



Billerica Youth Soccer Association - U8 Clinics (Tuesdays)

Week Three

Drill #1 - Warm Up: Pass & Move Gates

Players are partnered up with a ball between two. Partners will move (by dribbling) from one set of cones to another, passing through every time they get to a new set.

Progress to doing one additional pass at every set of cones, for example on their 8th gate they will do 8 passes back & forth.

Drill #2 - Skills & Pass

Players are partnered up with a ball between two 5-10 yards apart. One player will perform a skill assigned by the coach x4 before passing to their partner who will continue from there.

Skills can include: Toe Taps, Insides (foundation) Big Toe-Little Toe, Scissors, Drag & Push, Side Drags, L Turn.

For more skill ideas please visit this video: [Ultimate Soccer Skill Workout](#)

Drill #3 - Battleships

Players are partnered up, both with their ball on a cone 5-10 yards apart (as set out from the previous drill). Both players take turns at trying to knock their partner's ball off the cone by passing it with their instep (step into ball and follow through). One point is awarded for each ball knocked off.

Have players switch partners every 5 minutes.

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