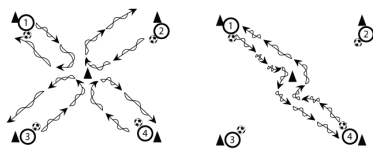




BALL CONTROL & PASSING

AGE LEVEL: U12 TIME: 60 MINUTES

ATTACK THE CONE DRIBBLING SKILLS

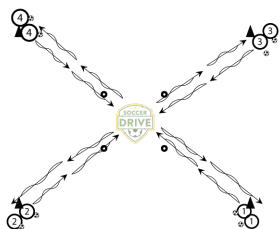


TIME 5 minutes

SETUP

The emphasis of this soccer drill is on dribbling. Set up five cones as shown in the diagram to form a 15 x 15 yard square with one cone in the middle. There is a player at each cone with a ball (except the cone in the middle). In the first sequence, the players dribble the ball up to the cone and retreat back to their original position. The goal is to maintain possession of the ball the entire time. Each time players should push themselves to go a little bit faster. In this first sequence all four players can go at the same time. In the second sequence only the two players opposite of each other go at the same time. This time they do a move on the cone and keep going to the opposite cone. Players need to keep their heads up and read the other player to avoid collisions.

TOE TAPS IN THE BOX

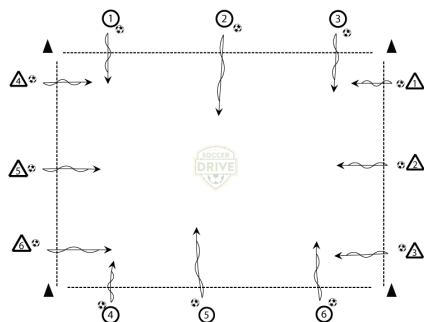


TIME 5 minutes

SETUP

In this soccer drill there are four lines, typically with two players each, and each player is required to have a ball. On the whistle the first player from each line will dribble the ball into the box, tap the top of the ball with their feet ten times, and then dribble back to their cone. Once they get back to their line the other player dribbles their ball into the box, does ten toe taps, and dribbles back to the cone. The drill is continuous so keep the players moving until the second whistle. Players should always maintain good ball control and work on quick toe taps as they it becomes easier.

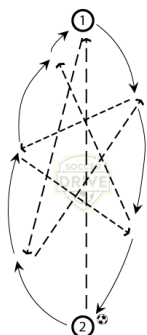
TRAFFIC JAM



TIME 10 minutes

To set up this soccer drill set up a square using cones that is anywhere from 10 - 15 yards wide. Depending on the age and the number of players you can use 12 or 16 players. Each player will need a ball. Players line up on the edge of the square as shown in the diagram. On the whistle all the players dribble the ball to the opposite side of the square, perform some sort of move to change direction (you can instruct them to do particular moves or leave it up to them), and dribble back to their original position. Make sure players are keeping the ball under control the entire time with their heads up.

SWITCH PASSING



TIME 10 minutes

To set up this soccer drill set up a square using cones that is anywhere from 10 - 15 yards wide. Depending on the age and the number of players you can use 12 or 16 players. Each player will need a ball. Players line up on the edge of the square as shown in the diagram. On the whistle all the players dribble the ball to the opposite side of the square, perform some sort of move to change direction (you can instruct them to do particular moves or leave it up to them), and dribble back to their original position. Make sure players are keeping the ball under control the entire time with their heads up.



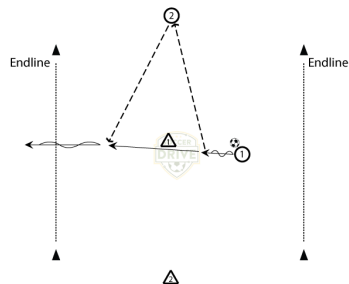
BALL CONTROL & PASSING

1 VS. 1 WALL GAME

TIME 15 minutes

SETUP

To set up this 1 vs 1 soccer drill mark off a rectangle that is about 10 x 20 yards. Two opposing players start in the rectangle, one player starts with the ball. The object of the game is to control the ball across the other players end line. Each player has a teammate on the side line they can use when they have possession of the ball. The players may use their team mate as often as they like. After a player scores a point the other player starts with the ball.



CORNERS

TIME 15 minutes

SETUP

For this soccer drill you will need to set up 4 corners each with a player inside of the corners made out of cones. 4 players will be in the middle and 1 of the teams of players will start with the ball. The object is for the players to get the ball to 1 of the players in the corners that are wearing the same jersey color as they are. They will pass between each other while the team not in possession will try to defend and get the ball back.

