

# Noblesville United Soccer Club Recreational Practice Plans



Forwarded by: Academy DOC

Jeff Dresser

# Dribbling Drills & Coaching Points

Emphasize these points when covering dribbling:

- Keep the ball close
- Keep picking your head up to see oncoming defenders
- Change of Speed
- Change of Direction
- Practice dribbling and faking to both sides
- Be creative with the ball

# Passing & Receiving Drills & Coaching Points

Emphasize these points when covering passing and receiving:

- Use inside of the foot (receiving)
- Cushion the ball like a pillow (receiving)
- Keep the ball in front of you (receiving)
- Use inside of the foot (passing)
- Lock ankle (passing)
- Plant foot needs to face the target (passing)

# Shooting Drills & Coaching Points

Emphasize these points when covering Shooting:

- Can use laces, Inside, or outside of foot
- Lock ankle
- Plant foot needs to face the target
- Approach ball diagonally & draw shooting leg back far enough
- Strike middle of the ball for power
- Aim for corners of the goal
- If the ball is on shooters right side use right foot, left side left foot – encourage both feet
- CELEBRATE after a Goal

# Fun Practice Games

Make sure everyone has fun!

## Dribbling Drills

### **Activity (warm-up) *Greetings Game***

All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling.

Coaching points: Good listening, head up, increase speed, add dribbling after a few minutes.  
Recommended ages: U-6 thru U-8

### **Activity (warm-up) *Ball Retrieval***

The coach tosses all the balls out for each player to bring back with his or her hands. Have all the players gather closely around you, but not in a line. Each one **hands** you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible.

Progressions: Bring the ball back with it between your legs, right foot only, left foot only etc. The coach should move around the area.

Coaching Points: Sprint, quick turns, head up  
Recommended ages: U-6 thru U-8

### **Activity (warm-up) *Body Part Dribble***

Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, knee.

Progressions: Introduce foundation (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and toe touches (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).

Coaching points: Good Listening, head up, keep the ball close  
Recommended ages: U-6 thru U-8

**Activity (warm-up) *Explode***

Every child has a ball and is dribbling in a relatively small space. Outside of the small space place four or five cones 10-15 yards away. The children should dribble inside the smaller area, keeping the ball within close control (1 step away). When the coach yells “Explode” the children have to dribble with speed out of the smaller area around one of the cones and then come back to the smaller area and start dribbling again.

Coaching points: Keep head up, keep the ball close, dribble with toe down for speed  
Recommended ages: U-6 thru U-12

<b>Activity <i>Red Light, Green Light</i></b>	Coach
All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is. Progressions: Add a ball. The coach can move around to make the game more challenging.	

Coaching points: Good Listening, Keep the ball close, On your toes, quick burst of speed  
Recommended ages: U-6 thru U-8

**Activity *Sharks & Minnows***

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are sharks must run and try to tag the other players as they try to get to the other line. When a player is tagged they become a shark as well. Play until only two children are left. Those children become the sharks for the next game.  
Progressions: Add a ball (for the players, not the sharks)

Coaching points: Keep the ball close, dribble with speed, head up, changing direction quickly to avoid sharks  
Recommended ages: U-6 thru U-10

**Activity *Cross the Bridge***

Divide the players into two groups, one on each endline of a field. Mark the centerline with a cone on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?  
Progressions: Slide the cones towards the center of the field to make the bridge shorter.  
Add a bridge keeper to kick balls away.

Coaching points: Keep the ball close, dribble with speed, head up  
Recommended ages: U-6 thru U-12

**Activity *Knock Out***

All players dribble a ball around in an area. Each player tries to kick other players balls out and keep possession of their own ball.  
Progressions: Make the square smaller

Coaching points: keep the ball by putting your body between the ball and defender, head up  
Recommended ages: U-6 thru U-12

**Activity *Tag***

Mark off a rectangular grid and give everyone a ball. Whoever is "it" carries a practice vest and tries to tag the other players. When the "it" person tags someone they drop the practice vest and whoever was tagged must pick up the practice vest before they can tag anyone.  
Progressions: Game can be played without a ball. Specify how players must dribble (insides of feet, outsides of feet, soles of feet, right foot, left foot). Specify where players must be tagged (knees, back, etc).

Coaching points: Dribble with speed to avoid tagger, head up, quick turns  
Recommended ages: U-6 thru U-12

**Activity Tigerball**

Each player has a ball except for the “Tigers.” At the coach’s signal, the tigers (2) try to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Play until only two people are left and then those players are the next tigers.

Progressions: Use only left foot, outsides of feet, soles of feet.

Coaching points: Shield the ball (body between the ball and Tiger), quick turns to get away, head up

Recommended ages: U-6 thru U-12

Bursts All players dribbling in small grid, on “go” they must dribble to outer disk (1 to a disk).  
Reduce # of disks to make it competitive

Warm-up

Big 1<sup>st</sup> touch, smaller touches as One Approaches disk.

Coaching points: Dribble with speed to cone, keep the ball close on turns around cone, head up.

Recommended ages: U-6 thru U-12

**Activity Ball Stealing**

Split the team into two groups and give one group red vests and one group blue vests or dark shirts vs. light shirts. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??). Time limit 1min up to 3 mins.

Progressions: Rotate who starts with the balls.

Coaching points: Shield the ball, head up, quick dribble to space.

Recommended ages: U-8 thru U-12

## Passing & Receiving Drills

### **Activity** *Ouch!*

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell “ouch” each time they are hit to make the game more exciting.

Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)

Coaching points: Use inside of the foot, lock the ankle, face plant foot at target.  
Recommended ages: U-6 thru U-8

### **Activity** *Bingo*

A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling “bingo” as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?

Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.

Coaching points: Use inside of foot or laces, head up, lock ankle, plant foot at target.  
Recommended ages: U-6 thru U-8

### **Activity** *Soccer Golf*

Set up a golf course in the area and have the players “golf” in pairs. Every player has his or her own ball. In order to complete a hole the players could be asked to pass their ball into a corner flag or to make the ball stop in a small grid.

Coaching points: Good weight of pass, plant foot pointing toward target, beat your own best score.  
Recommended ages: U-6 thru U-14

### **Activity** *Edge of the World*

Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass their ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within one yard (distance depends upon ability) of the line without going over.

Progressions: Players play ball with laces, inside of foot, etc.

Coaching points: Good weight of pass, lock ankle.  
Recommended ages: U-6 thru U-8

**Activity** *Hunters and Hares*

Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.

Progressions: The hunters pass the ball at the hares.

Coaching points: Aim at a moving target, head up.

Recommended ages: U-6 thru U-12

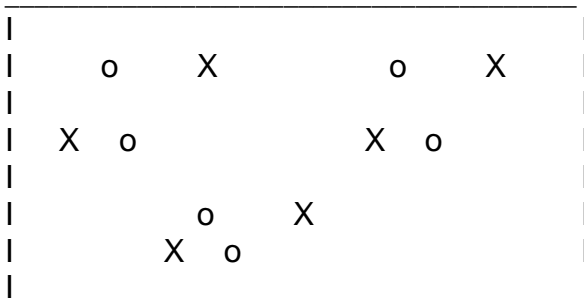
**Activity** *Soccer Marbles*

Everyone needs to be in pairs with a ball for everyone. One player plays their ball and the other person tries to play their ball and hit the first ball while it is still moving. If the person misses the first person quickly goes to their ball and tries to play it to hit the second players ball. Players get a point each time they hit the ball.

Progressions: Must strike ball with laces, inside of foot, left foot only, etc.

Coaching points: Plant foot face target, lock ankle, head up.

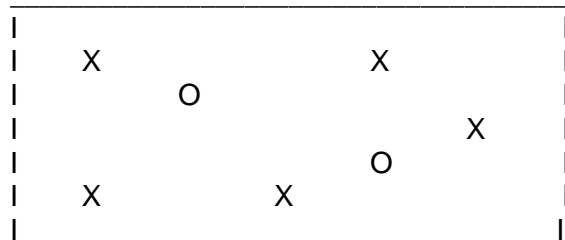
Recommended ages: U-6 thru U-12



- A few different passing and receiving drills
- Pass through the gate to partner
- Pass to out side of cone partner passes back, goes to other
- Pass to partner and take a step back – the goal is to be farthest apart

Coaching points: When receiving a pass cushion the ball like a pillow, head up, keep the ball in front

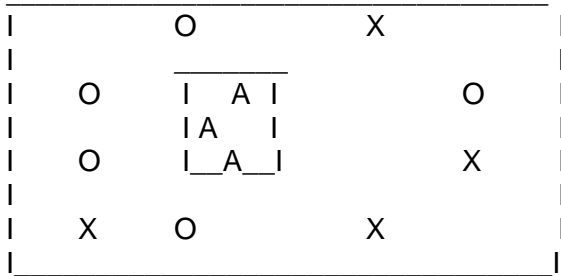
Recommended ages: U-6 thru U-12



- 5 v 2 or 6 v 2 Keep away from the 2
- Rotate who is in the middle
- 4 v 4 first to have 4 passes without the other team stealing wins

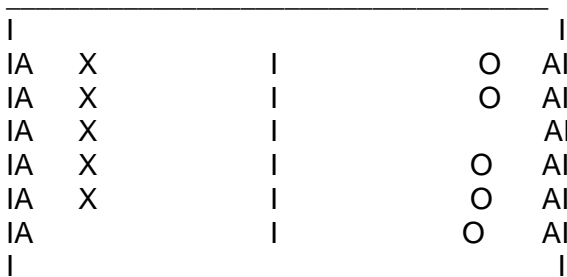
Coaching points: head up, be ready to pass the ball before it arrives.

Recommended ages: U-8 thru U-12



- Cones are placed in the middle (A) with teams on the outside
- Team that knocks over the most cones wins

Coaching points: head up, accurate pass, good weight on the ball.  
 Recommended ages: U-6 thru U-8



- Cone War
- Team to knock down opponents cones first wins
- Can't cross the half line
- Can defend cones but must be at least 1 yard away

Coaching points: head up, plant foot face target, pass with laces, inside or outside of foot  
 Recommended ages: U-6 thru U-12

## Shooting Drills

\_\_\_\_\_X\_\_\_\_|xxxxxxI\_\_\_\_\_

- X passes to O
- Shoot on target (no goalie or defender)
- Progression with defender no goalie
- Add goalie and defender

O

Coaching points: keep the ball in front, plant foot faces target, encourage accuracy and power  
Recommended ages: U-6 thru U-12

\_\_\_\_\_X\_\_\_\_|xxxxxxI\_\_\_\_\_O\_\_\_\_\_

- Both teams run through gate before game begins
- first to the ball is on offense, second defense
- First team to five wins

O

O

O

O

Coaching points: even the teams, encourage speed and get to the ball, quick shot before defender arrives  
Recommended ages: U-6 thru U-12

\_\_\_\_\_|xxxxxxI\_\_\_\_\_

- Star shooting drill
- O is the shooter and runs around cone
- he or she receives one pass turns and shoots
- Progression add a defender and goalie (U-10 and higher)

X

O

X

X

X

X

o

X

Coaching points: speed burst, quick turns, lock ankle, shoot with laces for power.  
Recommended ages: U-6 thru U-12

**Activity** *Number Game*

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.  
Progressions: Try calling multiple numbers from each side so there is a 2v2 or 3v3 game happening.

Coaching points: good listening, head up, get to the ball quick, shoot when open.  
Recommended ages: U-6 thru U-12

\_\_\_\_\_ X \_\_\_\_\_  
                  |xxxxxx|

O

- Power and Finesse
- Line O passes to A for the power shot
- After power shot X passes to middle for a finesse shot

A

Coaching points: Use laces with the power shot, use inside of foot for finesse shot, keep the ball in front of shooter.  
Recommended ages: U-6 thru U-12

\_\_\_\_\_ |xxxxxx| \_\_\_\_\_

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- Give & Go
- Shooter (O) passes to X who passes to space
- O runs on to the ball and shoots
- Progression 2v1 to goal (ages U-8 and higher)

Coaching points: good quick shot on goal, laces or inside of foot  
Recommended ages: U-6 thru U-12

## Fun Practice Games

End every practice with 3 v 3, 4 v 4, or 5 v 5 (make teams even all ages – no goalies for U-6)

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\_\_\_\_\_IxxxxxxI\_\_\_\_\_

- 1 v 1 is excellent for all ages
- keep games to about 1 or 2 mins.
- goals can be dribbling over the end line or cones
- rotate players with others after each game or best of 3 games

Coaching points: Aggressive going forward, be quick to get back on defense

Recommended ages: U-6 thru U-12

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C

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- Outta There
- Two teams on the opposite end lines
- 1 v 1 to start, winner stays (after 4 wins in a row – 2 new players)
- if the ball goes out of bounds both are off and two new players enter
- Coach always throws a new ball in
- Progression: 2 v 2

Coaching points: quick to score, quick to get the ball back if you lose it

Recommended ages: U-6 thru U-12

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IxxxxxI

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X     X     X  
  X        X  
  
O     O     O  
  O        O

- Team Handball
- 3 steps when holding the ball
- if the ball hits the ground the other team gets possession
- score by throwing it in, heading =3 points, volley =2 points (older age groups)
- Progression: no hands - play soccer

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IxxxxxI

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Coaching points: show how easy it is for a team to move the ball when throwing it, quick pass (with feet) do the same  
Recommended ages: U-8 thru U-12