

## Coaching Tips #1

1. Follow the coach-Every player follows the coach dribbling around the field. Along the way, the coach does goofy things like hopping on one foot, rolling on the ground, shooting at goal, etc.
2. In pairs, with two balls, ask players to throw-in ball to their partner. Both players will throw and catch ball at the same time. Variations by trapping, heading, chesting throw in and passing ball back to partner.
3. In threes, one player will stand in the middle of two others who are about 12 yards apart. The player in the middle will receive a pass from an outside player. Their challenge is to accept the ball with either foot and turn to pass it to the other player. Variation is to have each outside player with a ball.
4. U6/U8 Activity—Have all players moving about on the field dribbling a soccer ball. The players will try to hit the coach with the ball. If they miss the coach they run to their ball and get back in the game.
5. U6/U8 Activity—Players stand with their backs to goal and their feet apart. Each player releases his/her ball through his feet, then chases it to shoot on goal. Variation: have player throw ball over head.
6. Nuts and Squirrels-Each player with a ball dribbling with in the penalty area of the field. Each ball is the nut. The goalies are the squirrels who will use their hands to take the ball away from the players. When the goalie takes a ball away, they throw it out of the penalty area. The player will retrieve their ball and continue in the game. There is no limit to the number of goalies that can be used at the same time.
7. Place a small (2yd) goal between two players. Ask them to strike the ball back and forth to each other through the goal. Remember to use the inside and outside of the left and right foot in this activity.
8. U/6 activity- place as many cones as possible anywhere in a grid. Have players try to dribble, shoot and knock over the cones. The coach and assistants will stand the cones back up. The objective is for the players to knock down all the cones before the coach and assistants can stand them all back up.
9. 2v1, 2v2 keep away. Play right foot only then left foot only. Play for time.
10. Have players throw ball into the air, execute a forward roll and then trap ball and shoot on goal. Variation, after throwing ball into the air, head ball to gain control and shoot, volley into goal, trap and shoot on goal.
11. Set up a triangle in the middle of the field. This will act as a 3-sided goal and should be defended by three goalkeepers. All others play outside of the triangle and may not go through the space. Allow all players the chance to be a keeper.

Variation-three teams, you may score to the other two goals.

12. Crab Soccer-Have two teams going for each other's goal in a "Crab Soccer Game." The crab position is hands behind back on the ground, belly up, and knees bent. Variation. Use a second ball.
13. All players in a circle. They must juggle and keep the ball going around the circle. Each player may only touch the ball once and the ball may only bounce once. Players can use head, feet, thighs, etc, to keep the ball going. Count number of consecutive juggles. Variation: Play two circles against each other for time counting the number of consecutive juggles.
14. Divide into two teams. Set up a large 20x30 yard area with no goals. Ask players to play 3v3 with the challenge of kicking the ball over their opponents' end line. Keep score. Variation: play with three teams, two play and one rests. When a team scores, winner stays on and loser trades with team on sidelines.
15. With players moving around freely in the penalty box area, the coach calls a color. Whoever is wearing that color is "it." He chases and tags for 10 seconds. All tagged players must stand frozen for a count to be taken. Variation: Players dribbling ball; "it" leaves ball to tag players.
16. Duck Hunt—create two lines of players facing each other about 5-10 yards apart. Each player with a soccer ball (these are hunters). Remaining players are ducks and on coaches command will run through the two lines—object is for hunters to hit ducks below waist with soccer ball.
17. Knock out—everyone with a soccer ball. Object is to knock out another players soccer ball while keeping control of yours. IF your ball gets knocked out, you come right back into the game.
18. Ball retrieval. Goalie has all soccer balls. Remaining players work alone (U6 and down), with a partner(U7-U10), in groups of three (11 aside players). Goalie punts or rolls ball out. Player will dribble alone ( U6 and under) all others will make passes back and forth and bring ball back to goalie.
19. Knee tag-players dribbling in a grid will keep control of ball and try to touch as many knees of other players with hand as they can in a given period of time.
20. Trash can soccer—put a trash can in middle of field—scoring a goal into the trash can counts for two points.
21. Create two side by side grids. Divide players into two teams. Put each team in a grid, each player dribbling a soccer ball. When the coach calls out a team color, that team dribbles their ball to the touchline. Those players then proceed into the other grid to steal the balls of the opposing team and return them to their grid. At the end of "time" team with the most balls in their grid is the winner.

22. "It" Players in a grid walking briskly without soccer balls, one player has a vest and is "it". Object is to touch another player on the shoulder with the vest, that player then becomes "it". Variations: backwards walk, skipping, run, run with soccer ball.
23. Chicken—each player is in a grid dribbling soccer ball. Object of game is to dribble up to another player and make a change of direction move on that player.
24. Partners with one soccer ball, passing ball back and forth with your partner. Use inside outside of both feet passing, do 5 toe touches then pass ball, 5 pendulums then pass ball, move into space passing ball to partner. Variation: passing ball, when coach says go—becomes a game of keep away.
25. Ball trade—each player with ball, when coach says trade leave your ball and go to another ball. Variations: do 5 toe touches then trade ball, 5 pendulums then trade ball, make a pass into open space then get another ball, call another players name-trade ball with them.
26. Shadow tag—one person with ball, other person much try to tag person with ball, then they become it. Variations: without ball one person must try to stay in the others shadow, then can do the same game with a ball.
27. Each person is given a scrimmage vest that they wear as a "tail". When coach says go—the object of the game is to grab and wear as many "tails" as possible. This game can be played with or without soccer balls.