

TEAYS VALLEY YOUTH SOCCER ASSOCIATION

Please try to hold practices on non-game fields. Remember, you can have practice without goals. You may use the provided cones located at the field house.

Youtube Videos

[Toe Taps and Boxing the Ball](#)

[Roll Over](#)

[Scissors](#)

[Pull Back V](#)

[Cryuff](#)

[Beginning Drills 1](#)

[Beginning Drills 2](#)

[How to juggle the ball](#)

[Intermediate Drills 1](#)

[Intermediate Dills 2](#)

[Intermediate Drills 3](#)

[Intermediate-Advanced Drills](#)

[Advanced Drills 1](#)

[Advanced Drills 2](#)

[Rainbow](#)

DRILLS AND GAMES

Listed below are drills and games you may include during practice times. Make adjustments and adaptations to meet your kids' needs. Please put an emphasis on player development and the enjoyment of soccer. We thank you in advance for your time and commitment.

Footwork and Dribbling

Toe taps – Ball in front of feet. Place right toe of shoe on top of the ball, left foot on the ground. On a hop, switch toes on the ball. Left toe should now be on the ball and the right foot on the ground. Switch toes on the ball on the next hop. Repeat.

Ball boxing – Place the ball between the insides of both feet. Tap the ball back and forth as if you are waddling like a penguin. Increase the speed of boxing when kids are more comfortable with the drill. Eventually, have them box the ball with a bouncing motion.

Ball rollover – Put the ball on the inside of the right foot. Have the sole of the right foot roll the ball to the left foot (The foot should start from the lower right side of the ball and making its way towards the top and down to the left side of the ball). Roll the ball back to the right foot using the same steps. Repeat.

Pull backs – Place the ball in front of the left foot. Have the right leg come across the body and the right foot on top of the ball. Pull the ball back with the bottom of the right foot. The ball should now rest in front of the right foot. Have the left leg do the pull back. Repeat the steps.

Straight cones (Right) – Set up 5 cones, 3ft. apart, in a line. Have players dribble the ball through the cones with the inside and outside of the right foot. Each player should go through the cones at least 3 times.

Straight cones (Left) – Set up 5 cones, 3ft. apart, in a line. Have players dribble the ball through the cones with the inside and outside of the left foot. Each player should go through the cones at least 3 times.

Straight cones (Both) – Set up 5 cones, 3ft. apart, in a line. Have players dribble the ball through the cones with the inside of the both feet. Each player should go through the cones at least 3 times. Try to have players use both inside and outside of both feet.

Zigzag cones – Repeat straight cones drills with cones in a zigzag formation.

Follow the coach – Have players dribble their ball toward the coach. The coach jogs around the field. The idea is to have the players maintain ball control throughout the field.

Shielding the ball – 2 players with one ball. One player is between the ball and the other player. The player protecting the ball should have his or her back towards the other player at all times. The idea is to have one player try to steal the ball and the other player to box out and protect the ball.

Knock out – All players need a ball. Set up cones to form a square or rectangle. Each player tries to protect their ball, while trying to kick other players' balls out of the area. Last player with his or her ball wins.

Gladiator – Have a line of players at both sides of the goal. Try to evenly match up kids by skill level. The first player from each side will go head-to-head. The coach throws the ball out into the field. As soon as the ball lands, the two players run out and try to take control of the ball. Each player will try to shoot and score. The player without the ball defends. He or she can steal the ball. In that case, the roles reverse. The player, who scores, returns to the back of his or her line. The other player takes a seat. This goes on until one player remains.

Passing

Passing With a Partner – Line a player approximately 5-10 feet in front of another. The player with the ball uses the back middle of the inside part of the foot to pass the ball to his partner. Accuracy comes before power.

Accuracy Passing – Line a player approximately 5-10 feet in front of another. Place two cones 3 ft. apart in front of each player. Players are to pass the ball through the cones to their partner.

Passing through cones – Place 10 cones 3 feet apart in a zigzag line. One player stationed on each side of the cones. Players pass the ball in between the cones, as they are moving laterally along the set of cones.

Alternating Line Passing – Form 2 lines (Line A and Line B) with players in front of and behind each other. The 2 lines are facing each other and are approximately 10 yards apart. The first player from line A passes the ball towards first player on line B. Player A runs to the back of line B. The first player from line B runs to the ball and passes to the second player in line A and runs to the back of line A. Continue the process.

Triangle Passing – Set up 3 cones in triangle. Determine distance of cones based on age of players. There are 4 players for this drill; 2 players at cone A and 1 player at cone B and 1 player on cone C. One player from cone A passes the ball to player on cone B. That passing player follows the pass and runs to cone B. The player at cone B passes to player on cone C and then runs to cone C. The ball and players rotate around the triangle.

Ball to Ball – Every player has a ball. Each player's goal is to pass his or her ball into another player's ball. Players can keep track of how many times they hit another ball.

Keep Away – Form small groups. One defensive player tries to steal and take control of the ball. The other players try to keep the ball away from the defender.

Square Passing – Create a four cone square. Four players needed. One player stationed at three of the cones. They are on offense. One defender is in the middle of the square. The offensive player with the ball must have the other players at the nearest two cones. He or she can pass the ball to either player while the defender tries to steal the ball. The player who loses the ball to the defender now becomes the defender and the defender now plays on offense.

Trapping

Toe taps – Ball in front of feet. Place right toe of shoe on top of the ball, left foot on the ground. On a hop, switch toes on the ball. Left toe should now be on the ball and the right foot on the ground. Switch toes on the ball on the next hop. Repeat. Have players tap the ball with more impact.

Bottom of Cleat Trap- Line a player approximately 5-10 yards in front of another. One player passes the ball to his or her partner. The other player bends his or her ankle and traps the ball with the bottom of his or her cleat.

Inside Cleat Trap - Line a player approximately 5-10 yards in front of another. One player passes the ball to his or her partner. The other player turns his or her foot sideways and traps the ball with the inner part of his or her cleat.

Thigh Trap - Line a player approximately 5-10 yards in front of another. One player does a throw-in to his or her partner at waist level. As the ball hits the upper thigh, the receiving player pulls his or her leg back. This motion is to slow the ball down and the ball will drop in front of the player.

Chest Trap - Line a player approximately 5-10 yards in front of another. One player does a throw-in to his or her partner at chest level. As the ball hits the chest, the receiving player bends backward slightly. This allows the chest to drop and slows the ball down. The ball should fall in front of the player.

Throw-In

Sit Throws – Have players work in partners 5-10 yards across each other. Players place both hands on the side of the ball, but towards the back. The ball is brought back behind the player's head, with elbows bent. With one continuous motion, the player moves his or her arms forward and releases the ball as it passes over his or her head.

Regular Throw-ins - Have players work in partners 5-10 yards across each other. Players place both hands on the side of the ball, but towards the back. The ball is brought back behind the player's head, with elbows bent. Instruct the thrower to step with the right foot, left foot, and then throw the ball to his or her partner. Make sure the player drags the right foot. Both feet have to be on the ground when the ball is released. The other player traps the ball and then does a throw-in back to the first player.

Hit The Cone - Have players work in partners 10-20 yards across each other. Place a cone in the middle as a target. Each player does a throw-in, aiming at the target.

Leading Throw-Ins – Two lines of players needed. Group A is on the sideline. Group B is on the field. The first player in Group B runs towards the goal. The first player in Group A, throws the ball in 2-3 yards in front of player B. Those two players go to the back of the other line.

Shooting

Stationary – Have players select a spot behind a designated line. The coach calls a player to shoot at the goal. Using the inside bridge of the foot, the player strikes his or her ball towards the goal. A goalie may be used in this drill.

Dribble Shoot – Select a distance away from the goal that will allow players to dribble the ball and still have space to shoot. A goalie may be used in this drill.

Cone Shooting – Place a cone next to a corner of the goal. Players will dribble a short distance and shoot at the space between the cone and goal post. Start with a space that will allow the players to make shots easily. Shorten the space to challenge the players.

Pass Shooting – Young players often try to kill the ball when it comes to shooting and the ball usually sails high. This drill will help the player to keep the shots low and accurate. Place a cone in the middle of two lines of players. Only 1 ball is needed. The player in front of line A does a hard pass at the cone. After the attempt, he or she goes to the back of the line. If the ball misses, it will go to the first person in line B. The first person in line B will try to pass at the cone. Repeat the process. This drill can be used as a game where the teams are awarded a point for every pass that hits the cone.

Between the cones – Place two cones in the middle of two lines. Similar to pass shooting, player 1 from line A tries to shoot the ball in between the 2 cones. Space the cones accordingly and adjust the distance of the players to the cones, as you feel appropriate.