* Coaching Points –
  + Dribbling with the ball close to your body, under control.
  + Using different surfaces to touch the ball.
  + Dribble with your head up.
  + Change your speed when you get past a defender

Speed Drills - 1 foot in each space, 2 feet in each space, side to side shuffling, bunny hops, you can try more advanced stuff with older groups.

* Make one line of speed drills then count 6 steps and make a 6x6 box go 6 steps away from the box and make another line(see below) Players will do speed drills and meet in the box. 1 line is the tagger and the other line tries to avoid being tagged. Both players stay in the box until a player is tagged and then you move on with the next group.

X X

X x x x x x x x x x x x

X X

Knock-out – 20x20 yard grid.. Players will dribble their soccer ball around the grid. When Coach says “Play” players will try to kick other players soccer ball out while keeping control of their own. Stress that its okay to get your ball kicked out (don’t cry when it happens) and to not cheat. The last player remaining is the winner.

After knock-out you can play where only 1 person kicks the balls out. Play a few rounds of each.

Quick Draw – Every player has a partner and a ball. Make 2 lines with partners across from each other and balls in the middle. When you say draw the kids try to pull the ball back. The player that does pull it back when and moves forward while the loser moves backwards.

Steal the bacon - Split group into 2 teams. Each team lines up on either side of the goal. Number off each team(or give them hero names or Disney princesses or something creative). Call out a number, the player from each team with that number runs out and tries to score a goal. You can play keeper if you want.

Scrimmage if time allows.