



## **WARM UP & STRETCH**

1. Stretch for about 10 minutes, concentrating on leg stretches.
2. Start with a light jog to warm up, followed by other exercises.
3. Try high-knee jogging in place for 2 to 5 minutes.

## **DRIBBLING OFFENSIVE SKILL TRAINING**

- Uses both feet to teach ball control.
- Ball is kept close to the feet, using small kicks to advance the ball down the field.
- Make sure players do not to watch their feet when dribbling.

### **DRIBBLING ON THE MOVE**

- Use the short length of the field. Split the team up so one half is on one sideline, and the other half on the sideline on the other side.
- Have the players on both sides form single file lines.
- A player from one line will jog the short length of the field to the other line, keeping the ball close to their feet with small kicks, practicing ball control.
- Once that player reaches the other side, they will give the ball to the first player in that line, then go to the back of that line.
- Have the players go back and forth across the field, one at a time, until all players have practiced the drill 2 times.
- Next, set up obstacles for players to weave around, and repeat the drill again.

### **DRIBBLE GAME**

- Define a 10ft. x 10ft. square. Place a few players within this square.
- Make sure each player has their own ball.
- Players need to dribble their ball within the square. The object is to try to knock the other player's ball out of the square.
- Players whose ball has been kicked out of the square are "out" and sit off to the side. The player left standing in the square, with their ball, is the winner.
- This game teaches players to not watch their feet, but to watch their opponent's ball while maintaining ball control.

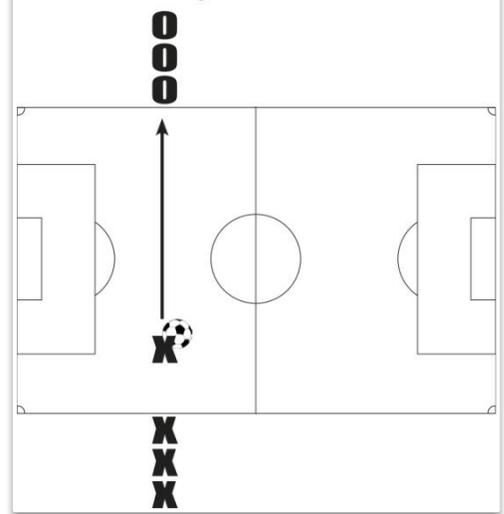
## **PASSING OFFENSIVE SKILL TRAINING**

- Have players partner up or form lines.
- Players need to kick the ball back and forth, practicing ball control.
- Players need to make sure to kicking it directly to their partner, as well as stopping the ball.

### **PASSING ON THE MOVE**

- Players need to practice passing and receiving the ball when on the move.
- Either a player or a coach should pass the ball to other players as they are running towards the goal.
- The player must try to receive the pass while also trying to maintain their speed.
- Players need to be able to stop the ball, and change its direction while running.

**DRIBBLING** Diagram 1





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# **SOCCER PRACTICE ACTIVITIES**

*This packet serves as a handy reference for suggested skill-building activities. Practices listed are not required.*

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## **SHOOTING OFFENSIVE SKILL TRAINING**

- Line players up so they are facing the goal.
- Players should kick toward the goal.

### **INTRODUCE GOALIE TRAINING**

- After a few rounds, place the goalie in front of the goal.
- Each player takes a turn to aim at the goal, and for the goalie to practice blocking.

### **DRIBBLE, SHOOT, GOAL**

- Line players up on half line of the field, or 30 feet from the goal.
- One at a time, players will need to dribble the ball towards the goal.
- Teach players to shoot off the dribble.
- After everyone has run this drill, introduce the goalie and run the drill again.

### **PASS, SHOOT, GOAL**

- Pair players up on half line of the field, or 30 feet from the goal.
- Players need to practice advancing toward the goal, while passing the ball back and forth.
- Teach players to shoot at the goal after receiving the pass.
- After everyone has run this drill, introduce the goalie and run the drill again.

## **KICKING SKILL TRAINING**

It's important that your players familiarize themselves game-like situations. Practice these exercises to better prepare your team for game day.

All of these Kicking drills are results from the calls made by the Referee, which should be respected and performed to ensure smooth game play.

- Split the team up into offensive and defensive players.
- After each drill, have players switch roles and run the drill again.

### **CORNER KICK**

A corner kick is awarded to the offensive team when the ball leaves the field by crossing the goal line, either on the ground or in the air, without a goal having been scored. The ball also has to have been last touched by a defending player, which also includes the goalie.

When taking a corner kick, the football is initially placed so that some piece of the ball touches the corner arc closest to where the ball went out of play.

- A player or coach should start the ball off on a field corner.
- Defending players should practice protecting the goal area.
- Offensive players should practice receiving the ball and attempting another goal.



**NATIONAL YOUTH SPORTS**

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## **KICKING SKILL TRAINING** *continued*

### **GOAL KICK**

A goal kick is a method of restarting play. A goal kick is awarded to the offensive team when the ball leaves the field by crossing the Goal line, either on the ground or in the air, without a goal having been scored. The ball has to have been last touched by an attacking player.

A team should aim to have goal kicks taken by the goalie. The kick must be made within the goal's penalty area.

- The goalie should practice aiming goal kicks to teammates.
- Defending players should practice intercepting goal kicks.

### **DIRECT KICK**

A direct kick is awarded to the offensive team if a player commits any of the following seven offences:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Uses hands on the ball.

A direct kick is taken from where the offence occurred. The ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

### **INDIRECT KICK**

An indirect kick is awarded to the offensive team if the goalie, inside his own penalty area, commits any of the following offences:

- Touches the ball again with his/her hands after he/she has released it from possession and before it has touched another player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in by a teammate.

An indirect kick is also awarded to the opposing team if a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Commits any other offence, not previously mentioned with the direct kick rule, for which play is stopped to caution or send off a player

An indirect kick is taken from the place where the offence occurred. The ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.



**NATIONAL YOUTH SPORTS**

# **SOCCER PRACTICE ACTIVITIES**

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## **SPACING DEFENSIVE SKILL TRAINING**

The idea of spacing is best understood by more advanced players, although the topic can be introduced to younger players. The object of spacing is to ensure all parts of the field are covered. Players should understand that no matter where the ball is being played on the field, they need to maintain their spacing.

- Start the team off on only 1 half of the field, facing their opponent's goal.
- Kick the ball to the other side of the field and ask the players to sprint to where they feel they should be on the field with respect to where the ball is being played.
- Offensive players want spacing and needs spacing to operate on the field, and to create passing lines.
- Defensive players do not want a large amount of space between them and the offensive players, so they are continuously trying to take away space from opposing players.
- Players should not crowd their own teammates.

### **FREEZE SPACING**

- Split the team up into offensive and defensive players.
- As players run up and down the field, yell "Freeze!"
- Use this moment to reinforce or critique player spacing and positioning.

## **GOALIE DEFENSIVE SKILL TRAINING**

Practice any of the Shooting Offensive Skill Training exercises to work on goalie blocking skills. Practice makes perfect when it comes to goalie training.

### **DEFENSIVE DRILL FOR GOALIES AND FULLBACKS**

- Gather 2 players to act as the defensive team.
- Gather 3 players to act as the offensive team.
- Use 1 player as the goalie.
- Offensive players should try and score on the 2 defensive players and the goalie.

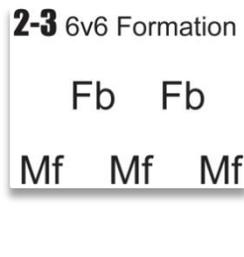


FIELD FORMATIONS DEFENSIVE SKILL TRAINING

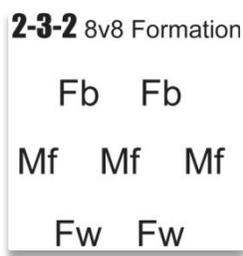
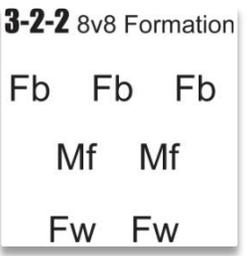
- Formations consist of Forwards (Fw), Mid-Fielders (Mf) and Fullbacks (Fb).
Set up your players so that their natural positioning gives them maximum coverage of the field.
Good formations create natural passing lines and control the midfield.
Don't create narrow spines that force players to run madly from side to side.
Don't create big gaps from front to back that force players to scramble to cover the middle.
Whatever formation you play, maximize depth and width by having your team move up and down the field as a unit.

Here are some basic formations to try:

6v6 FORMATIONS



8v8 FORMATIONS



11v11 FORMATIONS

