



★ KEEP IT FUN! ★

COMPETITION

Tournaments and small-sided games are fun and **MOTIVATE** improvement.

POSITIVE REINFORCEMENT

CELEBRATE good passes, shots on goal, and even **LISTENING** well!

TACTICAL AWARENESS

Set up drills that emphasize **SPACING**, moving **OFF** the ball

CONSTRUCTIVE FEEDBACK

Start using soccer **TERMS**:
"Great run to **CREATE SPACE!**"

ROLE MODELS

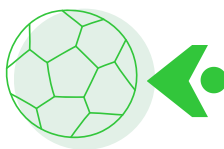
Show them **CLIPS** of professional players **EXECUTING SKILLS** well.

SKILLS TO TEACH



SHOOTING

Shooting in different game situations - under pressure, from distance.



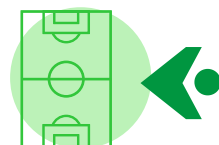
PASSING

Focus on accuracy and power of both short and long passes.



DRIBBLING

Using moves effectively against defenders, dribbling at speed.



DEFENSIVE SKILLS

1v1 defending, marking opponents.

COMPETENCIES

Playing Their Role:

Understanding the specific responsibilities of their position.

Decision-Making:

Pass or dribble?
Shoot or pass?
Encourage making choices.

Communication:

Calling for the ball, basic instructions to teammates ("spread out", "cover me")

1. KEEP AWAY

Focuses on passing and movement, with an element of competitive fun

2. TRIANGLE PASSING

3 players.
Two touch limit:
Receive, then pass.
Emphasizes quick, accurate passes and movement after passing.

3. POSSESSION WITH ZONES

Team keeps the ball in a large zone from defenders. If ball goes out, they do a quick fitness activity (jumping jacks, etc.). Passing focus with a bit of competitiveness.

4. 1V1 + GOAL KEEPER

Attacker starts a distance away from the defender. Game to goal, but small. Sharpens dribbling and shooting under pressure.

5. CAPTURE THE FLAG

Coach yells a number, kids must get into groups of that size quickly, with a ball between them. Develops quick thinking and off-ball movement.

DRILLS + GAMES

PRACTICE STRUCTURE

WARM UP 5-10 MINUTES

1 v 1 to small goals

SKILL ACTIVITY #1 15 MINUTES

Triangle Passing

SKILL ACTIVITY #2 15 MINUTES

Possession with Zones

GAME 15 MINUTES

Scrimmage with tactical stops by the coach when needed.

COOL DOWN 5 MINUTES

Stretches, discussion of one good thing the team did in the scrimmage.

MASTERING THE BASICS, PLAYING AS A TEAM

IMPORTANT NOTES!

FLEXIBILITY IS KEY:

ADAPT BASED ON KIDS' ENERGY LEVELS, NUMBER OF KIDS WHO SHOW UP, ETC.

WATER BREAKS:

FREQUENT BREAKS ARE ESSENTIAL, ESPECIALLY FOR YOUNGER KIDS.

ENTHUSIASM:

IF THE COACH HAS FUN, THE KIDS WILL TOO!

ADJUST GAME LENGTH:

SCRIMMAGES CAN BE LONGER OR SHORTER DEPENDING ON HOW THE PRACTICE IS GOING



SoccerCoach Weekly.net

Offers practice plans, new training ideas, and a focus on fun drills for younger kids.

WEBSITES WITH DRILLS, GAMES, AND SKILL DEVELOPMENT



SoccerHelp.com

Extensive collection of drills, practice plans, coaching tactics, and tips. Filter by age and skill level.



SoccerXpert.com

Detailed drills with diagrams and articles on player development, coaching strategies, and soccer psychology.



TheCoaching Manual.com

A massive resource of drills, session plans, tactical analysis, and other insights specifically for soccer coaching.



BeastMode Soccer.com

Focuses on individual skill development with drills and training programs for players.

