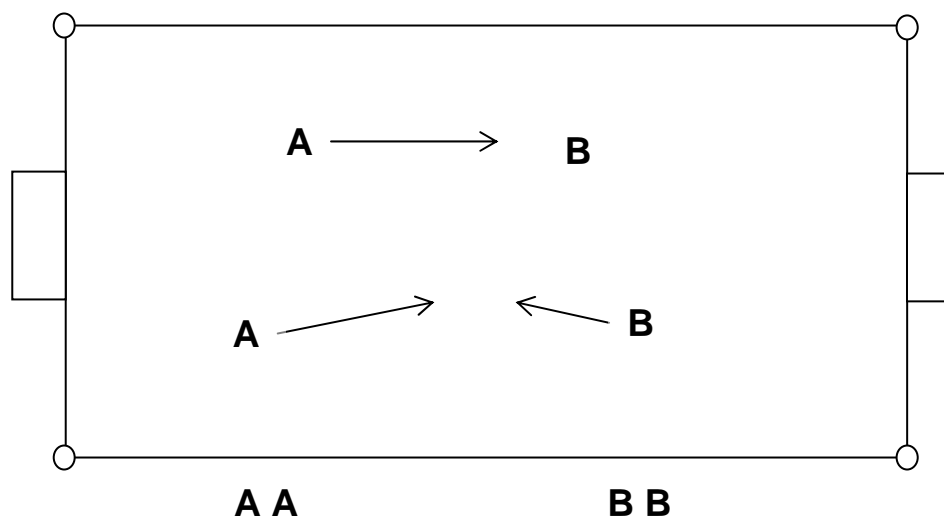
The Second Attacker should get into a supporting position where the First Attacker can pass to him without it being intercepted by the Defender. Once the pass has been completed the First and Second Attackers switch roles, i.e. the Second Attacker dribbles towards the Scoring Area and the First Attacker provides support.

The Defender should quickly move to a marking position (being careful not to rush past the ball handler) and work on containing the ball handler until he gets an opportunity to steal the ball. If the ball handler passes to the other attacker then the Defender should quickly move to a marking position on the new ball handler.



Franklin Youth Soccer Association

Two vs Two Get Outta There



Objectives of Players

Gain/keep possession of the ball and score a goal.

Rules

Players are divided into two teams, and two players from each team play at a time. Play continues until the ball goes out of bounds or a goal is scored. If the ball goes out of bounds, the coach yells "Get outta there!" and two new players from each team go on with the next ball. If a goal is scored, the two who scored stay on and two new players from the other team play against them.

Time Management

The game is played continuously for 10-15 minutes. The players should be encouraged to hustle during the changeovers in order to maximize individual playing time and touches.

Set up

Activity Grid: 20 yards x 15 yards activity grid (approximately ½ instructional field played side to side). A goal is set up on each of the 15 yard sides.

The coach controls all balls – all restarts are done by the coach passing a ball onto the field.

Considerations

The ball handler should be encouraged to go aggressively towards the goal and either make a quick move to get by the defenders or a good pass to his teammate.

The ball handler's teammate should get into a supporting position where the ball handler can pass to him without it being intercepted by the defenders. Once the pass has been completed the players switch roles.

The defenders should quickly move to marking positions, being careful to stay goal side of the attackers. The defender marking the ball handler should work on containing the ball handler until he gets an opportunity to steal the ball.

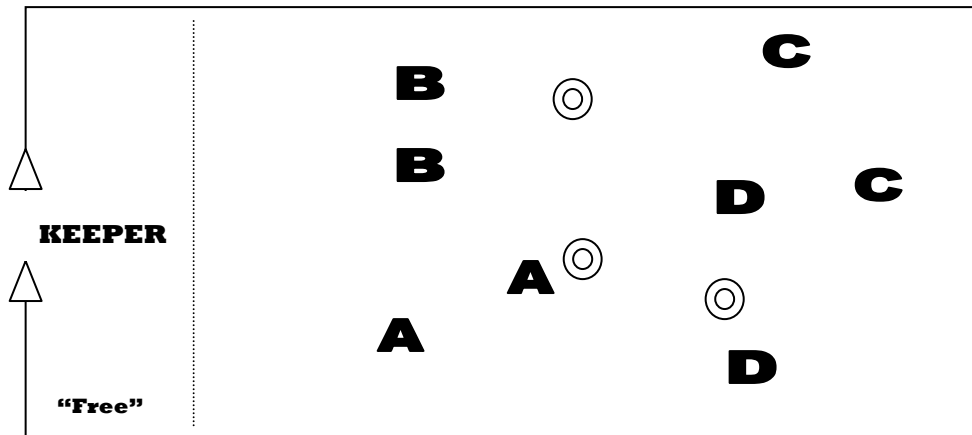
All players should avoid bunching up and should communicate with their teammates

Depending on the number of players, the coach may want to use three teams. In this case, if the ball goes out of bounds, the team that kicked it out is replaced by the third team.



Franklin Youth Soccer Association

World Cuppy



Objectives of Players

Each team (two players) attempts to score more goals than the other teams.

Rules

Players work with their teammate to control one of the balls in play (stealing it from another team, if necessary) and shoot it into the goal. Players may not shoot from within the "Free" zone.

Time Management

The game is played for 3-4 minutes, 2-3 times in a span of 10-12 minutes with a brief catch-your-breath break in between (while coach resets equipment).

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. A goal is placed at one end of the grid. A 3-yard "Free" zone is marked with disc cones across the field, in front of the goal.

One fewer ball than the number of teams is kept in play (e.g. use 3 balls for 4 teams of two players) by the Keeper (coach or parent). Each team chooses a name for itself (e.g. Revolution, Brazil, Mudhens, etc.)

Considerations

Although all aspects of play are present, emphasis is placed on shooting for accuracy and power. Mindful of balance amongst teams, coach might choose to rotate players to allow full participation and attempts by all players. Extra balls should be kept in goal to replace missed shots to keep game moving.



Franklin Youth Soccer Association