

Kindergarten Grade Rec

Warm Up – 15 Minutes – Use the following drills each week to warm the players up. Additional warmups may be added throughout the season, look for these in the weekly lessons.

- All players line up with a ball at their feet, equally spaced out to allow for movement without crowding each other
 - **Toe Taps** – Each player stands in a static position while tapping their bottom of their toes on top of the ball.
 - Coaches Talking Points –
 - Use only the toes and touch the top of the ball, not the sides
 - Work on looking up and not at the ball
 - Steady rhythm will help improve the skill, they can work on increasing speed as they get the motions mastered.
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform toe taps across the field to the cones.
 - **Pull Backs** – Have each player line up on the side of the field with a ball at their feet. Players will place their foot on top of the ball and pull it backwards. The player then turns around and pulls the ball back again. Encourage the players to switch feet with each turn.
 - Coaches Talking Points –
 - Slow and steady will help build this skill.
 - **Dribbling** – Have each player line up on the side of the field with a ball at their feet and dribble across to the other side.
 - Challenge the players with changing up the dribbling technique
 - Use both feet, any side
 - Use only right or left foot
 - Use only inside or outside, left or right foot
 - Use only laces
 - Have them dribble around and stop the ball by placing their foot on top.
 - Coaches Talking Points –
 - Keep the touches close, touches that are too big allow defenders to steal the ball during a game

Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

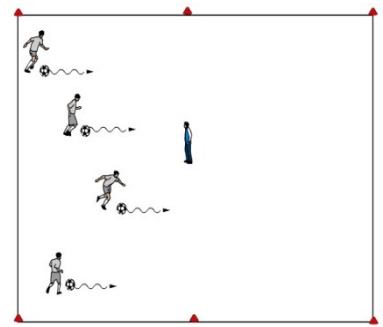
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Paint the Field – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball around the field. Their ball is the paint brush and we want them to paint as much of the field as possible.
- Set a time limit of 2-3 minutes and see how much of the field they painted after the time is up.
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 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.

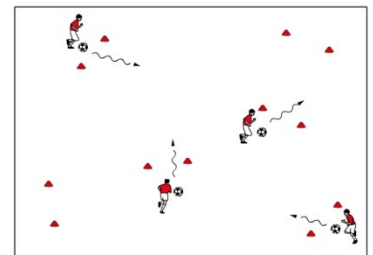
Red Light, Green Light – 8-10 Minutes

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- Coach will call out green light which means the players should dribble as fast as they can while maintaining control.
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Gates Dribbling – 8-10 minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
 - Ask players to use only certain foot or a certain part of their foot.



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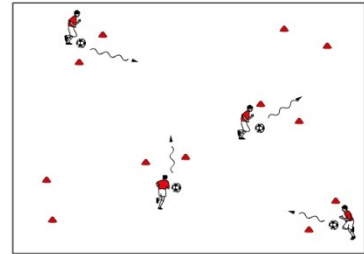
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- If the players ball is kicked away that player is out.

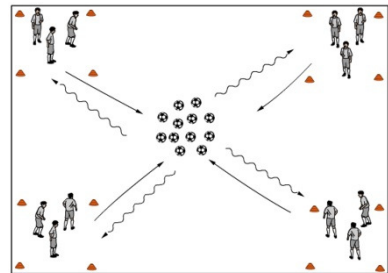
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Hungry Hippos-

- Split team into equal groups.
- Place four cones in a square in each corner of the field.
- Place all the soccer balls in the middle of the field.
- On the coach’s command players will go out and dribble the balls back to their base.
- Players cannot use their hands, only their feet, one ball at a time.
- Set a time limit to challenge the players to move quickly.
- Variations
 - Only allow one player from each team at a time, next player cannot go out until their team gets back.
 - If playing where all players go out you could allow them to steal from the other bases. Remind players not to push each other if trying to steal the soccer balls. Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide.



Week 3 – Time – 1 Hour

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Hospital Tag 8-10 Minutes-

- Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their balls.
- Identify a player to be the tagger, they must dribble around and tag other players.
- When a player is tagged, they must grab their ball and hold it above their head, while spreading their legs. The other dribblers can pass their ball between the hospital players. Once the ball goes through the hospital player is free to dribble around again.

Sharks and Minnows – 8-10 Minutes

- Have all players line up on one line of the field with a ball at their feet. They are the minnows at this point.
- The Coach is the shark in the middle of the field.
- The players should dribble the ball across to the other side, while the coach tries to kick their balls way.
- Any player who has their ball taken/kicked away now becomes a shark. Repeat the dribbling from one side to the other.

Doctor Doctor – 15-20 Minutes

- Split players into 4 equal teams, each group having a different color penny.
- Each player will need a ball for this drill.
- Set up 4 small squares in each corner of the field with cones, one team per square.
- One player from each team is considered the Doctor and will not use their ball. The other players will use their ball.
- Coach says go and all the players with the balls will dribble around the field, trying to tag players from the other team by hitting them with their ball. The ball must strike the other players below the knee.
- If a player is tagged they must grab their ball and sit down. Now the doctor for their team must come out and tag their frozen players. If a doctor is hit while trying to unfreeze their players, that team is out.
- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.

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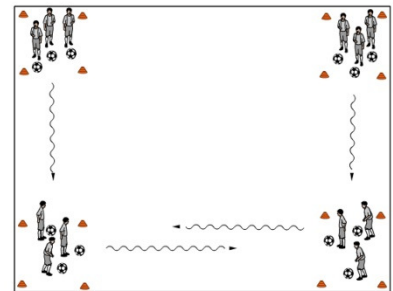
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Body Part Dribble - 10-15 Minutes

- Have players dribble around the field and when the coach calls out a body part the players must stop and touch the ball with that body part.
- Vary the body part called out – i.e. nose, elbow, knee, etc.
- Vary the frequency you call out a body part.
- Coaching Points
 - Dribbling with the ball close to our feet is key.
 - Try to keep their heads looking up so they don't collide with one another.
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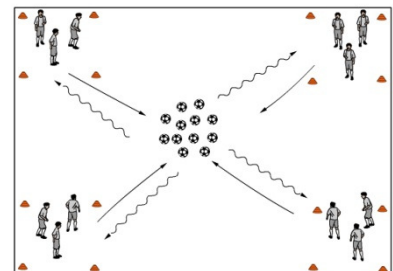
Dribble Around Town – 10-15 Minutes

- Set up cones around the field to serve as places around town, i.e. McDonalds, School, Grocery Store, etc.
- Start players in different spots with a ball at their feet.
- Players should dribble in a clock or counterclockwise order to get to the part of town called out by the coach.
- Start off by having all players dribble the same way.
 - Variation is to allow them to go either direction.
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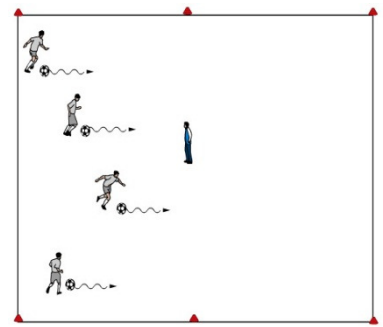
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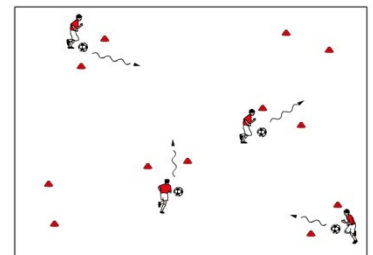
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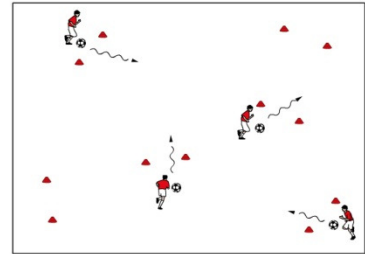
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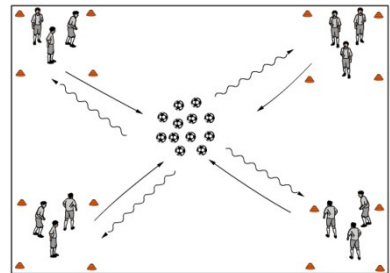
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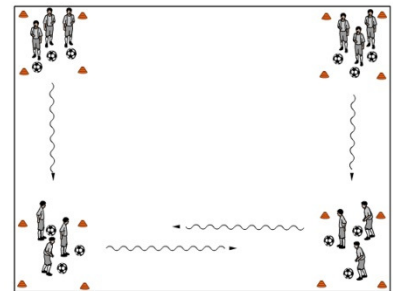
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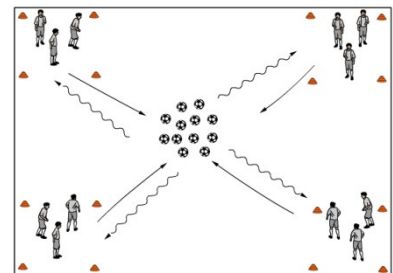
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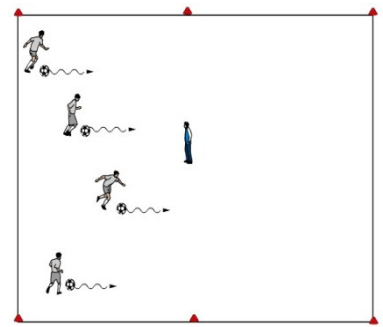
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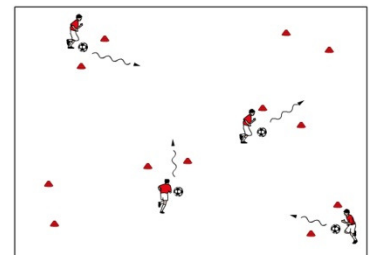
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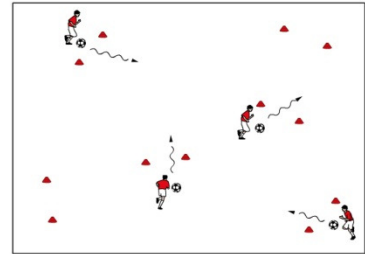
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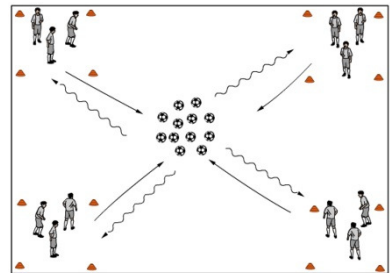
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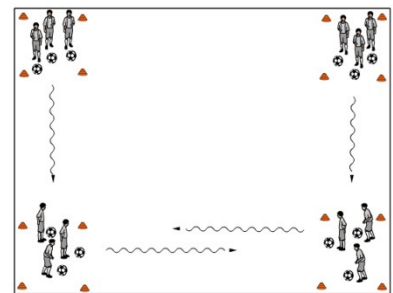
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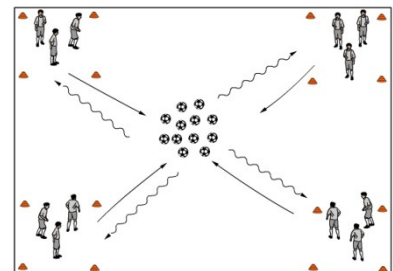
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Kindergarten Grade Rec

Warm Up – 15 Minutes – Use the following drills each week to warm the players up. Additional warmups may be added throughout the season, look for these in the weekly lessons.

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 - **Toe Taps** – Each player stands in a static position while tapping their bottom of their toes on top of the ball.
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 - Work on looking up and not at the ball
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 - Use only laces
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Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

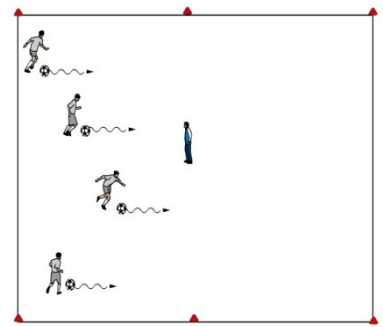
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Paint the Field – 8-10 Minutes

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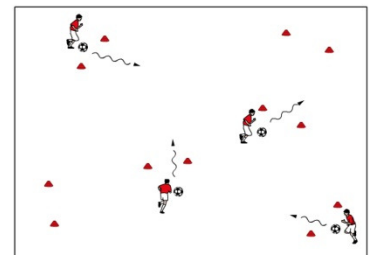
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Gates Dribbling – 8-10 minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
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Week 2 – Time – 1 Hour

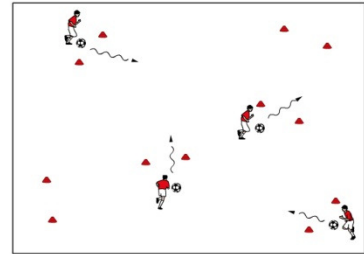
Warm Up – 15 Minutes

Tag – 8-10 Minutes

- Players spread throughout the field with the ball at their feet.
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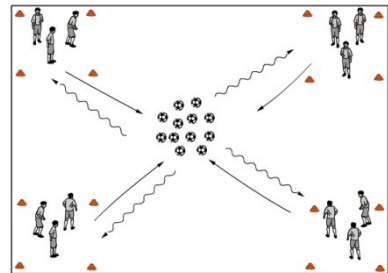
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Week 3 – Time – 1 Hour

Warm Up – 15 Minutes

Hospital Tag 8-10 Minutes-

- Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their balls.
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- When a player is tagged, they must grab their ball and hold it above their head, while spreading their legs. The other dribblers can pass their ball between the hospital players. Once the ball goes through the hospital player is free to dribble around again.

Sharks and Minnows – 8-10 Minutes

- Have all players line up on one line of the field with a ball at their feet. They are the minnows at this point.
- The Coach is the shark in the middle of the field.
- The players should dribble the ball across to the other side, while the coach tries to kick their balls way.
- Any player who has their ball taken/kicked away now becomes a shark. Repeat the dribbling from one side to the other.

Doctor Doctor – 15-20 Minutes

- Split players into 4 equal teams, each group having a different color penny.
- Each player will need a ball for this drill.
- Set up 4 small squares in each corner of the field with cones, one team per square.
- One player from each team is considered the Doctor and will not use their ball. The other players will use their ball.
- Coach says go and all the players with the balls will dribble around the field, trying to tag players from the other team by hitting them with their ball. The ball must strike the other players below the knee.
- If a player is tagged they must grab their ball and sit down. Now the doctor for their team must come out and tag their frozen players. If a doctor is hit while trying to unfreeze their players, that team is out.
- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.

Week 4 – Time – 1 Hour

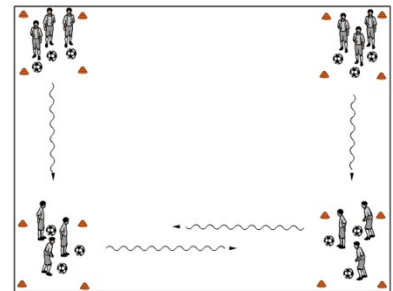
Warm Up – 15 Minutes

Body Part Dribble - 10-15 Minutes

- Have players dribble around the field and when the coach calls out a body part the players must stop and touch the ball with that body part.
- Vary the body part called out – i.e. nose, elbow, knee, etc.
- Vary the frequency you call out a body part.
- Coaching Points
 - Dribbling with the ball close to our feet is key.
 - Try to keep their heads looking up so they don't collide with one another.
 - Focus is on dribbling with this drill. Calling out the body parts will keep it fun for the players.

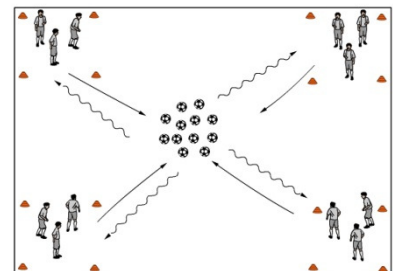
Dribble Around Town – 10-15 Minutes

- Set up cones around the field to serve as places around town, i.e. McDonalds, School, Grocery Store, etc.
- Start players in different spots with a ball at their feet.
- Players should dribble in a clock or counterclockwise order to get to the part of town called out by the coach.
- Start off by having all players dribble the same way.
 - Variation is to allow them to go either direction.
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Hungry Hippos- 15 minutes

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Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

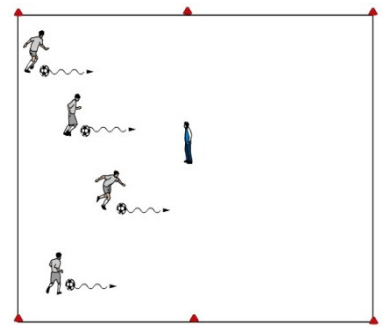
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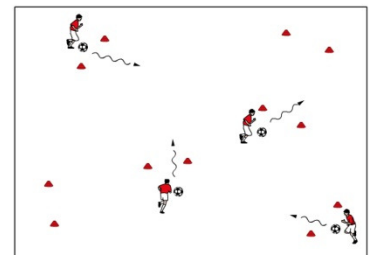
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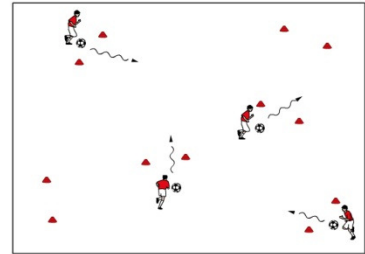
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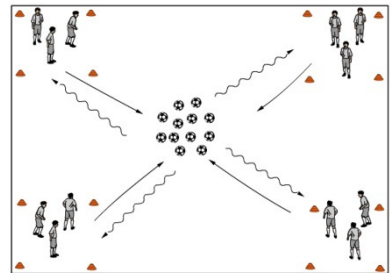
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Week 4 – Time – 1 Hour

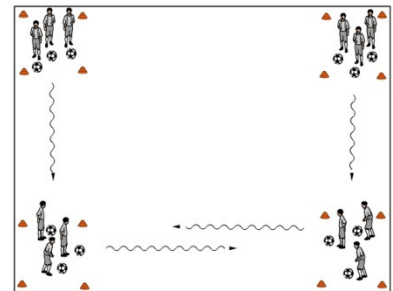
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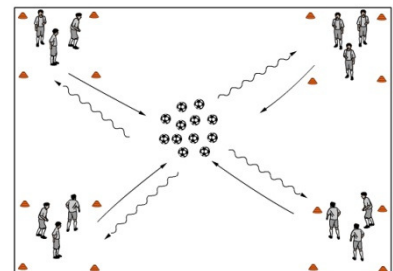
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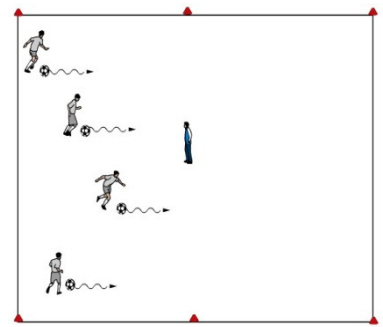
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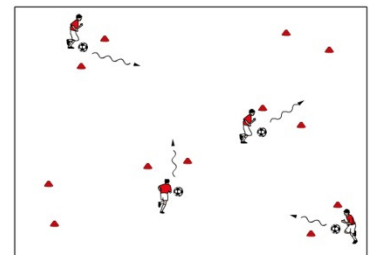
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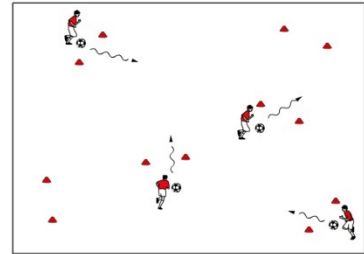
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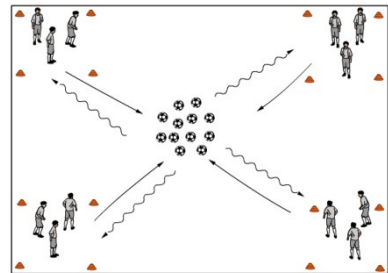
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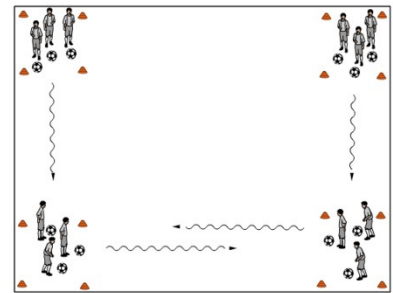
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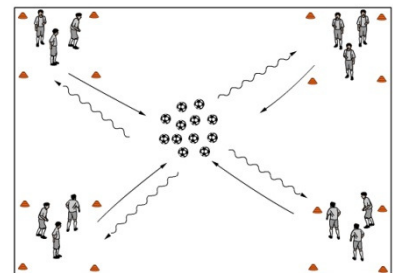
Dribble Around Town – 10-15 Minutes

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- Start off by having all players dribble the same way.
 - Variation is to allow them to go either direction.
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Hungry Hippos- 15 minutes

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 - Use both feet, any side
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 - Use only laces
 - Have them dribble around and stop the ball by placing their foot on top.
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Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

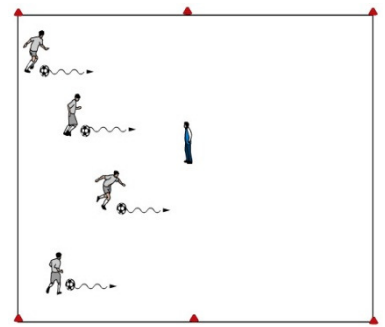
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Paint the Field – 8-10 Minutes

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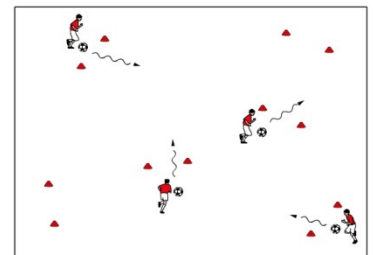
Red Light, Green Light – 8-10 Minutes

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Gates Dribbling – 8-10 minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
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Week 2 – Time – 1 Hour

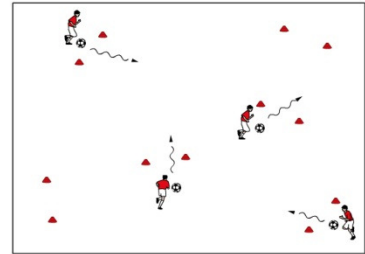
Warm Up – 15 Minutes

Tag – 8-10 Minutes

- Players spread throughout the field with the ball at their feet.
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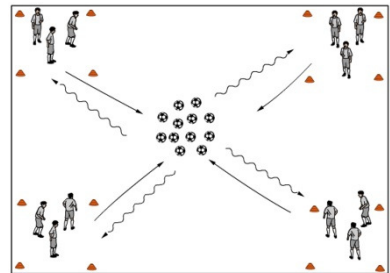
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 - Only allow one player from each team at a time, next player cannot go out until their team gets back.
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Week 3 – Time – 1 Hour

Warm Up – 15 Minutes

Hospital Tag 8-10 Minutes-

- Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their balls.
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- When a player is tagged, they must grab their ball and hold it above their head, while spreading their legs. The other dribblers can pass their ball between the hospital players. Once the ball goes through the hospital player is free to dribble around again.

Sharks and Minnows – 8-10 Minutes

- Have all players line up on one line of the field with a ball at their feet. They are the minnows at this point.
- The Coach is the shark in the middle of the field.
- The players should dribble the ball across to the other side, while the coach tries to kick their balls way.
- Any player who has their ball taken/kicked away now becomes a shark. Repeat the dribbling from one side to the other.

Doctor Doctor – 15-20 Minutes

- Split players into 4 equal teams, each group having a different color penny.
- Each player will need a ball for this drill.
- Set up 4 small squares in each corner of the field with cones, one team per square.
- One player from each team is considered the Doctor and will not use their ball. The other players will use their ball.
- Coach says go and all the players with the balls will dribble around the field, trying to tag players from the other team by hitting them with their ball. The ball must strike the other players below the knee.
- If a player is tagged they must grab their ball and sit down. Now the doctor for their team must come out and tag their frozen players. If a doctor is hit while trying to unfreeze their players, that team is out.
- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.

Week 4 – Time – 1 Hour

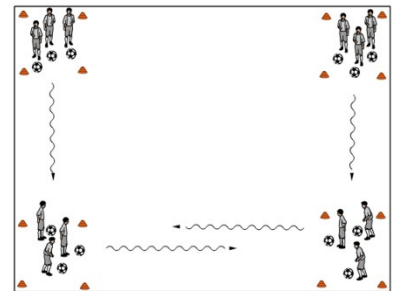
Warm Up – 15 Minutes

Body Part Dribble - 10-15 Minutes

- Have players dribble around the field and when the coach calls out a body part the players must stop and touch the ball with that body part.
- Vary the body part called out – i.e. nose, elbow, knee, etc.
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 - Dribbling with the ball close to our feet is key.
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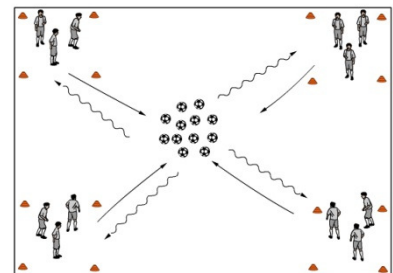
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Hungry Hippos- 15 minutes

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Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

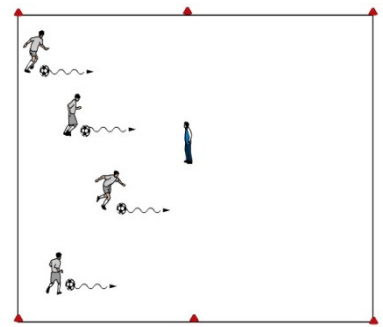
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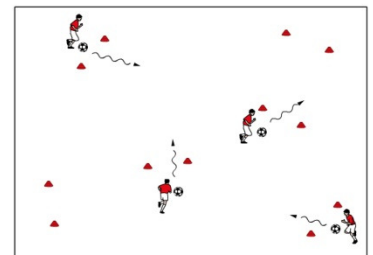
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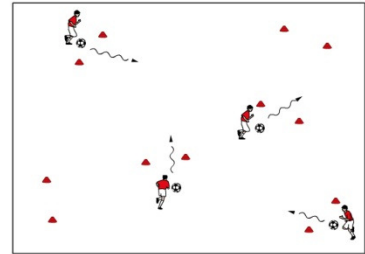
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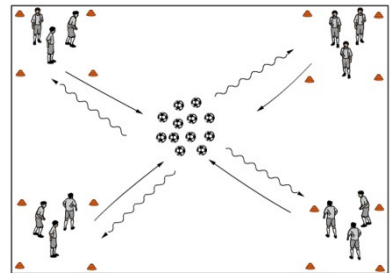
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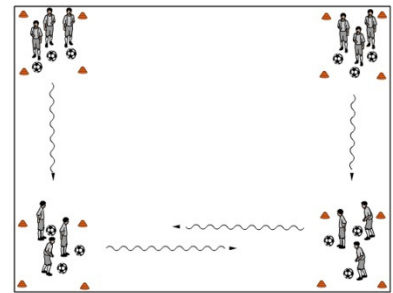
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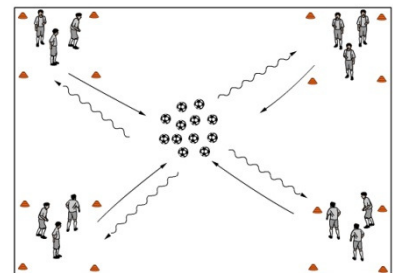
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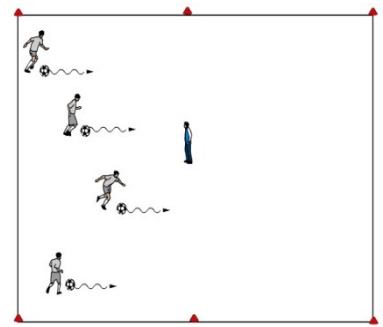
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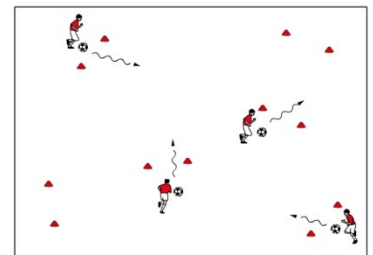
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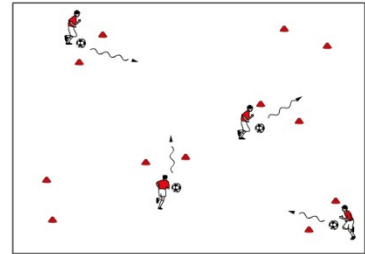
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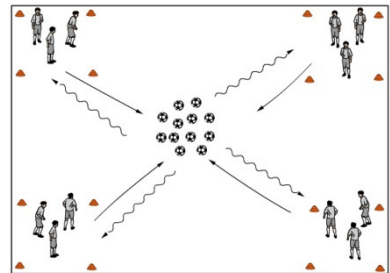
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- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.

Week 4 – Time – 1 Hour

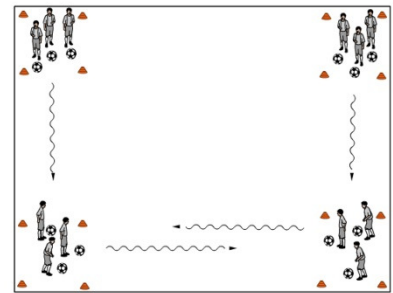
Warm Up – 15 Minutes

Body Part Dribble - 10-15 Minutes

- Have players dribble around the field and when the coach calls out a body part the players must stop and touch the ball with that body part.
- Vary the body part called out – i.e. nose, elbow, knee, etc.
- Vary the frequency you call out a body part.
- Coaching Points
 - Dribbling with the ball close to our feet is key.
 - Try to keep their heads looking up so they don't collide with one another.
 - Focus is on dribbling with this drill. Calling out the body parts will keep it fun for the players.

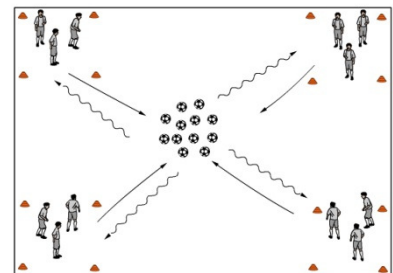
Dribble Around Town – 10-15 Minutes

- Set up cones around the field to serve as places around town, i.e. McDonalds, School, Grocery Store, etc.
- Start players in different spots with a ball at their feet.
- Players should dribble in a clock or counterclockwise order to get to the part of town called out by the coach.
- Start off by having all players dribble the same way.
 - Variation is to allow them to go either direction.
 - Encourage players to look up so they don't dribble into each other.



Hungry Hippos- 15 minutes

- Split team into equal groups.
- Place four cones in a square in each corner of the field.
- Place all of the soccer balls in the middle of the field.
- On the coach's command players will go out and dribble the balls back to their base.
- Players cannot use their hands, only their feet, one ball at a time.
- Set a time limit to challenge the players to move quickly.
- Variations
 - Only allow one player from each team at a time, next player cannot go out until their team gets back.
 - If playing where all players go out you could allow them to steal from the other bases. Remind players not to push each other if trying to steal the soccer balls. Set up three or four "home bases" (squares) with cones roughly 2-3 yards wide.



Kindergarten Grade Rec

Warm Up – 15 Minutes – Use the following drills each week to warm the players up. Additional warmups may be added throughout the season, look for these in the weekly lessons.

- All players line up with a ball at their feet, equally spaced out to allow for movement without crowding each other
 - **Toe Taps** – Each player stands in a static position while tapping their bottom of their toes on top of the ball.
 - Coaches Talking Points –
 - Use only the toes and touch the top of the ball, not the sides
 - Work on looking up and not at the ball
 - Steady rhythm will help improve the skill, they can work on increasing speed as they get the motions mastered.
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform toe taps across the field to the cones.
 - **Pull Backs** – Have each player line up on the side of the field with a ball at their feet. Players will place their foot on top of the ball and pull it backwards. The player then turns around and pulls the ball back again. Encourage the players to switch feet with each turn.
 - Coaches Talking Points –
 - Slow and steady will help build this skill.
 - **Dribbling** – Have each player line up on the side of the field with a ball at their feet and dribble across to the other side.
 - Challenge the players with changing up the dribbling technique
 - Use both feet, any side
 - Use only right or left foot
 - Use only inside or outside, left or right foot
 - Use only laces
 - Have them dribble around and stop the ball by placing their foot on top.
 - Coaches Talking Points –
 - Keep the touches close, touches that are too big allow defenders to steal the ball during a game

Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

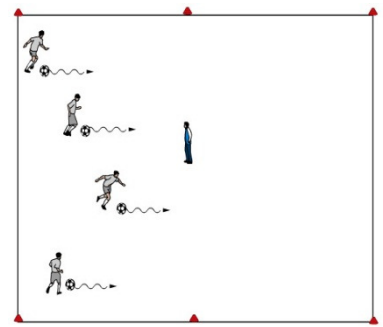
- See warm up activities section.

Paint the Field – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball around the field. Their ball is the paint brush and we want them to paint as much of the field as possible.
- Set a time limit of 2-3 minutes and see how much of the field they painted after the time is up.
- Coaching Points –
 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.

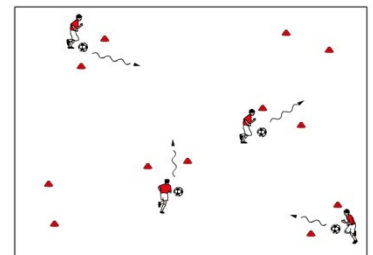
Red Light, Green Light – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball across the field to the other side.
- Coach will call out green light which means the players should dribble as fast as they can while maintaining control.
- Yellow light means to dribble slowly.
- Red light means the players should stop the ball by placing their foot on top of the ball.
- Coaching Points –
 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.



Gates Dribbling – 8-10 minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
 - Ask players to use only certain foot or a certain part of their foot.



Week 2 – Time – 1 Hour

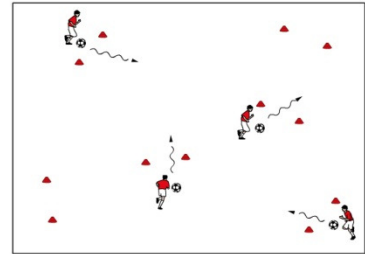
Warm Up – 15 Minutes

Tag – 8-10 Minutes

- Players spread throughout the field with the ball at their feet.
- Intent is to dribble around the field while trying to kick away other players balls.
- Players cannot leave their own ball; they have to keep control of their ball.
- If the players ball is kicked away that player is out.

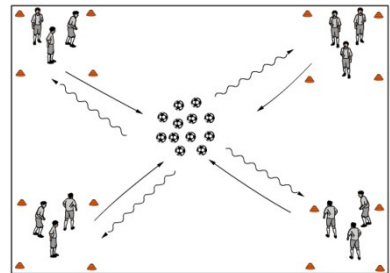
Gates Dribbling-8-10 Minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
 - Ask players to use only certain foot or a certain part of their foot.



Hungry Hippos-

- Split team into equal groups.
- Place four cones in a square in each corner of the field.
- Place all the soccer balls in the middle of the field.
- On the coach’s command players will go out and dribble the balls back to their base.
- Players cannot use their hands, only their feet, one ball at a time.
- Set a time limit to challenge the players to move quickly.
- Variations
 - Only allow one player from each team at a time, next player cannot go out until their team gets back.
 - If playing where all players go out you could allow them to steal from the other bases. Remind players not to push each other if trying to steal the soccer balls. Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide.



Week 3 – Time – 1 Hour

Warm Up – 15 Minutes

Hospital Tag 8-10 Minutes-

- Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their balls.
- Identify a player to be the tagger, they must dribble around and tag other players.
- When a player is tagged, they must grab their ball and hold it above their head, while spreading their legs. The other dribblers can pass their ball between the hospital players. Once the ball goes through the hospital player is free to dribble around again.

Sharks and Minnows – 8-10 Minutes

- Have all players line up on one line of the field with a ball at their feet. They are the minnows at this point.
- The Coach is the shark in the middle of the field.
- The players should dribble the ball across to the other side, while the coach tries to kick their balls way.
- Any player who has their ball taken/kicked away now becomes a shark. Repeat the dribbling from one side to the other.

Doctor Doctor – 15-20 Minutes

- Split players into 4 equal teams, each group having a different color penny.
- Each player will need a ball for this drill.
- Set up 4 small squares in each corner of the field with cones, one team per square.
- One player from each team is considered the Doctor and will not use their ball. The other players will use their ball.
- Coach says go and all the players with the balls will dribble around the field, trying to tag players from the other team by hitting them with their ball. The ball must strike the other players below the knee.
- If a player is tagged they must grab their ball and sit down. Now the doctor for their team must come out and tag their frozen players. If a doctor is hit while trying to unfreeze their players, that team is out.
- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.

Week 4 – Time – 1 Hour

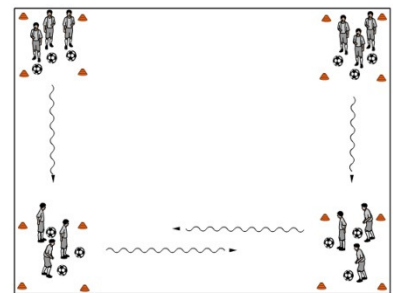
Warm Up – 15 Minutes

Body Part Dribble - 10-15 Minutes

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- Vary the body part called out – i.e. nose, elbow, knee, etc.
- Vary the frequency you call out a body part.
- Coaching Points
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 - Try to keep their heads looking up so they don't collide with one another.
 - Focus is on dribbling with this drill. Calling out the body parts will keep it fun for the players.

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Hungry Hippos- 15 minutes

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