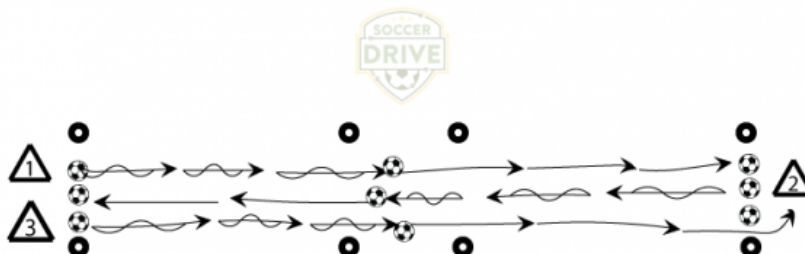
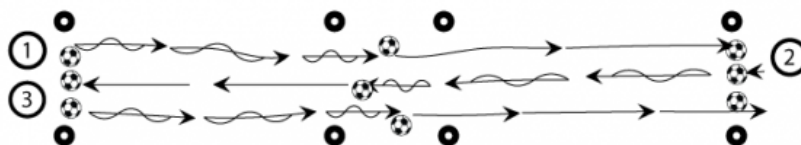




Fill the Bucket



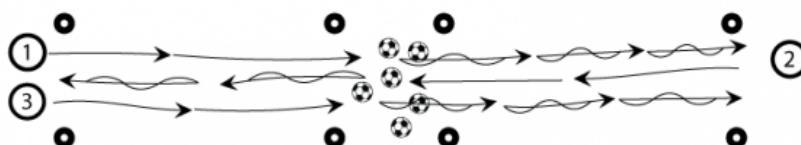
DESCRIPTION

This is a fun soccer relay race that young players will enjoy. This game is great for U6, U8, and even U10 age level players. Your players will love it and they also are forced to use ball control skills in order to succeed in this game. To set up the relay race you will need to divide your team into teams of three players each. Each team will need 6 balls, three balls are placed at each end of their playing area as shown in the diagram. The goal of the game is to get all six balls into the bucket area (defined by the four discs). The players will dribble the ball into the bucket and use the bottom of their foot to stop the ball and then run to the other side. Once they tag the player on the other side then that player will dribble the ball into the bucket, use the sole of their foot to stop the ball, and continue to the other side to tag the next player. The first team to get all six balls into the bucket wins the race.

After the race then you can leave the balls in the bucket and proceed to the ["Empty the Bucket"](#) race.



Empty the Bucket

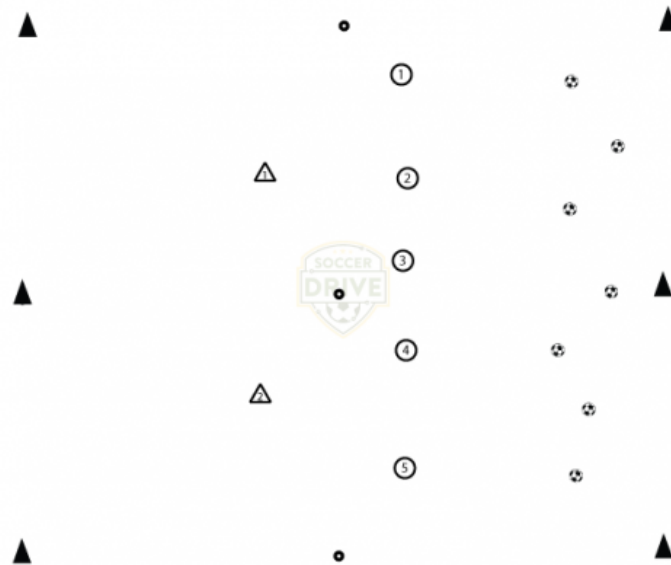


DESCRIPTION

This is a great drill to follow up with after the ["Fill the Bucket"](#) drill because no additional setup is required. Players are divided up into teams of three players and each team will need 6 soccer balls. Now that all the soccer balls are in the bucket you can run the same race but the objective of this race is to empty the bucket instead of fill the bucket. The players will run into the bucket to retrieve a ball and bring it to the end line. Once they tag a teammate then they will also run to the bucket, retrieve a ball, and dribble it to the end line. The first team to empty the bucket and get all of the soccer balls back to the end line wins the race.



Clean the Room

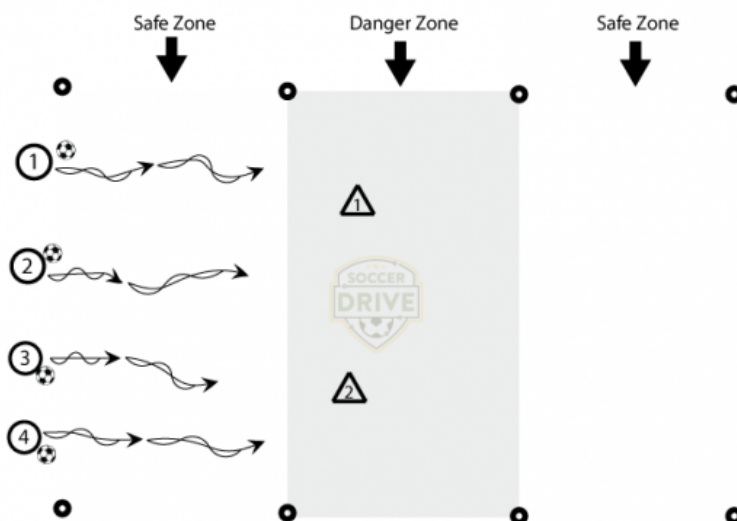


DESCRIPTION

The objective of this drill is for the players to clean their side of the field (the room) of all the soccer balls. Create a field using nine cones or discs so there are two equal halves. The coach will scatter all the soccer ball around the players half of the field. Place two coaches or opponents in the other half of the field. On the whistle players race to the soccer balls and kick them so they end up on the other half of the field. The two coaches will will try to intercept the ball and play it back into the player's half of the field. Once the players have all of the balls on the other half of the field at one time then the drill is over.



Brittish Bulldog



DESCRIPTION

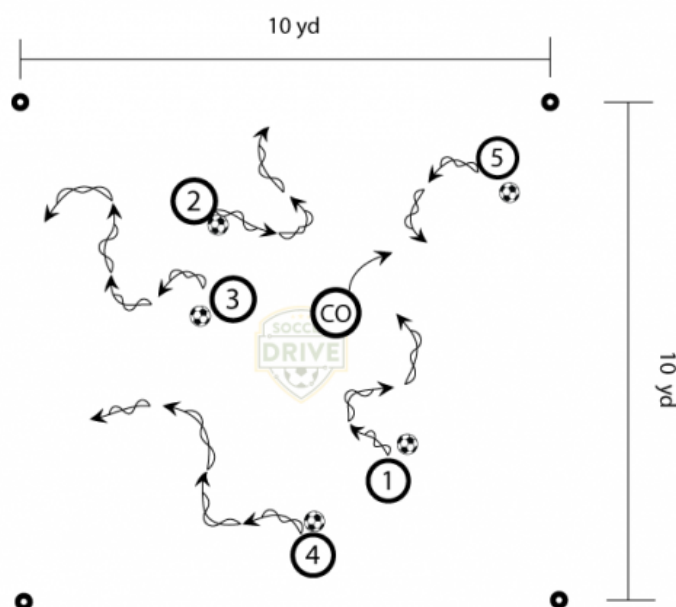
This is a legendary game in soccer known as "Brittish Bulldog". It is a simple game in which the players with the soccer balls try to dribble through the "danger zone" without having their ball kicked away or stolen by the "bulldogs". This game is great to incorporate into practice sessions that focus on [dribbling drills](#) and ball skills. It allows the players to work on ball control and having to control the ball under pressure and at different speeds. It also requires players to have an awareness as to where the "bulldogs" are and maintain ball control with their head up.

Progressions

1. Start without any soccer balls and simply make it a game of tag.
2. Next add soccer balls and make the "bulldogs" crawl using bear crawls to move throughout the "danger zone".
3. Then have the "bulldogs" play on two feet and be as aggressive as they can within the "danger zone".



Freeze Tag



DESCRIPTION

Setup

- In your decreased grid, every player has a ball.
- The coach(es) are it and try to tag the players who must keep control of their ball.
- If a player gets tagged, they have to touch the ball with the bottom of their foot (alternating) six times before they can start playing again.
- Play for 30-45 seconds, make a coaching point, and then restart game. Play many rounds.
- If a player dribbles their ball out of bounds, they have to perform the special activity as if they got tagged.
- Progression: Change activity that a player has to do when they get tagged. Have fun with it!

Coaching Points

- Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger!
- Compliment players that are using their peripheral vision to dribble.

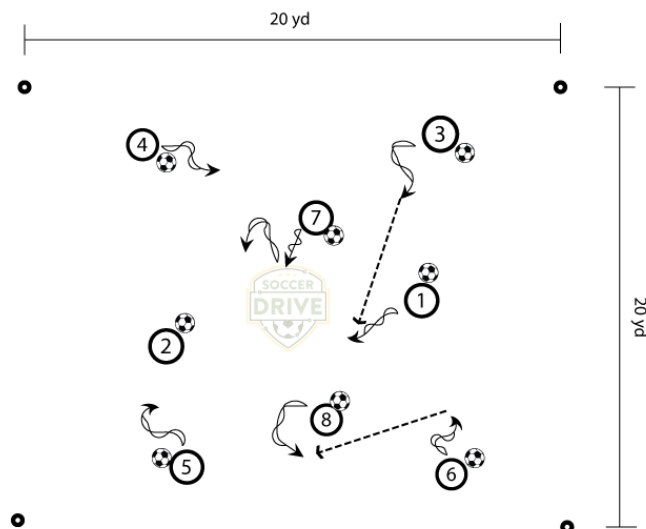


CONTROLLED CRAZINESS

AGE LEVELS U8

CATEGORIES DRIBBLING
TURNING

EQUIPMENT 1 BALL PER PLAYER
20 X 20 YD FIELD



DESCRIPTION

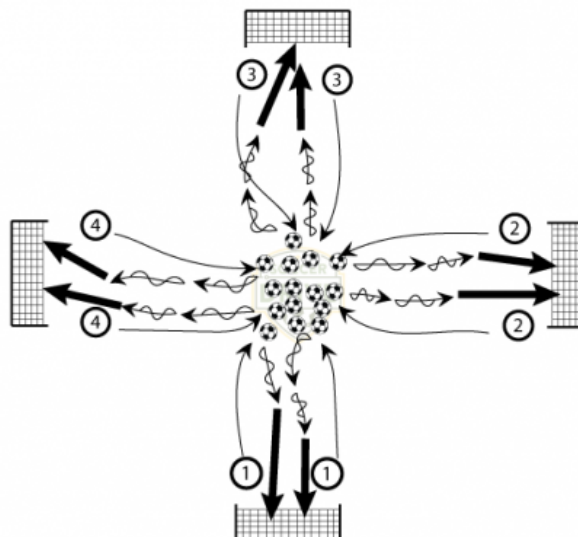
- » Every player is in the grid with a ball.
- » When the coach starts the game, everyone tries to pass their ball and hit someone else's ball.
- » Regardless if they hit or miss, they track down their own ball, dribble around in the grid, and try again.
- » Every time you hit another ball with your own, you get a point. However, if your ball is struck by someone else's, you lose a point. Keep track!
- » Play for 1 minute. Stop to make a coaching point and play again.

COACHING POINTS

- » Players need to keep the ball close to their body with tight touches and be willing to turn often.
- » Encourage the players to try using different parts of their feet to turn.
- » When it looks like someone is about hit your ball, try changing direction quickly to get away and get someone else's!
- » Use open ended questions during the breaks between rounds:
- » "Who should the length of our touches change at different points in the game?" (small/tight touches when turning and dribbling in a tight space, longer/ looser touches when there is space in front of you so you can run faster)
- » Why is it important to complete a turn in as few touches as possible? (more touches take more time! The quicker you can turn direction, the more difficult it will be for someone to hit your ball)
- » Where should our eyes be looking when dribbling? (Up...use peripheral vision to see your ball, so your focus is what is around you.)



Four Goals



DESCRIPTION

This is a great soccer game that young players will love. It does require four small nets and 10 - 12 soccer drills and 8 players. Set up the drill as shown in the diagram with the four nets creating a space that is about 30 yards apart. Place all the soccer balls in the middle scattered around. If you have 8 players then use 10 - 12 soccer balls. This way it encourages players to go fast so they can score two times. The players should be divided up into four teams of two players each and each team will start with a hand on the net they will be scoring on.

On the whistle players will run to the middle to get a ball and dribble it back towards their net and score a goal. If the player misses the net they must go retrieve it and kick it in the net before going back to the middle to get another ball. If the player scores then they go right back to the middle to retrieve another ball and try to score a second time. A team wins the round by being the first to score four goals.