

1-2nd Grade

Drills & Games

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Warm Up Ideas:

1. Red Light Green Light:

Coach or Parent is the light. Kids start on opposite end of the field. Players must obey lights to make their way to the other side of the field keeping the ball in control. Have them use right foot/left foot only, use inside/outside of foot, use both feet.

2. Tag:

Mark off a grid or circle. Everybody has a ball or start with no ball. Whoever is "it" must dribble to another player and tag her. The other players avoid being tagged by dribbling away from "it." If the player being chased loses her ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

3. Dribble Relay:

The basic game is Team 'A' racing team 'B' by dribbling through a series of cones. If a player loses control and misses a cone they have to regain control and go around the cone.

One variation is to have a small 'square' at the end. The children have to stop the ball in the square, then sprint back and high-five the next player before he/she can start. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race – and award points to the player that sees it and correctly yells out the number first. This encourages the children to play with their heads up.

4. Circle

-Make a circle with cones – one for each player. If you have a large number of players, make two (or three) circles.

-The size of the circle will depend on the age of your team and how much of a work-out you want to give them – but even a small circle is good enough if you do the drill at pace.

-Couldn't be simpler – you just shout out instructions!

"2 left"

"3 right, 1 left"

"2 right, center, 1 left"

(Centre means run to the middle of the circle AND BACK) The drill can be done with or without a ball

5. Triangle Passing:

-Place 3 cones in a triangle approximately 5 yards between each cone.

This movement should continue for 1 minute. If you are working with 3 players, have one player rest while the other players are passing.

Coaching Points:

Good work ethic

Clean passes with good pace

Quick feet/movement

Good balance

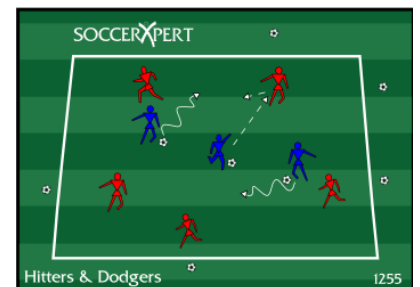
Good body posture and player not standing straight up

Player in control of the ball



6. Hitters & Dodgers

-With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".



-Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball, KNEE DOWN. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

Dribbling Game Ideas:

1. Stuck in the mud:

-You will need one child to volunteer as the mud monster and the other kids to have soccer balls at their feet and dribble around the area.

-Once you say 'go' the mud monster will try and tag the other kids with soccer balls.

-Once a child has been tagged they pick-up their soccer ball and hold it above their head as shown in the center of the diagram. The kid who has been tagged will then shout 'help, I'm stuck in the mud'.

-To rescue the kid who has been tagged, another child must kick (pass) the ball between the players legs to free him.

-The game continues until the mud monster has tagged all players and no-one can therefore be rescued.

2. Flintstones

-This drill is a competition of speed and accurate dribbling.

- The four separate teams from each corner will compete to get the most soccer balls back to their homes. Tell them that they are the Flintstones and they need rocks to build their homes stronger (which will be the balls).



-On your command one person from each corner will run toward the center, collect a soccer ball and dribble it back to their starting point. Once all of the soccer balls have been collected count up the amount of balls and award a point to the team with the most.

3. Shark Island:

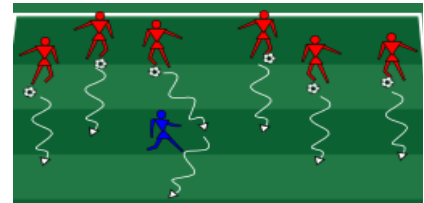
Players try to dribble their ball from one safe zone to the other without losing it to the “sharks”. If a player’s ball is stolen or kicked away by one of the “sharks” he/she becomes a shark too. Play until there is one dribbler left.

4. Soccer Gauntlet:

On the coaches command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the designated area, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

Coaching Points:

- Keep the ball close to the dribbler
- Stay in control of your body and ball
- Keep your eyes up to avoid pressure
- Dribble into space avoiding pressure
- Dribble with speed when in open space



5. Four corners aggressiveness

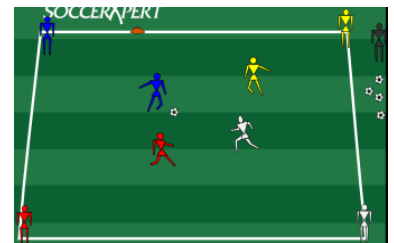
4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

-The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play.

- The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first.

-Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. **Feel free to modify**

-If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.



Coaching Points:

Players should be taught to go after the ball aggressively with speed, determination, and vigor.

6. The Greeting Game

All the players dribble around inside the grid.

The coach calls out various types of greetings, which each player then has to carry out with others:

Shake hands

Slap high fives (one hand)

Slap high fives (both hands)

Stand shoulder to shoulder

Stand back to back, etc.

Coaching Points:

When dribbling, keep the ball close and don't run into other players.

Have fun with the activities and make it exciting.

7. Red Light, Green Light, Bumper Cars

-Each player starts with a ball

-Players will move around the grid freely in any direction while keeping control of their ball

-Green light = zoom as fast as possible

-Yellow light = slow down focus on lots of touches

-Red Light = stop immediately with one foot on the ball

-Bumper Cars= players must bump shoulder-to-shoulder with another player

-Can add more colors; purple = dance party .. get the players involved in coming up with new colors and tasks

Coaching Points:

Heads up to avoid collisions when dribbling with speed.

Small touches to keep the ball close when dribbling with yellow light.

Use all parts of the foot to move around the grid.

Keep the ball close and ready to stop on a dime.

Passing Game Ideas:

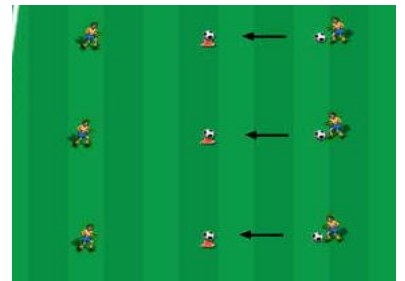
1. World Cup Passing

-Players pass the ball at their feet toward the soccer ball balanced on top of the cone.

- If the player knocks the ball off they will receive two points, if they touch the ball without it falling off they receive one point. If the ball falls off then it must be replaced. Time the game and give the kids a couple of minutes to improve their accuracy.

There are plenty of progression ideas for this drill.

-start without the soccer ball on the center cone and allow the players to pass the ball to one another. - Once every-one is comfortable with basic passing then the ball can be placed upon the center cone and the game can begin by shouting "GO!"



-World cup passing becomes more exciting with players counting their score and telling the coach at the end of the game who has the most points. Points could be recorded by the coach or the winner of one game could play the winner of another game until there is a champion

2. Tunnel Ball

-Passing accuracy game where the player must kick/pass the ball between the middle persons legs. The person in the middle will stand with their legs apart with plenty of room for the ball to pass through.

-The players must try and get the ball between the legs of the player in the middle. Points are rewarded as follows:

- 3 Points - given for getting the ball all the way through the middle players legs without hitting the legs.

- 1 Point given for hitting the legs but still getting through the players legs.

-These should be quick fire rounds as kids soccer games like this shouldn't have any player standing around for too long. The coach should give the players around 2 minutes before swapping the player in the middle.

3. King of the Ring

-Each player has a soccer ball and the idea of the game is to dribble around the area keeping the soccer ball under close control. Should the soccer ball leave the marked-out area at any point, that player is out and is not allowed to come back into the area.

-Each player must also try and kick the other players soccer balls out of the area whilst keeping close control of their own. Not easy! **Make sure the players don't leave their ball in the corner and run around crazily kicking other balls out.**

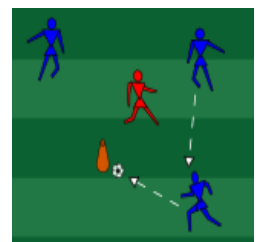
-It is important to coach this game correctly. Demonstrate how the player should 'shield' the ball by turning their backs to the oncoming player so they cannot kick the ball.

-The two main ways of losing the ball therefore is by a player kicking a player's ball out or by the player losing control of the ball and it going out of the area.

4. Guard the Castle

-Set up a grid that is 12 X 12 yards. Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle".

-It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.



Coaching Points:

Instruct players to get their heads up to find the pass.

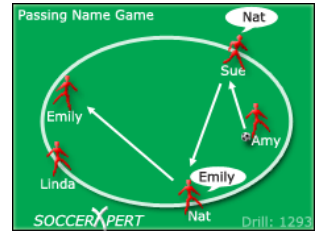
Make sure the players are passing the ball with proper weight on the ball.

Make sure players are moving about the grid in order to find open space. Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.

Make sure players are making the easiest decisions when passing.

5. Name Game

- Form a circle with each of the players on your team. Only start with one ball.
- To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.
- This is designed to make the players think a step ahead of the play. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass. Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time



Coaching Points:

- Remind players to be thinking ahead to determine who they want to pass to.
- Good First Touch
- Quality pass

Other Games/Drills:

1. The numbers game:

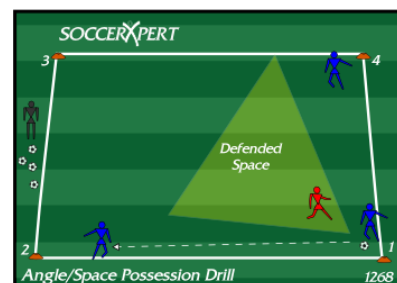
- create a small field with two small goals on each end line
- split the group into two even team and assign a number to each player in each team (if you have teams of 4, number off 1-4 in each team)
- one group wears an alternate jersey
- the coach plays a ball into the area and calls out a number
- those players assigned to that number spring onto the field and play 1v1
- the game continues until a team scores a goal or the ball goes out of bounds
 - can call out two or more numbers to create 2v2 or 3v3

Coaching Points:

- Encourage players to take on their opponent.
- Encourage players to shoot when they have a chance of a goal.
- Instruct the players to protect the ball when necessary

2. Angle of Support soccer possession & passing drill

- Instructions are merely to never leave an empty cone adjacent to the baller with the ball
- the player at position 1 can pass to either of the players at position 2 and 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”
- players will have to pay attention to the ball movement and anticipate the next move to move to space quicker
 - can add in a passive or active defender to simulate real pressure in a game



Coaching Points:

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

3. Trapping and Control with no opposition

-Players partner up, with 1 ball

-one player serves the ball to their partner who traps and controls the ball with the part of the body specified by the coach

-inside of foot

-outside of foot

-sole of foot

-thigh traps

-chest traps

-when serving the ball to thigh or chest, throw the ball underhand – balls served to the foot should be passed. Distance between players will vary based on skill level

4. Reaction, Acceleration & winning the ball

-form groups of 3 – one ball per group

-one player from each group will dribble around inside the area while the other two players jog alongside the dribbler

-on the coaches command, the player dribbling must pass the ball 10-15 yards into space

-all 3 players attempt to win the ball quickly and cleanly

-upon winning possession, the player that won the ball now becomes the dribbler and awaits the coach's command to repeat the drill

Coaching Points:

Players should always remain ready and react quickly to the pass

Each player should battle for sole possession of the ball

6. Scrimmage

-It is important for kids learning to play soccer to play an actual game. However, in kindergarten, most kids are still working on the skills they need to be part of a team. Emphasize fun and teamwork and do not keep score. Use scrimmage time to help them understand basic concepts such as where field boundaries are, how to throw in, and how to pass to teammates. Facilitate goal-scoring to build players' confidence and boost their excitement.