

## Practice/Skills Training Tips and Resources

### Skills Training

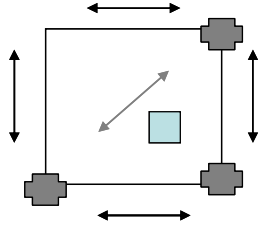
Body Parts: in-step, laces, outside, thigh, chest and head  
Soccer Position: lower center of gravity, over the ball, eyes up  
Dribbling/Ball Control: on toes, touch step and pullbacks  
Trapping/Stopping  
Passing and Shooting: laces, instep, volley  
Juggling: bounce and catch (encourage kids to practice at home)  
Throw-In, Drop Kick

### Game Fundamentals

#### Positioning

SPREAD OUT!! This is difficult for younger players, try fun practice games to spread the field.  
Offense and Defense  
Right side and Left side  
Triangles – Soccer is a game of triangles. Drills should try to incorporate triangles

#### *“Four Corners” Drill/Game (Passing and Trapping and Positioning)*



Three Passers Must Stay on Corner Cones  
One Defender In the Middle  
Triangle Position Offers Passer 2 Options

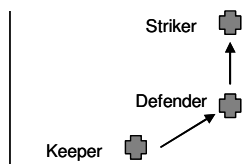
#### Stoppages/Restarts

Kick Off, Goal Kick, Corner Kick, Throw-In

#### Goal Keeper Play

Kneel not bend, feet together, angles and play to outside

#### *“Out and Up” Drill/Game (Keeper Play, Passing and Trapping and Positioning)*



Start With Shot By Coach on Keeper  
Keeper Saves and Distributes to Outside Defender  
Outside Defender Traps, Turns and Passes Up Field

To make the above drill a fun game, have teams of three race to successfully distribute five balls to the striker.



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## Practice/Skills Training Tips and Resources (Continued)

### Sample Practice

1. Fun Attention Getting Game (Like “Simon Says”)
2. Warm up skills (toe touches, dribbling)
3. Pick a skill to focus on and demonstrate skill
4. Use a drill to practice skill
5. Use a game to practice skill
6. Scrimmage (always play a game...that is why the kids show up!)

### Tips:

1. MAKE PRACTICE FUN!
2. Young athletes do NOT need stretching or endurance training
3. Try to avoid lines and keep drills under 10 minutes long
4. Use “Whistle Stop” games. (dribble with speed and stop when whistle sounds)
5. With younger players, work on possession. (Don’t steal the ball from your own team!)
6. All players should bring their own ball and use drills where players touch the ball often
7. Keep practice and drill sessions focused and plan ahead
8. Always go back to the basics, even the most basic skill needs practicing.
9. Use parents to help set up and demonstrate drills (kids like to see mom/dad in action!)