

# Soccer Drills/Exercises

- 1) 2 Sided Shooting
  - 2 cones in the middle to serve as a goal with 2 shooters (1 on both sides)
- 2) Soccer Bowling
  - Place cones stacked like pins in each corner of goal. Each cone knocked down earns the shooter a point. Player with the most points wins.
- 3) Goalie Drill
  - Place 3 cones in front of the goal for the GK to shuttle back and forth between & touch each one before sliding back into the goal to receive a shot on goal.
- 4) Surfers & Crabs
  - A form of tag where every player starts with a ball. All but 1 player starts as a surfer and that one player is the crab. The crab's goal is to kick the ball away from the surfer forcing them to join them as a crab.
- 5) Country Cones
  - Line each row with three cones for every player you have present and call out names of countries to signal for them to dribble to a certain cone. This causes them to work on dribbling and stopping and reversing field quickly.
- 6) Story Dribbling (Best use for your U6 age players)
  - Tell a story about going on a trip and have the players start off the game dribbling and force them to stop by injecting "pit stops" throughout the game.
- 7) 5 v 5 small sided scrimmages (# based on team size)
- 8) 1 v 1 shooting
  - One player stationed at a cone to pass the ball to the shooter and one player in goal to stop the shot. Shooter moves to the passing station after they shoot and goalie goes into the shooting line. Do this rotation until everyone has been at every station. Place cones in front of the goal for the shooter to have to stop and shoot from.
- 9) Capture the Ball
  - This is similar to Capture the Flag. Divide your team up into even numbered groups with different colored pennies on. Goal is to capture the ball from one team's corner and bring it safely back to your teams corner before the other team gets yours.