

KIDS SOCCER DRILLS



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No-cano (a mash up of “no” and “volcano”)

If you have the tall orange cones that look like volcano, you can put them in a line and have your athletes kick the ball weaving between the “volcano’s”. The goal is not to hit the cones/volcano. If they do, you can make an explosion sound. If you want to make it a little crazier, you can make an explosion sound and make all the kids fall down. You can play with the speed on this one, starting slow and then getting faster.

Circle kicks

This is a drill that helps kids learn each other's name and build team unity. Have the kids stand in a circle about 10 feet apart with you in the center. You will call out a kids name and kick the ball to them. They will then kick the ball back to you. Later in the season, once they become more comfortable with each other's names and kicking the ball you can get out of the middle and have them kick it to one another while saying names.

Animal Coach (Kick the Coach)

This game is a two-phase game. But it is one you can play at the beginning or end of practice to remind them to keep it fun.

The coach will stand with their feet soccer ball width apart and the kids will kick the ball at the coach. While you may have the visual of gym class dodgeball, remember most kids are learning how to kick a ball for the first time. All of your athletes will kick at the same time and the athlete that gets you will choose what animal you have to act out. The more dramatic and over the top you are with the animal the more fun it is.

Repeat as often as desired.

Tip Toe Tap

Have the kids stand on the painted line with the ball in front of them. They will take two tip toe steps and then tap the ball with one foot. They will then repeat it with the other foot. They should not be kicking it hard, but enough to move the ball forward. This will help them to get ready to kick the ball while running up to it in an open field situation. It will also prepare them for dribbling the ball.

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Jump Turn Kick

It is as simple as it sounds. Have the kid stand with their back to the ball. When you blow the whistle they jump, do a one half turn and kick the ball. Then they chase it down and wait for your whistle to do it again. This will teach them to kick it after different types of movements.

Tiny, Little, Big

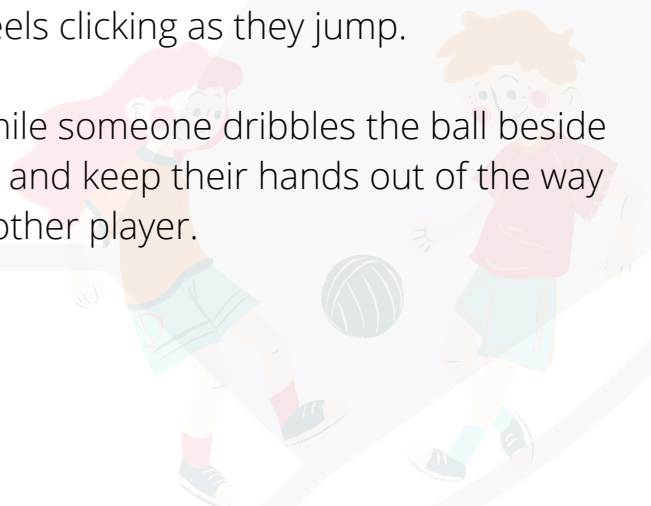
This is a fun one where kids get to be as loud as they want. You will want to start this out so that it is more controlled, but as the drill/game progresses they can take over the yelling. When you yell tiny, they will give the ball a tiny kick. When you yell, "little", they give a little bit bigger of a kick, and when you yell, "big" they give it a big kick. Once they've learned the game they can try it themselves. They start in a line and yell, "Tiny", "Little" "Big" between each kick of the ball.

If you want to change it up on them and teach them to listen you can try different orders of directions. Tiny, tiny, big or Tiny, little, tiny or tiny, tiny, tiny, or every kids favorite, BIG, BIG, BIG!

Jumpy Crab

A defensive soccer drill that will help a 5 year olds learn different ways to move their body is the Jumpy Crab. They stand with their arms out and up with pincher hands. Their legs are spread apart and they look like a crab. They will then jump to the right 5 times with their hands in the air "pinching" and their heels clicking as they jump.

As they learn how to do this they will then do it while someone dribbles the ball beside them as they jump. This teaches them to side hop and keep their hands out of the way rather than grabbing the other player.



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Battling Pirates/Princesses/Unicorns/Cowboys/Wolves

Depending on your team make up you can call this whatever. But being descriptive can help them have fun with it. You will have two lines of kids the __pirates (any name)__ and the ___ unicorns (any other name)__. You will kick the ball and the person at the front of each line will go out and try to get the ball and bring it back to you.

Super far, super star

Have your kids place their balls on the white where the goal is. They will stand behind their ball and kick it in the goal. Every kid will get it in. Then they will get their ball and take a step back and try again. They continue to do this until it is too far for anyone to get it in.

To make this more fun, you can have them yell, "Super Star" when they kick it.

Incoming

This is a game where you teach kids to play offense and defense. The set up is 1 kid near the goal, and 2 kids coming towards the goal kicking the ball. You will have two kids kicking the ball back and forth down the field trying to get a goal. You want them to work together (at least at the beginning). Once they have had a few passes back and forth you yell, "incoming!" and the defensive play now try to get the ball. The offensive players still try to score a goal.

Call out the kicker/My Ball

This is a little more advanced drill and is as much a listening game as it is a soccer drill. Have two kids chase the ball while you dribble it away from them and then tell them, "now just ___insert kids name here___". Let them get it and then repeat it with two other kids. Once the kids know the drill you can have kids stand all over the field next to a soccer cone. You dribble the ball around the field and when you get close to a kid yell, "my ball" and try to get it from you. You will keep dribbling towards another kid and once that next child yell's, "my ball" the first kid has to go back to their cone.