

U6

# FreeYouthSoccerDrills

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## ULTIMATE COACHING MANUAL

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## U6 Soccer Drills

### *Don't Crash the Car*

#### **Preparation**

Have a look at the straight-forward set-up for this drill. All you will need is the kids to have a soccer-ball each and a coned off area big enough for the amount of kids you have to dribble around comfortably

#### **Explanation**

You begin by telling the kids that this game is called 'don't crash the car'. Get the kids a soccer ball each and get them close to you. The object of the game is not to crash your car.

- "What do you think the car might be?" The kids will respond eventually with the soccer ball.

- "How do you think we could crash our cars?" By dribbling in to other people or falling off the edge of the cliff (outside of coned area).

The first command you give is:

- '**Green Light**' ~ this means the kids dribble their soccer balls around without bumping into others or going off the cliff edge.

- '**Red Light**' ~ the kids stop dribbling and put one foot on top of the ball and remain still.

- '**Yellow Light**' ~ this means go faster whilst still keeping control of the soccer ball.

- '**Honk you horn**' ~ just for fun but the kids love it. Get the kids to sit on their ball and honk their imaginary car horn and make loads of noise!

- '**Red light Turn**' ~ the kids know that red light means foot on top of ball. The turn comes when they roll the ball behind them and follow the rolling ball. This is coaching them to do the drag-back turn.

- '**wind-screen wipers**' ~ the kids stop, put one foot on the ball and move the ball from left-to-right.

- '**Gas station**' ~ tell the kids that we're running out of gas and need to find the gas station. Get the kids to dribble over to one corner of the area and on your command the kids will do toe-taps on the ball which is pumping gas into the cars.

- '**Car wash**' ~ all of the cars are filthy dirty and need a clean. Get the kids over to another corner of the area and get them to wash their cars by knocking the soccer ball with the inside of both feet from side-to-side.

- '**Police Chase**' – Upon this command, the coach has to attempt to kick the balls from the area.

#### **Coaching Points**

-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

-> Check out other youth football drills on my website and see if those coaching points could fit into your coaching session.

## U6 Soccer Drills

### *Don't Crash the Car*





## U6 Soccer Drills

### *Stuck in the Mud*

#### **Preparation**

Have a look at the straight-forward set-up for this drill below. All you will need is the kids to have a soccer-ball each and a coned off area big enough for the amount of kids you have to dribble around comfortably.

One child will not have the ball and will be the mud monster.

#### **Explanation**

Stuck in the mud is a simple drill. You will need one child to volunteer as the mud monster and the other kids to have soccer balls at their feet and dribble around the area. Once you say 'go' the mud monster will try and tag the other kids with soccer balls. Football training drills like this put real emphasis on shielding themselves away from opposing players. Once a child has been tagged they pick-up their soccer ball and hold it above their head as shown in the center of the diagram. The kid who has been tagged will then shout 'help, i'm stuck in the mud'.

To rescue the kid who has been tagged, another child must kick (pass) the ball between the players legs to free him.

The game continues until the mud monster has tagged all players and no-one can therefore be rescued.

#### **Progression**

You could say that the mud monster has to kick players balls out of the area in order to make them stuck, with the kid collecting their ball and returning.

If the kids are struggling to rescue people because the mud monster is too quick, offer a safe 'no-catch' option. If a child is stuck in the mud they can hold their ball in one hand and offer the other hand to a kid who's not yet been caught.

Once the two kids are holding hands neither can be caught and the free kid then passes his ball between the legs of the caught player.

#### **Coaching Points**

-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

-> Make sure the kids focus on accurate passing and do not get too flustered once the mud monster comes.

## U6 Soccer Drills

### *Stuck in the Mud*







## U6 Soccer Drills

### *Flintstones*

#### **Preparation**

The players will be split up equally into the four corners as shown with soccer balls placed in the center.

#### **Explanation**

This drill is a competition of speed and accurate dribbling. The four separate teams from each corner will compete to get the most soccer balls back to their homes. Tell them that they are the Flintstones and they need rocks to build their homes stronger (which will be the balls). On your command one person from each corner will run toward the center, collect a soccer ball and dribble it back to their starting point. Once all of the soccer balls have been collected count up the amount of balls and award a point to the team with the most. The next game is the same but this time the players will dribble the ball into the middle, one at a time from each corner, and run back to their starting point until all the balls are back in the center. Next, the players should do the same as the first game, however, this time when they collect a ball they must do the drag back turn. Demonstrate this turn with them.

"foot on top of the ball, roll the ball behind you, turn and follow the ball".

Keep playing this game throughout the season until you have covered many new turns such as the inside hook, outside hook, cruyff turn and step-over to name a few.

#### **Progression**

A nice little way to end this game is by having a free-for-all collect and return game.

All the players run off at once to collect a soccer ball (only one at a time) and take it back to their starting point. They must keep going to others 'houses' to steal a ball and take it back to their own home.

The players are not allowed to take a ball that is being dribbled nor can they protect their own balls from being stolen.

#### **Coaching Points**

-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

-> Demonstrate every turn that you use and show the players how this could work in a game situation. .

## U6 Soccer Drills

### *Flintstones*





## U6 Soccer Drills

### *Cowboys & Indians*

#### **Preparation**

The players will be lined up at one end of the grid with only one player (or coach) to the side with a ball. As shown in the diagram.

#### **Explanation**

With the young players lined up and ready to go the coach can begin the game. On the word 'GO!' the players will run toward the other end of the marked out area. The coach will pass the ball in the direction of the players and try to hit one of them below the knee. Football drills such as this one will always entertain the young children due to it having a true 'play around game' feel to it.

It is a good idea to let all the kids get to the other end first time round and then aim to hit one of them on the next go. Once a player has been hit they will join the coach on the side and be given a ball. All football drills need to teach the players something as well as being fun. In Cowboys and Indians the emphasis is on passing the football. Get all the kids around you and demonstrate the 'ABC' of passing.

- 'A' is for 'Approach' with one foot next to the ball. - 'B' is for 'Body' with the players body slightly over the ball and in the correct position. - 'C' is for 'Contact' of the ball using the side of the foot.

Get the kids to repeat the ABC of passing regularly in these types of football drills.

The game then continues with the coach and already hit player trying to get the rest of the team as they run past. The winner will be the last person remaining.

#### **Progression**

Start once more with the coach on the side lines and the players at one end. However, this time the players will have a soccer ball each and have to dribble the ball carefully to the other end. The coach will try to hit the players legs or ball.

You could also have the kids dribble down to the bottom of the marked out area and then have to do a turn (drag-back e.g.) and go straight back to the other end.

#### **Coaching Points**

-> Demonstrate clearly the ABC of passing and get one of the players to show everyone else.

-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

## U6 Soccer Drills

### *Cowboys & Indians*





## U6 Soccer Drills

### *Numbers Game*

#### **Preparation**

A very easy set-up, you almost don't need a marked out area but it makes it easier keeping track of the younger players. Each player and the coach will need a ball each.

#### **Explanation**

As the coach, you need to know this drill off by heart or have it written down. The coach will need to sing/chant one verse and then get the players to repeat it. After they have done this the coach will demonstrate what the chant represents and what actions the players must follow after they have repeated the verse. After the players have completed the task and you are ready to move on just go back to the first verse. Coaching youth football drills like this one are so much fun. The numbers game song goes as follows (best done in the tone of a military chant):

1. **"Number one is on the run"** - The players must dribble their ball around the area.
2. **"Number two is sole of the show"** - The players stand still and role the ball in different directions using the bottom of their foot.
3. **"Number three is follow me"** - The players will follow the coach in whatever he decides i.e. dribbling/tricks.
4. **"Number four is head to the floor"** - This one is fun and will require the players to lie down and use their ball as a pillow.
5. **"Number five is stayin' alive"** - (this comes from the beegees song) The coach says the first part and the players reply with "aah, ahh, aah, aah stayin' alive" whilst doing toe-taps on the ball and moving one arm diagonally up and down just for fun.
6. **"Number six is do some tricks"** - Allow the players to do their own tricks and skills.
7. **"Number seven is down from heaven"** - The players will throw the ball in the air and attempt to trap/control the ball.
8. **"Number eight is swap with a mate"** - The players will pass their ball to someone else and receive another ball, passing into space if necessary to avoid balls clashing.

#### **Progression**

There are other numbers, but the game can go on too long if your not careful. Remember to go back to the lower numbers frequently after presenting a new number.

#### **Coaching Points**

- > Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

## U6 Soccer Drills

### *Numbers Game*







## U6 Soccer Drills

### *Doctor Doctor!*

#### **Preparation**

You will need a marked out area larger area with two smaller areas for the 'doctors houses'. The players need to be split into 2 teams and everyone except two players will need a ball each.

#### **Explanation**

Two teams battle it out to win this game of doctor doctor. Each team will need a doctor who w start in their smaller area (doctor house) without a ball. All the other players start somewhere inside the larger area with a ball each at their feet.

Youth football drills like this one are fun but it is important to coach the necessary points at all time. The object of the game is to try and kick the other teams balls outside of the area and retain yours. If a players ball is kicked out of the area they must leave it and go to ground shouting 'doctor, doctor help!' This player can only retrieve their ball and stand up and carry o once their teams doctor has tagged them.

To win the game, a team must pass/kick their ball at the other teams doctor once they come out to tag their team mates who have had their ball kicked out. This game may sound complicated but it really isn't. The doctors cannot be shot at if they are in their doctor houses. This will encourage the players with balls to attempt to tackle the other players and kick their balls out of the area.

The players who are kicking the ball at the doctor must aim for a pass to hit below the knee. Youth football drills like this one need explaining and demonstrating step-by-step until the players understand what they must do. It is also okay to stop the game half way through to show a coaching point. There are many coaching points that should be coached in this game.

#### **Progression**

It is important to change the doctor after every game to allow each player to have a go with th ball at their feet. Give a team a point for skilful or clever play such as doing a turn or a trick or changing direction well with the ball at their feet.

#### **Coaching Points**

-> Demonstrate every turn that you use and show the players how this could work in a game situation.

-> Make sure the kids change direction frequently and keep their heads up to see where they are going and ensure they do not bump into anyone.

## U6 Soccer Drills

### *Doctor Doctor!*





## U6 Soccer Drills

### *Sharks & Minnows*

#### **Preparation**

You will need a marked out area with all of the young players at one end of the square and the coach in the middle.

#### **Explanation**

Sharks & minnows is a game more than a drill that will get the young players excited about playing soccer and therefore ideal as a warm up game.

All the young players will have a ball each at the end of the square and await the coaches orders. Explain to the players that you are a shark swimming around in the sea and they are fish who must get to the other end of the sea with their soccer ball without the shark eating them.

As I said, this game is designed to be fun, so..... there is a song / rhyme that must be sung before the game can begin.

The coach says: **"Fishy, fishy swimming in the sea"**

The players respond with: **"Sharky, sharky you can't catch me"**

The coach can shout "go" and now the players aim to dribble their soccer balls to the other side without getting caught by the shark (coach). The coach should allow all players to get to the other side first time around. After this, it is at the coaches discretion how many fishy they catch every round. At the beginning of each round the song will be sung again. Once a player has been caught they should sit at the side until there is one fishy left.

Drills like this one can be adapted to the players you have available and you could allow the players to be sharks too if you feel it would work.

#### **Progression**

At the end of each successful dribble from one end to the other, the coach could ask the fishy's a question regarding what technique the players should use. E.g. "How many feet should we use to dribble with the ball?" Of course, answer is 2. You could allow the fishy's to go around the Shark if they produce a good piece of skill such as the scissors.

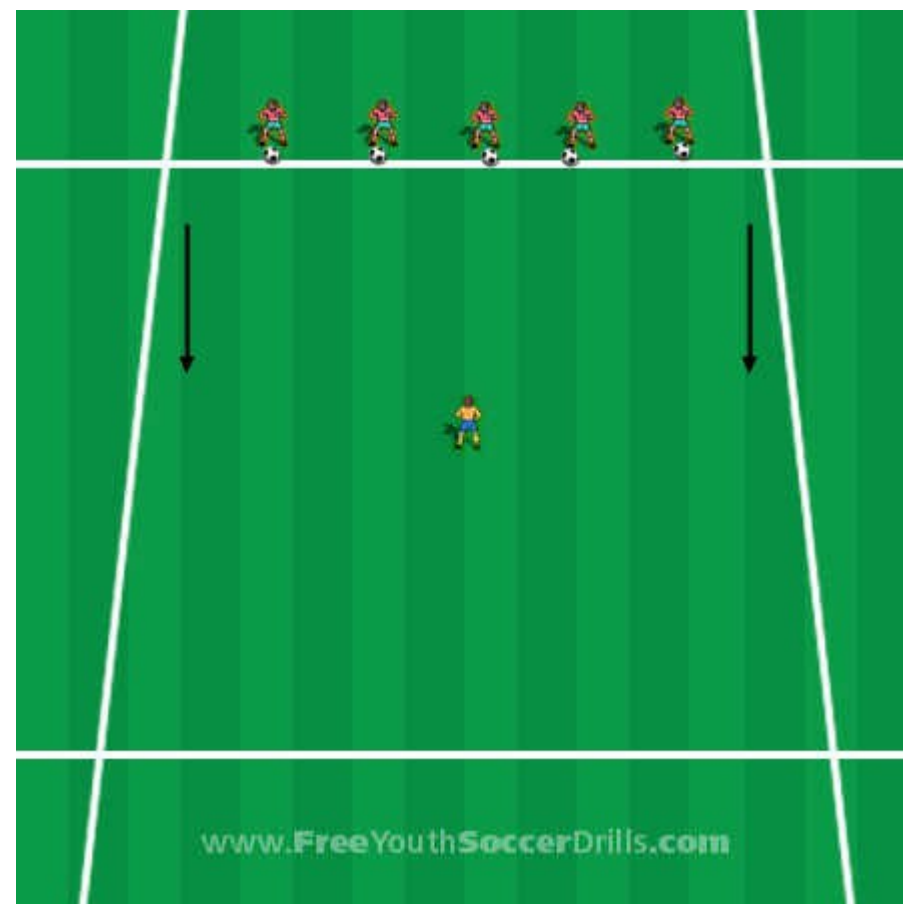
#### **Coaching Points**

-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.

## U6 Soccer Drills

### *Sharks & Minnows*







## U6 Soccer Drills

### *Triangle Challenge*

#### **Preparation**

Take a look at the diagram for the triangle challenge. You will see that there are numerous triangles in the grid all made up by three cones each.

#### **Explanation**

The basic idea to this drill will be for the kids to dribble into a triangle in the grid between two cones and exit the triangle through a separate two cones (as demonstrated on the diagram). There are plenty of progression ideas for this drill. I always like to start with everyone starting on the sidelines and then shouting "GO!" with the players dribbling through as many triangles as they can in sixty seconds. This makes it more exciting for the kids.

The next soccer game within the triangle challenge can be to use different parts of the foot. This time, (remember to demonstrate first everytime) the players can only use the inside of their foot when exiting the triangle.

For example, the player in the diagram with the arrows can dribble the ball however he likes into the triangle but once inside he or she must use the inside of their foot to change direction and exit the triangle.

Time the players for sixty seconds once more. You can probably guess the progression ideas to come - after using the inside of the foot, next use the outside of the foot.

Next time use the bottom of the foot. The player will dribble into the triangle and use the bottom of the foot to 'roll' the ball to the side before dribbling to a new triangle.

#### **Progression**

Every time a player enters a triangle they have to do a skill, trick or flick to exit the triangle without bumping into anyone or knocking over a cone.

The best ones to use are the scissors where the player can pretend that the cone directly in front of them once inside a triangle is a player and they must use the scissors (step-over) to escape. You can also use this drill to practice turns. The dragback turn, Cruyff turn, Inside and Outside hook work really well here!

#### **Coaching Points**

- > Make sure the kids use little touches and demonstrate at every new coaching point.
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.
- > Make sure the kids change direction frequently and keep their heads up to see where they are going and ensure they do not bump into anyone.

## U6 Soccer Drills

### *Triangle Challenge*

