

## Youth Soccer Drills

Coaching can be a fun activity for parents to be more involved with your players. For practice and games, it is important to make sure that you are making it enjoyable. YouTube can be your best friend for finding new drills to use during practice. Creativity can also be a great tool for creating new drills as well. Find drills you like and make your own variation of it.

Some Recommended YouTube Channels (Also try looking up “youth Soccer \_\_\_ Drills)

- Yougotmojo
- SimplySoccer
- KS Performance

## Ball handling skills

### Sharks and Minnow

- Start by setting up a play zone with cones or using the out of bounds.
- The sharks are players with a different colored shirt/penny, that does not have a ball.
- The Minnows are players with a ball at their feet.
- The goal of the game is to get the sharks to take all the balls away from the minnows, and the goal for the minnows is to keep their ball the whole time.
- Once you lose the ball, you are not a shark.
- This can be played until a time limit has been reached or if the sharks take all the balls away.

## Freeze tag with soccer balls

- Designate 1 player to be the tagging player, and 1 player to be the medic. Set up a play zone with cones or the out of bounds lines.
- All players have balls at their feet except for the tagging player.
- The tagging players need to go around and tag non-designated players. (they cannot tag the medic.
- If tagged, you need to freeze with your legs shoulder with apart and you can only become unfrozen once the medic has passed a ball through your feet.
- This can be played until everyone is frozen, or for a specific time limit.

## Passing skills

### Passing Line Drill

- Set up 4 cones. 2 for the players to stand behind, and 2 to make a “gate” that the ball has to go through.
- Split into 2 groups and put each group at each cone.
- Have them do a “two touch passes” through the cones. (a 2-touch pass is where you receive the pass with your foot, making sure it is no longer moving and then passing the ball to the next person)

- After they pass the ball, they will follow it to the other line.

#### Keep away

- Designate 1-2 players to be the defender, the rest of the players are passers.
- Have the passers make a circle around the defenders
- The goal for the passers is to keep the ball away from the defender by passing the ball to their teammates.
- The goal of the defenders is to take the ball away from the passers.
- Whoever loses the ball to the defender replaces them in the middle.

#### Shooting drills

##### Line shooting

- Set a cone about mid field for all players to stand behind.
- A coach or parent will be above the goal box, centered to the goal and will act as a passer for the players
- Players will pass their ball one at a time to the coach/parent, the coach will either put the ball to the right or left of them.
- The players will run up to the ball and shoot at the goal. They will shag the ball after they kick it.
- Return to the line after.
- This can be repeated for however long you want to! (recommend doing 2 shots with each foot)