



Soccer Sport Drill Book

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Development Committee and
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Coaching Principles

STEPS IN TEACHING A DRILL

1. Introduce
2. Demonstrate
3. Explain
4. Organize
5. Execute
6. Correct
7. Practice

GENERAL PRINCIPLES

- Drills should relate specifically to what you are teaching.
- Athletes should be made aware of how drills relate to the sport.
- Drills should only be a part of your practice.
- Drills should be introduced at a slow pace and then gradually increased
- Drills should be accommodated for fitness, age and abilities.
- Drills should move from simple to complex. First perform drills that will help keep the interest of athletes.
- Drills should relate to the system of play that the athletes will use.
- Perform a variety of drills to prevent monotony.
- As fatigue sets in, technique deteriorates so provide frequent rest periods.

EXECUTION PRINCIPLES

- Review the drill procedure before practice so you know how it works.
- When introducing a new drill, walk a group of athletes through it so others can see how it is performed.
- Avoid talking too much, get the athletes performing, they will learn by doing.
- When errors occur, the drill should be stopped momentarily to correct errors.
- Praise those athletes doing the drill well and encourage those having difficulty.
- If equipment is necessary, ensure it is set up before so that progression from one drill to the next can progress smoothly



Warm Up Tag Drills

Play a couple of these fun tag games to get players warmed up for practice

Goalie Tag:

Players dribble ball in a defined area. “IT” player is a goalkeeper who tries to grab ball with hands.

Hop-a-long:

“IT” player hops on one foot and tries to touch another player.

Hospital Tag:

“IT” player has no restrictions. When they tag another player, that player has to put their hand on the tagged area. Once players have been tagged three times they are out.

Tunnel Tag:

Play with a ball. Once a player is tagged, he or she can be “freeded” if another player gently passes the ball through their legs.

Hot Potato:

Players pass ball around with hands. No running. “IT” players tries to intercept ball or tag player when he/she has the ball in his/her hands. If successful or if the ball hits the ground, the “IT” player switches with the player who made the mistake.

Slide Tag:

When players are in pairs(arms locked) , they are safe,. One player is “IT” All other players start in paris except one. The solo player avoids being tagged and can at any time lock on to one of the pairs. At this momnet he/she is safe and the player on the opposite side is bounced off and must avoid being tagged.

Bad-apples:

All players have a ball at their feet. “IT” player carries ball and tries to throw it and hit other players balls. Players switch roles after successful hit.

Use any combination of the following exercises for a good dribbling warm up. Start with a stationary ball and then allow players to move with the ball. Try to demonstrate movements as you go along and perform stretches in between exercises as needed.



Ball touches:



Warm Up Dribbling/Ball Control Skills

Touch top of ball with ball of the foot. Switch feet. Continue. Who can do 25 touches?

Ball drags/pushes:

Using the sole of the foot, ball is moved backwards or pushed forwards.

Ball lifts:

Player tries to lift stationary ball off the ground. Scoop ball with the top of foot to roll ball from side to side.

Circles:

Guide ball in small circles using inside or outside of one foot. Also try figure eights!

Cuts:

Dribble forward several steps, cut the ball 180 degrees back using the inside or outside of foot.

In between:

Use inside of feet to knock ball back and forth.

Inside-outside:

Using one foot ball is touched with the inside of foot then the outside. Switch feet.

Push-stop:

Ball is pushed forward with the top or side of foot then stopped with sole.

Pull-push:

Ball is dragged back quickly with sole of foot, then pushed forward with top or outside of the same foot.

Include basic motor skill development in every practice. It helps to reinforce the movements used in the sport and to improve these fundamental skills. Pick 2-3 of these ideas for each practice.

Balance:

- Stand on one foot and swing the other
- Switch back and forth between feet
- Walk with glove/book on head keeping eyes forward



Basic Motor Skills for Soccer

Kicking:

- Place a ball on foot and shake it off
- Kick ball against wall
- 1 athlete faces 2 athletes and kicks ball to each person, one at a time
- Kick ball towards players and have it returned while you run down the field
- Soccer bowling with cones

Receiving:

- Have one athlete gently toss it to another athlete who receives it with their body
- Serve balls by hand to foot, thigh and chest

Running:

- Forward, backwards and sideways- practice swinging arms
- Run and freeze
- Run around goal posts in 2 directions
- Fast and slow, stop and go
- Run and tag other players

Walking:

- Forwards, backwards and zig zag
- Shuffling back and forth
- Knees up
- Lunges

Using the lesson plans included in this package, you are able to run a program that includes all the components required of a BCSO program. The following is a series of drills/games that can be used during the Sport Specific Skill section of the lesson plan. Try using one or two from different skill areas during each practice as part of your training.

General Warm Up: Introduce basic ball skills in a small area.

- Roll ball with the bottom of the foot forward and backwards with right then left foot. Repeat from side to side.
- Pass the ball from the inside to the outside of the foot.



The Soccer Essentials- Dribbling, Passing and Shooting!

- Lightly touch the ball with the bottom of the foot, passing it from left to right, stopping it under the foot.

DRIBBLING:

Around the World

- Set out 4 or 5 cones in a large area in a circle formation.
- Identify each cone as a Color, Local or City
- Have the players dribble inside this area with their balls.
- When the coach announces a Color/Local/Cone, all players dribble around that cone and then return to the center area.
- To increase the difficulty, name more than one Local at once so that they must dribble around two different cones in the order you called them out.



Relay Races

- Set up 3 or 4 different course with cones.
- Divide players into teams so that no team has more than 4 players.
- Course should involve dribbling with right foot, dribbling with left foot, tap and stop.
- First have players run the course without the ball simply doing the movements. Then add in the ball.

4 VS 4 Dribbling

- Set up a 4V4 game, allow players to score either by dribbling across the endline of the other team or by shooting it through a small goal.
- Give double points for dribbling across the endline.

PASSING:

Warm up:

- Have players divide themselves into pairs, with one ball between them.
- Pairs line up facing the coach.
- Have each pair bring the coach their ball.



The Soccer Essentials- Dribbling, Passing and Shooting!

- The coach gently throws the ball in one direction into the field/gym and tells the pair how they must retrieve the ball ie/ using only passes or, passing and stopping the ball.

Numbers:

- Have all the athletes stand in a line
- Give each athlete a number
- When the coach yells out a number, that athlete steps up and receives a pass from the coach and then passes it back.
- Start first going in the right number order.
- To increase the difficulty, start mixing up the order of the numbers

Golf:

- Set up gates around the practice area using two cones somewhat close together.
- Have each pair make it through all the gates passing the ball back and forth to each other.
- Challenge them to do it in as few and controlled passes as possible.
- Then on the second time, try to beat that score.

Tag ball:

- Box off a certain area (half the gym, part of the field)
- Have one or two players be the taggers and they must hit the other players gently below the knee with ball.
- Encourage the taggers to try and be accurate with the pass they send off to tag the others.

SHOOTING:

Keep your side clean:

- Split team into two groups. Set up a dividing line in the middle.



The Soccer Essentials- Dribbling, Passing and Shooting!

- Every player has one ball. If not enough balls, simply divide the number of balls evenly.
- The players begin kicking balls out of their area and into the other team's side trying to keep their side clean of balls.
- When the coach says stop, count which side has less balls.

Seek the Cone:

- Set up one cone which will represent the goal.
- Have one player be the attacker and give them possession of the ball
- Have the other player be the defender and they must stand in front of the cone.
- The attacker must try to circle around the cone and attempt to shoot and hit the cone for a point while the defender is moving around the cone trying to stop the ball.
- Encourage attackers to only shoot when they have a clear shot.

Cone Bowling

- Set up a line of cones, as many as possible.
- Have two ball retrievers standing behind the cones
- Have the attacking player attempt to kick the ball and knock down the cones.



Three Player Shoot:

- Have three players stand in a line in front of the goal.
- Player on the far right starts with ball.
- Have the player pass it to the middle player, then that player passes it on to the far left player.
- Far left player then passes it back to the middle player who will shoot it at the goal.



Fitness Drills for Soccer

As part of the fitness component of your practice, incorporate one of these drills. Most drills can be executed in between 5-10 mins and require little set up.

Circle Sprints:

- Position cones in a large circle.
- Have all the athletes stand on the outside of one of the cones in a single file. This cone is designated as the starting point.
- At a signal, the first player sprints from the starting point to the first cone, then jogs around the rest of the cones/circle back to the starting cone.
- Once the first player gets back to the starting cone the second player in line takes off.
- The second time around, players now sprint from the start to the second cone and jog around to the rest of the circle back to the start.
- The third time, players sprint until the third cone and then jog the rest.
- Continue this until the players are sprinting all the way around the circle.

Line Switch Run:

- Gather a group of at least 6 runners, jog around a designated area slowly in a single file line.



Fitness Drills for Soccer

- To begin, the first runner at the back of the line sprints to the front and assumes the leader position.
- When the runner reaches the front, then the new last person in line sprints up to the front.
- Continue in this pattern.
- To increase the difficulty, add more athletes to the line so that the sprinting distance is longer.
- Or pick up the pace a little.

Add em up:

- Divide all the team players into four even groups and have them stand in the four corners of a designated area. (gymnasium or part of field)
- Place all the balls/bean bags/pucks in the middle of the area.
- On the go signal, one player from each corner may run into the centre to grab one ball and bring it back to their corner. Once the player has returned, the next member of their team may go.
- You can only bring back one object at a time.
- The object of the game is to collect as many balls in your corner as possible.
- If a team realizes one of the other groups is collecting many balls, they may also choose to steal one ball/bag from the other groups' pile instead of taking one from the center.
- When the game is over, count to see who has the most.

Circuit Training:

- Set up different stations where athletes must perform a different fitness skill.
- Athletes spend two minutes at each station and then rotate in one direction around the room.
- Station ideas: jumping jacks, running in place, skipping, sit ups, push ups, arm or leg swings, knee up jumps etc...

Spiced Up Relay Races:

- Divide teams up into relay teams.
- Have the athletes run the race in different ways



Fitness Drills for Soccer

- Ideas: Jogging backwards, kicking feet up behind them, side stepping, lunges, knees up etc....

Unstructured Free Play: (10 mins)

Prior to the practice athletes who have arrived early should be encouraged to participate in free play activities.

Warm Up: (7-10 mins)

Warm-up starts slowly and gradually involves all the muscles and body parts to be utilized in the exercise related instruction phase of the practice.

Basic Motor Skills: (15 mins max)

The Basic Motor Skills phase starts with known content and progresses to the application of skill(s) resembling the game or competition. Instruction may be related to sport skills, personal/social skills or sport values.

Sport Specific Skills: (15 mins max)

During this phase the athletes practice the skills as demonstrated during the instruction. Emphasis should be upon creating competition -like conditions during this phase

Fitness: (12-15 mins)

This phase involves physical conditioning activities that are specific to the fitness needs of your sport. This is done by setting work/ pause ratios for your athletes that stress the correct energy system(s).

Cool Down: (5-8 mins)

Don't forget this portion. Cool downs are a vital part of a practice as they allow the heart rate to return to normal. Stretching should also be included at this time to prevent sore muscles the next day.

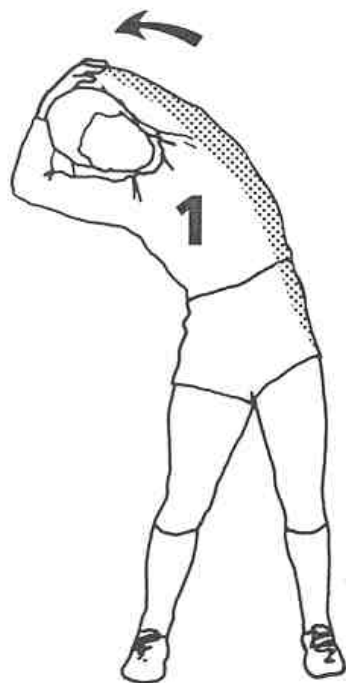
Evaluation: (5 mins)

Evaluation is used to assess the effectiveness of specific activities or the total practice. It is helpful to spend a few minutes with your athletes at the end of a practice to get some feedback on the practice session. It can take the form of a 5 minute rap session about things that went well and things that the athletes and/or coaches need to work on. The topics discussed can then be built into the next week's practice.

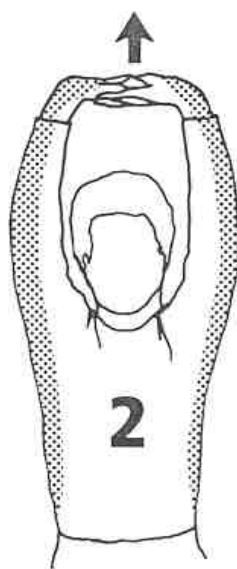
Before Soccer

Approximately 3 Minutes

Jog around the soccer field before stretching.



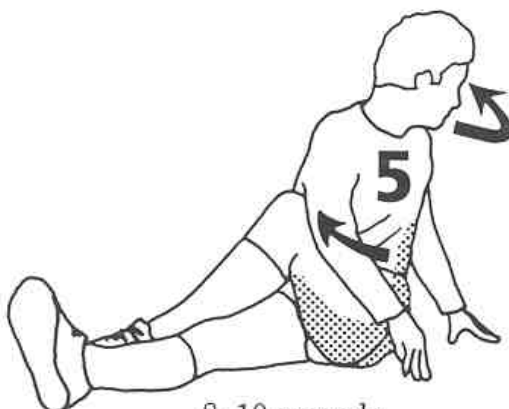
8–10 seconds
each side
(page 44)



10–15 seconds
(page 46)



20–30 seconds
(page 55)



8–10 seconds
each side
(page 60)



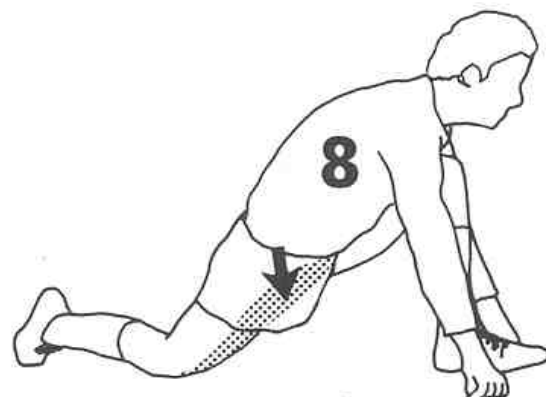
5–8 seconds
(page 59)



10–15 seconds
each leg
(page 39)



10–15 seconds
(page 65)



15 seconds
each leg
(page 52)

Short on time?

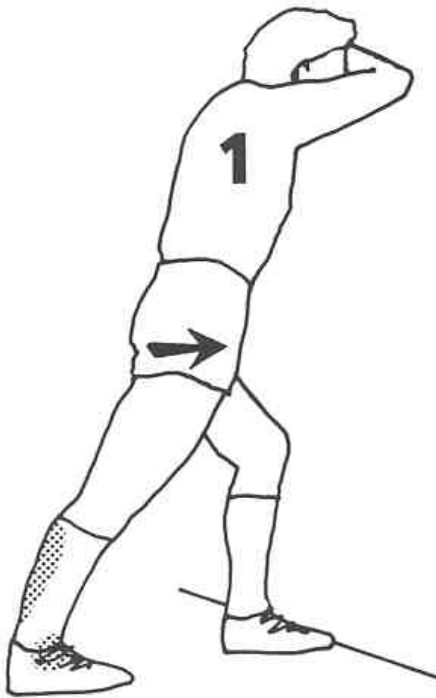
After a mild warm-up of 2–3 minutes, do this mini-routine:

1, 2, 3, 4, 8

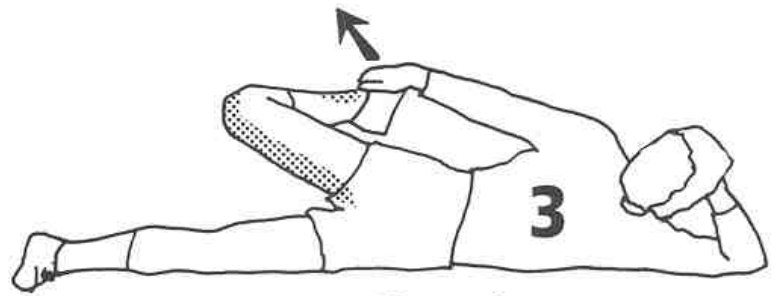
Approx. 2 minutes

After Soccer

Approximately 3 Minutes



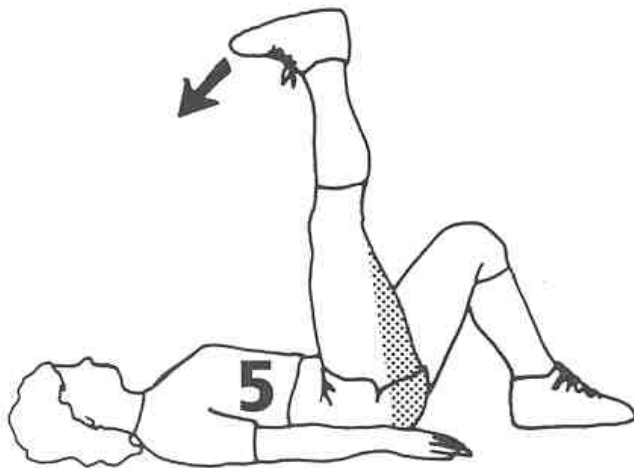
15 seconds
each leg
(page 71)



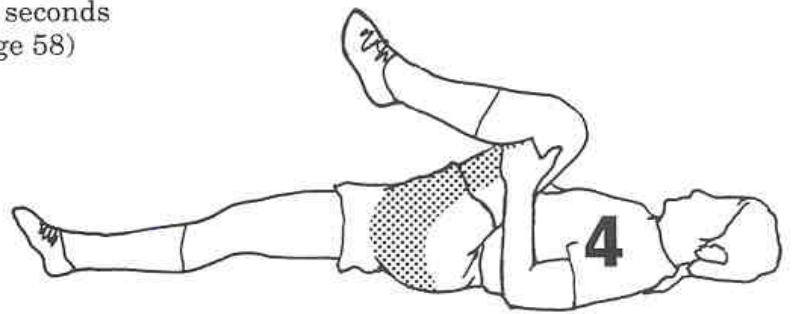
10 seconds
each leg
(page 36)



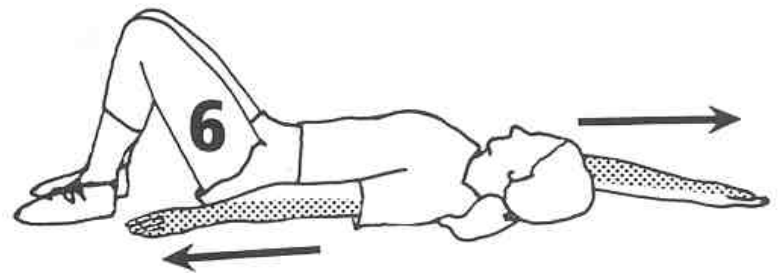
15-20 seconds
(page 58)



15 seconds
each leg
(page 58)



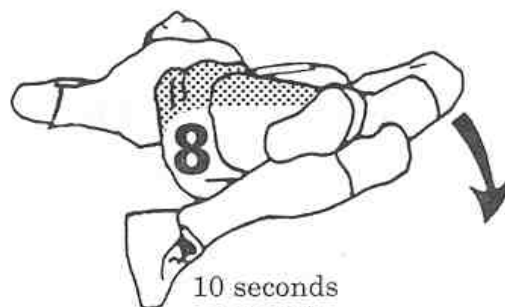
15 seconds
each leg
(page 31)



3-5 seconds
2 times each side
(page 29)



5 seconds
2 times
(page 28)



10 seconds
each side
(page 27)

Short on time?
Do this mini-routine:
1, 3, 4, 5, 6
Approx. 2 minutes