

Thank you, for helping us coach this soccer season!

We encourage you to use your favorite drills and to utilize your creativity as a coach. If you need a starting point or inspiration for variety, we have also put together a list of suggested drills. Feel free to explore drills from older or younger age groups if your team is developing quickly or needs to focus on fundamentals. Our goal is to support the kids at their current level—there are no strict boundaries.

Above all, our primary objective is to instill a love for the game in our players. Please ensure your communication, and theirs, reflects this aim. Winning games and skill improvement naturally follow from repetition, which requires the desire to keep showing up!

First Kicks

Skills	Drills
Communication	The Greeting Game
	Name Calling Pass
Dribbling and Ball Control	Red Light, Green Light
	Kick the Coach
	Penguins
Teamwork/Play	Sharks and Minnows
	Zookeeper
Shooting	The Tunnel
	Kick off the Cone (1:30)
	Name and Score (3:41)

Tips:

- *15 seconds rule- at this age children may zone out after just 15 seconds of talking. Try to keep instructions brief and high-energy.*
- *Know their names- this gives the child an ego-boost and keeps them engaged. Use their names constantly throughout drills.*
- *Get on their level- Kneel down to make eye contact while giving instructions to foster a sense of trust and better listening.*

Pee Wee + Banjo

Skills	Drills
Communication + Teamwork	Trolls in the River (or Monkeys in the Middle)
	Follow the Leader Passing
	Island Hopping (1:16)
Dribbling and Ball Control	Body Part Dribbling (9:33)
	Bell Taps and Toe Touches
	Pirates
	Step-Over (practice foundation and lateral movement)
	Inside Foot Dribbling (practice different variations)
Shooting/Passing	Passing Pairs (First Drill :24)
	Goal Rush
	Soccer Tag
	Clean the Back Yard (1-1 or as 2 teams)
	Gate Defender (1:09 and 1:32)

Tips:

- *At this age, players should begin using teammate names, signaling for the ball, and providing simple instructions to their peers.*
- *Development of Field Awareness becomes important at this age, so incorporating scanning drills (like looking for specific colors or cones during play) can be useful.*

Junior

Skills	Drills
Communication + Teamwork	Silent Game
	Gate Defender (1:09 and 1:32)
	Rondo
Dribbling and Ball Control	Cone Maze
	1V1 to goals
	Ball Mastery Conditioning (cruuff, hook, step-over- many variations possible)
Passing and Receiving	One-Touch Passing Combination
	Passing Pairs W/ Movement
Shooting	Slalom Shooting
	2v1 to Goal
	Clean the Back Yard (create 2 large teams or 1v1)
Small Games/ Play	3v3, 4V4 with End Cones
	Flying Numbers

Tips:

- A clipboard is helpful at this age as visualization helps connect words to more complex actions.
- Some Essential Language to Teach at this Level-

"Man On!"

A defender is close behind you; play quickly.

"Time / Turn!"

You have space; turn around and look up.

"Square!"

I am to your side for a horizontal pass.

"Drop!"

I am behind you if you need to reset the play.

Striker

Skills	Drills
Communication and Teamwork	Info on the Pass *incorporate into any drill
	Minefield Guidance *Have another player or the rest of the team verbally guide the minefield traveller's movement through a maze
Dribbling and Ball Control	Cone Maze
	1V1 to goals
	Ball Mastery Conditioning
Passing and Receiving	Pass and Move Triangle
	Possession Pressure
	6 Cone Passing
Shooting	2v1 to Goal
	Spin to Win (4:52) *Use a player with a single pass instead of a rebounder. Add a defender to progress.
	Triple Whammy
	Slalom Shooting
Defensive and Tactical Drills	Combat 2v2
	Sweeper Keeper
	Defend the Box
	Don't Dive In
	Prison Break (Possession/ Counter Attack)

Tips:

- *Incorporate No-Talking Penalties or Scoring Bonuses for using Keywords in practices to develop more tactical and anticipatory thinking (Refer to Junior Keyword List).*
- *At this age group, technical mastery must meet tactical intelligence for success.*
- *Technical Mastery Looks Like:*

Receiving & First Touch: Consistently taking the first touch. **Passing Variety:** Mastering short passes, long balls, and chipping to bypass defenders. **Shooting & Finishing:** Developing accuracy and power with both feet. **1v1 Attacking/Defending:** Confidence in using feints and positioning.

- *Tactical Intelligence (or “reading the game”) looks like:*

Scanning & Awareness: Checking shoulders to understand space and teammate positions before receiving the ball. **Spatial Awareness:** Understanding triangles, diamonds, and how to move off-the-ball to create passing lanes. **Transition Play:** Recognizing when to switch from attack to defense and vice versa. **Positional Specificity:** Learning the unique responsibilities of different positions.