

3-4th Grade

Drills and Games

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Warm up Ideas:

1. Check in passing drill:

-Create lines 5 yards apart with the cones lined up between the lines. Divide your team into groups of two with 1 ball per group.

-Players will start on each of the outside lines, one player is working and one player is playing into the working player.

-Both players start on the outside line. The non-working player passes the ball into the working player. The working player checks-in towards the middle cone, receives the ball, and plays the ball back into the non-working player. The working player then backpedals to the outside line where they began, and repeats this motion 10 times before switching partners.

Change how the receiving touch is performed:

Have the receiving touch with inside of foot across the body and pass with the inside of the opposite foot

Have the receiving touch with the outside of the foot to the outside of the same foot and return the pass with the inside of the foot.

Play in 1-touch with the inside of the foot alternating right and left foot.

Play in 1-touch with the outside of the foot alternating right and left foot.

Coaching Points

-Receive the ball with the proper surface of the foot.

-If receiving with the inside of the foot, the toe should be slightly lifted and the heel slightly down.

-When receiving with the inside of the foot make sure the toe is turned inwards towards the plant foot.

2. 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.

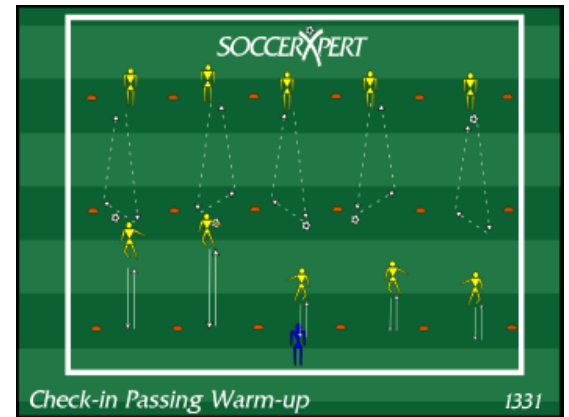
3. Tag:

-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.

4. 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.

- Variations



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.

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.

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.

The coach should focus on:

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



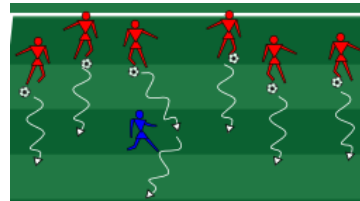
Dribbling Ideas:

1. Soccer Gauntlet:

-On the coach's 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



2. 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.

3. 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. **Training drills like this put real emphasis on shielding themselves away from opposing players.**

-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.

4. The Numbers Game:

-Create a small 1v1 field approximately 15X20 with two small goals on each end line.

-Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group.

-The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations

Have more than one 1v1 going at the same time.

Call out two or more numbers to create a 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.

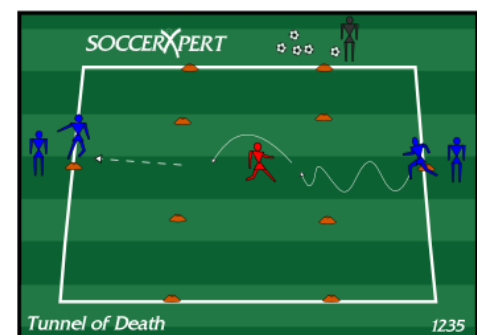
5. Tunnel of death/ defending-attacking:

-Set up 3 grids connect4ed by common cones (see diagram) to create a long and skinny channel. The middle grid should be approximately 15 X 15 yards and the two end grids are 10 X 15 yards. Split the team into two groups with one on each end of the tunnel. Choose one player to start in the middle grid; this player will be the defender.

-The defender is restricted to defend the middle box and disallow an attacker from dribbling through the grid to the other side. If the attacker is successful in making it to the other side, the defender stays in the middle. However, if the defender wins the ball, the attacker quickly becomes defender and is quickly attacked by the next attacker. Only use one ball, and once the attacker beats the defender, he passes to the next attacker in line. Play should be quick and players constantly attacking. If players get stuck defending too much the coach should switch them out. Keep a supply of balls handy on each end so play can continue if the ball gets knocked too far out of play.

Variations

Play 2v2 rather than 1v1



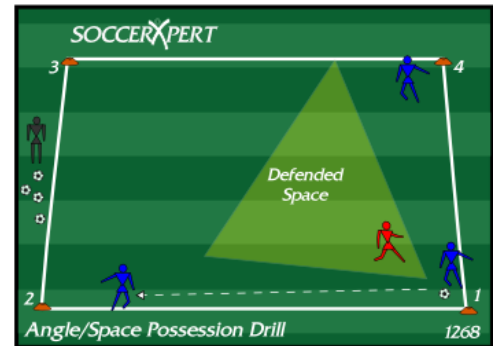
Coaching Points

- Attacking: Focus on dribbling with speed, going at the defender, good explosive step past the defender and focus on getting behind the defender quickly.
- Defending: Focus on delaying the attacker and forcing him out of the grid. Remember Fast, Slow, Outside, Low. Defender should attack defender fast, Slow down when getting near, force the defender Outside and get their posture as Low as possible.

Passing Ideas:

1. Passing & angle of support:

- Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.
- The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 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 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

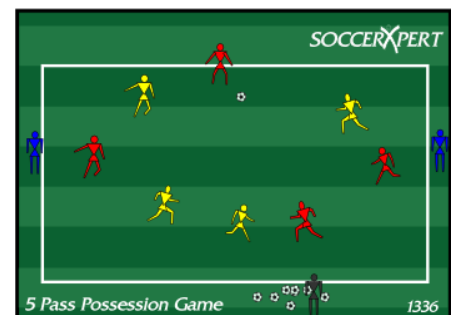


Coaching Points

- 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

2. Keep Away

- Create a grid approximately 40 yards x 30 yards. Split players into 2 even teams with two other players as neutral players. The neutral players are positioned at the end line on each end of the field.
- The two teams attempt to hold possession from each other within the grid. To score a goal, a team must make 5 or more consecutive passes to their teammates and then must make the 6th pass to either of the neutral players. If the ball is touched or won by the opposition, the pass count is reset.
- Once the neutral player receives a scoring pass they must pass the ball in one touch to the team that scored and their pass count is reset.
- Play to 10



3. Pass & Move

-Split into 2 even groups, one group will be on the outside of the circle while the other group is on the inside.

-players inside the grid pass to an outside player and receive the ball back from the outside player and move across the circle to pass to another outer player. Players must go through the center of the circle but avoid other players. Players should pass and move. Change the groups every 5 minutes.

Coaching Points

Make sure the players put the proper weight, accuracy, and timing of each pass.

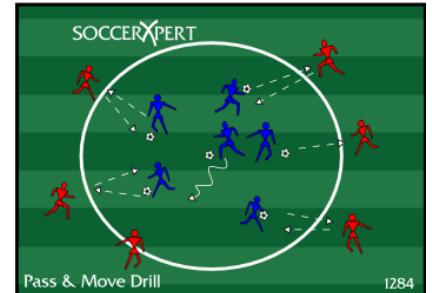
Players should control the ball into space with their first touch.

Players should use all foot surfaces.

Players should be reminded to keep the ball moving at all times.

Remind players to accelerate with power after receiving the pass.

Players should be aware of their surroundings and continue to communicate with their teammates.



4. 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.**

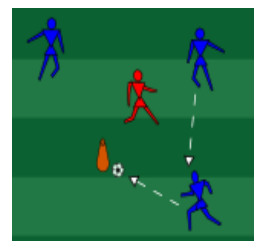
-It is important to coach this game correctly. Demonstrate how the player should 'shield' the ball by turning their backs to the oncoming player so they cannot kick the ball.

-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.

5. 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.

Shooting Drills:

1. Shooting drill

-Setup a grid that is 25x25 yards and place 3-4 cones with a ball resting on top in the middle of the grid. Divide the team into groups of 2. Partners stand on opposite sides of the grid facing each other. Each group of 2 needs a ball.

*Players get points by knocking over a cone by driving the ball to their partner's side of the grid. Any of the players on the side can return the ball by driving it with the instep of the foot while attempting to knock over a cone.

Variations

- Drill can be used for younger players to work on inside of the foot passing

Coaching Points

- Striking the ball with the shoelaces, toe pointed down, ankle locked,
- non-kicking foot should be next to the ball and slightly behind it and pointed towards the target.
- Players should try to land on their kicking foot to use the full transfer of body weight.



2. Combination Shooting:

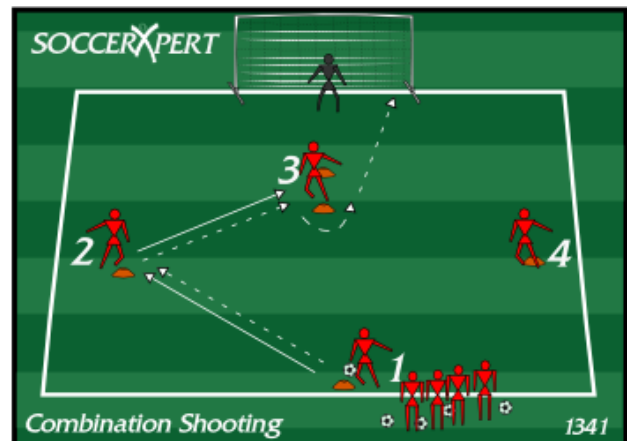
Using half of the soccer field, place a keeper in the goal.

-About 18 yards from goal, set two cones about 5 yards apart that are placed perpendicular to the goal. The first shooter starts between these two cones.

-Place a cone equal to each side of the penalty box about 10 yards from the top of the box. Place a player on each of these cones.

-Place another cone in the middle of the field about 10 yards from the side cones.

-The shape of the cones should be in a diamond with the cone closest to the goal having a small window. this window will be used as a passing reference for the player to receive the ball as they check into this space.



-Player 1 passes the ball to player 2 and follows his pass.

Player 2 then passes to player 3 between the cones as player 3 is checking through the cones.

Player 2 follows his pass and checks into the cones in the middle.

Player 3 should have a touch with their back to the goal towards their far side and finish with a right footed shot on goal.

As Player 2 is making the pass to player 3, the new player 1 makes a pass to player 4 and follows his pass.

Player 4 passes into the new player 3 who is checking-in between the cones.

Player 3 has a tight touch and turn with their back to the goal towards the back side and finishes with a left footed shot.

Player 1 will then pass to player 2 and the same pattern is followed.

Variations

Play all touches in 1-touch.

Have a passive defensive player apply pressure on the back of the shooter to simulate a defender putting pressure on the attacker. Make sure the shooter does not expose the ball to the defender.

Coaching Points

Focus on crisp passes and well-timed movement.

The shooter should have a clean, quick turn while keeping his back to goal until he comes out of his turn for the shot.

Play with speed.

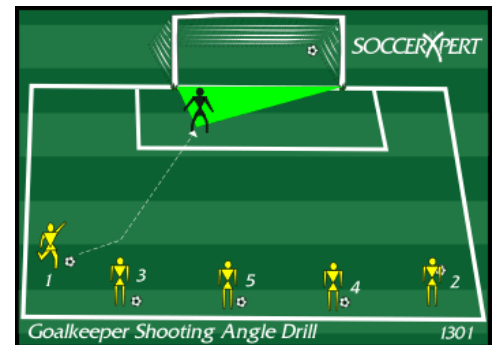
Finish on goal.

Goalie Drills:

1. Shooting Angle

-Position 6-10 servers across the outer edge of the penalty area in front of the goal. Each server should start with a ball.

-The servers should push the ball to the left, right or straight at the goal then shoot. Instruct the goalkeeper to adjust their positioning according to the position of the ball. The goalkeeper should then set their feet and get into ready position and make the save. The goalkeeper should quickly set for the next shooter and repeat.



Coaching Points

Good, Quick footwork (do not cross feet when shuffling)

Good angle and positioning on moving ball - instruct them to stay between the ball and the goal

Make sure they set their feet to get ready for the shot

They should react quick to the shot

Make sure they catch the ball clean with good hands

2. Scatter

-10 to 12 soccer balls within the penalty area with the keeper in goal.

-The coach or server should move quickly from ball to ball and shoot the ball on target. Instruct the goalkeeper to shuffle along the goalkeeper's arc, which is an imaginary arc 2-6 yards from the goal, and stay positioned between the ball and the goal along the arc. After saving the shot, the keeper should reset and prepare for the next shot.

-Alternate between 2 servers alternating between each shot. This will challenge the keeper to move quickly from side to side along the arc in order to cut off the shooting angle.

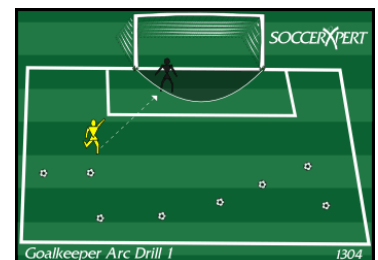
Coaching Points

The goalkeeper should keep their body positioned between the ball and the goal
Keeper should never get caught on the goal line - they should stay 2-6 yards from goal at all times

Keeper should shuffle along the arc while not crossing their feet

Goalkeeper should move quickly

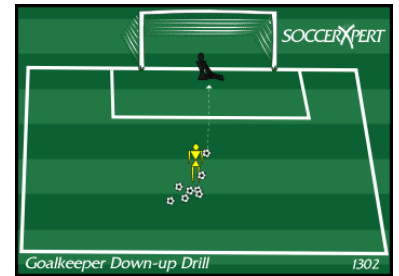
Keeper should have good hands when catching the shot.



3. Up & Down Drill

-Goalkeeper sits in the center of the goal about 3-5 yards from the goal line. The coach/server should stand about 8-10 yards from the keeper with a supply of balls.

-On the coach's command, the keeper should quickly stand, set their feet, get into ready position, and catch the ball that is tossed towards the goal by the coach. The keeper immediately returns the ball to the coach and returns to the seated position. Repeat this for 1 to 1 1/2 minutes.



Coaching Points

Make sure the goalkeeper gets off the ground quickly.

Make sure keeper is aware of their position and location in front of the goal.

Keeper should get set and ready themselves for the shot quickly.

4. Side to side shuffle

-Start with the goalkeeper shuffling side to side from post to post in the goal along the goal line.

-On the coaches command, the keeper should drop to the ground in a push-up position and quickly jump back to set position. The coach should toss a ball to the goalkeeper who should catch the ball and repeat. Continue for approximately 1 minute and rest.

Variations

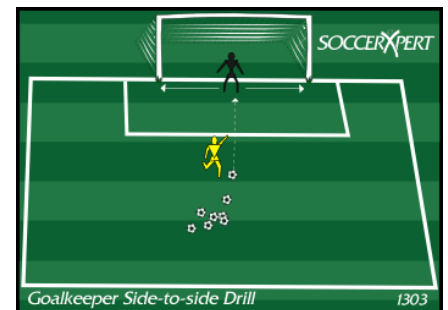
Instead of tossing the ball, serve the ball into the goalkeeper.

Coaching Points

Keeper should shuffle quickly without crossing feet

Keeper should get up quickly, get feet set and get ready for shot

Keeper should stay on toes leaning forward slightly when set in order to quickly react to throw.



Fun:

-Build a court that is 12 X 24 yards (2 12 yard squares). Assign a team of 3 players to each of the 12X12 grid.

-Please note: The size of your court will depend on the number of players and can be made larger or smaller depending on the number of players playing and their age.

Instructions

-To begin the game, instruct the serving team to have one person start serving the ball from behind the back line. The server must volley or half volley the ball to their opponents side of the court. The receiving team has one bounce and two touches to receive the ball and play it back to their opponent's side of the court, however, the ball doesn't have to bounce and the ball can be played in 1 touch.

-If the ball does touch the ground twice, or is knocked out of the playing court, a point is awarded to the serving team.

