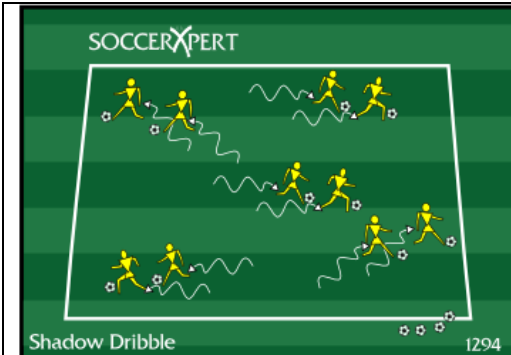


Sample Drills for U10/U12 Players

Dribbling Activities:



Shadow Dribble
 ** If you have an odd number of players, coach can be a partner or have 3 in one group.

*** The version of Shadow dribbling (pictured here) has both players with a ball. We will only have one player with a ball.

SHADOW DRIBBLING

Equipment: one soccer ball per pair of players, create a grid with cones of one color (or just use your half of the practice field).

Time Required: 5-7 minutes

Organization/Procedure:

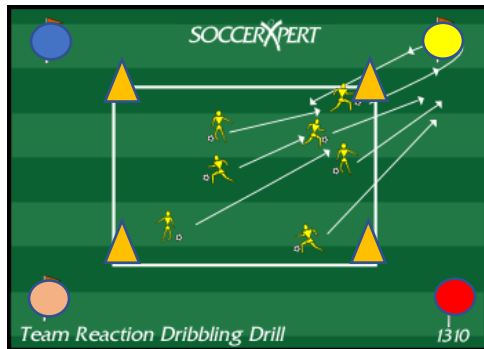
- Players are assigned a partner to play with. One ball is needed per pair to start with.
- On go, the players in each group **without** the ball will start jogging/running around the grid, the partner with the ball will follow their partners as they dribble to keep up with their partner.
- Blow a whistle or shout "FREEZE" to have the players STOP
- Then Switch Roles

Play 2-3 Rounds

Key Coaching Points:

- Eyes up when dribbling
- Keep the ball close
- Change directions
- How can you follow your partner? (head up)

You tube Video: https://www.youtube.com/watch?v=nG6gdwUoe_Y&t=83s



Adapted from SoccerXpert:

<https://www.soccerxpert.com/printdrill.aspx?id=110>

Team Reaction Dribbling Drill

Equipment: Four Dome Cones of one color or TALL Cones, 4 Dome Cones (Each of different color), all players with a ball

Time Required: 10 minutes

Organization/Procedure:

Setup: Create a grid Using TALL CONES (▲). From each of the four corners, place a dome cone (●) on the outer corners to make a larger box. These cones should be placed on the sidelines, to maximize space for the players. Tall cones can be placed slightly inward. Players stand inside the smaller box.

Procedures:

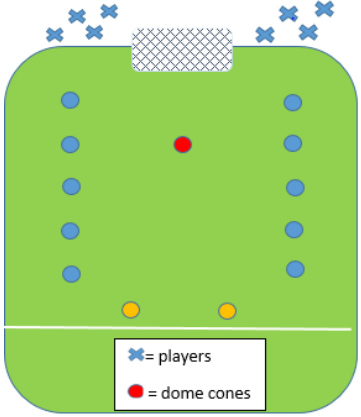
- Instruct the players to dribble inside the smaller grid (made of the TALL CONES).
- Coach calls out a COLOR and all players need to dribble to that color cone, dribble around the cone, and return to the smaller grid.
- Repeat several times.
- **Variation:** Players dribble inside the grid and coach calls a player's name. That player picks which of the four cones they want to dribble around and quickly dribbles around that cone. The entire team must also dribble with speed around the same cone as quickly as possible.

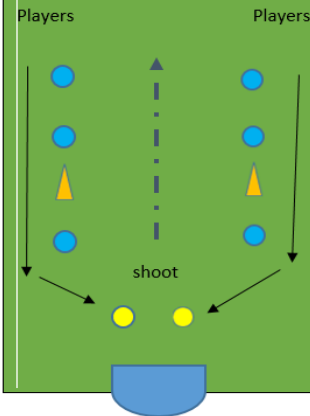
Key Coaching Points:

- Lift head, eyes up
- Close control of ball
- Change of direction
- Change of pace
- Find space (avoid collision with teammates)
- Dribble with speed

Sample Drills for U10/U12 Players

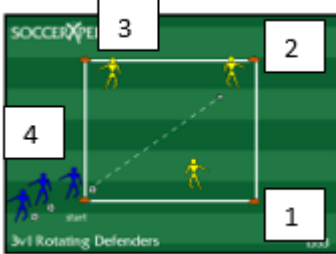
Dribbling Activities (continued):

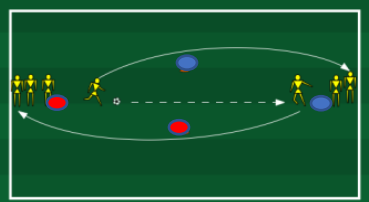
Break Away	
 <p>** Can do a relay race format on the last round for fun!</p>	<p>Equipment: One soccer ball per player</p> <p>Time Required: 10 minutes</p> <p>Organization/Procedure:</p> <p>Set-up: Set up two lanes of cones in (see photo on left) and half of players go on each side.</p> <p>Procedures:</p> <ol style="list-style-type: none"> 1. On go, first player in each line begins dribbling in/out of cones towards the center of the field. 2. When player approaches the last cone, he/she can proceed to the orange dome cone and then dribble as fast as they can to the red cone and shoot the MOVING ball. 3. To keep the process rolling, each player can begin when the player in front of them reaches the last blue cone. 4. One coach should assist players in retrieving their balls (after shooting). 5. Players should switch lines each time. <p>Play continues until each player has had a few turns.</p>
	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Strong shots • Pointing helper foot toward net • Kicking the MOVING ball • Keep the ball close, Dribble fast

Sideline Dribbling	
<p>Equipment:</p> <ul style="list-style-type: none"> • Every Player with a soccer ball • Cones/Tall Cones 	<p>Setup: Create two lanes of orange cones along the sidelines and two dome cones in the center (in front of the net) as pictured. Place half of your players on one side of the cones, and the other half of the players on the other side. One coach stays with the players and the other coach stays by the net.</p>
	<p>PROCEDURES:</p> <ul style="list-style-type: none"> • On go, have one player from each line dribble down the sideline until they reach the last cone. (they do NOT dribble in/out of the cones.) • When they get to the last cone in the lane, they should dribble toward the center cone (pictured as the yellow cone) and take a shot. • With the help of one of the coach, players retrieve their soccer balls, and get in the opposite line. (players can walk through the middle (dashed arrow)) <p>*** to speed the process along and reduce waiting time in line, you can specially mark a cone where the next player in line starts (see TALL ORANGE CONE PICTURED). Coach with the players can remind the players when to start.</p> <p>Coaching Tips:</p> <ul style="list-style-type: none"> • Good Idea to Dribble down the side in the game and get the ball to the middle/center when close to the net.

Sample Drills for U10/U12 Players

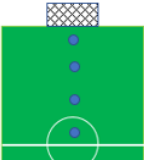
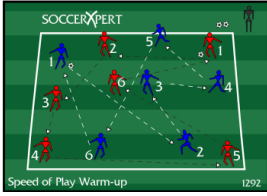
Passing Activities:

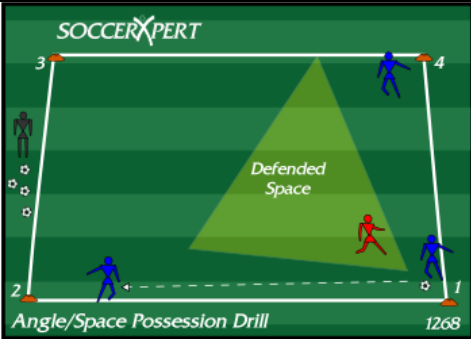
 <p>Key Coaching Points:</p> <ul style="list-style-type: none"> Quality of passes such as weight, pace, accuracy. A well-timed run facing the passing direction will assure a more accurate pass. Communicate with teammates Encourage players to play in 1 or 2 touches. Timing of passing (not holding ball too long) Good passes to feet Good first touch towards space Good decision making Speed of play/decisions 	<p style="text-align: center;">Activity Three: 3 v 1 Rotating Defenders</p> <p>Equipment: 4 dome cones for each diamond (8 total), several Soccer Balls</p> <p>Time Required: 15 minutes</p> <p>Organization/Procedure:</p> <p>Set-up:</p> <ul style="list-style-type: none"> Create a grid that is approximately 10X10 yards. (Make TWO GRIDS). Starting cone can be of a different color. Split players into two groups of equal # of players (Each Group will go in one Diamond) Place 3 players inside the grid as attackers (see yellow players at spot 1, 2, & 3). The remaining players in the group line up (see blue players – Spot 4). <p>Procedures:</p> <ol style="list-style-type: none"> The FIRST blue player in line passes a ball into the 3 attackers to the player diagonally across (at spot 2). The player who passed the ball in immediately steps into the grid and attempts to steal the ball from the yellow players, creating a 3v1 inside the grid. The players inside the grid (yellow players) attempt to put together as many passes as possible. Passes must stay within the grid! The play continues until the blue player wins the ball OR ball is kicked out of play. Once the play is dead (ball goes out of grid or blue player steals the ball), and players rotate as follows: <ul style="list-style-type: none"> the blue player shifts to spot 1. Spot 1 player moves to spot 2. Spot 2 player moves to spot 3. Spot three player moves to the end of the line at spot four. Player in the front of the spot 4 line begins the process again.
<p>Notes: Run through a demo with the players in one diamond. Then break into two groups to have two drills going on at the same time (one coach at each diamond). As the players become comfortable with the task, start challenging them by counting the # of accurate passes with each run-through. Make that the number of passes to beat.</p>	

 <p>Key Coaching Points:</p> <ul style="list-style-type: none"> Receive the ball with the inside of foot. Clean first touch Toe up, ankle locked Strike the ball smoothly with the inside of the foot Good pace on the ball Focus on accuracy between the cone Eye contact with player COUNT ACCURATE PASSES 	<p style="text-align: center;">Inside of the Foot Passing Warm-up</p> <p>Equipment: 4 dome cones (2 of each color), ONE Soccer Ball</p> <p>Time Required: 5-10 minutes</p> <p>Organization/Procedure:</p> <p>Set-up:</p> <ul style="list-style-type: none"> Create a small window with two cones about 4 yards apart (use matching colored cones based on the way you'll be running – see picture). Split the team evenly into two groups. Each group should line up about 6 yards from the passing window. The player in front of one of the lines should start with the ball. <p>Procedures:</p> <ol style="list-style-type: none"> The first player in line passes the ball through the window to the first player in the other line. The passing player then follows their pass to the back of the other line by sprinting outside the window. The receiving player then takes a touch then plays the ball back through the window to the next player in the other line and then follows their pass to the back of the other line. Repeat. <p>VARIATION: Can add an element of taking 3 dribbles before passing. Passing should occur BEFORE you reach the center cones</p>
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Sample Drills for U10/U12 Players


Passing Activities (Continued):

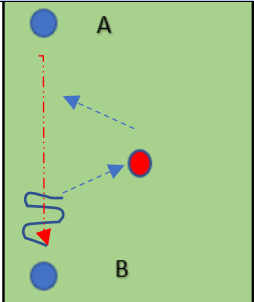
Number Passing			
<p>Diagram A</p> 	<p>Diagram B:</p> 	<p>Equipment: 2-4 soccer balls, cones to separate groups</p> <p>Time Required: 10-15 Minutes</p> <p>SETUP: Divide your practice field into two Equal halves (Diagram A). Divide the team into two groups Give each player a number. If 10 kids are present each group will have #1-5. (If 9 kids – 1 will have 5/the other will have 4, If 11, a group of 5 and 6). (EACH TEAM will separate the two groups (NOT as pictured in Diagram B))</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Eyes up • accuracy of passing • Communication • Looking for your teammate the ball is coming from. • Finding teammate to pass to.
<p>Review and discuss – eyes up, communication, movement required for passing.</p> <ol style="list-style-type: none"> 1. Line players up in two groups – Give each player (in each group) a number (1-?). Review the process with players – In each Group 1 Passes to 2, 2 passes to 3....last # passes back to 1. 2. Have each group enter their area. 3. Ball starts with Player One. Players should pass to the next number upon receiving the ball. #1 passes to #2; #2 passes to #3; #3 passes to #4; etc. Last player passes back to #1. 4. ALL Players should move around their grid and be in constant motion during the activity – pass and move within your grid. Move within passing distance of the player you will receive the pass from. 5. Important to communicate and find your teammate. Players can call out their number when they should receive the ball. <p>*** Players need to be aware of who they are PASSING TO and who they are RECEIVING FROM! ***</p> <p>VARIATION: If a group is getting the hang of the activity, you can add an additional ball (ball starts with #1 and #3)</p>		<p>See it in Action -- Numbered Passing: Numbers Passing Video</p>	

Angle of Support Soccer Possession & Passing Drill			
Time Required: 10 minutes			
	<p>Equipment: One Ball, 4 cones</p> <p>Organization/Procedure:</p> <p>Set-up:</p> <ol style="list-style-type: none"> 1. Create grids that are 10 X 10 yards (4 CONES per grid). 2. Organize team into groups of three players per grid. 3. In each Grid, each of the three players should position themselves near three different corners of the grid with one ball forming an L or backwards L. <p>Make FOUR Groups of THREE PLAYERS (any remaining players can be added as a mock defender (see RED player in diagram). Players can then take turns swapping roles throughout the drill.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Make sure players are thinking and moving quickly to the next supporting position. • Explain Defended Space (see diagram) • Help players with good angle of support
<p>Procedures:</p> <ol style="list-style-type: none"> 1. The instructions are merely to never leave an empty cone adjacent to the player with the ball. 2. For example, if the drill begins with a player at position 1 (see diagram above with numbers) in possession of the ball, then players should be at position 2 and 4 (cones adjacent to the player in possession of the ball). 3. The player at position 1 can pass to either of the players at positions 2 and 4. 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 to support the player in “un-defended space.” 5. The play continues with no defensive pressure and players are allowed to pass to either supporting player. <p>This soccer drill is simple, but players will have to pay attention to the ball movement and anticipate the next move to move to space quicker.</p>			

Sample Drills for U10/U12 Players

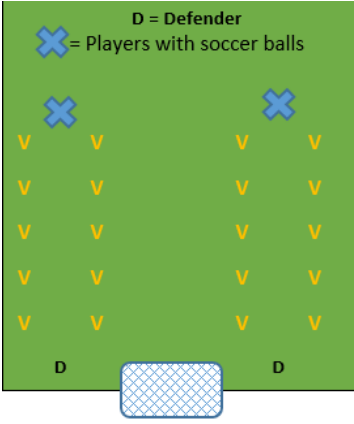
Passing Activities (Continued):


World Cup Passing Drill		
Time Required: 10 minutes		
	<p>Equipment: 2 soccer balls per pair, cones of different colors</p> <p>Organization/Procedure:</p> <p>Set-up:</p> <ul style="list-style-type: none"> • Place 3x cones in a line as pictured (enough for each pair of players) • Place a soccer ball (target ball) on top the middle cone. <p>Player Preparation:</p> <ul style="list-style-type: none"> • Get players into pairs • Have players stand on the 'outer cones' (So the soccer ball is in between a pair). 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Head up (Look for space and target) • Upper body over ball (to keep it low) • Non-kicking foot (at the side of the ball; point toward target) • Striking foot (Can use different parts of foot, most accurate = inside)
<p>Procedures:</p> <ol style="list-style-type: none"> 1. One player starts with the ball AND attempts to knock the soccer ball off the middle cone as he passes the ball to his partner (using the inside of the foot). 2. Once a ball is knocked off middle cone, the player who knocked the ball off comes out and replaces the ball. The other player in the pair retrieves the ball. 3. Play continues for several minutes. Each time a player knocks the ball off, the he/she gets 2 points. If a player's ball touches the center ball without knocking it off, the player gets one point <p>Progressions:/Challenges</p> <p>Weaker foot passing. • Competition (In Pairs, against the rest of the group) • Blues vs. Reds (which side knocks earns more points, etc.).</p>		<ul style="list-style-type: none"> • Ball contact (middle of the ball) • Follow through (Striking foot pointing at target) • Don't cross legs on follow through • Quality of pass: Good weight to hit target with control.

Wall Pass Under Pressure	
Equipment: Cones (see diagram – blue & red dots are cones), Soccer Balls	
 <p>Wall Pass Video: Wall Pass Under Pressure (have players use the wall pass option)</p>	<p>Introducing Wall Passes and Give and Go's into game play.</p> <p>Set up the two lines of players facing each other about 20 yards apart. (can set up two sets and have one coach monitor each set).</p> <p>Objective: The overall goal for the offensive player is to get to the other line with possession of the ball by use of a wall pass/Give & Go with minimal pressure.</p> <p>The drill runs as follows:</p> <ol style="list-style-type: none"> 1. the defensive player (first in line A) passes the ball to the offensive player (first in line B) and begins to run toward player B (in an attempt to “steal” the ball – mild pressure) 2. the offensive player (player B) receives the ball and dribbles towards the defender (player A). 3. the defender (A) lightly challenges the offensive player (Player B) BUT does not truly attempt to steal the ball. He/she puts pressure on the player and then makes a run to line B and moves to the back of Line B. 4. the offensive player (player B) should use the coach (or player) stationed at the red cone for a wall pass – by passing the ball to the person at the red cone and continues running toward Line A to receive a pass from them. Coach (or player at red cone) returns the ball with a pass to the offensive player (player B). Player B receives the ball and passes to the front player in line A and moves to the back of Line A. Continue several minutes <p><i>The offensive player should try to use deception in order to get the defender to cheat one way or the other. Offensive players need to react to the defenders and make a quick decision with the ball.</i></p>
<p>Variations:</p> <p>~ Set up two sets with 5 players at each set.</p> <p>~ have one player stand at the red cone and make the passes to teammates (instead of coach)</p>	

Sample Drills for U10/U12 Players

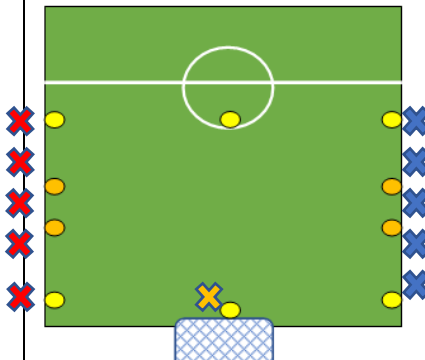
Attacking/Defending Activities:


Beat the Defender	
	<p>Equipment: Cones (approx. 20 dome), all players with ball, except defenders</p> <p>Time Required: 15 minutes</p> <p>Organization/Procedure:</p> <p>SETUP:</p> <ul style="list-style-type: none"> Create 2 lanes of cones (heading toward the net as pictured) Select two defenders (one for each lane) Remaining players will split between the lanes and take turns attacking. <p>Procedures:</p> <ul style="list-style-type: none"> On go, the first player from each lane will begin dribbling the ball down their lane. Defender stands at the other side. Once the player begins dribbling the defender may move to the player with the ball attempting to kick the ball away. The turn is over once the ball exits the lane (defender kicks it out) or the attacking player reaches the end of the lane. Defender resumes starting position after each player takes a turn. Defender remains as defender until all players have made it through the lane. Then repeat with a new defender until all players have been a defender.
<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Defender should approach the player with the ball moving forward (instead of backing up) Player on offense can shield the ball. 	

One v One	
<p>Equipment: Net, Several Soccer Balls, dome cones (3)</p>	
<p>Time Required: 10-15 Minutes per group</p>	
<p>Organization/Procedure:</p> <p>On a full-size training goal, split the players into two even teams and line them across the end-line. A cone should be placed approximately 20 yards from goal in front of each line (see picture). The coach should have a supply of soccer balls available.</p> <ol style="list-style-type: none"> Coach will call two names (one player from each side). Each player should sprint around the cone in front of their line. As the players approach the cone, the coach plays a 50/50 ball in the middle of the cones. The two players fight for possession and quickly attack the goal. The players battle each other for the ball, and either player can score a goal after winning possession. Each round ends when a ball is scored OR goes out of bounds. Players should exit the grid and return to their line so the next group can begin. <p>VARIATION: After you've done several combinations and every player has gone a few times, you can start calling TWO names from each side. Players on the same "team" should work together/pass to attempt to score.</p> <p>Items to discuss/review: using the laces and not the toes to shoot a ball.....</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> our LACES (not our toes) to take a shot on net first to the ball Without the ball? Try to gain possession With the ball? Try to score <div style="text-align: center;">  </div> <p>** Try to choose to players with similar skills each time to make it more competitive.</p>
<ul style="list-style-type: none"> Link Explaining Proper Shooting Technique: https://www.youtube.com/watch?v=B7n8sqPsGal 	

Sample Drills for U10/U12 Players

Attacking/Defending Activities (continued):

Activity One: 2 v 2 to 3 v 3	
 <p style="margin-top: 10px;"> X = team 1 X = team 2 X = COACH Place soccer balls near/beside the game net. </p> <p style="color: red; margin-top: 10px;">VARIATION: You can require the teams to get at least THREE consecutive passes before scoring.</p>	<p>Equipment: dome cones to create a square, tall cones to make goals, soccer balls on end line in the net for coach,</p> <p>Time Required: 15+ minutes</p> <p>Organization/Procedure:</p> <p>SETUP: Create a rectangular grid with a small goal (made of dome cones) at each end of the field. (<i>Sideline to Sideline for this activity (as pictured – ORANGE CONES DESIGNATE THE GOAL/NET; Yellow Cones = Field of Play).</i>)</p> <p>PROCEDURES:</p> <ul style="list-style-type: none"> Divide your team into two teams. Give each player a number 1-5. (<i>If you have an odd number of players, you can choose to call names instead or give one player on the team with more players two numbers.</i>) Each team will stand on the side of their DEFENDING GOAL. Coach tosses out a ball and calls two numbers. The Players with those numbers on each team come out and attempt to get the ball, players on the same team should pass to each other in order to score on the other side. Team that doesn't have the ball should attempt to gain control of the ball so they can score. Player scores when they DRIBBLE the ball into the goal area (between the ORANGE CONES pictured). Ball is dead once it goes out of bounds or someone scores. Continue until all numbers/players have gone at least twice. <p style="color: red; text-align: center;">TAKE A DRINK BREAK BEFORE MOVING TO 3 v 3</p> <p>Then move to 3 v 3 by calling 3 numbers/names</p>
<p>Coaching Points:</p> <ul style="list-style-type: none"> Review passing tactics Eyes up to look for teammates 	

Mud Monsters - Stuck in the Mud	
<p>Time Required: 10 minutes</p>	
 <p style="text-align: center; font-size: small; color: gray;">www.SportSessionPlanner.com</p>	<p>Equipment: Soccer balls for all (except 2 players), dome cones</p> <p>Organization/Procedure:</p> <p>Setup: Create a LARGE square with 4 cones (to form the white box area) AND 4 cones of a different color to make the mud-monster area (see orange cones in picture to the left).</p> <p>PROCEDURES:</p> <ol style="list-style-type: none"> 1. Two Players are selected as the mud-monsters and start off in the small area of dome cones. 2. Remaining players with a ball dribble inside the square trying to avoid the mud monsters. 3. The two mud-monsters are then released and attempt to kick the ball away from the players with the balls. 4. If a player's ball is kicked out of the LARGE square, the player must grab his/her ball, re-enter the grid, hold it up in the air and spread their legs. Ball is NOT considered stolen until it leaves the large grid. If a mud-monster is attempting to steal a player's ball he/she should not give up on the play until the ball is out of the grid. 5. To become free, another player must kick their ball through the player's legs. (those stuck in the mud can call teammates for help). 6. Play continues for a few minutes. You can end the round by counting back from 10 and seeing how many people were free vs. stuck in the mud. 7. Start again with new mud monsters.
<p>Coaching Points:</p> <p><i>-Change of direction and pace to get away from defenders</i></p> <p><i>Dribble with head up to be aware of surroundings</i></p> <p><i>Teamwork – help your teammates out if they're stuck in the mud.</i></p>	

Sample Drills for U10/U12 Players

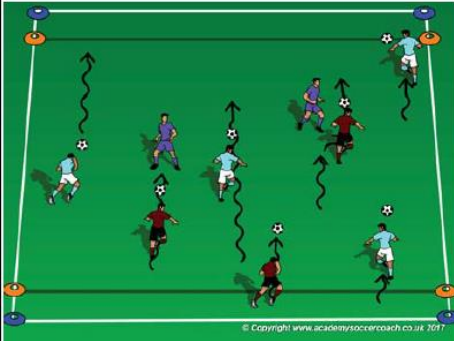
Crocs in the River

Equipment: Every Player with a soccer ball (except the 2 crocs), cones

Time Required: 10 Minutes

Organization/Procedure:

Key Coaching Points:



This game can be played SIDELINE TO SIDELINE. With Cones set up where the red/orange cones are pictured above. No need to add the blue cones as that will be the SIDELINE

Setup: Create a 15W x 20L grid, including a 3-yard end zone on each sideline (see cones).

Procedure:

- Each player starts with a soccer ball at one end (river's edge). The coaches start as crocs in the river.
- On the coach's command, the players dribble their soccer ball across the river and stop it on the opposite river's edge (in the safe zone).
- If the dribbler can stop their ball in the safe zone, they are safe. See descriptions of rounds below:

Round 1: Coaches start as crocs and if ball is lost, dribbler and coach switch roles. (coach can only steal one ball). Round ends when all there are no more players crossing the river.

Round 2: (Can play this round a couple times) Two Players start as crocs and if ball is lost, dribbler and croc **switch roles**. (Crocs can only steal ONE ball in this round). Round ends when all there are no more players crossing the river.

Round 3+: When ball is lost, dribbler becomes a croc also. (Crocs can stop as many players as possible in this round).

- Keep the dribble under control and stay calm once the crocs get near them.
- Inform players to keep the ball close within playing distance.

Defensive Clearing of the Ball

Equipment: Cones, approximately 10-12 Soccer Balls

Time Required: 10 - 15 minutes

Organization/Procedure:

Key Coaching Points:



Set Up:

- Create 2 boxes in our LOWER Middle Third of the field (near the sideline – by the center circle). All soccer balls placed in your half of the circle – as pictured.
- Select 2-3 Defensive Players (Red X's) and station them near the net. Remaining players will gather by the center circle.

Procedure:

- On go, Offensive players begin by taking a soccer ball from the center circle and start dribbling the ball toward the net attempting to score.
- Defenders attempt to steal the ball away from players. Once stolen, they should attempt to CLEAR THE BALL to the boxed areas. Players pursue the ball until it is either out of bounds (in which case he/she brings it to the center circle and restarts) OR the ball is cleared by defense (in one of the two grids) OR the player scores.
- If a player misses the net (and ball goes out of bounds) he/she should retrieve the ball and dribble the ball back to the center circle and restart.
- Continue play for several minutes. Periodically stop to see who has more points – Offensive team (# of points = balls in net); Defensive Team (# of points = balls in the two grids).
- Switch Defensive players periodically.

- Defender should approach the player with the ball moving forward (instead of backing up)
- Why should defensive players clear the ball to the SIDES? B/c an offensive player would likely be waiting.
- Weight of the CLEAR. Defensive players should commit to a strong clear.

Sample Drills for U10/U12 Players

Resources Compiled from:

- <http://www.soccerhelp.com/>
- <https://www.soccerxpert.com/>
- http://www.mayouthsoccer.org/coaches/session_plans/
- [EPYSA Training Plan](#)
- <https://www.soccerdrive.com/>