



Sharks & Minnows

Setup

- Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating.
- Two players are designated the SHARK start in the middle of the grid without a ball.
- The remaining player starts with a ball on one of the end lines.

Instructions

- The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
- The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.
- The last minnow standing wins the competition.

Variations

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Coaching Points

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.



Pirates Treasure

Setup

- Create a grid about 30X30.
- Set up about 10 tall cones (the treasure) along one side of the grid.
- On the opposite side have each player (the pirates) start with a ball.
- 2-3 players start in the grid with an alternate color jersey on. They are defending the treasure (tall cones) along the side of the grid.

Instructions

- On the coach's command, the pirates attempt to dribble past the defenders to take the treasure.
- To take the treasure the players must knock down the cone with the ball.
- Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball.
- If the pirates lose the ball by the defenders, they must start back over at the original starting point.

Variations

- Reduce or increase the size of the grid and/or the number of defenders based on age, skill level, and the number of kids.

Coaching Points

- Keep the ball close and in control.
- Pick head up while dribbling so they can see where the defenders are.
- Dribblers should explode past the defenders and dribble with speed.



Clean your room

Setup

- Create a grid that is approximately 15 X 15 yards. You should adjust the size of the area depending on the size, skill set, and the number of players.
- Assign one player to "clean the room." This player will act as the defender to knock everyone's ball out of the grid.
- Every player other than the room cleaner needs a ball.

Instructions

- Start by having the players dribble around free in the grid.
- The coach should release the room cleaner into the grid.
- The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
- The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
- The room is "clean" once all of the balls are out of the grid at one time.
- The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
- If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

Variations

- Start with 2 room cleaners (defenders).
- Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.



Coaching Points

- Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Soccer Ball Smash

Setup

- Set up a large grid approximately 40X50 yards. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

Instructions

- Instruct player 1 to pass his ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponents ball, they collect a point.
- The first player to 5 wins that match.

Variations

- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

Coaching Points

- Make sure the players are striking the ball with the correct surface of the foot.
- make sure the weight of the pass is good
- watch the plant foot to make sure it is pointing to its target.



Eagles Nest

Setup

- Create 4 5x5 yards squares. Separate the players into 4 groups and have each team in a different square. That is their eagles nest. Put all of the balls in the middle of a larger grid.

Instructions

- When the coach says go all 4 teams will attempt to gather as many balls (eggs) into their nest. When the time runs out, whichever team has the most eggs in their nest wins that round. Repeat as many times as desired and switch teams after so many rounds.

Coaching Points

- To further help their team win, players should try passing the ball to teammates rather than dribbling.
- Look to make sure the players are lifting their heads up to see where their next objective is.
- Strong passes on the ball.
- Quick movement to take advantage of every second.

Gates

Setup

- Take cones and create gates by setting two cones down across from each other. Setup as many gates as desired.

Instructions

- Have the players dribble through the cones. Have the players tally as many gates as possible. Each round add new rules.



Coaching Points

- Small touches for controlled dribbling
- Lift the head up to look at other gates around the grid
- Constant movement for maximum conditioning

****for more drills please see the link provided ([Soccer Drills](#))**