

Week One Drills

#1. Dribbling – Red Light/ Green Light

The kids will start on the goal line. A reminder for soft touches would probably help. They don't want to shoot from the far end of the field, they want to dribble and keep control until they get close enough. The coach says green light, the kids dribble. Red light, the kids stop. Yellow light, go slow.

Coaches, follow the kids as they go so you can ask questions and help runaway balls.

Here are some questions to ask the kids:

- Do our hands touch the ball? *No*
- What touches the ball? *Your foot*
- What part of the foot? *The inside of the foot*
- What are you trying to do? *Score a goal, keep control*

To make it harder, have them switch feet. Or add a different color that adds a new challenge – dark red could be stop with your foot on top of the ball.

#2. Throw-Ins

So, there is a time we get to touch the ball, anyone know? *Throw ins*

When do we use a throw in? *When the ball goes out of bounds*

The kids line up out of bounds, one coach as the target, the other on the sidelines, reminding the kids about the objective of the drill.

- What are you trying to do? *Throw the ball to a teammate*
- What do you need to remember?
 - o *2 feet on the ground, both hands on the ball, throw over your head*
- What should the mentor do once they get the ball? *Score!*
- What should the kids do once they throw the ball? *In a game they should get back onto the field.*

#3. Shooting

Pick a spot on the field to start, line up in 2 lines. The kids dribble in, then shoot on the net. Coach can be in between kids, assistant at nets helping to get the balls out, or wide shots.

Where on the foot do you shoot? *On the inside, no toes*

#4. Corner kicks/ Goal kicks

Not sure we'll get to both in one time slot, but worth a try since they'll both come up during a game. Both indicate a switch of possession.

****** Corner kicks happen when a defender kicks the ball out of bounds along the goal line. Corners are kicked by the offense, so they want to try to score them.

Corner kick drill – Assistant in the middle of the field, in front of the net, perhaps moving. Coach at the corner with the kids. After kicking it to the assistant, have kids run out to a cone since they want to learn to get back on the field after they kick the corner. The assistant will gently kick their ball to the cone, kids can take it back to the line.

- Where do we take corner kicks from? *The corner, show them*
- Where do we want to kick it? *In bounds, or in front of the net, or to a teammate*
- What do we do after you take a corner kick? *Go on the field*
- What does the mentor/ coach want to do with the ball? *Shoot*
- More advanced – when do we kick corner kicks?

**** Goal kicks happen when the offense kicks the ball out of bounds. Goal kicks are kicked by the defense along the semicircle in front of the goal. The opposing team needs to return to the half line until the ball is kicked.**

Goal kick drill – Each kid finds a place to stand on the semicircle (or 6yd box for u8 fields). Coach with the kids at the goal, assistant on the field moving around a little. Kids kick the ball to the assistant, run to the cone (where the ball will be) and return to the line.

- Where do we take goal kicks from? *In front of the goal*
- Where do we want to kick it? *To a teammate, in bounds, to the side*
- What do we do after we take a goal kick? *Get back on the field, try to score*

#5. Kick-offs

This is the set up at the start of a game and after a goal. The kids set up in the middle of the field. The kids with the ball (the ref picks at the start of the game or those who got scored on) will line up with one person in the middle of the field with the ball. That person will kick the ball back to their teammates, then play continues as usual. Other than the person at the ball, the rest of the players line up on the edge of the middle circle. Once the ball is kicked, they can continue play as usual.