



Billerica Youth Soccer Association - U8 Clinics (Tuesdays)

Week Two

Drill #1 - Body Parts

Players move around box performing various dynamic stretches around the balls upon coaches command including:

- * side steps
- * high kicks
- * high knees
- * open gate
- * close gate
- * high 10s

After hearing a particular body part called out, players must rush to a ball & put said body part on the ball. Last one to comply receives a fun forfeit to ensure high tempo.

Drill #2 - Ball Familiarization

Each player with a ball dribbling around the box which contains a number of small gates marked out with 2 cones. Players will dribble into middle of each gate and perform an assigned number of ball exercises including:

- * side to sides
- * toe taps
- * squeeze push (instep version & laces version)
- * scissors
- * roll & stops (walk the dogs)

As the exercise progresses players are encouraged to increase the speed of their footwork and increase the amount they keep their head up. Further progression can be made to turn the exercise into a competition where players will attempt to get the most touches of the ball within their group per ball skill.

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Drill #3 - Doctor Doctor

Group split into 2 teams. 1 triangle of cones situated at each end of the field with a 'doctor' from one team residing in one triangle and another 'doctor' residing in the opposite triangle. All other players have a ball each.

Players with balls must attempt to kick their ball against the lower legs of the players in the opposing team. Upon being hit by a ball, said player is then frozen & must sit on top of their ball while shouting "doctor" in order to get the attention of their doctor. Doctors are required to vacate their triangle and run to tap their team mates on the shoulder, thus un-freezing them. Game is won when a player hits their opposing doctor below the knee with their ball, new doctors are picked and the game restarts.

Players are encouraged to dribble close to opponents and gently use the instep of their feet to pass their ball against lower legs of opponents. Players are not to use toes and are not allowed to jump over the balls.