

Drill 1: Dribbling into space

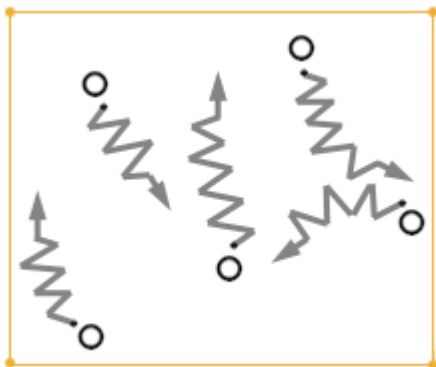
Description: A number of players, each with his own ball, are confined in a grid. They have to keep moving with the ball for a given amount of time. Encourage the players to constantly look for open space and dribble in it. They must watch where they are dribbling and avoid crashing into each other.

Task: each player has a ball and must dribble with it, in a confined area. Dribblers have to look for open spaces, rather than bunched up

Purpose: dribbling, basic field vision

Complexity: simple

Explanation: This is a great youth drill that is sometimes used by adult teams for warming up. If conducted properly, the drill will help youth players understand the importance of keeping your head up when dribbling.



Drill 2: Passing into space

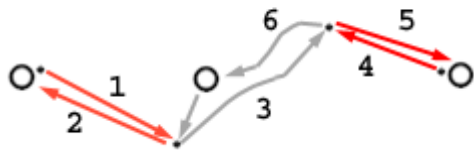
Description: This is a youth drill that must be done in groups of three. Two players work as ball servers, standing 10-20 meters (30-50 feet) apart. Between them is a target player who "checks" from one server to the other. As he approaches each serving player, he is given a pass that he must be returned with one touch. This goes on for a given amount of time until the players switch roles.

Task: a target player checks from one ball server to the other; he must return their passes with one touch

Purpose: basic passing

Complexity: simple

Explanation: Notice how, in the diagram, the ball servers lay their passes at an angle rather than directly at the feet of the target player. This way, they are making passes into space, a very fundamental skill in soccer. To make it more challenging, encourage the ball servers to play the ball in random direction rather than on the same side of the target player.



Drill 3: Fundamental ball control

Description: Two players stand against each other at designated cones. The player without the ball checks (Step 1) to his partner who throws it (Step 2) at him with his hands. The ball must be directed at a specific body part of the target man

Task: two players, a ball server and a target man, stand against each other; the ball server throws the ball at his partner who controls it and lays it back. After a given number of repetitions, the players switch roles

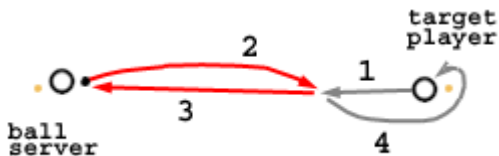
like his chest, head, thighs or the feet.

After the target player has trapped the ball completely, he passes it back (Step 3)

to the server. The target player must then run back around the cone from which he started (Step 4.)

Purpose: fundamental ball control

Complexity: simple



Explanation: This youth drill has the capability of targeting all aspects of soccer control. For example, the ball server can aim the ball at the chest or thighs of his partner. This will eventually increase the target player's comfort level in controlling the ball. Insist that your players trap the ball with different surfaces of the body.

Legend

- | | |
|-----------|----------------|
| • Ball | ● Defender |
| — Shot | ○ Attacker |
| — Pass | Ⓢ Goalkeeper |
| — Run | ● Marking Cone |
| ∨ Dribble | — Marking Line |