



Billerica Youth Soccer Association - U8 Clinics (Tuesdays)

Week One

Drill #1 - Follow the Leader

Players are partnered up, one with a ball and one without. Player without the ball is the leader and can only go walking speed with the player with the ball following.

The players switch roles and then repeat going skipping speed, sidesteps, inside/outside taps, high knees, butt kickers etc.

On the 'freeze' command all players face their partners, the leader with their legs open and the follower will attempt to pass the ball through their legs to score a point.

Drill #2 - Surfaces through Cones

Each player with a ball dribbles through sets of cones using different surfaces to pass through each time.

Surfaces: Inside/Outside/Laces/Sole/Heel

The drill ends with players performing a figure of 8 pattern through the cones using a variety of surfaces.

Drill #3 - Follow the Leader 1v1 Competition

Players are partnered up, one with a ball and one without. Player with the ball is the leader and tries to pass through sets of cones to score a point each time. The player following takes on the role of a defender (without a ball) and tries to tag the leader each time they pass through a set of cones. (The follower does not try to win the ball at any time).

The players switch roles before rotating partners.

PHIL TAIT SOCCER 1 ON 1

phil@1on1soccer.com :: www.1on1soccer.com