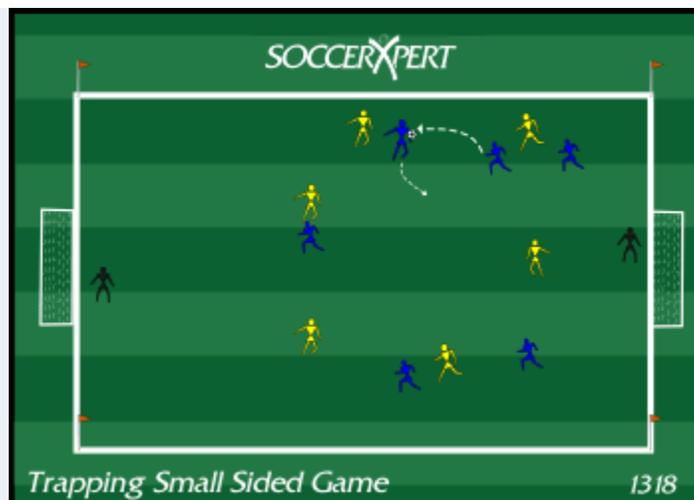


Mini Soccer Games

Soccer Control and Trapping Small Sided Game, Soccer Control, Soccer Trapping



Setup

Create a grid that is approximately 40X60 yards with [goals](#) on each end. Split the teams into 6v6 and place a goalkeeper in each goal.

Instructions

This is not [your](#) normal 6v6 game as this game is played with your hands. The play should follow this order: 1) player throws to a teammate 2) the teammate (receiving player) must control the ball to the ground 3) the receiving player then picks up his trapped ball and throws to a teammate. Players are not able to run while holding the ball. The opposition should attempt to intercept the ball by controlling the ball out of the air, or picking up a poorly trapped ball from the other team.

A goal can be scored at anytime from anywhere within the grid as long as the shot is taken from controlling the ball to the ground.

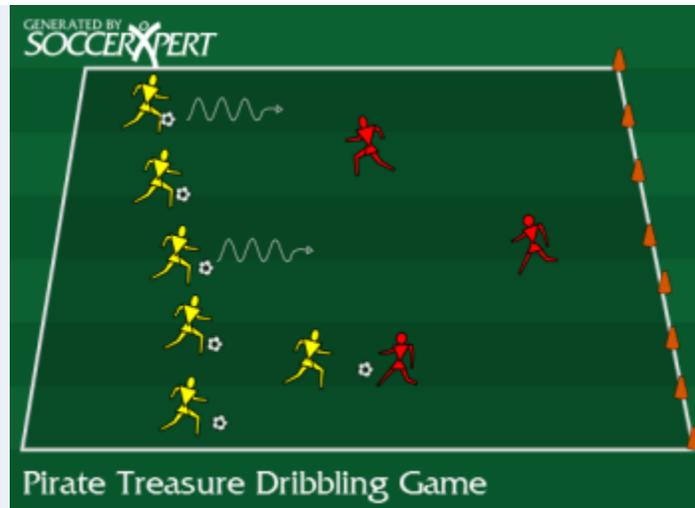
Variations

- Change up the play by allowing players to 1) throw to a teammate; 2) teammate controls the ball to the ground; 3) then he passes the ball to the teammate; 4) the teammate receiving the pass picks the ball up and throws to another teammate.

Coaching Points

- Focus on how and where to trap the ball
- Make sure supporting players move off the ball to create space and avoid pressure.

Soccer Dribbling Game - Pirate Treasure



Setup

Create a grid about 30X30. Set up about 10 tall cones (the treasure) along one side of the grid. On the opposite side have each player (the pirates) start with a ball. 2-3 players will start inside the grid with an alternate color jersey on. They are defending the treasure (tall cones) along the side of the grid.

Instructions

1. On the coaches command, the pirates attempt to dribble past the defenders in attempt to take the treasure.
2. To take the treasure the players must knock down the cone with the ball.
3. Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball.
4. If the pirates lose the ball by the defenders, they must start back over at the original starting point.

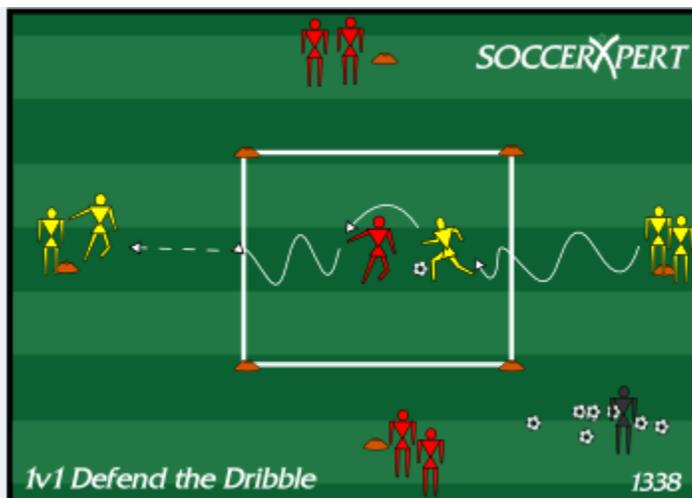
Variations

- Reduce or increase the size of the grid and/or the number of defenders based on age, skill level, and number of kids.

Coaching Points

- Keep the ball close and in control.
- Pick head up while dribbling so they can see where the defenders are.
- Explode past the defenders and dribble with speed.

1v1, defending, 1st, first, defender, defending the dribble



Setup

1. Create a 10X10 grid with a cone placed 10 yards from the grid from each side.
2. Split the team evenly into 2 groups with alternate jerseys (red/yellow).
3. Line up each team on two of the cones on opposite sides of the grid facing the middle square.
4. Place one defender inside the middle grid. In our soccer drill diagram, the red player starts as defender, and the yellow team is the attacking team.

Instructions

1. The attacking team dribbles at the defender and attempts to dribble through the other side of the grid by beating the middle defender.
2. If the player successfully makes it through the grid and out the other side by dribbling, he then plays to the first player in the line he is facing.
3. This next player again takes on the defender in the middle.
4. If the defender wins the ball, or the ball is knocked out the sides of the grid, the player losing the ball becomes the defender.
5. The player who won the ball or forces the player out of bounds passes the ball to a teammate in line who now attacks the new defender in the middle in attempt to get through to the other side and pass to the next player in line.
6. The pace of this drill must be very fast and encourage players to take advantage of an off balanced defender.
7. The defender will have to transition quickly in order to get out of the middle.

Coaching Points

When defending 1v1's in soccer it is very important to focus on the following key elements:

1. Staggered stance with toes at a 45 degree angle.
2. Bent knees with weight on the balls of the feet.
3. Chest leaning over the toes.
4. Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
5. Ability to shuffle quickly.
6. Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards

Remember that the player closest to the attacker should be the player pressuring the ball. Players should sprint to close down space as quickly as they can, then when they get 5 yards from the attacker they should slow down and take steps backwards to match the pace of the attacker. During this time, the defender should slowly close down the space between the attacker and defender. Often proper pressure will cause the attacker to lose the ball.

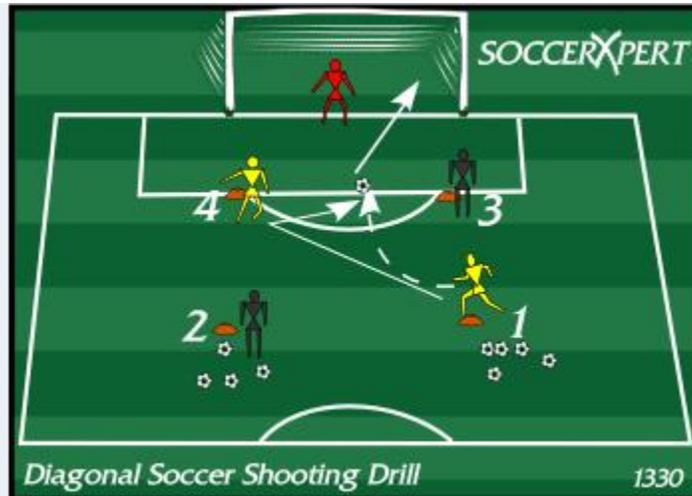
One way to have players recall the proper way to defend is by the term “Quick, Slow, Sideways, Low”.

Quick refers to the defender speed while closing down the attacker with the ball. This should be done at full speed sprint and note that it is often best to close down the ball when the ball is in flight.

Slow refers to the defenders ability to change of speed and direction required to start moving in the same direction of the attacker.

Sideways refers to the body positioning often used when defending. The defender should turn their body in a 45 degree angle to create the largest amount of defensive area. If the defen

diagonal soccer shooting drill, soccer shooting



Setup

Create a 10X10 grid just beyond on the edge of the 18 yard box. Divide the team into 2 lines on the far cones facing the goal. One player from each line steps to the cone near the 18 (this player becomes the player that lays the ball off to the player on the cone farthest from the 18).

Instructions

Player 1 passes a diagonal ball to player 4, player 4 has a touch and lays the ball off into space for player 1 to run onto the ball and hit a first time strike on goal. The shooting player (player 1) takes the place of the player that set up his shot (player 4), and player 4 shags the shot and switches lines.

Next, Player 2 passes a diagonal ball to player 3. Player 3 lays the ball off to player 2 who shoots first time on goal. Player 2 becomes the target player; the target player (player 3) shags the shot.

Make sure the players switch lines so they shoot with both feet.

Variations

Have the target player pick up the balls and toss them in the air for the shooting player to volley or half-volley

Coaching Points

- Good controlled approach on the ball
- Plant foot in good spot next to the ball
- Shoot with the appropriate foot
- Hit the ball on target

circle keep-away passing game, soccer keep away, passing game



Setup

With cones, mark off a circle. Have each of the players position themselves just inside the circle, with 2 designated players in the middle holding a yellow penny (alternate colored jersey) in their hands.

Instructions

1. The two players in the middle will act as defenders while the rest of the players around the circle will play keep away from these defenders.
2. Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball to the defender. In this case, the current defender would just drop their yellow penny and join the attackers. The new defender will grab the yellow penny and hold it in their hand.
3. If the pass goes outside of the circle, the player that made the bad pass, or the player that did not properly trap the ball will take the place of the defender that has been in the middle the longest.
4. If the attacking players are able to put together 10 passes make the defenders do a quick lap around the circle (Lap of shame as we call it) or some other form of quick and fun punishment.
5. The attacking players can move about the circle.

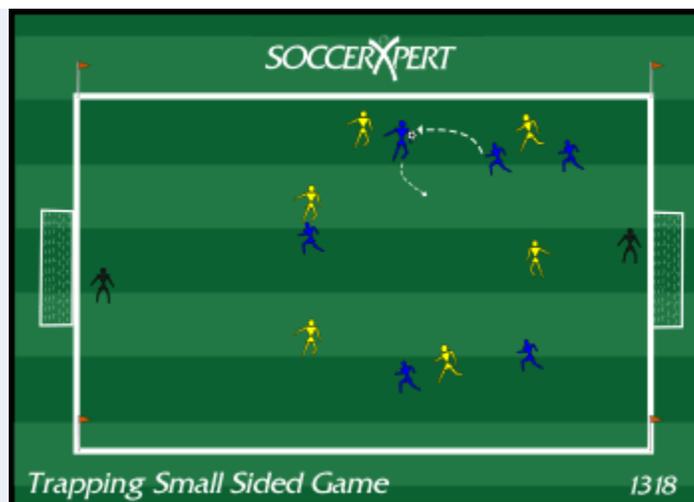
Variations

- Change the size of the circle to fit your players age and skill level. Make the grid smaller to make the game harder for the attackers to keep possession, or make the grid larger to make the game a bit easier for the passers.
- Make the circle smaller for tighter and quicker passing.
- Limit the number of touches.

Coaching Points

- Clean, crisp passes.
- Good communication.
- Good first touch into space or towards the next pass.
- Have fun.

Soccer Control and Trapping Small Sided Game, Soccer Control, Soccer Trapping



Setup

Create a grid that is approximately 40X60 yards with goals on each end. Split the teams into 6v6 and place a goalkeeper in each goal.

Instructions

This is not your normal 6v6 game as this game is played with your hands. The play should follow this order: 1) player throws to a teammate 2) the teammate (receiving player) must control the ball to the ground 3) the receiving player then picks up his trapped ball and throws to a teammate. Players are not able to run while holding the ball. The opposition should attempt to intercept the ball by controlling the ball out of the air, or picking up a poorly trapped ball from the other team.

A goal can be stored at anytime from anywhere within the grid as long as the shot is taken from controlling the ball to the ground.

Variations

- Change up the play by allowing players to 1) throw to a teammate; 2) teammate controls the ball to the ground; 3) then he passes the ball to the teammate; 4) the teammate receiving the pass picks the ball up and throws to another teammate.

Coaching Points

- Focus on how and where to trap the ball
- Make sure supporting players move off the ball to create space and avoid pressure.

World Cup Soccer Drill, World Cup Drills, World Cup, Soccer Drills



Setup

Inside the penalty box, set up 4 groups of 3 players in alternate jerseys with a goalkeeper in a full size goal. The coach should have the full supply of soccer balls nearby.

Instructions

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.

Round 1:

3v9

3v6

3v3

last team to score is out.

Round 2:

3v6

3v3

last team to score is out.

Round 3:

3v3

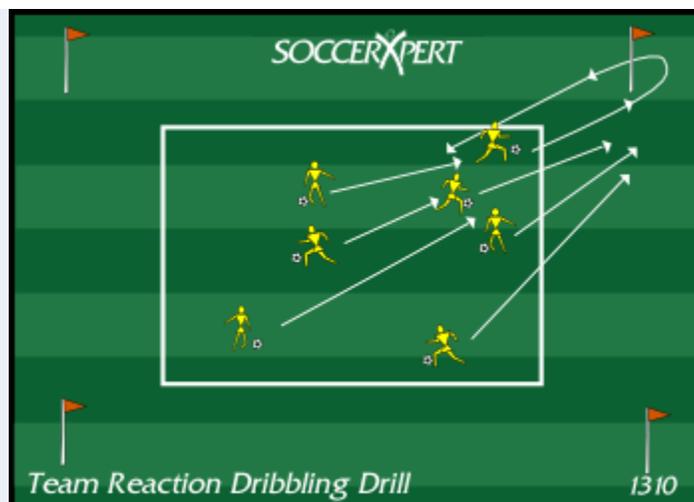
team to score first 2 goals wins the world cup.

Variations

Coaching Points

- good team work
- quick passes
- take shots/chances
- have fun

Team Reaction Dribbling Drill, Soccer Dribbling Drill



Setup

Create a small grid approximately 20X20 yard grid. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Instructions

Instruct the players to dribble inside the grid using the entire grid. When the coach calls out a player's name, that player picks which of the four flags they want to dribble around and quickly dribbles around that flag. The entire team must also dribble with speed around the same flag as quickly as possible. The last player back into the grid must do push-ups or sit-ups.

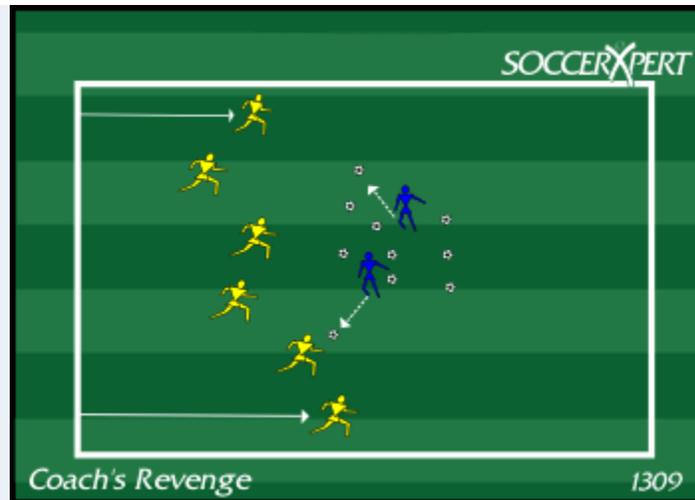
Variations

- Assign the player's numbers and call out the player's number rather than their name.
- Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

Coaching Points

- Lift head, eyes up
- Close control
- Good control of body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- Change of direction
- Change of pace
- Find space
- Dribble with speed

Coach's revenge, fun soccer drill, youth soccer coaching drills



Setup

Create a grid approximately 25X30 yard grid (the size of the grid can be adjusted depending on the age and number of players). Have all of the teammates spread out on one of the end lines without a ball. The coach or coaches should be in the middle of the grid with every ball.

Instructions

On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle. The Coach attempts to hit the players as they pass from the knee down.

If a player is struck by the coach's pass, those players collect the balls and join the coach's in the middle of the grid attempting to hit the remaining players.

The last player standing wins!

Variations

N/A

Coaching Points

- Players must sprint from one side of the grid to the other.
- Players should lift their head to avoid being struck with the ball.
- Encourage players to have fun!

1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills



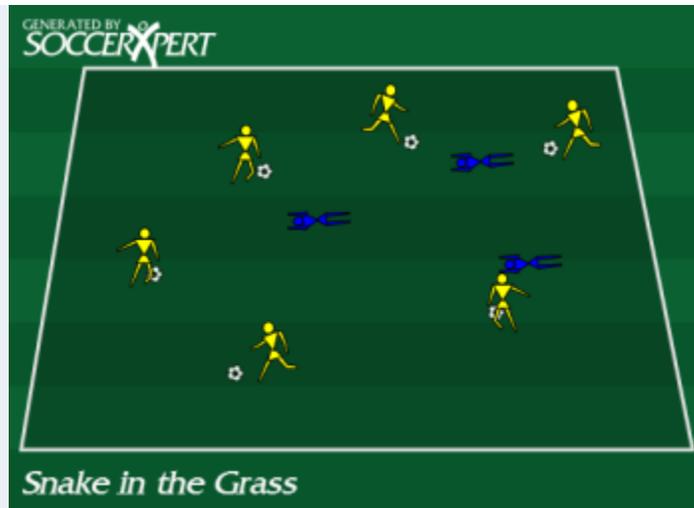
Setup

- On a [full size training goal](#), place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.
- **Instructions**
- On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

snake in the grass soccer game



Setup

Create a small grid approximately 15X15 yards. All of the players should be inside the grid. The coach should designate two players to be the "snakes" by lying on their stomachs. Each of the players begin with one of their hands on the snakes in the grass.

Instructions

When the coach yells "[SNAKE IN THE GRASS](#)" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player. As a player is touched, that player too becomes a snake. The activity continues until everyone is a snake.

Variations

NONE

Coaching Points

This soccer game is designed to work on young soccer players balance, coordination and body movement. As the children attempt to avoid the snakes, they will move in all directions and should be encouraged to [run](#), jump, cut, turn, etc to avoid the snake.